

Weekly Newsletter – 03.03.23

### Hello! امرحباً Ahoj! Ola! Dzień dobry! Salut! Helo!

### Belong, Believe, Achieve:

language.

We have had a fantastic first week back. Thank you to all the students who have arrived back refreshed from half term ready to learn.

### Merits - 17.02.23 - 03.03.23:

We respect the effort that our pupils are putting into their character and studies. A huge Willows well done to all of this week's merit winners:

Breakdown of the Week 27/02/2023 - 02/03/2023				
All Standards +3990	Other negative -68	Kindness +302 Academic Award +337 Other positive +336 Verbal Communi +398 Resilience +425 Excellent Effo +1917		

Year Group	Total	Excellent Effort	Merit Champions	
Year 7	1761	7Matisse	Elizabeth Ayodeji & Lily-Rose Morgan	
Year 8	1715	8Curie	George White	
Year 9	1587	9Farah	Kayden Allen	
Year 10	1556	10Plato	Lexi O'Meara	
Year 11	1281	11Schumann	Zakia Sediqi & Sham Shbib	

### Dates for your Diary:

9.3.23 9.30am – 10.30am Parent Voice 13.3.23 - 17.3.23 Year 10 Parents Week



### School News:

### **Enrichment**

This week we had our enrichment afternoons where students enjoyed a variety of activities.

### <u>First Aid</u>



### Henna Hand Tattoos



<u>MMA</u>





<u>Knitting</u>



**Forensic Analysis** 







**Cookery** 

<u>Chess</u>



#### **Scribblers Tour**

### Suhas Majjara 10AT has written about his experience of the Hay Festival Scribbler's Tour from back in February.

"Today's experience was just incredible, we had three fantastic authors transport us to a new realm of storytelling. I was astounded by their innovative thinking, and I believe this experience will help me enhance my thinking abilities and use of books. This was my first time meeting an author in person and they told us all about their experiences in school and how they became remarkable authors. Overall, I believe that this will really benefit me in my GCSEs and give me more experience speaking confidently with others. "

#### **Storey Arms Trip**

#### Here are some of student experiences from their Storey Arms trip:

"The activities were very engaging and exciting, all the people on the trip were extremely kind and we became good friends. The food on the other hand wasn't in my favour but they had fed us well. 10/10 would recommend." A very honest review from Shanzay Shah 9FA.

"I really enjoyed Storey Arms and I would recommend to anyone who wants to try the activities really got me out of my comfort zone and I made great friends and the hospitality was great!" Fatoumata Jawo 9RA.

### **Technology**

This week some of Year 9 pupils attended a speed networking event with female employers working in the tech industry. Females are hugely underrepresented in the digital sector, and this was a great opportunity to speak to women in the know.

A huge thank you to Admiral UK, V12 Finance, Cardiff Council, Alcumus Group and Hodge Bank for sharing their experiences and knowledge and inspiring the next generation of female computer scientists!



#### Welsh Department

Why not try Learning some Welsh at home?

Welsh	Phonetic	English
Hyfryd	Huv - rid	Lovely
Da iawn	Dar yawrn	Very good
Bendigedig	Ben-dee-ged-igg	Brilliant
Ddiflas	Dd-iv-las	Boring
Sbwriel	Sbore-ree-yell	Rubbish
Ofnadwy	Ov-nad-oy	Awful

### Student Council

Student Council has changed times! Years 7,8 & 9 (KS3) will now meet Tuesdays 3:10pm – 3:50pm and Years 10 & 11 (KS4) Thursdays 3:10pm – 3:50pm in the Learning Lounge.

Our KS3 council has already begun a worry box project and volunteered to help Active Travel spot any potential issues hindering active travel to the new school site. Well done KS3!



#### **Mathematics Department**

All of our students' weekly Mathematics homework are accessible on MathsWatch (https://www.mathswatchvle.com/). They must be submitted on their given deadlines. Each set homework is open for a month, so that students can keep improving their scores. This will also help your child to revise and to practice the mathematics and numeracy skills, knowledge and understanding that they have been learning in class. There are videos available to each topic and interactive questions that they can try. Please ensure your child completes and submit their homework on time.

On that note, we would like to say a huge congratulations to all those who have been working so hard on their MathsWatch.

Here is this week's "Top 3 Leaderboard" for each year group.

### Year 7 Leaderboard

	Week	Month		Year	
#	First Name	Surname	Year	Class	
1	Elizabeth	Ayodeji	7	7MA/Ma	
2	Chimamanda	Obieze	7	7MA/Ma	
3	Ibrahim	Fadlemoula	7	7DA/Ma	

### Year 8 Leaderboard

	Week	Month		Year
#	First Name	Surname	Year	Class
1	Mozdalefa	Adem	8	7RI/Ma
2	Mishael	Ogunjobi	8	8DA/Ma
3	Mobolanle	Oladosu	8	8JO/Ma

### Year 9 Leaderboard

	Week	Month	Month	
#	First Name	Surname	Year	Class
1	Marwa	Elmi	9	9FA/Ma
2	Rihanna	Hassan Noor	9	9FA/Ma
3	Anisah	Khamis	9	9FA/Ma

### Year 10 Leaderboard

	Week	Month		Year	
#	First Name	Surname	Year	Class	
1	Mobolaj	Oladosu	10	10DB/Ma	
2	Loukman	Ali	10	10DB/Ma	
3	Clarissa	Okoroji	10	10PL/Ma	

### Year 11 Leaderboard

	Week	Month		Year	
#	First Name	Surname	Year	Class	
1	Rowan	Williams-Lord	11	11SC/Ma	
2	Muhammad Mussa	Ayaz	11	11MO/Ma	
3	Tomas	Badham	11	11SC/Ma	

### Numeracy Enrichment

### Numeracy Boost sessions (NBS):

Using a variety of digital (e.g., TT-Rock Stars) and non-digital resources, all KS3 pupils will benefit from Numeracy Boost Sessions to enrich their Mathematics skills. they will be delivered fortnightly by Mathematics teachers. It is a great opportunity to support low abilities further and stretch high potential pupils. It will start after the half term break.

### **Internal Numeracy Competition - KS3:**

A Numeracy competition is taking place before easter holiday. KS3 pupils have been provided with some relevant resources that can be used to prepare for the quiz.

Relevant emails with details have been already sent to pupils.

### Junior UKMT Challege - Y7 and Y8 MAT pupils:

UKMT Challenge is an external Mathematics competition giving Y7 and Y8 MAT pupils the opportunity to tackle a variety of mathematical activities which inspire their love to problem solving. It will take place in April. Below is the link to the UKMT website where pupils can familiarise themselves with the challenge and can practise as much as they need to increase their confidence.

### Relevant emails have been already to pupils.

https://www.ukmt.org.uk/competitions/solo/junior-mathematical-challenge/archive

For any related questions, please contact Mrs Ait-Brahim at:

halima.ait-brahim@willows.cardiff.sch.uk

#### **Important Information for All Parents and Guardians**

Please be aware that Fixed Penalty Notices are now being issued by Cardiff Council again.

If your child has more than 5 days of unauthorised absence since September 2022 or takes an unauthorised holiday, then you are at risk of a Fixed Penalty Notice Fine being issued.

Fines are **£60** at first (if this is not paid it rises to £120) **£120** (if this is not paid it rises to £180) **£180** - if the fine is still not paid then you will be summoned to court and the fine and costs will rise again. **Please note these fines do not go away.** Please make sure to read any correspondence carefully.

To avoid being fined, please ensure that your child attends school every day - if there is a valid reason for absence, please contact the Attendance Team giving evidence where possible.

#### Water bottle change now in place:



We would be grateful if you could make arrangements for your child to bring a reusable water container to school which can be refilled during breaktime and lunchtime at one of our water fountains. If you would like the school's support in this, please contact our Family Engagement and Wellbeing Officer, Rebecca Cronja at rebecca.cronja@willows.cardiff.sch.uk.

We appreciate your support in this initiative and will continue to listen to pupil views on how we can make further improvements to become more environmentally friendly. As part of developing ethical, informed practices at Willows High School, we have listened to our pupils who believe that we should attempt to reduce the amount of single use plastic in our school. We have also asked for the opinions of parents who also supported the idea (thank to everyone who responded). As a result, our canteen will no longer be selling bottled drinks.



#### **Community:**

Cost of Living Help

### Taking place at Railway Gardens (Adeline St, Cardiff CF24 2BH)

Railway Gardens Programme » Green Squirrel

04.03.23 10am - 3pm	Brunch @things on toast
04.03.23 10.30am – 1pm	Benthyg (Library of things) open for borrowing and collection
04.03.23 10.30am – 12.30pm	Bring and Take
04.03.23 10.30am – 12.30pm	My tree, Our Forest: Come and collect a free tree for your garden
05.03.23 10am - 3pm	Brunch @things on toast
08.03.23 10am - 3pm	Brunch @things on toast
08.03.23 10.30am – 1pm	Benthyg (Library of things) open for borrowing and collection
08.03.23 10.30am – 12.30pm	My tree, Our Forest: Come and collect a free tree for your garden
08.08.23 12.30pm – 2.30pm	Free Language Café with SAFE Foundation
08.08.23 3.15pm – 4.15pm	Forces of Nature – Free after school nature club
09.03.23 10am - 3pm	Brunch @things on toast
09.03.23 2pm – 4pm	Community Kitchen Table, warm and social space

The Splott Community Volunteers run a community breakfast on Thursday Mornings 8am – 10am in the Old Library, Singleton Road, Splott CF24 2ET.





Contact Beck in the Learning Lounge if you would like more details: rebecca.crnoja@willows.cardiff.sch.uk



### Citizens' Advice Bureau at Willows:

A reminder that members of our community can make appointments with staff from the Citizens' Advice Bureau at our Learning Lounge. They can provide advice of a range of topics such as housing, benefits and I

legal matters. To make an appointment, please e-mail Rebecca Crnoja on Rebecca.Crnoja@willows.cardiff.sch.uk

### International Women's Day – March 8th

International Women's Day is the chance to celebrate women's accomplishments and advocate for greater gender equality. Here at Willows we are lucky to have an amazing female staff inspiring the next generation of strong female learners.

"As members of the Senior Leadership Team at Willows High School we are constantly striving to change the narrative of 'disadvantage' through our vision that 'everyone achieves exceptionally well and has high aspirations.' We are proud of our diverse community and inclusive culture. Equity is vital to achievement. Key partners such as Elevate, One Million Mentors, Careers Wales, The Seren Network and Parent Power support us by empowering our pupils and their families to seize new opportunities and to take new directions. We are proud of our work that breaks down barriers to social mobility in our

(Mrs Bubbins and Mrs Warren: Senior Leadership Team - Willows High School)

"Extremists have shown what frightens them most. A girl with a book."

–Malala Yousafzai.

community."

"There is no limit to what we, as women, can accomplish."

– Michelle Obama



"I do not wish women to have power over men; but over themselves."

– Mary Shelley















International Women's Day Hijab & the workplace

## **Everyone welcome!**



Ridwana Wallace-Laher First female Muslim Charity CEO



Tahirah Ali Hijabi Power Lifter

interfaith@darulisra.org.uk @cardiffmuslims Wed 8th March Dar-Ul-Isra Mosque Cathays 5pm to 7:15pm

### **Register here**



### **Events**

# International Women's Day 2023

Wednesday 8 March 2023 09:30 - 12:30 Portland House, Cardiff Bay

### International Women's Day 2023

The Welsh Government's <u>Wales and Africa</u> team would like to invite you to a free event to celebrate International Women's Day. Four Welsh organisations were awarded funding to deliver their unique projects in Uganda and Lesotho in order to highlight women's empowerment and gender equality, working in collaboration with their African partners.

Hub Cymru Africa, who work across civil society bringing together charities, individuals and organisations around core organisational themes, has worked closely with the project leaders to successfully deliver sustainable impacts, and will provide an insight into the importance of recognising the importance of gender equality around the globe.

### Parent Talk Cymru

### Parent Support

There's a lot of pressure on parents at the moment. Parent Talk Wales is a free and confidential service for parents of 0-19 year olds in Wales. You can get support with anything that's worrying you about parenting or your child.

We're on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

This service is also available in Welsh

#### Visit: parent-talk.org.uk/wales



We're here: 12:30-19:30 Monday 10:30-16:30 Tuesday 0.30-16:30 Wednesda

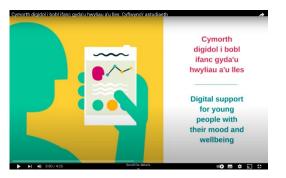
10:30-16:30 Tuesday 9.30-16:30 Wednesday 12:30-19:30 Thursday 09:30-16:00 Friday

#### Health and Well-being:

### Can you help with the 'Digital support for young people with their mood & wellbeing' study?

Researchers at Cardiff University have developed a bilingual program/app with young people to support their mood and well-being, called **MoodHwb.** Do you know of any young people who would be interested in trialling the programme?

It is an opportunity to offer mental health support to young people, and the feedback will help to develop resources in the future. All participants will receive a gift voucher and certificate. It's free to take part.



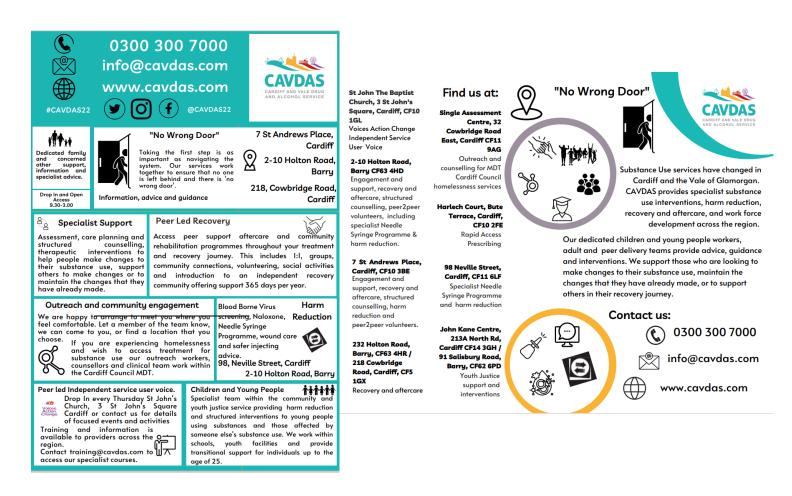
Staff or parents/carers can encourage young people (13-19

years old) who are experiencing low mood (or other difficulties with their mood/wellbeing) to go to the study website for more information and to fill in a participation form: <u>https://www.ncmh.info/help-with-research/digital-support-study/</u> There is a video on the project on this site.

The research team can also send **postcards** about the study to the school which can be given to young people. Parents and carers can also take part, and you might also wish to share the project details in your online communication or newsletters with parents/guardians.

Dr Rhys Bevan Jones (psychiatrist and study lead) is also happy to present a virtual session on the project, mental health and careers (e.g. on medicine, psychology and art) for students at your school. Rhys recently won a 'Digital Innovation Award' by the Association for Child and Adolescent Mental Health (ACAMH) for his work on the development of digital mental health programmes.

For more info, please visit the study website or email: YouthOnlineStudy@cardiff.ac.uk



### †††††

Children and Young People workers are embedded in community engagement and alongside our partners in Youth Justice. We provide I:I and peer support reducing harm of substance use to young people and the wider community. The team will also support young people affected by another's substance use. We work within schools, youth facilities and provide transitional support for individuals up to the age of 25 who are moving out of services, or those transferring into specialist adult interventions. Our outreach and dedicated counsellors are embedded into Cardiff Multi Disciplinary Team (MDT) homelessness service providing responsive treatment and support across Cardiff. Working closely with other agencies to engage individuals who may have complex and unmet needs. We provide Rapid Access Substitute Therapy (methadone / buprenorphine) for individuals dependent on opiates.

Access peer support aftercare and community rehabilitation programmes throughout your treatment and recovery journey. This includes I:I, groups, community connections, volunteering, social activities and introduction to an independent recovery

community offering support 365 days per year.

Specialist Needle Syringe Programme, Blood Borne Virus

Testing for Hep B, Hep C and HIV, facilitation to vaccinations and treatment, safer injecting advice, wound care and harm reduction messages



Voices Action Change is an independent service user involvement team who ensure that co-production is at the heart of service delivery and development





Peer2Peer Harm Reduction Volunteers provide outreach for overdose prevention, naloxone training and distribution to substance users, and the wider community.

Trauma informed structured counselling service that

supports student and volunteer placements. We provide

face to face, digital engagement and group sessions.

Substance use workers, dedicated 50+ workers and complex needs peer navigators provide 1:1 and group activities including case management, onward referral, harm reduction and structured interventions to make changes to their substance use. .



Family and concerned other support is available for those that wish to access advice and guidance on treatment systems, support family or friends with their substance use recovery or are looking to meet others who are experiencing similar circumstances.

CAVDAS provides specialist training, advice and guidance for those working in health and social care around substance use, trauma informed practice, harm reduction, naloxone and overdose prevention.

Contact training@cavdas.com to find out more.



### Wonderfest is an event by Platfform. For further information contact:

### youngpeople@platfform.org 01656 647722

### platfform4yp.org

By young people, for young people

### platfform.org

For mental health and social change

### Safeguarding:

A reminder that the school safeguarding lead is Danielle MacKintosh. If you are worried or concerned about a child and any time (including over the holidays) then please e-mail her on <u>Danielle.MacKintosh@willows.cardiff.sch.uk</u> If you are a pupil that needs help, please also contact Danielle via this e-mail address.

### Chat Health:

A reminder that all secondary school pupils can text the school nurse service for any medical support and advice. This may be useful if your child is too anxious or embarassed to talk to a doctor in the first instance. Please chat about this with your child and make them aware of the service and number (below):



### Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please call Rebecca Crnoja (Family and Community Engagement Officer, Willows) in confidence on 07592 037937

### Cardiff Youth Service:

Cardiff Youth Service can support young people on a variety of topics such as emotional health, housing, finance and help lines. More information can be found on their website:

http://cardiffyouthservices.wales/

Here is a reminder of some of the key services available for young people and their families:

- School nurse pupils can text 07520615718 or 'chat' on 'Chathealth.NHS.UK' for confidential advice and support.
- **Family Gateway** 03000133133 provides advice for families no matter how big or small the problem.
- **Food Bank\*** our nearest food bank can be found at St. Saviours Church on Splott Road. For dates and times, go to\_https://cardiff.foodbank.org.uk/
- **Period Poverty** Please e-mail Mrs. Bubbins at Kelly.Bubbins@willows.cardiff.sch.uk if you need feminine hygiene products and we'll do our best to help.



### FLU VACCINATION WALK-IN CLINICS

### Flu continues to circulate in Wales

### If your child has missed the nasal spray flu vaccine in school or at the GP practice it is now being offered at:

### **Woodland House Mass Vaccination Centre**

Maes Y Coed Road, Cardiff CF14 4HH

### Monday to Sunday 10:00 – 18:30 until 31<sup>st</sup> March 2023

The injectable flu vaccines that do not contain pork gelatine are also being offered

### Who's Eligible?

All children aged 2 years (aged 2 on 31<sup>st</sup> Aug 2022) to school age Year 11 within Cardiff and the Vale

### Diolch:

As always, thank you for your support. If there are any problems, we would appreciate that you contact the relevant person in school straight away rather than using social media platforms. We will always try our best to reach a solution and this will ensure your concern is seen and avoid any misinformation and miscommunication.

By working together we can ensure your child's success.

### **Team Willows**



	Monday	Tuesday	Wednesday	Thursday	Friday
After School	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework
		French: Kaden Taylor, Ben Weeks, Ayan Hersi, Malaak and Selma Abdillahi	<b>French:</b> Laiba Ismail, Maasouma Alanzani and Heidi Rahali	<b>French:</b> Nisha Kaur, Jack Allen and Tobi Bamidele	French: Daniella Nakazzi, Shaida Tufiq,Thabo Mhlanga and Jospeh Ashton
		Physics (GCA)	Chemistry (AHO)	Biology (RKE)	
		English (NLC)	Maths (All papers)	Maths (Higher Tier)	
		History (NH)	Product Design (JK)	Welsh (Week 1 only – AGR)	
		RE (LG)	Art (AEJ)	Revision and Exam Skills (KMB - Library)	
		Hospitality and Catering (RD)			
		IT coursework catch-up (AH)			
		College, coursework and catch -up (LUW)			

Please liaise with Mr. Smith for catch-up sessions for Welsh Bacc and SWEET qualifications.

Remember each 30 minute session is worth 1 point. 10 points are worth a reward.