




**BELONG, believe, ACHIEVE**  
**PERTHYN, CREDU, LLWYDDO**

 Use Google Translate to change to your preferred language.

**Weekly Newsletter – 17.03.23**

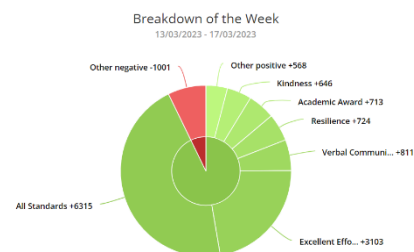
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

**Belong, Believe, Achieve:**

This week's Friday assembly focused on Young Carers as Young Carers Action Day was Wednesday 15<sup>th</sup> March. We at Willows have some amazing young carers who work hard to support their families at home alongside achieving their best in school. This is not an easy task. As a school we try hard to help these amazing young people and work together to foster a supportive, nurturing environment in which they can find a balance to reach their potential.

**Merits – 10.03.23 – 16.03.23:**

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:



Year Group	Total	Excellent Effort	Merit Champions
Year 7	3350	7Hepworth	Violet Neale & Sajel Nasir
Year 8	2723	8Curie	Deborah Adeyeye
Year 9	2839	9Farah	Ethan Brittan
Year 10	2283	10Plato	Tinuke Eluyera
Year 11	1680	11Schumann	Mohammad Alsmadi

**Dates for your Diary:**

- 20.3.23 - 7CO visit to Ocean Park Sports Facilities
- 31.3.23 – Second Cooking on a Budget class in the Learning Lounge
- 18.4.23 – MathsWatch parent workshop in the Learning Lounge
- 25.4.23 – School Nurse visiting to administer the first and second doses of the HPV vaccine

**Sport Dates:**

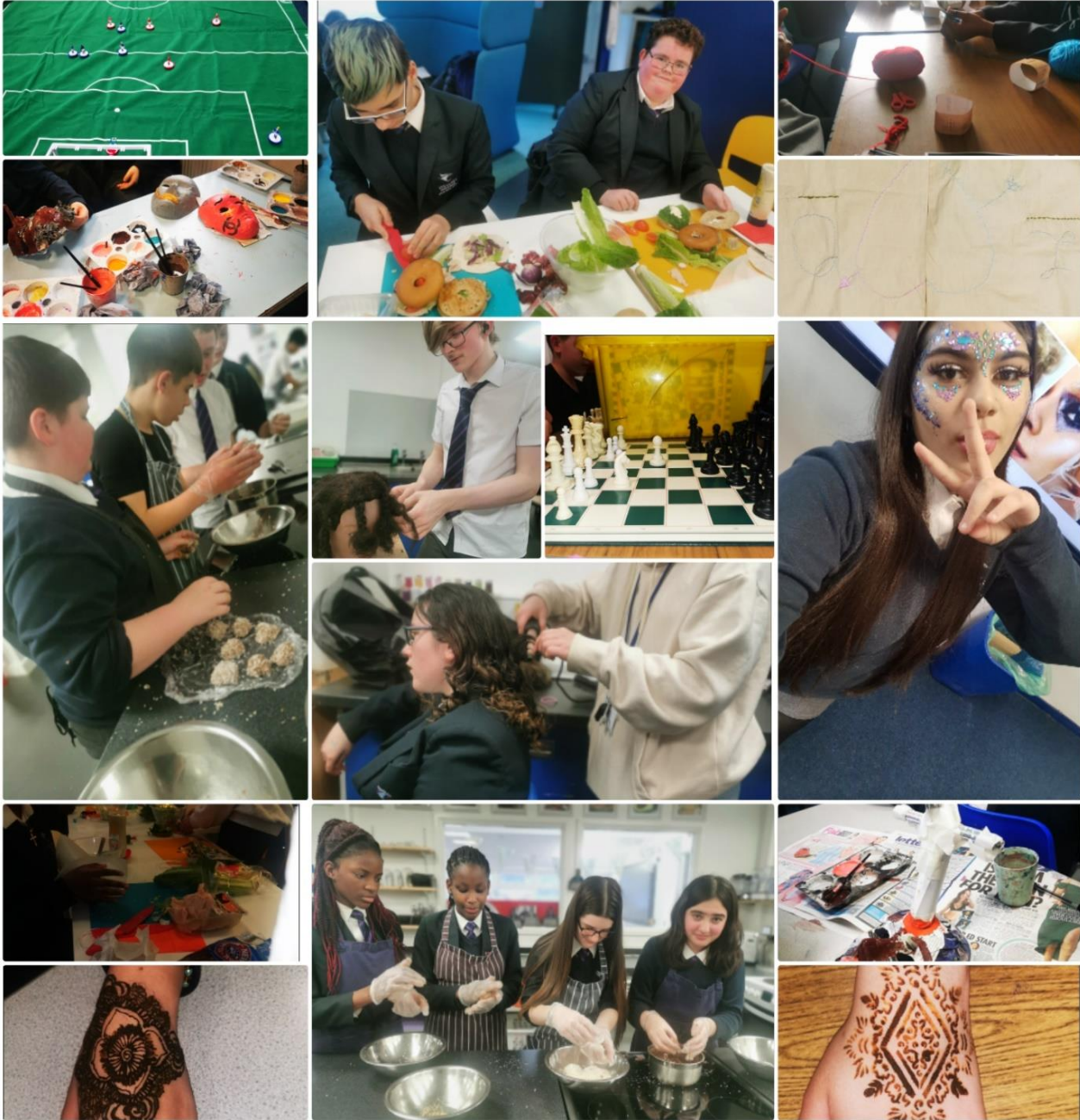
- ⚽ Tues 21st March Yr7 Vs St John's A
- ⚽ Wed 29th March Yr8 Vs St John's H



**School News:**

**Enrichment**

It was enrichment week this week and as usual our students enjoyed some brilliant activities.





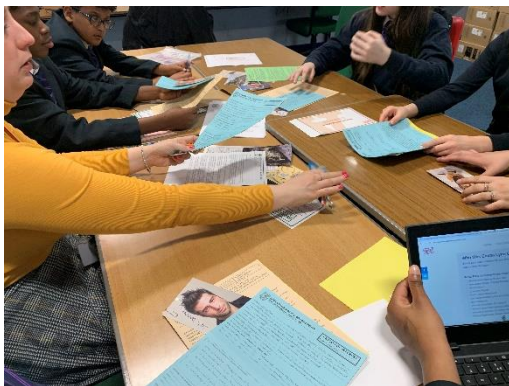
## Law enrichment

This week saw our last session working with Mr David Gordon Hughes, a barrister from 30 Park Place Chambers. He has been inspirational with the guidance and modelling given to our pupils as they prepare for the upcoming Mock Trial. Advocate of the week was awarded to Caitlin Tovey for some terrific cross examination. For our final session of the term, we will welcome 2 magistrates from the Cardiff Bench to hear the case of R v Emmerson. We would like to send a huge Willows Appreciation 🙌 to David for supporting us.



St John Ambulance Cymru believe that everyone should be equipped with vital live saving skills. So we have developed our **Young Lifesavers Award scheme** for enrichment. Students learn; CPR, bandaging, how to deal with broken bones, choking, burns and how to cope in many other emergency situations.

This week in our **healthy cooking enrichment** students made chicken mayonnaise sandwiches. Keep reading for the recipe later in the newsletter!



In our **Policing, Crime and Forensics** enrichment, pupils delve into different areas of crime from murder, theft, cyber-crime and organised crime and attempt different case studies to see if they have what it takes to be a detective in the Police.

In our **Ukulele** sessions we provide our pupils with their own ukulele to take home so they can practise throughout the term. They learn the basic chords and strumming techniques that will enable them to play thousands of songs. They also learn how to play the melodies of popular film theme songs. As with everything, the more you practise correctly, the better you'll get and we are so proud of the resilience of the pupils in the group for putting in the time and effort to produce some wonderful music.



## Flying Start Enrichment

Our pupils worked with younger children on a variety of play-based tasks.



## Stop Motion Animation Project



Last week pupils in 8JO were involved in a project with Sarah, from Screen Alliance Wales. The project involved them making a film using stop motion animation. The films were all based on the story of Gelert.



Sarah has described the finished films as “honestly some of the best animations I have seen! They were a brilliant group!”

Well done to all the pupils, and a huge thank you to Sarah for attending school and setting up such a wonderful project.



### Year 9 Careers Carousel



This week the whole of year 9 took part in a Careers Carousel, which involved talks from a variety of industries. Our visitors were from Admiral, Arup, Tarian Cyber Security, BAM Construction and Gael, our allocated careers advisor from Careers Wales.

The vast majority of pupils were excellent and interacted with the visitors really well. Hopefully, it gave them an insight into some of the jobs that exist within those industries. A huge thank you to all our visitors and to Adrian Cole from Careers Wales who organised the employer visits.



### Year 11 Character & Kindness Celebration

In the run up to Easter break we will be celebrating all Year 11's who demonstrate good character, and acts of kindness. As a staff body we are encouraging and rewarding Year 11's who take responsibility as role-models within the school. At the end of term there will be a Winner's Reward Ceremony for standout students, and personal prizes will be awarded.

## Year 11 Science & Tassomai

Since half term Year 11 pupils have been attending science lessons during form time. These extra two hours of science lessons per week will ensure that all content is covered, with plenty of time to revise by the end of the year. Revision sessions are taking place after school for both Year 10 resits and Year 11 content. Pupils should see their teachers for a reminder of the timetable.

We have purchased subscriptions to Tassomai (an online revision tool) for all Year 11 pupils. Through Tassomai pupils can revise Science as well as English and Maths. Pupils will have received their login details and video guides this week, so should be well on their way to completing their Tassomai journey. Over the coming weeks pupils will receive reports with QR codes to show which areas they need to spend time on when revising. Please encourage your child to spend at least 15mins per day revising using this tool.

If you would like to learn more about Tassomai you can click on this link: [General Overview](#)

## More Able and Talented

**Year 11 Summer Schools:** Pupils who fulfil the criteria for Seren have been sent information by email regarding four different summer schools:

- *Aberystwyth University Residential Summer School:*  
17 July -20 July 2023
- *Aberystwyth University Veterinary Science Summer School:*  
17 July -20 July 2023
- *New College, University of Oxford Residential Summer School:*  
7 August -11 August 2023
- *STEMHaus Online Summer School in collaboration with Swansea University:*  
7 August - 11 August 2023

Applications are online and should be completed by 21<sup>st</sup> April.

**Year 8 and 9 Languages Event:** There is the opportunity for year 8 and 9 Seren Foundation learners: Routes into Languages virtual event with Cardiff University and Jesus College Oxford on the 29 and 30 March 2023.

Seren has partnered with Routes into Languages Cymru, Cardiff University and the University of Oxford's Jesus College, to host three exclusive modern language tuition sessions for Seren Foundation learners interested in furthering their knowledge of modern languages. The two live sessions will take place online from 5pm-6pm via eventbocs.

During the sessions, learners will have the chance to:

- Take part in mini-lectures and workshops
- Join a virtual campus tour of the University of Oxford
- Take part in a Q&A session with Routes into Languages Cymru and current language students
- Attend a career guidance session to hear how the skills learned through languages can prepare them for the future
- Engage in pre-event activities, including a language challenge, with prizes for the best entries

It is a great opportunity for Seren Foundation learners who are particularly interested in languages, and thinking about studying them at GCSE or A Level. Please see your languages teacher if you would be interested in taking part.

## Welsh Department

Why not try Learning some Welsh at home?

### Welsh Terms of the Week

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

[willowswelsh@willows.cardiff.sch.uk](mailto:willowswelsh@willows.cardiff.sch.uk)

**Willows Welsh**

## Student Council

Ideas for the new canteen wall art design have been coming in thick and fast during student council. The team have created some amazing ideas focusing on the themes of culture, anti-racism, positivity and healthy eating.

The council is also working with SLT to improve wellbeing across the whole school.



## 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	Violet	Neale	7	7HP/Ma
2	Derek	Johnson	7	7IN/Ma
3	Dhruvraj	Rathore	7	7HP/Ma

## Year 8 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Mishael	Ogunjobi	8	8DA/Ma
2	Mobolanle	Oladosu	8	8JO/Ma
3	Riley	Phillips	8	8GO/Ma

## Year 9 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Ahmed	Obaed	9	9FA/Ma
2	Maya	Bouyacoub	9	9MK/Ma
3	Robert	Susu	9	9MK/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	Riana	Nabadda	10	10DB/Ma



# Year 11 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Chloe	Balmont	11	11BE/Ma
2	Mais	Abulaid	11	
3	Rowan	Williams-Lord	11	11SC/Ma

## **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 those with skills gaps 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 Challenge - 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](mailto:halima.ait-brahim@willows.cardiff.sch.uk)

## **Mathswatch Workshop for Parents**

Our maths department is offering a mathswatch workshop for parents on Tuesday 18<sup>th</sup> April 10.30 – 11.30. This is a chance to ask any questions you have regarding mathswatch and to learn how to use

learning lounge [rebecca.crnaja@willows.cardiff.sch.uk](mailto:rebecca.crnaja@willows.cardiff.sch.uk) or on 07592037937.

### **Parent Survey**

A link has gone out to parents via text and on Classcharts for a school survey. It is completely anonymous and only takes a few minutes. We would greatly appreciate if you would take the time to fill it out and give your feedback on the school.

### **Student Survey**

A link has gone out via email for a school survey. It is completely anonymous and only takes a few minutes. We would greatly appreciate if you would take the time to fill it out and give your feedback on the school.

### **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, then **£120** increasing to **£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:**



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. So far we have stopped almost 5000 single use plastic bottles being sent to landfill!

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](mailto: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.



### Community:

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

[Railway Gardens Programme » Green Squirrel](#)

- 18.03.23 10am - 3pm** Brunch @things on toast
- 18.03.23 10.30am – 1pm** Benthg (Library of things) open for borrowing and collection
- 18.03.23 11am – 3pm** My Tree, Our Forest. Come and collect a free tree for your garden.
- 18.03.23 11am – 2pm** Green and Grounded. Wellbeing in the Garden Day.
- 19.03.23 10am - 3pm** Brunch @things on toast
- 19.3.23 10am – 3pm** Mother's Day Brunch in Y Nyth - Things on Toast.
- 22.03.23 10am - 3pm** Brunch @things on toast
- 22.03.23 10.30am – 1pm** Benthg (Library of things) open for borrowing and collection
- 22.03.23 10.30pm – 12pm** Natter with the Neighbours:Community Coffee Morning
- 22.03.23 12.30pm – 2.30pm** Free Language Café with SAFE Foundation
- 22.03.23 3.15pm – 4.15pm** Forces of Nature – Free after school nature club
- 22.03.23 4.30pm – 6.30pm** My Tree, Our Forest. Come and collect a free tree for your garden.
- 23.3.23 9.30am – 10.30am**Tai Chi QiGong Shibashi: Free movement and wellbeing session with Jeanette
- 23.03.23 10am - 3pm** Brunch @things on toast
- 23.03.23 2pm - 4pm** Men's Shed meet up
- 23.03.23 2pm – 4pm** Community Kitchen Table: A warm social spa

# GET GROWING THIS SPRING!

COMMUNITY GARDENING CLUB

SATURDAY 11TH MARCH  
10:30AM - 1:30PM

Families are welcome at Gardening Club where you can pop in and lend a hand for as little or as long as you like! Our new play shack will also be open and food and drinks available from Things on Toast.

GROW YOUR OWN MICROGREENS: FAMILY WORKSHOP

SATURDAY 18TH MARCH  
11AM - 12PM

Get hands on as you learn how to easily and affordably grow your own windowsill microgreens to add colour, flavour, and nutrition into your diet. You'll go home with seeds & compost to get started! Please book your place at <https://bit.ly/3Y6F5MX>

FIND US AT THE END OF ADELINE STREET, SPLOTT, CF24 2BH  
[WWW.RAILWAYGARDENS.CO.UK](http://WWW.RAILWAYGARDENS.CO.UK)



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



**CONTACT WALES  
DROP-INS  
ON ZOOM**

Every Other Thursday  
10am - 11 am

- 09/02/2023 - Let's talk money and the cost of living
- 02/03/2023 - Let's talk asking for help
- 16/03/2023 - Let's talk money matters
- 30/03/2023 - Let's talk behavior

A laptop screen displays a Zoom meeting with several participants. To the right of the laptop is a green cartoon dinosaur character with large eyes and a friendly expression.

dogstrust\_cardiff

**Dog** **food bank**

**We've opened a temporary dog food bank for anyone struggling to feed their dog(s) in these difficult times.**

To access our dog food bank, visit our Cardiff rehoming centre any day of the week, 09.00–16.00.

**Contact details:**  
[cardiff.duty@dogstrust.org.uk](mailto:cardiff.duty@dogstrust.org.uk)

**0303 003 0000** A yellow cartoon dog is shown running happily across a yellow field.





The Friends of Willows end-of-term bus trip is back for Easter and this time we're heading to Weston Super-Mare.

What's to do in Weston-super-Mare, you may ask? Loads! Take a stroll along the pier, grab an ice cream on the promenade, or do a spot of shopping. Maybe try the Water Adventure Play Park on the sea-front, or visit one of the parks and gardens, including Grove Park.

Or simply enjoy the fantastic sandy beach, which stretches for miles (and have a dip in the sea if you're really brave!).

Tickets cost £12 a seat and we will be leaving the front entrance of the school at 9am on Thursday the 6th of April and will be leaving Weston to head home at 6pm. Book your ticket by emailing

# COOKING ON A BUDGET



## The Learning Lounge

Come and join us at our Cooking on a Budget class in the Learning Lounge. We will provide everything you need to cook up a tasty meal you can then enjoy at home!

You will learn cooking and budgeting skills and hopefully meet some new friends!

Our first session is now fully booked but there are still places for our second.

**Session 2: Fri March 31<sup>st</sup> 10am – 1pm**

**The Learning Lounge, Willows High School**

**To book a place contact Beck on 07592037937 or**

**Rebecca.crnoja@willows.cardiff.sch.uk**



## Chicken Mayonnaise Sandwich

Ingredients:

100g Cooked Chicken

3 tablespoons Mayonnaise

1tablespoon chopped fresh parsley

1 Shallot

Salt

Pepper

Good quality bread

Fresh Lettuce

Method:

Mix shredded chicken with diced shallot, chopped parsley and a generous amount of salt & pepper.

Add the mayonnaise and stir well to combine.

Spread a generous spoonful of the chicken mayo mix on a slice of bread.

Top with sliced lettuce and another slice of bread.



## **Citizens Advice Bureau**

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 legal matters. To make an appointment, please e-mail Rebecca Crnoja on [Rebecca.Crnoja@willows.cardiff.sch.uk](mailto:Rebecca.Crnoja@willows.cardiff.sch.uk)



## **Health and Well-being:**

HPV Vaccine - You can find an information booklet about the vaccine at the end of the newsletter



Dear Parent /Guardian,

The School Nursing Immunisation Team will be visiting your child's school on **25/04/2023** to administer the **second dose** of the HPV (Human Papillomavirus) vaccine. **There is no need to fill in a new consent form for this.**

The vaccine helps protect a person from being infected by the Human Papillomavirus. This virus increases the risk of developing some cancers later in life, such as cervical cancer, some mouth and throat cancers and some cancers of the genital area. The HPV vaccine does not protect against other sexually transmitted infections.

The vaccine will be offered to all pupils in year 9, 10 and 11 who have received their first vaccination.

**You must inform us on the contact details below if any of the following apply:**

- If your child has received their second dose of the HPV vaccine at the GP practice or another health setting.
- If your child has received their first vaccination at the GP practice or another health setting and you would like your child to receive the second dose in school as we will need to obtain your consent for this.

If your child has not had the first dose of the HPV vaccine and you would now like them to receive the vaccine, you should have already received an invite to complete an electronic consent. You can access information on the virus and the immunisation programme at <https://phw.nhs.wales/topics/immunisation-and-vaccines/vaccination-information1/hpv#about>

The vaccine used in the national HPV (human papillomavirus) programme has changed from Gardasil to Gardasil 9. Gardasil 9 protects against more strains of the HPV virus, and therefore offers greater protection against cancers caused by HPV. It has been used extensively in other countries since it was first licensed in 2015 and it has a good safety record. If your child received Gardasil for their first dose, they are now being offered Gardasil 9 for their second dose. We will continue to use the consent for vaccination you have provided for both doses of HPV vaccine. A complete list of ingredients and possible side effects for the Gardasil 9 vaccine is available at [www.medicines.org.uk/emc/search?q=gardasil](http://www.medicines.org.uk/emc/search?q=gardasil)

**If you have any questions or need to contact us via the details below.**

Regards

*School Nursing Immunisation Team*  
*Tel 02920 907661/664*  
*Immunisation.CAVUHBschoolnursing@wales.nhs.uk*





**Nyrsio Ysgol | School Nursing**  
BIP Caerdydd a'r Fro | Cardiff & Vale UHB



**GIG**  
CYMRU  
**NHS**  
WALES | Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

Dear Parent /Guardian,

The School Nursing Immunisation Team will be visiting your child's school on...**25/04/2023**.....to administer the Human Papillomavirus (HPV) vaccine. All pupils in Year 8 will be offered their first dose and will receive their second dose in Year 9.

The vaccine helps to protect a person from being infected by the Human Papillomavirus. This virus increases the risk of developing some cancers later in life such as cervical cancer, some mouth and throat cancers and some cancers of the anus and genital area, it also helps protect against genital warts. The HPV vaccine does not protect against other sexually transmitted infections.

If you would like your child to receive the HPV vaccine please provide consent by completing the E-consent form.

To access the E-consent form please use the link below, or scan the QR code (by holding your mobile phone over the QR code with your camera app open). Links to further information regarding HPV and the vaccine are available on the E-consent form. If you wish to complete the E -consent form in Welsh, there is an option to access this once you have opened the E-consent by clicking on the top right-hand corner tab.

Please complete the form even if you do not wish you child to receive the vaccination. Deadline for submission of the consent form is ...**19/04/2023**.....

It is essential that you provide a valid email address when completing the E-consent form to receive correspondence and a confirmation receipt from the immunisation team.

If you have any difficulties accessing or completing the electronic consent form or need any further advice please contact the immunisation team.

<https://forms.office.com/e/AQgz8m0bDz>



Kind Regards

**School Nursing Immunisation Team**

**Tel 02920 907661/664**

**[Immunisation.CAVUHBschoolnursing@wales.nhs.uk](mailto:Immunisation.CAVUHBschoolnursing@wales.nhs.uk)**



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**



## 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: <https://www.ncmh.info/help-with-research/digital-support-study/>** 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](mailto:YouthOnlineStudy@cardiff.ac.uk)

 <b>0300 300 7000</b>		 <b>CAVDAS</b> CARDIFF AND VALE DRUG AND ALCOHOL SERVICE
 <b>info@cavdas.com</b>		
 <b>www.cavdas.com</b>		
   <b>@CAVDAS22</b>		
 Dedicated family and concerned other support, information and specialist advice.		<b>"No Wrong Door"</b> Taking the first step is as important as navigating the system. Our services work together to ensure that no one is left behind and there is 'no wrong door'. Information, advice and guidance
<b>Drop In and Open Access</b> 9.30-3.00	<b>7 St Andrews Place, Cardiff</b>	<b>2-10 Holton Road, Barry</b>
<b>Specialist Support</b> Assessment, care planning and structured counselling, therapeutic interventions to help people make changes to their substance use, support others to make changes or to maintain the changes that they have already made.	<b>Peer Led Recovery</b> Access peer support aftercare and community rehabilitation programmes throughout your treatment and recovery journey. This includes 1:1, groups, community connections, volunteering, social activities and introduction to an independent recovery community offering support 365 days per year.	<b>218, Cowbridge Road, Cardiff</b>
<b>Outreach and community engagement</b> We are happy to arrange to meet you where you feel comfortable. Let a member of the team know, we can come to you, or find a location that you choose. If you are experiencing homelessness and wish to access treatment for substance use our outreach workers, counsellors and clinical team work within the Cardiff Council MDT.	<b>Blood Borne Virus screening, Naloxone, Needle Syringe Programme, wound care and safer injecting advice.</b>	<b>Harm Reduction</b>  <b>98, Neville Street, Cardiff</b> <b>2-10 Holton Road, Barry</b>
<b>Peer led Independent service user voice.</b> Drop In every Thursday St John's Church, 3 St John's Square Cardiff or contact us for details of focused events and activities Training and information is available to providers across the region. Contact <a href="mailto:training@cavdas.com">training@cavdas.com</a> to access our specialist courses.	<b>Children and Young People</b> Specialist team within the community and youth justice service providing harm reduction and structured interventions to young people using substances and those affected by someone else's substance use. We work within schools, youth facilities and provide transitional support for individuals up to the age of 25.	

**St John The Baptist Church, 3 St John's Square, Cardiff, CF10 1GL**  
Voices Action Change Independent Service User Voice

**2-10 Holton Road, Barry CF63 4HD**  
Engagement and support, recovery and aftercare, structured counselling, peer2peer volunteers, including specialist Needle Syringe Programme & harm reduction.

**7 St Andrews Place, Cardiff, CF10 3BE**  
Engagement and support, recovery and aftercare, structured counselling, harm reduction and peer2peer volunteers.

**232 Holton Road, Barry, CF63 4HR / 218 Cowbridge Road, Cardiff, CF5 1GX**  
Recovery and aftercare

**Find us at:**

**Single Assessment Centre, 32 Cowbridge Road East, Cardiff CF11 9AG**

Outreach and counselling for MDT Cardiff Council homelessness services

**Harlech Court, Bute Terrace, Cardiff, CF10 2FE**

Rapid Access Prescribing

**98 Neville Street, Cardiff, CF11 6LF**

Specialist Needle Syringe Programme and harm reduction

**John Kane Centre, 213A North Rd, Cardiff CF14 3GH / 91 Salisbury Road, Barry, CF62 6PD**

Youth Justice support and interventions



**"No Wrong Door"**



Substance Use services have changed in Cardiff and the Vale of Glamorgan. CAVDAS provides specialist substance use interventions, harm reduction, recovery and aftercare, and work force development across the region.

Our dedicated children and young people workers, adult and peer delivery teams provide advice, guidance and interventions. We support those who are looking to make changes to their substance use, maintain the changes that they have already made, or to support others in their recovery journey.

**Contact us:**

0300 300 7000

[info@cavdas.com](mailto:info@cavdas.com)

[www.cavdas.com](http://www.cavdas.com)



Children and Young People workers are embedded in community engagement and alongside our partners in Youth Justice. We provide 1:1 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.



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



Access peer support aftercare and community rehabilitation programmes throughout your treatment and recovery journey. This includes 1:1, groups, community connections, volunteering, social activities and introduction to an independent recovery community offering support 365 days per year.



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

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.



Trauma informed structured counselling service that supports student and volunteer placements. We provide face to face, digital engagement and group sessions.

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](mailto:training@cavdas.com) to find out more.

# 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](https://parent-talk.org.uk/wales)



We're here:

12:30-19:30 Monday  
10:30-16:30 Tuesday  
9:30-16:30 Wednesday  
12:30-19:30 Thursday  
09:30-16:00 Friday



ENG | CYM

### WELCOME TO WONDERFEST 2023

Wonderfest is our annual festival for young people aged 13+, parents and professionals working with young people to support their wellbeing.

We have a jam-packed schedule of events, online sessions and workshops planned.

Wonderfest is an event by Plattform. For further information contact:

[youngpeople@plattform.org](mailto:youngpeople@plattform.org)

01656 647722

[plattform4yp.org](https://plattform4yp.org)

By young people, for young people

[plattform.org](https://plattform.org)

For mental health and social change



# PIPA

An online **P**arenting **I**ntervention to **P**revent affective disorders in high-risk **A**dolescents:  
**The PIPA Trial**

## The PIPA Trial

The PIPA trial is exploring the effectiveness of an online resource for parents/carers to help reduce depression and anxiety in young people.

## Who can take part?

With the assistance of schools, we will be recruiting families of young people aged 11-15 from the UK.

## What does it involve?

Parents/carers and young people will be asked to fill in some online questionnaires and parents/carers will be invited to work through a series of online modules or factsheets.

## Benefits for families

Improve knowledge of mental health and emotional wellbeing in young people. Pick up some useful tips and strategies to help support young people.

## Get in touch!

Email: [PIPA@warwick.ac.uk](mailto:PIPA@warwick.ac.uk)  
Phone: 02476574316 or 02476575078  
Website: [www.warwick.ac.uk/pipa](http://www.warwick.ac.uk/pipa)



### **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 [Danielle.MacKintosh@willows.cardiff.sch.uk](mailto:Danielle.MacKintosh@willows.cardiff.sch.uk) 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 embarrassed 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](mailto: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**





## Revision Sessions – Year 11 2023

	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
		<b>French:</b> 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	<b>French:</b> Daniella Nakazzi, Shaida Tufiq, Thabo Mhlanga and Josph 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.**



Mae Brechu yn achub bywydau  
Vaccination saves lives



## HPV Vaccination

Protecting against HPV infection to help reduce your risk of cancer



Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

You cannot protect yourself against everything.

But you can get yourself vaccinated against the human papillomavirus (HPV), a common virus which can cause many different types of cancer.

### The HPV vaccination programme

More than 280 million doses of the HPV vaccine have been given worldwide, including 120 million doses in the US and over 10 million in the UK.

The HPV vaccine has been offered to all girls in school year 8 since September 2008.

From September 2019, the vaccine has also been offered to year 8 boys. This is because the evidence is clear that the HPV vaccine helps protect both boys and girls from certain types of cancer.



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## What is HPV and how is it spread?

HPV is a very common virus which usually has no symptoms.



People probably will not even know they are carrying the virus, and in most people HPV clears up quickly.



If you don't know you have the virus it means you can pass it on to others.



More than seven out of 10 people who have not had the HPV vaccination will get infected.



HPV lives on the skin in and around the whole genital area (your private parts) and is usually spread through intimate sexual contact. Condoms do not provide complete protection from HPV. Getting the vaccine now protects you against future risks.



There may not be immediate symptoms, but HPV can lead to cancers such as:

- cervical cancer (in females);
- some mouth and throat cancers; and
- some cancers of the anus and genital area.

HPV can also cause genital warts, which is one of the most common types of sexually transmitted infections.

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## What difference has the HPV vaccine made so far?

- It is expected that the vaccine will save hundreds of lives every year in the UK. A recent English study has shown a reduction of 90% in cancer-causing HPV in young women in their 20s who were vaccinated aged 12 to 13.
- The HPV vaccine also protects you against over 90% of genital wart infections.

## Having the HPV vaccine

The vaccine is given in your arm and you normally need two injections to be fully protected. The first injection is usually given at school in year 8. The school nurse or vaccination team will let you know when both injections are due.

To give you the best protection, the vaccine should be given before you become sexually active. If you are sexually active you should still have the vaccine.

## The HPV vaccine

Since 2012, Gardasil has been the HPV vaccine used in the UK. Sometime during the 2021 to 2022 academic year the HPV vaccine will switch to Gardasil 9. If you had Gardasil for your first dose you can have Gardasil 9 for the second dose. Both boys and girls can have the HPV vaccine.

Anyone can catch, carry and pass on HPV. Getting the HPV vaccine when you are offered it makes sure you are protected for your future.



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## Side effects of the HPV vaccine

Side effects are usually mild. The most common side effect is a sore, swollen or red arm where you had the injection. This usually wears off within a few days. Less common side effects are headaches, nausea and fever. Serious side effects are extremely rare.

As with all vaccines, reports of side effects are closely monitored and reviewed. Extensive reviews of the safety of the HPV vaccine have found that evidence does not support a link between the vaccine and a number of serious and chronic (long-term) illnesses. For more information, go to [who.int/groups/global-advisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety](http://who.int/groups/global-advisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety)

You or your parent or carer can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or by calling the hotline (free) on 0800 731 6789 (Monday to Friday, 9am to 5pm).



## Are there any reasons why I should not be vaccinated?

There are very few teenagers who cannot have their HPV vaccination. You should not have the vaccine if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose of HPV vaccine. This severe reaction is called an anaphylactic reaction. These reactions are extremely rare and nurses are fully trained to deal with them.

If you have had a severe reaction to a vaccination in the past, it's important that you include the details of this on your consent form. It's also important you tell the person giving you the vaccine.

If you have a minor illness without a temperature, such as a cold, you should still have the vaccination. If you are ill with a high temperature, put the vaccination off until you are better.

Also, speak to your doctor or nurse before having the vaccination if you:

- have a bleeding disorder; or
- have had convulsions (fits) not associated with fever.

## What should I do if I feel unwell after the vaccination?

If you have a temperature and feel unwell after the vaccination, you can take paracetamol to help you feel better. Read the instructions on the packet carefully and take the correct dose for your age. We don't recommend that you take this medicine before having the vaccine to try to prevent a temperature from developing.



Remember, if you are under 16 you **should not** take medicine that contains aspirin.

## Extra information for girls



Having the HPV vaccination between the ages of 12 and 14, followed by regular cervical screening when you reach 25, offers the best possible protection against cervical cancer.

## Do I still need to go for cervical screening if I have had the vaccine?

Anyone aged 25 to 64 who lives in Wales and has a cervix is offered cervical screening (smear) tests.

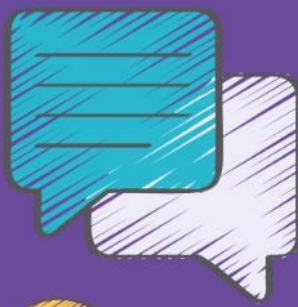
The vaccine will prevent around seven out of 10 cervical cancer cases, but screening can find other high-risk HPV infection not covered by the vaccine. By finding HPV infection or cell changes early, screening can prevent cervical cancer from developing. For more information, visit [cervicalscreeningwales.wales.nhs.uk/home](http://cervicalscreeningwales.wales.nhs.uk/home)

## What about the other cancers?

There are currently no screening programmes for other HPV-related cancers. If you are worried about any symptoms, speak to your GP practice.

## HPV vaccine to-do list

- ✓ Talk to your parent or carer about getting the HPV vaccine and let them read the consent form and information leaflet.
- ✓ If you still have questions, talk to your school nurse - they are there to help.
- ✓ Return the signed consent form to school.
- ✓ Make sure you go to school on the vaccination day. If you miss it for whatever reason, you should have more opportunities to have the vaccine.
- ✓ If you have left school or are not sure if you have missed any vaccinations, speak to your GP practice.



## Any questions?

### What do I need to do?

If you receive a consent form and information leaflet from school, make sure you and your parent or carer read the information about the vaccination, sign the consent form and return it to school as soon as possible. It's best to involve your parent or carer in your decision about having the vaccination, but in some circumstances you can give permission for the vaccination yourself if you fully understand what is being offered.

### What if I've lost my consent form?

You can get another one - just speak to your school nurse as soon as possible.

### What if I have not had my first HPV vaccine by the age of 15?

The HPV vaccine works best before you've ever been exposed to the virus. If you have not had any HPV vaccine before your 15th birthday you should discuss it with your school nurse, vaccination team or GP practice. They will let you know how many doses you will need and where you can get the vaccination.

### I missed my vaccination. Can I still have it?

Yes. If you are in the eligible groups and have missed any of your HPV vaccinations at school, you can still have them up until your 25th birthday. You should try to catch up as soon as possible. Contact your school nurse, vaccination team or GP practice and discuss it with them to see if you can have it.

### Does this mean I cannot get cancer?

No. The HPV vaccine protects you against most, but not all, forms of HPV. Because HPV can lead to cancer, this vaccine is about reducing your risk.



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## Where can I get more information?

If you have any questions or want more information, you can visit [111.wales.nhs.uk](http://111.wales.nhs.uk), talk to your doctor or nurse or call **NHS 111 Wales**.

You can find out more information on vaccines offered in Wales at: [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)

Information on cervical cancer is available by visiting Jo's Cervical Cancer Trust website at: [jostrust.org.uk](http://jostrust.org.uk)

You can find out more about the vaccine, including its contents and possible side effects at [medicines.org.uk/emc](http://medicines.org.uk/emc). You will need to enter the name of the vaccine (Gardasil or Gardasil 9) in the search box. You can also see the patient leaflet online.

You can report suspected side effects online at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or by downloading the Yellow Card app or calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

A schedule showing which vaccinations are routinely offered in Wales is available from: [111.wales.nhs.uk/CompleteSchedule](http://111.wales.nhs.uk/CompleteSchedule)

To order more copies of this leaflet, visit: [publichealthwales.org/HealthInformationResources](http://publichealthwales.org/HealthInformationResources)

You can find out how the NHS uses your information at: [111.wales.nhs.uk/AboutUs/Yourinformation](http://111.wales.nhs.uk/AboutUs/Yourinformation)



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