




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

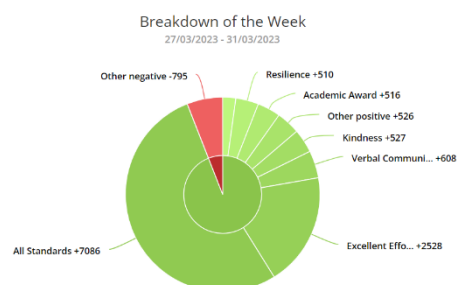
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Weekly Newsletter – 31.03.23

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

Belong, Believe, Achieve:

We have been celebrating achievements in our rewards assemblies this week. As well as practising our vocabulary knowledge in our Academic Vocabulary Bees. Well done to all our students who have worked hard, shown kindness and reached their full potential this term. We are so proud of you.



Merits – 24.03.23 – 31.03.23:

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	3192	7Hepworth	Menan Adem
Year 8	3069	8Curie	Mobolanle Oladosu & Jessica Gauder
Year 9	2317	9Radcliffe	Yana Sharma
Year 10	2113	10Plato	Franklyn Ajilore
Year 11	1895	11Novello	Euan Davies

Dates for your Diary:

- 18.4.23 – Mathswatch parent workshop in the Learning Lounge
- 21.4.23 - Supporting Teaching & Learning (Teaching Assistant Course) for parents in the Learning Lounge
- 21.4.23 - Managing Children's Behaviour for parents in the Learning Lounge
- 3.5.23 - Care Course for parents in the Learning Lounge
- 3.5.23 - Child Psychology for parents in the Learning Lounge
- 25.4.23 – School Nurse visiting to administer the first and second doses of the HPV vaccine



School News:

Enrichment

It was enrichment this week and our students enjoyed a variety of creative, skill-building and inspiring activities.



Coding with Lego

Hairdressing

Ukulele playing

Henna tattoo design

Cake making

Bubble tea making

First Aid

Fingerprinting
forensic analysis



Our jewellery making enrichment tried something new and made some resin pendants with glitter and jewels. As well as the usual bracelet and earring making!



Lego Tournament

Some of our Lego enrichment group have been working hard this term in preparation for Cardiff's Super Powered Lego Tournament. This week the team visited The Principality Stadium where they competed against 6 other schools in a number of challenges.

The competition involved building and coding a robot to complete a number of tasks in front of a panel of judges. We were against the clock and the pressure was on but with each round we improved our score and eventually ended up smashing our previous records with a whopping 150 points!

The pupils also had to talk about their journey and take part in a Q&A with three judges. They presented so well and came across as really professional.

We also had to complete a STEM challenge involving 1 piece of paper and a pair of scissors - thank goodness for Caramo here as Miss Charles herself was struggling to solve the problem!

We all had a fantastic experience visiting the stadium and taking photographs in The Royal Box.

Pupils were commended for their resilience and we took home 'The Breakthrough' award for never giving up and coming back stronger with each round.

Unfortunately, we missed out on the main prize by just 10 points, but for our first-time entering Miss Charles is so proud of what was achieved. Coming back bigger and better next year - Lego League 2024 watch out!



Debate Club

Last week our Debate club took part in the final round of the Urban Debate League. We are thrilled to announce that Willows came in 1st place for the Welsh region and 24th out of over 250 schools nationally.

Willows entered four teams who all did exceptionally well, debating on two motions; professional sports being banned for under 18s and whether people should regret content going viral.

The Urban Debate League is a national competition and is a great opportunity for our pupils to improve their debating skills and debate against young people from other schools. Our next league is for the Welsh cup which is taking place at the Principality Stadium on 20th April. We have all our fingers crossed for another win!

Debate Club runs every Wednesday and new members are always welcome, please come and see Miss Nelms or Mrs Cook.



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/Seren

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 21st April.

Routes into Languages Programme

Year 8 and 9 Pupils were invited to a Routes into Languages Programme organised in conjunction with Oxford University. Seren Davies from Year 8 said "They were very informative and interesting and... they had a competition where you had to translate a famous saying from another language into emojis and I won!"

Congratulations to Seren!

Year 11 MAT/Seren Pupils have been sent links to University Summer Schools. There's one application form for the four schools so please get your applications in by 21st April.

Student Fundraiser

Please consider contributing to Thabo's (Y11) 'Go Fund Me' page so that he can attend 'World Youth Day' with the other members of his church. The link is here and a small donation would be gratefully received by Thabo and his family:


<https://gofund.me/82cb81b3>

Welsh Department

There is no official translation of the words 'yes' and 'no' in the Welsh language! This week's words will seem simple, but will help a lot towards fluency.

Welsh Terms of the Week		Week Eighteen
Welsh	Phonetic	English
Ydw	Uh-doo	Yes, I do
Nag ydw	Nag uh-doo	No, I do not
Oes	Oy-s	Yes, there is
Nag oes	Nag oy-s	No, there isn't
Ie	Yeah	Yes (informal)
Na	Narr	No

willowswelsh@willows.cardiff.sch.uk



Student Council

Our student council worked with Active Schools this week to ensure the route to the new school site is as accessible for active travel as possible.



Student council were also part of the team working with a graffiti artist to design the new artwork for our canteen. The artwork will contain themes of culture, anti-racism, positivity and healthy eating.



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.

On the next two pages are this week's "Top 3 Leaderboards" for each year group.

Year 7 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Menan	Adem	7	7BA/Ma
2	Chimamanda	Obieze	7	7MA/Ma
3	Safa	Elmi	7	7MA/Ma

Year 8 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Mozdalefa	Adem	8	7RI/Ma
2	Hope	Allen	8	8JO/Ma
3	Kane	Williams	8	8FR/Ma

Year 9 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Rihanna	Hassan Noor	9	9FA/Ma
2	Yousif	Fadlelmoula	9	7RI/Ma
3	Taylor-Leigh	Emmerson	9	9MK/Ma

Year 10 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Mousa	Adem	10	Library 1,10F
2	Abdul	Ketter	10	10WO/Ma
3	Sahand	Mohammed	10	10PL/Ma

Year 11 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Talal	Obaed	11	11SC/Ma
2	Rowan	Williams-Lord	11	11SC/Ma
3	Harvey	Tabbener	11	11SU/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 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 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 sent to pupils.

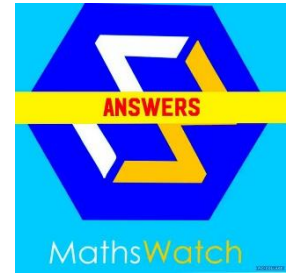
<https://www.ukmt.org.uk/competitions/solo/junior-mathematical-challenge/archive>

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

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

Mathswatch Workshop for Parents

Our maths department is offering a mathswatch workshop for parents on Tuesday 18th April 10.30 – 11.30. This is a chance to ask any questions you have regarding mathswatch and to learn how to use it to best support your child. If you would like to come to the workshop please contact Beck in the learning lounge rebecca.crnoga@willows.cardiff.sch.uk or on 07592037937



Visit an Open Evening before your GCSE exams start

Anyone interested in joining the CAVC family for September 2023 entry has the opportunity to attend an Open Evening where you can chat to tutors, find out more about courses and support available for students as well as applying on the night.

You can now visit other campuses as well as our City Centre and Barry Campuses. If you are interested in Sport or Public Services you can visit our Leckwith Campus. If you are interested in Aircraft Engineering you can visit our ICAT Campus. It's important to secure your next step so you can focus on your exams and get the grades you need to get into College.

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** and if this is not paid it rises 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.

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 Crnoja at rebecca.crnoja@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. We have now saved over 6000 single use bottles being sent to landfill!

Community:

Railway Gardens (Adeline St, Cardiff CF24 2BH)

Follow this link for all the events happening at Railway Gardens over Easter:

[Railway Gardens Programme » Green Squirrel](#)



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





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**

0303 003 0000



Learning Lounge & Courses

It's been a busy week in the Learning Lounge. Our KS3 Mathmagicians course with Cardiff Vale and College has come to an end. All our learners have done amazingly, well done ladies!



We've also had another successful Cooking on a Budget session



We have lots of great courses and events coming up in the Learning Lounge see below for details.

Managing Children's Behaviour Level 1

Starting on Friday 21st April 2023
12:00 – 14:00
For 10 weeks
At
Willows High School
Learning Lounge



On this course learners will gain an understanding of the influence different parenting styles have on children. You will learn about behaviour linked to a child's development and behaviour that challenges parents. You will discuss effective ways of communicating with children, how to use play to support children's behaviour and ways to reduce disruptive behaviour.

Contact Beck to join 07592037937 rebecca.crnoja@willows.cardiff.sch.uk

Supporting Teaching & Learning Level 2

Starting on Friday 21st April 2023
9:30 – 11:30
For 10 weeks
At
Willows High School
Learning Lounge



This Level 2 course focuses on the models of Learning Support adopted in schools. You will learn about the role of Learning Support Assistant and identify the skills needed for this position. In addition, you will discuss different attitudes to acceptable behaviour and ways of encouraging positive behaviour in children. You will also study health and safety and legal requirements for schools. On this course you will also prepare to apply for work in schools.

Contact Beck to put your name down: 07592 037937 rebecca.crnoja@willows.cardiff.sch.uk

Child Psychology Level 1

Starting on Wednesday 3rd May 2023
12:00 – 14:00
For 10 weeks
At
Willows High School
Learning Lounge

To join contact Beck: 07592 037937



This course is designed to help you understand some of the methods used in the study of child psychology. It will help you to understand the process of attachment, language acquisition and gender role acquisition.



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

Warm Space in April



Tuesday 4th & 11th April: No Warm Space


Tuesday 18th April & 25th April:


10:00am - 1:00pm: Community Space

12:00pm - 1:00pm: Circus


**3:30pm - 5:30pm: After School Circus
& Community Space**

 evie@nofitstate.org

 02920 221330

 07500 970567

Find us online:  @nofit_state_community

 NoFit State Community

 Paul Hamlyn
Foundation

 ARTS COUNCIL
ENGLAND

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ENGLAND

The Percy Bilton Charity



Viridor and
Prosiect Gwyrdd
Community Fund

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Arts
& Business
Cymru

 Cyngor Celfyddydau Cymru
Arts Council of Wales

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Y LOTERI
LOTTERY FUNDED



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Sponsored by
Welsh Government

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GYMUNEDOL
COMMUNITY
FUND

 WcVA
CgGC



SPRING HOLIDAY CIRCUS

RAILWAY GARDENS

Adeline Street, Splott, CF24 2BH

Drop-in circus and nature activities

Tuesday 4th April

 10:00 Walk with us from NoFit State

 **10:30 – 12:00**
12:30 – 14:00

 Free snacks and drinks available







These FREE activities are for residents of Splott, Adamsdown and Tremorfa, refugees/asylum seekers and people living in supported housing.

THE FLYING SEAGULL PROJECT COMES TO CARDIFF DURING EASTER HOLIDAYS!

‘Laugh N Play 2023’ is the latest circus show created by the Flying Seagull team and the first time bringing it to Wales!



The Flying Seagull Charity “bring play and laughter to children and people living in difficult and desperate conditions in the UK and around the world. Through music and dance, arts workshops and circus shows, we bring joy to people in need of positivity and happiness.”

With support from Child Friendly Cardiff, ‘Laugh N Play’ will be touring selected locations in Cardiff during the Easter Holiday, bringing the circus and smiles to those that need it most.

There are limited sessions from 3rd – 7th April in the Southern Arc of the City with priority access granted to pre-determined groups.
[Click here to book!](#)

Easter Activities in Cardiff

[Easter 2023 In Cardiff | Annual Easter Egg Hunt & Things To Do In Cardiff \(allevents.in\)](http://allevents.in)

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 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





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

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

Regards

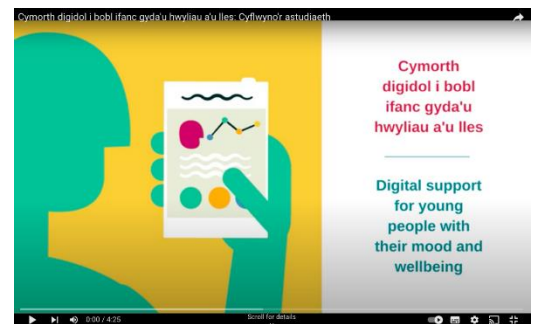
School Nursing Immunisation Team
Tel 02920 907661/664
Immunisation.CAVUHBschoolnursing@wales.nhs.uk



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

 0300 300 7000  info@cavdas.com  www.cavdas.com    @CAVDAS22		 CAVDAS CARDIFF AND VALE DRUG AND ALCOHOL SERVICE
 Dedicated family and concerned other support, information and specialist advice.	 "No Wrong Door" 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	7 St Andrews Place, Cardiff  2-10 Holton Road, Barry 218, Cowbridge Road, Cardiff
 Specialist Support 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.	 Peer Led Recovery 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.	
 Outreach and community engagement 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.	 Blood Borne Virus screening, Naloxone, Needle Syringe Programme, wound care and safer injecting advice. Harm Reduction 98, Neville Street, Cardiff 2-10 Holton Road, Barry	
 Peer led Independent service user voice. 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 training@cavdas.com to access our specialist courses.	 Children and Young People 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



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 to find out more.



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 Cardiff will be on **Sunday 11 June** at Glamorgan Cricket Ground.

Please send us an email for more details, bookmark this page for updates, or follow us on Twitter, Facebook or Instagram.

We hope you'll join us, it'll be a lot of fun!

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

youngpeople@plattform.org

01656 647722

plattform4yp.org

By young people, for young people

plattform.org

For mental health and social change

**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
9:30-16:30 Wednesday
12:30-19:30 Thursday
09:30-16:00 Friday

Wellbeing in school

Students

If you feel you need some support with your wellbeing we want to help and there are many places to go: Ms. Crnoja in the learning lounge is here to look after your wellbeing so please come down for a confidential chat.

Your Head of Year or any member of the Welfare Team are there to support you. You can find them at line-up time, in the welfare office or anywhere around the school.

A member of staff you trust. All members of staff will be there for you. If you want to confide in someone please do and they will help get you the support you need.

Parents

We want to help you as best we can and there is a lot of support out there for parents.

Ms. Crnoja can be contacted on 07592 037937 rebecca.crnoja@willows.cardiff.sch.uk.

Your child's head of year and the welfare team can also help. Please do not suffer alone. Reach out to us.

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 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):

**IF YOU'RE 11-19 YEARS OLD
TEXT YOUR SCHOOL NURSE ON
07520 615718
FOR CONFIDENTIAL ADVICE AND SUPPORT**

**We help young people
with all kinds of things
like...**

**BULLYING HEALTHY EATING
SMOKING CHANGES TO
EMOTIONAL YOUR BODY
WELLBEING DRUGS
FEELING SAD OR ANGRY
EXAM ALCOHOL
STRESS RELATIONSHIPS**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are shared and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate response back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before this time then please contact a member of our staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support emergency NHS UK mobile numbers only such as 111 and 999. Please contact your GP or your GP surgery. For more information on our services and our number please visit our website. Please respect your school's mobile phone policy. Messages are charged at your school rate.

Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please call Beck 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 31st 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 31st Aug 2022) to school age Year 11 within Cardiff and

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.

And from the whole Willows Team have a wonderful Easter Break.

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
		French: Kaden Taylor, Ben Weeks, Ayan Hersi, Malaak and Selma Abdillahi	French: Laiba Ismail, Maasouma Alanzani and Heidi Rahali	French: Nisha Kaur, Jack Allen and Tobi Bamidele	French: Daniella Nakazzi, Shaida Tufiq, Thabo Mhlanga and Joseph 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.



2

Vaccination Saves Lives

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.

Vaccination Saves Lives

5

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.



6

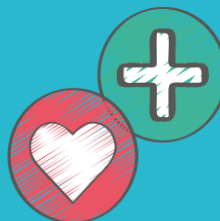
Vaccination Saves Lives

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

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 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

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.

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.



Vaccination Saves Lives

11

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.



Where can I get more information?

If you have any questions or want more information, you can visit 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

Information on cervical cancer is available by visiting Jo's Cervical Cancer Trust website at: jostrust.org.uk

You can find out more about the vaccine, including its contents and possible side effects at 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 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

To order more copies of this leaflet, visit: publichealthwales.org/HealthInformationResources

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



Revised November 2022
© Public Health Wales NHS Trust
(with acknowledgment to Public Health Scotland)
Version 1b
ISBN 978-1-83766-100-8



14

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