




**WILLOWS**  
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

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

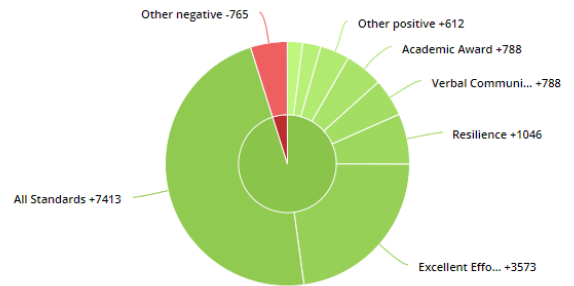
**Weekly Newsletter – 17.11.23**

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

**Belong, Believe, Achieve:**

Our assemblies this week have looked at Male Mental Health and was delivered by Mrs. Watkins and Ronnie Ashton from Year 10. Year 11 pupils have continued to show their skills in the English Non examined Assessments and Catering Mock Examinations, the smells floating around the school have been absolutely amazing. Some of our Year 11 pupils also had the opportunity to visit Oxford University. You will find our Canteen Menu, Extra Curricular Activities and Revision Timetables at the end of this Newsletter.

Breakdown of the Week  
13/11/2023 - 17/11/2023



**Merits – 13.11.23 – 17.11.23:**

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	4028	7Schumann	Jack Ashford-Davies
Year 8	3321	8Hepworth	Caitlyn Lynas
Year 9	3158	9Curie	Amelia Robinson
Year 10	3002	10Farah	Marwa Elmi
Year 11	1406	11Debeauvoir	Iteoluwakiishi Olorunjuwon

**Dates for your Diary:**

- 18.11.23 – Willows Enterprising Schools at Roath Farmers Market (Mackintosh Sports Club, CF24 3JW)
- 23.11.23 to 28.11.23 – Year 11 Photography Mock Exams
- 26.11.23 - Willows Enterprising Schools at Riverside Farmers Market (Fitzhamon Embankment CF11 6AG)
- 1.12.23 – Flu Immunisations
- 9.12.23 - Willows Enterprising Schools at Railway Gardens
- 21.12.23 – INSET Day
- 22.12.23 – INSET Day



Our Valued Partners



## School News:

### Careers – BBC Bitesize



We had our first ever visit from the team at BBC Bitesize who came in to speak to pupils in Years 7, 8 and 9. The talks were conducted by a host, TV presenter and podcaster, Melanie Owen. She interviewed a panel of employers who spoke about their career paths and offered advice to the pupils about how to choose a career and what skills they can use both in school and in their daily lives. The panel consisted of BBC member of staff Marsha Neal, James Cuff a creative Director from Folk and Gwyneth Sweetman, the Head of Public Affairs for the Federation of Small Businesses.

At the end of each session, the pupils were invited to ask questions about the interviews. Year 7, in particular, asked some really probing questions and bombarded the panel with a deluge of questions. It was really nice to see the number of pupils who wanted to get involved and interact with the panel and the respect that they showed the visitors.



In addition to that, the Year 11 Media Studies class were also present for one of the talks. They were shown how all the equipment was set up and what it was actually used for.

A huge thank you to the BBC bitesize team and the panel for their time today.

### Careers – Specsavers

We also had the latest in a series of employer visits who will be delivering talks to Year 11 pupils about their industry and professions. This week's visitors were from Specsavers. The visitors spoke about the different roles within the field of ophthalmics, the different career paths that could be taken, the different routes into the profession, their careers to date and the different types of eye conditions that exist.



The pupils were given a series of different glasses to try, all of which were modified to replicate a different eye condition such as a cataract or glaucoma. They were, forgive the pun, a real eye opener. The pupils were given a real insight in to the conditions that can cause you to lose your eyesight. The overriding message is, please get your eyes checked on a regular basis. Thank you to Specsavers for her visit and to Adrian Cole from Careers Wales, for arranging it.

### Our Valued Partners



## Specialist Resource Base

The pupils in the SRB have been learning about Goldilocks and the Three Bears. We have used colourful Semantics to retell the story as well as drawing Story Maps, we have sequenced events of the story to get us ready for a long writing task. On Wednesday, we had a surprise visit from the naughty girl herself - Goldilocks!! She was very apologetic and told the children that she had written a sorry letter to baby Bear and had even asked her mummy to buy a new red chair for Baby Bear.



## Enterprise Schools @Willows



We have made some new friends here at Enterprise@Willows in the form of Liam and Claire from FP Hurley who have kindly donated some top of the range plumbing tools and copper for our business. These will be used by our pupils to prototype new copper products as the prototyping and new tools are the majority of our costs just like any business.

If you would like to become a friend of Enterprise@Willows, please contact us at [enterprise@willows.cardiff.sch.uk](mailto:enterprise@willows.cardiff.sch.uk) or view our website [www.enterpriseschools.co.uk](http://www.enterpriseschools.co.uk).

In return, you will have regular updates from the business, photographs, social media exposure, your logo on our friends page of our website and most importantly of all, help to change our pupils lives by giving them opportunities that will give them a head start in college and their future careers.

We are also pleased to unveil our Christmas Products for 2023. These can be ordered via our email address above or via our website.

You can also come and visit us at:

- Roath Farmers' Market, Mackintosh Sports Club 9.30 to 13.00 18<sup>th</sup> November
- Riverside Farmers' Market, Fitzhamon Embankment 10.00 to 14.00 26<sup>th</sup> November
- Railway Gardens Community Christmas Fair, Adeline Street 11.00 to 15.00 9<sup>th</sup> December



## Charitable Products

This year we shall be supporting 2 charities and 100% of the profits from the sales of these products will go straight to the charity



Hot Chocolate Cone £1.50  
Reindeer Food £1.00  
Christmas Plates £4.00



A Selection of hand made jewellery individually priced

## Enterprise Products

Why not view our other products @ [www.enterprise-schools.co.uk](http://www.enterprise-schools.co.uk)  
If you would like to support us through partnerships /donations or would like us to provide a makers workshop for your community project, please contact us @ [enterprise@willows.cardiff.sch.uk](mailto:enterprise@willows.cardiff.sch.uk)

## Price List

Christmas Tree	£10.00
Snowman	£5.00
Reindeer	£30.00
Heart	£8.00
Large Box	£30.00
Small Box	£20.00
Santa Key	£1.50

## Our Valued Partners





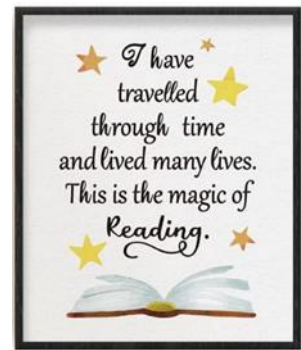
## English Department

### Reading is everything!

Did you know that there is a link between your child reading for pleasure and their GCSE success? At Willows, we take every pupil in KS3 to the school library once a fortnight to choose a new book. We STAR test the pupils every term to check on their reading levels – this should help them to choose books at the right level.

### **Your job as families?**

- Check that your child has their book and is reading it every night!
- Ask questions about the book: about the plot or characters
- Listen to them read – check the book isn't too easy or too hard for them
- Make sure they are in the good habit of reading regularly



Remember, there is international evidence to suggest that this will help your child not just in English, but in *all* of their exams.

### **Most importantly...**

Don't let your child take his/her phone to bed – take a book instead!

### Reading Stars of the Week

★ Year 7: Skye Roberts (7SC) - making recommendations and encouraging others to read!  
★ Year 8: Derek Johnson (8IN) - This week's scrabble champion in Brilliant Breakfast club!  
★ Year 9: Deborah Adeyeye and Mobolanle Oladosu (9JO) - always having their noses in a book!

*Congratulations all! Please see Miss Nelms for your Golden Tickets!*



## Welsh Department

Why not practise your Welsh at home? We will provide a variety of terms and phrases weekly. Use the phonetic column to see how it should be pronounced. Send any queries or questions to:

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

Our Valued Partners

## Welsh Terms of the Week

## Week Ten

Welsh	Phonetic	English
Sut wyt ti?	Sit oyt tee	How are you?
Da iawn, diolch	Dah yawn, dee-olch	Very well, thank you
Gweddol	Gw-edd-ol	So-so
Wedi blino	Wed-ee bleen-oh	Tired
Ofnadwy	Ov-nad-oy	Awful

### Mathematics Department

#### TimesTable Rockstars

Single numeracy boost sessions are provided to all our KS3 students on a fortnightly basis to enrich their Mathematical Skills, specifically with a focus on times tables. Students will be accessing their TTRS accounts and improving their knowledge of the times tables

At home, students must log on to TTRS via their technological devices at home. There is also a phone app that they can download via Apple or Android, free of charge.

**All the students have 5-10minutes daily tasks** on there to help consolidate their times tables. It will also earn them coins to use for customising their own individual avatars. Likewise, as with MathsWatch, there will be a leaderboard and certificates to reward their efforts.

For any login issues, please email Miss Santos at [dana.santos@willows.cardiff.sch.uk](mailto:dana.santos@willows.cardiff.sch.uk).

Please congratulate the “**Top 3 TTRS**”, who dedicated plenty of their time to master their times table facts this week!



### WHOLE SCHOOL

Rank	Name	Maths Group
1	Yara Magidub	7SU/Ma
2	Amelia Greedy	7NO/Ma
3	Hope Ramonogana	7SU/Ma

#### Our Valued Partners

## Numeracy Enrichment

### Numeracy Boost session (NBS):

Using a variety of digital (e.g. TT-Rock Stars) and non-digital resources, all pupils in Years 7, 8 & 9 will benefit from using laptops in Numeracy Boost Sessions to enrich their Mathematics skills; they are delivered fortnightly by Mathematics teachers. It is a great opportunity to support pupils with skills gaps further and stretch high attaining pupils.

### Internal Numeracy Competitions – Pupils in Years 7, 8 & 9:

Various Numeracy competitions are taking place throughout the year. Pupils in Years 7, 8 & 9 been provided with relevant resources that can be used to prepare for the quizzes. Relevant emails with details will be sent to pupils and to parents through Classcharts.

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

UKMT Challenge is an external Mathematics competition giving Y7 and Y8 More Able and Talented pupils the opportunity to tackle a variety of mathematical activities which inspire their love of 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 will be sent to pupils.

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

(Go to - View past papers)

For any related question, please contact Mrs Ait-Brahim at: [halima.ait-brahim@willows.cardiff.sch.uk](mailto:halima.ait-brahim@willows.cardiff.sch.uk)

## Numeracy Terms and Question of Week 8, starting 06/11/23:

To help our pupils boost their mathematical vocabulary and Numeracy skills, The "Terms of the day" will be emailed to them in a daily basis, and the "Question of the week" will be emailed in a weekly basis.

Any question, please email: [halima.aitbrahim@willows.cardiff.sch.uk](mailto:halima.aitbrahim@willows.cardiff.sch.uk)

The solution to the actual weekly question will be emailed to pupils on **Monday** with the new question.

**Question of the week**  
**Week 9 – Starting 13.11.23**

**Trading Treats**


Owen went to his neighbourhood convenience store where he bought 25 small packages of different kinds of candy. After counting the candies in his purchase, he calculated that he had 100 candies in total.

A) If each package contained the same amount of candy, how many candies were in each package?

B) Owen decided to give one-fifth of the candy that evening to his brother, Clive. Owen saved the rest for another day. How many candies did he give to Clive?

C) The following day, his sister Charlotte bought some candy. Charlotte had a lot of sour cherries, which Owen adores. Owen had many red lollipops, which are Charlotte's favourite candy. They decided that one lollipop was worth two sour cherries. Owen traded 25 of his lollipops for sour cherries. How many sour cherries did he receive from Charlotte?

D) After the trade, Owen eats the same amount of candy each day until his candy is finished. This takes 3 weeks. How many candies does he eat each day?



## Numeracy Question of the Week (Week 9):

Answers to the "Question of the week" will be emailed to pupils by the end of every Monday.

### Our Valued Partners

cowshed

VOCO

St. David's  
Cardiff



Civil Service

BBC



ARUP



Taylor  
Wimpey

# Mathematics Terms of the Week

## Terms of the day

**Week 9 - beginning 13.11.23**

**Day 1 - Monday 13.11.23**

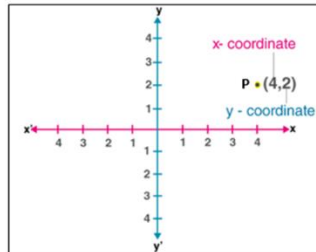
### Coordinate Geometry terms:

#### Geometry:

Geometry is the branch of mathematics that deals with shapes, angles, dimensions and sizes of a variety of things we see in everyday life. Geometry is derived from Ancient Greek words – 'Geo' means 'Earth' and 'metron' means 'measurement'.

#### Coordinate Geometry:

Coordinate Geometry is one of the branches of Geometry where the position of a point is defined using coordinates.



The coordinate Plane

#### Coordinates:

Coordinates are a set of values which helps to show the exact position of a point in the coordinate plane (i.e. P (x, y)).

**Note:** x-coordinate comes always before y-coordinates

E.g. The point P has (4,2) coordinates;

#### Coordinate Plane:

A coordinate plane is a 2D plane which is formed by the intersection of two perpendicular lines known as the x-axis and y-axis.

#### Why do we Need Coordinate Geometry?

Coordinate geometry has various applications in real life. Some of the areas where coordinate geometry is an integral part include.

- In digital devices like computers, mobile phones, etc. to locate the position of cursor or finger.
- In aviation to determine the position and location of airplanes accurately.
- In maps and in navigation (GPS).
- To map geographical locations using latitudes and longitudes.

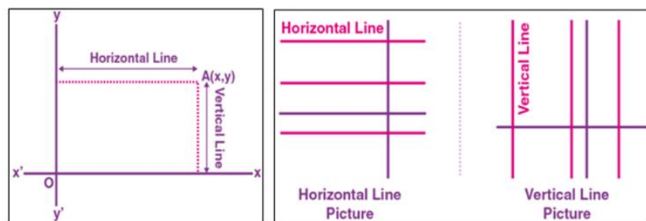
**Day 2 - Tuesday 14.11.23**

### Horizontal and vertical lines:

A horizontal line is a straight line that is mapped from left to right, and a vertical is a straight line that is mapped from top to bottom.

In coordinate geometry the line which is parallel to the x-axis is called horizontal line and the line which is parallel to the y-axis is called vertical line.

Horizontal lines will be perpendicular to y-axis and vertical lines will be perpendicular to x-axis. Thus, horizontal and vertical lines are perpendicular to each other when drawn with at least one common point. This can be shown as:



**Day 3 - Wednesday 15.11.23**

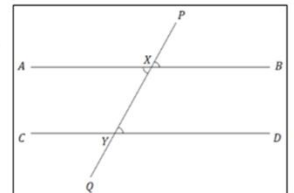
### Parallel lines and angles – Part 1:

#### Trasversal lines:

When a line intersects two lines at distinct points, it is called a transversal. In the below figure, line PQ intersects line AB and line CD at two distinct points, X and Y. Therefore, line PQ is the transversal line.

Also, when a transversal intersects two parallel lines, then pairs of angles are formed, such as:

- Corresponding angles
- Alternate angles
- Vertically opposite angles
- Linear pair or Co-Interior angles



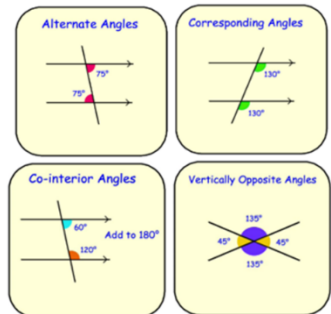
More details to follow tomorrow in Part 2.

**Day 4 - Thursday 16.11.23**

### Parallel lines and angles – Part 2:

A transversal intersection forms various types of angles with the parallel lines:

- Alternate angles are the same. They are found in Z-Shape.
- Corresponding angles are the same. They are found in F-Shape.
- Co-interior angles add up to 180°
- Vertically opposite angles are equal. They are found in X-Shape.



**Day 5 - Friday 17.11.23**

### Line Segment

A line segment is a part of a line with two end-points. It is the shortest distance between two points and has a fixed length.



### Ray

A ray is a part of a line, which has a starting point and extends infinitely in one direction.



Our Valued Partners



## Numeracy Question Answer (Week 6)

### Answer of the week Week 8 – Starting 06.11.23

#### Shape Sums:

There are many ways to solve this problem. Here is one approach:


Since the leftmost column has two triangles and two circles, and the column beside it also has two triangles and two circles, the sum of the columns must be the same. So, the sum of the second column must be 22. From the top row we know that the sum of 4 triangles is 16. So, the value of one triangle must be  $1/4$  of 16 or  $16 \div 4 = 4$ .

Since the value of one triangle is 4, then the sum of two triangles is  $4 + 4 = 8$ . The leftmost column shows the sum of two triangles and two circles is 22, so the sum of two circles is  $22 - 8 = 14$ . Therefore, the value of one circle must be  $1/2$  of 14 or  $14 \div 2 = 7$ . Since the sum of the bottom row is formed by two circles, one triangle, and one square, and we know the sum of two circles and one triangle is  $14 + 4 = 18$ , then the value of one square is  $20 - 18 = 2$ .

Now we know that the sum of the third column is  $4 + 2 + 2 + 7 = 15$ . Since the sum of the second row is formed by one triangle, one circle, one square and one hexagon, and we know the sum of one triangle, one circle, and one square is  $4 + 7 + 2 = 13$ , then the value of one hexagon is  $19 - 13 = 6$ . Now we know that the sum of the third row is  $7 + 7 + 2 + 6 = 22$ . Here is the completed grid:

				16					16
				19					19
				?					22
				20					20
22	?	?	18		22	22	15	18	

Here is a second way to find the sum of the third row without actually finding the value of the hexagon. Notice that the second and third rows have the same shapes in the last three columns, and only the first column shape is different. Since we know that the difference between the values of a circle and a triangle is  $7 - 4 = 3$ , then the sum of the third row must be 3 more than the sum of the second row, which is  $19 + 3 = 22$ .



**WILLOWS**  
HIGH SCHOOL

**BELONG. believe. ACHIEVE**  
PERTHYN. CREDU. LLWYDDO

# Mathematics After School

Day	Activity	Location
Tuesday	Y7, Y8 & Y9	G14 Miss Santos
Tuesday Week 2 Only	Y10 Higher	G20 Miss Wrennall
Tuesday Week 2 Only	Y11 Higher	G17 Miss Ait-Brahim
Wednesday Week 1 Only	Y10 & Y11 Intermediate	G19 Miss Koncar
All days	All Years Drop in	Any teacher who is available

## MathsWatch

All of our pupils' weekly Mathematics homework is accessible on MathsWatch (<https://www.mathswatchvle.com/>). They must be completed by 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 submits their homework on time. Any outstanding homework must still be completed, and they should all aim to achieve 100% on them.

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 "Whole School Leaderboard".

## School Leaderboard

Week		Month		Year	
#	First Name	Surname	Year	Class	
1	Brian	Jaiyeola	8	8CO/Ma	
2	Isham	Candra	8	8MA/Ma	
3	Sajel	Nasir	8	8CO/Ma	

### Our Valued Partners



And the “**Top 3 Leaderboard**” for each year group.

### Year 7 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Daniel	Ademiluyi	7	7HT/Ma
2	James	Cowell	7	7BE/Ma
3	Haniya	Hussain	7	7BE/Ma

### Year 8 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Brian	Jaiyeola	8	8CO/Ma
2	Isham	Candra	8	8MA/Ma
3	Sajel	Nasir	8	8CO/Ma

### Year 9 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Kenula	De Silva	9	9DA/Ma
2	Megan	Worthey	9	9DA/Ma
3	Sanjeeda	Begum	9	9DA/Ma

### Year 10 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Haneen	Husayn	10	10ED/Ma
2	Gayanthi	Rathnakela	10	10MK/Ma
3	Samuel	Nicolau	10	10FA/Ma

### Year 11 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Joyce Wangechi	Sagna	11	11DB/Ma
2	Jonathan	Oyewole	11	11DB/Ma
3	Tinuke	Eluyera	11	11PL/Ma

#### Our Valued Partners



Civil Service



## Period Dignity

A reminder that pupils can collect free period products from school at any time. Pupils can ask any trusted adult for these or can access them in the school office, from Mrs. Bubbins or from the Welfare Office.

## Attendance

### Contact Details - Willows High School

To Report an Absence:

**Year 7, Year 8 and the first half of Year 11 – (Surname - A to Jon)**

Contact Donna Whitney using Classcharts (see how to below)

**Year 9, Year 10 and second half of Year 11 – (Surname - Jones to Z)**

Contact Clare Davies using Classcharts (see how to below).



#EveryDayMatters  
www.cardiff.gov.uk/schoolattendance

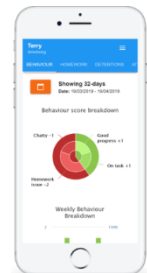
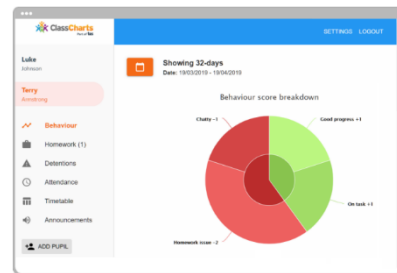


## Class Charts Reminder

### What is Class Charts?

Class Charts is an app that can be downloaded to your phone. You can use it to:

- keep track of your child's behaviour
- view attendance records
- access your child's weekly timetable
- be informed of and track detentions
- award your child merits for completing their home reading tasks
- view announcements from school.



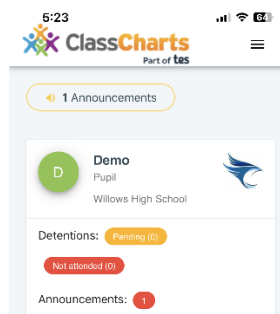
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

Thank you to all parents who have signed up to Class Charts this year and to those of you who continue to use it.

**Please let your child's Head of Year know if you need a login code.**

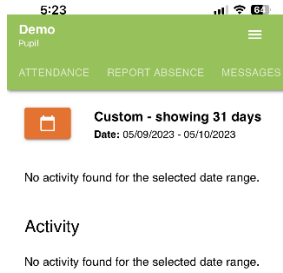
### How to report an absence on Class Charts

1. Click on your Class Charts app and click on your child's name.



Our Valued Partners

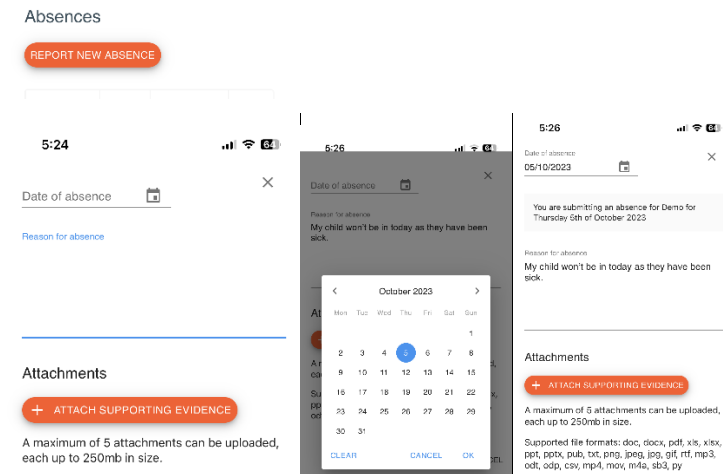
2. Scroll across the green band at the top and click 'report absence'.



3. Click on 'report new absence'



4. Tap the calendar for the date, type in the reason and attach any pictures of medical evidence, such as letters, emails or texts from the doctors, dentist or hospital.



5. Click submit...it's as easy as that!

**Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.**

### 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 rising to **£120** and **£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.



### Our Valued Partners



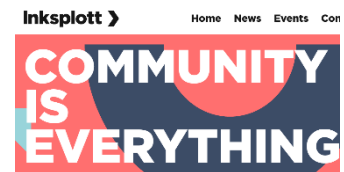
## Community

You will find plenty of information on community and local goings-on at:

[The Community Noticeboard » Green Squirrel](#)



[Inksplott | Community Is Everything](#)



**The Splott Community Volunteers** run a community breakfast on Thursday Mornings 8am – 10am in The STAR Centre, Splott Road, Splott CF24 2BZ.



## **The Tremorfa Community Pantry**

The amazing Tremorfa Community Pantry are always busy finding ways to support the community. You can find them at:

**Tremorfa Community Hall, Tweedsmuir Road CF24 2QZ.**



## Learning Lounge & Families

### 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)



### Our Valued Partners





## Health and Wellbeing

### Men's Mental Health Awareness

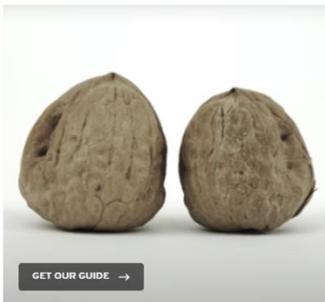
November is Men's Mental Health Awareness (also known as Movember) month. This is an annual global campaign that encourages men to grow mustaches and participate in various activities to raise awareness about men's health issues. This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention. Movember provides a platform for men to discuss their health openly, seek support, and take proactive steps towards a healthier and happier life.



**1. Spend time with people who make you feel good.**  
Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

**2. Talk, more.**  
You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

**3. Know the numbers.**  
At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at 45. Know your numbers, know your risk, talk to your doctor.



**4. Know thy nuts. Simple.**  
Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.



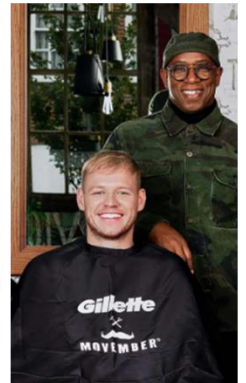
**5. Move, more.**  
Add more activity to your day. Do more of what makes you feel good. Take a walking meeting. Park further away from the station. Get off the bus a stop or two earlier. Instead of the lift, take the stairs. Cycle to work instead of driving.

#### GIVE SUPPORT

## SIMPLE STEPS TO IMPORTANT CONVERSATIONS

Men sometimes aren't comfortable reaching out and opening up about life's challenges – or they think they'll be burdening their friends if they do.

If someone you care about seems to be going through a tough time (which many of us are in the current climate of COVID-19), they might not talk about it even if they want to. The first step in looking out for them is reaching out.



### How to prepare yourself for a tough conversation

You can't fix someone else's problems, but you can be there for them. Sometimes listening is the most helpful thing you can do. You won't make things worse by asking someone how they're doing. Keep in mind that it's always worth preparing yourself before you **start the conversation**.

### Check in with yourself

Are you in a good state of mind?

Do you have time to listen?

If they're not ready to talk or don't want to talk to you, are you OK with that?

If you ask them how they're doing, are you prepared for the answer to be 'not good'? Be yourself. You don't have to be a counsellor or a doctor prescribing solutions – just be you.

### Set a time

Good conversations can happen anywhere, but with physical distancing as the new normal for the time being, our options are limited.

Set up a time for a video call and chat 'face to face', albeit virtually.

Sometimes it's easier to start a conversation via text or chat, and that's fine too.

### Our Valued Partners

cowshed

VOCO

St. David's  
Cardiff

Civil Service

BBC

SCREEN  
ALLIANCE  
WALES

CANOLFAN MILLENIUM CYMRU  
WALES MILLENNIUM CENTRE

ARUP

JOHN  
LEWIS  
& PARTNERS

STOWE  
FAMILY LAW

Taylor  
Wimpey

Researchers at Cardiff University have developed a bilingual program/app with young people to support their mood and well-being, called **MoodHwb**.

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. Young people (13-19 years old) who are experiencing low mood (or other difficulties with their mood/wellbeing) are encouraged 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/>

### Wellbeing in school

#### Pupils

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.

If you are a young carer and feel you need more support or would like to know about more opportunities out there for you, Ms. Crnoja in the learning lounge can also help.

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 and Families

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

Ms. Crnoja can be contacted on 07592 037937 or [rebecca.crnoja@willows.cardiff.sch.uk](mailto: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.

#### Parent Governor Vacancy

We are looking for a parent to join our Governing Body. If this is something that you'd be interested in, please contact the school using [contact@willows.cardiff.sch.uk](mailto:contact@willows.cardiff.sch.uk)

#### 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):

The graphic features a hand holding a smartphone displaying a text message. The main text reads: "IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE ON 07520 615718 FOR CONFIDENTIAL ADVICE AND SUPPORT". Below this, it says "We help young people with all kinds of things like...". To the right, a list of issues is shown: BULLYING, SMOKING, EMOTIONAL WELLBEING, FEELING SAD OR ANGRY, STRESS, HEALTHY EATING, CHANGES TO YOUR BODY, DRUGS, ALCOHOL, and RELATIONSHIPS. Logos for ChatHealth, CIG, and Cardiff University Health Board are at the top right. A small disclaimer is at the bottom right.

#### Our Valued Partners



### 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/>

### Key Services

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.



## NASAL FLU VACCINE REMINDER

Parents/guardians who have **not** yet submitted their e-consent form for their child to receive the Nasal Flu vaccine in school please do so as soon possible.

The last date for submission is the 24/11/2023 (11:00am). If you submit a consent form after this date you will be invited to make an appointment at one of our community catch-up clinics.

Kind regards,

**School Nursing Immunisation Team**

**Tel 02920907664**

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

*Please follow link or scan QR code for the e-consent*

<https://forms.office.com/e/gZB4DgXvuq>



Our Valued Partners

cowshed

VOCO

St. David's  
Cardiff

Civil Service

BBC

SCREEN  
ALLIANCE  
WALES

CANOLFAN MILLENIWM CYMRU  
WALES MILLENNIUM CENTRE

ARUP

JOHN  
LEWIS  
& PARTNERS

STOWE  
FAMILY LAW

Taylor  
Wimpey



## Childhood Immunisation: Frequently Asked Questions

Here are some commonly asked questions that may be useful to read over before attending your child's vaccination appointments.

### Is my child likely to have a fever after being vaccinated?

Some children may be a little unsettled and can develop a slight fever, which should last no longer than 2 days.

- Give them plenty to drink
- Give them liquid paracetamol if needed

NOTE: do not give aspirin to children under 16 unless prescribed by a doctor

### Why do children need certain vaccines?

Childhood vaccinations provide protection against many serious diseases, and the schedule is set to provide the best possible protection at the point in time where it will be the most effective.

### Why is the UK different to other countries?

Most countries around the world offer the same vaccines for babies, children and adults. The main reason for differences are that some infectious diseases only affect certain countries more than others, and the capacity of health services to deliver new vaccines varies.

### If travelling, will children need more vaccinations?

Depending on the country visiting and the activities the child will be involved with, additional vaccinations may be required. Please check with your practice nurse or doctor before making travel plans.

### Can MMR cause autism?

Studies have shown NO evidence of a link between the MMR vaccine and autism.

### What do vaccines contain and are they safe?

Vaccines contain a number of different ingredients that ensure they can work effectively. Some vaccines contain very small amounts of viruses or bacteria that have been weakened. There is no risk of healthy people catching any disease from a vaccine.

The ingredients in a vaccine are safe and are regulated by the Medicine and Healthcare Regulatory Agency (MHRA).

### Is there any pork gelatine in vaccines?

There are two childhood vaccines used in the UK which contain gelatine: Nasal Flu and MMR (MMRVaxPro). The nasal spray flu vaccine is a fine mist that is sprayed up the nose (no needle) and is the best protection against flu for children aged 2 years and older. If your child is eligible for the flu vaccine but you would prefer your child to have an injectable vaccine instead of the nasal spray, you can ask your GP about this. There are two MMR vaccines available, one contains gelatine (MMRVaxPro) and the other (Priorix) does not. You can request the gelatine free vaccine to be given to your child, just ask your GP.

Our Valued Partners

cowshed

VOCO

St. David's  
Cardiff

Civil Service

BBC

SCREEN  
ALLIANCE  
WALES

CANOLFAN MILLENIWM CYMRU  
WALES MILLENNIUM CENTRE

ARUP

JOHN  
LEWIS  
& PARTNERS

STOWE  
FAMILY LAW

Taylor  
Wimpey



## **Is it safe for a child to have multiple vaccines in one day (example at age 2 months, three vaccines are needed)**

Yes, it is safe to give children several vaccines at the same time, and this also reduces the number of injections they need.

## **Is it okay to withhold vaccines until the child is older?**

This is not advisable as the immunisation schedule is designed so that your child will be vaccinated at a time when each vaccine will be the most effective.

Babies and young children are the most vulnerable to disease and the longer you wait to vaccinate your child, the greater the possibility of them catching the disease and becoming ill.

## **Is it safe to have vaccines if child has a runny nose or a cold?**

If your child has a cough/cold there is no reason to postpone a vaccination appointment.

If a child is unwell with a fever, then vaccination will usually be postponed until they are better. Otherwise, it is very rare that a child is unable to be vaccinated.

Please speak to your health visitor, practice nurse or GP if you are concerned about whether your child is able to receive all the vaccines on the immunisation schedule.

## **Is it safe to have other vaccines just before or after BCG vaccination?**

The BCG vaccine is not part of the routine schedule for vaccinations, it is given when a child or adult is thought to have an increased risk of coming into contact with TB.

It is safe to have other vaccines on the same day or after a recent BCG vaccination.

## **Is the timing of receiving the Rotavirus vaccine important?**

It is important that the first dose of Rotarix is given at two months of age, with first infant vaccines. The second dose is then given at least four weeks after the first dose, with second infant vaccines.

Rotavirus doses (first or second) cannot be given after 23 weeks and 6 days of age, so it is important to attend your appointment when received to ensure your child is fully protected.

## **If I have a fear of needles can someone hold or help with the baby?**

Yes, you can ask a nurse or another member of staff to hold your child for you if you wish.

## **If I have twins to vaccinate can someone help?**

Yes, you can ask a nurse or another member of staff to help.

**If there is anything you wish to discuss in more detail, please do not hesitate to ask your health professional to talk you through any further questions or concerns you may have.**

**You can find further information about childhood immunisations on the Health Board's website:**

<https://cavuhb.nhs.wales/childhood-immunisations/>

Or scan this code with your phone:



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg



Our Valued Partners

cowshed

VOCO

St. David's  
Cardiff

Civil Service

BBC

SCREEN  
ALLIANCE  
WALES

CANOLFAN MILLENIWM CYMRU  
WALES MILLENNIUM CENTRE

ARUP

JOHN  
LEWIS  
& PARTNERS

STOWE  
FAMILY LAW

Taylor  
Wimpey

## 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.

Please could parents refrain from turning up at the school reception without an appointment. Heads of Year, teachers and support staff are incredibly busy during the school day looking after our pupils. If there is a problem, please arrange an appointment with your child's Head of Year in the first instance. To organise this, please ring the school reception on 029 20414243.

Alternatively, you can e-mail the relevant member of staff, details below:

<b>Headteacher</b>	Mr. Christopher Norman	Christopher.Norman@Willows.Cardiff.sch.uk
<b>Welfare Manager</b>	Miss. Kimberly Williams	Kimberly.Williams@Willows.Cardiff.sch.uk
<b>Year 7 – Head of Year</b>	Miss. Marcella Sansom	Marcella.Sansom@Willows.Cardiff.sch.uk
<b>Year 7 – Leadership Link</b>	Ms. Lucy Williams	Lucy.Williams@Willows.Cardiff.sch.uk
<b>Year 8 – Head of Year</b>	Mrs. Roisin Cherett	Roisin.Cherett@Willows.Cardiff.sch.uk
<b>Year 8 – Leadership Link</b>	Mrs. Kelly Bubbins	Kelly.Bubbins@Willows.Cardiff.sch.uk
<b>Year 9 – Head of Year</b>	Mrs. Tara David	Tara.David@Willows.Cardiff.sch.uk
<b>Year 9 – Leadership Link</b>	Mrs. Suzie Warren	Suzie.Warren@Willows.Cardiff.sch.uk
<b>Year 10 – Head of Year</b>	Mrs. Catherine Watkins	Catherine.Watkins@Willows.Cardiff.sch.uk
<b>Year 10 – Leadership Link</b>	Mr. Simon Thomas	Simon.Thomas@Willows.Cardiff.sch.uk
<b>Year 11 – Head of Year</b>	Miss Elen Tomlinson	Elen.Tomlinson@Willows.Cardiff.sch.uk
<b>Year 11 - SLT</b>	Mr. Jack Smith	Jack.Smith@Willows.Cardiff.sch.uk
<b>Edison</b>	Ms. Helen Amos	Helen.Amos@Willows.Cardiff.sch.uk
<b>Tesla</b>	Ms. Jane Crawshaw	Jane.Crawshaw@Willows.Cardiff.sch.uk

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

## Team Willows

### Our Valued Partners

cowshed

VOCO

St. David's  
Cardiff



Civil Service

BBC



ARUP



Taylor  
Wimpey

# The Willows Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal of the day</b> £3.20	Butternut squash, courgette, feta and basil pasta Focaccia garlic bread Pomegranate salad pot	Halal chicken sausage with vegetable mash and gravy	Oven baked lemon chicken Herb roasted new potatoes and Mediterranean vegetables Alt: Rice	Jerk chicken with Mediterranean vegetable rice and peas	Fish, chips and beans Salmon fishcake Alt: ½ Jacket potato
<b>Vegetarian option</b>	Butternut squash, courgette, feta and basil pasta Garlic bread	Vegetarian sausage bake with vegetable mash and gravy	Vegan meat balls with lemon cream sauce	Asian influenced lentil and chickpea dhal with pitta bread	Pitta kebab with mint yogurt
<b>Salad of the day</b>	Pomegranate salad	Salad of the day	Salad of the day	Salad of the day	Salad of the day
<b>Dessert</b>	Toffee and banana sponge with custard	Vanilla cheesecake	Orange jelly fruit pot	Brownie	Apple and berry crumble
<b>Hot snack</b>	Cheeseburger (£1.65)	Southern fried chicken burger (£2.25)	Calzone (£2.35)	Hotdog (£2.25)	Pitta kebab with mint yogurt (£1.50)
<b>Hot wrap</b>	Cheese burrito (£2.50)	Reggae Reggae chicken (£2.50)	Garlic mayo chicken (£2.50)	Nandos chicken (£2.50)	Sweet chilli Chicken (£2.50)
<b>Everyday snack</b>	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)

Our Valued Partners

cowshed

VOCO St. David's Cardiff

BBC

CANOLFAN MILLENIWM CYMRU  
WALES MILLENNIUM CENTRE

ARUP

JOHN LEWIS  
& PARTNERS

STOWE  
FAMILY LAW

Taylor Wimpey



### Extra-Curricular Activities – Autumn Term 2023 - 2024

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Before school</b>	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years
<b>Lesson time</b>	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC
<b>After school</b>	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
	3.10 – 4.00 pm: Wellbeing Art and Craft PAWB – DP / SP	3.10 – 4.00 pm: Music Club (Band) FG / DP	Week 1 - 3.10 – 4.00 pm: EAL Sports Club PAWB – DP / JG	Week 1 - 3.10 – 4.00 pm: LGBTQIA+ Club EJ – F5	3.10 – 4.00 pm: Book Club NLC – F3
	3.10 – 4.00 pm Bass Club FG - PAC	3.10 – 4.00 pm: Maths Club DS – G14	Week 1 - 3.10 – 4.00 pm: Debate Club JEN – F11	3.10 – 4.00 pm: Creative Writing Club FS – F9	
		3.10 – 4.00 pm: J7 Reading Games Club for Y7	3.10 – 4.00 pm: Choir / singing Club FG - PAC	3.10 – 4.00 pm: K-Pop Club DS – G14 / theatre	
		3.10 – 4.00 pm: Musical Theatre Club PAC - SR			
		Week 1 - 3.10 – 4.00 pm: Welsh Club – Y7, Y8 and Y9 AGR – G7			
		Week 2 – 3.10 – 4.00 pm: Criw Cymraeg AGR - G7			

Our Valued Partners







**PE Department Extra-Curricular Programme Autumn Term 2023**

Activity	Who	Where	When	Teacher	Other Details
Cross Country	Boys & Girls Years 7-11	Training – Willows Field Fixtures - Pontcanna Fields	Tuesday/Wednesday Training 3.30- 4.30pm Fixtures 3.30-6pm	Miss Moore	Bring your kit and trainers/spikes/football boots  Training/Trials – Tuesday 12 <sup>th</sup> and Tuesday 19 <sup>th</sup> September – Meet Miss Moore on the yard by the changing rooms.  Fixtures Tuesday, September 26th Girls’ League 1 Tuesday, October 3rd Boys’ League 1 Tuesday, October 10th Girls’ League 2 Wednesday, October 18th Boys’ League 2
Girls Football	Girls year 7-11	3G Pitch or Barn if the weather is wet	Thursday 3.10-4.10pm	Miss Moore	Bring appropriate footwear for 3G and/or barn. Fixtures will be organised if and when possible (subject to numbers).
KS3 Basketball	Boys & Girls Year 7-9	Barn	Wednesday <b>Week 1 ONLY</b> 3.10-4.10pm	Mr Roberts	All abilities welcome.
Year 11 Basketball	Boys & Girls Year 11	Gym	Tuesday 3.10-4.10pm	Mr Roberts	All abilities welcome.
Year 10 Basketball	Boys & Girls Year 10	Gym	Thursday 3.10-4.10	Mr Roberts	All abilities welcome.
Year 7&8 Boys Football	Boys Year 7&8	3G Pitch or Barn if the weather is wet	Tuesday 3.10-4.10pm	Mr Smith Mr Gill	Bring appropriate footwear for 3G and/or barn. Fixtures will be organised if and when possible (subject to numbers). Year 7v8 match Thursday 14 <sup>th</sup> September

Our Valued Partners





## KS4 Revision Timetable - 2023 - 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>After school</b>	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm: Library open for homework. STAR hub library open until 7.00 pm	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm	
	<b>STAFF MEETING</b>	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm: Y11 Intermediate Tier Maths (G19)	3.10 – 4.00 pm: Y11 Maths (G19)	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher
		3.10 – 4.00 pm: Y10 RE revision Ms. Guilfoyle (S10)	3.10 – 4.00 pm: Y11 Media Studies revision Mrs. Bubbins (G25)	3.10 – 4.00 pm: Y11 Media Studies revision Mrs. Bubbins (G25)	3.10 – 4.00 pm: College, Coursework and Catch-up Business Revision (after Christmas) Ms. Williams (F4)	
		3.10 – 4.00 pm: French Revision with your French teacher.	3.10 – 4.00 pm: Y9, Y10, Y11 Art catch-up With pupil's Art teacher	3.10 – 4.00 pm: Y9, Y10, Y11 Art catch-up With pupil's Art teacher	3.10 – 4.00 pm: French Revision with your French teacher.	
		3.10 – 4.00 pm: Y11 History Revision (after Christmas) Y10 History Revision (after Feb half-term) Mr. Henwood (S9)	3.10 – 4.00 pm: Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm: Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm: English Revision Mrs. Lo Celso (F3)	
					3.10 – 4.00 pm: PAWB revision help KS4 DP - PAWB	

Our Valued Partners



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>After school</b>	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm: Library open for homework. STAR hub library open until 7.00 pm	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm
	<b>STAFF MEETING</b>	3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Ait-Brahim (G17)	<b>STAFF TRAINING</b>	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher
		3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Wrennall (G20)		3.10 – 4.00 pm: College, Coursework and Catch-up Business Revision (after Christmas) Ms. Williams (F4)	
		3.10 – 4.00 pm: Y11 RE revision Miss.Guilfoyle (S10)		3.10 – 4.00 pm: French Revision with your French teacher.	
		3.10 – 4.00 pm: French Revision with your French teacher.		3.10 – 4.00 pm: English Revision Mrs. Lo Celso (F3)	
		3.10 – 4.00 pm: Y11 History Revision (after Christmas) Y10 History Revision (after Feb half-term) Mr. Henwood (S9)		3.10 – 4.00 pm: PAWB revision help KS4 DP - PAWB	

Our Valued Partners

cowshed

VOCO St. David's  
AN IHG HOTEL Cardiff

BBC

CANOLFAN MILENIWM CYMRU  
WALES MILLENNIUM CENTRE

ARUP

JOHN LEWIS  
PARTNERS

STOWE  
FAMILY LAW

Taylor Wimpey

**Science Revision 2023 - 2024:**

Date	Year 10	Year 11
05/09/2023	Biology	Chemistry
12/09/2023	Chemistry	Physics
19/09/2023	Physics	Biology
26/09/2023	Biology	Chemistry
03/10/2023	Chemistry	Physics
10/10/2023	Physics	Biology
17/10/2023	Biology	Chemistry
24/10/2023	Chemistry	Physics
Half term		
07/11/2023	Physics	Biology
14/11/2023	Biology	Chemistry
21/11/2023	Chemistry	Physics
28/11/2023	Physics	Biology
05/12/2023	Biology	Chemistry
12/12/2023	Chemistry	Physics
19/12/2023	Physics	Biology
Christmas		
09/01/2023	Biology	Chemistry
16/01/2023	Chemistry	Physics
23/01/2023	Physics	Biology
30/01/2023	Biology	Chemistry
06/02/2023	Chemistry	Physics
Half term		
20/02/2023	Physics	Biology
27/02/2023	Biology	Chemistry
05/03/2023	Chemistry	Physics

Date	Year 10	Year 11
12/03/2023	Physics	Biology
19/03/2023	Biology	Chemistry
Easter		
09/04/2023	Chemistry	Physics
16/04/2023	Physics	Biology
23/04/2023	Biology	Chemistry
30/04/2023	Chemistry	Physics
07/05/2023	Physics	Biology
14/05/2023	Biology	Chemistry
21/05/2023	Chemistry	Physics
Half term		
04/06/2023	Physics	Biology
11/06/2023	Biology	Chemistry
18/06/2023	Chemistry	Physics
25/06/2023	Physics	Biology

Our Valued Partners

