

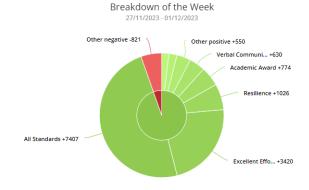
# BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

# Weekly Newsletter - 1.12.23

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

# Belong, Believe, Achieve:

This week our pupils have been completing their GCSE Art Mock examinations, listening to a fantastic assembly on Mental Health with Mr. Parselle, meeting inspirational members of the community and learning how to perform well at interviews..



# Merits - 27.11.23 - 1.12.23:

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	3243	7Mozart	Devitheertha Raj
Year 8	3241	8Matisse	Areef Alqahtani
Year 9	3012	9Curie	Ariana Nikoonamrad
Year 10	2963	10Farah	Glory Oyebanji
Year 11	1958	11Plato	Hayden Price

# **Dates for your Diary:**

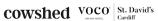
9.12.23 - Willows Enterprising Schools at Railway Gardens

20.12.23 - A Christmas Carol - Year 9

21.12.23 - INSET Day

22.12.23 - INSET Day



















### **School News:**

### **Careers - Interview preparation**

This week we hosted 5 different employers who held an interview preparation session for the pupils in Year 11. The employers in attendance were:

- Aldermore/Motonovo Bank
- **Education Workforce Council**
- **Wates Construction**
- Welsh Water
- Screen Alliance Wales (TV/Film)

In a few short months, each pupil in Year 11 will go through the interview process to try and get into college or to get a job. To help with that experience, the pupils will be having a mock interview in January with a series of different employers. They will experience the full range of the process, including completing an application form, sitting the interview and then receiving feedback from the employer in front of them.

Friday's session was run to give the pupils an idea of what an interview is, what to expect when they face an



employer and what types of questions they will be asked. Pupils were given trial questions and worked in pairs to come up with the best answers they could.

The session was hugely beneficial to the pupils and they were completely engaged in the session asking lots of relevant questions.

Many thanks to all the employers who gave up their time to attend today and to Adrian Cole who arranged the session.

### Careers - NHS Talk

This week's visitors were Tom and Elizabeth from the Cardiff & Vale University Health Board. Their interactive talk explained the different roles that exist in the NHS. There are over 350 different jobs that exist within the NHS so there is scope for a lot of different careers and jobs for the pupils. They also showed the pupils the various routes that they could take to enter that profession – including apprenticeships, work experience and degrees. There was a lot of interest in the talk, with a class full of pupils asking questions regarding the industry.

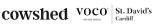


Thank you to Elizabeth and Tom for their visit and to Adrian Cole from Careers Wales, for arranging it.



### **Genius Hour**

8HP invited Paul Gwilym, the founder of local Cardiff charity Boomerang to school to talk about the work he does in the community. 8HP have chosen Boomerang as their Genius Hour charity and Paul came in and gave a fantastic speech, telling the pupils his inspirational story. Paul is an ex-Willows pupil, Mr. Henwood was in school with him, and the area obviously means a great deal to him personally. 8HP were fantastic and asked some excellent questions. They are planning on a class toy drive. The pupils are going to buy small toys, wrap them and give them to Boomerang to hand out over Christmas.

















# Enterprise@Willows



It has a been busy couple of weeks here at Enterprise@Willows. We have finished our making for the year and had two market stalls in Roath and Riverside Farmers Market. The sales were good but by far the most memorable moments were the positive feedback from the patrons and new friends that we met.

At Roath Farmers Market, I was greeted by Dan and Papa Tovey with a bag overflowing with brand new tools which the Tovey family wished to donate to the business as a thank you for helping their son and others to experience setting up their own business and making exciting products. This will enable the business to expand products being made but more importantly, new skills being learnt.





At Riverside Farmers Market, a gentleman came specifically to our store to say how wonderful it was to see Chloe, Gracie and Scarlet buy a hot meal for a homeless person in the cold weather out of their own money and off their own backs. We can all take a leaf out of the girls' book and carry out a selfless act of showing kindness to those around us by taking time out to help others who may need it.

We also met with Dean from Integrated Fencing who has kindly offered to build us a covered outside area enabling us to work outside in all weathers on our larger projects.

This week, we met with Christmas Trees Wales in the Ikea Car Park who loved the idea of our business and were able to let us purchase a 10-foot Christmas Tree for the school at a very reasonable price. Buying a Christmas Tree for the school was an idea that the workers of Enterprise@Willows came up with forgoing some of their profits. Now we have a beautiful tree for all the pupils and staff to enjoy. At the end of the school year, we would like to donate the tree to a family that may not have a tree. We would deliver it to their home free of charge as we did last year. If you would be interested in our tree, please feel free to contact the school.



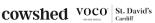
Finally, we have one more Christmas Fair at The Railway gardens Saturday 9th December but we still have some products left so please get in touch via email: enterprise@willows.cardiff.sch.uk to make an order while stocks last.

Christmas tree £10 Snowmen £5 Reindeer £30 Large crate £30 Small crate £20























### Coats for Kids at Christmas!

We know that the cost of living is making it difficult for lots of people to make ends meet. This doesn't help when it is so cold outside! We also know how expensive it can be to buy winter coats for your children, especially at short notice.

If you are struggling to provide your child with a warm winter coat this year, please let us know as we have a wide selection of nearly new coats in our Learning Lounge just waiting to be worn and to keep your children warm at no cost to you.

We understand this may be a sensitive topic for you; please know that any coats given to your children will be done so very discreetly.

For more information or if you would like a coat for your child, please contact your child's Head of Year or Lucy Williams, Senior Link for Year 7 at lucy.williams@willows.cardiff.sch.uk

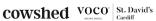
# **New School Build**

The Pre-Application Consultation (PAC) commenced from Monday 20 November ahead of the planning application for the new Willows High School.

The school designs are fantastic and will form an aspirational new home for our school.

Works have already started on site for the enabling works which are progressing well, please see how to engage with consultation on the right, ahead of the main planning application in Spring 2024.





















#### **Transition**

This week we welcomed pupils from Baden Powell Primary School to design, cook, decorate and eat gingerbread cookies and pupils from Moorland Primary school who created festive finger puppets. The pupils worked really well in their groups and thoroughly enjoyed the activities.



# Art - Year 11 Mock Exams

Our pupils have been pushing their creative skills to the limits in their two GCSE Art Mock exams this week. Miss Elkes-Jones and Miss Jones have been really impressed with their commitment to their work. Well done all!



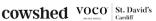




## **Exam Certificates**

Certificates form the Summer 2023 examination season are now available to collect from school.

Please contact Leah at <a href="mailto:leah.maidment@willows.cardiff.sch.uk">leah.maidment@willows.cardiff.sch.uk</a> in the first instance, so they can be prepared for you to collect from Reception.

















# **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



- Ieuan Jenkins-9FR-enthusiastically attending Brilliant Breakfast club!
- Bella Hewett-8IN- scrabble champion at Brilliant Breakfast club.
- Daniil Osipovs-7SC- Reading 'A Monster Calls' and thoroughly enjoying it and discussing the plot with me each week!

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

# **School Year Changes Consultation**

The Welsh Government had opened a consultation to get views on a number of specific modifications (or changes) to the school calendar. They are proposing working with relevant bodies to reframe the traditional

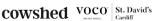


parameters of the school calendar to create more consistent term-lengths and increase some half-term breaks so that each half-term is broadly the same length. Specific consultation questions are set out by following the link below.

The total number of days provided for learning, breaks, and staff training will not change. The Welsh Government will maintain the existing provision of 190 days/380 sessions (38 weeks) of learning, 13 weeks of school breaks, and the existing number of staff training (INSET) days per school year. Similarly, all public holidays will remain.

To find out more, please click on the following link: https://www.gov.wales/welsh-government-wants-yourviews-school-calendar

**Our Valued Partners** 















\* Thave

travelled 7

through time

and lived many lives. This is the magic of



# **Science Department**

### What is Tassomai?

Tassomai is an **online multiple-choice quizzing tool** that is powered by an adaptive algorithm. What this means is that Tassomai will:

- Select the right content at the right time for you;
- Unlock more challenging topics when you're doing well;
- Give more support to current weaker areas;
- Provide a range of other helpful tools to help you learn!



# Why does Tassomai work?

Research into revision, retrieval practice and learning techniques has found that the best way to study, and get knowledge to stick is to:

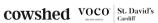
- Work for short, concentrated periods of time;
- Frequently switch between topics;
- Regularly test yourself.

Tassomai is designed to help you do all of these things!

All year 11 students have been provided a login and should be using it as part of their regular revision afterschool.

# Top 10 (20th November - 26th November)

Science	Mathematics	English
Inaaya Chowdhury	Habeeb Mutairu	Inaaya Chowdhury
Riana Nabadda	Fatima Khatun	Riana Nabadda
Habeeb Mutairu	Riana Nabadda	Habeeb Mutairu
Caitlin Tovey	Caitlin Tovey	Fatima Khatun
Ashimaa Ashik	Inaaya Chowdhury	Joyce Wangechi Sagna
Fatima Khatun	Joyce Wangechi Sagna	Caitlin Tovey
Joyce Wangechi Sagna	Jonathan Oyewole	Isatou Njie
Jack Crompton - Hale	Isatou Njie	Olivia Hewett
Avishka Waje	Joseph Murrell	Joseph Murrell
Tinuke Eluyera	Franklyn Ajilore	Tinuke Eluyera
	Our Valued Partners	

















# **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: <a href="mailto:willows.cardiff.sch.uk">willows.cardiff.sch.uk</a>



# Welsh Terms of the Week

# **Week Twelve**

Welsh	Phonetic	English
Fi	Vee	Me
Ti	Tee	You
E	Air	Him / he
Hi	Не	She / her
Ni	Knee	Us
Chi	Ch-eee	You (plural 2+)
Nhw	Noo	Them / They
Mam	Mam	Mum
Tad	Tarred	Dad
Brawd	Br-aw-ed	Brother
Chwaer	Ch-wire	Sister
Ffrind	Fr-ind.	Friend

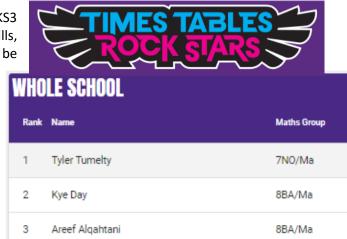
# **Mathematics Department**

# **TimesTable Rockstars**

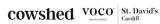
Single numeracy boost sessions are provided to all our KS3 students on a fortnightly basis to enrich their Mathematical Skills, specifically with a focus on times tables. Students will be accessing their TTRS accounts and improving their knowledge of the times tables

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 <a href="mailto:dana.santos@willows.cardiff.sch.uk">dana.santos@willows.cardiff.sch.uk</a>.

















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

## **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)

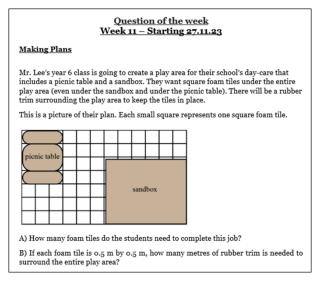
For any related question, please contact Mrs Ait-Brahim at: halima.ait-brahim@willows.cardiff.sch.uk

# Numeracy Terms and Question of Week 11, starting 27/11/23:

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.

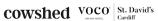
Any question, please email: <a href="mailto:halima.aitbrahim@willows.cardiff.sch.uk">halima.aitbrahim@willows.cardiff.sch.uk</a>

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



# Numeracy Question of the Week (Week 11):

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

















#### Terms of the day

### Week 11 - beginning 27.11.23

#### Day 1 - Monday 27.11.23

#### Tally Charts - Frequency table:

A Tally chart or a frequency table is a way of organising collected data.

To do this we draw a table with three columns:

- The first column is for the different items in the data set.
- · The second column is for the tally marks.
- The last column is the frequency column where we can add up the tally marks and write in the corresponding frequencies.

We can add up all of the frequencies to find the  ${f total}$  frequency of the set of data.

#### For example:

Organise the colours of the 1212 shirts in a wardrobe into a frequency table.

pink blue white white blue

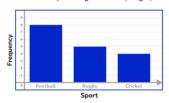
black white blue pink blue white

Colour	Colour Tally marks	
Black		1
Blue	Ш	5
Pink	II	2
White	Ш	4
		Total = 12

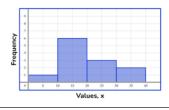
### Day 2 - Tuesday 28.11.23

#### Bar charts:

Bar charts represent data using rectangular bars that are the same width. They can be used for categorical data (such as favourite colour, types of food, or makes of car) or numerical data (such as goals scored, height, or time).



Bar charts can also be used for grouped numerical data.



#### Day 3 - Wednesday 29.11.23

#### **Histograms:**

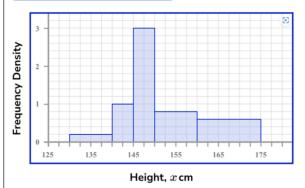
A **histogram** looks like a frequency diagram, except for **the area of the bars**, and not the height, shows the frequency of the data. Histograms are typically used when the data is in groups of unequal width.

Below is a grouped frequency table and the associated histogram.

Height, cm	Frequency	Frequency Density
$130 \leq x < 140$	2	0.2
$140 \leq x < 145$	5	1
$145 \leq x < 150$	15	3
$150 \leq x < 160$	8	0.8
$160 \leq x < 175$	9	0.6

The area of the bar represents the frequency, so to find the height of the bar, divide frequency by the class width. This is called **frequency** density.

Once the frequency densities of the numbers are known, the histogram can be drawn.



#### Day 4 - Thursday 30.11.23

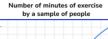
#### Cummulative Frequency Diagrams:

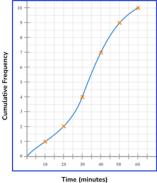
Cumulative frequency is the running total of frequencies in a frequency distribution.

<u>Cumulative frequency graphs</u> are useful when representing or analysing the distribution of large grouped data sets. They can also be used to find estimates for the median value, the lower quartile and the upper quartile for the data set.

The horizontal axis of a cumulative frequency graph is marked with the class intervals from the data set to be plotted on a continuous scale. Data points are plotted on the upper class boundary.

The vertical axis of a cumulative frequency graph is always labelled cumulative





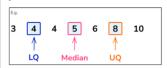
### Day 5 - Friday 01.12.23

# What is a quartile?

A quartile divides an ordered data set into four equal parts (quarters). We use subscript notation to label the quartiles: Q1,Q2 and Q3.

The first quartile, Q1, is 1/4 (or 25%) of the way through the data – the **lower quartile (UQ)**. The second quartile, (Q2) is 1/2 (or 50%) of the way through the data – the **median (M)**.

The third quartile, (Q3) is 3/4 (or 75%) of the way through the data – the **upper quartile (UQ)**. For a small data set, you can find quartiles by simply counting and finding the correct data points.











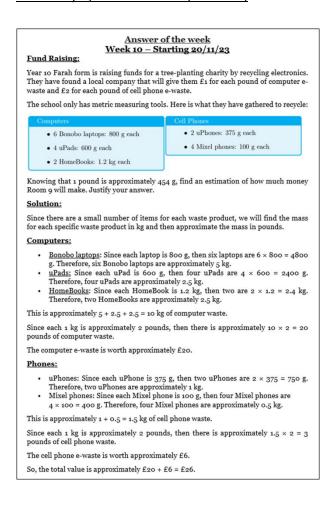


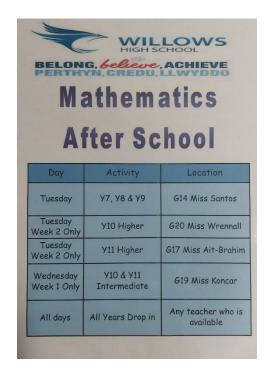












### **MathsWatch**

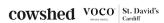
ΑII of weekly Mathematics homework accessible MathsWatch our pupils' is on (https://www.mathswatchvle.com/). They must be completed by their given deadlines. Each set homework is open for a month, so that students can keep improving their scores. This will also help your child to revise and to practice 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	Month	
#	First Name	Surname	Year	Class
1	Kevin	Prasanth	7	7SC/Ma
2	Ayomide	Ogedengbe	10	10BB/Ma
3	Akhnaton	Okoh	8	8HP/Ma

















# Year 7 Leaderboard

	Week	Month	Month	
#	First Name	Surname	Year	Class
1	Kevin	Prasanth	7	7SC/Ma
2	Anoush	Vidyansh	7	7HT/Ma
3	Daniel	Ademiluyi	7	7HT/Ma

# Year 8 Leaderboard

	Week	Month	Month	
#	First Name	Surname	Year	Class
1	Akhnaton	Okoh	8	8HP/Ma
2	Safa	Elmi	8	8MA/Ma
3	Brian	Jaiyeola	8	8CO/Ma

# Year 9 Leaderboard

	Week	Month	Month	
,,	F: (N)		V	O.
#	First Name	Surname	Year	Class
1	Mahveen	Chowdhury	9	9DA/Ma
2	Sanjeeda	Begum	9	9DA/Ma
3	Neev	Collins	9	9DA/Ma

# Year 10 Leaderboard

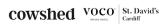
	Week	Month	Month	
#	First Name	Surname	Year	Class
1	Ayomide	Ogedengbe	10	10BB/Ma
2	Samuel	Ayodeji	10	10ED/Ma
3	Lee	Walters	10	10ED/Ma

# Year 11 Leaderboard

	Week	Month		Year
#	First Name	Surname	Year	Class
1	Tinuke	Eluyera	11	11PL/Ma
2	Sabrina	Krajnakova	11	11CA/Ma
3	Courtney	Mann	11	11WO/Ma

# **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).

Please do not use the old mobile numbers or email.







### **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.





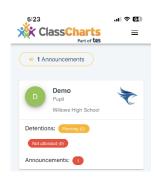
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

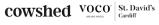
Thank you to all parents who have signed up to Class Charts this year and to those of you who continue to use it.

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.











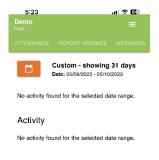




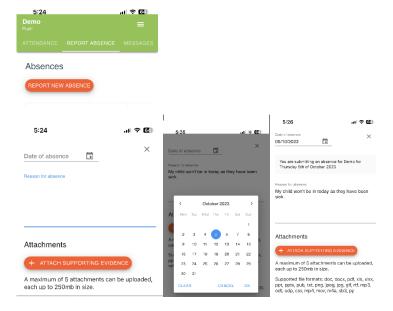




2. Scroll across the green band at the top and click 'report absence'.



- 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**

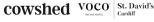
Please be aware that Fixed Penalty Notices are now being issued by Cardiff Council again.

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.

















# **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**

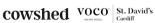
The amazing Tremorfa Community Pantry are always busy finding ways to support the community. You can find them at:

Tremorfa Community Hall, Tweedsmuir Road CF24 2QZ.





**Creative Sessions at Eastmoors** 

















# **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



# **Health and Wellbeing**

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

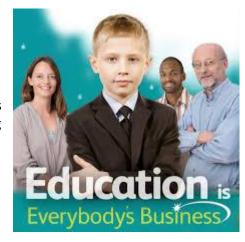
We want to help you as best we can and there is a lot of support out there for parents and families.

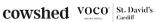
Ms. Crnoja can be contacted on 07592 037937 or <a href="mailto:rebecca.crnoja@willows.cardiff.sch.uk">rebecca.crnoja@willows.cardiff.sch.uk</a>.

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 <a href="mailto:contact@willows.cardiff.sch.uk">contact@willows.cardiff.sch.uk</a>



















# 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 <a href="mailto:Danielle.MacKintosh@willows.cardiff.sch.uk">Danielle.MacKintosh@willows.cardiff.sch.uk</a> If you are a pupil that needs help, please also contact Danielle via this e-mail address.

# **Chat Health:**

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



#### Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

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

### **Cardiff Youth Service:**

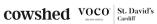
Cardiff Youth Service can support young people on a variety of topics such as emotional health, housing, finance and help lines. More information can be found on their website:

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 if you need feminine hygiene products and we'll do our best to help.

















### 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.

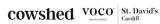
Alternatively, you can e-mail the relevant member of staff, details below:

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

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

# **Team Willows**





















	Monday	Tuesday	Wednesday	Thursday	Friday
Meal of the day £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
Vegetarian option	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
Salad of the day	Pomegranate salad	Salad of the day	Salad of the day	Salad of the day	Salad of the day
Dessert	Toffee and banana sponge with custard	Vanilla cheesecake	Orange jelly fruit pot	Brownie	Apple and berry crumble
Hot snack	Cheeseburger (£1.65)	Southern fried chicken burger (£2.25)	Calzone (£2.35)	Hotdog (£2.25)	Pitta kebab with mint yogurt (£1.50)
Hot wrap	Cheese burrito (£2.50)	Reggae Reggae chicken (£2.50)	Garlic mayo chicken (£2.50)	Nandos chicken (£2.50)	Sweet chilli Chicken (£2.50)
Everyday snack	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)

















# Extra-Curricular Activities – Autumn Term 2023 - 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	8.45 – 9.00 am				
Before school	Free breakfast for all				
	years	years	years	years	years
Lesson time	Individual Instrumental				
2000011 011110	lessons TBC				
	3.10 – 4.00 pm:				
	Library open for				
	homework	homework	homework	homework	homework
	3.10 – 4.00 pm:	3.10 – 4.00 pm:	Week 1 - 3.10 – 4.00	Week 1 - 3.10 – 4.00	3.10 – 4.00 pm:
	Wellbeing Art and Craft	Music Club (Band)	pm: EAL Sports Club	pm: LGBTQIA+ Club	Book Club
	PAWB – DP / SP	FG / DP	PAWB – DP / JG	EJ – F5	NLC – F3
	3.10 – 4.00 pm	3.10 – 4.00 pm:	Week 1 - 3.10 – 4.00	3.10 – 4.00 pm:	
	Bass Club	Maths Club	pm: Debate Club	Creative Writing Club	
	FG - PAC	DS – G14	JEN – F11	FS – F9	
		3.10 – 4.00 pm: J7	3.10 – 4.00 pm:	3.10 – 4.00 pm:	
		Reading Games Club for	Choir / singing Club	K-Pop Club	
After school		Y7	FG - PAC	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			

















# 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 Week 1 ONLY 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

















# KS4 Revision Timetable - 2023 - 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	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: Maths	3.10 – 4.00 pm: Library open for homework. STAR hub library open until 7.00 pm 3.10 – 4.00 pm:	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm 3.10 – 4.00 pm: Maths	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm 3.10 – 4.00 pm: Maths
		Drop in with pupil's Maths teacher	Y11 Intermediate Tier Maths (G19)	Drop in with pupil's Maths teacher	Drop in with pupil's Maths teacher
After school		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: College, Coursework and Catch-up Business Revision (after Christmas) Ms. Williams (F4)	
	STAFF MEETING	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: 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: English Revision Mrs. Lo Celso (F3)	
				3.10 – 4.00 pm: PAWB revision help KS4 DP - PAWB	















WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	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
After school	STAFF MEETING	3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Ait-Brahim (G17)  3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Wrennall (G20)  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: Y11 History Revision (after Christmas)	STAFF TRAINING	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher 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: English Revision Mrs. Lo Celso (F3)  3.10 – 4.00 pm: PAWB revision help KS4	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher
		Y10 History Revision (after Feb half-term) Mr. Henwood (S9)		DP - PAWB	















# 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













