




**WILLOWS**  
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

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

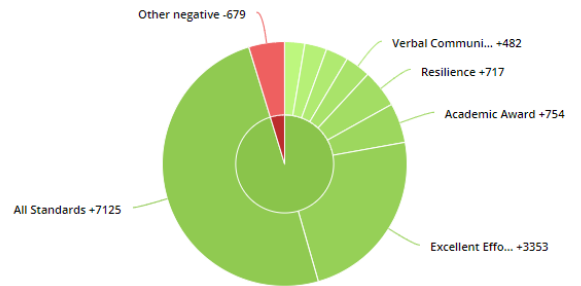
**Weekly Newsletter – 10.11.23**

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

**Belong, Believe, Achieve:**

It has been a great first week back at Willows High School after the half term break. Our assemblies have looked at Remembrance ahead of Remembrance Day on Saturday. They have been led by Ms. Smith and members of the armed forces. Year 11 pupils have been showing off their communication skills with the English Non examined Assessments and some have sat their GCSE Numeracy exams. You will find our Canteen Menu, Extra Curricular Activities and Revision Timetables at the end of this Newsletter.

Breakdown of the Week  
06/11/2023 - 10/11/2023



**Merits – 6.11.23 – 10.11.23:**

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	3805	7Schumann	Mason Conway
Year 8	3253	8Banksy	Amnah Husayn
Year 9	2919	9Curie	Kamil Rana
Year 10	2323	10Farah	Eunice Mma
Year 11	1356	11Plato	Eltaher Elsanousi

**Dates for your Diary:**

- 6.11.23 to 14.11.23 – Year 11 English NEAs
- 13.11.23 to 17.11.23 – Year 11 Catering Mock Exams
- 16.11.23 – SEREN Trip to Oxford University
- 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)
- 9.12.23 - Willows Enterprising Schools at Railway Gardens



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Civil Service



## School News:

### Pupil Leadership Team

We are proud to reveal our Pupil Leadership Team for this year. They are:

#### Head Pupils:

Franklyn Ajilore and Oasis Jackman

#### Deputy Head Pupils:

Julio Brito Mendonca and Carmen Haille

#### Assistant Head Pupils:

Jessica DeOliveira, Trey James , Fatima Khatun, Katiba Laksari, Candice Ncube, Avishka Waje



The Team will be working to increase the amount of Pupil Leadership opportunities throughout the school, lead charity support activities (starting with the Cardiff Foodbank Christmas Appeal), develop a peer mental wellbeing mentoring programme and ensure that Pupil Voice is heard throughout the school.

We wish them every success in their roles and congratulate them for gaining the positions after a very competitive application process.

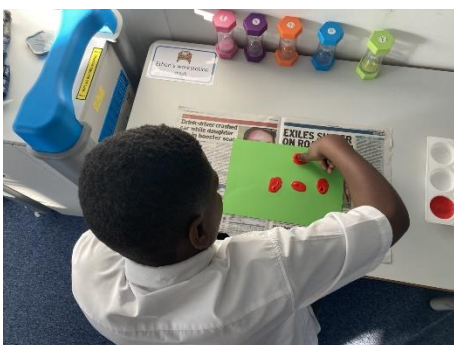
Huge thanks to Miss Tomlinson and Mr. Smith for leading the way with this.

### Careers – South Wales Police

This week we continued the series of employer visits who will be delivering talks to Year 11 pupils about their industry and professions. This week's visitor was Polly, from South Wales Police. The main topic of her delivery concerned the different roles that exist in the police force and the pathways into that profession. She discussed a variety of roles such as forensics, detective, animal trainers and office support staff. Unlike other talks, Polly did a question-and-answer session based on her talk with prizes for the correct answers. Thank you to Polly for her visit and to Adrian Cole from Careers Wales, for arranging it.



### Specialist Resource Base



This week we have been learning about Remembrance Day. We learnt all about why Remembrance Day is important and when it was first held. We really enjoyed learning about the symbol of the poppy and how important it is to Remembrance Day. This inspired some beautiful artwork created using our fingerprints and a silhouette of a soldier or war widow.



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## Guarantee Our Essentials

The United Kingdom is one of the richest countries in the world, so why doesn't it act like one?

Over 20% of the country is below the poverty line in the UK. Many of these people are receiving Universal Credit.

But even with Universal Credit, 90% of families using it are not provided with enough support to pay for essentials. Due to inflation, and the government's unwillingness to support families in need, millions of our children cannot afford necessities. Research shows that the basic rate of Universal Credit is at its lowest ever level as a proportion of average earnings. People without a partner who are aged under 25 receive £67, while singles over 25 receive £85. This is not enough. People who are single require £120 a week to pay for the bare minimum. Couples aged under 25 receive £106 weekly, while couples over the age of 25 receive £134. Similarly, couples need £200 weekly to afford essentials. These statistics do not even include families with children, who need even more to live a healthy, normal life.



The Trussell Trust and Joseph Rowntree Foundation have decided this must be changed.

By spending just five minutes signing their petition, you will help to pressure the government into giving what it owes to every family in our country: A future, a past, and a present.



To find out more and sign the petition go to <https://action.trusselltrust.org/guarantee-our-essentials-petition>

Written by Elliot Burns-Iverson 8MA

## Genius Hour – 8 Matisse social action project



8MA have chosen to support 'Cardiff Food Bank' as part of their community project. The class decided to host a movie afternoon for year 7 in exchange for food donations.

Year 7 really enjoyed watching 'A Nightmare before Christmas' and getting in the halloween spirit.

We were blown away by your generosity and we are sure Cardiff Food bank will be too. All of 8MA and Miss Charles would like to thank every year 7 pupil and their families for every single donation received.



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FAMILY LAW

Taylor  
Wimpey

## 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: Azeem Ololde-Ankirun** who enjoys reading for pleasure as it helps expand his vocabulary!

**Year 8: Kye Day** was the "Scrabble Champion" at Brilliant Breakfast Reading Club!

**Year 9: Samuel Moir** always attends Brilliant Breakfast Reading Club and takes part enthusiastically!

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

### Book / Creative Writing Club



Before half term, the Book Club and Creative Writing Club held a joint pumpkin carving activity. Mrs Lo Celso and Miss Smith were really impressed with the results.



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## 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)

## Willows Welsh

### Welsh Terms of the Week

### Week Nine

Welsh	Phonetic	English
Rydw i'n byw yn ...	Rud-oo een biw un...	Who are you?
Sblot	S-blot	Splott
Y Rhath	Err Rh-arth	Roath
Tremorfa	Treh-mor-va	Tremorfa
Wunadda	Wine- ah-dd-ah	Adamsdown

## 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	Joshua Puzey-Dacruz	7SC/Ma
2	Yara Magidub	7SU/Ma
3	Dhruvraj Rathore	8HP/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 8 – Starting 06.11.23**

**Shape Sums**

Each symbol in the grid below represents a numerical value. We know the sum of symbols for the first, second, and bottom rows and the leftmost and rightmost columns.

				16
				19
				?
				20
22	?	?	18	

For example, we know from the grid:

$$\triangle + \triangle + \triangle + \triangle = 16$$

What are the missing sums?

### **Numeracy Question of the Week (Week 8):**

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

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**Terms of the day**

**Week 8 - beginning 06.11.23**

**Day 1 - Monday 06.11.23**

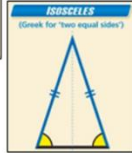
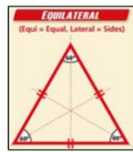
**Types of Triangles:**

**Equilateral Triangle:**

"Equi" means equal

Lateral means sides

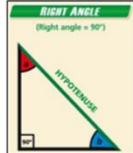
Equilateral triangle has 3 equal sides, 3 equal angles and 3 lines of symmetry.



**Isosceles Triangle:**

Isosceles is a Greek word meaning two equal sides.

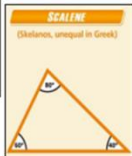
Isosceles triangle has two equal sides, two equal angles and one line of symmetry.



**Right-angled Triangle:**

Right-angled triangle has one right angle (90°).

The opposite side to the right angle is the longest side; it's called **hypotenuse**.



**Scalene Triangle:**

In a scalene triangle, all angles are different and all sides are different.

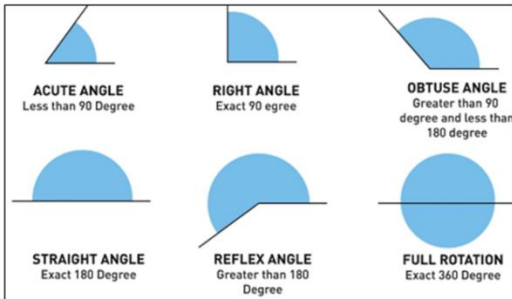
There are no lines of symmetries in a scalene triangle.

**Day 2 - Tuesday 07.11.23**

**Types and names of angles:**

An angle is a measure of a turn, measured in **degrees** or °. There are 360° in a full turn. You can find out the size of an angle using a protractor.

- An angle less than 90° is **acute**.
- An angle between 90° and 180° is **obtuse**.
- An angle greater than 180° is **reflex**.
- An angle of exactly 90° is a **right-angle**.



**Day 3 - Wednesday 08.11.23**

**Similar shapes & scale factor:**

**Similar shapes** are enlargements of each other using a scale factor.

All the corresponding angles in the similar shapes are equal and the corresponding lengths are in the same ratio.

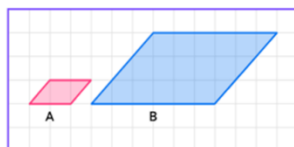
E.g.

The corresponding angles are all equal, 45° and 135°.

The ratio of the bases is 3:9 which simplifies to 1:3.

The ratio of the perpendicular heights is also 1:3.

So, 3 is the enlargement **scale factor**, showing that shape B is three time bigger than shape A.



**Day 4 - Thursday 09.11.23**

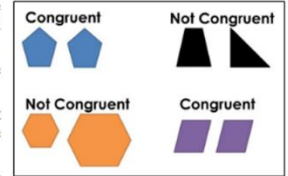
**Congruency:**

Two figures or objects are said to be congruent if one of them is a mirror image of the other or if both of them have the same shape and size.

In simple terms, congruency can be defined as two figures trying to prove in either of the ways that they are twins.

Different figures follow different criteria to be congruent. For example:

- Two **line segments** are said to be congruent if the **length** of both the lines is the **same**.
- Two **angles** are said to be congruent if the angle is the **same** for both the angles on some common line.
- Two **circles** are said to be congruent if the **diameter** of both circles is the **same**.
- If two **triangles** are needed to be congruent then **three sides** of one triangle should be **equal** to three sides of another triangle.
- If two **rectangles** are needed to be congruent then they must possess **equal opposite sides** for both the rectangles.
- If two **squares** are needed to be congruent then they must have **all sides equal** for both the squares.



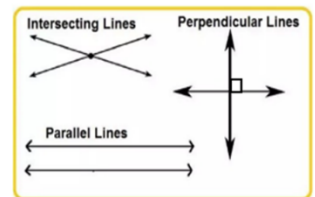
**Day 5 - Friday 10.11.23**

**Lines and relationships:**

**Intersecting lines:** Lines that cross each other are called intersecting lines. The point at which they cross is known as the point of intersection.

**Perpendicular lines:** If two lines meet at a right angle, they are called perpendicular lines.

**Parallel lines:** Straight lines that remain the same distance apart and never intersect are known as parallel lines.



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## Numeracy Question Answer (Week 6)

### Answer of the Week

#### Week 7 – Starting 23.10.23

##### Pizza Party

A) Since  $\frac{1}{3}$  of the students were in Group A, and there were 36 people, that means that there were  $36 \div 3 = 12$  students in this group.

B) Group B had  $\frac{1}{2}$  of the students in the class, which is equal to  $36 \div 2 = 18$  people. Each of these people ate 2 slices, for a total of  $18 \times 2 = 36$  slices. Each of these 18 people also split 1 slice. This means that  $18 \div 2 = 9$  pairs of students shared a single slice of pizza.

In total the people in Group B ate:  $36 + 9 = 45$  slices of pizza.

C) Between Group A and Group B we have accounted for a total of  $12 + 18 = 30$  people. The remaining  $36 - 30 = 6$  people were in Group C, and they ate 4 slices of pizza each.


D) Since each student in Group A ate half the number of slices Miss Santos predicted, this means each one ate  $4 \div 2 = 2$  slices. Therefore, the students in Group A ate a total of  $12 \times 2 = 24$  slices of pizza. Students in Group C ate a total of  $6 \times 4 = 24$  slices of pizza.

We calculated that students in Group B ate a total of 45 slices of pizza.

So, the people at the party ate a total of  $24 + 24 + 45 = 93$  slices. Since a large pizza has 12 slices, we can skip count to see how many pizzas Miss Santos would have needed to have at least 93 slices. Counting by 12 we get: 12, 24, 36, 48, 60, 72, 84, 96.

This means Miss Santos should have ordered 8 pizzas to feed the people at the party.





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# 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	Isham	Candra	8	8MA/Ma	
2	Pamela	Robson	11		
3	Daniel	Ademiluyi	7	7HT/Ma	

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WALES MILLENNIUM CENTRE

ARUP

JOHN  
LEWIS  
& PARTNERS

STOWE  
FAMILY LAW

Taylor  
Wimpey



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	Kevin	Prasanth	7	7SC/Ma
3	Anoush	Vidyansh	7	7HT/Ma

### Year 8 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Isham	Candra	8	8MA/Ma
2	Elliot	Burns-Iversen	8	8MA/Ma
3	Ife	Eluyera	8	8CO/Ma

### Year 9 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Hope	Allen	9	9JO/Ma
2	Kane	Williams	9	9GO/Ma
3	Riley	Phillips	9	9CU/Ma

### Year 10 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Gayanthi	Rathnakela	10	10MK/Ma
2	Minahil	Mahmood	10	10MC/Ma
3	Dominion	Adebote	10	10MK/Ma

### Year 11 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Pamela	Robson	11	
2	Mobolaj	Oladosu	11	
3	Jonathan	Oyewole	11	

#### 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.

#### Our Valued Partners



## 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 Karen Hunt using Classcharts (see how to below).

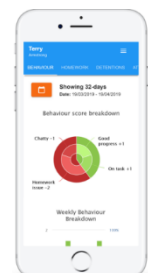
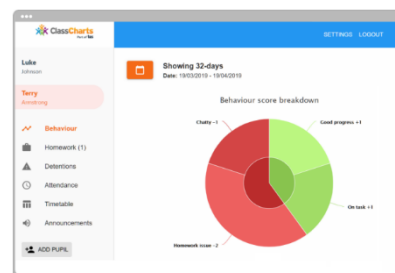


## **Class Charts Reminder**

### 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.



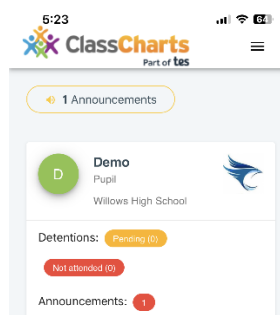
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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.**

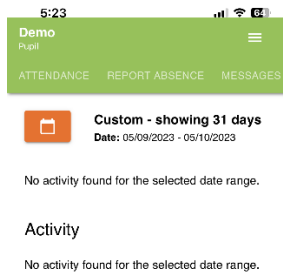
### How to report an absence on Class Charts

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



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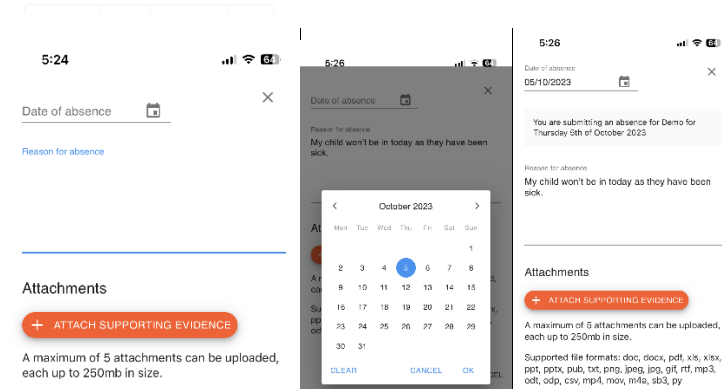
2. Scroll across the green band at the top and click 'report absence'.



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.



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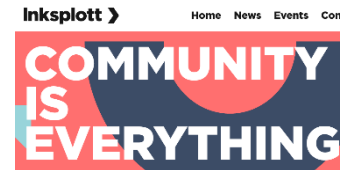
## Community

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.



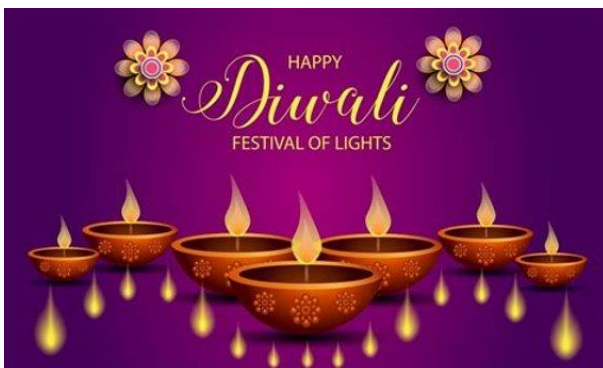
## **The Tremorfa Community Pantry**

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.**



## Diwali – The Festival of Lights



Diwali is known as the festival of the lights, and is a major event celebrated by Hindus, Sikhs, Jains and some Buddhists.

For many people this five-day festival honours Lakshmi, the goddess of wealth. Lamps are lit and windows and doors are left open to help Lakshmi find her way into people's homes. We wish all of our families and members of our community who are celebrating over the weekend a Happy Diwali!

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CANOLFAN MILLENIWM CYMRU  
WALES MILLENNIUM CENTRE

ARUP

JOHN  
LEWIS  
& PARTNERS

STOWE  
FAMILY LAW

Taylor  
Wimpey

## 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)

citizens  
advice

## 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.

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**MEN'S HEALTH**

Men will die on average 4.5 years earlier than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way; we can all take action to live healthier, happier and longer lives.

**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.

**A L E C**

**Ask**

Start by asking how he's feeling. It's worth mentioning any changes you've picked up on. Maybe he's spending more time at the bar, has gone quiet in the group chat, or isn't turning up to social events. Whatever it is, he's just not himself.

Use a prompt like,  
"You haven't seemed yourself lately – are you feeling OK?"

Trust your instinct. Remember, people often say "I'm fine" when they're not, so don't be afraid to ask twice.  
You can use something specific you've noticed, like,  
"It's just that you haven't been replying to my texts, and that's not like you."

**A L E C**

**Listen**

Give him your full attention. Let him know you're hearing what he's saying and you're not judging. You don't have to diagnose problems or offer solutions, but asking questions lets him know you're listening.

Ask a question like,  
"That can't be easy – how long have you felt this way?"

**A L E C**

**Encourage Action**

Help him focus on simple things that might improve how he feels. Is he getting enough sleep? Is he exercising and eating well? Maybe there's something that's helped him in the past – it's worth asking.

Suggest that he share how he's feeling with others he trusts. This will make things easier for both of you. And if he's felt low for more than two weeks, suggest that he chat to his doctor.

**A L E C**

**Check In**

Suggest you catch up soon – in person if you can. If you can't manage a meet-up, make time for a call, or drop him a message. This helps to show that you care; plus, you'll get a feel for whether he's feeling any better.

**MEN'S MENTAL HEALTH**

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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.

### **Safeguarding Wales Week**

Next Week is Safeguarding Week Wales. So, Ms MacKintosh wanted to share some information with you about Safeguarding and protecting children from harm –

*“Although as a school we have a robust Safeguarding system in place and follow the Local Authority's guidance and procedures, whoever we are (parent, carer, member of the public or the community) we all have a duty to protect and keep children safe.*

*As a school we want our pupils to be able to reach their full potential so they can go on and fulfil their life ambition in whatever they choose to do. There are lots of things that needs to happen in order for them to*



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achieve this. One of the things is love, guidance and support from family and friends. Also, looking out for one another and being aware of our surroundings.

If you become aware of any form of abuse, please email [Danielle.mackintosh@willows.cardiff.sch](mailto:Danielle.mackintosh@willows.cardiff.sch) or contact 101.

Where there appears to be a conflict of interest between the protection of the child and that of the community/religious institution it is the protection of the child that must come first.”

### Chat Health:

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



### Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please call 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.

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## 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

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# 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)

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### 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			

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**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

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## 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	

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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	

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**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

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