




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

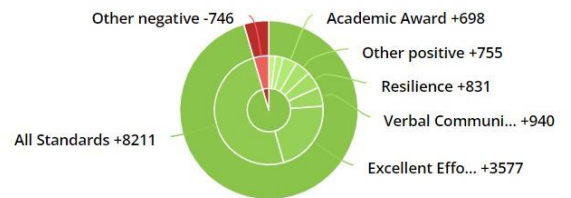
BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 13.10.23

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

Breakdown of the Week

09/10/2023 - 13/10/2023



Belong, Believe, Achieve:

It has been another fantastic week at Willows High School. It was a week 2, so that means Enrichment sessions! You will find our Canteen Menu, Extra Curricular Activities and Revision Timetables at the end of this Newsletter.

Merits – 2.10.23 – 6.10.23:

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	4752	7Beethoven	Abdulaziz Alruwaili
Year 8	3222	8Matisse	Caitlyn Lynas
Year 9	2996	9Curie	Sultan Sanusi
Year 10	3175	10Farah	Vivian Ojo
Year 11	1576	11Plato	Avishka Waje

Dates for your Diary:

- 15.10.23 – Shwmae Day
- 23.10.23 to 26.10.23 – Open House
- 25.10.23 – Year 7 Parent Evening (online with Form Tutors)
- 27.10.23 – INSET Day (no pupils to attend school)
- 30.10.23 to 5.11.23 – Half term break
- 6.11.23 – School starts after Half term



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School News:

Careers – Big Ideas Wales Seminar

We had the latest in a series of employer visits who will be delivering talks to year 11 pupils about a variety of different professions.

This week's visitor was Angela, who is an entrepreneur and had set up her own company designing furniture. She works closely with Big Ideas Wales, which is a part of Careers Wales, to highlight to pupils how to set up their own business and what it takes to succeed.

Angela spoke to a class full of pupils – we actually had to turn people away due to the level of interest. The talk was really interesting and interactive for the pupils, as Angela spoke about her journey from school to how she started her company based on an idea she had had as a teenager. The pupils were fully involved in the session, and, as always, were very respectful and polite. A fact that Angela made a point of making.



Thank you to Angela for her visit and to Adrian Cole from Careers Wales, for arranging it.

Staff visit to Celsa

Mrs Warren and Mr Palmer-Smith visited the Celsa Manufacturing Plant on Rover Way. The manufacture of iron and recycling of metals is part of the GCSE Science curriculum and they were looking at each of the processes involved to add more relevant and local information to lessons. They were also looking at how the processes can be taught as part of the National Curriculum for Wales through transition activities and collaboration with our feeder primary schools.

After being fully kitted out in lots of Personal Protective Equipment (PPE) they had a full tour of the site from the waste metals coming in, to bales of rod and bar coming out. Discussions were had about the recycling of the old buildings on our new Lewis Road site and how they could potentially end up as part of the new build and how Green Steel is created due to Carbon Capture. We're really excited about this partnership and can't wait to get our plans in place. Thank you to Mr James Ellis, our Chair of Governors, for facilitating the visit.



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Enrichment

Another fun filled Wednesday afternoon of Enrichment. All pupils thoroughly enjoying a vast variety of activities, including swimming, art, makeup, cheesecake making and theatrical makeup



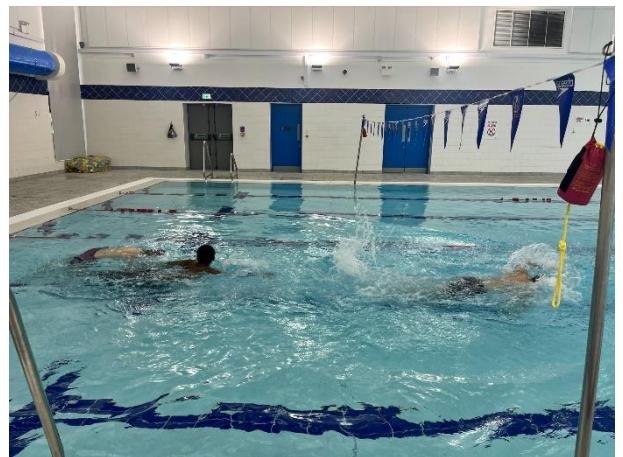
Pupils in the Military enrichment session tried out what it would be like to live on Ration Packs.

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In jewellery making enrichment, pupils branched out and tried their hand at earring making, keychains and of course; the ever-popular bracelets!



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

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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!

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



Welsh Terms of the Week

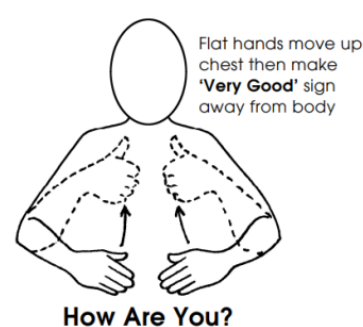
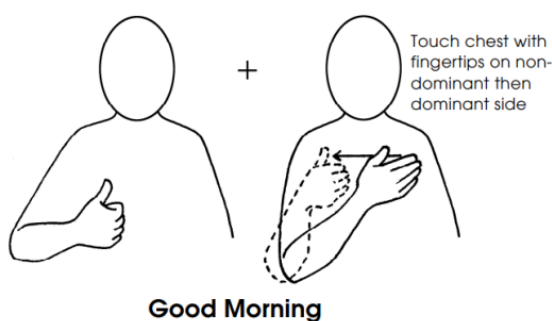
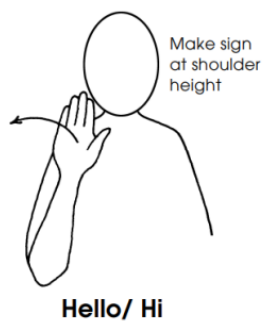
Week Six

Welsh	Phonetic	English
Barod?	Baa-rod?	Ready?
Pob lwc!	Poor-b look!	Good luck!
Esgusodwch fi	Ess-giss-sod – ugh vee	Excuse me
Diolch yn fawr	Dee-ol-ugh un vow-r	Thank you very much
Faint o'r gloch ydy hi?	Vine-t orr glo-cch ud-ee hee?	What time is it?

Specialist Resource Base

Our pupils are learning how to sign using Makaton. Here's a few words to get you started.

Greetings



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It's Shwmae day on October 15th 2023

Why not say 'hi' in Welsh?

'Shwmae' (Shoo-my)

Willows Welsh

Mathematics Department

Numeracy Enrichment

Numeracy Boost sessions (NBS):

Using a variety of digital (e.g. TT-Rock Stars) and non-digital resources, all KS3 pupils 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 low abilities further and stretch high potential pupils.

Internal Numeracy Competition - KS3:

Numeracy competitions are taking place after February. KS3 pupils will be provided with some relevant resources that can be used to prepare for the quizzes. Relevant emails with details will be sent to pupils.

Junior UKMT Challenge - Y7 and Y8 MAT pupils:

UKMT Challenge is an external Mathematics competition giving Y7 and Y8 MAT pupils the opportunity to tackle a variety of mathematical activities which inspire their love to problem solving. It will take place in April. Below is the link to the UKMT website where pupils can familiarise themselves with the challenge and can practise as much as they need to increase their confidence. Relevant emails will be sent to pupils.

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

(Go to - View past papers)

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

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

Numeracy Terms and Question of Week 5, starting 09/10/23:

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 questions, please email: 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 5 – Starting 09.10.23**

School Supply Spending

Mr. Lambert has £100 to spend on school supplies for his classroom. His students need pencils, erasers, binders, lined paper, whiteboard markers, and crayons. When he looks through the catalogue, he discovers that the items he needs are only available in packages. The table below shows the prices.



Supplies	Amount per Package	Cost (£) per Package
pencils	10	0.50
erasers	12	1.00
binders	25	5.00
lined paper	100	1.50
whiteboard markers	4	4.00
crayons	24	1.00

Mr. Lambert has 20 students in his class. Each student needs 5 pencils, 2 erasers, 5 binders, 50 sheets of lined paper, 1 whiteboard marker, and 1 entire package of crayons. Mr. Lambert needs 8 whiteboard markers himself.

- A) Does Mr. Lambert have enough money to buy all of his classroom supplies? Justify your answer.
- B) If he does have enough money, how much is left over from the £100? If he does not have enough money, how much more would he need?

Numeracy Question of the Week (Week 5):

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

Mathematics Terms of the Week

Terms of the day

Week 5 - beginning 09.10.23

Day 1 - Monday 09.10.23

Simplify / simplify fully:

In math, simplification, or simplify, refers to the process of rewriting an expression in a simpler or easier to understand form, while still maintaining the same values.

Simplifying algebraic expressions:

To simplify an algebraic expression fully, we use a variety of techniques to make algebraic expressions in their simplest form without changing the Value of the original expression.

E.g. Simplify $8x + 4 + 3(2x - 3)$

1 Expand the brackets	2 Collect like terms	3 Rewrite the expression
$8x + 4 + 6x - 9$	$8x + 6x = 14x$ $4 - 9 = -5$	$8x + 4 + 3(2x - 3)$ $= 14x - 5$

Day 2 - Tuesday 10.10.23

BIDMAS / BODMAS / PEDMAS:

Acronyms used to help people remember the correct order of operations for solving algebraic equations.

BIDMAS stands for "Brackets, Indices, Division, Multiplication, Addition, and Subtraction"

BODMAS stands for "Brackets, Order, Division, Multiplication, Addition, and Subtraction"

PEDMAS stands for "Parentheses, Exponents, Multiplication, Division, Addition, and Subtraction".

Brackets and Parentheses are the same thing, e.g. (3-7)

Indices, Orders and Exponents are powers, e.g. 3^2 or 4^3

Example: To work out the value of: $4 + 2 \times 3^2$, we work out 3^2 first to get $4 + 2 \times 9$; then multiplication second, to get $4 + 18$; then addition last to get a final answer of 22.

Day 3 - Wednesday 11.10.23

Evaluate: This word means "to calculate the numerical value".

Evaluate a numerical expression:

Evaluate a numerical expression means to find its value by using BIDMAS or a mathematical rule.

Example 1:

Evaluate: $\sqrt[3]{8} = ?$

$2^3 = 8$ so, $\sqrt[3]{8} = 2$

Example 2:

Evaluate: $16 \div (2 + 6)$

$= 16 \div 8$
 $= 2$

Evaluate an algebraic expression:

Evaluate an algebraic expression means to find its value by using BIDMAS or a mathematical rule.

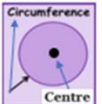
Examples:

evaluating expressions ... given a = 2		Evaluate $2y + 3$ for $y = 4$
$4(a + 4)$	$a^2 + 2ab + b^2$	Step 1: Substitute 4 for y. $2(4) + 3$
If $a = 2$:	If $a = 1, b = 2$:	Step 2: Multiply: $8 + 3$
$4(a + 4)$	$a^2 + 2ab + b^2$	Step 3: Add: 11
$= 4(2 + 4)$	$= 1^2 + (2 \times 1 \times 2) + 2^2$	
$= 8 + 16$	$= 1 + 4 + 4$	
$= 24$	$= 9$	

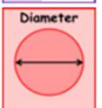
Day 4 - Thursday 12.10.23

Circle parts - Part 1

Centre: The point inside a circle that is equally spaced from all other points on the circle is considered the centre of a circle. It is a point inside the circle which is at an equal distance from all the points on its circumference. The centre of a circle is often referred to as the origin of a circle. It is usually represented by the letters 'O' or 'C'.

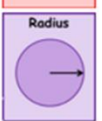


Circumference: The circumference of a circle is its outside edge, and is the same distance from the centre at every point along its length.



Diameter: A line that passes through the centre of a circle and divides it in two halves. It is usually represented by the letters 'D' or 'd'.

Radius: A distance found by measuring a line segment extending from the centre of a circle to any point on the circle; the line extending from the centre of a sphere to any point on the outside edge of the sphere. The radius is half the diameter. It is usually represented by the letters 'R' or 'r'.

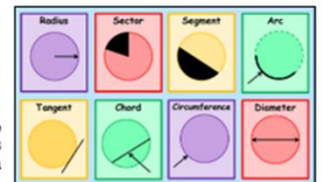


Radii: Plural (2 or more) of a radius.

Day 5 - Friday 13.10.23

Circle parts - Part 2

Arc: An arc is a part of the circumference of a circle.



Segment: A segment is an area enclosed by a chord and an arc.

Chord: A segment joining two points on the circumference of the circle is the chord of the circle. The diameter of a circle is defined as the circle's longest chord.

Sector: A sector is an area enclosed by two radii and an arc.

Tangent: A tangent to a circle is a straight line that touches the circle at one point, called the point of tangency. At the point of tangency, the tangent of the circle is perpendicular to the radius.

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Numeracy Question Answer (Week 4)

Answer of the week

Week 4 – Starting 02.10.23

Tents Situation

Two years ago, Albany Arabic School took its grade 3 and grade 4 classes on a camping trip. There were 41 students going on the trip. They took 9 tents with them. Each tent slept either 3 campers or 5 campers. Every tent was completely filled and every camper was in a tent.



How many 5-person tents did they bring with them?

Solution

Since 41 is neither a multiple of 3 nor a multiple of 5, the students must have taken at least one of each type of tent. Now we can consider all combinations of 3-person tents and 5-person tents where there is a total of 9 tents, and where we have at least 1 and at most 8 tents that sleep 5 campers. We can create a table to keep track of the numbers:

Number of 5-person tents	Total campers in 5-person tents	Number of 3-person tents	Total campers in 3-person tents	Total campers (sum)
1	$1 \times 5 = 5$	8	$8 \times 3 = 24$	$5 + 24 = 29$
2	$2 \times 5 = 10$	7	$7 \times 3 = 21$	$10 + 21 = 31$
3	$3 \times 5 = 15$	6	$6 \times 3 = 18$	$15 + 18 = 33$
4	$4 \times 5 = 20$	5	$5 \times 3 = 15$	$20 + 15 = 35$
5	$5 \times 5 = 25$	4	$4 \times 3 = 12$	$25 + 12 = 37$
6	$6 \times 5 = 30$	3	$3 \times 3 = 9$	$30 + 9 = 39$
7	$7 \times 5 = 35$	2	$2 \times 3 = 6$	$35 + 6 = 41$
8	$8 \times 5 = 40$	1	$1 \times 3 = 3$	$40 + 3 = 43$

From the table, we can see that the only possible combination that meets the requirements is to take **7 tents that sleep 5 campers and 2 tents that sleep 3 campers**.

Alternatively, if we only had tents that sleep 3 campers we could accommodate $3 \times 9 = 27$ people.

However, we have 41 people, so we need space for $41 - 27 = 14$ more campers. The bigger tents sleep 2 more people each, so we need $14 \div 2 = 7$ tents that sleep 5 campers each.

With a total of 9 tents, we need 2 tents that sleep 3 campers

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	Kevin	Prasanth	7	7SC/Ma
2	Grace	Seager	7	7SC/Ma
3	Aaron	Patrick	8	8IN/Ma

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

Year 7 Leaderboard

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

Year 8 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Aaron	Patrick	8	8IN/Ma
2	Violet	Neale	8	8HP/Ma
3	Derek	Johnson	8	8IN/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	Macey	O'Shaughnessy	9	9JO/Ma

Year 10 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Dominion	Adebote	10	10MK/Ma
2	Kayden	Allen	10	10FA/Ma
3	Samuel	Nicolau	10	10FA/Ma

Year 11 Leaderboard

	Week	Month	Year	
#	First Name	Surname	Year	Class
1	Jonathan	Oyewole	11	11DB/Ma
2	Olivia	Hewett	11	11DB/Ma
3	Joseph	Smith	11	11AT/Ma

TimesTableRockstars

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.

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



For any login issues, please email Miss Santos at dana.santos@willows.cardiff.sch.uk.

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)

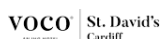
Contact Donna Whitney using Classcharts (see how to below)

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

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



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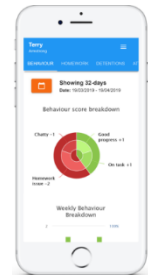


Class Charts Update

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.



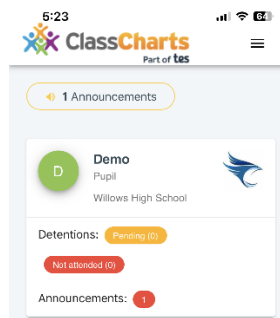
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

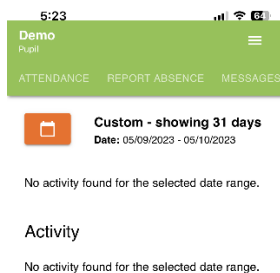
Please let your child's Head of Year know if you need a login code.

How to report an absence on Class Charts

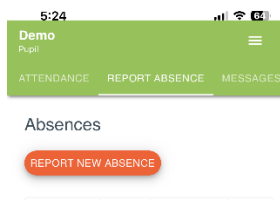
1. Click on your Class Charts app and click on your child's name.



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



3. Click on 'report new absence'



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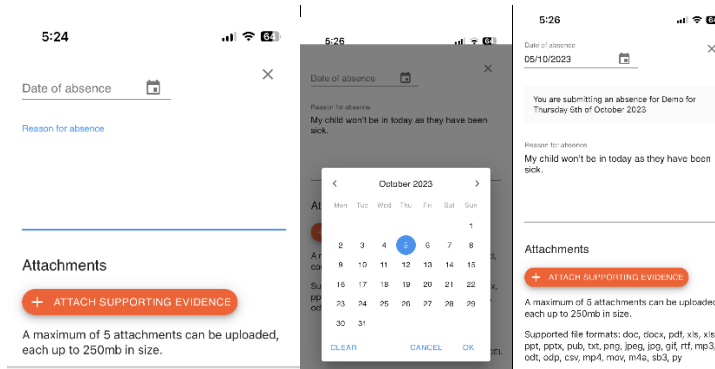
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4. Tap the calendar for the date, type in the reason and attach any pictures of medical evidence, such as letters, emails or texts from the doctors, dentist or hospital.



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](#)



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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.



YMCA HALLOWEEN EVENT

Tuesday 31st October

2pm - 4pm (ages 5-11) - Halloween themed disco with games and activities.

6pm – 8pm (ages 11-14) – DJ, Halloween games and activities

Free food and fancy dress prizes

£1 entry fee for young people not on YMCA projects.

2 Shakespeare St, Cardiff CF24 3ES

The poster features a light yellow background with Halloween-themed illustrations including a ghost, a witch on a pumpkin, a skeleton, and candy corn. The text is in a mix of orange and black fonts.

YMCA SCARY MOVIE AND PIZZA!

Tuesday 31st October

Join us for a scary movie, pizza and spooky games

Age 15+

Open to all

8pm-10pm

FREE Pizza

The poster has a bright green background with large, bold black text. It includes illustrations of a clown mask and a slice of pizza.

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



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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.

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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:

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. Roisin Cherett	Roisin.Cherett@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

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The Willows Menu

	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 Alt: boiled new potatoes	Jerk chicken with vegetable rice	Fish, chips and beans Salmon fishcake
Vegetarian option	Butternut squash, courgette, feta and basil pasta Focaccia garlic bread	Vegetarian sausage bake with vegetable mash and gravy	Vegan meat balls with vegetable mash and gravy	Asian influenced lentil and chickpea dhal with pitta bread	Pitta kebab with mint yogurt
Salad of the day	Pomegranate salad pot	Salad pot of the day	Salad of the day	Salad of the day	Salad pot of the day
Dessert	Toffee and banana sponge with custard	Vanilla cheesecake	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)

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Extra-Curricular Activities – Autumn Term 2023 - 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	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
Lesson time	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC	Individual Instrumental lessons TBC
After school	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework
	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 th and Tuesday 19 th 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 th September

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KS4 Revision Timetable - 2023 - 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
After school	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
	STAFF MEETING	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: 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: 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: 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	

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
After school	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
	STAFF MEETING	3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Ait-Brahim (G17)	STAFF TRAINING	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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