




**WILLOWS**  
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

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

**Weekly Newsletter – 15.9.23**

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

**Belong, Believe, Achieve:**

Our assemblies this week have been providing information about our joint French/History trip, there are more details later in the Newsletter. We have also had our first Enrichment session of the year with a number of new choices for our pupils. You will also find our new menu served in the canteen at the end of this Newsletter



**Merits – 4.9.23 – 8.9.23:**

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	3658	7Schumann	Grace Seager
Year 8	3286	8Hepworth	Jayden Inyang
Year 9	1909	9Curie	Cameron Ellis-Saunders
Year 10	2104	10Farah	Vivian Ojo
Year 11	1944	11Plato	Candice Ncube

**Dates for your Diary:**

- 20.9.2023 – Year 11 Road Map Parents Launch Evening
- 3.10.2023 – Creative Pathways Careers Fair
- 13.10.23 – Year 7 Engineering Project Day
- 23.10.2023 to 26.10.23 – Open House
- 27.10.2023 – INSET Day (no pupils to attend school)



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## School News:

### French/History Trip

During assemblies this week Years 8-10 have heard about our plans for a French and History visit to Northern France in July 2024 subject to sufficient interest from pupils.

The total price for the trip will be £400 which includes coach, ferry crossing, all meals apart from lunch on day 1 and dinner on day 3, accommodation and full Covid and travel insurance.



A full programme of activities will be offered whilst abroad and this has been included in the cost of the trip. The proposed visits include a theme park, market visit, Operation Dynamo Museum in Dunkirk and the Eperleques V2 Bunker as well as shopping opportunities.

The coach will leave the school at 12am Midnight on Tuesday/Wednesday 10<sup>th</sup> July and will return at approximately 10.30pm on Friday 12<sup>th</sup> July 2024.



To register their interest for the trip your child needs to return a slip to Madame Brace or Mr Henwood. If they are allocated a place, we will notify them and add the trip to your ParentPay to enable you to pay the £100 deposit. At this time the trip is only open to pupils in Year 8-10.



### Expressive Arts

Our very own Mr. George will be performing with his band, Parkview, this weekend. If you fancy a bit of rock, it would be great if you could support him. Their set is between 15:45-16:15. Pupils are welcome to come, and the festival has loads of great acts on all day. Under 18s will be asked to leave after 22:00.

### 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.

A poster for the Critical Creators 2023 festival. The top part shows a band performing on stage. The bottom part lists the lineup of acts: NEARLY, THE YOUNG HEARTS, CRISTALLINE, LONELY LIFE, NOTHING MINOR, ARMED WITH A MINDSET, STONEPIT DRIVE, PARK VIEW, THE PLEASURES, BRIDGE THE DIVIDE, CALLING ALL STATIONS, NO MURDER, NO MOUSTACHE, AFB0B, PAY THE MAN, LOAFUS, and THE MOON. It also includes the text 'DOORS 2pm 16th Sept 2023', 'TICKETS: £17 IN ADV', and 'TICKETS: £20 OTD'. The logo for FUEL is also present.

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## Welsh Department

Why not practice 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 Two

Welsh	Phonetic	English
Pwy wyt ti?	Poi oi-t tee?	Who are you?
Sam ydw i	Sam ud-oo-wee	I am Sam
Sut wyt ti?	Sit oi-t tee?	How are you?
Rydw i'n .....	Rud-oo een	I am .....
Hapus	Happ -is	Happy

### Enrichment

Our fantastic Enrichment programme, unique to Willows High School, provides our pupils with an exciting range of activities to choose from.

Each activity is available to all students and embraces the interests of our pupils through contributions from our student council, expertise and hobbies from our wonderful staff, and takes advantage of the facilities and opportunities within our local area and community

Enrichment is many things that the pupils can choose to do beyond their academic pursuits and the normal requirements of their life in school. Developing their social, moral, spiritual and cultural strengths will allow them to succeed in education, work and society.



Pupils learning the ropes at Boulders

The lessons ensure they have a wide array of skills and achievements beyond the usual subject grades. Enrichment lessons are once per fortnight. Pupils have 3 choices for the year, one choice per term (Autumn, Spring and Summer)– Students rotate to different option choices each term.

One of our new sessions is a Leadership Development Programme which is run by Cardiff Rugby Community Foundation. This is a programme specifically designed for Willows High School to develop the Leaders of the future.



The course is run by the Cardiff Rugby Community Foundation and will include Question and Answer sessions with established leaders,

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culminating in a visit to Cardiff Arms Park. It is designed to develop the skills that all leaders need to be successful.

The course covers:

- Leadership qualities and what it takes to be a good leader
- Communication skills and their role in leadership
- Confidence and its effect on being a successful leader
- Teamwork and collaborative skills needed to be a leader

Pupils don't need to be interested in rugby or sport to take part in this programme. The qualities of a good leader are transferable to all walks of life.

## Mathematics Department

### Numeracy "Terms of the day" and "Question of the week":

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

Accordingly, we advise our pupils to:

- Check their emails regularly for all school announcements
- Learn sent terms daily to enrich their vocabulary bank
- Answer the "Question of the week" regularly by the end of Thursdays
- Email their answers to their Maths Teachers who will award them a "Numeracy Merit" as well as a "Star Merit" if their answer is right.
- Copy Mrs Ait-Brahim ([Halima.Ait-Brahim@Willows.cardiff.sch.uk](mailto:Halima.Ait-Brahim@Willows.cardiff.sch.uk)), in their emails to be considered for other numeracy rewards.

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


**Question of the week**  
**Week 1 – 11.09.23**

**Cleaning Time Calculation**

A housekeeper is responsible for cleaning all the rooms on one floor of a hotel. The floor has 16 regular rooms and 5 suites. Regular rooms take 20 minutes each to clean. Suites take 30 minutes each to clean.

(a) How long does it take to clean all the rooms on the floor of the hotel?

(b) If the housekeeper starts cleaning at 10:00 a.m. and does not take a break, at what time is the job finished?



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# Mathematics Terms of the Week

**Terms of the day**  
**Week starting 11<sup>th</sup> September**  
**Day 1 – 11.09.23**

**Addend:**

A number involved in an **addition** problem; numbers being added are called addends.

**Example:**

$10 + 12 = 22$  (10 and 12 are called addends)

**Addition:**

All the following terms are guiding you to use addition when solving problems:

- |                    |                |                   |
|--------------------|----------------|-------------------|
| - add              | - both         | - join            |
| - add to, added to | - combined     | - more, more than |
| - addition of      | - extra        | - plus            |
| - all together     | - in all       | - sum             |
| - altogether       | - increase by  | - together        |
| - and              | - increased by | - total, total of |

**Day 2 – 12.09.23**

**Minuend, Subtrahend and Difference:**

In subtraction, a **subtrahend** is subtracted from a **minuend** to find a **difference**. In the following equation, 9 is the minuend, 3 is the subtrahend, and 6 is the difference.

$9 - 3 = 6$

**Subtraction:**

All the following terms are guiding you to use Subtraction when solving problems:

- |                       |                   |                            |
|-----------------------|-------------------|----------------------------|
| - decrease, decreased | - how much less   | - nearer, further          |
| - deduct, deduction   | - how many more   | - reduce, reduced by       |
| - difference          | - how much left   | - remaining                |
| - difference between  | - how many left   | - subtract                 |
| - dropped, fell       | - less, less than | - takes away               |
| - fewer, fewer than   | - minus           | - depreciate, depreciation |

**Day 3 – 13.09.23**

**Multiplicand, multiplier and product:**

In multiplication, a **multiplicand** and a **multiplier** are multiplied to find a **product**. In the following equation, 6 is the multiplicand, 3 is the multiplier, and 18 is the product.

$6 \times 3 = 18$

**NOTE:** The multiplicand and the multiplier can be called **factors**.

The product can be called **multiple**.

**Multiplication:**

All the following terms are guiding you to use Multiplication when solving problems:

- |                       |           |                 |
|-----------------------|-----------|-----------------|
| - area of             | - at      | - times         |
| - multiplied by       | - by      | - triple        |
| - multiple            | - of      | - twice         |
| - per                 | - rows of | - groups of     |
| - product, product of | - sets of | - multiplied by |
| - double, doubled     | - rate    |                 |
| - each had            |           |                 |

**Day 4 – 14.09.23**

**Dividend, divisor, quotient, and remainder:**

In division, a **dividend** is divided by a **divisor** to find a **quotient**.

In the following equation, 18 is the dividend, 3 is the divisor, and 6 is the quotient:

$18 / 3 = 6$

If there is an amount left over, it is called the **remainder**. The remainder cannot be evenly divided by the divisor. For example, if you divide 18 by 7, you will get a remainder:

$18 / 7 = 2$ , with a remainder of 4

**Division:**

All the following terms are guiding you to use Multiplication when solving problems:

- |                             |                       |                   |
|-----------------------------|-----------------------|-------------------|
| - divide evenly             | - half, quarter       | - quotient        |
| - divided by                | - how many each       | - ratio, ratio of |
| - equal parts, equal pieces | - out of              | - share, share of |
| - fraction                  | - per                 | - shared          |
| - for each                  | - percent, percentage | - split           |

**Day 5 – 15.09.23**

**Equivalent and equals:**

Two things or quantities are equal when they are exactly the same like  $\frac{1}{2}$  is equal to  $\frac{1}{2}$  but  $\frac{1}{2}$  is equivalent to  $\frac{2}{4}$  as they represent the same value.

**Equality:**

All the following terms are guiding you to use **equality>equals** when solving problems:

- |                  |                         |              |
|------------------|-------------------------|--------------|
| - answer         | - is, is equal to       | - same as    |
| - are            | - makes                 | - same value |
| - corresponds to | - produces              | - yield      |
| - equates to     | - results in, result in |              |
| - gives          | - same amount           |              |

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## Football

It was a great afternoon of football at Willows High School on Thursday. It was the annual Year 7 vs Year 8 match, which also happened to be the first match of the year for both teams.

Year 7 showed that they have real talent and resilience, battling to a 6:6 draw. All involved were grateful for the support of their fellow pupils, staff and parents who came to cheer them along.



**The Willows Way**

**Belong**

**Believe**

**Achieve**

"Doing the right thing is never the wrong thing"  
Ted Lasso

### Year 11 Road Map Parents Launch Evening

If you have a child in Year 11, you will be aware of the importance of their final year at Secondary School. Please join us on 20<sup>th</sup> September to find out what to expect this year and how you can support your children in getting the most out of their time at Willows High School.

Please arrive at the front entrance for a 4pm start. Refreshments will be available and there will be time at the end for you to ask any questions you may have.

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**Whole-School Approach to Health and Well-being:**

Mrs. Bubbins presented our whole school approach to Health and Well-being in two lectures at Cardiff Metropolitan University this week. The lectures were for those undertaking their PGCE this year to become secondary school teachers in the future. The students gained insight into our pastoral teams and strong support networks as well as our PE, Food Technology and Enrichment programme. Dr. Anna Bryant (Director of Professional Learning) said;

*‘Willows are doing some amazing work around a whole School approach to Health and Wellbeing, our student teachers were very fortunate to get an insight into what you do.’*

We look forward to continuing to share our excellent practice with other schools and organisations.



**Year 8 Rewards Breakfast:**

Year 8 have made a fantastic start to the year! We would like to congratulate 8HP for winning this week’s challenge set by Miss. Williams. The challenge was to work together to collect as many merits as possible as a class in one day. 8HP collected a whopping 200 merits making Mr. Henwood a very proud form tutor! Da iawn 8HP – keep up the excellent work!

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## 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. You can call, message, WhatsApp or email her directly to report your child's absence on:

Mobile number: 07592 040968

Email: [donna.whitney@willows.cardiff.sch.uk](mailto:donna.whitney@willows.cardiff.sch.uk)

To report an absence, you can also use: [Firstday@willows.cardiff.sch.uk](mailto:Firstday@willows.cardiff.sch.uk)

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

Contact Clare Davies. You can call, message, WhatsApp or e-mail her directly to report your child's absence on:

Mobile number: 07733 889062

Email: [clare.davies@willows.cardiff.sch.uk](mailto:clare.davies@willows.cardiff.sch.uk)

To report an absence, you can also use: [Firstday@willows.cardiff.sch.uk](mailto:Firstday@willows.cardiff.sch.uk)

We appreciate that sometimes it is hard to get through to Reception, and the Welfare Team are extremely busy. If your call is do with absence from school, please contact Clare or Donna via a direct call/text/e-mail/WhatsApp instead.

## 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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Taylor  
Wimpey



**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 the community. You can find them at:

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



support

## 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**

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.

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## 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.

## Safeguarding:

A reminder that the school safeguarding lead is Danielle MacKintosh. If you are worried or concerned about a child and any time (including over the holidays) then please e-mail her on [Danielle.MacKintosh@willows.cardiff.sch.uk](mailto:Danielle.MacKintosh@willows.cardiff.sch.uk) If you are a pupil that needs help, please also contact Danielle via this e-mail address.

## Chat Health:

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

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

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

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

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might contact you if we need to discuss your health, but we will usually discuss it with you first. Your messages are stored and can be used to help you with your health. We will not share your information with anyone else. We will not reply to your texts on a weekend day and you should get an automatic bounce-back to confirm we received your text. Texts will not be sent to you if you are not a member of our text service. If you are not a member, you can join by texting 'JOIN' to 07520 615718. Texts are sent from a member of staff at the school. Our text number does not receive any calls or text messages. We support messaging from all mobile phones and tablets. We do not include messages sent from landlines, international mobile numbers and some number sharing mobile apps. Please do not share your text messages with anyone else. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

## Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

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

## Cardiff Youth Service:

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

<http://cardiffyouthservices.wales/>

## 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 Alt: boiled new potatoes	Jerk chicken with vegetable rice	Fish, chips and beans Salmon fishcake Alt: Vegetable Mash
<b>Vegetarian option</b>	Butternut squash, courgette, feta and basil pasta Focaccia garlic bread	Vegan meat balls with vegetable mash and gravy	Vegetarian sausage bake	Asian influenced lentil and chickpea dhal with pitta bread	Calzone
<b>Salad of the day</b>	Pomegranate salad pot	Salad pot	Salad of the day	Salad of the day	Salad pot of the day
<b>Dessert</b>	Toffee and banana sponge with custard	Vanilla cheesecake	Fruit pot	Brownie	Apple and berry crumble
<b>Hot snack</b>	Cheeseburger (£1.65)	Southern fried chicken burger (£2.25)	Pitta kebab with mint yogurt (£1.50)	Hotdog (£2.25)	Calzone (£2.35)
<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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