




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

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PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 20.10.23

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

Belong, Believe, Achieve:

It has been another amazing week at Willows High School. Miss Nelms and the Debate Team ran the assemblies, we celebrated Nigerian Independence Day with our Nigerian Breakfast morning and we commemorated the Aberfan disaster which occurred on 21st October 1966. You will find our Canteen Menu, Extra Curricular Activities and Revision Timetables at the end of this Newsletter.

Breakdown of the Week

16/10/2023 - 20/10/2023



Merits – 16.10.23 – 20.10.23:

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	3941	7Mozart	Azeem Olole-Ankirun
Year 8	2922	8Matisse	Amnah Husayn
Year 9	3098	9Curie	Kamil Rana
Year 10	3085	10Farah	Mohammed Yusif
Year 11	1846	11Plato	Raifa Abdalah Said

Dates for your Diary:

- 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 – Year 7 Engineering Day 13.10.23

Willows welcomed visitors from Arup and Viridor – two huge engineering companies – who came in for the whole day to work with our Year 7 pupils. The whole of Year 7 was set an engineering project in which they had 2 hours to complete.

7MO and 7SC worked with Eamonn from Viridor. They were challenged to construct a Wind Turbine, using an array of materials, including paper and string. The turbine had to be strong enough to move a toy vehicle. Even though they found it a challenge, every group managed to complete their brief.



7BE, HT, CY, SU and NO worked with the group from Arup. Their project involved them designing and building a weight bearing bridge. They were given a set of materials and had to work together to come up with their final bridge.



Again, as in previous years, these projects proved to be very successful. Every student was fully involved in the project and worked well together to meet the challenge.



A big thank you to the staff from Viridor and Arup for giving up their time, and to Adrian Cole, from Careers Wales for co-ordinating the event.



Visit to Welsh Water

Miss Bethell had the pleasure of taking some pupils from 8HP to visit Welsh Water and learn about some of the exciting career opportunities they offer.

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On the trip they discovered how Welsh Water keeps us safe and healthy by providing clean water to our homes and the process in which they clean over 800 million litres of water per day!

The pupils also learned about the amazing career opportunities available at Welsh Water, such as structural engineers, data scientists, and drone operators.

The pupils took part in multiple tasks and activities throughout the day and demonstrated excellent teamwork and communication skills. The day ended with a fantastic drone flight! Welsh Water aspires to one day employ skilled students from Willows High School in fulfilling successful careers within the company.



Year 10 GCSE Media Studies Trip to BBC Roath Lock Studios



On Wednesday, our Year 10 Media Studies class were delighted to have the opportunity to visit BBC Roath Lock Studios in Cardiff Bay. We met staff with a variety of roles in the BBC and they provided insights into their jobs and daily experience. Anna, one of the main storyliners for 'Casualty' talked us through the script writing process from initial ideas, through medical research and plot / character development. The pupils then worked in groups to plan their initial ideas for a 'Casualty' A plot. These were very creative and somewhat gory!

In the afternoon, the pupils had a tour around the sets of 'Pobl-Y-Cwm' with Series Producer, Daf and explored the interiors of the houses, shops and the Deri Arms. We finished with a tour of Casualty including the operating theatres, wards and waiting areas.

We are looking forward to the Casualty team coming to school in November to help us complete our stories and help with our productions. Thank you to 'Careers Wales' for facilitating this event.

Wimbledon Trip

The year 10 cohort who are in the second year of the 'Set for Success' programme were invited to visit the world famous All England Lawn Tennis Club in Wimbledon.

After an early start we arrived at the iconic stadium which is steeped in sporting history and is truly inspiring. The pupils started their day by participating in some physical activities including a game of tennis mixing with other students from all over the UK including Liverpool, Southampton and Nottingham.

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The morning session included a tour of the famous centre court and an opportunity to visit the museum which had lots of visual and physical artefacts on the history of the tournament including the hall of fame, legends section, changes in fashion and technology. They were in awe of the iconic trophy and plate.

The afternoon session consisted of a question and answer session with a panel of employees who work for the Club:

- The Head Gardener who works tirelessly throughout the year to maintain the beds, baskets, hedge and the famous ivy that covers the show courts.

- An I.T. Technician who is responsible for all the IT at the venue including Hawkeye during the championships.
- The Head of Ticketing who explained how their role has changed over the years with the move from paper tickets to an electronic ticketing system.
- The Media and Events Manager who plans and organises promotional, business and social events at the venue. They manage the whole process from the planning stage right through to running the event and carrying out post-event evaluations.
- The Head Coach of Wimbledon Junior Tennis and Master of Ceremonies during the tournament. The Master of Ceremonies' role is technically to invite players to play on Centre Court. They march the two players to court before each game and is the link between the players and referee.

As member of the panel moved around the room pupils listened intently and asked many probing questions to gain a greater understanding of the job role.

The final session was an opportunity to reflect upon the day, the course and how the transferable skills they have been developing such as time management, resilience, teamwork and self-belief can be adapted and used in many areas of their life including the world of work.

A letter to families from an ex-pupil

Pantry Entrepreneurs

PantryEntrepreneurs@outlook.com

Dear Parents/Guardians,

My name is Shaida, and I am a previous year 11 student from Willows High School.

I am going to run an enterprise club in Tremorfa Pantry and would be interested to know if your child would be interested in joining. The club is called Pantry Entrepreneurs, and it will be based in Tremorfa Community Hall once a week.

The club is set to start after the October half term and will most likely run on a Wednesday from 3:30pm to 4:30pm.

In this club your child will learn about setting up a business and get experience in marketing, creating and selling products. We will occasionally attend stalls as a club, but you will be notified if and when needed. By joining this

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club your child will get the chance to meet new people, learn new skills, experience the business world and even make money from things we sell.

For your child to attend this club you will need to email PantryEntrepreneurs@outlook.com with their name in order for them to be put on the list. There are only 15 spaces available so the sooner you email your child's interest the better.

I will then email you later in the month with an open evening date which will be held at Tremorfa Hall and more details about the club. By attending this, you will get the chance to meet me and fill out information forms.

By not attending the open evening your child may not be able to join the club in November.

I hope to hear from you and have your child join the Pantry Entrepreneurs in November.

Many Thanks,

Shaida Tufiq

Pantry Entrepreneurs Manager

PantryEntrepreneurs@outlook.com

Enterprise @ Willows

A new school year and a relaunch, rebrand of our business. SEC Willows has now been rebranded as Enterprise@Willows.

You will still find our regular products plus some new lines. We have also redesigned our website which you can find at www.enterpriseschools.co.uk. Please pay particular attention to our friends page, as without the support of these local and national businesses, we wouldn't be who we are today. If you would like to become one of our friends, please feel free to contact us via the website or enterprise@willows.cardiff.sch.uk.



Our makers have been busy crafting and this year at our Christmas events we shall be offering Christmas trees, Snowmen, Christmas boxes, Copper Reindeer Heads, Santa Keys, Reindeer food (proceeds to Cardiff Food bank) and Hot Chocolate cones (proceeds to Cardiff Food Bank).



We are also still making our planters and tables/desks to order.

Diwrnod Shwmae

On Monday, we celebrated 'Diwrnod Shwmae'. We celebrate this Welsh culture day annually, since it started in 2015. As 'Diwrnod Shwmae' (15th of October) fell on a Sunday this year, we celebrated at Willows High School on the Monday.

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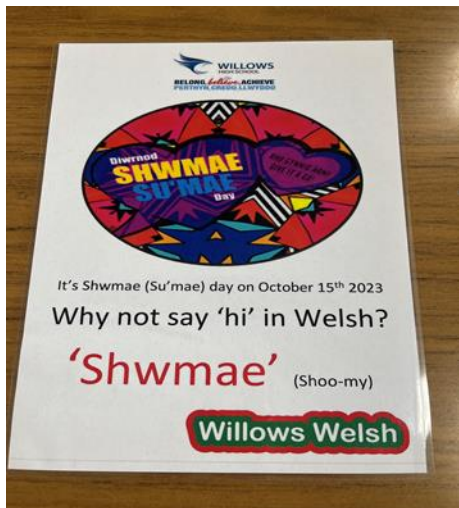
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The aim of 'Diwrnod Shwmae' is to celebrate and promote the Welsh language, to raise awareness of the language among non-Welsh speakers. The celebration acts as a reminder that the Welsh language belongs to us all. The way we did this is simple – we encourage everyone to start their conversations with 'shwmae'. The



actual translated meaning of 'shwmae' is 'hiya, how's it going?'. This could be used with school children, shop workers, office workers or even your dear old nan, who's never spoken a word of Welsh in her life. That is exactly the point! To inspire those who have never spoken Welsh before to give it a go. To pronounce it you simply combine the words 'shoe' and 'my', which when said quickly becomes 'shwmae'.

We distributed posters around shops in the local community. I have no doubt that you have seen them on your travels. The Criw Cymraeg promoted the use of 'shwmae' on the corridors and distributed badges. We also played language games in Welsh lessons to promote target language conversations. The Welsh Department would like to thank all staff and pupils who celebrated with us

Specialist Resource Base



In the SR, they have been learning about black history month. The lovely Mr Omoruyi came over to talk to pupils and staff about showing kindness towards everyone. We also learnt about famous people such as Betty Campbell and even pretended to ask her questions about her life.



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!

Nigerian Breakfast Celebration



To celebrate Nigerian Independence Day which occurred earlier in the month, our pupils organised a Nigerian breakfast for staff and their peers. They brought in Nigerian delicacies for everyone to try. They were absolutely delicious.



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 Seven

Welsh	Phonetic	English
Da iawn	Dah yawn	Well done
Da iawn ti!	Dah yawn tee	Well done you
Ardderchog	Arr-their-cch-og	Excellent
Bendigedig	Ben-dee-ged-ig	Wonderful
Hyfryd	Huv - rid	Lovely

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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 6, starting 16/10/23:

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 6 – Starting 16.10.23

Collecting Cards:
Elin loves to play hockey. She also loves to collect hockey cards. She has 169 hockey cards in total. Elin's younger cousin Jessica also loves to play hockey, and she is just beginning her collection of hockey cards. She starts with 9.

If Elin gives Jessica 8 cards a day, will they ever have the same number of cards in their collections?

If they do end up with the same number of cards at some point, how many cards does each have and how many days will it take for this to happen?



Numeracy Question of the Week (Week 6):

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 6 - beginning 16.10.23

Day 1 - Monday 16.10.23

2D Shapes - Triangles:

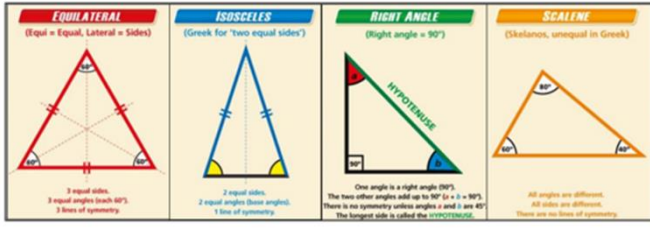
There are 4 types of triangle. They all are all polygons of 3 sides.

Equilateral Triangle: Equilateral triangles have 3 equal sides and 3 equal angles of 60°.

Isosceles Triangle: Isosceles triangles have 2 equal sides and 2 equal angles.

Right-angle Triangle: In a right-angled triangle, one of the angles is a right angle (90°).

Scalene Triangle: Scalene triangles have no equal sides and no equal angles.



Day 2 - Tuesday 17.10.23

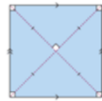
2D Shapes – Quadrilaterals – Part 1:

A quadrilateral is a 2D shape with four sides.

There are six special quadrilaterals with different properties.

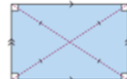
Square:

A square has four sides of equal length, it has four right angles (90°), the opposite sides are parallel, and the diagonals bisect each other at right angles.



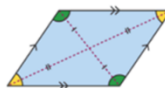
Rectangle:

A rectangle has two pairs of equal sides, it has four right angles (90°), the opposite sides are parallel, and the diagonals bisect each other.



Parallelogram:

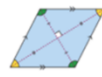
A parallelogram has two pairs of equal sides. It has two pairs of equal angles. The opposite sides are parallel. The diagonals bisect each other.



Day 3 - Wednesday 18.10.23

2D Shapes – Quadrilaterals – Part 2:

Rhombus: A rhombus has four sides of equal lengths. It has two pairs of equal angles. The opposite sides are parallel. The diagonals bisect each other at right angles.

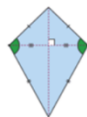


Trapezium: A trapezium has one pair of parallel sides.



Kite:

- A kite has two pairs of equal sides.
- It has one pair of equal angles.
- The diagonals bisect at right angles.



Day 4 - Thursday 19.10.23

2D Shapes - Polygons – Part 1:

A polygon is a 2D shape with at least three sides. The following table is representing 12 names of polygons.

Shape	Number of sides	Name
	3	Equilateral Triangle
	4	Square
	5	Pentagon
	6	Hexagon
	7	Heptagon
	8	Octagon
	9	Nonagon
	10	Decagon
	12	Dodecagon

Day 5 - Friday 20.10.23

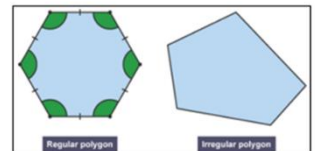
2D Shapes - Polygons – Part 2:

A polygon is a 2D shape with at least three sides.

- Poly means Some
- Gons means angles

Types of polygon:

Polygons can be regular or irregular. If the angles are all equal and all the sides are equal length it is a regular polygon.



Interior angles of polygons:

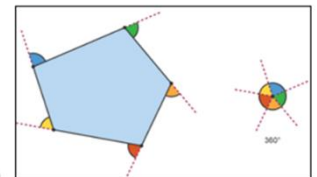
All the interior angles in a regular polygon are equal. The formula for calculating the size of an interior angle is:

$$\text{interior angle of a polygon} = \frac{\text{sum of interior angles} \div \text{number of sides}}$$

Exterior angles of polygons:

If the side of a polygon is extended, the angle formed outside the polygon is the exterior angle.

The sum of the exterior angles of a polygon is 360°.



Numeracy Question Answer (Week 4)

Answer of the week Week 5 – Starting 09.10.23

School Supply Spending

A) To solve this problem, we need to determine how many packages of each supply are needed in order to have enough for all 20 students in Mr. Lambert's class.



Since there are 10 pencils per package and each student requires 5 pencils, then 1 package of pencils is enough for $10 \div 5 = 2$ students. Since there are 20 students in the class, Mr. Lambert needs $20 \div 2 = 10$ packages of pencils.

Alternatively, since there are 20 students, and each student needs 5 pencils, then Mr. Lambert needs $20 \times 5 = 100$ pencils. Since each package has 10 pencils, he needs $100 \div 10 = 10$ packages of pencils.

Similarly, we can calculate:

1 package of binders is enough for $25 \div 5 = 5$ students, so he requires $20 \div 5 = 4$ packages of binders. OR Mr. Lambert needs a total of $20 \times 5 = 100$ binders, which means he requires $100 \div 25 = 4$ packages.

1 package of lined paper is enough for $100 \div 50 = 2$ students, so he requires $20 \div 2 = 10$ packages of lined paper. OR Mr. Lambert needs a total of $20 \times 50 = 1000$ sheets of paper, which means he requires $1000 \div 100 = 10$ packages.

Also, 1 package of erasers is enough for $12 \div 2 = 6$ students. This means we need $20 \div 6 = 3$ packages with a remainder of 2. So, 3 packages would not have enough erasers for the class, and thus we need to round up to 4 packages.


Alternatively, we need $20 \times 2 = 40$ erasers, which means we require $40 \div 12$ packages, which is equal to 3 packages with a remainder of 4, and thus we round up to 4 packages. Both calculations determine that we require 4 packages of erasers. Note that the remainders are different, because in the first division we are calculating a number of students and in the second division we are calculating a number of erasers. Since each student needs just 1 whiteboard marker, we require $20 \div 4 = 5$ packages for the students. However, since Mr. Lambert needs 8 markers himself, that would require 2 more for a total of 7 packages of markers. Alternatively, we need $20 \div 8 = 2.5$ whiteboard markers in total, which means we require $2.5 \div 4 = 0.625$ packages.

Finally, we need 1 package of crayons for each student, which is a total of 20 packages. Now we can make a new table knowing how many packages of each supply are required for the class. We can multiply the number of packages by the cost per package for each of the supplies.

Supplies	Number of Packages	Cost per Package (in £)	Total Cost (in £)
pencils	10	0.50	$10 \times 0.50 = 5.00$
erasers	4	1.00	$4 \times 1.00 = 4.00$
binders	4	5.00	$4 \times 5.00 = 20.00$
lined paper	10	1.50	$10 \times 1.50 = 15.00$
whiteboard markers	7	4.00	$7 \times 4.00 = 28.00$
crayons	20	1.00	$20 \times 1.00 = 20.00$

So, the total cost of supplies is: $5.00 + 4.00 + 20.00 + 15.00 + 28.00 + 20.00 = \text{£}92.00$

B) Since Mr. Lambert has £100 to spend, he has enough for these supplies with $\text{£}100 - \text{£}92 = \text{£}8$ left over.



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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	Dhruvraj	Rathore	8	8HP/Ma
2	Aaron	Patrick	8	8IN/Ma
3	Raghad	Alsmadi	11	11WO/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	Azeem	Ololde-Ankirun	7	7NO/Ma
2	Sophia	Bamidele	7	7MO/Ma
3	Anoush	Vidyansh	7	7HT/Ma

Year 8 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Dhruvraj	Rathore	8	8HP/Ma
2	Aaron	Patrick	8	8IN/Ma
3	Derek	Johnson	8	8IN/Ma

Year 9 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Kane	Williams	9	9GO/Ma
2	Deborah	Adeyeye	9	9ME/Ma
3	Adebayo	Odukoya	9	9GO/Ma

Year 10 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Oliver	Jensen	10	10MC/Ma
2	Selma	Asumang	10	10MC/Ma
3	Ronnie	Ashton	10	10MC/Ma

Year 11 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Raghad	Alsmadi	11	11WO/Ma
2	Ahmed	Al Shamiry	11	11WO/Ma
3	Courtney	Mann	11	11WO/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.

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

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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.

Head Lice

Parents have asked us for your support in checking your child's hair for head lice – particularly if they are in Year 7 and Year 8. Please inspect your child's hair tonight and treat as necessary so that we can try to eradicate this problem from school.

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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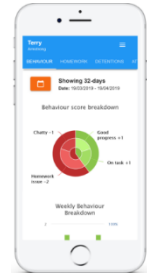
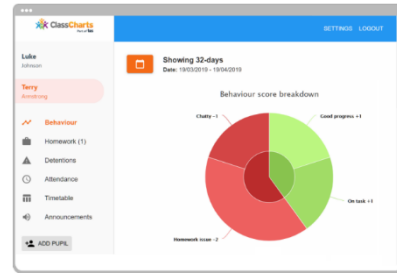


Class Charts Reminder

What is Class Charts?

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

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



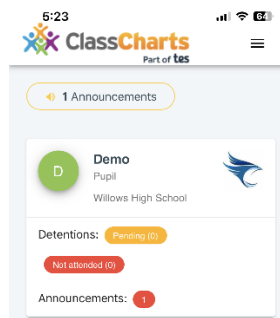
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

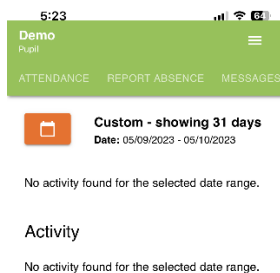
Please let your child's Head of Year know if you need a login code.

How to report an absence on Class Charts

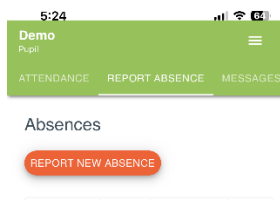
1. Click on your Class Charts app and click on your child's name.



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



3. Click on 'report new absence'



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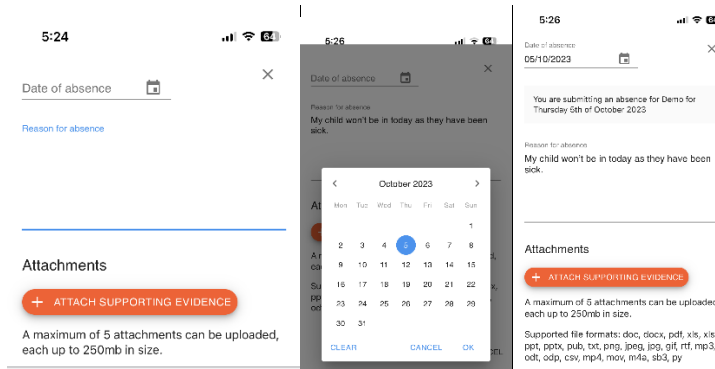
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4. Tap the calendar for the date, type in the reason and attach any pictures of medical evidence, such as letters, emails or texts from the doctors, dentist or hospital.



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

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

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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Health and Wellbeing

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

It is an opportunity to offer mental health support to young people, and the feedback will help to develop resources in the future. All participants will receive a gift voucher and certificate. It's free to take part. Young people (13-19 years old) who are experiencing low mood (or other difficulties with their mood/wellbeing) are encouraged to go to the study website for more information and to fill in a participation form: <https://www.ncmh.info/help-with-research/digital-support-study/>

Wellbeing in school

Pupils

If you feel you need some support with your wellbeing we want to help and there are many places to go: Ms. Crnoja in the learning lounge is here to look after your wellbeing so please come down for a confidential chat.

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

Your Head of Year or any member of the Welfare Team are there to support you. You can find them at line-up time, in the welfare office or anywhere around the school.

A member of staff you trust. All members of staff will be there for you. If you want to confide in someone please do and they will help get you the support you need.

Parents and Families

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

Ms. Crnoja can be contacted on 07592 037937 or 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 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**

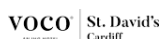
**We help young people
with all kinds of things
like...**

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. The right advice depends on your age and the situation. We will do our best to help you. Your messages are stored and can be seen by other staff who follow the same confidentiality rules. We will notify you if we have any concerns. We will not share your information with anyone else without your consent. Texts will not be sent to you outside of normal working hours. If you need help before you have had time to contact a member of staff call or your doctor. Our text number does not replace your GP or other health professionals. The support messages from our mobile numbers only work on mobile apps. Please do not share your contact details with anyone. Please do not share your contact details with anyone. Please do not share your contact details with anyone. Please do not share your contact details with anyone.

Logos: ChatHealth, CIG, NHS, Cardiff Health, Cardiff University, Cardiff School of Health Sciences

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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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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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