




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 24.11.23

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

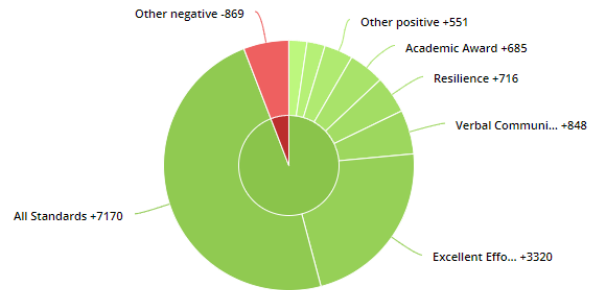
Belong, Believe, Achieve:

This week our pupils have been completing their GCSE Photography Mock examinations, presenting at the Careers Wales Valued Partner Awards and experience many activities that enrich their curriculum. We also held a “Peace for Gaza” day where our pupils raised funds for Save the Children.

Merits – 20.11.23 – 24.11.23:

We respect the effort that our pupils are putting into their character and studies. A huge Willows well done to all of this week’s merit winners.

Breakdown of the Week
20/11/2023 - 24/11/2023



Year Group	Total	Excellent Effort	Merit Champions
Year 7	2751	7Mozart	Matvii Kovalov
Year 8	3317	8Banksy	Amnah Husayn
Year 9	3115	9Curie	Khadijah Shah
Year 10	2756	10Farah	Vivian Ojo
Year 11	2045	11Debeauvoir	Riana Nabadda

Dates for your Diary:

- 23.11.23 to 28.11.23 – Year 11 Photography Mock Exams
- 26.11.23 - Willows Enterprising Schools at Riverside Farmers Market (Fitzhamon Embankment CF11 6AG)
- 1.12.23 – Flu Immunisations
- 9.12.23 - Willows Enterprising Schools at Railway Gardens
- 20.12.23 – A Christmas Carol – Year 9
- 21.12.23 – INSET Day
- 22.12.23 – INSET Day



Our Valued Partners



Civil Service



SCREEN ALLIANCE WALES



CANOLFAN MILLENIUM CYMRU WALES MILLENNIUM CENTRE



School News:

Performing Arts

11A Performing Arts enjoyed a performance and workshop by third year Acting students from The University of South Wales this Thursday. The lecturers who accompanied them commented on how talented our pupils are.



Careers Wales Valued Partner Awards



This week, Willows High School had the honour of being invited to talk at the Careers Wales Valued Partner Awards in the Pierhead Building at Cardiff Bay. These awards recognise the companies and organisations around Wales that are dedicated to working with schools to help promote pupil aspirations and awareness of the different jobs and industries that exist in the modern world.

The awards were hosted by TV presenter Sian Lloyd. In attendance was Vaughan Gething the Minister for the Economy, Nicki Lawrence the Chief Executive of Careers Wales and an array of representatives from different companies and organisations from across Wales.



Willows High School was the only school in Wales invited to attend the ceremony. Deputy Headteacher, Mrs. Bubbins started by speaking about the context of the school and the new curriculum. Year 11 pupils, Cruz Jackman and Jessica De Oliveira spoke about how they have personally benefitted from the work of Careers Wales, especially the connections made with the BBC, and their aspirations for their futures. Mr Roberts spoke about all the work that is done in school to try and raise the aspirations of the pupils through all the various employer activities that we run.



Willows can be tremendously proud of both Cruz and Jessica, who spoke very eloquently in front of a room full of employers and business people. The number of people who praised their bravery and maturity after they had delivered their speeches was testament to their confidence and ability.



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ARUP

JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

Taylor
Wimpey



Wales Millennium Centre Visit

This week Mr George took a group of year 10 students for their second of three visits to the Wales Millennium Centre, one of our Career Wales Valued Partners. During the 3 visits, the pupils will get a backstage tour of the theatre and the stage area, go behind the scenes at the Millennium

Centre and get to see all areas of the theatre, get to use their radio equipment and have a go at creating their own podcasts.

This is a valuable insight into the theatre and broadcast industries and these trips give the pupils a chance to gain first-hand experience of what it is like to work in a thriving theatre that stages world class productions.



Thank you to the staff at the Millennium Centre and to Adrian Cole from Careers Wales, for arranging it.

Year 7 English Trip

Our Year 7 pupils (and a small group of Y8) enjoyed a free showing of the movie 'Haunted Mansion' this week, as part of the Into Film programme. The pupils were fantastic, thanks to the care of the wonderful team of staff who escorted them to the cinema. It was a fun film, full of excellent role models and important messages about character, kindness and resilience. It was thoroughly enjoyed by all. Thanks to The Arts Council of Wales for providing free transportation.



Cyngor Celfyddydau Cymru
Arts Council of Wales



Careers - Taylor Wimpey Talk

This week's visitor was Jo from the construction firm Taylor Wimpey, one of our Careers Wales Valued Partners. In the largest turnout for any talk we have run so far, the pupils were shown the different roles within the construction industry and the routes into construction. The turnout was so large that we will be running a longer more interactive session later this term for pupils to get a better understanding of the industry.

Our Valued Partners



WILLOWS HIGH SCHOOL PUBLIC ENGAGEMENT



Plans to relocate and rebuild Willows High School are **open for public consultation from 20th November until 18th December 2023**

Visit for drop-in sessions

Friday 24th November	10am - 12pm	Capel I Bawb, Cardiff Royal Infirmary, Glossop Road, CF24 0JT
Monday 27th November	2pm - 4pm	Butetown Pavilion Youth Centre, Dumballs Road, Butetown, CF10 5FE
Wednesday 29th November	4pm - 6pm	STAR Hub, Muriton Road, Tremorfa, CF24 2SJ

Further information is available on Asbri Planning website link, below:
www.asbriplanning.co.uk/statutory-pre-application-consultation/New-Willows-High-School-Cardiff
 You can also scan the following QR code:



Cymunedau Dysgu Cynaliadwy
Sustainable Communities for Learning



Mae'r ddogfen hon ar gael yn Gymraeg / This document is available in Welsh

New School Build

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

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

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

Enterprise Schools @Willows



If you would like to become a friend of Enterprise@Willows, please contact us at enterprise@willows.cardiff.sch.uk or view our website www.enterpriseschools.co.uk.

In return, you will have regular updates from the business, photographs, social media exposure, your logo on our friends page of our website and most importantly of all, help to change our pupils lives by giving them opportunities that will give them a head start in college and their future careers.

Thank you to Mr and Mrs. Tovey for generously donating tools to the business, they will be put to very good use.

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STOWE
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Taylor Wimpey

We are also pleased to unveil our Christmas Products for 2023. These can be ordered via our email address above or via our website.

You can also come and visit us at:

- Riverside Farmers' Market, Fitzhamon Embankment 10.00 to 14.00 26th November
- Railway Gardens Community Christmas Fair, Adeline Street 11.00 to 15.00 9th December



Charitable Products

This year we shall be supporting 2 charities and 100% of the profits from the sales of these products will go straight to the charity



Hot Chocolate Cone £1.50
Reindeer Food £1.00
Christmas Plates £4.00



A Selection of hand made jewellery individually priced

Enterprise Products Price List

All products handmade or chosen by students. 100% of profits reserved for charity support.

Christmas Tree	£10.00
Snowman	£5.00
Reindeer	£30.00
Heart	£8.00
Large Box	£30.00
Small Box	£20.00
Santa Key	£1.50

Why not view our other products @ www.enterprise.schools.co.uk
If you would like to support us through partnerships / donations or would like us to provide a makers workshop for your community project, please contact us @ enterprise@willows.cardiff.sch.uk

Our Friends

Enterprise Schools is a social enterprise club where we design and make products to sell.

All products are produced by students of Willows High School and they receive 100% of all profits.

Our intent is to run an ethical and financially viable business where students learn to create their ideas using only tools that can be purchased from budget supermarkets. In addition, it gives students the opportunity to de-stress in a safe environment after school hours.

www.enterprise.schools.co.uk
Willows High School
Willows Avenue
Cardiff, CF24 2TE
E-mail: enterprise@willows.cardiff.sch.uk

Near Peer Coaching



The Duke of Edinburgh pupils had a brilliant day doing the near peer coaching session with Kantz from Elevate today working towards their volunteering section. The Near Peer Coaching approach is an evidence informed well-being and learning support method that benefits both the older coach and the younger pupil coachee. Research suggests that peer coaching support is influential and effective for student well-being, learning and community. The Near Peer Coaching project trains pupils in core coaching skills and will support Willows to set up in-house wellbeing and learning coaches from a pool of older pupils who have recent 'lived' experience of negotiating school successfully. The near peer coaches are able to function in the dual role of role models and coaches to their younger peers.



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Transition

This week we welcomed Larch class from Moorland Primary School to design, cook, decorate and eat gingerbread cookies. The pupils worked really well in their groups and thoroughly enjoyed the activity.

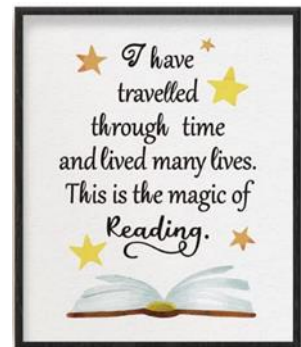
English Department

Reading is everything!

Did you know that there is a link between your child reading for pleasure and their GCSE success? At Willows, we take every pupil in KS3 to the school library once a fortnight to choose a new book. We STAR test the pupils every term to check on their reading levels – this should help them to choose books at the right level.

Your job as families?

- Check that your child has their book and is reading it every night!
- Ask questions about the book: about the plot or characters
- Listen to them read – check the book isn't too easy or too hard for them
- Make sure they are in the good habit of reading regularly



Remember, there is international evidence to suggest that this will help your child not just in English, but in *all* of their exams.

Most importantly...

Don't let your child take his/her phone to bed – take a book instead!

Reading Stars of the Week



- ★ Zara Sabiri- 7SC. Currently reading A Series of Unfortunate Events and highly recommends to other readers her age.
- ★ Katie Cowell- 8MA. Keeping me updated on her progress reading 'The Hate U Give' She is loving every minute!
- ★ Hope Allen- 9JO. Attending Brilliant Breakfast club and encouraging others to come along and read

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

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Year 11 GCSE Media Studies trip to Screen Alliance Wales



Year 11 GCSE Media Studies recently had an insightful trip to Great Seren Point Film Studios in St. Mellons. The pupils heard all about the various job roles both behind and in front of the camera from electricians and set designers to puppeteers and stunt artists. The pupils spent time in the digital editing suite seeing first-hand how colouring, sound and vision mixing enhances a final product. They had a tour of a large production set – focusing on props, camera work and lighting. Lastly, they were treated to a special effects make-up workshop. The pupils were a credit to our school and it was a delight to see so many of them thinking about forging a career in this ever-growing Welsh industry. Thank you to everyone at Screen Alliance Wales and Careers Wales for bringing to life our subject knowledge. It was great to see the wealth of opportunities that are available on our doorstep.



Exam Certificates

Certificates from the Summer 2023 examination season are now available to collect from school. Please contact Leah at leah.maidment@willows.cardiff.sch.uk in the first instance, so they can be prepared for you to collect from Reception.



Seren Academy Oxford University visit

Last week, some Year 11 pupils from Willows, along with other schools in Cardiff on a trip to Oxford University, organised and funded by Seren Academy; *"a fully funded Welsh Government initiative dedicated to supporting Wales' most able state educated learners achieve their full academic potential into leading universities and succeed on highly selective degree programmes."*

The aim of this trip was to show pupils what their future could look like if they choose to apply and attend Oxford University. It also brought to light what life could look like post-Willows.

We began our trip at Jesus College, also known as The Welsh College, with a Q&A session with a 4th year Biology student, a recent History graduate and



Our Valued Partners

Professor from the University. In this session, we were given a whiteboard and asked to write anonymous questions about life at the university, its culture and to squash any myths. Did you know that the University of Oxford is made up of nearly 40 colleges and the average acceptance rate is 1 to every 6 people?



After having lunch in the Balliol dining hall, decked with portraits of historical figures who attended the university, the pupils were given a tour of some of the famous spots around the university including the Bodleian Library (where the hospital scenes in 'Harry Potter' were filmed) and the Radcliffe Camera where pupils demonstrated interest and curiosity through their fantastic questions for our tour guide.

We returned to Jesus College for a lecture on 'What is the meaning of life?' The lecture taught the pupils the expectations Oxford look for in their students regarding their thinking skills and how this type of thinking has led to the discoveries of things such as antibodies, penicillin and weather predictions; they believe that thinking almost like 5-year-olds help students think critically and question what has not been thought about yet.

The pupils demonstrated excellent teamwork and communication skills throughout the whole day and left Oxford University feeling more confident in what their future could look like. Oxford University hopes to, one day, see pupils from our school attend the university, thrive there and continue to think like 5-year-olds.



The trip would not have been possible without Seren Academy and it was incredible to join with other schools around Cardiff to share in this experience.

School Year Changes Consultation

The Welsh Government had opened a consultation to get views on a number of specific modifications (or changes) to the school calendar. They are proposing working with relevant bodies to reframe the traditional parameters of the school calendar to create more consistent term-lengths and increase some half-term breaks so that each half-term is broadly the same length. Specific consultation questions are set out by following the link below.



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

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

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Welsh Department

Why not practise your Welsh at home? We will provide a variety of terms and phrases weekly. Use the phonetic column to see how it should be pronounced. Send any queries or questions to:

willowswelsh@willows.cardiff.sch.uk

Willows Welsh

Welsh Terms of the Week

Week Eleven

Welsh	Phonetic	English
Ionawr	Yon - our	January
Chwefror	Ch-wev-roar	February
Mawrth	Mouth	March
Ebrill	Eb-rell	April
Mai	My	May
Mehefin	Meh-hev-in	June
Gorffennaf	Gorf -enn-ave	July
Awst	Oust	August
Medi	Me-dee	September
Hydref	Hud-rev	October
Tachwedd	Tach- wer-dd	November
Rhagfyr	Rh-agg-vir	December

Mathematics Department

TimesTable Rockstars

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

At home, students must log on to TTRS via their technological devices at home. There is also a phone app that they can download via Apple or Android, free of charge.

All the students have 5-10minutes daily tasks on there to help consolidate their times tables. It will also earn them coins to use for customising their own individual avatars. Likewise, as with MathsWatch, there will be a leaderboard and certificates to reward their efforts.



WHOLE SCHOOL

Rank	Name	Maths Group
1	Angel-Lily Marqua	7HT/Ma
2	Kevin Prasanth	7SC/Ma
3	Riley Phillips	9CU/Ma

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

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

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Numeracy Enrichment

Numeracy Boost session (NBS):

Using a variety of digital (e.g. TT-Rock Stars) and non-digital resources, all pupils in Years 7, 8 & 9 will benefit from using laptops in Numeracy Boost Sessions to enrich their Mathematics skills; they are delivered fortnightly by Mathematics teachers. It is a great opportunity to support pupils with skills gaps further and stretch high attaining pupils.

Internal Numeracy Competitions – Pupils in Years 7, 8 & 9:

Various Numeracy competitions are taking place throughout the year. Pupils in Years 7, 8 & 9 been provided with relevant resources that can be used to prepare for the quizzes. Relevant emails with details will be sent to pupils and to parents through Classcharts.

Junior UKMT Challenge - Y7 and Y8 MAT pupils:

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

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

(Go to - View past papers)

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

Numeracy Terms and Question of Week 10, starting 20/11/23:

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

Any question, please email: halima.aitbrahim@willows.cardiff.sch.uk

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

Numeracy Question of the Week (Week 10):

Question of the week
Week 10 – Starting 20/11/23

Fund Raising:
Year 10 Farah form is raising funds for a tree-planting charity by recycling electronics. They have found a local company that will give them £1 for each pound of computer e-waste and £2 for each pound of cell phone e-waste.
The school only has metric measuring tools. Here is what they have gathered to recycle:

Computers	Cell Phones
<ul style="list-style-type: none">• 6 Bonobo laptops: 800 g each• 4 iPads: 600 g each• 2 HomeBooks: 1.2 kg each	<ul style="list-style-type: none">• 2 iPhones: 375 g each• 4 Mixel phones: 100 g each

Knowing that 1 pound is approximately 454 g, find an estimation of how much money Room 9 will make. Justify your answer.

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

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Mathematics Terms of the Week

Terms of the day

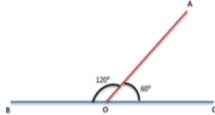
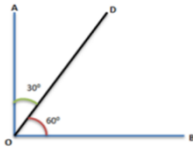
Week 10 - beginning 20.11.23

Day 1 - Monday 20.11.23

Complementary, Supplementary and Adjacent Angles:

Complementary Angles

Two angles which sum up to 90 degrees are called complementary angles.

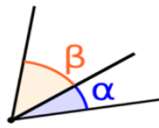


Supplementary Angles

Two angles which sum up to 180 degrees are called supplementary angles.

Adjacent Angles

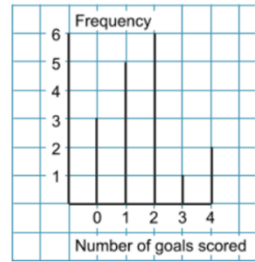
Two angles which have a common side and a common vertex are called adjacent angles. In the following figure, angle α and angle β are adjacent angles.



Day 4 - Thursday 23.11.23

Bar Line Chart:

Similar to a bar chart, but for categorical data, the width of bars is reduced so that they appear as lines. The lengths of the bar lines are proportional to the frequencies. Sometimes called bar line graph.



Day 2 - Tuesday 21.11.23

Line of symmetry:

A line of symmetry can also be called a 'mirror line' as a mirror can be placed along it and the reflection would show the entire shape.

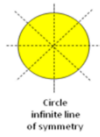
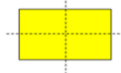
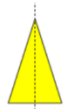
Isosceles triangles have one line of symmetry.

Rectangles have two lines of symmetry.

Squares have 4 lines of symmetry.

Equilateral Triangles have 3 lines of symmetry.

Circles have infinite symmetrical lines.



Circle infinite line of symmetry

Isosceles triangle 1 line of symmetry

Rectangle 2 lines of symmetry

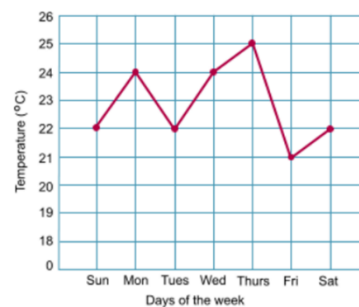
Equilateral triangle 3 lines of symmetry

Square 4 lines of symmetry

Day 5 - Friday 24.11.23

Line graph

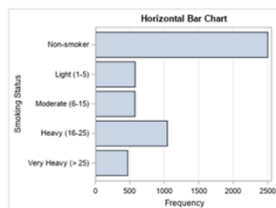
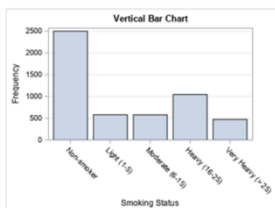
A graph in which adjacent points are joined by straight-line segments. Such a graph is better seen as giving a quick pictorial visualisation of variation between points rather than an accurate mathematical description of the variation between points.



Day 3 - Wednesday 22.11.23

Bar Chart:

A format for representing statistical information. Bars, of equal width, represent frequencies and the lengths of the bars are proportional to the frequencies (and often equal to the frequencies). Sometimes called bar graph. The bars may be vertical or horizontal depending on the orientation of the chart.



Our Valued Partners

Numeracy Question Answer (Week 9)

Answer of the week
Week 9 – Starting 13.11.23

Trading Treats:

A) We can use skip counting by 25, until we get to 100, to determine how many candies are in each package: 25, 50, 75, 100

It takes four steps to get to 100, which means that there are 4 candies in each package.

B) We can calculate $\frac{1}{5}$ of a number by dividing that number by 5. So, Owen gave $100 \div 5 = 20$ candies to Clive.


C) Since each lollipop is worth 2 sour cherries, and Owen traded 25 lollipops to Charlotte, he received $2 \times 25 = 50$ sour cherries.

D) Owen had a total of $100 - 20 = 80$ candies left after giving Clive 20 candies on the first night. He used 25 of those candies in the trade with Charlotte. This means he had $80 - 25 = 55$ of his original candies left. But since he got 50 sour cherries from Charlotte, the total number of candies he had after the trade was $55 + 50 = 105$.


Alternatively, we see that Owen gave away 25 candies and he gained 50 candies for a net gain of $50 - 25 = 25$ candies. Adding this to the original 80 that he had by the second day, we can see that Owen has $80 + 25 = 105$ candies after the trade. Since there are 7 days in 1 week, there are $3 \times 7 = 21$ days in 3 weeks.

We can make a table to determine how many candies he would eat in total over that time, depending on the number of candies he eats per day.

Owen will finish the rest of the candy by eating 5 candies each day over 3 weeks.



Candies Eaten per Day	Total Eaten in 3 Weeks
1	21
2	42
3	63
4	84
5	105



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	Isham	Candra	8	8MA/Ma
3	Brian	Jaiyeola	8	8CO/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	Anoush	Vidyansh	7	7HT/Ma
3	Azeem	Oloide-Ankirun	7	7SC/Ma

Year 8 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Isham	Candra	8	8MA/Ma
2	Brian	Jaiyeola	8	8CO/Ma
3	Akhnaton	Okoh	8	8HP/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	Sumaya	Abdillahi	9	9CU/Ma

Year 10 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Abigail	Ademiluyi	10	10FA/Ma
2	Vivian	Ojo	10	10FA/Ma
3	Kayden	Allen	10	10FA/Ma

Year 11 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Miriellyna	Bulatao	11	11WO/Ma
2	Sumayah	Deria	11	11WO/Ma
3	Courtney	Mann	11	11WO/Ma

Period Dignity

A reminder that pupils can collect free period products from school at any time. Pupils can ask any trusted adult for these or can access them in the school office, from Mrs. Bubbins or from the Welfare Office.

Our Valued Partners



Attendance

Contact Details - Willows High School

To Report an Absence:

Year 7, Year 8 and the first half of Year 11 – (Surname - A to Jon)

Contact Donna Whitney using Classcharts (see how to below)

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

Contact Clare Davies using Classcharts (see how to below).



Class Charts Reminder

What is Class Charts?

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

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



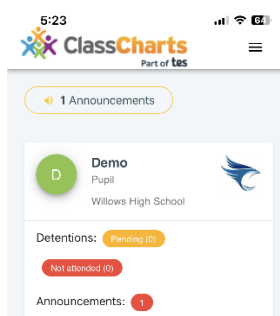
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

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

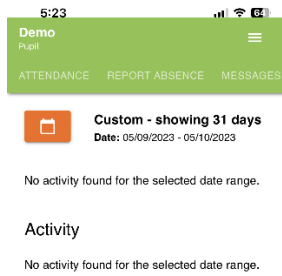
How to report an absence on Class Charts

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

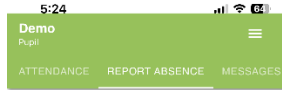


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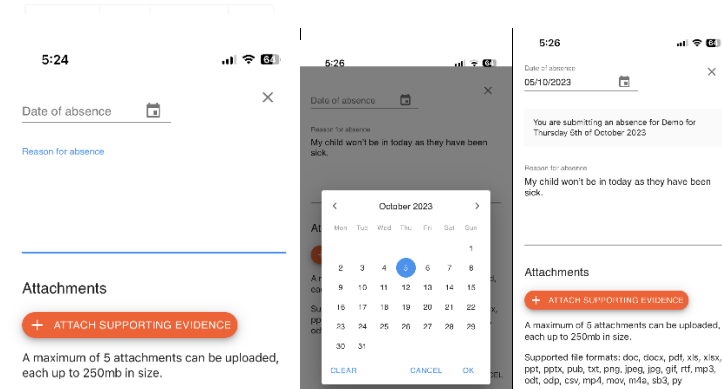
2. Scroll across the green band at the top and click 'report absence'.



3. Click on 'report new absence'



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



5. Click submit...it's as easy as that!

Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

Important Information for All Parents and Guardians

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

If your child has more than 5 days of unauthorised absence since September 2022 or takes an unauthorised holiday, then you are at risk of a Fixed Penalty Notice Fine being issued.

Fines are **£60** at first, then rising to **£120** and **£180** - if the fine is still not paid then you will be summoned to court and the fine and costs will rise again. **Please note these fines do not go away.** Please make sure to read any correspondence carefully.

To avoid being fined, please ensure that your child attends school every day - if there is a valid reason for absence, please contact the Attendance Team giving evidence where possible.



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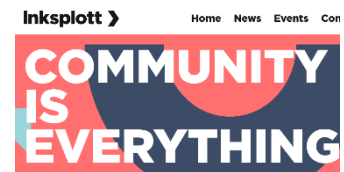
Community

You will find plenty of information on community and local goings-on at:

[The Community Noticeboard » Green Squirrel](#)



[Inksplott | Community Is Everything](#)



The Splott Community Volunteers run a community breakfast on Thursday Mornings 8am – 10am in The STAR Centre, Splott Road, Splott CF24 2BZ.



The Tremorfa Community Pantry

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

Tremorfa Community Hall, Tweedsmuir Road CF24 2QZ.



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

Men's Mental Health Awareness

November is Men's Mental Health Awareness (also known as Movember) month. This is an annual global campaign that encourages men to grow moustaches and participate in various activities to raise awareness about men's health issues. This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention. Movember provides a platform for men to discuss their health openly, seek support, and take proactive steps towards a healthier and happier life.

MOVEMBER
MEN'S HEALTH

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

1. Stay connected. →
Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

2. Talk, more. →
You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

3. Know the numbers. →
At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at 45. Know your numbers, know your risk, talk to your doctor.

1. Spend time with people who make you feel good.
Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

2. Talk, more.
You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

3. Know the numbers.
At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at 45. Know your numbers, know your risk, talk to your doctor.

4. Know thy nuts. Simple. →
Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

5. Move, more. →
Add more activity to your day. Do more of what makes you feel good. Take a walking meeting. Park further away from the station. Get off the bus a stop or two earlier. Instead of the lift, take the stairs. Cycle to work instead of driving.

Exercise Tips for Improving Mental Health

The following exercises can help individuals improve their mental health:

- Walking
- Running
- Aerobics
- Yoga
- Swimming
- Working out
- Cycling/spinning
- Dancing

MEN'S MENTAL HEALTH SHOULD BE ACKNOWLEDGED TOO

- Men have panic attacks
- Men have trauma
- Men cry
- Men feel emotional
- Men self-harm
- Men have eating disorders
- Men are abused
- Men have insecurities
- Men have body image issues
- Men go to therapy
- Men deserve love & care
- Men deserve support

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

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

Wellbeing in school

Pupils

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

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

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

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

Parents and Families

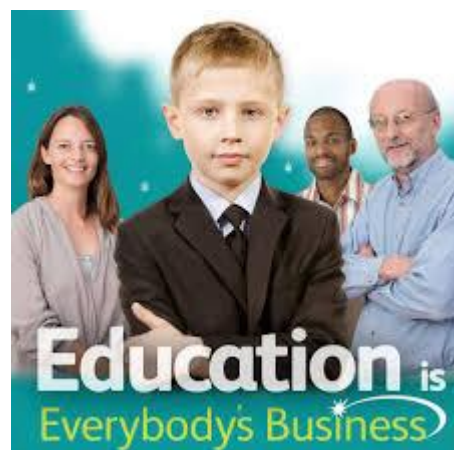
We want to help you as best we can and there is a lot of support out there for parents and families.

Ms. Crnoja can be contacted on 07592 037937 or rebecca.crnoja@willows.cardiff.sch.uk.

Your child's Head of Year and the Welfare Team can also help. Please do not suffer alone. Reach out to us.

Parent Governor Vacancy

We are looking for a parent to join our Governing Body. If this is something that you'd be interested in, please contact the school using contact@willows.cardiff.sch.uk



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.

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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 at the school about the school nurse. We might inform someone if we have concerns about your safety, but we will usually check with you first. Your messages are stored on our secure text system. We will not pass your text to anyone else. We will not reply to your text on a weekend day and you should get an automatic bounce back to confirm we received your text. Texts will not be passed on to other students. If you need help before you have back to school, contact a member of staff at your school. Our text number does not receive voice calls or text messages. The support messaging team is not available on school days. We do not include messages sent from landlines, international mobile numbers and some number mapping mobile apps. Please do not send more than one message to qualify for our offer. Please respect your school's mobile phone policy. Although we charge at your school 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 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 and Mediterranean vegetables Alt: Rice	Jerk chicken with Mediterranean vegetable rice and peas	Fish, chips and beans Salmon fishcake Alt: ½ Jacket potato
Vegetarian option	Butternut squash, courgette, feta and basil pasta Garlic bread	Vegetarian sausage bake with vegetable mash and gravy	Vegan meat balls with lemon cream sauce	Asian influenced lentil and chickpea dhal with pitta bread	Pitta kebab with mint yogurt
Salad of the day	Pomegranate salad	Salad of the day	Salad of the day	Salad of the day	Salad of the day
Dessert	Toffee and banana sponge with custard	Vanilla cheesecake	Orange jelly fruit pot	Brownie	Apple and berry crumble
Hot snack	Cheeseburger (£1.65)	Southern fried chicken burger (£2.25)	Calzone (£2.35)	Hotdog (£2.25)	Pitta kebab with mint yogurt (£1.50)
Hot wrap	Cheese burrito (£2.50)	Reggae Reggae chicken (£2.50)	Garlic mayo chicken (£2.50)	Nandos chicken (£2.50)	Sweet chilli Chicken (£2.50)
Everyday snack	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)

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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: Y11 Maths (G19)	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher
		3.10 – 4.00 pm: Y10 RE revision Ms. Guilfoyle (S10)	3.10 – 4.00 pm: Y11 Media Studies revision Mrs. Bubbins (G25)	3.10 – 4.00 pm: Y11 Media Studies revision Mrs. Bubbins (G25)	3.10 – 4.00 pm: College, Coursework and Catch-up Business Revision (after Christmas) Ms. Williams (F4)	
		3.10 – 4.00 pm: French Revision with your French teacher.	3.10 – 4.00 pm: Y9, Y10, Y11 Art catch-up With pupil's Art teacher	3.10 – 4.00 pm: Y9, Y10, Y11 Art catch-up With pupil's Art teacher	3.10 – 4.00 pm: French Revision with your French teacher.	
		3.10 – 4.00 pm: Y11 History Revision (after Christmas) Y10 History Revision (after Feb half-term) Mr. Henwood (S9)	3.10 – 4.00 pm: Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm: Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm: English Revision Mrs. Lo Celso (F3)	
					3.10 – 4.00 pm: PAWB revision help KS4 DP - PAWB	

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
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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