



WILLOWS HIGH SCHOOL



Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

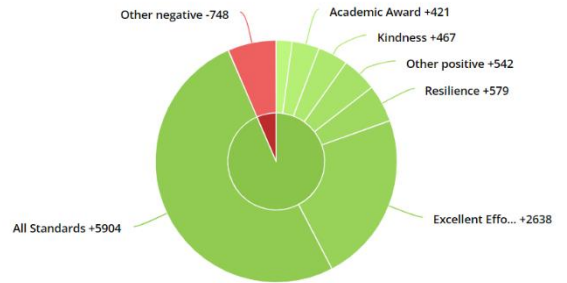
Weekly Newsletter – 27.10.23

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

Belong, Believe, Achieve:

It has been another wonderful week at Willows High School. It contained the last Enrichment session of the half term. We've held our first online parents evening for Year 7 pupils and the assemblies have been led by Mr. Konten, Mr. Aideyan and pupils from our Anti-Racism group as part of our celebration of Black History Month, as well as members of our Criw Cymraeg. You will find our Canteen Menu, Extra Curricular Activities and Revision Timetables at the end of this Newsletter.

Breakdown of the Week 23/10/2023 - 27/10/2023



Merits – 23.10.23 – 26.10.23:

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.

Table with 4 columns: Year Group, Total, Excellent Effort, Merit Champions. Rows include Year 7 (Juliana Pirlea), Year 8 (Shano Toseq), Year 9 (Danyal Darweashhassan), Year 10 (Mohammed Yousif), and Year 11 (Ahmed Alabri).

Dates for your Diary:

- 30.10.23 to 5.11.23 – Half term break
6.11.23 – School starts after Half term
6.11.23 to 14.11.23 – Year 11 English NEAs
7.11.23 – Year 11 GCSE Numeracy Unit 1
9.11.23 – Year 11 GCSE Numeracy Unit 2
13.11.23 to 17.11.23 – Year 11 Catering Mock Exams
16.11.23 – SEREN Trip to Oxford University
23.11.23 to 28.11.23 – Year 11 Photography Mock Exams



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School News:

Cymraeg Campus Progress Report

Our Progress So Far....

Shwmae Pawb! We have been working hard towards our Bronze award Cymraeg Campus targets. Here is some of the progress we made this term:

- We established our Criw Cymraeg (pupil representatives), and meet regularly.
- Members of the Criw Cymraeg have been presenting information on Welsh culture in assemblies.
- We celebrated Shwmae day with posters, badges and use of the Welsh language across the school and local community.
- We commemorated the Aberfan disaster with a special assembly.
- We worked with Learn Welsh Wales to arrange Welsh language lessons for staff.
- We continue to publish weekly terminology in the school newsletter.

Next Steps....

We will now focus on the following targets:

- Establish links with local schools.
- Promotion of our activity and progress on social media.
- Create a visual Welsh ethos in the school reception area.

Celebration of Welsh Culture

This week, we started to present information about famous Welsh people, in all year group assemblies. This week we celebrated David Hughes, a Welsh inventor who invented the telegraph messaging system. The article can be found below.

The presentations were conducted by Zion Sinacano and Madison Cobern in Year 7. Both pupils did us proud and performed so well other pupils felt compelled to let us know how good they were. Diolch yn fawr iawn Zion a Madison.



The next time you see one of your favourite performers standing before a microphone to sing, or send your own voice through your mobile phone, you may think of David Hughes. David Hughes was a famous inventor in his time.



David Hughes was born in Bala, North Wales. When David was seven years old, the family moved to Virginia, USA. Even though David was only a young boy, he played the harp beautifully and displayed many special talents. The family were all talented musicians. The father and his two sons David and Joseph, regularly performed at the White House in Washington.

David Hughes was well respected in the world of education, and he became a music teacher before the age of 19 years old. Two years later he invented a telegraph, which allowed people to send messages over a wire using code. In 1854, he gave up working to focus on developing his invention. Before long, the

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new method of sending messages was being used across America. By the 1860's the telegraph was also being used across Europe, which earned the young inventor a fortune.



In 1878, Hughes showed the first microphone to the world. This evolved to become a type of microphone used so that people could speak over the telephone. David Hughes showed that he was able to do great things with simple materials. It was said that he thought with his hands as his ideas were so original. In one experiment, he succeeded in sending radio signals over a distance of 500 feet. This was 20 years before Marconi did anything similar. Despite this, Marconi was credited with inventing the radio.

Careers - Cardiff City FC Foundation Talk

This week we had the latest in a series of employer visits who will be delivering talks to Year 11 pupils about a variety of different professions. Our visitor was from Cardiff City FC Foundation, who did a really good interactive session with the pupils about the different roles that exist in the world of football – everything from coaching, playing and sports massage to working in the shop or the website. They also spoke about the level 3 courses that they run. Willows has a tradition of pupils going onto their Level 3 BTEC courses and representing Cardiff City in various sports.



A class full of pupils all choose to attend and asked questions regarding the subject. The talk was really interesting and surprised pupils with the variety of jobs available to them. Again, as always, our pupils were very respectful to the visitor. Thank you to Aneurin, from CCFC for the visit and to Adrian Cole from Careers Wales, for arranging it.

Careers - Taylor Wimpey Site Visit

On Tuesday, some year 10 and 11 pupils were fortunate enough to have the opportunity to go to visit Taylor Wimpey construction company. The site they visited was situated in Llandaff. The pupils were introduced to the importance of health and safety in every aspect of building a home on a new plot of land or location. They were also made aware of the importance of protecting and preserving the environment and the local habitats or wildlife. They



witnessed at first-hand the processes that are involved in health and safety when developing and building on a new plot of land, and also what is actually involved for each of the phases during the construction of new homes.

The pupils were also given a tour of the area and shown a showroom home used for selling houses to potential customers. They engaged and asked stimulating questions that demonstrated curiosity. They also showed enthusiasm when engaging and interacting with the site manager. Some of the pupils were also given the opportunity to use a theodolite which is an electronic optical instrument used for surveying buildings.



Giving the pupils the opportunity to see what is actually involved in construction was invaluable for the pupils because it gave them an insight into what career paths are available to them in construction. It also

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highlighted the importance of what qualifications were needed for certain jobs in construction. But more importantly, it gave them the opportunity to see what construction looked like, and whether or not they were genuinely interested in pursuing a career in construction. A big thank you to the staff from Taylor Wimpey, and to Adrian Cole for arranging the visit.

Portuguese Breakfast



Following on from our Nigerian Celebration breakfast, we'd like to say a huge thank you to the staff and pupils who organised our breakfast to celebrate the Portuguese culture this week. Once again, the food was absolutely delicious, including Pastel de Frango and Pastel de Nata. We look forward to more cultural celebration breakfasts in the future.



Mr. Konten at the NEU Conference Wales 2023

Our very own Mr. Konten was a speaker at the National Education Union Conference this year. He has kindly written about his experience for the Newsletter below:

"I was fortunate enough to have the opportunity to attend the NEU conference Wales 2023 and represent the Cardiff district as a delegate.



During the conference I was asked to second a motion on racism in the workplace. During my speech I talked about the importance of developing anti-racist training for staff and pupils that will ensure they are equipped with the knowledge on how to deal with racism in the workplace. I also spoke about the importance of being culturally aware of people of different races, ethnicities, and religions. I believe this is extremely important if we are to break down cultural barriers and unconscious biases that may exist within the workplace.



As a teacher, I personally believe that if Wales is to achieve its goal of becoming an anti-racist country by 2030. Staff and students need to be equipped with the knowledge and language that will serve and protect them from racism not only in Schools but also in the real world."

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Enrichment

It was the last Enrichment session for this half term. Pupils were busy all around the school involved in activities that enrich the curriculum. Pupils' Hairdressing and Embroidery skills were progressing in leaps and bounds, pupils were building and coding Lego motorcycles and there was a ghastly Hallowe'en theme in the Theatrical Make-Up session. The Law Enrichment group visited Cardiff Magistrates Court. The visit built on the topics they had covered in their sessions this half term and meant that they could see some of the things they had studied actually taking place in court. They were also lucky enough to meet with one of the District Judges and he provided the pupils with advice and inspiration on pursuing a career in Law. Despite only being there for a short visit the pupils were enthralled by what they saw and they hope to return for another visit next half term.



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MFL Mentoring

MFL Mentoring is a programme run by Cardiff University which pairs language undergraduates with schools where they deliver sessions to pupils in Year 9 on the benefits of studying languages. The sessions are not specific to any language and look at the cultural aspects of language learning including topics such as foods, festivals and names. We welcomed Emily, our mentor this week and heard a little about her language learning journey studying for a degree in Chinese. It was fascinating to hear some stories from our own pupils about the name traditions from their own culture, including one pupil who has 9 middle names! The sessions will run weekly until December and then for another six-week programme in the New Year. You can find more information about MFL Mentoring at <https://mflmentoring.co.uk/>.



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!

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 Eight

Welsh	Phonetic	English
Ofnadwy	Ov-nad-oy	Awful
Hwyl	H-oil	Fun / Bye
Ddiflas	Dd-iv-lass	Boring
Ardderchog	Ahh-there-ch-ogg	Excellent
Anobeithiol	Ann-ob-eighth-'e'- ol	Hopeless

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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 7, starting 23/10/23:

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 7 – Starting 23.10.23

Pizza Party


Last year, Miss Santos had a pizza party for all 36 students in her class. She expected everyone to eat 4 slices of pizza each. When the party was done, she had a lot of pizza left over. Miss Santos observed three groups at the party:

Group A: made up one-third of the class. Each person in this group ate half the number of slices Miss Santos predicted everyone would eat.

Group B: made up half of the class. They each ate 2 slices. After that, each person shared one more slice with a friend in this group.

Group C: made up the remainder of the class. Each person in this group ate 4 slices each, as she expected.

A) How many people were in Group A?
B) How many pizza slices in total did the people in Group B eat?
C) How many people were in Group C?
D) If a large pizza has 12 slices, how many pizzas should Miss Santos have ordered for the party to avoid having so much pizza left over? Note that she might still have ended up with a few extra slices.



Numeracy Question of the Week (Week 7):

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 7 - beginning 23.10.23

Day 1 - Monday 23.10.23

3D Shapes Explained – Part 1:

What are 3D shapes?

3D shapes are shapes with three dimensions, such as length, width, and height. An example of a 3D shape is a prism or a sphere. 3D shapes are multidimensional and can be physically held.

What does 3D mean?

3D stands for 3-dimensional. We normally talk about dimensions as measurements in a direction. Examples of dimensions include length, width, depth and height.




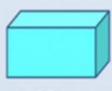


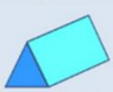

3D shapes example

Examples of 3D shapes are around us all the time. Nearly everything we see and interact with in our day-to-day lives is a three-dimensional shape, from Lego bricks to sunflowers. However, you need to know the names and understand the properties of the most common 3D shapes defined in (Part 2).

Day 2 - Tuesday 24.10.23

3D Shapes – Part 2:

Properties of 3D shapes

Cone	Sphere	Tetrahedron	Cuboid
			
2 Faces 1 Edge 1 Vertex	1 Face 1 Edge 0 Vertices	4 Faces 6 Edges 4 Vertices	6 Faces 12 Edges 8 Vertices
Cylinder	Cube	Triangular Prism	Square-based pyramid
			
3 Faces 2 Edges 0 Vertices	6 Faces 12 Edges 8 Vertices	5 Faces 9 Edges 6 Vertices	5 Faces 8 Edges 5 Vertices

Day 3 - Wednesday 25.10.23

3D Shapes – Part 3:

Properties of 3D shapes:

3D shapes have faces (sides), edges and vertices (corners).

Faces:

A face is a flat or curved surface on a 3D shape. For example: a cube has six faces, a cylinder has three and a sphere has just one.

Edges:

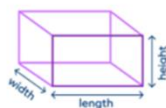
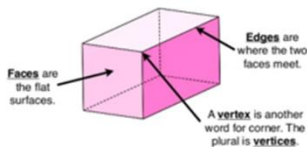
An edge is where two faces meet. For example: a cube has 12 edges, a cylinder has two and a sphere has none.

Vertices:

A vertex is a corner where edges meet. The plural is vertices. For example: a cube has eight vertices, a cone has one vertex and a sphere has none.

3D Shapes Dimensions:

3D shapes have three dimensions - length, width and depth.



Day 4 - Thursday 26.10.23

3D Shapes – Part 4:

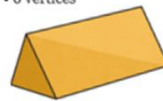
Prisms

A prism shape is a 3D shape which has a constant cross-section. Both ends have the same 2D shape, and they're connected by rectangular sides. The two ends are the same shape and size, meaning if you were to cut the shape in half, both pieces would look the same.

Examples of a prism:

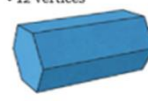
Triangular prisms have:

- 5 faces
- 2 triangular faces
- 3 rectangular faces
- 9 edges
- 6 vertices



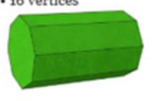
Hexagonal prisms have:

- 8 faces
- 2 hexagonal faces
- 6 rectangular faces
- 18 edges
- 12 vertices



Octagonal prisms have:

- 10 faces
- 2 octagonal faces
- 8 rectangular faces
- 24 edges
- 16 vertices



Day 5 - Friday 27.10.23

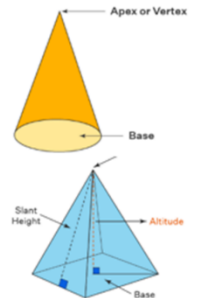
3D Shapes – Part 5:

Cones, Pyramids and Frustums:

Cones: A cone is a three-dimensional shape that has a circular base and it narrows down to a sharp point called a vertex. A cone has one face and a vertex. There are no edges for a cone.

Pyramids: A pyramid is a solid object where:

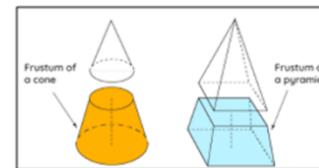
- The sides are triangles which meet at the top (the apex).
 - The base is a polygon (a flat shape with straight sides)
- This is a square pyramid, but there are also triangular pyramids, pentagonal pyramids, and so on.



Frustums:

A frustum can be defined as a solid shape obtained from cutting a cone or a pyramid from top. The top and bottom bases of a frustum are parallel to each other.

Types of Frustums:



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Numeracy Question Answer (Week 6)

Answer of the week Week 6 – Starting 16.10.23

Collecting Cards:

One way to solve this problem would be to create a table that keeps track of how many cards Elin and Jessica have each day.

Day 0 represents the day before Elin starts giving cards to Jessica.

Each day, Elin's total will decrease by 8 and Jessica's total will increase by 8.

So, on the 10th day, Elin and Jessica each have 89 hockey cards. Another way to solve this problem is to see that Elin and Jessica have a total of $169 + 9 = 178$ cards.


They will have the same number of cards when each has half of the total: $178 \div 2 = 89$ cards.

So, Jessica needs $89 - 9 = 80$ more cards to have half of them. If Elin gives 8 cards each day, that will take $80 \div 8 = 10$ days.

Since there is no remainder in this division, they will have the same number of cards on the 10th day.



Day	Elin's Total	Jess's Total
0	169	9
1	161	17
2	153	25
3	145	33
4	137	41
5	129	49
6	121	57
7	113	65
8	105	73
9	97	81
10	89	89



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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	Anoush	Vidyansh	7	7HT/Ma
2	Derek	Johnson	8	8IN/Ma
3	Goodluck	Onome	8	8DA/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	Anoush	Vidyansh	7	7HT/Ma
2	Prince Uriel	Boleigha	7	7HT/Ma
3	Yazan	Sabah	7	7HT/Ma

Year 8 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Derek	Johnson	8	8IN/Ma
2	Goodluck	Onome	8	8DA/Ma
3	Aaron	Patrick	8	8IN/Ma

Year 9 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Deborah	Adeyeye	9	9ME/Ma
2	Macey	O'Shaughnessy	9	9JO/Ma
3	Rowaida	Mohamed	9	9JO/Ma

Year 10 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Haneen	Husayn	10	10ED/Ma
2	Lisa	Inganda	10	10ED/Ma
3	Dominion	Adebote	10	10MK/Ma

Year 11 Leaderboard

Week		Month	Year	
#	First Name	Surname	Year	Class
1	Caitlin	Tovey	11	11DB/Ma
2	Nada	Hussein	11	11DB/Ma
3	Tashifa	Asif	11	11DB/Ma

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.

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



WHOLE SCHOOL

Rank	Name	Maths Group
1	Yara Magidub	7SU/Ma
2	Animesh Joshi	7BE/Ma
3	Cenzie-Leigh Stickler	8DA/Ma

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

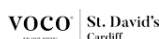
Period Dignity

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.

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Attendance

Contact Details - Willows High School

To Report an Absence:

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

Contact Donna Whitney using Classcharts (see how to below)

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

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

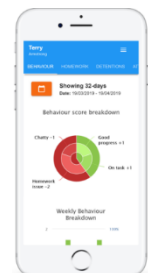
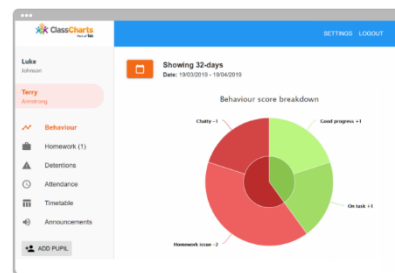


Class Charts Reminder

What is Class Charts?

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

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



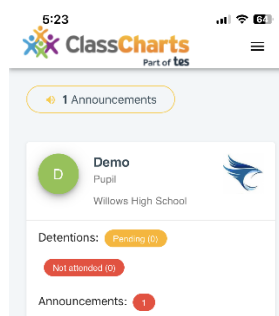
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

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

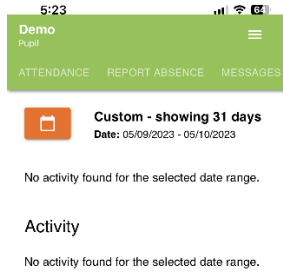
How to report an absence on Class Charts

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



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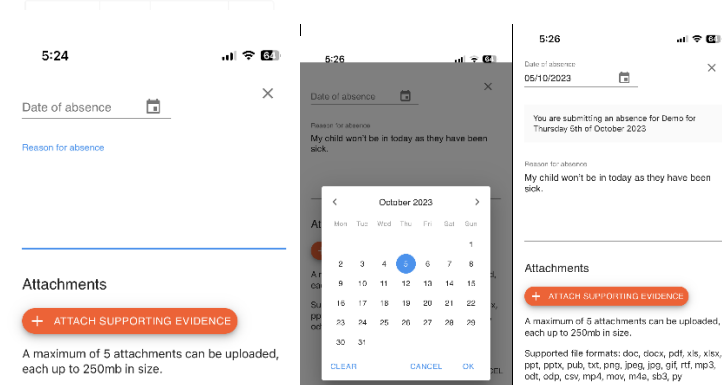
2. Scroll across the green band at the top and click 'report absence'.



3. Click on 'report new absence'



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



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

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

Important Information for All Parents and Guardians

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

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

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

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



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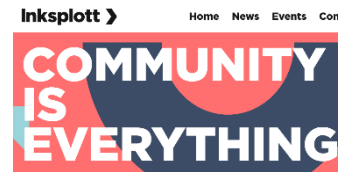
Community

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

[The Community Noticeboard » Green Squirrel](#)



[Inksplott | Community Is Everything](#)



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



The Tremorfa Community Pantry

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

Tremorfa Community Hall, Tweedsmuir Road CF24 2QZ.



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

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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



citizens
advice

Health and Wellbeing

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

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

Wellbeing in school

Pupils

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

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

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

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

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.

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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):



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.
Have a wonderful half term break!

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: 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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