

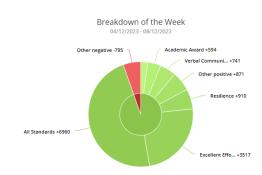
## BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

#### Weekly Newsletter - 8.12.23

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

#### Belong, Believe, Achieve:

This week our pupils have been learning about the many celebrations that occur around the world in the month of December, such as Hannukah, The Winter Solstice, Kwanza and Christmas. Our pupils also held a "Sparkle for Caleb" Day to raise funds to help the son of a Willows ex-pupil get the medical help he needs.



#### Merits - 4.12.23 - 8.12.23:

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

Year Group	Total	Excellent Effort	Merit Champions
Year 7	3220	7Mozart	Haniya Hussain
Year 8	2609	8Banksy	Amnnah Husayn
Year 9	2858	9Curie	Amelia Robinson
Year 10	3514	10Farah	Princess Boleigha
Year 11	1718	11DeBeauvoir	Saliu Susso

#### **Dates for your Diary:**

11.12.23 - Year 11 Basketball Tournament

13.12.23 - EAL Parent Coffee Morning

19.12.23 – Christmas Lunch for Pupils

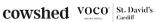
20.12.23 - A Christmas Carol - Year 9

20.122.23 - Last day (Pupils leave at 11.45am)

21.12.23 - INSET Day

22.12.23 - INSET Day



















#### **School News:**

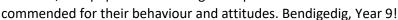
#### **Y9 Trip to the Seren Speaker Series**



This week and last, members of our Year 9 have visited the University of South Wales Atrium campus to view the filming of speakers for the inspirational Seren Series. In addition to the host, Jason Mohammed of the BBC, the pupils listened to a range of Welsh speakers, all of whom have become wonderfully successful in their various. The pupils were impressed by the stories they heard and the

advice thev

were given for their own futures, from motivational people like Professor Ben Evans (departmental lead for Aerospace Engineering at Swansea University), Fiona Brookman (Professor of Criminology, University of South Wales), Rhuanedd Richards (Director of BBC Wales) and Connor Allen (Welsh Children's Poet Laureate). As the live studio audience, our pupils asked thoughtful questions and were









#### **PC Chris Visit**

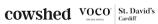
We welcomed PC Chris, our School Liaison Officer to Willows this week to deliver a series on informative workshops on the dangers of drugs to our Year 10 pupils. Our pupils were extremely engaged and asked some probing and mature questions. We are grateful to the support that PC Chris provides to the school.

#### Year 10 basketball

This week, Year 10 played basketball against St Illtyd's School. In their first competitive game this season, the boys played really well. Their defence, in particular, was superb and we limited the other team to taking 3-pointers. The St. Illtyd's players could not get near our basket.



In a game that lasted for 4, ten-minute quarters, Willows held the lead for 3 of those. Going into the last quarter though, St. Illtyd's scored a 3-pointer to level the scores. As the final 10-second clock ticked down, we had a shot on basket, but was denied the Hollywood finish as the ball bounced off the rim and out of play.

















The game then finished, with the scores tied at 17-17. A tremendous effort considering that we are not used to playing on such a large court. Special mention goes to Hamze Egeh and Joseph Adimike who were superb throughout.

Onwards now to the Cardiff school's basketball tournament, next week.

#### St. David's Hotel Visit









Some of our Year 10 pupils visited the kitchen at the St. David's Hotel this week to see behind the scenes in the catering and leisure industry. It was a fantastic experience and our pupils got a lot out of it. Congratulations to Bella and Robert who won a competition to get 1 to 1 tuition with their Head Chef.

#### **Transition**



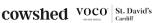
This week we welcomed pupils from Stacey Primary to learn about The Willows Way and to create festive finger puppets. The pupils worked really well in their groups and thoroughly enjoyed the activities



#### **One Million Mentors**



Our Mentors from the 'One Million Mentors' programme attended school this week for their December check-in with their mentees. Our mentors come from a range of career backgrounds and have a number of skills to enable them to help our Year 11's reach their full potential. We'd like to thank Steve from 'Willmott Dixon,' Alice from 'Network Rail,' Katie from 'Grant Thornton,' Sarah from 'Dwr Cymru,' Mark from 'BBC Wales,' Luke from 'SDL Solutions,' Rich from 'ACT' and Eleri from the 'National Museum of Wales' for their time and investment in this valuable work.

















#### **Little Gigs**

We were privileged to host some fantastic live music this week for our Year 10 pupils. Thank you to the Cardiff Commitment for given us the opportunity. The pupils were entertained by two live bands: Wonderbrass who played an eclectic mixture of soul, funk, ska, latin and jazz; and The Successors of the Mandingue who entertained the audience with West African music. The pupils and the staff loved every minute. Thank you to Mrs Watkins for the organisation from the school end.

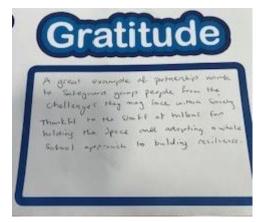




#### **Genius Hour**

Miss Charles and pupils from her Tutor Group visited Tesco Pengam Green to obtain donations from the public for their social action project which is supporting Cardiff Foodbank. Thank you to all of the members of the public who donated and to the Tesco staff who are absolutely amazing.





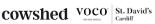
#### **Prevent Workshop Update**

Eight of our Year 10 pupils have been participating in a Prevent Workshop over the last 6 weeks that has been run by the Local Authority. Throughout, they have really done themselves and us here at Willows High proud. They have all been impeccably well mannered, behaved impeccably, been fully engaged with the workshops and made the providers feel very welcome. Well done to all those involved.

#### Coats for Kids at Christmas!

If you are struggling to provide your child with a warm winter coat this year, please let us know as we have a wide selection of nearly new coats in our Learning Lounge just waiting to be worn and to keep your children warm at no cost to you.

We understand this may be a sensitive topic for you; please know that any coats given to your children will be done so very discreetly. For more information or if you would like a coat for your child, please contact your child's Head of Year or Lucy Williams, Senior Link for Year 7 at lucy.williams@willows.cardiff.sch.uk

















## 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 sessi Friday 24th Capel I Bawb, Cardiff Royal Infirmary, Glossop Road, CF24 0JT 10am - 12pm November Butetown Pavillon Youth Centre, Dumballs Road, Monday 27th 2pm - 4pm November Butetown, CF10 SFE Wednesday 29th STAR Hub. Muriton Road. Tremorfo, CF24 2S3 4pm - 6pm Further information is available on Asbri Planning website link, below; w.asbriplanning.co.uk/statutory-pre-application-consultation/New-Wilk You can also scan the following QR code:

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

#### Cowshed

**New School Build** 

Willows High School.

home for our school.

to

in Spring 2024.

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

The school designs are fantastic

and will form an aspirational new

Works have already started on site for the enabling works which

are progressing well, please see

consultation on the right, ahead

of the main planning application

engage with the

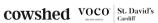


Willows High School has entered into a seven year partnership with Cowshed, an amazing creative media company based in Cardiff, to mentor and inspire

our pupils to consider careers in creative industries. They have already launched the project with Year 10 pupils, this week they launched the project with our pupils in Year 7. We are excited about this partnership and look forward to the difference it will make to the aspirations of all of our pupils.

Cymunedau **Dysgu** Cynaliadwy Sustainable Communities for Learning



















#### **Eastmoors Digital Room Launch**

Our pupils were invited to an exciting launch event at Eastmoors community centre this week. They played virtual games, learned and participated in eSports and met Welsh International Aaron Ramsey. It is an exciting development for our community and it was an exciting afternoon for our pupils (and staff!). Thank you to Miss Charles and Miss Williams for accompanying them there.



#### **Exam Certificates**



Certificates form 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.

#### **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!

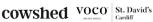
#### Reading Stars of the Week



- Lilly Davies 8IN- excellent attendance and enthusiasm at Brilliant Breakfast club!
- Michael Baker 9FR- excellent attendance and enthusiasm at Brilliant Breakfast club!
- Llinos Vaughan-Thomas 7SC-being a constant, diligent reader!

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



















#### **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-yourviews-school-calendar

#### **Science Department**

#### What is Tassomai?

Tassomai is an online multiple-choice quizzing tool that is powered by an adaptive algorithm. What this means is that Tassomai will:

- Select the right content at the right time for you;
- Unlock more challenging topics when you're doing well;
- Give more support to current weaker areas;
- Provide a range of other helpful tools to help you learn!



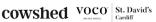
#### Why does Tassomai work?

Research into revision, retrieval practice and learning techniques has found that the best way to study, and get knowledge to stick is to:

- Work for short, concentrated periods of time;
- Frequently switch between topics;
- Regularly test yourself.

Tassomai is designed to help you do all of these things!

All year 11 students have been provided a login and should be using it as part of their regular revision afterschool.

















#### **Welsh Department**

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



#### Welsh Terms of the Week

#### **Week Thirteen**

Welsh	Phonetic	English
Shwmae?	Shoo-my	How's things?
Bore da	Bor-eh-dah	Good morning
Prynhawn da	Prun-hawn dah	Good afternoon
Hwyl fawr	Hoil vow-r	Good bye
Diolch	Dee-ol ch	Thank you

#### **Mathematics Department**

#### **TimesTable Rockstars**

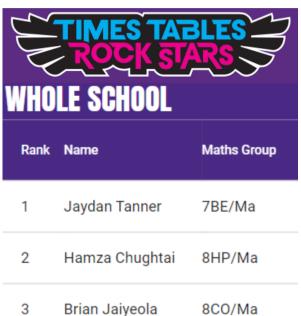
Single numeracy boost sessions are provided to all our KS3 students on a fortnightly basis to enrich their Mathematical Skills, specifically with a focus on times tables. Students will be accessing their TTRS accounts and improving their knowledge of the times tables

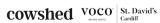
At home, students must log on to TTRS via their technological devices at home. There is also a phone app that they can download via Apple or Android, free of charge.

**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.

For any login issues, please email Miss Santos at <a href="mailto:dana.santos@willows.cardiff.sch.uk">dana.santos@willows.cardiff.sch.uk</a>.

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



















#### **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)

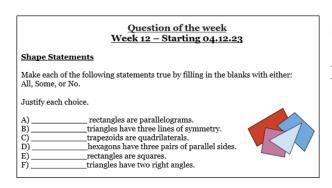
For any related question, please contact Mrs Ait-Brahim at: <a href="mailto:halima.ait-brahim@willows.cardiff.sch.uk">halima.ait-brahim@willows.cardiff.sch.uk</a>

#### Numeracy Terms and Question of Week 12, starting 4/12/23:

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.

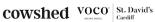
Any question, please email: <a href="mailto:halima.aitbrahim@willows.cardiff.sch.uk">halima.aitbrahim@willows.cardiff.sch.uk</a>

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



#### Numeracy Question of the Week (Week 12):

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

















#### Terms of the day

#### Week 12 - beginning 04.12.23

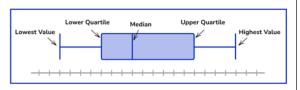
#### Day 1 - Monday 04.12.23

#### **Box Plot:**

A box plot is a diagram showing the following information for a set of data.

- . Lowest value or smallest value
- Lower quartile or first quartile (LQ)
- Median, middle number, or second quartile (M)
- Upper quartile or third quartile (UO)
- Highest value or largest value

This set of descriptive statistics is called the **five-number summary**. The box plot must be featured on a scale to show these values clearly.



#### Day 2 - Monday 05.12.23

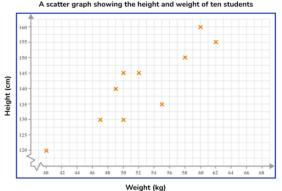
#### **Scatter Graphs:**

Scatter graphs are a statistical diagram which gives a visual representation of bivariate data (two variables) and can be used to identify a possible relationship between the data. A scatter graph can also be referred to as a scatter diagram or scatter plot.

Here is a set of bivariate data showing the height and weight of ten students and the corresponding scatter graph.

Student	A	B	C	D	E	F	G	H	I	J
Height (cm)	120	145	130	155	160	135	150	145	130	140
Weight (kg)	40	50	47	62	60	55	58	52	50	49

#### A scatter graph showing the height and weight of ten students



#### Day 3 - Tuesday 06.12.23

#### Pie Chart:

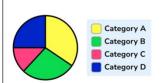
A pie chart is one of several chart types that provide a visual representation of all items of data within a data set.

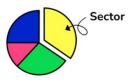
The sectors (or slices) of a pie chart are proportional to the different items in the data set; the larger the sector (slice size), the higher the frequency of data in that category.

We can use pie charts to give a sense of overall proportions.

Pie charts are used to represent categorical data for example: colours, makes of cars,

When constructing a pie chart, data labels (or a key) should be used to make the pie chart easy to understand.





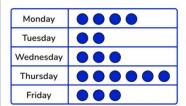
#### Day 4 - Thursday 07.12.23

#### Pictogram:

A pictograph is a method of data visualisation. It can be used to present data within a data set.

To draw a pictograph, we use a **graphic symbol** that is associated with a **frequency** or a value. Each pictograph therefore requires a key that explains the value that the symbol

Below is a pictogram showing the number of pieces of fruit eaten per day over 11 week.





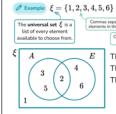
#### Day 5 - Friday 08.12.23

#### Venn Diagram:

A Venn diagram is a diagrammatic representation of two or more sets.

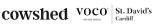
#### Set Notation

Set notation is mathematical notation that is used in set theory.



Set A is a subset of the univers and contains all the primes from  $A = \{2, 3, 5\}$ Commas separate elements in the set.  $E=\{2,4,5\}_{\text{to}}$  Set E contains all the evens from  $\xi$ 

The complement of A (not A) is  $A'=\{1,4,6\}$ The **union** of A and E (A or E) is  $A \cup E = \{2, 3, 4, 5, 6\}$ The intersection of A and E ( A and E ) is  $A\cap E=\{2\}$ 







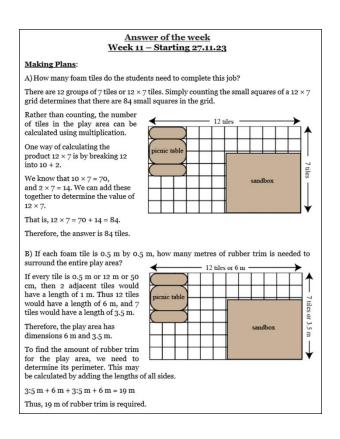


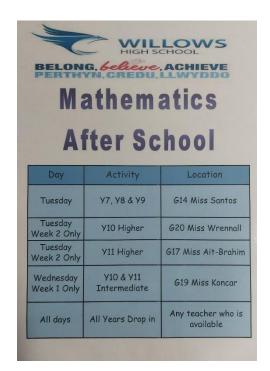












#### **MathsWatch**

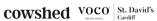
ΑII of pupils' weekly Mathematics homework accessible MathsWatch our is on (https://www.mathswatchvle.com/). They must be completed by their given deadlines. Each set homework is open for a month, so that students can keep improving their scores. This will also help your child to revise and to practice 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	Month		
#	First Name	Surname	Year	Class	
1	Ayomide	Ogedengbe	10	10BB/Ma	
2	Isaiah	Adesina	8	8CO/Ma	
3	Kevin	Prasanth	7	7SC/Ma	

















## Year 7 Leaderboard

## Year 8 Leaderboard

	Week	Month	Month		
#	First Name	Surname	Year	Class	
1	Kevin	Prasanth	7	7SC/Ma	
2	Daniel	Ademiluyi	7	7HT/Ma	
3	Oliver	Pipe	7	7BE/Ma	

	Week	Month	Month		
#	First Name	Surname	Year	Class	
1	Isaiah	Adesina	8	8CO/Ma	
2	Akhnaton	Okoh	8	8HP/Ma	
3	Derek	Johnson	8	8IN/Ma	

## Year 9 Leaderboard

## Year 10 Leaderboard

	Week	Month	Month		
#	First Name	Surname	Year	Class	
1	Норе	Allen	9	9JO/Ma	
2	Chantal	Namutebi	9	9GO/Ma	
3	Emilia	Nowicka	9	9ME/Ma	

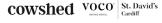
	Week	Month	Month		
#	First Name	Surname	Year	Class	
1	Ayomide	Ogedengbe	10	10BB/Ma	
2	Minahil	Mahmood	10	10MC/Ma	
3	Gwion	Vaughan-Thomas	10	10MC/Ma	

## Year 11 Leaderboard

	Week	Month		Year
#	First Name	Surname	Year	Class
1	Sanuja	Liyanage	11	11AT/Ma
2	Joyce Wangechi	Sagna	11	11DB/Ma
3	Eshal	Ali	11	11AT/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.

















#### **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).

Please do not use the old mobile numbers or email.



#EveryDayMatters
www.cardiff.gov.uk/schoolattendance



#### **Class Charts Reminder**

#### What is Class Charts?

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

Class Charts Parent

- 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.





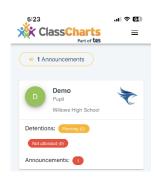
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

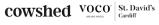
Thank you to all parents who have signed up to Class Charts this year and to those of you who continue to use it.

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

How to report an absence on Class Charts

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















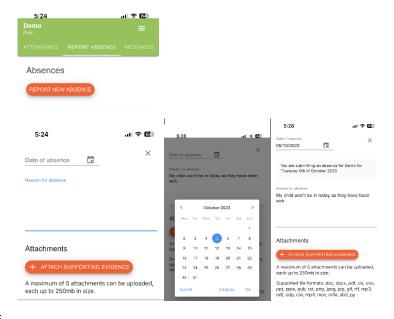




2. Scroll across the green band at the top and click 'report absence'.



- 3. Click on 'report new absence'
- 4. Tap the calendar for the date, type in the reason and attach any pictures of medical evidence, such as letters, emails or texts from the doctors, dentist or hospital.
- 5. Click submit...it's as easy as that!



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

#### **Important Information for All Parents and Guardians**

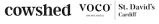
Please be aware that **Fixed Penalty Notices** are now being issued by Cardiff Council again.

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



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

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

















#### **Community**

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

The Community Noticeboard » Green Squirrel



Inksplott | Community Is Everything



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**

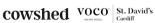
The amazing Tremorfa Community Pantry are always busy finding ways to support the community. You can find them at:

Tremorfa Community Hall, Tweedsmuir Road CF24 2QZ.





**Creative Sessions at Eastmoors** 

















#### **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



#### **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**

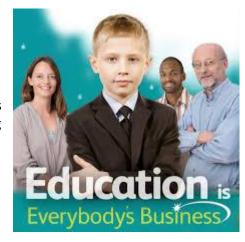
We want to help you as best we can and there is a lot of support out there for parents and families.

Ms. Crnoja can be contacted on 07592 037937 or <a href="mailto:rebecca.crnoja@willows.cardiff.sch.uk">rebecca.crnoja@willows.cardiff.sch.uk</a>.

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 <a href="mailto:contact@willows.cardiff.sch.uk">contact@willows.cardiff.sch.uk</a>



















#### Safeguarding:

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

#### **Chat Health:**

A reminder that all secondary school pupils can text the school nurse service for any medical support and advice. This may be useful if your child is too anxious or embarassed 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**

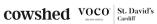
Here is a reminder of some of the key services available for young people and their families:

- 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.

#### Hannukah

Chag Sameach! to all of our staff, pupils and families who are currently celebrating Hannukah. We hope the lights guide you towards a bright future of love, peace, and joy!



















#### 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.

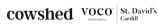
Alternatively, you can e-mail the relevant member of staff, details below:

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. Savannah Reed	Savannah. Reed @ 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**





















## Support for children

Childline have an online resource that offers information and tips on dealing with any fears children might have about a terrorist incident. You can find this by searching 'Childline terrorism support' online. Children can also get support from a counsellor by calling 0800 1111.

### Charitable funds

If you have been seriously injured or bereaved by a terrorist incident overseas, you may be able to get immediate financial help from the British Red Cross Relief Fund. The fund provides a payment of £3,000 to help people in the immediate aftermath of an incident - it is not compensation for what victims have suffered. To see if you're eligible, contact the British Red Cross Crisis Response Team on CRT@redcross.org.uk.

Details of any other charitable funds which emerge over the days and weeks following attack will be shared via the victims of terrorism website, given at the front of this leaflet.



## **Compensation**

Anyone who has been directly affected by a terrorist incident overseas can find out about applying for compensation through the Victims of Overseas Terrorism Compensation Scheme (VOTCS). You can call the VOTCS helpline on 0300 003 3601 or +44 (0) 203 684 2517 from outside the UK, or search 'compensation for victims of terrorist attacks abroad' on gov.uk.

You can ask for help about claiming by contacting the VOTCS helpline.

# Dealing with attention from the media

After a terrorist incident, the media may be interested in speaking to you. Sometimes, communicating with the media in a controlled way can be a positive experience. But you do not have to talk to the press if you don't want to. Many UK newspapers are members of the Independent Press Standards Organisation (IPSO), which means they must not engage in intimidation, harassment or persistent pursuit. You can contact IPSO on 0300 123 22 20. There is more advice on the victims of terrorism website, given at the front of this leaflet.

## **Longer-Term Peer Support**

The Tim Parry Johnathan Ball Foundation manages a peerto-peer support network for those affected by terrorism, bringing survivors together to share their experiences and support one another. The service is free and confidential and available to all people in the UK who have experienced terrorism at home or abroad.

You can contact the Tim Parry Johnathan Ball Foundation by email at support@timjon.org.uk, phone 01925 581240, or visit the website at

https://timparryjohnathanballfoundation.org.uk/.

# Support for people affected by terrorist attacks overseas



This leaflet contains information on where to seek advice and assistance following a terrorist attack overseas once you return to the UK.

Further detail is available on the website **victimsofterrorism.campaign.gov.uk**, which is updated regularly.



## **Emotional and practical support**

## Victim Support

Victim Support operates a 24/7 confidential support line and live chat, offering specialist support for anyone who has been affected by terrorist attacks. Victim Support can provide immediate and longer term support through their local services, which can be accessed at any time after the attack.



If you are bereaved through murder or manslaughter and you are an immediate family member of the deceased, Victim Support can help you through the Homicide Service. You can contact the Homicide Service yourself or you can be referred by an agency or the police (for example through your Family Liaison Officer).

For further information go to Victimsupport.org.uk, where you can speak to them via live chat or call them for free on 0808 168 9111. You can also access the Homicide Service on HSsupport@victimsupport.org.uk.

#### Samaritans

Samaritans offer emotional support and a safe place to talk at any time. The number is 116 123 and is free to call from any phone or you can email jo@samaritans.org.

## **Mental health support**

Having an emotional reaction to a major incident like a terrorist attack is normal and people may experience a range of emotions that can vary in severity. What is important is to recognise that these are normal responses to making sense of major events. While they can be incredibly distressing, many of these feelings are likely to reduce over time.

If your experiences and feelings are severe, or last for longer than 4 weeks, you may require more support. There are treatments available through the NHS to help people deal with the effects of very distressing events. Please visit your GP who will be able to provide advice. You can also call 111 for non- emergency medical advice.

The NHS have a leaflet with information on how you may expect to feel in the days and months ahead, and how you can understand and have more control over your experience. You can find this if you search 'NHS coping with stress following a major incident' online.



## South London and Maudsley NHS Foundation Trust (SLAM)

The Centre for Anxiety Disorders and Trauma (CADAT) at the South London and Maudsley NHS Foundation Trust (SLAM) has been commissioned by the Home Office to provide clinical mental health support, specifically for those affected by terrorism. Support can be provided at any time after an attack, for anyone across the UK.

SLAM can also refer those affected to local or specialist psychological support services, where required.

You can contact the clinic directly on survivorsofterrorism@slam.nhs.uk or by telephone at 0800 0902371.

## Regional services

If you live in England you can contact your local NHS Talking Therapies service to be assessed for NHS psychological treatment. Find information on your local NHS Talking Therapies services by visiting nhs.uk and searching 'NHS Talking Therapies'.

If you live in Northern Ireland and you're in need of psychological support after witnessing an attack you should make urgent contact with your GP. If you or someone you know appears to be in mental health crisis, you should immediately contact Lifeline on 0808 808 8000.

If you are in Scotland, the Victim Support Scotland (VSS) helpline number 0800 165 1985 is open Monday to Friday 8am-8pm and 9am-1pm on Saturday (GMT). Live webchat is also functioning at this time on www.victimsupport.scot. Depending on the circumstances of your need for support or advice, VSS's Support for Families Bereaved by Crime (SFBC) can be contacted via the SFBC Service Email address: sfbc@victimsupportsco.org.uk or SFBC Service Number: 0141 260 5943.

The Wales Terrorist Attack Support Helpline provides a confidential listening, emotional support and signposting service. Freephone 0800 107 0900 or text the word 'help' to 81066.



	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)

















## Extra-Curricular Activities – Autumn Term 2023 - 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	8.45 – 9.00 am				
Before school	Free breakfast for all				
	years	years	years	years	years
Lesson time	Individual Instrumental				
Lesson time	lessons TBC				
	3.10 – 4.00 pm:				
	Library open for				
	homework	homework	homework	homework	homework
	3.10 – 4.00 pm:	3.10 – 4.00 pm:	Week 1 - 3.10 – 4.00	Week 1 - 3.10 – 4.00	3.10 – 4.00 pm:
	Wellbeing Art and Craft	Music Club (Band)	pm: EAL Sports Club	pm: LGBTQIA+ Club	Book Club
	PAWB – DP / SP	FG / DP	PAWB – DP / JG	EJ – F5	NLC – F3
	3.10 – 4.00 pm	3.10 – 4.00 pm:	Week 1 - 3.10 – 4.00	3.10 – 4.00 pm:	
	Bass Club	Maths Club	pm: Debate Club	Creative Writing Club	
	FG - PAC	DS – G14	JEN – F11	FS – F9	
		3.10 – 4.00 pm: J7	3.10 – 4.00 pm:	3.10 – 4.00 pm:	
		Reading Games Club for	Choir / singing Club	K-Pop Club	
After school		Y7	FG - PAC	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			

















## 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 <sup>th</sup> and Tuesday 19 <sup>th</sup> 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 <sup>th</sup> September

















## KS4 Revision Timetable - 2023 - 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	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: Maths	3.10 – 4.00 pm: Library open for homework. STAR hub library open until 7.00 pm 3.10 – 4.00 pm:	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm 3.10 – 4.00 pm: Maths	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm 3.10 – 4.00 pm: Maths
		Drop in with pupil's Maths teacher	Y11 Intermediate Tier Maths (G19)	Drop in with pupil's Maths teacher	Drop in with pupil's Maths teacher
After school	STAFF MEETING	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	















WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	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
After school	STAFF MEETING	3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Ait-Brahim (G17)  3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Wrennall (G20)  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: Y11 History Revision (after Christmas)	STAFF TRAINING	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher 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: English Revision Mrs. Lo Celso (F3)  3.10 – 4.00 pm: PAWB revision help KS4	3.10 – 4.00 pm: Maths Drop in with pupil's Maths teacher
		Y10 History Revision (after Feb half-term) Mr. Henwood (S9)		DP - PAWB	















## 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	













