

Wallingford School - House Newsletter

Friday 3rd April 2020

Assembly "Thought for the week"

By Mr Keeling - Assistant Headteacher

It makes a change to do an assembly in writing rather than gathering in the school hall. Normally you would be filing in form by form with tutors checking your uniform. You'd be trying to engineer it so you're sat next to your best friend by starting a new row instead of sitting on the lone spare seat of the row in front (not that this annoys me at all).

The person giving the assembly would start with a rousing "Good morning" to a tired response of "Good morning Sir/Miss" chanted automatically with little thought or emphasis. "You can do better than that" would be the next challenge set from the front, and then a louder (but similarly rehearsed) retort of "Good morning Sir/Miss" would follow. And so without a PowerPoint presentation or a YouTube clip we begin...

All I want to say is simply this. We as a group of staff miss you all. We miss the interactions we have in the corridor as you politely hold the doors open. We miss the discussions we overhear you having about the latest series you've discovered on Netflix. We miss the rush at 1pm to get the best pitch on the astro. We miss seeing you in the local community working in Waitrose or cycling to an afterschool club. We miss you telling us about your weekend plans to try and distract us in the last half of a Friday P6 lesson. We miss congratulating you in your triumphs and celebrating your achievements – big or small. We miss every little part of everyday which makes working in Wallingford School such a pleasure to get up for in the morning.

So this assembly, and therefore this newsletter, is about filling that hole where things are missing. This is about you and all the things that you could be doing, alongside your work on Show My Homework, whilst we are apart.

So Wallingford School, let's hear from you...

housenews@wallingfordschool.com

Wellbeing Corner

Wellbeing tip of the week...

Learn a magic trick!



Plenty of easy ideas on YouTube. Send us your efforts to:

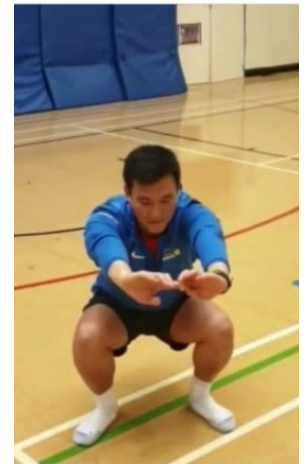
housenews@wallingfordschool.com

House points available!

Fitness First!

You may have seen that Joe Wicks aka The Body Coach has started a daily PE lesson live at 9am on his YouTube channel!

But why follow the crowd when you can follow our very own Wallingford PE department challenges posting daily on their Instagram ([walli.pe](https://www.instagram.com/walli.pe))...



Let us know if you take part - photos with families welcome – sent to the Wallingford PE Instagram.

Music to my ears!

If you are a budding Adele or an Ed Sheeran in the making then the music department are posting challenges on their Instagram account too ([walli.mus](https://www.instagram.com/walli.mus)). It would be great to see photos of those of you taking part sent to the Wallingford Music Instagram.

Look out for other challenges from other departments too – they will feature in future newsletters!!!

Ready for Recommendations?

Have you got a favourite book / box set / film / documentary / podcast you'd like to share? If so, please share!

housenews@wallingfordschool.com



My new book! I started it this week. It is on loan to me from Ms Lancaster. It is a story of friendship through letters. Two strangers start up a correspondence that blossoms as they share their stories of joy, anguish and discovery. The author lives in Oxfordshire!

I thought it was fitting to read a book based on letters and reminded me that I had started to write to a friend of mine that moved to Greece years ago and maybe, given current times, I should start it up again!

I recommend finding your favourite spot in the house and setting aside time to read in peace. A little each day has given me something to look forward to!

This book is available on ebook and audio. Sending lots of good wishes to you all,

Ms Lee

Joking Jesters

*A bear walks into a bar and says,
"please can I have a diet coke and
a bag of
crisps?"*

The bartender says "why the big pause?"

*The bear replies "I'm not sure, I was born with
them."*

Send us your jokes, **house points** available!

House Competition!

Ready, Steady, Cook!

Off the back of the DT department challenge can you send a picture of your best homemade meal effort to: housenews@wallingfordschool.com



This will be judged by appearance only and winners will get **house points** for their house!

Gathering Good News!

Have you got something positive to share from your family, friends or your community?

**Mystery man buys villagers fish and chips -
26th March 2020**



A man who wishes to remain nameless buys fish and chips for his entire village on a weekly basis during the lockdown in Denchworth near Wantage.

<https://www.bbc.co.uk/news/uk-england-oxfordshire-52047985>

"He thinks people like him who are fortunate to be in their situation should do something for their communities if at all possible."

Have you got a good news story? Send to: housenews@wallingfordschool.com

A message from the school nurse service...

Dear Wallingford Students,

During term time school closures the school nurses will still be running as normal. However, instead of face to face appointments this will be replaced by video or telephone consultations.

Please feel free to contact me. Stay safe.

Claire Forno
Specialist Community Public Health Nurse-School Health Nurse

Mobile: 07769283179

Email: claire.forno@oxfordhealth.nhs.uk

Website: <https://www.oxfordhealth.nhs.uk/camhs/>

You can also access the school nurses in Wallingford Community Hospital on 01865 904225.

Helpful websites:

<https://oxme.info/cms/>

<https://www.giveusashout.org/>

Child line <https://www.childline.org.uk/>

Young Minds <https://youngminds.org.uk/>

NHS Choices <https://www.nhs.uk/>

Purrfect Pet Pictures

Certainly the real winners at the moment are all of those pets getting extra fuss, love and attention with everyone at home. Here is Ms Rice's cat Scrumpy having a very lazy morning after waking everyone up demanding breakfast!

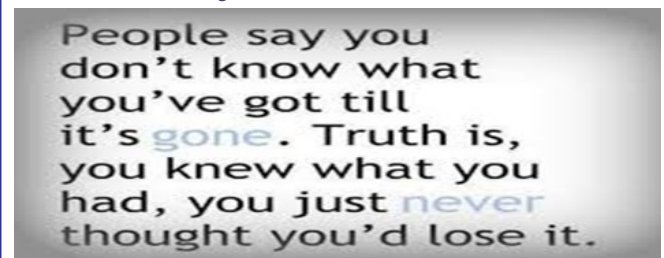


Again best pampered pet pics to housenews@wallingfordschool.com for house points!

Messages from the Heads of Houses...

BIGG

From Mr Lyons



None of us could have imagined in September that we would be in this position. If we learn anything from this, it is not to take anything for granted.

I miss my morning stroll through every form, seeing all of your faces and hearing your witty comments. When this is all over lets never take school, friendships or learning for granted again. #bekind #stayinside

BLACKSTONE

Mr Choi & Ms Walker

First of all we hope you and your family are well. We have only been your head of house for a couple of weeks but we already miss seeing your faces in the morning and seeing you around school.

We have thoroughly enjoyed seeing so many students take on the different challenges that your teachers have set in the last couple of weeks. One student who has really impressed us in Blackstone so far is Neive Busby, she has completed every single Walli PE challenge so far. It would be wonderful to see how many more Blackstone students can get involved. (House points available).

Knowing Ms Dudding and being a former Blackstone tutor myself I know the importance she put on representing the green tie, being the best and doing a good deed a day. We would love you to continue doing that, at home you can help cook dinner, make your parents a cup of tea and tidy up the house.

To end we would like you to keep on working through tasks on SMHW, keep on being the best you can be and finally be safe.

CHRISTIE

From Mrs Pike

'You'll never be bored if you try something new. There's really no limit to what you can do.' This has been my Dr Seuss inspiration since being 'locked in' and I have been waiting to share this with you. I know how much you love my Dr Seuss quotes! What an amazing opportunity Christie House, why not try some new things and challenge yourself?

Over the past week I have tried Pokémon Cosmos Yoga, baking, scarecrow making, gardening and some serious Lego Rock Band. It has been great to try new things and revisit the things I used to do a lot when I had more time.

One of the hardest things so far during this time is knowing what you are missing out on. I had so many concerts booked this year. I had booked to see my favourite musician twice in two weeks, and I was even going to travel to Paris! Before I knew it though, John Butler, my favourite musician, was sharing daily live Instagram's of at least 30 minutes a day; what a treat! I have enjoyed his music every day and it's something I look forward to now. I have felt so lucky to be blessed with this every day. What have you been appreciating?

In this time, please take the time to explore new things, even if it is just a new activity or watching a band and indulging in your favourite music. Just find something every day that makes you smile. Even today, the sunshine was enough to make me smile.



Be the best you can be for yourself and those around you. I let my kids do my face paint because I know how much they love it! Apparently, I am meant to be a pretty pumpkin!

I miss you and please take care and stay safe.

MATILDA

From Ms Hearn

I hope you are all safe and well during these strange and challenging times. We are all trying to adapt to a period of change which is definitely not easy. I am finding it difficult to keep motivated at times but I am taking each day as it comes. Setting myself mini tasks and challenges to achieve by the end of each day is something that is working for me.

Changes are inevitable but not always controllable, what can be controlled is how we react and work through the change, that is what matters.

So a challenge for you all to keep you going. House points available for all students not just those in Matilda.

Email answers to...

housenews@wallingfordschool.com

$$\text{shoe} + \text{shoe} + \text{shoe} = 30$$

$$\text{boy} + \text{boy} + \text{shoe} = 20$$

$$\text{scarf} + \text{scarf} + \text{boy} = 13$$

$$\text{shoe} + \text{boy} \times \text{scarf} = ?$$

Thank you and don't forget to send all of your meal pictures, answers, jokes, pet snaps and much much more to:

housenews@wallingfordschool.com

There will be lots of house points awarded and lots of you featured in our next pastoral newsletter.

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



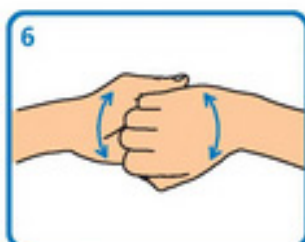
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds

How can I help slow the spread of the virus?



Stay at home – no unnecessary journeys or social contact



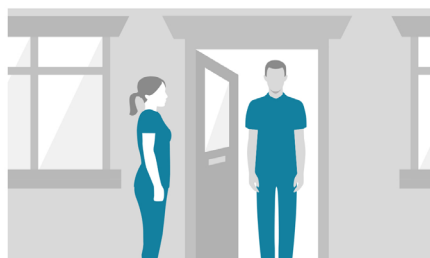
Only leave home for **essential shopping, medical needs and exercise** once a day



You can travel to and from work if **absolutely necessary**



Public gatherings of **more than two people** are banned - excluding people you live with



Don't visit other people's houses or socialise outside your home



Police **will be able to fine you** if you don't follow the rules



If you are unwell, **isolate yourself** and your family



Keep in touch with one another