

Wallingford School - House Newsletter

Friday 10th April 2020

Assembly "Thought for the week" - Opportunities

By Mr Lamb – Deputy Headteacher

Are you a radiator or a drain?

Who is the most positive person you know? I'm sure we all have someone in our lives who is energetic, happy, supportive, upbeat and seems to remain in this permanent state of enthusiasm no matter what the situation. I have heard them called 'radiators' since they warm the company they are in, as opposed to 'drains' who sap the energy from a room and leave people feeling depleted. Well, we certainly need some radiators around us at the moment – they manage to instil a feeling of optimism in us. Their passion for life tends to rub off on others and it's almost as if this transfer of optimism is their aim in life.

"Take a positive approach."

"Make the most of the circumstances."

"You have a great chance over the next few weeks – make sure you use it."



Just some of the comments I've heard in recent weeks from the radiators I know, whether they are teachers, friends, colleagues, siblings or other family members... Oh, and undoubtedly parents! But what is this idea of 'taking opportunities' all about?

Do you create or wait?

I recently listened to an interview with Ebony Rainford-Brent. Among other impressive achievements, she was the first black woman to play for the England cricket team, making her debut in 2001 and eventually winning the World Cup in 2009. Ebony spoke about her life when she discovered cricket, which was fairly chaotic due to her home and family circumstances. To start her journey into a cricketing world dominated by white, upper class, men must have taken courage and determination – essential traits for those of us who want to 'take opportunities'. Inspirational characters like Ebony Rainford-Brent advise us to:

consciously look around and outside of our immediate surroundings; observe and notice opportunities; have a clear lens to look through and not a murky one; go through a door that is even slightly open.



Are you a sponge or a rock?

Opportunities are all about learning – you would probably expect that from a teacher! Again, we can spot those people who have a love of learning because of their willingness to engage in new situations and to understand new ideas. As well as many others, Sir Clive Woodward, coach of the 2003 Rugby World Cup winning England team, makes reference to the importance of learning for individuals. During the selection process he favoured those players who absorbed information – sponges – and discarded those with 'rocks' between their ears since they were resistant to new learning. He explained that it didn't matter

whether a player was new to a squad or a more established member, but it was vital that people actively



participated through listening, challenging and sharing ideas with others. So, in order to 'take opportunities' we need to have a sponge between our ears and a thirst for knowledge.

What difference does it make?

For a moment, let's agree that it might be a good idea to be a little more of a radiator, to actively find and create opportunities and to act like sponges throughout... What impact can this have? One of the fantastic benefits of taking opportunities is diversity. David Epstein recently wrote about the importance of taking part in as wide a variety of activities and pursuits as possible, especially whilst we are young, in his book 'Range'. Taking the chance to challenge ourselves in a range of contexts means that we develop versatility and can ultimately be more successful in the long term when we do decide to specialise in our chosen field. A similar conclusion was drawn by Matthew

Syed in his exploration of diversity. He suggested that by offering more opportunities to more people with different characteristics and experiences, we will increase the likelihood of innovation in society. By taking opportunities in areas that we might not have immediately considered we can prompt people to think and act differently. Hopefully it will result in a society that is more accepting of difference, and uniqueness will become the new normal rather than something to be ashamed of.

I realise that, reading this at home where we have all been stuck for the past few weeks and may well continue to be for a little while longer,

it will seem quite difficult to *spot* let-alone *take* a variety of new opportunities. But I challenge you to do just that. Recognising opportunities, taking a proactive approach to them and enjoying the process will inevitably help you and those around you to succeed in this unusual situation and beyond. Good luck!



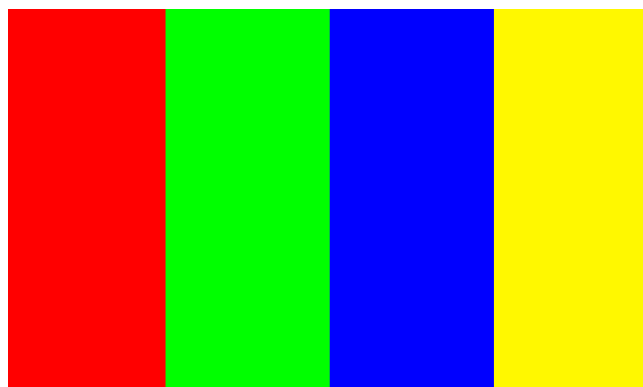
housenews@wallingfordschool.com

Wellbeing Corner

Wellbeing tip of the week...

Stay creative...

Make something that moves in your house colour and record it moving!



Send us your efforts to:

housenews@wallingfordschool.com

House points available!

Poetic licence...

By Mrs Ambrose

"Hope" is the thing with feathers

*"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -*

*And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -*

*I've heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.*

By Emily Dickinson

In these challenging times, writing poetry can be a fantastic outlet for expressing yourself.

Reading poetry can make us laugh, cry, reflect and gain a different perspective. If you have something to say or share, why not express it in a poem?

You can choose to write on any topic, it can be any length and it can rhyme or not! Email your poems to: housenews@wallingfordschool.com

They will then be judged by Mrs Ambrose. Each entry will earn you a house point and winning poems may feature in future editions of the newsletter.

Entrants can choose to remain anonymous or go by an alias if they feature in newsletter. If you would prefer to do this, please indicate this in your entry email.

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

Here are four exciting recommendations from Y10 students with more to follow in future weeks:

Lucy Maitland (10JLA) 'Feminists Don't Wear Pink (and Other Lies)' by Scarlett Curtis

It includes many historical figures who changed the lives of women, and the history of how the life of being a woman has changed. I'm only part way through but I love it!

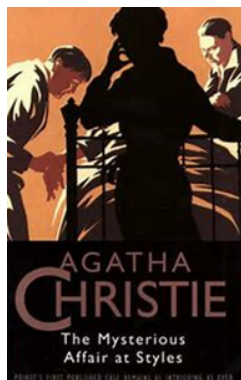


Rebecca Pocock (10KBO) 'The Hiding Place' by Corrie Ten Boom

This is an autobiography about someone who was living in WW2. After the deaths of Corrie's mother and aunts, Corrie, Betsie and their father settle down into a pleasant domestic life. Then, in 1940, the Nazis invaded the Netherlands.

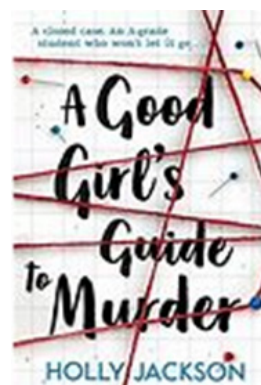
Archie Goodson (10KBO) 'The Mysterious Affair at Styles' by Agatha Christie

This is the first book in the Hercule Poirot series written by the author who Christie House is named after because of her time spent living in Wallingford, there is a blue plaque on her old house on Reading Road.



Sophie Sutherland (10CWR) 'A good girls guide to murder' by Holly Jackson

The case is closed. Five years ago, schoolgirl Andie Bell was murdered by Sal Singh. The police know he did it. Everyone in town knows he did it. But having grown up in the same small town that was consumed by the murder, Pippa Fitz-Amobi isn't so sure.



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/>

Ready, Steady, Cook!

There are definitely some future Michelin starred chefs in our school. Look at the pictures below as just a sample of some of the things students are preparing for their families at home. Well done to everyone who sent in pictures and keep up the culinary creativity!



The winner though had to be this enormous lasagne that **Katrina Clayton (7SBO)** cooked for her family. By all accounts it was delicious, it certainly looks it!



Please send any more photos of perfect puds, sumptuous starters, or magnificent mains to:
housenews@wallingfordschool.com



Joking Jesters

Thank you to everyone who entered the joke competition this was our favourite though from **Summer Dumper (11KWH)** ...

Did you hear about the mathematician who was afraid of negative numbers?

They would stop at nothing to avoid them!

If you have a joke to share then send it through, house points available!

housenews@wallingfordschool.com

Gathering Good News!

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

Our very own **Jasper Tidmarsh (10 CWR)** is 3D printing frames for NHS facemasks after responding to the following BBC News report.

<https://www.bbc.co.uk/news/technology-52111522?fbclid=IwAR0Suxkaw4PFYGi9qKqvXw6scTW2qW8BS1UtbD11sfe-fViDLQR6J3Kcs1E>

Jasper's friends and family have kindly donated some raw materials, so if anyone else at school owns a 3D printer and would like to join, perhaps you can share a few materials - please contact socialmedia@wallingfordschool.com with your name and email address, and we will (with permission) share your details with Jasper's mum - many thanks.

Well done Jasper!

Alternatively you can register as a volunteer (printing or delivery) via www.3dcrowd.uk/

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



Messages from the Heads of Houses...

BIGG

From Mr Lyons

**WE LIVE AND LEARN, OR,
PERHAPS MORE
IMPORTANTLY WE LEARN
AND LIVE**

TERRY PRATCHETT

Hi Bigg House

It has now been two weeks since we saw you all. In normal circumstances this is just a normal length of time for a normal Easter holiday. But, this is not a normal holiday at all. What we have done, I hope, is learn something new about ourselves and our families.

I have tried to take the positives out of this situation. Being able to spend time as whole family, all be it in sometimes strained times, has been precious. I hope you have all enjoyed spending time with your own families, talking to each other, playing games, doing silly challenges together, or even realising actually our teachers are not so bad at teaching! (hang in there Mum and Dad, nobody said it was an easy profession)

I hope when you return you will all have learnt so much about yourself, your resolve and how to live!

Keep safe all. For more daily words of wisdom please follow @wallibigghouse on Instagram, a move from the twitter page.

BLACKSTONE

Mr Choi & Ms Walker

Hello Blackstone House

The next couple of weeks are technically the Easter Holidays; so during this time we would like you to treat it as a break.

During this fortnight we may not be able to go on our holidays, we might not be able to go and see the family and friends we were hoping to or even attend a sporting event or a music concert. However, we must resist the urge to go out and socialise; we need to do the right thing which we totally understand is easier said than done. Instead what we can do is look back at photos of previous holidays and think about the wonderful holidays yet to come or we can video call friends and family or enjoy the sunshine and relax listening to our favourite playlist or album.

It is during these times that we have to be resilient and creative to support your families. Everyone should try and make this time as easy as possible for everyone in our homes.

So we would like to challenge you and your family to play a different game every day, these could include card or board games or you can even come up with a game of your own. Why not make the most of the weather and play games in the garden - this will be really great for your wellbeing too!

Playing games is a great way of spending time together as a family and at the same time helping us to cut down a little on screen time too.

A final note from us is to remember to look after your loved ones and try to do a good deed every day.

Take care everyone. Stay safe. We miss you!

CHRISTIE

From Mrs Pike

Hi Christie House

I hope your week has been good and that you and your family are well and staying safe and enjoying the beautiful sunshine in your gardens.

The Easter holiday is usually a great time to get away and we usually visit family in Spain. Did you have a holiday booked? This week I have been reading and dreaming about all the places I would really like to visit.

“The more that you read, the more that you’ll know. The more you learn, the more places you’ll go” Dr Seuss



My top five are: The Inca Trail and Peru; Costa Rica; campervanning around Northern Australia; Tanzania and climbing Kilimanjaro; and the trails and cooking schools in Vietnam. It has been great looking and reading about the different places, cultures and what they have to offer - be that historical features, cuisine, landscapes, animals and or adventure. We are so lucky to have the internet which makes our world and the amazing places easy to research. Where in the world interests you and why? Where might your first virtual trip be to?

I am setting you a challenge to prepare either a photo or short video clip to advertise visiting a particular place or country and send it to: housenews@wallingfordschool.com

I look forward to seeing your entries. Take care and I miss your lovely faces.

MATILDA

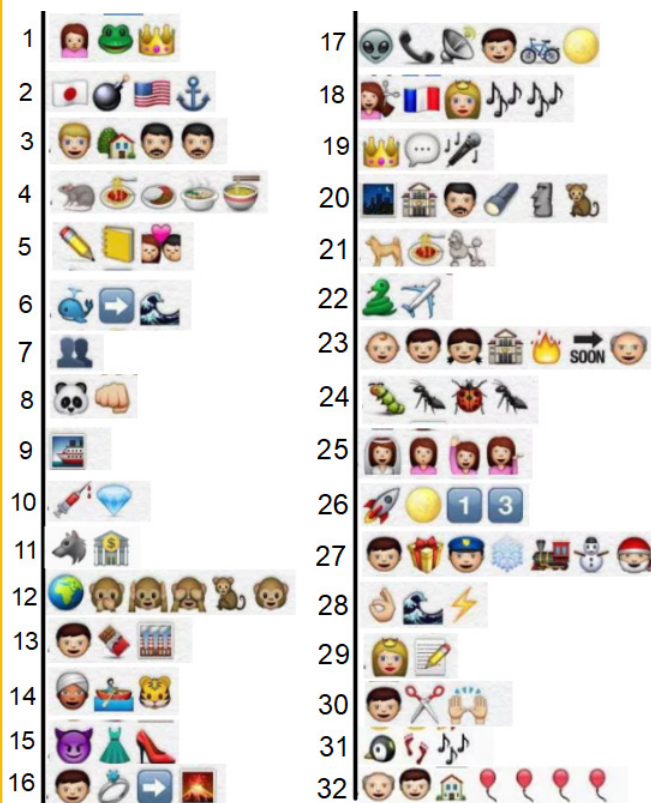
From Ms Hearn

Hi all,

Still cannot get my head around the fact we haven't been at school. I miss seeing all your faces throughout the school day and the conversation had in the corridors and during lessons. I am also massively missing seeing my family and friends, as I am sure most of you are. It is so important that we are staying in touch and checking in with one another during times like these.

As I mentioned last week little challenges have kept me going so I have decided that I will find a little challenge for you all each week.

This week's challenge: Name the movie.



Thank you and don't forget to send all of your meal pictures, 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.

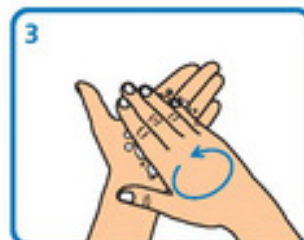
Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



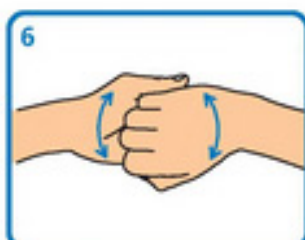
Rub hands palm to palm



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



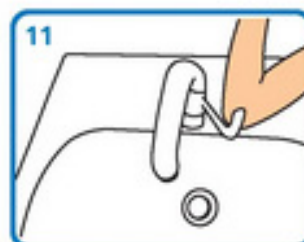
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



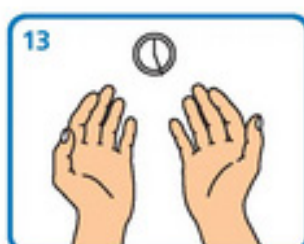
Rinse hands with water



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



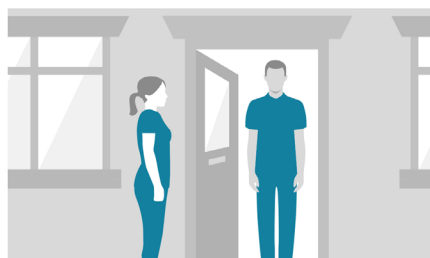
Only leave home for **essential shopping, medical needs and exercise** once a day



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