

Wallingford School - House Newsletter

Friday 17th April 2020

Assembly "Thought for the week" - Be Creative!

By Ms Lee-Brydges – Assistant Headteacher

Who is the most creative in your family? When was the last time you thought of yourself as 'creative'?

When I was younger, it might have seemed that I was the creative one. I loved playing musical instruments, creating stories, and coming up with inventive ways to decorate my Geography book (!). My brother spent no time colouring and wouldn't exactly describe himself as 'creative'. However, he was always building things, fixing things and helping me solve maths problems and I have now come to realise that creativity isn't just about creating 'pretty' things, or writing an original story or being able to paint or draw. Creativity covers a broad range of skills that I genuinely believe all of us possess.

Think about a spoon. It was invented to help us eat. But, what else could it be used for? A digging tool? A shoehorn? Measuring out liquids? A funny mirror? If you have



2 spoons you could create an instrument! There – lots of ideas. Try another item. Take a tooth brush or a paper plate. What else could they be used for?

Creativity is about thinking outside the box, coming up with ideas, problem solving and of course, using your imagination. Research shows that all people are creative. In fact, creativity is one of the main traits that make us successful as individuals and as species, and sets us apart from animals. I think people are quick to dismiss their creative talents, but even being able to solve simple problems like how to use your iphone as a mirror involves some creativity!

Big C, small c

When you think about creativity, it might be highly creative people like Mozart, da Vinci or Einstein who spring to mind. They were all considered to be "geniuses" for their somewhat unique talents. Their type of creativity is what's known as "Big C creativity" and is not very common in everyday life. Not all of us can create works of art or music or scientific theories that are new to the world.

But while we can't all be Mozart, da Vinci or Einstein, many people do enjoy creative activity – through hobbies such as painting, photography, cooking or playing the guitar. And these types of pursuits are often what people think of when asked what being creative looks like.

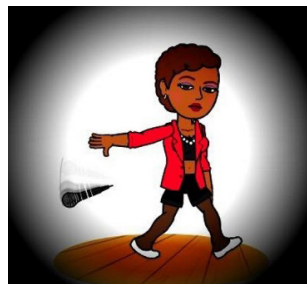


On top of hobbies and interests, we all possess creative qualities that can help as we solve life's little problems and make decisions; like how to eat peas with a knife (have you ever tried this?). It might not sound very creative, but this aspect of creativity relies on our ability to consider different options and assess their suitability, as well as how to make decisions based on prior experience. These examples are known as "small c creativity" or "personal everyday creativity".

Traditionally, research tells us that creativity has been largely associated with the arts. But there is a growing realisation that opportunities to be creative are found across a broad range of subjects. For instance, maths provides opportunities to be creative through problem solving, history gives the opportunity to think creatively about why events happened, and what motivated those involved, and science involves creative ways to explore a problem and find an answer.

Our brain and creativity: When we are doing something creatively what is active in our brain?

Researchers Siyuan Liu and Allen Braun did research on this topic by tracking the brain activity of freestyle rappers. It turns out that the parts of



the brain that we use in 'business as usual' thinking are totally switched off when we are being creative, whereas other parts of our mind that we do not use everyday are quite active.

While no single "creative" part of the brain has been revealed, what is increasingly understood is that new and creative thinking generally engages unique areas of the brain that don't typically work together. So, while thinking about what else the spoon, or toothbrush might be used for you are really engaging your mind and keeping your brain active!

I have heard about so many stories during this strange time about individuals and families getting really creative in so many different ways. These are a few of my favourites:



- Alice Aske who started the 'chase the rainbow' campaign to lift people's spirits and entertain children
- Jasper Tidmarsh and the Wallingford School DT department getting creative in using 3D printers and materials to make visors for the NHS.
- The hoards of local businesses adapting to offer take-away services to the community
- The new queuing system outside shops to keep people safe
- The postwomen and men delivering mail in fancy dress to keep people smiling

So, remember, you are all creative in lots of different ways. Keep problem solving, keep those brains active, and dig out those musical spoons!

housenews@wallingfordschool.com

Wellbeing Corner

Wellbeing tip of the week...

Finding meaning...

By Mrs Pike and Mrs Bowyer

This week why not have a look around your house at the things that have meaning to you, especially since you have been on lockdown.

Your task is to lay them flat in a square and take a picture of them. You could include favourite magazines, foods, games, just to name a few. You could even attempt to use house colours! It would be great to put them together as a patchwork. Please send your pictures of your flat lays to: housenews@wallingfordschool.com



Mrs Pike has had a go at putting down the things that have had meaning to her (which links to her message later on in the newsletter) over the past few weeks or are symbolic for some reason. The only thing she could not take a picture of was the internet, which has been so important for communicating with friends and family Why don't you have a go.

House points available!

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

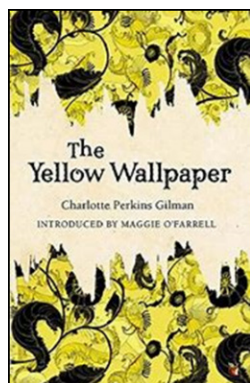
Ready for Recommendations?

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:

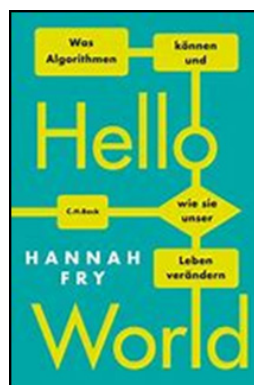
Daisy Preston (10JJC) 'The Yellow Wallpaper' by Charlotte Perkins Gilman

Is the tale of an anonymous Victorian woman living in a type of confinement in the attic of a rather grand mansion in the country, very appropriate under the circumstances!



Evie Potter (10CWR) 'Hello World' by Hannah Fry

A gem of accessible science writing. With eloquence and charm, it outlines the maths of computer algorithms and explains how they are transforming fields such as health, justice, transport and the arts.



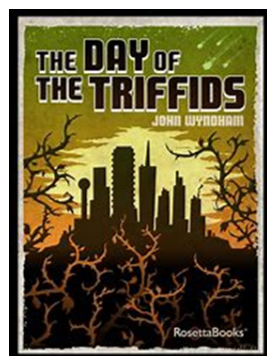
Thomas Giurma-Handley (10JJC) 'The Explorer' by Katherine Rundell

The children thought Fred was very brave and Max was funny - especially all his snot and kicking! A novel about a group of kids who must survive in the Amazon after their plane crashes.



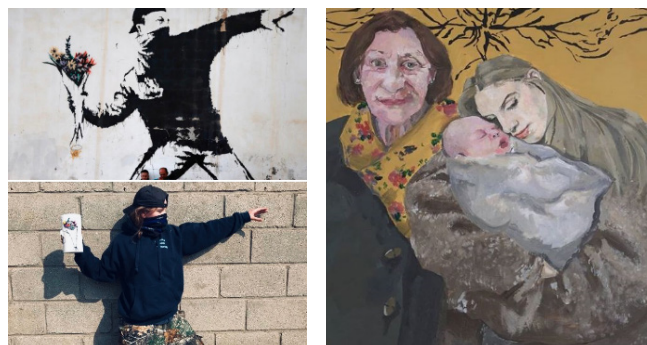
Ava Gordon (10CWR) 'The Day of The Triffids' by John Wyndham

After most people in the world are blinded by an apparent meteor shower, an aggressive species of plant starts killing people. This is a true masterpiece of science fiction.



Art Attack!

Don't forget to follow the Wallingford School Art Department on Instagram. It can be found at: [walli.artdept](https://www.instagram.com/walli.artdept)



It features fantastic examples of pupils work, fun artistic challenges, artists of the day, inspirational artwork from ex-pupils, ideas, techniques and anything else related to the Art Department!

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/>

Thank you to the NHS

By Ms Simpkins



In the last few weeks you have probably not had a day go by in which you didn't hear something about the NHS.

We are so lucky to have this wonderful organisation but it hasn't always been this way. Have a look at this 5 minute video from History Bombs which explains how the health service came to be in Britain.

<https://www.youtube.com/watch?v=Gn2r3cvsA1o>

It takes you through from Hippocrates up to the present day NHS.

The short and snappy video visits Henry VIII, Elizabeth I, the workhouses, Helen Bosenquet, Beatrice Webb, William Beveridge, David Lloyd George and Aneurin Bevan.

Be sure and notice the dodgy welsh accent (that is not how you see Tredegar!) and join the History Bombs crew in saying a massive thank you to the NHS.

Holidays from Home

Well done to **Katrina Clayton (7SBO)** and her younger sister for the creation of a fantastic video promoting a holiday park that they were hoping to go to this Easter.



They covered a whole range of activities that they were planning on doing, ranging from water skiing to fishing.

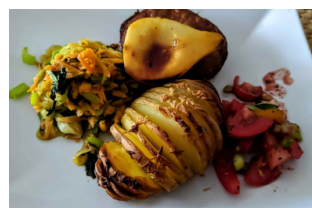
Well done girls it was an absolute pleasure to watch. We hope you can go on this holiday for real at some point in the future.

Ready, Steady, Cook!

Again we have been impressed by the daring desserts and tricky trifles being attempted at home by lots of you.

This week the kudos for culinary creativity has to go to **Tristan Miroslawski (9MSI)** for this feast for both the eyes and taste buds.

It is baked potato with garlic, courgette and sweet potato "spaghetti" with a caramelized pear, and tomatoes with strawberry and chilli sauce. Looking at that bread I think we might have a future Bake Off champion in our midst too!



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

Gathering Good News!

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



As Mrs Lee-Brydges already mentioned in her assembly our very own DT department have been busy fundraising and now have the materials to start a production line manufacturing face masks for local GPs, care homes and hospitals.

They are hoping make as many as 5000 facemasks.

We are incredibly proud of everyone involved, from the generosity of those donating money for materials, to the hard work and dedication of the DT team manufacturing these essential items.

Well done everyone!

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

Messages from the Heads of Houses...

BIGG

From Mr Lyons

Happy Easter to all of Bigg House. I hope you have started following the @wallbigghouse Instagram page from this week. If you haven't then please do. If you have, you will have seen that the blue skies have been out and there has been chocolate on the menu for a lot of us!

This has got me to thinking about the positives of being on a lockdown. (I am hoping most of you are now saying that not being at school is a positive and want to come back).

Lockdown has enabled me to do many things that would not have happened otherwise, and it has led me to compile a list of positives to come out of this quite dark and unprecedented time. In the time we have been off I have been able to do the following:

- Spend time with my family and teach my boys lots of things.
- Do a lot more fitness than I would normally have done.
- Learn to bake hot cross buns, and pizza cookies!
- Got the boys to ride over 6 miles almost every day.
- Speak to people on the phone, FaceTime, Whats app or even House party (yes I am down with the kids) a lot more than I would have done ordinarily.
- Clear out the garage.
- Declutter the house.
- Clean the car! a lot!
- Appreciate how much I really miss my job and being around 1000 kids.
- Make me realise how the normal routines that we all find boring at times are actually the things we love doing (kids swimming lessons, sport at the weekend, being with friends, being at school!

So if you are finding this tough, spin it on its head, and see what positives you can take out of this situation. Here is a link to 50 possible things you can do if you are bored during lockdown.

<https://www.futurelearn.com/info/blog/50-free-things-you-can-do-during-lockdown>

I would love if you could compile a list, like I have done above, and send it to:

housenews@wallingfordschool.com

Keep safe, stay at home, protect the NHS and save lives.

BLACKSTONE

Mr Choi & Ms Walker

Easter is about hope.

We hope that you all had a good Easter weekend. Perhaps you were able to see some of your family via FaceTime or Zoom? Perhaps you were lucky enough to get some chocolate?

Right now it is important that we think about hope, especially with these incredible circumstances that we find ourselves living through. We all love Easter eggs and chocolate bunnies but Easter is also about seeing the trees springing into life, covered with new leaves and blossom, helping us to appreciate that there is hope, things will get better. Spring is one of the most hopeful times of the year and the fabulous weather and the longer days are certainly things to give us hope. Hope that things will improve, life will get better and we will (eventually) get to do all of those wonderful things that we love and enjoy so much.



Hal Borland said 'no winter lasts forever, no spring skips it's turn'.

We appreciate that staying at home is difficult, it is difficult for everyone in Blackstone House no matter what their age, but we all have the hope that this won't last for too much longer and that there will be lots of fantastic opportunities ahead to look forward to.

Perhaps you could start writing a list of what you hope to do once lockdown is over. They don't need to be grand ideas (just the little things that we have perhaps taken for granted for far too long) but ones that you hope to do once life returns back to some form of normality.

Take care, stay safe - we miss seeing you.

CHRISTIE

From Mrs Pike

Hi Christie House,

I hope you are enjoying the beautiful weather we are having.

"When we are no longer able to change a situation, we are challenged to change ourselves." — **Viktor E. Frankl**.

Last year, I shared with you a book called *'Man's Search for Meaning'*. It was about how Viktor Frankl had survived living in a Nazi concentration camp, to cope with his family and friends passing he searched for meaning and appreciation in at least one thing every day, and by doing this he never gave up hope. I have thought of this book again recently as we are in a situation that we cannot change, and I believe the quote above really resonates right now about how looking for meaning and appreciation in the smallest of things can give us hope.

This week, my coriander seeds (well I think they are) sprouted. This gave me hope that I may have managed to finally grow something and that maybe the rest of the seeds will sprout!

Viktor Frankl also quotes, *"An abnormal reaction to an abnormal situation is normal behaviour."*

In this strange time it is ok to have some low moments. Just make sure that you share your feelings with a friend or family member and be honest, you will feel better for it. That is what families and friends are for. You are not on your own and you need to remember that.

Take care everyone, stay safe and I miss you!

MATILDA

From Ms Hearn

Hi All,

I hope we've all had a nice Easter weekend despite it most likely being different to previous years. It certainly was for me; normally I would be at my parent's house with several of my other family members, around 25 of us. So to just me and my husband was very different and with no Easter Eggs or an Easter Egg hunt. However difficult it has been I know that we are doing our bit to help protect the NHS and save lives. We have all done so well up to this point and must continue to listen to the advice given and stay at home.

This week's challenge are some riddles:

- 1) When you need me you throw me away but when you're done with me you bring me back - what am I?
- 2) What has to be broken before you can use it?
- 3) What can't talk but will reply when spoken to?

4) What four letter word can be written forward, backward or upside down, and can still be read from left to right?

5) What is so fragile that saying its name breaks it?

I am still accepting answers to previous challenges for house points, so send them to.....

housenews@wallingfordschool.com

Culture Vulture

At the moment it may feel that we have had huge parts of the world shut off to us. With theatres and museums closed down, and clubs and sporting events postponed. But there is a whole world of culturally enriching experiences being made available over the internet.



Please see the attached document for a list of 100 different cultural experiences that you can do from your own bedroom.

You could spend a morning nosing around Buckingham Palace on a virtual tour or design your own comic strip under the guidance of Woodrow Phoenix! Whatever you are into there is something for everyone, and a whole world to explore from the sofa. How many different ones can you do!

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



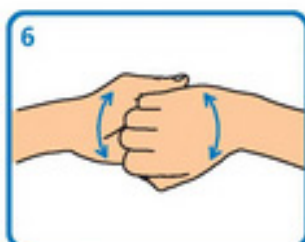
Rub hands palm to palm



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



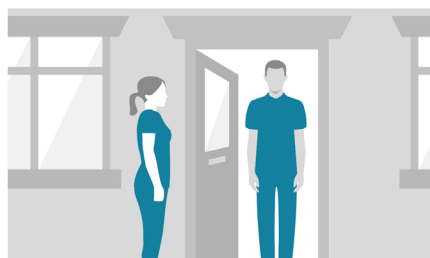
Only leave home for **essential shopping, medical needs and exercise** once a day



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