

Wallingford School - House Newsletter

Friday 24th April 2020

Assembly "Thought for the week" - Remarkable Times!

By Mr Marston – Headteacher

We are living through remarkable times. It is a time when we are being tested in a variety of ways as individuals, as families and as a society. We look to the media for our messages and sometimes this is helpful, at others it is not. As ever, it can be helpful to look to history as we reflect on our present.

A statement which we have heard often through the media in recent weeks is that this is the most testing time for our country since the end of the Second World War and this feels like an apt point to reflect upon.



Friday 8th May is the 75th anniversary of VE Day – the day in which the Allied forces declared victory in Europe. The day is a Bank Holiday to mark the anniversary but due to our current situation the activities which were planned to mark the day will be much reduced and it will not now be the very significant national event which was planned.

Our situation now is not like that which the people of this country experienced during the Second World War but there is much that we can reflect upon from their experience. Their bravery and determination were truly admirable. They were fighting battles which they knew they could lose, they were threatened with invasion by a monstrous regime, there were bombs falling, death and destruction, families separated and yet they stood strong, they never gave in and their sacrifices were made for us, the generations which have followed.

They were led by one of our greatest national heroes, Winston Churchill. Churchill was not a perfect man. He had made mistakes in the past, quite often getting things wrong; he drank too much brandy, was often grumpy and was used to privilege and power. But what he did is never to be forgotten – he brought together and galvanised a country which was on its knees, he was honest with them and told them that it would be hard, that they would have to fight and make enormous sacrifices but that he, and they, would never give in. It is important that we never forget him and particularly the people of his generation who gave so much for what we have today and this is why the marking of VE Day is important.

What is also fascinating is what happened after the war. There was a General Election and Churchill's Conservative Party lost to the Labour Party led by

Clement Attlee. For us, 75 years later, this could be hard to understand – why did the British people reject their heroic leader at



a time of great victory? The reasons are, of course, complex but fundamentally a great many people wanted the country to change and change was what the new Government promised. People had experienced great hardship, not just during the war but in the economic slump of the 1930s, and wanted a brighter future.

The key change from the new Government was the introduction of the Welfare State which provided people with much more support from the Government than they had ever had before. There were many aspects to this, not least free education for all children, and it is complicated and not always perfect, but its shining jewel was the creation of the National Health Service – the NHS.

The NHS is essential because it looks after us; at the moment we know this more than ever and we respect, support and enormously appreciate everything the people



who work in it are doing for us at this time. Its aim is simple – to provide free healthcare for anyone and everyone in this country when they need it. This is something we should not ever take for granted; we are incredibly fortunate to live in a society in which this is the case.

So, as we remain in lockdown, it is worth reflecting upon the past and its legacy. Previous generations have given us much – our freedom and our liberty but also the institutions and organisations which look after and support us throughout our lives. Let's celebrate the NHS and VE Day in the coming weeks and never underestimate what previous generations have provided for us today.

housenews@wallingfordschool.com

Wellbeing Corner

Wellbeing tip of the week...

Freeze Frame Challenge

By Mrs Crossingham



Think of a scene from a film, play or musical. Make sure it is visual and striking. For example, below is a scene from my son's favourite film *Surf's Up*.

Then I want you to try to recreate it as accurately as possible using objects from around your home. For this we used cleaning product cans, feathers, pipe cleaners, socks, dusters, towels, a stone and branch from the garden. It's that easy... enjoy!!! As always please send your entries to:
housenews@wallingfordschool.com

Spirited Arts Competition 2020 – Art in Heaven

By Ms Frackiewicz

This is a national competition open to students aged 4-19. All you have to do is create a piece of artwork (drawing, painting, sculpture, video or any other media). Based on one of the following 5 topics. With a brief write up about your piece that is no more than 400 words long.

The deadline is the end of June to give school time to select and send the best 10 entries into the national competition.



Picturing Faith (Photo section!)

This is an innovation for our Art in Heaven competition. Pupils are invited to select up to 4 photographs from a visit to a place of worship (or another trip connected to RE) – preferably those taken by themselves, and give a brief commentary on the pictures to say what was great and what they learned from their visits. Comments about the emotions and the purpose of the place, not just 'labels and captions' are best. We suggest they are sent in a PPT presentation (or similar). If you have another way of responding to the theme 'Picturing Faith' then that is fine, please do send it in!

God's good earth?

Are we spoiling God's good earth? Should we be thankful for it? Can we save it in time from the threats of climate change? The beauty of the earth is celebrated in many religions, but the human spoiling of the earth is a danger and a coming crisis. In this theme, learners are invited to explore ideas and beliefs about the natural world, human responsibility for the earth and ways of praying about climate justice. Great work will show some originality: the globe in God's hands won't win!

Inspiring!

What inspired you? A song? A quote? Another person's life? A place? Religion offers people inspiration to live. Sometimes an inspirational life, a person's example, a text or a piece of music crystallizes our inspiration. In this theme, you are invited to identify what inspired you from a religion – it doesn't have to be your own faith, as inspiration tends to spill over the edges of

religions. Explain through your art and text what connects your inspiration to spiritual or religious life.

Holy words!

What words are holy for you? Select a saying or story you really love about peace, faith, unity, prayer or some other religious theme. Incorporate your holy words into your design or art and express the value and meaning of the words you have chosen in the images and art that you make. This theme has a close connection to the study of holy books and teaching from 2 or more different scriptures can be used, so get reading from the Torah and the Gospel, the Qur'an and the Gita, the Dhammapada or the Guru Granth Sahib. And add some words from a non-religious source of wisdom too if you like.

Where is god?

Atheists, agnostics and believers in God might all respond to this by expressing their sense of the search for God or finding God. Where's God? In your heart, in prayer, in the temple or the universe? Or is she hiding? Is he not there at all? Looking for God, searching for him or her, matters: but how are we doing in finding God? Would you search with google or a 'god-detector'? Is God on Instagram or WhatsApp? Can God be found by prayer or by looking among the world's suffering people? This popular 'Art in Heaven' theme produces great work where pupils use ideas from religions clearly: The Jewish Psalms 42 and 43 are where it starts. Please send any entries to: housenews@wallingfordschool.com

Finding meaning...

Last week Mrs Pike and Ms Bowyer asked you to find meaning in objects around the house lay them flat in a square and take a picture of them. Here is a fantastic entry from **Katrina Clayton (7SBO)**. I am very jealous of the toffee crisp Easter egg... well done!!!



Please keep these meaningful patchworks coming, and send your photos to: housenews@wallingfordschool.com

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/>

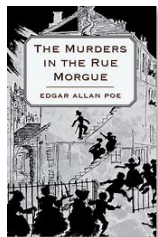
Young Minds <https://youngminds.org.uk/>

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

This week...in the past...

By Ms Simpkins

This was a busy week in the past! While we have been sunning ourselves, getting back to school work and binging on TV in the past they had loads to do! Check out this little lot!



April 20th 1841 the first ever detective story was published! Edgar Allan Poe's 'The Murders in the Rue Morgue' is said to have insured the genre so if you are looking for something to read check it out!

April 21st 753BC marks the birth of Ancient Rome! According to tradition this is when Romulus and Remus found Rome.



Meanwhile I am still struggling to find my pen.....



April 22nd 2020 marks Earth Days 50th birthday! If you needed an excuse for cake this may be it! Also in 1943

1943 the 22nd April was when Britain discovered printing £1000 notes.

April 23 1564 marks another birthday, William Shakespeare. It is impossible to know his exact date of both but records show he was baptised on 26th April and 3 days after the birth was the customary time to baptise a child. How old would he be if he was still alive today?



April 24th 1953 was the date that Sir Winston Churchill was knighted, another excuse for celebration cake. Also on this day in 1982 Jane Fonda released her first workout video, well worth a look in YouTube to check out that belted leotard look!

Gathering Good News!

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

Face masks and more - an update...

By Ms Ward



Ms Walker (our Resistant Materials teacher) has been working tirelessly to coordinate the production of masks an essential part of the Protective personal equipment (PPE) for our local key workers. We have managed to raise over £5000 to purchase materials due to the generosity of our school community. We have so far made over 1000 masks and delivered them to over 20 local care homes and hospitals including Wallingford Community Hospital, Wexham Park Hospital, Royal Berkshire Hospital, Westgate House Care home, Wallingford district nurses. Can we take this opportunity to say a massive thank you to all of the people working to look after people suffering with Covid-19.



Photo credit: Royal Berkshire Hospital



Photo credit: Wallingford Community Hospital

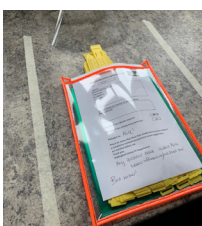
We have been using our laser cutter which allows 200 masks to be made in a day. To speed up production we have been offered the use of another laser cutter at Mary Hare school so a big thank you to Mr Holden for organising this. An ex-colleague Martin has also started producing masks at St Bartholomew's school using their laser cutter so hopefully we will be able to meet our ever increasing list of orders in a shorter time.



We have been amazed by the response from the Wallingford community. We have had packaging donated by Lesters, Emma Beasley, Mark Pike, Martin Frances-Green and free delivery by Mike Organ, as well as numerous offers of help from other teachers. It is heart warming to see our local community coming together at such a difficult time. Our Textiles team have also been busy making tutorials to show students how to make scrub bags and headbands. This is in collaboration with the Berkshire Facebook group 'For the love of scrubs'. Lynn Edwards has been making scrubs.



A massive thank you to John Cornelius (Wallingford Fire Fighter) who has been working hard with Ms Walker to produce the masks and the Design Technology team for delivering the much needed visors.



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

Overcoming Obstacles

Well done to **Bethan Lewis (7CSU)** who has created this obstacle course outside her house - it has been designed to encourage younger children in her town to keep active and entertained. We hear that it was very busy on Sunday - one family with older children even used it as a warm up for their family run!

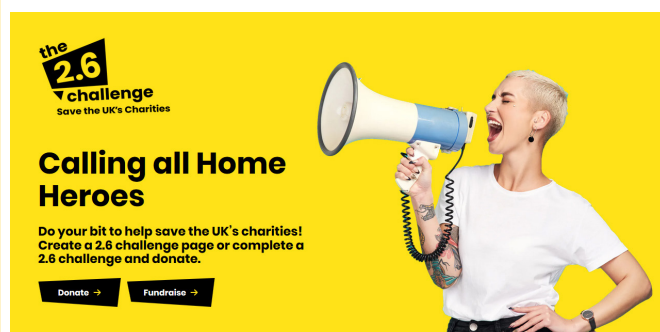


It is great to see students using their initiative to help others - Bethan's town has been hugely supportive and have plans to create more around the town to brighten a daily walk. Great work Bethan - keep it up!

The 2.6 Challenge

We've heard from our friends at Earth Trust this week, they've told us about a brilliant initiative set up by the organisers of the London Marathon. It's called the 2.6 challenge. It's a nationwide fundraising drive taking place on Sunday 26th April (would have been the London Marathon day) and will see (hopefully!) 2.6 million people across the UK undertaking their own 2.6 challenges to raise funds for their chosen charity.

Examples of a 2.6 challenge could include walking/running 2.6 miles or km, cycling 26km, or doing sets of 26 jump jacks, 260 squats, juggling for 26 minutes (or seconds) sit ups, the possibilities are endless. A bit of fun to get people active and raise some money for charities which really need it.



For more information please visit the website <https://twopointsixchallenge.justgiving.com/> To send any funds to the Earth Trust, just click on the 'Donate' button and search for the Earth Trust in the relevant search area.

We'd love to see your 2.6 challenges, so please do send them in: housenews@wallingfordschool.com

Messages from the Heads of Houses...

First an update of the house points awarded since school closures and which house is leading the competition! Well done to everyone who has contributed to their house totals.

	Bigg	Blackstone	Christie	Matilda
7	2 nd =	4 th	2 nd =	1 st
8	4 th	2 nd	3 rd	1 st
9	4 th	1 st	3 rd	2 nd
10	2 nd	1 st	4 th	3 rd
11	3 rd =	3 rd =	1 st	2 nd
Total	4th	1st	3rd	2nd

I want you think about these sentences when things are difficult in the lockdown period, when you really want to see your friends, or you just want to play sport again or go back to the club you attend normally. There will have been something in the day for you, every day, that was good. What was the good in your day today? If you are having the good day, help someone in the house or a friend to paddle who may not be in the same place.

BLACKSTONE

Ms Dudding

Hello my Green Team, Ms Dudding here!

I've been reading the weekly messages from all the Heads of House and Mr Choi & Ms Walker are doing a much better job than I could have done with their wise words of wisdom and encouragement.

Therefore I wanted to send a quick message this week to say hello but also to let you know that I had my baby last week and it's a girl!

I know times are tough and we will all be able to look back one day and talk about it, knowing we were part of History.

Hopefully we won't take the little things for granted anymore, I know I won't.

Having experienced the front line during the birth of my daughter, the whole of the NHS are doing an incredible job, real heroes! We must do the same by staying home!

I have friends who work across the NHS and I have total admiration for them, as I'm sure many of you may have a family member or friend doing the same. I want to be able to repay them for all their hard work and bravery, we do that by staying home!

Some days are going to be harder than others but it's a test of our characters how we manage it. I'm finding it incredibly hard not being able to introduce my baby girl to family and friends but know that this is bigger than that. Instead I am appreciating every minute at home with my husband, puppy and new little bundle of joy. We're planning a big party for her arrival when this is all over.

BIGG

From Mr Lyons

Greetings to all of Bigg House. I am sure over the last two years you will have heard me use the phrase above in Assembly a number of times. It was something, if you can recall, that my good friend



Anna used to say to her friends, even in the darkest parts of her illness. Now it is something that all of her friends, myself included, try to remember when times are tough. (As an aside I recently found out that the quote came from Alice Morse Earle who was an American historian and author).

A second book I would like to refer you to is one called "Make your bed", whilst this is a chore you should do without thinking, it is not actually about making your bed!

It was written by Admiral William H McRaven and is about his time as a Navy seal. In one chapter titled "If you want to change the world, find someone to help you paddle" he talks about how you don't all have bad days at once so therefore we should use each other's good days to help the people who are having a bad day. He closes with the sentence:

"You need people in your life to help you through the difficult times"

If you're having a tough day, find a way to turn it around. Pick up the phone, have a HouseParty, do the WalliPE challenges, read a good book, bake some cakes or plan what the first thing is you're going to do after this. We're all in this together, help each other.

You can be heroes too!

I miss you all believe it or not, but see you soon.

Love Ms Dudding

So, Karate 'yes' or Karate 'no', what are you going to invest some time into over the next week, month or year? It could be nailing a subject area, a new skill, art, music or a sporting move. I know I spent a long time perfecting my forward defensive cricket shot, so much so, I forgot about my back foot!

Please send me your **Miyagi Karate 'yes'** challenges you are setting yourself and if you have not seen the films, I would highly recommend them.

Take care Christie House, I miss you, and have a lovely week.

CHRISTIE

From Mrs Pike

*"Either you karate do 'yes' or karate do 'no.' You karate do 'guess so,' *squish! *" Mr Miyagi.*

This week has been a very busy one. I have been painting some rooms in my house. I love painting and I find it very relaxing. When I was painting though, a flash back to Karate Kid came to me and I had to giggle. Karate Kid is a series of films that I grew up watching and loved. There were three training methods that Mr Miyagi, the Karate teacher, taught Daniel.



Lesson 1 – Wax on and wax off

Lesson 2 – Sand the floor

Lesson 3 – Paint the fence

Whilst I was painting, I could not stop thinking of these three training lessons. I then thought about how doing such a repetitive task would create muscle memory and discipline to improve technique.

The quote at the top is something that I use a lot in the way I approach life. A 'guess so' or 'maybe' attitude will leave you on the fence and only a small amount of yourself will be invested.

Yoda "Do or do not. There is no try."

Christie house, there is no such thing as failing if you put everything you have into something and discipline yourself.

Thankfully I won't be sanding my floor this week, but I have started teaching myself how to sand and chalk paint furniture to create a shabby chic look.

MATILDA

From Ms Hearn

Hi all,

I hope you are all safe and well?

This week we should have been returning to school after the Easter Holidays, I am sure I am not the only one who is disappointed we're not. A lot of you I am sure are missing seeing your friends, school and even your teachers (even if you don't want to admit it). One of the reasons for this is the routine that school provides. Mr Lyons mentioned in last week Newsletter that the normal routines we all find boring at times are actually the things we love doing. This is certainly the case and why it is so important that even in these difficult times we still have some routines. Something as simple as ensuring you are up and ready for the day at a reasonable time, going for a walk after breakfast then completing some work until lunchtime will help keep you motivated and focused.

Keep safe and I looking forward to seeing you all very soon.

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.

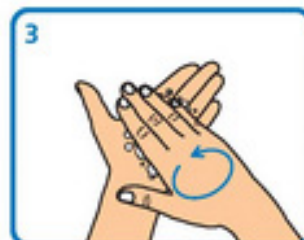
Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



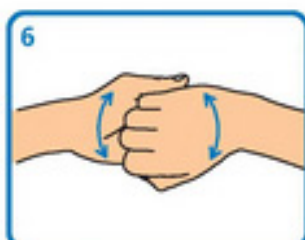
Rub hands palm to palm



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



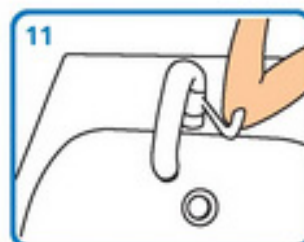
Rub tips of fingers in opposite palm in a circular motion



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



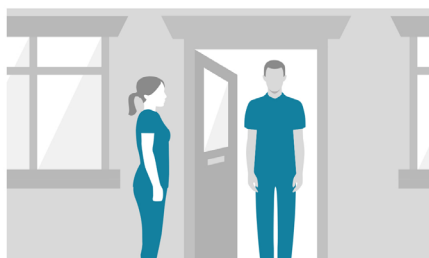
Only leave home for **essential shopping, medical needs and exercise** once a day



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