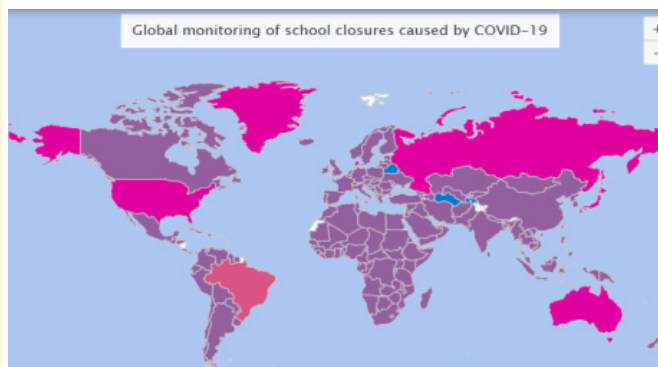


Wallingford School - House Newsletter

Friday 1st May 2020

Assembly "Thought for the week" - Unprecedented Times!

By Mrs Preston



Purple = all schools are closed

I have heard this phrase used a lot to describe our current situation and it has made me think a lot about how we much we think and talk about time.

Time can fly or crawl and sometimes seems to stand still. You can spend it. You can save it. You can waste it. We make time and we can kill time. You can have time on your hands, but sometimes time can slip through your fingers...

Over the past few weeks we have lost access to a lot of things: school, seeing friends and family, our clubs and activities, haircuts, travelling (even, at one point, knowing we could buy toilet paper!) Freedoms that we took for granted, such as being able to go to the park, browse in a shop or go out for a meal, have been taken away.

But, we have also gained something: **Time**. It might feel like we are just **marking time**, **waiting** for lock down to end, but perhaps we should make the most of this chance to just **pause**.

*'A poor life this if, full of care,
We have no time to stand and stare'*

William Henry Davies

Even if you are sticking to your usual lesson **timetable** and doing your six, 45 **minute** lessons a day, you will still find you have more **free time**, more **time on your hands**. You don't have the **time** spent on your journey to and from school, on

moving between lessons, perhaps queuing for your lunch. Other activities you would have **spent time** on, in the evening or at weekends, such as sports clubs, seeing friends, cadets, scouts or music lessons is now **spare time**.

*'Procrastination is the
thief of time'* Edward Young



So, what are you doing with these extra **minutes**, **hours** and **days**? More **screen time**? Using **Face Time**? Just **killing time**? **Time wasting**? Perhaps you are spending more **quality time** with your family and doing more things together? Perhaps you have decided it is **high time** to do something you have been meaning to do and haven't got round to (**better late than never!**)? If you haven't been making the most of this **extra time**, don't worry, you can still **make up for lost time**.

'T is not too late to seek a newer world.'
Ulysses by Tennyson

Take a **minute** to consider how lucky we are. Some people, perhaps members of your own family, actually have **less time** due to lockdown. They might be; key workers; working more **hours** than usual; working from home and looking after the family as well;

APRIL 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

you could use some of your extra **free time** to support them?

So, when lockdown comes to an end and you look back, how do you want to have spent this **time** you have been given?

'There is no time like the present'

... and there is no present like the time.

Today is a gift, so let's make the most of it.

housenews@wallingfordschool.com

Wellbeing Corner

Wellbeing tip of the week...

Something in a box

By Mrs Bowyer

On Instagram, #somethingsinabox, it is trending to showcase collections of things that people have made. Following on from collections of things with meaning this is a chance to showcase groups of things linked to a particular event or person. Lego, collectors cards, pieces from a nature walk or anything you can think of any size box would work too.



The aim is to think about how the items link and the overall composition, harmony, contrast, position, size and shape, all feeding in to making it pleasing to the eye.

Please send your entries to:

housenews@wallingfordschool.com

gramophone records would you choose to have with you, assuming of course, that you had a gramophone and an inexhaustible supply of needles”.

Plomley's first castaway was the popular Viennese comedian, actor and musician, Vic Oliver. The first piece of music chosen by Vic Oliver, and therefore by any castaway, was Chopin's Étude No.12 in C minor played by pianist Alfred Cortot.

The Music department are asking students and staff to select 5 tracks that they would like to take with them to their



Desert Island. And to tell us why. An extension to this is if you could save only one from being washed away by the sea which one would you save?

Please send these directly to the Music department's Instagram page or to:

housenews@wallingfordschool.com

Desert Island Discs - Music Challenge (walli.mus)

By Ms Hammond



Late one evening in 1941, freelance broadcaster Roy Plomley was at his home and already in his pyjamas, when an idea came to him. He sat down and wrote immediately to the BBC.

That letter reached the in-tray of the BBC's Head of Popular Record Programmes, Leslie Perowne. The pitch was successful and a broadcasting institution was born.

That first Desert Island Discs was recorded in the BBC's bomb-damaged Maida Vale studio on 27th January 1942 and aired in the Forces Programme at 8pm two days later. It was introduced to the listening public as “a programme in which a well-known person is asked the question, if you were to be cast away alone on a desert island, which eight

Puppet on a string

By Ms Laugharne

Below is a link to a Three Feathers Theatre Company video on creating puppets using household objects.

https://www.youtube.com/watch?v=7k_nEOsPSR8



Create a puppet from anything in your house (not breakable or valuable!), and practise using the puppet. The three important factors to work on are: weight; breath; and focus.

When you are happy with your puppet create a short scene featuring the puppet. You need to think of a title for your scene, how about:

"The Puppet Tries To Escape From Lockdown!"

So, for example, if you used a kitchen utensil like the one in the video, you could start by filming the utensil trying to find a way out of the kitchen, then out of the house.

Your puppet might have a voice which you could supply, or it might be a silent puppet. You could involve a second puppet or more, if other members of your family want to join in.

And if you film your scene please send it to:
housenews@wallingfordschool.com

We are looking forward to seeing what you have created!

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/>

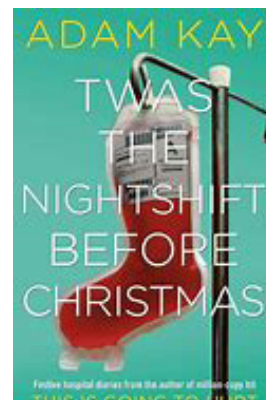
NHS Choices <https://www.nhs.uk/>

Ready 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

This week's recommendation is topical and apt from **Madeha Ali (6fLMU)**:

I've just finished reading *Twas The Nightshift Before Christmas* by Adam Kay which is basically a compilation of diary entries written by Kay from his time working in the NHS during Christmas over the years.



I thought it was pretty fitting to the current climate and definitely made me appreciate the sacrifices that many key workers make for ensuring everything continues to run as smoothly as possible. I would definitely recommend it if you haven't read it already!

Quick Quizzes

You wait around for quizzes and then two come around the corner at once. Can you get full marks on 'The History of the NHS' by Ms Simpkins. Or maybe you're better equipped for completing the sets in Mr Harpin's quiz. The answers will all be in next weeks newsletter.

The History of the NHS

By Ms Simpkins



Which was the first NHS hospital launched by Aneurin Bevan?

- A. Park hospital Manchester
- B. Guys and St Thomas's London
- C. Singleton Hospital Swansea
- D. John Radcliffe Hospital Oxford

When was the first IVF baby born?

- A. 1974
- B. 1976
- C. 1978
- D. 1980

When was the first heart transplant?

- A. 1966
- B. 1968
- C. 1970
- D. 1972

Who was Sylvia Diggory?

- A. The first registered nurse in the NHS
- B. The first student nurse in the NHS
- C. The first patient treated by the NHS
- D. Aneurin Bevan's wife

When was the 4 hour target set for A&E waiting times?

- A. 2002
- B. 2003
- C. 2004
- D. 2005

Fill in the gap: The NHS is the world'slargest employer.

- A. Third
- B. Fourth
- C. Fifth
- D. Sixth

What did the NHS launch in 2007?

- A. Free choice for patients
- B. NHS trusts
- C. The 111 service
- D. The NHS choices website

How many patients does the NHS treat every 36 hours?

- A. 1 million
- B. 2 million
- C. 3 million
- D. 4 million

When the NHS was first launched, what did many people claim for that started to put the NHS into debt?

- A. X rays
- B. Ambulance trips
- C. Cotton wool
- D. Glasses

Where did the first liver, heart and lung transplant take place?

- A. Alder Hayes
- B. Papworth Hospital
- C. Southampton General
- D. The Heath Hospital

Fourth & Fifth - Complete the sets

By Mr Harpin

1. The Deathly Hallows, The Half Blood Prince, The Order of the Phoenix,,
2. Bayern Munich, Real Madrid, Barcelona,,
3. Marble Arch, Bond Street, Oxford Circus,,
4. Band Aid 20, Shayne Ward, Leona Lewis,,
5. Jessica Hayes & Max Morley, Nathan Massey & Cara de la Hoyde, Kem Cetinay & Amber Davies,,
6. Blindside Flanker, Openside Flanker, Number 8,,
7. Hydrogen, Helium, Lithium,,

Purrfect Pet Pictures

Those of us with pets know that lockdown life for them is a dream come true. **Hollie and Fin Green (8JHU and 8CDA)** have been looking after Chester & Willow who are now 10 weeks old.

They say, "They are making our lockdown fun but are very distracting when we are trying to do our schoolwork!"



If you have any photos of pets taking advantage of you being around more then please send them to: housenews@wallingfordschool.com for house points!

Gathering Good News!

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

D of E News
for Year 9

By Mr Harpin



WALLINGFORD
SCHOOL

Although things have changed somewhat since launching the Duke of Edinburgh Scheme to Year 9, there is no reason why you cannot start the programme. For those who have enrolled, you should have received an email from Mr Harpin explaining how to log on and proceed with your tasks. In the email is also a link with examples of the different activities that you can complete during lockdown:

<https://www.dofe.org/dofewithadifference/activities>

If you did not enrol, please feel free to have a look at the possible activities in the above link & contact Mr Harpin @ harpinw@wallingfordschool.com if you are interested. This could be a perfect way to plan and record activities to keep a healthy mind during lockdown.

NHS Oxford Health - THUMBS UP: Thousands of face shields for NHS and care homes

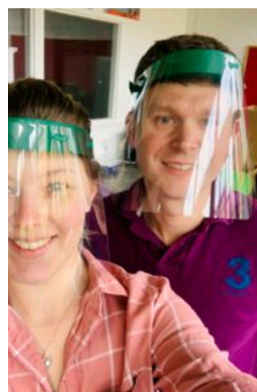


Wallingford, St Bartholomew's and Mary Hare schools' amazing production line.

School's out – kind of – and Wallingford School's Design & Technology workshop has turned into what sounds like a factory. Alice Walker, a Design and Technology teacher, and her partner John

Cornelius have been producing face shields for the NHS at the rate of six every nine minutes. They have been joined by two other schools, St Bartholomew's and Mary Hare in Newbury, and together they have already produced over 3,000 shields.

Alice and John set up a [Facebook page](#) in mid-April to raise funds to buy materials for the face shields. In 16 days, it raised £6,000.



"We now have the material to make 12,000 shields," Alice says.

Alice got the designs for the face shields from the internet but had to slightly modify them to match the software their laser cutter in Wallingford uses. Her ex-colleagues and acquaintances Martin

Turner from Newbury and Michelle Flannery from Mary Hare School came along, tripling the production capacity. Steve Holden has been distributing the materials to the other schools and helping them set up while other members of the Design & Technology team have been delivering the face shields all over the county.

"We have now distributed to local care homes and hospitals as orders have come in," Alice says. Abingdon Minor Injuries Unit received 100 shields on Friday, and Wallingford Community Hospital has received 500. All current orders are now fulfilled so Alice and rest of the team are producing for stock.

"Nobody knows how long this is going to go on," Alice notes

"The face masks will make such a massive difference to the staff working in urgent care," said modern matron Mandy McKendry from Abingdon MIU.

"Being on the very front line it is always difficult to pre-empt what may be needed when visiting patients, but this will go a long way to help provide support for our emergency practitioners. I have no words to express my level of gratitude!"

In the picture left, emergency paramedic practitioner Neil Carver gives his thumbs-up. A HUGE THANK you from everyone in Oxford Health to Wallingford, St Bartholomew's and Mary Hare Schools!

housenews@wallingfordschool.com

Messages from the Heads of Houses...

BIGG

From Mr Lyons



Hi Bigg House. It has been 5 weeks since we left school and if I am honest I had to check it was that long ago. 5 weeks is such a long time that I cannot really remember what I did in the first week of lock down. Just like in the Summer holidays I am now also starting

to forget what day it is or what we had for dinner even a few days back (it is not just old age thank you!).

Oddly in these 5 weeks, despite it being different, difficult and demanding, it has created some great memories. There have been so many things I have done as a family, that would never have happened, had we been at school as normal. For that I am really grateful. It has also allowed us to work in different ways and show innovation and creativity that we wouldn't have done otherwise. (This weekly newsletter for example).

What it has also allowed me to do is recap special memories over the last four years of being in Bigg House. Here is the list that I came up with:

1. Winning sports day for the first time
2. Winning it the second time and the annual cup
3. The house pancake race we had.
4. Being with the two year 11 tutor groups on their last day.
5. Raising money for Victoria's promise through the burpees and the Bigg House tuck shop.
6. All the food you brought in for the food bank.
7. The first moment I walked into the 6th form common room to meet you all as a house.
8. My amazing tutors that I have had every year, even the ones not in Bigg anymore.
9. How lucky I am to have such wonderful students who act and present themselves, so that I can always be proud of you.
10. Walking through the form rooms every day and just saying good morning to you all.... soon I can do this again I hope.

Have a good week all.

BLACKSTONE

Mr Choi & Ms Walker

Hello Blackstone House,

What amazing news we received from Ms Dudding last week, on top of this we are delighted to share Ms White has also had her baby too, a huge congratulations there.

To continue the positive news, I wanted to say a huge well done to lots of you who have submitted work these couple of weeks to your teachers. So many of you have picked up house points. Here are some of them - Naroa and Eva in 7MHG getting high praise for their artwork as well as Eddie East and Sam Warrington in 8CAK. Well done to this lot in 9SDO for getting rewarded with housepoints in a variety of subjects - Jamie Carrington, Billy Carrington, James Cormack, Thomas Humphrey, Charlie Light Clara Bevis and Beatrice Tharme. Well done to Queru Gouldby, Harry Bowden and Lewis Newman in 8MKH for their drama work. Emily Strange, Bea Swaine and Louis De Vince representing 9SV in picking up house points; as well as, Beau Williams, Ella Beasley and Jamie Clayton in 7CSU too. As you can see lots of you have been completing work and been sending them in, I wish I could mention everyone, but the list is endless. I appreciate your hard work during these times and am looking forward to seeing more of your names popping up for house points.

To finish, in the last couple of weeks I have been involved in lots of facetime/zoom sessions with my friends, we have been hosting and participating in quizzes. During these I have picked up on so many extra facts and even from researching answers for questions I have learnt some random information which has helped in other quizzes.

I have 10 questions for you and your families to have a go at, once completed email me your answers at choif@wallingfordschool.com - House points will be available for winners and all entries.

1. What is the smallest state in America?
2. What number president is Donald Trump?
3. What wood is used to make a cricket bat?
4. Name either of the two double landlocked countries?
5. What is the only substance that is denser as a liquid than a solid?
6. Name either of the two winners of the 2019 Booker Prize.
7. Solve the anagram to find the name of the famous sportsman - AN ARM? GOOD IDEA
8. Solve the anagram to find the name of the politician - MEDIA BLIND
9. Who is missing from the following: Amy, Jo, Beth and ...?
10. Solve the following riddle: There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

CHRISTIE

From Mrs Pike

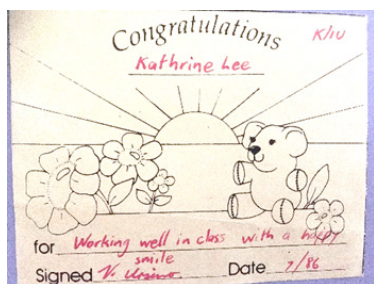
*"..It's one o'clock, it's two o'clock
I gave a great big puff -
"It's three o'clock, it's four o'clock"
Away went all the fluff...*



This week has been a trip down memory lane. My family and I took a walk in the Castle Meadows and came across a sea of Dandelions. My children could hardly contain themselves. As they were huffing and puffing and sneezing, I decided to teach them the song above. It was one my gran taught me when I was little, and I still remember it!

Have you ever come across an old storage box and spent hours going through your old possessions; letters, birthday cards, photographs? Reminiscing and remembering can be one of life's true, unpredictable and thrilling, delights. With it can come realisation, how far you have come, how much you have changed; or haven't.

Now, the present is a little uncertain and I know the past few weeks I have encouraged you to find meaning, consider what your Miyagi 'Yes' could be. This week, I would really like you to reflect and remember something from long ago that made you smile. I did a little reflecting in my 'School Days Memories' folder and read over some of my old school reports.



Here is a picture of my first ever Assembly Award. It was a very long time ago, but I still remember the feeling of having my name called out, I was so proud.

So Christie House, take a trip down memory lane and I very much look forward to hearing about some of your lovely memories.

Take care and please keep staying safe.

This really has been a challenging time for everyone and we are most likely thinking about everything that is negative about the current situation. However, I am sure if you thought about it there have been loads of positives you can take away from this.

My sister, brother in law and three nieces have been keeping a video diary of their journey in lockdown and I have thoroughly enjoyed seeing and hearing about all the activities they have been getting up to. Last week my eldest niece (with a little help from her dad) wrote a poem about their Coronavirus lockdown experience. The video my brother in law made of her reading it was just amazing and she ended up on Sky News talking about her poem and experience. So I thought this week I would share the poem written from the perspective of a 6 year old.

*Corona Virus you're a funny old thing
Are you a blessing in disguise?
I really miss my family and friends
And you've taken far too many lives
On the other hand you've united us all
Our society was quite broken
Now every Thursday we clap for our heroes
Without a word having to be spoken
Daddy says we're living through history
They'll be books written about these times
I liked painting the rainbows
And the sun always shines
Our teachers have been great
We do our learning online
Mummy's our teacher now
She's patient and she's kind
We have a walk every day
That's Daddy's favourite bit
Sometimes we ride our bikes
To try and keep us fit
Daddy works from home
He's in our spare room
Mummy says he's hiding
He spends a lot of time on Zoom
We've been making video diaries
Since we were on lockdown
We've been singing and dancing
And doing lots of laughing
Corona Virus has taught me lots
Like how to make banana bread
I'm the champion at Uno
And I'm always late to bed
Corona Virus I'm going to tell you a secret
To me you've been a lot of fun
I've got to hang out with my family
And eat ice cream in the sun
I wonder if you've changed the world Corona
What will the new normal be?
You've certainly made us pause and think
We'll have to wait and see*

MATILDA

From Ms Hearn

Hi all,

As always I hope you are safe and well?

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



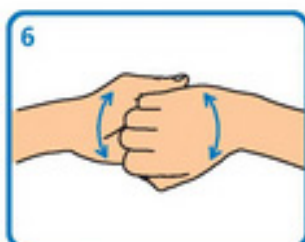
Rub hands palm to palm



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



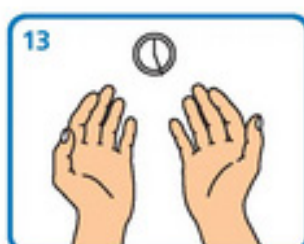
Rinse hands with water



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



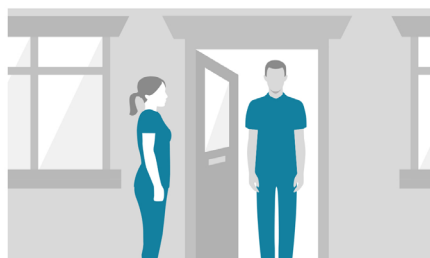
Only leave home for **essential shopping, medical needs and exercise** once a day



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