

# Wallingford School - House Newsletter

Friday 8th May 2020 - VE Day 75th Anniversary

## Assembly "Thought for the week"

By Mr Keeling - Assistant Headteacher

### "It appealed to every geeky bone in my geeky body"

This is one of the reviews from one of my all-time favourite books Ready Player One by Ernest Cline. There are two reasons why I am mentioning it in this assembly.

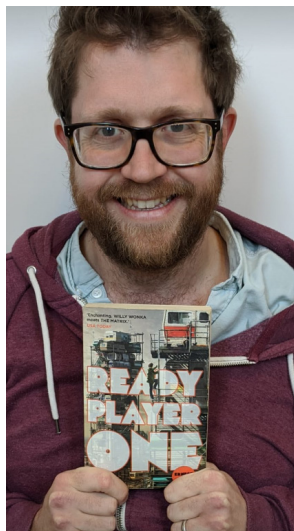
The first is the premise of the book. It takes place in a dystopian future where everything happens remotely and online.

All social interactions are done through a giant online world called OASIS. I have been thinking about this book a lot recently and the parallels with it and what we are all currently experiencing with social distancing.

The thing that struck me most about the OASIS world is that the relationships between the main characters formed remotely through TV screens and computer monitors were strengthened by the experience. The OASIS world taught people to place value on communication with friends.

Similarly, at the moment I have rekindled conversations with friends over Zoom, I look forward to What's App video calls with my parents to hear about their day. Previously, because getting in a car and seeing them was always an option, I maybe underappreciated these relationships.

The second reason I mention this book is to do with the review:



### "It appealed to every geeky bone in my geeky body"

We are all whether we like it or not - or whether we realise it or not – geeks! Some of us are geeky about a TV programme we have watched every episode of 20 times. Some of us are geeky about comic books. Some of us are geeky about our favourite music genre. Some of us are geeky about certain computer games. The list goes on...

Whilst we have extended periods of time at home it is a wonderful opportunity to indulge the geeky part of ourselves. Or indeed find something new to be geeky about.

I have friends who have found all sorts of new hobbies to become geeky and obsessed with at this time. Some are now geeky about baking. Others are geeky about making their own clothes. The lists of YouTube tutorials or stay at home projects out there is endless.

I hope all of you are embracing your geeky bones or discovering new reasons to be geeky! And I also hope that even though there may be physical distance between friends and family members at the moment that you are finding new ways to connect with them.

[housenews@wallingfordschool.com](mailto:housenews@wallingfordschool.com)



75th Anniversary of VE Day

#VEDay75

Thank you to Ms Delaney for sending us a copy of the Daily Express, Tuesday 8th May 1945.

Top story:

"TODAY IS THE DAY: THE KING AND THE PREMIER WILL SPEAK. LONDON CROWDS 'SEE IN' THE OFFICIAL VE DAY."

# 75th Anniversary of VE Day

By Ms Simpkins

VE Day - or 'Victory in Europe Day' - marks the day towards the end of World War Two (WW2) when fighting against Nazi Germany in Europe came to an end.

On 8 May 1945, Prime Minister Winston Churchill made an announcement on the radio at 3pm that the war in Europe had come to an end, following Germany's surrender the day before.

## How was VE Day celebrated?

Huge crowds - with lots of people dressed in red, white and blue - gathered outside Buckingham Palace in London. They cheered as King George VI and his family, including Princess Elizabeth (the current queen) and Princess Margaret, came out onto the balcony to greet everybody.

Princess Elizabeth and her sister were allowed to leave the palace and celebrate with crowds outside, although they had to do it secretly.

The future Queen described it as "one of the most memorable nights of my life".

Many people also attended church services to thank God for the victory.

By the beginning of 1945, the German army had been weakened and defeat looked likely.

Tuesday 8 May, 1945, was an emotional day that millions of people had been waiting for.

Many people were extremely happy that the fighting had stopped and there were big celebrations and street parties.

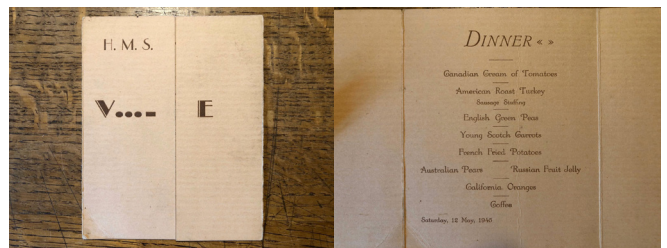
London's St Paul's Cathedral held 10 services, which were attended by thousands of people.

But VE Day was also a moment of great sadness and reflection, as millions of people had lost their lives or loved ones in the conflict.

Many had to continue fighting in other battles and lots of people were being kept as prisoners of war abroad.



Miss Walker's grandad celebrating VE Day on aircraft carrier HMS Tracker between San Diego and Hawaii - even a dinner menu!



## Was VE Day the end of World War Two?

Even though VE Day marked victory for Europe over Germany, it did not mark the end of World War Two.

In his VE Day announcement, Winston Churchill said: "We may allow ourselves a brief period of rejoicing, but let us not forget for a moment the toil and efforts that lie ahead."

Even after 8 May, many soldiers, sailors and pilots were sent to the east to fight against the Japanese, who had not yet surrendered.

The end came on 14 August 1945, after two atomic bombs were dropped on the Japanese cities of Hiroshima (6 August) and Nagasaki (9 August).

On 15 August 1945, the allies had officially defeated Japan. This date is known as VJ Day.

World War Two was finally over.





# 75th Anniversary of VE Day

## A Photographic Tribute...

By Miss Absolom

Chris O'Reilly's (Year 7) great-grandad Jack was a radar man in the Navy. His great-nana Molly was on the homefront (ATS).



Mr Smith's grandad served in the fire brigade in Birmingham in WW2. The picture shows his mum, uncle and grandmother too.

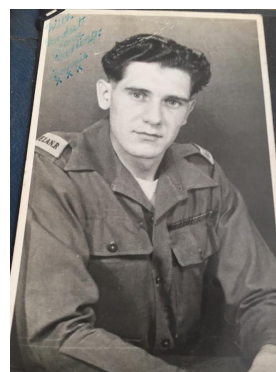
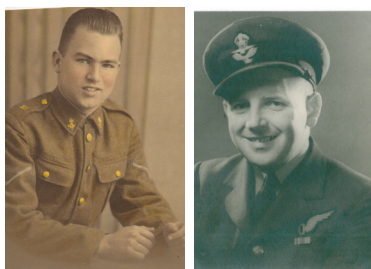


William Beel, a great uncle, who died in November 1941 on HMS Barham, which was sunk by a German submarine. Sent by the Lock family.



Matthew Goodwin's (Year 9) great-grandad, Wilfred Tingey. He was a game keeper and Homeguard. He was responsible for identifying enemy aircraft. He also raised animals providing chickens and eggs to the community and had 17 dogs.

(L to R) Donald Arnel and Ivor Harrison are Edward Thomasson's (Year 7) great-grandads.



Ms Lee-Brydges' grandad Benjamin. He served in Burma and was parachuted into the jungle there.



Mrs Hands grandpa Sgt. Bill Watson (the tall gentleman) along with his brother Jim (right) and their comrades.



My grampy Dvr. Jim Absolom - he served in both Italy and North Africa, No.1 Topo Section, 516 Field Survey Company. (Left)

Kim Maslen's (Yr 8) great-grandmother who was in the land army and great-great-grandfather who served in Anti-Aircraft battery, Royal Artillery.



Ms Dudding's grandparents - grandad served in North Africa against famous German commander Rommel and Grandma was a nurse for rehabilitation for injured soldiers.

Miss Jolly's grandad (Right)



Miss Walker's grandad Bob Walker (Left)



(L to R) Mr Lyons' grandad (mac), great-grandad and grandads brother. They were all in the navy.





Here we have Mrs Prince's grandfathers (L to R) Denis Atkins, Oxford & Bucks Light Infantry, 12 Commando, Royal Signals - 6th Airborne and finally Burma Campaign, and Norman Line, RAF Auxiliary (driver).

Megan Druce's (Year 8) great-granddad. He was a Colour Sergeant in the Royal Marines during the War and when he was home on leave (in Portsmouth), he was a Warden helping with the patrols for the air raid shelters and checking houses during the black-outs. (Right)



Mrs Grainger's grandfather, Kenneth Barker, he became one of the first radar operators. He was parachuted in behind enemy lines ahead of D-day to work with the French Resistance and fortunately made it home safely after the War. (Left)



Ms Mummery's granddad, Cecil, who was a driver in the Royal Army Ordnance Corps. He was in N Africa, Italy and Holland. (Right)



Mrs McGarrick's granddad, Donald Hatton. (Left)

Anna and Sophia Grace's great-grandfather in his uniform on his wedding day in 1942. From the other side of the line, wearing his Wehrmacht uniform. An ordinary officer in the regular army. (Right)



Ollie and Ella Beasley's great-grandfather Cyril Beasley in the Second World War. Here he is firing the Bren gun. (Right)



Ed Archer's (Yr 9) grandpa flew in RAF during WW2. He learnt to fly from Bicester & his Grandmother at Oxford Town Hall dances. His plane was shot down over France and he was taken prisoner of war - after trying to escape via the resistance. On VE Day he was being marched to Poland by the Nazis. (Above & Right)



Ms Bowler's two grandads. (Left) Tom was at Dunkirk and (above) Eric in intelligence communications with the Royal Air Force.



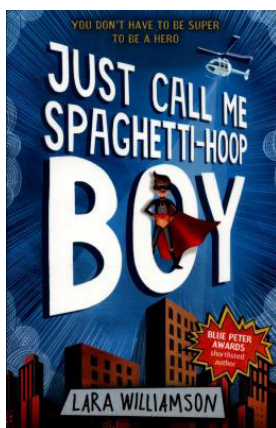
Miss Madden's grandpa (Bob Madden) was in the Merchant Navy during WWII. He was in a destroyer off the Normandy coast on D-Day (he described the ship shooting the German panzer tanks as they approached the beaches along the beach tops as 'shooting ducks at a fairgame'). His diary that he kept during D-Day can now be seen in the Imperial War museum. He also served on the Arctic convoys which were vital in helping keep Britain and her allies supplied during the war - the medal you will see is the Arctic star for his service. (Above)



## Books to try during lockdown...

From the Blackstone Library

My name is Adam Butters.  
I live on planet Earth.  
I like eating spaghetti  
hoops and I'm going  
to be a SUPERHERO.  
Superheroes solve  
problems and make people  
happy, and that's good  
because my mum needs  
cheering up. Also, I've  
found out that before I  
was adopted my real mum  
called me ACE. So now I've  
got to prove to the world  
that's what I am...



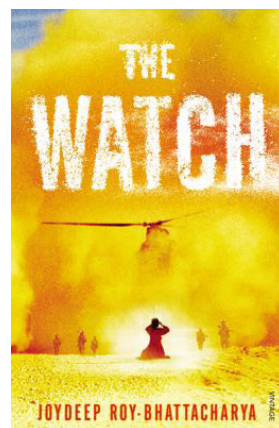
Three sisters trapped by  
an ancient curse. Three  
magical objects with the  
power to change their fate.  
Will they be enough to  
break the curse? Or will  
they lead the sisters even  
deeper into danger?

An uplifting story of  
friendship, unity and  
hope that highlights the  
important and topical  
issues surrounding  
young carers and young  
refugees. Fourteen-year-  
old Stevie lives in Lewes  
with her beloved vinyl  
collection, her mum ... and  
her mum's depression.

When Stevie's mum's disability benefits are cut,  
Stevie and her mother are plunged into a life of  
poverty. But irrepressible Stevie is determined not  
to be beaten. Then she meets Hafiz, a talented  
footballer and a Syrian refugee. Hafiz's parents  
gave their life savings to buy Hafiz a safe passage  
to Europe; his journey has been anything but  
easy. Then he meets Stevie... As Stevie and  
Hafiz's friendship grows, they encourage each  
other to believe in themselves and follow their  
dreams.

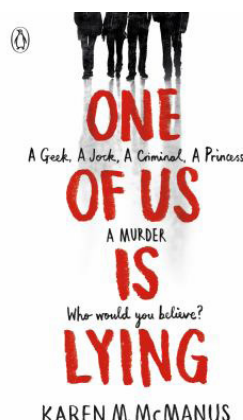


You've had no sleep since  
the firefight last night. The  
morning fog beyond the  
walls of your base lifts  
to reveal a lone woman  
approaching the gate.



She says she has come  
to claim the body of her  
brother killed in last night's  
attack.

Is she a terrorist? A spy? A lunatic? What do you  
do?



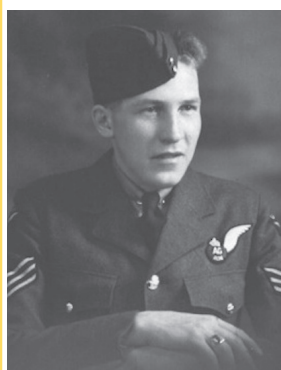
Five students walk into  
detention. Only four leave  
alive.

Yale hopeful Bronwyn has  
never publicly broken a  
rule. Sports star Cooper  
only knows what he's  
doing in the baseball  
diamond. Bad boy Nate is  
one misstep away from a  
life of crime. Prom queen

Addy is holding together the cracks in her  
perfect life. And outsider Simon, creator of the  
notorious gossip app at Bayview High, won't ever  
talk about any of them again. He dies 24 hours  
before he could post their deepest secrets online.  
Investigators conclude it's no accident. All of them  
are suspects.

Everyone has secrets, right?

What really matters is how far you'll go to protect  
them.



My great-grandfather, F/O Mike Gnius, who was a mid-upper  
airgunner and flew with the Royal Canadian Air Force based  
in Yorkshire during WW2. - Zachary Harbord, Year 7

## Wellbeing Corner

### Wellbeing tip of the week...

By Mrs Bowyer

**Get creative! Find activities that increase creativity. Here are some examples:**

#### 1. Rebrand an Existing Product or Service

Is there a logo out there that you hate? A product that has awful packaging? Then do it better. Figure out, from what you already know about that product or service, what the advertising or design should say. Have fun with it.

#### 2. Design Another Letter of the Alphabet

You are tasked with inventing a 27<sup>th</sup> letter of the alphabet. It must represent a sound, maybe a letter for PH, PN, or KN. What symbol will it be? It's harder than you think; the alphabet has been developing for centuries and you'll soon find that your new letter is just a backward p or an upside-down y.

#### 3. Package Yourself

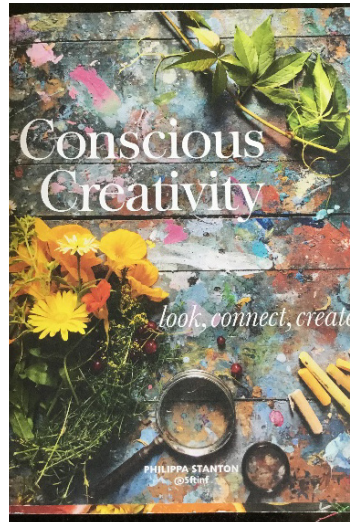
If you were available to buy in your local Co-op or Tesco, what would the packaging look like? What would your catchy product title be? What would it say on the box? This is not just an exercise in creative thinking, but of establishing your own personal brand in a fun and inventive way.

#### 4. Invent A New Sandwich

Turkey, coleslaw, and Russian dressing? Whitefish, capers, onions, and cream cheese? What would your new sandwich be? How would you market it? What would you call it? What is the wow factor that would make it an instant hit?

#### 5. Write a Six Word Story

Ernest Hemingway, one of the greatest authors of all time, was once challenged to write a complete story in just six words. Never one to shy from a challenge, he wrote: "For sale: baby shoes, never worn." What would your complete six-word story be?



Ms Bowyer also recommends this book. It is full of activities to assist with creativity, it gives lots of exercises to use to increase creativity and look at things in a different way.

The pictures are delicious and the exercises great for well being and mindfulness!

Please send your entries to:  
[housenews@wallingfordschool.com](mailto: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](mailto: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/>



## Exciting Extension Opportunity

We recently posted a brilliant link on **Show My Homework** that allows students to watch a huge variety of videos run by **Speakers4Schools**. These are very similar to TedTalks and are on a huge variety of subjects, including mental health, careers, and academics - pick any talk you want to watch and learn something beyond what your teachers have set you! Whether you're in Key Stage 3 and interested in broadening your horizons, or in the upper years and wanting to research something to boost those college, university, job, or apprenticeship applications, you'll be sure to find a talk that suits you. There is even a worksheet to complete while you watch and some **house points up for grabs** if you submit your completed worksheets to:

[scholars@wallingfordschool.com](mailto:scholars@wallingfordschool.com)

Thanks! Ms Norman

## Customise Challenge

We thought we would end the week by taking a little inspiration from Year 11 student Moya - she sent Mr Choi this photograph yesterday of her newly bought trainers, which she has customised with her own little twist! We think they are great!!



Please accept the [#CustomiseChallenge](#)

We would love to see more, be as creative as possible - this doesn't have to be something you wear...

Send your customised products to [socialmedia@wallingfordschool.com](mailto:socialmedia@wallingfordschool.com)

[#StayinTouchandKeepSharing](#) [#NewSkills](#)  
[#Homeschooling](#) [#CreativeIdeas](#)

## Quick Quizzes

### The History of the NHS - Answers

By Ms Simpkins

1. B / 2. C / 3. B / 4. C / 5. A / 6. C / 7. D / 8. A / 9. C / 10. B

## Fourth & Fifth - Complete the sets - Answers

By Mr Harpin

1. The Goblet of Fire, The Prisoner of Azkaban.
2. Real Madrid, Liverpool.
3. Tottenham Court Road, Holborn.
4. Leon Jackson, Alexandra Burke.
5. Jack Fincham & Dani Dyer, Greg O'Shea & Amber Gill
6. Scrum Half, Fly Half.
7. Lithium, Beryllium



Mr Ross has sent us this photo of HMS Grieve - his uncle Tommy Hughes (24 years old) was on board and died when the ship hit a mine in Dunkirk harbour.



Mrs Hands has sent in this lovely photograph of her grandparents Kay (WAAF) and Bill Watson (RCE) on their wedding day 6th April, 1942. Bill was Canadian and met Kay when posted in Lancashire.



Here we have Charlotte Hull's (Year 8) great-grandads Bill Sutherland, Argyll and Sutherland Highlanders, and Alec Rae, 5th Battalion Black Watch - awarded Military Medal in North Africa.

## Desert Island Discs - Music Challenge (walli.mus)

By Ms McGowan

My Dad loved classical music and met up with his three brothers every Thursday evening for a few beers and some classical music. Classical music was always on the radio at home.

1: Strauss, Overture to Die Fledermaus. I only enjoyed the overture, the rest of it was too much for a teenager. Dad always played this at Christmas, It reminds me of him.

2. Mozart, Duetta dull aria, from the Marriage of Figaro. I first heard this aria in The Shawshank Redemption. It really is beautiful, it takes you away to a different place.

3. Elbow, One day like this. I sang this in our Summer Concert 2019 ( Oxford City Singers). We got a standing ovation. It's a positive song and reminds me of being able to go to Choir on a Thursday evening. Hopefully, choir can start again in September.

4. Eleanor Rigby, The Beatles. An amazing song, thoughtful, incredible lyrics.

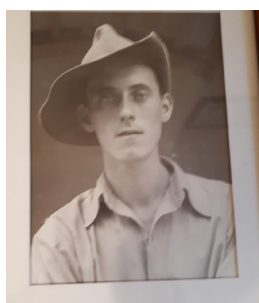
5. Temptation, Heaven 17. Fabulous, sing it at the top of your voice. Love it.

I'd save Elbow: One day like this.

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](mailto:housenews@wallingfordschool.com)

Ms McGowan sent us this photograph of her dad, John McGowan, who served in Burma between 1939 to 1945 and was demobbed in 1946. He was 20 years old in this photo.



## Gathering Good News!

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



**Last Friday we all wished Captain Tom Moore a very happy 100<sup>th</sup> Birthday. He has raised more than £30 million pounds for the NHS and it is simply awe-inspiring. The Tidmarsh brothers wished him happy birthday with their own rendition. Great work boys!**



## 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.

Year	Bigg	Blackstone	Christie	Matilda
7	1st	2nd	4th	3rd
8	4th	1st	2nd	3rd
9	2nd	1st	4th	3rd
10	2nd	1st	4th	3rd
11	=3rd	=3rd	1st	2nd
<b>TOTAL</b>	<b>2nd</b>	<b>1st</b>	<b>4th</b>	<b>3rd</b>



Ms Delaney's grandpa Joe and members of his regiment.



BIGG

From Mr Lyons

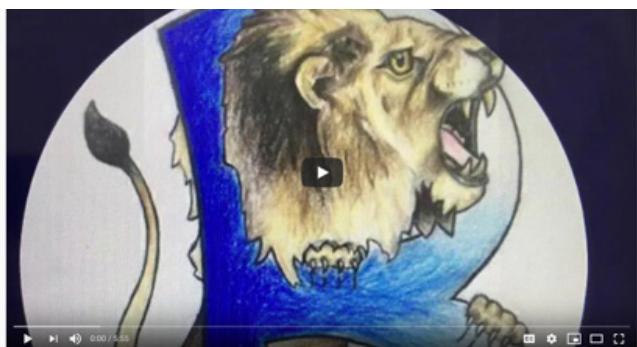
Hi Bigg House

I thought this week I would not make you read some interesting thoughts from myself, but instead offer you the chance to see some familiar faces!

I hope you enjoy. Take care, keep safe, 2m apart and keep smiling!

Please follow the link below to view.

<https://youtu.be/6SvNCQeVKsA>



BLACKSTONE

Mr Choi & Ms Walker

Friday is the 75<sup>th</sup> Anniversary of VE Day.

We know that VE Day (& WW2) are part of history for all of us in Blackstone House, however do you have a member of your family for whom VE Day is not History but a memory?

A Grandparent? A Great-Grandparent? A Great Aunt or Uncle?

My Dad was a child during WW2, but he can still clearly remember important key dates / events from the war – like VE Day.

**Here's a challenge for you Blackstone!**

Why not take the time on Friday to connect with an older relative? It won't cost you anything but could make all the difference to the person that you are calling. It is at times like these that we should care for everyone in our family, in our community. A phone call or FaceTime could brighten up their day!

People may have memories of VE Day – snapshots of part of the day – but they probably don't remember details. It is the details that become lost, faded, as time passes.

**So, here's another challenge for you Blackstone!**

Write a letter to your future self. Good old pen & paper would be great or an electronic version (that you can then save / email to yourself). In it write down details about your life during lockdown – the details seem small and insignificant at the moment, but these will be the things that fade.

What is 'your song' of lockdown?

What is your favourite boxset?

Which friends do you talk to most on FaceTime / Zoom? (Write full names – you will forget some names in 30 years' time!)

What activities have you enjoyed doing – sport / cooking / baking / challenges?

How do you feel?

These are the most unique circumstances our country has faced since WW2, so why not record some of these thoughts / memories? It would be a shame for them to be lost or for them to fade...

**Well done & Congratulations:**

Well done to all of those in Blackstone who have been taking part in the various department challenges – superb.

House Points for this week – 410. Blackstone that is awesome. Well done you! An especially big 'Shout Out' to Yrs 7 & 9 for such great contributions.

We would also like to say a massive 'Well Done' to Fleur Salbany & her family for winning Mr Choi's quiz with a score of 7 / 10. Fabulous!

We miss you guys.

We hope that you are all well, staying home, washing your hands lots & completing all of those fabulous activities on SMHW.

Take care & Stay safe. Ms Walker & Mr Choi

## CHRISTIE

### From Mrs Pike

Hi Christie House,

I hope you have had a good week.

I was reading *Green Eggs and Ham* to my daughter the other night and ended up so tongue-tied, have you ever read this? After Eva had gone to bed, I wanted to find out a little more about Dr Seuss and why he writes in rhyme and what was the reason behind the riddles. Well, I did find the answer and it was not all that exciting really. I did however uncover what I would class as pure gold! I really wish I was with you to share this in an assembly. I have found this very funny man called *Wes Tank* who raps Dr Seuss books over a *Dr. Dre* beat. It is brilliant!

Here are some links if you want to enjoy it too!

<https://youtu.be/hqlbEHNqbPs>

<https://youtu.be/nwDGRUzv3SE>

I have been checking on your SMHW activity. Thank you for those of you really working hard to contribute to the tasks set. I really hope the feedback you are getting is making a difference too. I have heard from several your teachers who have said how pleased they are to receive your work. I know I get excited when I receive work on SMHW from pupils, it certainly keeps the connection live. Many of you have received points for your submitted work and your participation in the fun optional extra-curricular activities. There are a handful of you who have received many points for the house, and I thank you for that. I have just seen the leader-board overall though, and I have to say it made me feel very sad.

So, I have been thinking of a way to encourage you to complete work and or participate in the challenges and get more points. What better way than to make you a pledge. ***If we win the Lockdown House Point Challenge, I will rap a Dr Seuss book over Dr. Dre beats in our first assembly.*** You have all seen my last attempt at rapping, so I am putting quite a lot on the line here, but you are **ALL** an amazing cause. How does that sound? So, Christie House, I challenge you to get as many points as you can! Have a super week and be the best version of yourself.

## MATILDA

### From Mrs Sherlock

Hello Matilda House! Mrs Sherlock here.

I wanted to steal this slot this week and let you all know that I'm so excited to be back working as your Head of House again.

I have been missing you all immensely both in and out of lockdown. But over the past 6 weeks I have especially loved seeing and hearing about all the amazing things you have all been getting up to. All your acts of kindness, new hobbies that you are trying, talents that you are discovering, and all the house points you have been earning. I am so proud of each and every one of you for coping, adapting and rising to this challenge.

It's a situation that we've never experienced before, but we've done all we can to adapt and adjust, so we can all get through it as well as possible. It's only too easy to see the negatives in this complicated situation, but I've tried to see it as a gift, a gift of time, and I'd like you all to try and see that too. Time is something we are all desperate for more of in our daily lives. Now we have it, embrace it.

Take advantage of this extra time to call your parents, grandparents, or friends. Use the technology around us and stay in touch.

Enjoy precious times with the people you love the most.

Spend time on something you love, reading, running, gaming, baking, and don't feel so guilty about it, everything in moderation, absolutely, but savour the free time you have any enjoy it. Take an extra-long bath, take time to eat and enjoy your meals, have that extra half hour in bed in the morning (disclaimer- this doesn't mean sleeping in till 11am). Perhaps use some time to try something that you aren't very good at, it doesn't matter if you fail, we have time to spare, no time is wasted, and who knows you might enjoy it.

Finally, let's not forget that it's important to be bored sometimes, to rest and do nothing. Daily routine is so important but let's not put pressure on ourselves either!

Keep going Matilda. Keep doing what you are doing, and take each day at a time.



Ms Mummery sent us this photograph of her dad David Mummery, celebrating VE Day in South London (where he lived in a school for years, having been bombed out twice). He is second from the right in the front row.

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

[housenews@wallingfordschool.com](mailto:housenews@wallingfordschool.com)

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



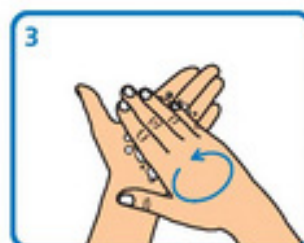
# Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



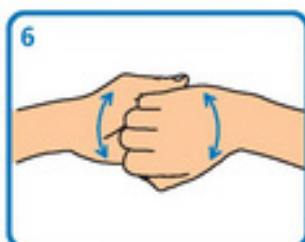
Rub hands palm to palm



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



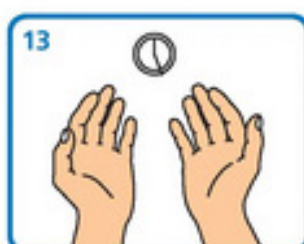
Rinse hands with water



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



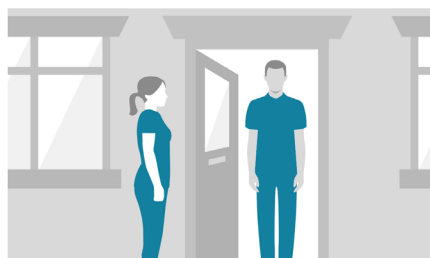
Only leave home for **essential shopping, medical needs and exercise** once a day



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