

Wallingford School - House Newsletter

Friday 15th May 2020

Assembly "Thought for the week" - Embracing Discomfort

By Mr Lamb - Deputy Headteacher

Many of you will have read, seen or heard about the various sectors that have experienced a boom in sales during the current lockdown. Companies providing home office equipment, personal fitness items, hair and skin products, home improvement goods and kitchen merchandise have all welcomed an increased interest in their websites over the past few weeks.

In fact, many of them are struggling to keep up with demand. However, it's another group of items with dramatically increased sales that has got me thinking: comfort clothing. Apparently, lots of us have invested in new 'loungewear', including sweatpants, hoodies, leggings, pyjamas, slippers, onesies and dressing gowns. Why?



Well, it seems fairly logical really. We are spending so many hours at home where 'anything goes', as opposed to school, work or in public where there



are clear rules, guidelines and expectations about the way we need to dress. I can't imagine many of the Wallingford students have donned their school uniform in recent weeks! We spend our days away from judging eyes more than ever.

As a result, our priorities seemed to have changed and we are putting comfort ahead of other factors when considering what to wear each day. (Of course, the odd Zoom meeting or FaceTime catch-up does force us to make an effort occasionally – well, our top half anyway!) So, what does this very human approach to the situation say about us, and are there more significant implications?

My hope is that the tendency to settle for the 'comfortable' isn't symptomatic of our approach more generally. My suggestion is that, rather than accepting that our days will pass in a comfortable state, we shouldn't get too comfortable. In fact, I'd like us all to be *uncomfortable*! We should continue to challenge ourselves every day, in order to keep learning, evolving and improving. Look for opportunities to try something new or even face our fears and aim to overcome difficult situations. There is nothing like that feeling of going through a tough experience and coming out the other side – it's a feeling of well-earned success. It's the feeling that will allow us to go to sleep each night content that we have achieved something and made a difference. Perhaps we'll even get up the next day a little more determined and motivated too. And maybe opt for something other than our comfort clothes!

To be outstanding -
get comfortable with
being uncomfortable.



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Wellbeing Corner

Time capsules

By Mrs Bowyer

This time I am making a lockdown time capsule in a box. I am filling it with things that I will remember from the lockdown period.



I have used my toilet roll challenge from the Y 7 and 8 Art homework this week. I have put in a sound memory of sheep, that I can hear near my house due to the reduced traffic noise.

A picture of my VE Day cake, a sweet packet that I shared with my family, petals from the first rose in my garden this year.

Suggestions for the students could be their NHS rainbow poster, their top X Box score, if they had a birthday or family celebration then add a memento of some kind.

Add in things that you did, found, pics of things that you made. Notes about sounds, music you liked. Things that made your parents laugh.

Put it all in your box, add things throughout the lockdown and keep them to look at when this is all over.

You can find mine via the link below.

<https://bit.ly/2T1LHgK>

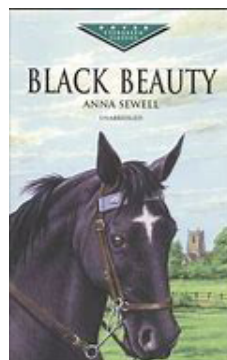
Please send us pictures of your time capsules and the reasons behind the items in there to:

housenews@wallingfordschool.com

Ready for Recommendations?

Here are some more excellent book recommendations from some of our students.

Anna Facey (9SV) – ‘Black Beauty’ by Anna Sewell and ‘The Travelling Cat Chronicles’ by Hiro Arikawa.



Hello, This week I have read Black Beauty (Anna Sewell) and I have just started The Travelling Cat Chronicles. The Travelling Cat Chronicles is very similar to Black Beauty, due to parts of it being written through the eyes of an animal. The book was written by Hiro Arikawa,

who is a Japanese author from Tokyo. Both books consider the animals younger years and their relationships with their humans. The story story alternates between 3rd person narration and Nana's (the cat) point of view. The parts where Nana comments on the story are enjoyable because we are let in on the cat's perspective. I am really enjoying both books at the moment and i am looking forward to where the stories lead.



Evelyn Hansell – ‘The School for Good and Evil’ by Soman Chainani.



I'm currently reading book 5 in The School for Good and Evil series, its nice to actually have time to read for once. This is a fantasy fairytale hexalogy of books set in a fictional widespread location known as the Endless Woods. They follow the adventures of best friends

Sophie and Agatha at the School for Good and Evil, an enchanted institution where children are trained to become fairytale heroes or villains, respectively.

Story time

This week we thought we would share some of the brilliant work that some of our students are completing at the moment. Here are two short stories from Y7 students. Very well done to both of them, and to everyone for all of the work that is being completed and submitted.

The Astronaut

By Priya Wilford (7JWR)

The empty loneliness of space surrounded my body and I could feel my skin flushed with sweat as it rubbed against the material of my clammy suit. My eyes drifted along the beauty of the darkness as I turned to face the bright blinding light of the red planet.

Wincing at the difference between the soulless nothingness of space and the blazing light in front of me, I stared in wonder as my eyes narrowed and watered from the painful glare of



the planet, but I did not turn away. This is what I have waited for all these years, this is what I have trained for, this is what I had come to see. I only had minutes before the light would blind me but I would use up every second of this valuable sight before I had to return. I forgot everything as I stared at the intimidating sight in front of me as it loomed over me, shadowing me. I am nothing, looking at this planet, I am a blur of history.

My muscles slowly started to weaken but I played no mind as I continued to study the planet before me. It was beautiful. Wandering my gaze over the planet, my eyes burned and a lone tear slowly dribbled down my warm cheeks while my ears yearned to hear something in the dreadful silence. The silence was drowning me. Taking a sharp breath, all I could inhale was the familiar plastic scent of my suit and I could feel my pulse start to quicken and my heartbeat pounding in my ears. Turning my hard stare away from the red glow, out of the corner of my eye was the metal tube drifting away from me, the tube that allowed me to breath and kept me alive. I swallowed back the feeling of panic in my throat but that just made my heart hammer against my ribcage even more and my head start to spin. I willed my body to turn towards it but my muscles barely responded in their droopy state. I could not let terror over take me.

Years of training kicked in with my remaining energy, I jolted my heavy body sideways away from the light and towards the ship. My gloved hand dragged itself forward and reached towards the tube however my hand closed and curled around nothing. Gasping, I tried to move myself towards the ship but with nothing to grasp onto I floated in the darkness. My throat burned and itched and I could feel the hair plastered onto my hair like wax, sweat slowly dribbled its way along my brow snaking its way down my face. My heart was thundering as I battled to inhale breath that could not be found. Slight darkness started to cloud my vision but I fought to stay awake. Muscles clenching and tensing, my arm again tried to grasp onto something, anything but still I could find nothing. Bringing my eyes wider open, I peered over at my ship which was slowly drifting further away, or was I? The tubes that held my lifeline, that held my oxygen and energy were tiny in my vision as my eyes started to blur. Slowly, me and my suit turned to face the menacing planet before me. My body burned like fire on a stove and I stared up at the threatening planet glaring back at me, I no longer tried to breath or to fight, I just stayed floating in the mass of space. It was an amazing way to end, before this wonderful sight in front of me. The pain that once burned and blistered in me faded into an icy numbness and dark spots clouded my vision while shivers ran down my spine. Eventually I gave in to the darkness and my eyes closed, never opening again.

The Hovering Castle

By Oliver Baskeyfield (7MHG)

It was finally there, after all those years, right in front of him; the glorious hovering castle floating gently above the golden sand. In amazement the old man's tired eyes opened as wide as a Venus Fly Trap...

Suddenly, the man heard a demon like voice echoing "you shall pay for what you did to me." The man turned around and felt a soulless figure rushing violently towards him and his beating heart. The man never got full sight of the creature only its ruby red, fiery eyes looking deeply into his soul he. A final battle commenced before he slipped into darkness.

A few days later, a young traveller discovered the man's dead body by the side of the rocky road. What shocked him most was not the man (it was not unusual for people to perish along the mountain pass) but the tiny blood red castle

floating mysteriously over his chest. The traveller hoisted the man onto his cart and began the long journey back to his family home but when he finally got there all that remained of the old man and the castle was a pile of sand and an emerald neckless.

The traveller found his father and urgently began to tell him about what happened but when he showed him the necklace his father dropped to the floor like a pile of bricks crying "My brother!".

Eventually his father's strength returned and standing he started to tell his son the story of two mighty warriors. Him and his brother...

"To protect our village, we fought the vile demon that tormented our people with its fiery breath and coal red eyes but neither



of us could banish it. Then one terrible day we asked a witch to trap the demon in a floating castle, but it came with a price - one of us would have to give up our freedom and seek to destroy the floating castle. I had a wife and a young son to care for, so my brother agreed to carry the curse to wander the mountains until he could destroy the demon once and for all.

My brother always said that I would know when he had achieved his mission because his matching necklace would be returned to me as it has been by you today.

I had always hoped he would return but that is not to be. It seems that in the end he gave up his life so we could be safe."

The pair hugged in relief that the demon was no more and sadness that they had lost a brother and an uncle.

We hope to celebrate more work from students in future editions. Keep it up with all the fantastic efforts you are making.

housenews@wallingfordschool.com

Gathering Good News!

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

Marathon for Mind

By Bethan Morrison (6fFJ)

I am running a marathon around my garden to support Oxforshire Mind on the 8th May. COVID-19 is having a big impact on our mental health so I wanted to do something to help. For key workers, especially NHS staff, seeing so much suffering and being under so much pressure can be damaging to their mental health. Therefore, charities like Mind are essential in providing a helpline for people when the pressure or stress becomes too much. Furthermore, being at home can cause people to feel trapped and isolated, often because it is harder to reach out to social support networks whilst in isolation. As a result, Mind is necessary to provide help to people who are struggling with their mental health during physical isolation.

There is a link below for a Just Giving page however I am aware that many people may not be able to donate. If this is the case, please support Mind by checking in with your family and friends and providing that social network which people may be missing. Just because we are physically distancing, does not mean we have to socially distance.

<https://www.justgiving.com/fundraising/marathon-for-mind-bethan>

Well done Bethan for all of your efforts we are incredibly proud of you as a school community.



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/>

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. There has been movement as Bigg have now overtaken Blackstone in the top spot!!!

| Year | Bigg | Blackstone | Christie | Matilda |
|-------|------|------------|----------|---------|
| 7 | 1st | 3rd | 4th | 2nd |
| 8 | 3rd | 1st | 2nd | 4th |
| 9 | 2nd | 1st | 4th | 3rd |
| 10 | 3rd | 1st | 4th | 2nd |
| 11 | 3rd | 4th | 1st | 2nd |
| TOTAL | 1st | 2nd | 4th | 3rd |

BIGG

From Mr Lyons

Hi Blue team!

This week has got me thinking about the last 7 weeks and how you all may have changed over this time. Partly down to being confined with just your family, but also because of everything we have, or can learn from, that has happened. Hindsight is a wonderful thing, and I am sure you have spoken to so many people about how this situation could have, or should have been, managed better. Maybe if it ever occurs again it will be.

"You can't go back and change the beginning, but you can start where you are and change the ending."

— C.S. Lewis

What I would like you to relate this to? Well History. Miss Madden will tell you History is studied for many reasons. One of them, however, is to learn about what happened, what decisions were made, where mistakes occurred and then hopefully change the future based on this.

When you come back to school will you be different? will you act differently? will your work differently? Will you be more grateful for the friendships you have? Will you see your teachers in a totally different light?

You can not change the past. But you can learn from it, and you most certainly can decide your future.

Keep safe, work hard, and keep winning those tokens!!!!

Mr Lyons

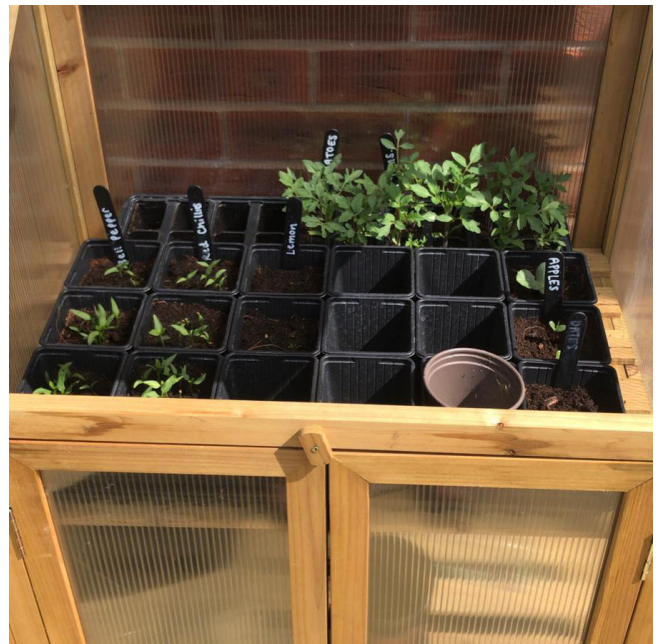
BLACKSTONE

Mr Choi & Ms Walker

Hello Blackstone house,

We hope you and your close ones are well. From this week onwards more and more of your work on SMHW will include videos and voice-overs from your teachers to try and support you as you continue to work hard independently in these unusual times. Hopefully this goes someway to recreating the classroom setting you know and enjoy at home. We've been really impressed by the quality of work being produced by some of you at home and commend your hard-working attitudes: keep it up!

As someone who is active I don't like being a couch potato and have found lockdown difficult at times, so I have turned to some new hobbies to replace the ones I am currently unable to do. One of my favourite activities is gardening, I have managed to make two raised beds where I am trying to grow different fruits and vegetables. Armed with my knowledge from YouTube and a couple of episodes of Gardener's World I am trying to grow vegetables from the groceries from my weekly supermarket shop: lemons, bell peppers, chillies, butternut squash, apples and celery. I genuinely look forward to checking in on them every day as they germinate and grow. Hopefully my hard work now will bear fruit in the Summer!



I have heard on the grapevine some students who have been in school who have already started growing some vegetables of their own. If you have any thyme on your hands why don't you try grow your own from seeds or even from some leftovers. Even if you don't have mushroom, you can simply re-purpose toilet roll, yoghurt pots and milk bottles to grow your seed in. Lettuce see your efforts by emailing it to choif@wallingfordschool.com

Sorry for all the corny puns.

CHRISTIE

From Mrs Pike

*"Look, If you had, One shot, Or one opportunity,
To seize everything you ever wanted, In one
moment, Would you capture it, Or just let it slip?"*
- Eminem

10,000 hours has been something I have always used as a benchmark in order to become what some would call a 'master'. All the important people say that if you practise something for at least 10,000 hours then you are very likely to become a master. During 1960, the Beatles were in Hamburg (one of the most fascinating cities I have ever visited) for about two years. During that time, they racked up 10,000 hours and became masters as a band.

So, why is 10,000 hours important to you and why do you want to be a master?

We spend up to 25 hours a week in a learning situation and therefore in a year, we could learn for up to 1000 hours. This is all then



divided into various subjects. It therefore means that if we want to become close to an expert in something, we must put the work in now and start to rack the hours up. How many potential hours would have at the end of your GCSE's, considering you also study a variety of subjects?

I remember when I was in my final years of school, I was practising my clarinet for 6 hours a day and then during my degree it was at least 8 hours a day. I made my 10,000 hours and I felt like a master at the time, but it requires consistent practise.

At this time, the idea of practising your learning may not be the easiest as your motivation might be low. If we think of this time as part of the 1000 hours, we need to work towards our adventure on becoming a master, then we need to really be thinking about our priorities and be practising more.

At the top of this page I have added some lyrics from an Eminem song. I like the conviction to 'seize everything you ever wanted' and to only have 'one shot'.

Make the most of this learning time. Spend it doing the work set for your on SMHW and upload it and send it back. Many of you are getting house points just for submitting work, how easy is that! I could be rapping Dr Seuss before I know it! Watch the video's your lovely teachers are making for you, they are doing such an amazing job and I know they miss you desperately. Most of all, spend time really practising your skills to work on becoming a master. We can all be masters if we spend time working towards it.

Stay safe and lets all work on being masters, you are awesome!

MATILDA

From Ms Hearn

Hi Matilda,

I hope you are all well?

Firstly, I would like to say a massive well done to all of those who have contributed to the Matilda house points so far, your hard work is not going unnoticed. Although, 3rd place...I know we can do better than that Matilda! There are so many opportunities to get house points, so get involved in the department challenges and continue to complete amazing work and hopefully next week we will be in 2nd place.

Reflecting on lockdown, it has definitely been the hardest two weeks yet. However, I finally feel like there is light at the end of the tunnel, even though this is still a long way off and with a huge amount of change to the 'normal' that we are used to. The information from the Government has been confusing and misleading at times, but ultimately we must continue to social distance, remain safe and alert and just use our common sense. If we do not do this will we end up back at square one and all our hard work will be wasted. So continue to keep safe and social distance to help protect the spread of virus and keep that R level below 1.

I miss you all very much and look forwards to hopefully seeing you all 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

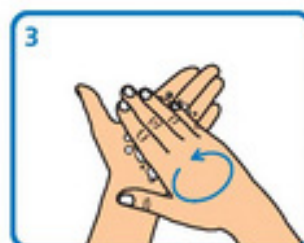
Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



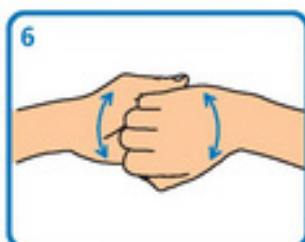
Rub hands palm to palm



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



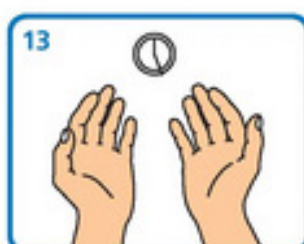
Rinse hands with water



Use elbow to turn off tap









Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds

Some of the rules about what you can do have changed – this is why we are asking everyone to Stay Alert

✓ **As long as you stay 2 metres away from people outside your household, from today you are allowed to do the following:**

-  spend time outdoors - for example sitting and enjoying the fresh air, picnicking, or sunbathing
-  meet one other person from a different household outdoors
-  exercise outdoors as often as you wish
-  use outdoor sports courts or facilities, such as tennis or basketball courts, or golf courses - with members of your household OR one other person outside your household
-  go to a garden centre
-  Estate agents' offices can open; Viewings - both virtual and in person - are permitted

✗ **As with before, you cannot:**

-  visit friends and family in their homes
-  exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
-  use an outdoor gym or playground
-  visit a private or ticketed attraction
-  meet more than one person outside your household, except for a few specific exceptions set out in law (for work, funerals, house moves, supporting the vulnerable, in emergencies and to fulfil legal obligations)

If you or someone from your household is showing coronavirus symptoms, you must self isolate. This is critical to staying safe and saving lives.

You should also continue to wash your hands more often, for 20 seconds, and follow the guidance on hygiene.

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES







HM Government



HM Government



**We can
help control
the virus
if we all
STAY ALERT**

-  Stay at home as much as possible
-  Work from home if you can
-  Limit contact with other people
-  Keep your distance if you go out (2 metres apart where possible)
-  Wash your hands regularly



And if you or anyone in your household has symptoms, you all need to self-isolate.

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES