

Wallingford School - House Newsletter

Friday 22nd May 2020

Assembly 'Thought for the week' "Missing my Huggas"

By Ms Lee-Brydges - Assistant Headteacher

I miss my mum. I don't live with her, and at the moment I would love to give her a hug.

Hugging is in our culture, and although it is a very unwise thing to do right now with anyone outside your household, I hope it is something that in the not too distant future, will be safe to do once more.

The word 'hug' is thought to have first been used as early as 1560, and could be related to the Old Norse word 'hugga' which means 'to comfort'. Another theory is that it is related to a German word 'hegen' which means to foster or cherish. I like both these theories; hugging does indeed provide so much comfort and warmth and shows people you cherish them and, in times like these, I think we can all appreciate that. It has been incredibly sad to not put our hugging skills to practise much over the last few weeks and benefit from the feelings of comfort.



This got me thinking about how I could show love, comfort and warmth in the meantime (so far, all I have managed is a stilted 'wave' over virtual chat or a smile from behind the window of my car). As a true Geography teacher, I started to look to other countries and think about how they show respect, care and love to each other. Here are some traditional greetings from around the world; not all are practical now, and I know that these nations may also have to find a way around their traditional greetings to ensure they are keeping safe. I wonder if any of these would be suitable for when I can see my mum?

Japan

The traditional way of greeting someone in Japan is to avoid direct contact, and only make very brief eye contact. A small bow, or dip of the head follows. The traditional saying is 'Konnichiwa' which means 'Good afternoon'. I feel this is something I could potentially use at a safe distance.



Greenland

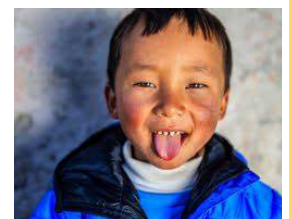
The traditional greeting of Greenland is called the Kunik. It is normally used by family members and involves pressing the nose and upper lip against the other person's skin – then breathing on them. This is something that would not be allowed right now, so I won't be using this anytime soon.

Philippines

When a young person says hello to an older person in the Philippines the younger person must bow and hold the right hand of the older person – pressing the knuckles of those they greet against their forehead. When the knuckles are touching the forehead, they say 'Mano' which means hand, and 'Po' which means respect. This is a lovely gesture, but elements of this would simply not be wise at the moment and I am sure the people of the Philippines are missing this form of contact right now.

Tibet

In most countries, sticking your tongue out would be considered a bit rude, but in Tibet, it is a way of greeting. It has been a tradition since the 9th century, the time of an unpopular king called Lang Darma who was known for his black tongue. People in Tibet

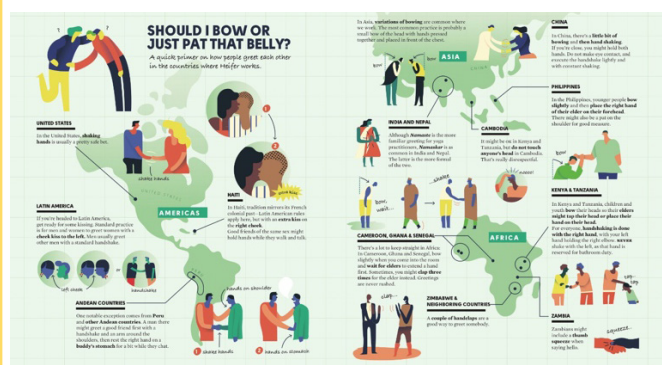


thought that the king had been reborn, so to prove they were not the king, they would show their tongues. This greeting is now a form of respect. I suppose I could try this, but I am not sure it would go down too well with my mum!

France

In France, greeting your friends can be a complicated matter for foreigners. Rather than shaking hands, waving, or hugging, you lean forward, sometimes touch cheeks and kiss the air while making a kissing sound. Now this is something I could perhaps try, but from more of a distance...or perhaps simply blowing kisses instead!

So although we might be missing our hugs and greetings right now, so too are many cultures from around the world. As long as we try to show comfort warmth and love in whatever safe way we can, the current situation may be just that little bit easier.



Wellbeing Corner

By Mrs Bowyer

I am reading the most amazing book to promote creativity, called Conscious Creativity by Phillipa Stanton. It is in small easy to read chapters, each on a different way to develop creativity. A lot of the exercises are very calming, repetitive and mindful too, just super ways to help one stay calm and relaxed.

I have included below an exercise from a section about ordering. Arranging ordinary objects and seeing how they relate to each other is a great way to practise composition, something that we are currently doing with the Year 10 artists. It allows you to experiment and consider small details, training your eye to focus on shapes, colours and textures.

Small children often do this activity for hours ordering toys, it is engrossing and calming and often leads to new ideas. Order can give objects more relevance and awaken fresh connections.

Here is the exercise from the book:

- Choose something you have a lot of, pens, pencils for example but it could be anything to stamps, lego, or even socks.
- Collect between 15 and 20 objects and place them roughly on a flat surface. Take 5 mins to examine everything without touching anything. The unintentional shapes and patterns are often the ones that will lead to a composition.
- Take the object that you like the look of the most, or that has the most significance, place it in the middle of the space.
- Find the next object to place through instinct rather than meaning. It could be through colour or it could be through memory, but the key to ordering is to always look in detail at the objects in isolation and then try to find something that in some way matches another object.

The idea is to think of it as a jigsaw type exercise.

I have tried it with wild flowers and leaves that I collect on my daily walk, but I can really see the attraction of using lego and brightly coloured plastic toys too.



Have a go and please send us pictures of your compositions

housesnews@wallingfordschool.com

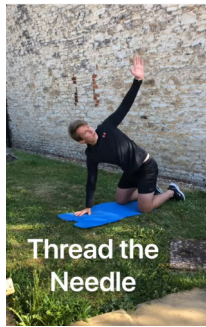
Pilates Please



High Knee
To Single Leg
Balance



Swan Pose



Thread the
Needle

Over the past couple of months we can only be thankful for the amazing technology we have at our fingertips. However being doubled up over screens can take a considerable toll on our posture. Pilates actually reverses our natural physical decline and lucky for us we have the lovely PT Pete Ashman to show us the way. Take a look at the full video on our Facebook page.

Over to you...

It's such a joy to be able to share some of the fantastic work that some of our students are completing at the moment. Here is this weeks selection of exceptional efforts.

First, a gripping piece of writing from a very talented Year 9.

Human (Part 1)

By Jack Salmon, 9ACH

Smoke towering over the horizon, engines roaring. Ears pricked; nose wide; my eyes still adjusting to the world around me. My father shakes me telling me to run. I get up, rubbing the sleep from my eyes, before looking around. All I can see is blurred images of what looked to be humans. The smell of petrol and soil, and the sound of gun shots and screams fill the air. My mother grabs my hand and pulls me towards her and then we ran. Jumping over tree stumps and thrashing through nettles, that's when I felt it as if all my strength was ripped away from my body. I fell, letting go of her hand. She stops and tries to help me up but there is no hope. She shouts into my ears, but I can't hear her, just a muffled sound amongst the void of sleep. I hear her screams and try to reach out, and then... bang, she was dead. I forced myself to get up and help her but, it pulls me down, the urge is too strong, I fall asleep.

Bump...bump...bump. Cold metal pressed against my body as the sleep started to wear off. I forced my eyes open and pulled myself up into a sitting position. As my eyes widened, nothing but darkness filled them. Fumbling around, I managed to make out where I was. I felt the smooth sides and bars of metal, "I must be in a cage", I thought. A million ideas and scenarios started to flood into my brain; had I been kidnapped, or had poachers killed my family? Were they only keeping me alive to sell me on the black market? I had no idea where I was. I hoped that my mother dying was a nightmare. By now I had worked out that I was in a van or car of some sort, but had no idea where I was heading. The vehicle then came to a halt, my head smashing against the side of the cage. I heard someone opening a door before slamming it against its metal wall, sending a shock wave through the cages. I tried to get a better look around the metal bars, but I still couldn't see anything, except for the edge of the door. The footsteps then came closer before the sound of metal-on-metal sliding against each other, as the door opened. Light flooded in through the metal bars, reflecting of the shiny metal sides blinding me for a second.

The human came over to my cage, before lifting it up with me in it. I thought that shouting at it or rattling the bars would stop him, but there was no hope; this had happened to my uncle many years ago, and he never came back. It was over, my life was over. There was nothing to do except for giving up, so I lay down on to the cold steel floor, dreaming of home.

To be continued...

A witty, honest and extremely informative guide for future students taking French at Alevel.

Emily Lock, Hollie Partis, Lily Davis, Katy Wilson, and Georgia Bell - Mrs McGarrick has described it as your legacy to Wallingford School. Well done!

How to **SMASH** A Level French



From the class that never even sat the exam

Lastly, an excellent Hockney inspired piece of art from Year 8 artist, Millie McKeown, 8JHU.

And here is what Millie has produced using sharpie markers, along with her original photograph taken in Canada. Well done Millie!



We hope to celebrate more work from students in future editions. Very well done everyone for all of the work that is being completed and submitted. Keep up the fantastic efforts.

housenews@wallingfordschool.com

A message from the school nurse service...

... This weeks message, advice, contact details and links can be found in a separate attachment accompanying this email ...

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.

A reminder on good internet & email etiquette...

During this time we ask that you are mindful of how you present yourselves over the internet. Here are our tips

- Have a sensible username or email address
- Don't create names that may cause offence to others
- Don't use any silly or rude language
- Always be 'professional' and polite as this is important for the future in the place of work, or further education
- Have a greeting e.g. 'Hello Mr....., or I hope this finds you well....'
- Sign off sensibly using your name
- Don't overuse emoji's, or use ones that might be misinterpreted
- Format your work in a way that is easy to read
- Format your work in an organised way. Again, this is a good skill for the future
- Give your work sensible titles

Enjoy using ICT, but be sensible. Enjoy developing this skill!

Acts of Kindness!

With it being mental health awareness week we thought we'd share some of the acts of kindness going on amongst our school community.

It is extremely heartening to hear how our wonderful students are offering kindness during this challenging time. We are very proud of you all.



Katrina Clayton, Year 7, baked some Jackson Pollock inspired cookies and then planned a cycle ride to deliver them to her friends.



Aimee Holton, Year 8, has given an old play kitchen a revamp for her little sister to use (please see the before and after photo) - we think this is a lovely, thoughtful gesture and her little sister must be very pleased! Well done Aimee - wonderful act of kindness.

Zoe Cherill, Year 11, is currently working in a care home and has sent us this photograph, she says:

"I really like my job, as I believe I make a difference to how they manage their daily needs and I also love seeing the smiles on their faces."

We would love to know more - let us know what you are doing to #BeKind

socialmedia@wallingfordschool.com



Stand and Bee counted

If you can spare 10 minutes sitting out in the sunshine counting the insects that visit a patch of flowers in your garden? Then a Flower-Insect Timed Count (or FIT Count) could be for you!

<https://bit.ly/3ggU16v>

The Centre for Ecology and Hydrology in Crowmarsh, are looking for families to take part in citizen science project as part of the Pollinator Monitoring Scheme (PoMS).

Bees and other insect pollinators are vital for the pollination of crops and wild flowers, providing us with a healthy diet of fruits and vegetables and keeping our natural ecosystems going. Yet they have suffered serious declines in recent decades and face many threats from the loss of habitats to climate change and pesticides. We are running a project to monitor the UK's pollinating insects and provide new data on changes in their numbers over time.

Here are a couple of YouTube videos on how to take part: <https://youtu.be/IuTiPEJl8rQ>
<https://youtu.be/1Fm1KKiUC8Q>

This is the recording form you need to print off to do a count, and then go online to enter your data: <https://bit.ly/2Zpp75R>

Take part in the National Book Tokens and Puffin Big Dreamers Writing Competition



<https://www.nationalbooktokens.com/big-dreams>

Keeping busy over half term...

Here are a few ideas to get stuck into over half term.

Have a film education for free on the BBC

There are some wonder silver screen classics on here, perfect for a rainy day during half term.

<https://www.bbc.co.uk/iplayer/group/p07y2frq>

Create your own tv show

Try your hand at this competition to win a chance to be in TV:



<https://www.seeyourselfonscreen.co.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 again as Matilda have overtaken Blackstone to sit comfortably in 2nd place.

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

BIGG

From Mr Lyons



As it is mental health awareness week this week, it would be very wrong of me as a PE teacher to not mention exercise in the last 8 weeks and its benefits. One thing that really struck me when the lockdown was put into place was how the government told us to stay at home, with one exception, and that was to still be able to exercise for 1 hour a day.

What really struck me with this was the high importance placed on exercise, even in the most difficult of circumstances. If there wasn't a strong argument for PE in school before, there is now!

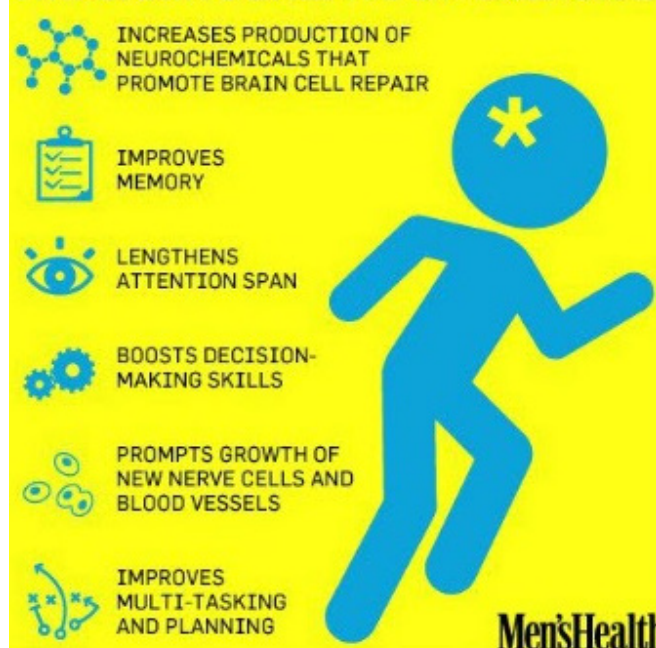
In the last 8 weeks I think I have done more exercise than ever before. Obviously, time allows for this, but it is also about motivation and a desire

to do it. I urge you to make sure you undertake some form of exercise every day. (Mr Dodson and the PE team do - look at the challenges on the walli.pe Instagram account). There are many physical, social and mental benefits to doing this and these should not be underestimated.

My final point to this is to try something you think you really couldn't do. My boys, who are aged 6 and 8 have now covered 120 miles on bikes since the lockdown. I stupidly went out and ran a half marathon the other day, having done very little distance training beforehand. I have struggled to walk for two days, but the point is my body did it and my brain also allowed this to happen!

PUSH YOURSELF and you will be amazed what you are capable of and make sure you keep talking to people.

THE BRAIN BENEFITS OF EXERCISE



BLACKSTONE

Mr Choi & Ms Walker

Hello Blackstone House.

We hope you are well, and I hope a few of year have had the opportunity to plant a few seeds by now.

As we are approaching half term, I have been reflecting on the fact that I won't be able to go on the holiday I had planned and might not be able to go abroad for some time. However, with restrictions beginning to ease it is possible to visit more places locally. Already I have been able to explore the Thames path in Abingdon and have found some picturesque places very close by. One of my favourite places to go is the Gower Peninsula, this is where the year 9 residential usually takes place.

I have asked a few of your teachers where they enjoy going in the UK and here are their thoughts...



Miss F Jones – Seizencote, Moreton-in-Marsh

Ms Lee-Brydges – Studland Bay

Miss Beesley – Donnington Castle, Newbury

Mr Atkins – Wittenham Clumps

Ms Walker – Buttermere, Lake District

Miss Absolom – Padstow Harbour, Cornwall

Mr Flanagan – Brighton beach and arcades

Miss Jolly – Durdle Door

Mr Dodson – Reading Lakes

Mr Lyons – Liverpool

Mr Bowen – Tenby, Wales

Miss Walker – Lynton and Lynmouth

Ms Hedges – Croyde bay, Cornwall

Ms Prince – Alnwick Castle, Northumberland

Ms Dudding - Bournemouth



You don't necessarily need to go abroad to find beautiful, historic, fun or interesting places. May be now it is an opportunity to explore more of the wonderful places the UK has to offer.



A little competition this week, please send in the most beautiful place you visited in the UK. Please send entries to choif@wallingfordschool.com, house points are available for all entries.

Take care and look after yourselves

Mr Choi & Ms Walker

CHRISTIE

From Mrs Pike

**Happy Half Term
Christie House
and what a
beautiful week of
weather we have
ready for us.**



Congratulations for making it through the strangest term you have probably ever had. Some of you might think it was the best term, some might see it as the worst term. Whatever your term has been like, it has been a **moment in time**, and it is not going to last forever.

Many of you have completed such amazing work and have received house points for your efforts. Please keep trying hard to complete as much as you can from your weekly set work, it helps to keep you focused and keeps you in a routine. I really enjoy watching the PE Instagram challenges. I had no idea some of you were so talented with a football. I also love how your families are getting involved too.

I know this lockdown experience has taught me a lot about my family. Our family Rock Band has managed to earn a jet, helicopter, tour bus and for some reason a monkey! It is great fun though as we do it together and my children are learning songs I grew up with. My son and daughter play together, and I would never have thought Pokémon and Peppa Pig figures could ever be blended into the same game, but they manage it. They have adapted, or as my son says 'evolved' to playing games with their friends over face time calls. Going for our daily walk or scooter is a highlight and just not something we take for granted any longer. I know we have certainly learnt to value and appreciate the smaller things and reset in a way our expectations.

So, Christie House, dust off your paddling pools, your flip flops and sun hats. Slap some cream on, find your water guns. Hope that your swimwear still fits from your lockdown diet (if you are anything like my children, the snack cupboard has had to have a lock put on it!) and get outside. Even just finding a nice quiet place to read in the shade or listen to music and relax. Embrace this **moment in time** and have a relaxing week ready for your final term.

Take care and I miss you.

Thank you and please keep sending us all of your recommendations, acts of kindness, marvellous meals, wellbeing activities, challenge entries 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.

MATILDA

From Mrs Sherlock

Hello Matilda House! Firstly, a huge well done to all in Matilda who gained Housepoints this week, your amazing efforts have moved us up into 2nd place! Keep going, we need to knock Bigg off the top spot.

This week has been mental health awareness week, and whether you have been aware of this or not, the core message of this week is something we can all take forward and out into practice. The organisers have chosen the theme of kindness to focus this year's campaign around, and particularly celebrating acts of kindness.

Kindness strengthens relationships, develops community and lifts mood. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

If you think back to the last time that you experienced kindness, you would tell me that you felt moved, protected, loved. How wonderful, and how easy a task it can be. As small as giving someone a compliment, or offering to lend a hand, right through to making a gift for someone. It really is the small things that make the biggest difference.

This week I used a local bakery to send cake by post to my parents and in-laws as a surprise, the exact kind of kindness I would like to be in receipt of myself.



But kindness, when you think about it, is a risky endeavour. It can risk us looking foolish or being taken advantage of, which is why we sometimes hold back. To receive or to give kindness is an act of courage.

So I challenge you all Matilda, take a risk, do something kind for someone else, a family member, friend or complete stranger. We will all harvest the benefits. No matter how small the gesture it could make someone's day.

I'm really looking forward to hearing all about it. Let me know. Sherlockm@wallingfordschool.com
House points for every single act of kindness shared.

Have a great half term week Matilda. Get out in the sun, run, read, bake, game, do what makes you happy!

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



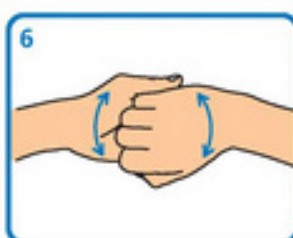
Rub hands palm to palm



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



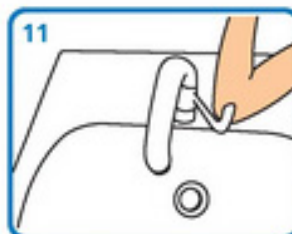
Rub tips of fingers in opposite palm in a circular motion



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

Remember - if you have any problems with accessing SMHW or need to be reminded of your password, please email vle@wallingfordschool.com

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