

Wallingford School - House Newsletter

Friday 5th June 2020

Assembly 'Thought for the week'

By Mr Marston - Headteacher

At the start of the lockdown period I put the following books which I thought might be of interest to two of my children who are teenagers on the coffee table in our living room:

Outliers by Malcolm Gladwell

Jane Eyre by Charlotte Bronte

Fever Pitch by Nick Hornby

Prisoners of Geography by Tim Marshall

A Tale of Two Cities by Charles Dickens

I Know Why the Caged Bird Sings

by Maya Angelou

The Curious Incident of the Dog in the Night-Time

by Mark Haddon

To Kill a Mockingbird by Harper Lee

The Golden Boys: A Study of Watford FC's Cult

Heroes by Oliver Phillips

Let's be frank, the last one is probably not for the vast majority of our school community but I can recommend them all.

I like these books because they are full of ideas, imagination and insights. In fiction, the idea of how a mysterious woman came to be locked away in a country house in Victorian England and how Jane Eyre discovers her is simply brilliant; the ripping, passionate yarn that Dickens writes in *A Tale of Two Cities* drags the reader's emotions in different directions and explores notions of heroism and sacrifice; the message of *To Kill a Mockingbird* rings as true today as when it was written and Atticus Finch is a hero for all times; and the insight and humanity of writers such as Maya Angelou and Mark Haddon are just wonderful. In non-fiction, Malcolm Gladwell's ideas really get you thinking – whether you agree with them or not – while *Fever Pitch* is the best book about sport which isn't really about sport and reads as well today as when it was written.

These books are great because they make you think, they skip through your imagination, snag it and take it to places as diverse as revolutionary Paris, 1960s Alabama and the London of the

1980s; they tell you tales of great leaders, terrible events, prejudice, love and understanding and take you with them as a reader on their journeys.

These books might be for you or they might not – it doesn't really matter; what matters is that we should read because it is fun, it is good for us and it helps us to both learn the lessons of history and keep looking forward. I've greatly enjoyed reading these House Newsletters and I've particularly enjoyed reading the book reviews – they are great.

I'll keep *The Golden Boys* for myself for now.

Wellbeing Corner

Make a Wish Jars

By Mrs Bowyer

This is a lovely simple activity that you can do as a family or completely on your own.

We have started it in our family and it is interesting to see what different members of the family wish for!



Each time your family are wishing that they could do something, see friends, or visit a special place for example, you write it on a piece of paper and put it in the jar.

Once things are back to normal and we can go out again the list of suggestions becomes your list of family activities, or "to do" list.

Below is a link to my loom video to explain a little more.

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

Give it a go, and look forward to doing all of the things on your list.

Animals guide to wellbeing

For an alternative, jovial, heartwarming guide to wellbeing click on the link below. These animals seem to have the right ideas...

https://bit.ly/bbc_animal_wellbeing



This book also doesn't rely on stereotypes. Evan as a character is believable and the way that he continuously lies throughout the book (because he feels like it's easier to) is similar to things I have and people around me have done.

I love this book because it covers so many current social issues. I would definitely recommend it.

'The Poet X' by Elizabeth Acevedo
Recommended by Ms Ward

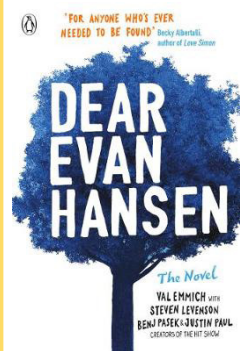


Presented as a collection of poetry written by the protagonist, it tells the story of fifteen-year-old Xiomara and her experiences of growing up in Harlem. It is a particularly good read for those who struggle to stick with a book. I would recommend for those in Year 9 and up.

Book recommendations...

'Dear Evan Hansen' by Val Emmich
Recommended by Amy Cole 9SV

Here is an excerpt from her review:



Evan Hansen is a teenager struggling with social anxiety. He writes letters to himself detailing the good things each day brings. However, when one of his letters ends up in the possession of Connor Murphy when he commits suicide, Evan gets the one thing he's always wanted: a chance to fit in.

This is the first time I have read this book after being fortunate enough to see the stage production of it at the Noël Coward Theatre in London in January. All I can say is that 'if you thought the musical was hard-hitting, wait till you read the book.'

One of the most interesting differences between the book and the stage show is the use of raw language. I feel this brings out more emotion in the story as it's not trying to cover up how these people would react in real life. These are things people would say in real life, in similar situations. These are normal human reactions.

In Dear Evan Hansen, the author, Val Emmich, tackles issues such as family relationships, drug abuse, teenage love, suicide and mental health all while telling a story that most people can relate to in one aspect or another. It's also very grounded in reality, unlike other books about teenagers that I've read. The relationship between Evan and Zoe Murphy isn't rushed and it also shows their lows as well as their highs.

Over to you...

Again, we have been inundated with emails and photos of the fantastic work that our students are completing at the moment.

First off are these exceptional efforts from some of our Year 10 Food Tech students.



Lamb Koftas and homemade pitta bread made by Beth Mooring (left).

Naomi Thompson's Provencale Chicken (below).





Here's Ethan Bones making lasagna (left).

And, Kebabs made by Xander Flakelar (below).



These fantastic dishes are part of an NEA2 mock on dishes from the Mediterranean. Ms Ward has been really impressed with the quality of the dishes and how hard they have been working on their Food GCSE despite these difficult times.



We also have some more marvellous meals from Emily Shears, who made this fantastic fish pie! (left).



And a delicious looking rainbow cake by Lily Sparrey, Year 8 (right).

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

housenews@wallingfordschool.com

Laughter is the best medicine

It's true: laughter is strong medicine. It triggers healthy changes in the body, both physical and emotional. And it's in times like these that a good laugh can help bring the mind and body back into balance. Laughter can strengthen your immune system, boosts mood, diminish pain, and protect you from the damaging effects of stress. It also helps you release anger and forgive sooner.

So try to do something each day that makes you laugh. Watch a sketch from your favourite comedian, read a funny book, watch cute animals doing silly things on YouTube. Whatever tickles your funny bone, have a good laugh and feel uplifted.

To start you off we have rounded up some jokes from very familiar names... enjoy!

Why did the meatball send the spaghetti to sleep?
Because it was pasta bedtime. - Mr Lyons

Who's in charge of the hankies?
The handkerchief. - Ms Mummery

Why is the longest nose on record only 11 inches long?
Because if it was 12 inches, it would be a foot. - Mrs Thomas

2 fish in a tank, one goes to the other, how do you drive this thing. - **Mr Dodson**

A duck goes into a shop to buy a lipstick, he says to the cashier "can you put it on my bill?".
- **Ms Frackiewicz**

I hear that following the 'Clap for Carers' every Thursday night, they are now going to be honouring other jobs as well. There will be applause for couriers and delivery drivers tomorrow. It'll be sometime between 9am and 5pm. - **Mr Bowen**

Why did the music teacher need a ladder? *So she could reach the high notes. - Janet (Re-Flex)*

A sausage walks into a bar, the barman says sorry we don't serve food. - **Miss Shine**

I just got a new job in a factory making chess pieces. Tomorrow I'm on knights. - **Mr Hutchings**

Why was 6 afraid of 7? *Because 7, 8, 9. - Mrs Preston*

Computer coding

Today, we're surrounded by digital technology. When we think about software, we often think of computers for writing email or surfing the internet. But software is everywhere! It's in many of our household appliances and is used to manufacture many of our products such as our clothes. Coding is fast becoming an essential and valuable skill to have. You never know where it might lead – you might even end up using your new coding skills in your job one day!

Can you code?

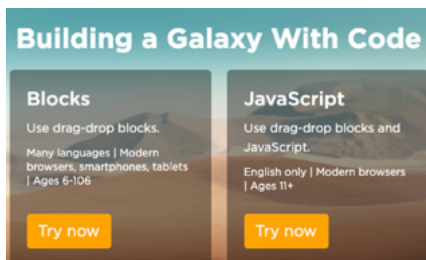
By Mr Leigh

When you hear the word 'coding' lots of people think that you are talking about something mysterious and really difficult. But really all that coding means is 'telling a computer what to do'.

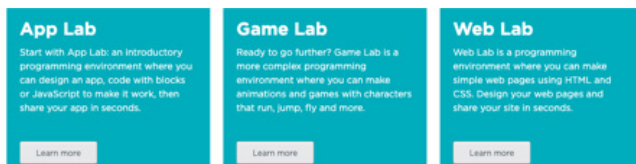
We are surrounded by computer code – all of your apps and games are written in some kind of computer language. And it's pretty easy to get started on something creative and interesting.

Here are some ideas:

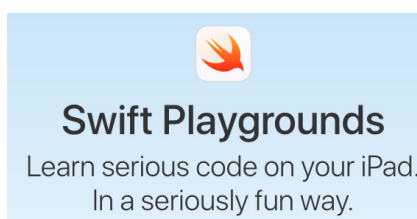
Build a galaxy with code: <https://code.org/starwars>



Learn Javascript (for animation), HTML (for webpages) and CSS (to make stuff on the web look pretty): <https://code.org/student/middle-high>

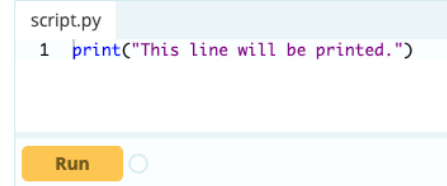


If you've got an iPad look for: Swift Playgrounds in the App Store (it's free).



If you want to go a bit further and learn Python (a computer language used by companies like Google) – try this:

To print a string in Python 3, just write:



<https://www.learnpython.org/en/Welcome>

If you want to use Python to draw pictures try this link:



<https://trinket.io/turtle/a6ba88d4f5>

And for a fab Wally example - this is from Kabir in 7ESA, who has put together a Rock, Paper and Scissors game:

https://bit.ly/Python_rockpaperscissors

To run the game, click the down arrow (next to the square) and hit 'Run':

Try and beat the computer and you will get a reward.



Another fantastic piece of work by Kabir is this mini-AI that talks to you. When it shows "hello" type hello back and hit enter! But watch out - this AI has a darker side! https://bit.ly/computer_AI

If you want to see the Python code that makes the game work, click here: https://bit.ly/computer_AI2

Finally, here's a Caesar Cipher program. It will encode any message you enter, using the Caesar cipher method, where one letter is swapped for another. https://bit.ly/Caesar_cipher

But the program also has a secret message, with a clue to how you can use this same program to decode it! Can you crack Kabir's code?

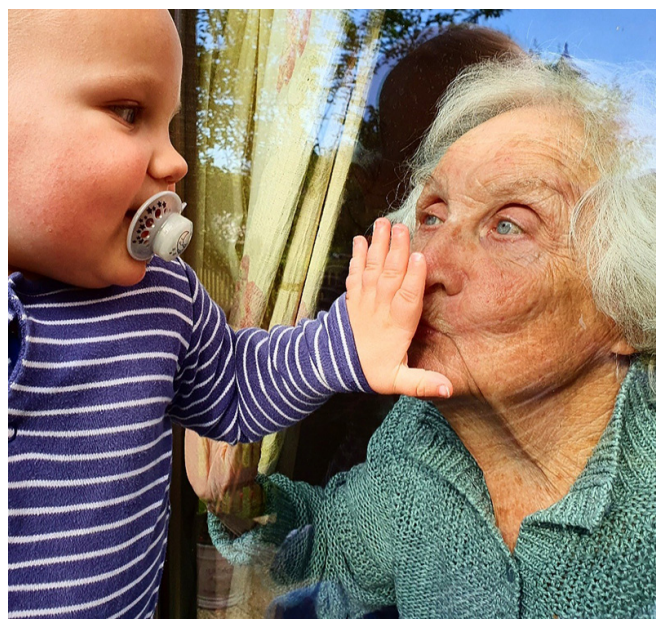
Well done Kabir - excellent work!

Fancy seeing yourself or your family in the National Portrait Gallery..?

Try your hand at the 'Hold Still' portrait competition



This community project is spearheaded by The Duchess of Cambridge, Patron of the National Portrait Gallery. It aims to create a unique photographic portrait which captures the spirit, mood, hopes, fears and feelings of the nation as we deal with the Coronavirus outbreak.



To find out more information please visit the National Portrait Gallery website:

<https://www.npg.org.uk/hold-still/>

The project is completely free and open to all ages and abilities. Images must involve people, and can be captured on phones or cameras. Each image will be assessed on the emotion and experience it conveys rather than its photographic quality or technical expertise. The closing date for submissions is the 18 June 2020.

Please submit your entries to Mr Bowen by 15th June: Bowens@wallingfordschool.com

Good Luck!

House points update...

We've seen lots of house points awarded this week. Well done to everyone who has contributed to their house totals. Bigg are still leading the competition! However the total points difference between houses is very close. Keep it up, and we'll update you with any movement.

Year	Bigg	Blackstone	Christie	Matilda
7	1 st	3 rd	4 th	2 nd
8	4 th	2 nd	1 st	3 rd
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	1st	3rd	4th	2nd

Bronze Award Certificates...

It gives us great pleasure to say that over the past few weeks some of our students have achieved their bronze award certificate. Each working extremely hard to collect 25 or more house points.



Huge congratulations go to the following:

Year 7

Katrina Clayton (Christie) - 34
Seren Old (Bigg) - 25

Year 8

Ben Earl (Matilda) - 34
Neive Busby (Blackstone) - 25

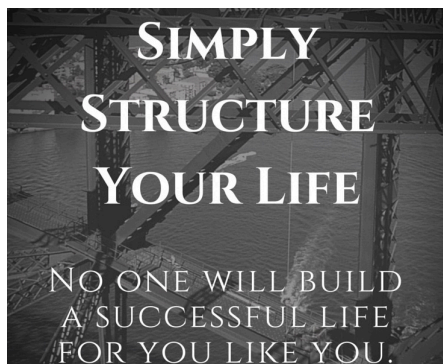
You should be extremely proud of yourselves, as indeed we are.

Several other students are not far off earning theirs, so keep earning those points and we will be celebrating your Bronze achievement soon.

Messages from the Heads of Houses...

BIGG

From Mr Lyons



Hi Bigg House

Welcome back to Term 6, well virtually anyway! I hope this term finds you all well and enjoying the slightly less restricted lock down rules. It has been nice to actually mix with friends and get out for exercise with other people in the last few weeks (even with Mr Harpin for a ride around Oxfordshire!)

I am really conscious that we will not see any of the Year 7-9 cohort now until September, which means the normal 6 week growth spurt that is evident in September will be even more noticeable. In fact I am sure you will all come back taller than me! (I know, it's not difficult). The main focus for you all this term is to not switch off and disengage from work. Your brain needs to keep active and you need to keep in touch with academic studies. Try to keep a structure to your day and plan each morning with what you are going to do, both work wise and for fun after it.

Structure is important in your life and normally school gives you that in abundance. The real test is to see if you can offer your own structure and become better independent learners. If you can master that you will see a huge difference in your learning when you return.

Keep safe, keep smiling and help round the house daily!

Mr Lyons

BLACKSTONE

Mr Choi & Ms Walker

Hello Blackstone House,

We hope you and your families are well and that you have managed to have a relaxing week in the glorious sunshine.

Myself and Ms Walker managed to fit in a few things during the week.

Mr Choi... I have been on two big walks around areas of Oxfordshire, I have also been training outside and in the garage and I have also continued growing my vegetables and winning Zoom quizzes!

Ms Walker... I have also been out and about on lots of walks (mainly in the evening when the weather was absolutely glorious!) - I have really enjoyed exploring the footpaths around my village (some of which I had never been on, or had not walked along for many years), it has been a great opportunity to discover more about my local area (lots of little hidden away gems that I had not come across before!). Like Mr Choi I have also loved spending time in the garden - getting around to jobs that I had previously been putting off. I have also enjoyed just spending time in the garden, particularly reading & listening to re-runs of classic TMS episodes (especially the World Cup matches from last summer - including the final, fabulous!).

At this time we would usually be welcoming you back for the final term of the school year. Lots of exciting things usually happen in this stage of the school year. The Year 11 students will have already completed some of their GCSEs, the Year 9 students will be preparing to go off on the residential, there are also trips Aachen and Dieppe; something I particularly look forward to is our Sports Day and Sports Awards evening just to name a few.

One thing, not school related, that both myself & Ms Walker are really looking forward to is the return of live sport. Live sports bring excitement, competition and an opportunity to admire someone's hard-work and dedication to compete at the highest level of their profession.

Tell us what you and your family are looking forward to once normality returns - what sports (or teams) are you most keenly anticipating the return of?

Here is a little quiz for you and your families to have a go at too.

1. How many countries are there in the world?
2. How many bones in the adult body?
3. There are 5 NFL teams named after birds, can you name all 5?
4. Put these in order tallest to smallest - The Shard, Empire State Building, Blackpool Tower and Eiffel Tower

Please send us what you are most looking forward to and your answers from the quiz to choif@wallingfordschool.com. House points will be awarded for every entry, plus bonus points for the winner!

As ever take care and look after yourselves.

Mr Choi and Ms Walker

CHRISTIE

From Mrs Pike

Hello Christie House and welcome back!

We were certainly blessed with delightful weather and, like me, I am hoping your solar panels are fully charged ready for the ride through the final term.

By now you should be working your way through the work set and hopefully have managed to upload and really impress your teachers. I get to see your house points when they are awarded, and I am pleased to see so many Christie names. I have been practising my Dr Dre Dr Seuss, so I still believe in you Christie House.

Next week and over the coming weeks you will be able to have a Teams meeting with your form tutor, and I am looking forward to sharing an assembly with you. It is easy to feel disconnected from your friends and your teachers, so this is our way to keep you going and to see how much your hair has grown!

With anything new, it is always good to set yourself a goal. I have been doing a lot of cycling lately as I was lucky to get a new bike; I have not been as excited for a long time Christie House.

I want to work up to doing a whole day cycle challenge but the end of July. I would love to do a multiday cycle from John O'Groats to Lands End, this could be a long-term challenge for me. This week my challenge was to take on a hill and be able to use my gears which made me be able to do the hill sitting down. I must be honest and say it was not a massive hill, but it was a start and I now feel much more confident with my bike, traffic and my gears.



What might you aim for this term Christie House? Have you got any short, mid or long-term goals? I would love to hear some of your goals for this term so please email me on pikek@wallingfordschool.com. You could even share this in your first tutor chat.

Over the next few days, watch out for guidance on how to register to spend some time with your tutor and tutor group.

I wish you all a very pleasant week, enjoy the beautiful gift of sunshine and take care.

MATILDA

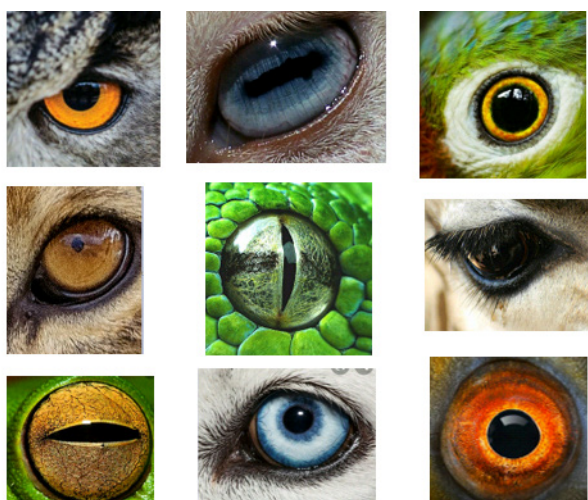
From Miss Hearn

Hi Matilda House, I hope you all continue to remain safe and well?

So here we are in the final term of this school year, some of you may be returning to school in the coming weeks but most of you will continue to learn and work from home. We are incredibly proud of all you adapting so well to the changes during these crazy times. Keep up the hard work and keep earning those house points for Matilda. It won't be long until we are all back in school, even if there are some changes to the normal.

We have heard a lot that we have "all been in the same boat", but this is not the case. We all are experiencing different situations and have all faced our own challenges during this time. It is safe to say we have been in the same storm though and no matter what 'boat' you are in it is about navigating them together and doing our bit to help slow the spread of virus. It has definitely not been easy but we can see the light at the end of the tunnel as the lockdown now starts to ease and life slowly returning to normal.

At the start of lockdown, I said I would set you challenges and quizzes to keep you going and haven't set one in a long time. I have completed countless quizzes; to the point the same questions are now being asked. During my family quiz the other night, my sister did a round that was a bit different to others I'd seen so I thought I would share with you this week. Can you name the animal that the eye belongs to?



Email your answers to:
hearne@wallingfordschool.com. House points available (all welcome to enter).

Special mention...

We are very pleased to show you Callum Lee, Yr 8, proudly wearing his Blue Peter badge!

To achieve the badge Callum researched his great grandfather's career in the Army, in particular the Royal Tank Regiment. He built a 1:35 model of a Chieftain Mark 5 tank - one that his Great Grandad was familiar with.



Thank you so much for sharing this with us - well done Callum!

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/>

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.

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



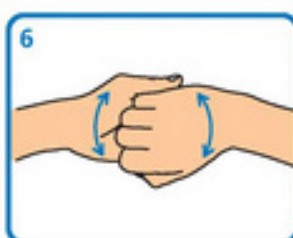
Rub hands palm to palm



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



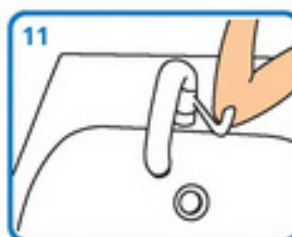
Rub tips of fingers in opposite palm in a circular motion



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