

Wallingford School - House Newsletter

Friday 12th June 2020

Assembly 'Food glorious food'

By Mrs Preston

I have been really impressed with all the photographs, over the last few weeks, of the amazing cakes, bakes and family meals that



students have been creating. I decided to get creative and bake a cake to share with you all but... when I went to the shops they were ALL sold out of flour! Clearly, baking is our favourite thing to do when we are all at home! It started me thinking about how important food is to us in all sorts of ways.



It is hard to remember to be thankful all of the time for things that we usually take for granted. I rarely think about how lucky I am when I am drinking a glass of water, but

this week I was filling up the kettle when an advert for Water Aid came on the radio. It was asking for donations to dig wells in areas where people are having to drink filthy, polluted water, and I suddenly realised how fortunate I was to have clean, safe drinking water literally 'on tap' in my kitchen.

Likewise, our access to food, how much we have and the variety of foods available to us, very much depends on where we live in the world. There are huge inequalities in access to food across the globe. Approximately 104 million children in the world are underweight due to lack of food. Countries such as Chad and Yemen are suffering from food poverty, with an estimated 20 million people in Yemen suffering from malnutrition. At the same time, other countries have more food than they need. 180,000 people



in America had surgery to help them lose weight last year. Even within the UK there is food inequality: In 2019 The Trussell Trust network of food banks provided 1,182,954 food parcels to families in need and this year it will be even higher. At the same time UK households threw away 4.5million tonnes of food last year (£9.7 billion).

Our interest in food can also be seen through all the TV programmes dedicated to watching people cook and bake such as Master Chef, Ramsay's Kitchen Nightmares and, of course, Bake Off.



So food is more to us than just nutrition. All cultures use food to celebrate and to mark important occasions: Christmas; birthdays; Easter; weddings; Shrove Tuesday; Hanukkah; Halloween; Diwali and many others. We also have special foods that we associate with specific celebrations such as a cake with candles to represent your age for birthdays, a turkey for Thanksgiving, a pudding set on fire at Christmas. We use food to celebrate days and people that are special to us. Cooking and eating together is a wonderful thing to do.



I hope that you all keep cooking, baking and sharing fantastic food with your families and sharing your pictures with the newsletter. Perhaps also take a moment to remember how fortunate we are to have that food.

(Shame that they were sold out of flour so I can't show you the really impressive and superbly well decorated cake I would have made.....)

Wellbeing Corner

By Mrs Bowyer

As we start to come out of lockdown this lovely piece by Libby, one of my Year 10 artists, made me think of reconnection and reflection.

Libby has rediscovered reading for pleasure again which is now part of her daily routine (and which also inspired this piece of art).

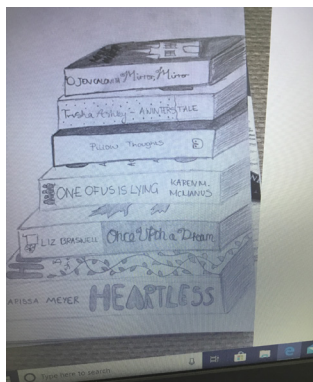
That sparked me in to thinking I wonder what else people have re connected with during lockdown. Skills people

used to have, old hobbies re kindled. It would be nice to see a list of things that have become a new part of your daily routine.

I have never baked, until lockdown when I have baked a family cake every fortnight. There must be other people that have started to do something they did before or started something new.

Please do share with us your new found skills or ones that you've rediscovered since lockdown.

housenews@wallingfordschool.com



An update on Home Learning

From the MFL Department

Active
Learn

The MFL department at Wallingford are using Pearson Active Learn as a key part of our home learning in years 7-10. This is a really effective learning platform whereby students can complete listening and reading activities, learn and test their French/German vocabulary and complete grammar and translation quizzes. MFL teachers can then monitor students' progress in each area and plan future lessons based on this. A few of our students have not yet managed to log-on to Active Learn so here is a reminder of how to do so:

Go to: https://bit.ly/Active_Learn

Students each have an individual log-in which follows this format:

Year 7 - ws19surnameinitial e.g. for Joe Bloggs the log-in would be ws19bloggsj

Year 8 - ws18surnameinitial e.g. for Joe Bloggs the log-in would be ws18bloggsj

Year 9 - ws17surnameinitial e.g. for Joe Bloggs the log-in would be ws17bloggsj

Password for everyone in KS3 is Languages2020. Please change this once you log-in!

Year 10 – their username is their school email address. They have been using this learning platform since September and have their own passwords.

Once students are logged in they can access their library for each of the languages they are studying. There are 3 tabs: **Tasks**, **Exercises** and **Books**. **Tasks** shows work set and monitored by teachers, **Exercises** are activities students can complete independently for further stretch and challenge and **Books** gives access to the electronic version of the textbooks which we use - Dynamo (KS3 French), Studio (KS4 French) and Stimmt (KS3 and KS4 German).

We would like to congratulate all of our students who have been working really hard on Active Learn in Term 5. In particular there is a group of students who we are calling our Active Learn Stars! Please turn to page 9 to find out who.

#WellbeingWednesday on Wallingford School Social Media

Weekly Photography Challenge

By Miss Absolom

Every Wednesday, we set a 'word of the week' - we would like you to take that word and have a little think about what it means, perhaps make yourself a mind map. When you have an idea, go out (following safe distancing rules) and take a photograph to represent that word. If you would like to use an old photograph, please do so.

Please send your photographs to socialmedia@wallingfordschool.com



This week's 'word of the week' is COMMUNITY.

(Please take a look at last week's 'nature' photographs on pages 10/11 of this newsletter - a fantastic collection!)

Making sense of the George Floyd protests...

Hopefully, most of you will be aware of the recent unjust and tragic killing of George Floyd. We say “hopefully” as it’s incredibly

important to now learn from it and make steps in cultivating positive change.

There has been a rapid rise in activism in the aftermath of Floyd’s murder. The following link outlines exactly what happened and why it has sparked the reaction that it has.

Please do take the time to read this. Knowledge Is Power.

In order to understand the full picture, we must ensure we are as informed as possible surrounding this extremely important issue.

<https://www.bbc.co.uk/news/world-us-canada-52904593>



Over to you...

You are all continuing to amaze us with your hard work and dedication to your studies during this challenging and ever changing situation. Again there has been some outstanding pieces of work that we just have to mention.

Here are this week’s exceptional efforts...

First, a fantastic piece of creative writing by Beatrice Tharme (9SDO):

...It was the perfect night. There was a calming breeze, with just enough power to elegantly lift the fiery, burnt orange lanterns into the moonlit sky.

Whispers could be heard from others admiring the constellations of brightly shining stars above. Children were marveling in awe, with their necks craned to get the best view. Rosy cheeks and enormous smiles were everywhere. The crowd was small but cozy, with everybody wrapped up in their November bobble hats and woolen scarves. Clinging to my lantern, I waited excitedly for the signal. Suddenly, a distant voice came from somewhere in the midst of the crowd. This was it.

With a satisfying whoosh, all the lanterns came alive, like colourful, newborn owls taking their first flight after newly mastering the



skill. The soft chatter grew louder as everybody gazed up at the most magical sight they had ever seen. It was as if the first comet ever to pass planet Earth had arrived. For a moment, everything was silent as I realised the aroma of a secluded bonfire had crept into my nostrils. The gooey marshmallow scent brought joy to the entire crowd – no matter the age.

Hysterical laughter came into earshot. Cautiously, I tip-toed over to where the noise was coming from. I followed the light of the nearby bonfire; it was a beacon of hope and happiness. Someone must have spotted me because before I knew it, I was being playfully shoved into a sunflower-yellow camping chair. I could not believe how comfy it was. A wooden skewer was thrust into my hand, with a marshmallow that begged to be toasted, on the end. I sat for a while, just enjoying the company of my friends (who had come with me to the lantern ceremony) and a bunch of strangers. Isn’t it odd how you can bond over the simple human experience of chasing happiness?

Once the marshmallow was cooked to perfection, I sandwiched it between two dark chocolate digestive biscuits – making sure the chocolate was inside – and tucked in. Nothing had ever tasted so incredible before.

Next, some powerful anti-war poems from three Year 9 Boys...

The Trap by Owen Hill 9MSI

You are walking right into their trap
The propaganda is in your head
Will you be a happy old chap?
Or will you just end up dead?

The treasure they talk about
Is unlikely to ever be reached
Are you going to fail to be a hero?
And leave your life incomplete.

Fight for your country again and again
Until you can fight no more
Help them kill the innocent men
Who are also forced into war

Don't let them lead you with this treasure map
It is more bad than is good
So don't go falling into their trap
And do the right thing, understood?

Why go to war? by James Andrews 9SV

Why go to war, the dirtiest place on Earth?
Where you will see lice, rats and mice a plenty
Should I mention all the disease for what it's worth?
Or the fact your stomach will be empty

And how can any man cope with the traumas
That will haunt you forever
We all know the Government are misinformers
So you don't know war whatsoever

And besides, you're needed at home to keep the
nation going
You don't need to work on the front line
Factories need workers and crops need to be
growing
Back home can be your place to shine

And there's the risk of death which you may be
receiving
Doesn't sound like fun to me
Your death would leave your family grieving
War doesn't sound like fun, you must agree

War of Words by Matthew Lewis 9SV

Why would any man want to fight,
When war can be settled with words?
Who would chose to be part of this plight,
And follow the brainless herds?

Men and women of this land,
Choose another way.
Come and join us, take our hand,
Keep the deaths at bay.

Do you think bearing arms,
Will help us reach our goal?
Or will this road cause more harm,
To those who do enroll?

Choose your weapon, march or protest,
Just take the peaceful path.
It takes patience I must confess,
But avoids the devastating aftermath.

What talented writers we have amongst our students. A huge well done from Ms Hands and Ms Lancaster. 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

Thinking ahead...

A ticket to your career in rail

By Mrs Ward - Careers Adviser

What do the following Careers have in common?

Architect
Engineering
Art & Marketing
Interior Design
Software Development
Customer Service
Archaeology
Environment
Construction
Maintenance



Answer: They are all Careers in the Rail Sector.

If any of the above careers take your interest and you would like to find out more, please see this link: <https://bit.ly/CareersinRail>

Messages from the Heads of Houses...

House points update...

First an update of the house points awarded since school closures and which house is leading the competition! A big well done to Christie this week who have inched their way into 3rd position pushing Blackstone into last place. Matilda remain steady in 2nd place and Bigg continue their lead. Well done to everyone who has contributed to their house totals, every single house point counts.

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

Bronze Award Certificates...

BRONZE AWARD

This week we are able to celebrate even more Bronze awards being achieved. A huge congratulations to the following students:

Year 7

Grace Coverdale (Bi) 26
Freya Launchbury (Bi) 26
Jasmine MArtin (Bi) 25

Year 8

Ben Shaw (Ch) 28

Year 9

Beatrice Tharme (Bi) 27
Emily Strange (Bi) 25

You should be extremely proud of yourselves. It's no easy feat, and even more of you are now getting closer to achieving yours.



This week will see the first online assembly for the house. I would really appreciate you all taking four minutes of your time to listen to it and see if any of it resonates with you or your parents. 29,200 skittles seems like quite a lot, and I am sure you couldn't eat them all, BUT when you see what the context of each skittle represents then I really hope you think long and hard about what each one may mean for you.

I am really looking forward to seeing some of the Year 12 and 10 faces from next week. I also hope that the start of live tutor sessions has been a welcome addition for you all. If you did not manage to get on to them this week, please do sign in at 9am. on the appropriate day for your year group.

Thanks all and keep safe and smiling.

Mr Lyons

BIGG

From Mr Lyons

Hi Bigg house,

Firstly, a huge well done for getting so many house points for submitting fantastic work across the board in the last couple weeks.

It is really important to keep up with the work that is set, and just as important that you are sending the work in, so that your teachers can read what you have done, and ensure you are on the right track. I firmly believe, that despite this situation not being the norm for any of us, you will all come out of this as better people, more independent learners and ultimately, more successful as a result.

BLACKSTONE

Mr Choi & Ms Walker

Hello Blackstone House,

We hope you and your families are well.

Another week has gone by, this week we have been trialling the virtual tutor time. We have had some great success (with lots of students joining their tutor group early in the week) and we have also had some teething problems but please bear with us - this is our first week, we are sure that it will work smoothly once the glitches have been ironed out. Check SMHW for details of your tutor group and if you can't remember your user name and password for your school email account then please email ict@wallingfordschool.com to get it reset.

With lockdown restrictions being slowly lifted we

wanted to share some of the positive effects of the lockdown on the environment.

-The water in Venice has been the cleanest its ever been and sea life can be seen to thrive in it

-In Thailand they have had their largest number of Leatherback turtle nests

-Fewer bees are being killed due to decrease in numbers of cars on the road

-Whilst on the subject of cars; nitrogen dioxide levels have been said to drop by more than 50

-Citizens in Northern India are seeing a view of the Himalayas for the first time in their lives

-A herd of goats came down from the mountains in a Welsh town and were seen grazing in public spaces and people's gardens for the first time

-While wild boars have been seen on the streets of Barcelona

It has been absolutely incredible to see the way in which nature has reclaimed spaces.

In the news this week is also the fabulous news that: 'Britain goes coal free - as renewables edge out fossil fuels'. At midnight on Wednesday Britain will have gone two full months without burning coal to generate power. Incredible! The previous longest spell without using coal was 18 days last June.

These are just a few examples of the positive impacts that the recent lockdown has been having on the environment, however with lockdown restrictions being slowly lifted we have seen areas of natural beauty and beaches being ruined by people leaving their litter behind.

Do you remember our first lockdown newsletter? We talked about representing the green tie, being the best we can be and doing a good deed a day. We would like every single one of you to look after the environment you live in. Even if this is just something as simple as picking up your own litter when you are out and about. By doing this, hopefully, you will inspire others to do the same. We should be leading by example Blackstone!

As ever take care and look after yourselves,

Mr Choi and Ms Walker.

CHRISTIE

From Mrs Pike

Hello Christie House!

This week your tutors have been thinking about their time at school and have some very lovely memories and even some funny stories and pictures to share with you. We hope you like it!

'Two amazing things happened while I was at school that I will always remember, when I was in the infants we were all taken out to the playground one day and told to stand still and look at the sky, we were watching the very first Concorde flight, it flew right over our little school. Secondly in Secondary school I was in Bader House and we had a visit from Douglas Bader, I will never forget how very stern and proper he was.'

- Mrs Bowyer

'My memory is of a school trip to Chessington World of Adventures. Growing up on the Isle of Wight any trip that meant going on the ferry to the "mainland" was a big deal, let alone to go to a place that had it all: Rides, fast food, fizzy drinks and no parents! We had a great day stuffing our faces with sweets and going on as many rides as possible. We (my best friend and I) indulged so much that day that on the coach journey home we were both sick all over the back seat! Yuck!'

- Miss Isaac

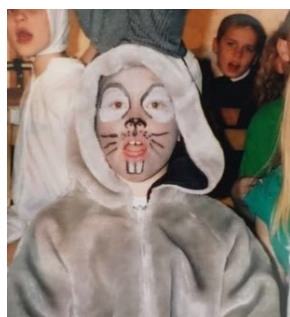
'When I was at school some of us were asked in PE if we would help at the Diahatsu Tennis Championship in Brighton. We were given posh new outfits to wear and I was a 'ball girl' who stands at the back and middle of the tennis court to collect the tennis balls and return them to the players. My friend Nina had a tennis racquet thrown at her by Billie Jean King a famous player at the time because she lost her temper when she lost a point. We met Martina Navratilova and Chris Evert-Lloyd. It was the first time I was on the telly.'

- Ms Ward



'I had a terrible Physics teacher in secondary school. All I remember of 2 years of GCSE Physics was doing trolley on the ramp experiments. We used to listen to our Walkman's instead of working and do that weird trick at the back of the classroom where you get someone to think they are levitating. This was topset Science in an all-girls comp and we were very well behaved with our other teachers so he must have been really hopeless! I feel bad now thinking about it :-(' I also have very vivid memories of a school exchange to Paris where the son of the family we stayed with used to get his guitar out every night after dinner and serenade me and my friend with songs he sung (very badly!) in English.'

- Mrs McGarrick



'There always used to be a huge puddle (think it is still there when it rains) by the bottom of the steps leading to staff room, outside T8&T9. It was really busy one day and I fell in the puddle and the office had to

phone my mum for more clothes. However, I did save my phone haha!'

- Miss Walker

'I wore a Sheriff's Badge to school for one day in Year 4. I repeat, one day. People in my hometown still call me 'Sheriff'. When I was in Reception, at the end of the day my Mum was shown a picture I had drawn. My Mum couldn't see what it was supposed to be apart



from something maybe a bit rude. The teacher asked my Mum what she thought it was, My Mum didn't want to say... so she said that she couldn't work it out. The teacher looked at her in amazement and exclaimed, 'Mrs Bowen! Can you really not see that it's a picture of a man on a toilet?'

- Mr Bowen

'I went to a small Primary School so the transition to an 1100 student secondary school was difficult to say that least. I was a very shy teenager. I was very gullible and the perfect target for bullies. I didn't speak much in lessons; as other students would laugh at my accent. My Dad had a lovely soft Irish accent, my mum had a northern accent. I didn't have a scouse accent and stood out like a sore thumb. The first three years at secondary school weren't great for me. I laid low and carried on as best as I could. However, in September 1981 (yes, I really am that old!), my school amalgamated with another school and my life changed for the better. I met Paula and Sam, we had different life stories. Paula was from a very large family; she had five brothers and four sisters and knew had to stand up for herself. She loved learning and became the only sibling in her family to go to University. Sam had very sadly lost her Dad when she was nine years old, but when I met her, her Mum had remarried, and life was looking up for her. Sam was confident, intelligent and hardworking. The three of us spent a lot of time together, we were in the same sports teams, met up at weekends and even ended up working part time at Sainsbury's for our Saturday jobs. Meeting Paula and Sam gave me confidence and happiness. They were my support when my Dad died when I was in Yr 13. They helped me find my place. The moral of this, take all opportunities, things improve.'

- Ms McGowan

'I remember during my A Levels having triple Maths on a Friday morning. I used to turn up halfway through the 2nd lesson as I used to go and have McDonalds breakfast with my friend! In the end the teacher



used to put their order in! Ha! In Year 9, I also got to be on TV with my Geography class for creating a campaign on how to rescue shopping trolleys from local creeks! Man, I had such a passion for shopping trolleys back then!'

- Mrs Pike

Have a super week and think of your favourite memories so far.

Mrs Pike and the Christie Team

MATILDA

From Mrs Sherlock

Hi Matilda

I hope you are all well?

Again, I need to say a massive well done to all of those who have contributed to the Matilda house points this week. We have maintained a comfy 2nd place for another week running. There are so many opportunities to get house points, so get involved in the department challenges and continue to complete amazing work and you never know, Mr Lyons could soon be crying into his cornflakes as we sneak into first place.

The passage included below was shared with me via social media (so I can't take any credit for writing it). But I really value the message and wanted to share it with you all in hope that you to can be kind in the weeks to come.

...As things start to open up, You do You, I'll do me. That's what we should be about. None of us have the same circumstances. You might have medically high risk family members, have family who are shielding, family members out of work or with a business about to go under. Let's all stay in our own lanes and keep the judgment down as we begin to reopen. No one should feel pressured either way.

As government are trying to figure out how to ease back into normal, please remember:

- Some people don't agree with opening...that's okay. Be Kind.*
- Some people are still planning to stay home...that's okay. Be Kind.*
- Some are still scared of getting the virus and a second wave happening...that's okay. Be Kind.*
- Some are sighing with relief to go back to work knowing they may not lose their business or their homes...that's okay. Be Kind.*
- Some people have already lost their jobs and businesses. Be kind.*
- Some are thankful they can finally have a surgery they have put off...that's okay. Be Kind.*

- Some will be able to attend interviews after weeks without a job...that's okay. Be Kind.

- Some will wear masks for weeks...that's okay. Be Kind.

- Some people will rush out to get their hair or nails done...that's okay. Be Kind.

- The point is, everyone has different viewpoints and feelings and that's okay. Be Kind.

We each have a different story. You do what's right for you and your family, and Be Kind. If you need to go out, just respect others when in public and Be Kind!

We all are in different mental states than we were months ago. So Be Kind.

Don't judge fellow humans because you're not in their story.

BE KIND.

Take care Matilda.



• STAY SAFE • BE KIND •

Thank you and don't forget to send all of your recommendations, new found skills, marvellous meals, 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.

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

MFL Active Learn Stars

Year 7

Sophie Anderson
Oliver Baskeyfield
Ella Beasley
Amber Chong
Rohan Clark
Katrina Clayton
Dylan Collins
Sophie Cooper
Harvey Copeland
Maddie Cornut
Grace Coverdale
Lola Davis
Finn Dimassa
Lottie French
Flora Gleave
Ben Godfrey
Matthew Gough
Poppy Gould
Rowan Harink
Emmison Harris
Daniel Higham
Sam Hillier
Bethan Hooper
Luke Hudson
Esme Hurley
Tom Hunt
Marta Jani
Jakub Jedrzejowski
Gethin Jenkins
Freya Launchbury
Enya Lee
Rory Leslie
Bethan Lewis
Freddie Lines
Narao Lorenzo
Macey Lowe
Ruby Lucas
Isla McAlpine
Raffy McCann
Ollie MacDougall
Morgan McGee
Orlagh Markey
Phoebe Marks
Jasmine Martin
Daisy Miners
Alexa Morgan
Shia Moulton
Aimee North
Sophia Pellegrini
George Plant
Lillie Potter
Erin Ridgeway
Daisy Sherwood
Fletcher Stickley
Charlie Stokoe
Eva Strange
Daniel Toal
Edward Thomasson
Wilfrid Venners
Emilie Walker
Lily Walker
Ella Warne
Beau Williams
Erin Youhill Partridge

Year 10

Lily Angell
Lily Barnes
Tommy Bosley
David Carvalho
Meera Clark
Tom Cox
Thomas Giurma-Handley
Ella Keith
Annie Kneeshaw
Bella Miners
Evie Potter
Sam Pratt
Ky Rawson
Juliet Tharme
Naomi Thompson
Jasper Tidmarsh

Year 8

Stanley Baker
Lyla Boardman
Nathan Brewer
Amelie Brett
Molly Bridges
Eve Bright
Neive Busby
Emma Carr
Annabel Collins
Samuel Csibi
Bella Cuthbert
George Dack
Emily Dawson
Emily Donnelly
Megan Druce
Emily Dunn
Ben Earl
Will Eaton
Molly Flynn
Zoe Gerrard
Adela Giurma-Handley
Querubina Gouldby Lopez De San Roman
Fin Green
Hollie Green
Charlie Greenway
Jacob Gunn
Mackenzie Hopkins
Charlotte Hull
Olly Hunt
Ben Jackson
Alex James
Hayley Johnston
Archie Lee
Emanuel Levi
Lillibelle Lewis
Noah Liddy
Thea McSweeney
Alex Nicklin
Edward Painter
Sophie Partis
Bimsath Pathiraja
Oscar Pike
Benjamin Pocock
Alyssa Reeves
Zara Richardson
Ella Robson
Alexander Rowley
Georgia Ruff
Jack Seymour
Ben Shaw
Fausta Skabeikaite
Henry Stephens
Archie Stickley
Tara Smith Dawson
Henry Stephens
Matt Sweeney
Hannah Torrance
Imogen Venner
Ruby Vink
Sam Warrington
Douglas Watt
Pleng Wiwekkeng
Jack Wilkinson
Ellie Woods

Year 9

Miles Anderson
James Andrews
Johanna Angelova
Toby Appleton
Reuben Baroni
Clara Bevis
Tim Boddy
George Brannan
Sonny Buccheri
Martha Bullock
Billy Carrington
Jamie Carrington
Barney Clark
Amy Cole
Jonathan Cooper
Maddie Cooper
James Cormack
Rachel Daly
Louis De Vince
Katie Garwood
Emily Gesner
Luke Grainger
Eve Green
Jim Greenaway
Lola Gunn
Smriti Gurung
Will Hamilton
Anna Hawker
Owen Hill
Ryan Jenkins
Ruby Keable
Scarlett Kennedy
Zara Khan
Floyd Lovelock
Alexander Lowe
Callum Mackenzie
Kirsten Mansfield
Beatrice Marshall
Cora McNulty
Ben Parkinson
Luca Porritt
Ollie Preston
Katie Ratcliffe
Emily Rees
Francesca Reeves
Charlotte Reynolds
Isobel Sheppard
Charlie Sheppard
Olivia Shepherd
James Singh
Mathilde Smith
Layla Simpson
Mattie Sizer
Emily Strange
Ethan Strange
Bea Swaine
Beatrice Tharme
Josh Tinsey
Sam Turl
Sean Wells
Aimee Whelan
Jack Wilkes
Connor Williams
Lewis Wood

Please contact Mrs McGarrick mcgarrickt@wallingfordschool.com
if you need any help with logging on to Active Learn.

Mrs McGarrick

Curriculum Team Leader for Languages



Photography
word of
the week

Nature

#WellbeingWednesday



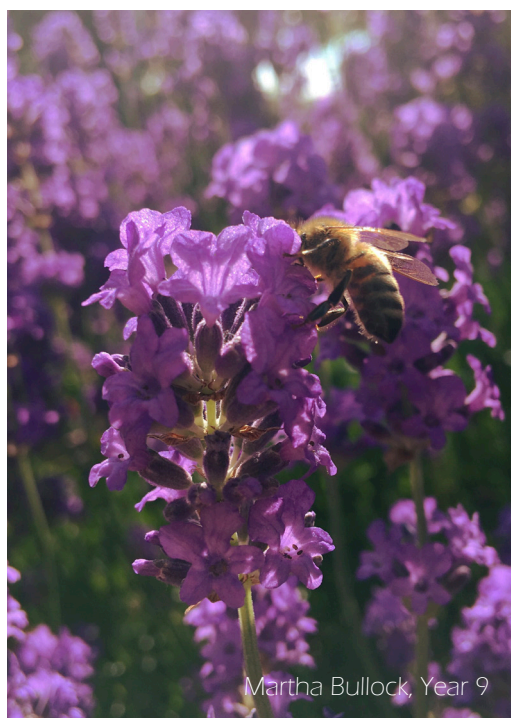
Annabella Baroni, Year 7



Katrina Clayton, Year 7

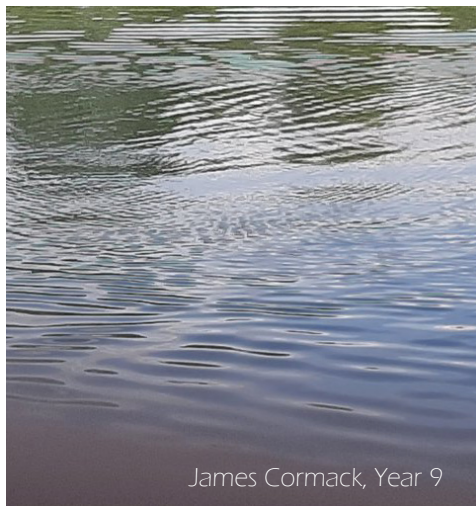


Charlie Light, Year 9



Martha Bullock, Year 9





James Cormack, Year 9



Lizzie Pannett, Year 7



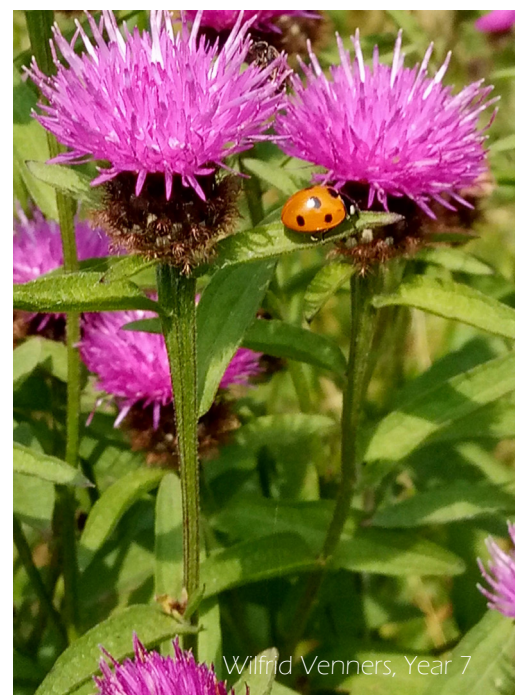
Millie McKeown, Year 8



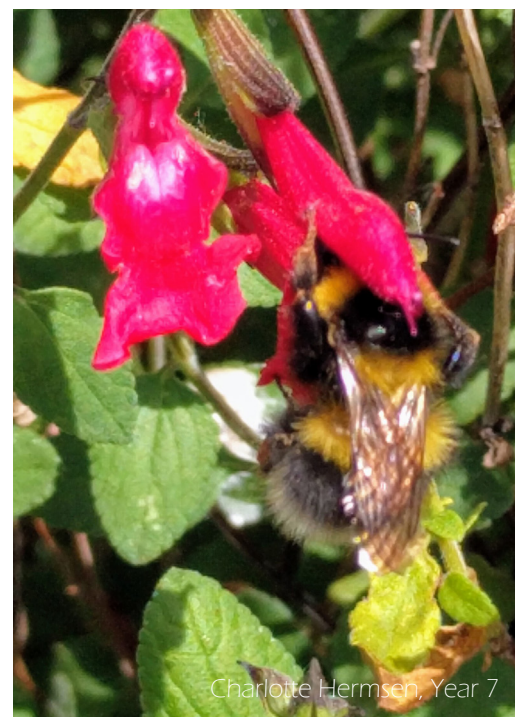
Annabella Baroni, Year 7



Armin Csizmadia, Year 9



Wilfrid Venners, Year 7



Charlotte Hermesen, Year 7

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



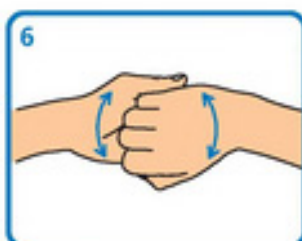
Rub hands palm to palm



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



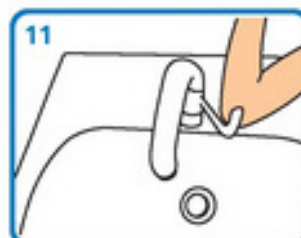
Rub tips of fingers in opposite palm in a circular motion



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