

Wallingford School - House Newsletter

Friday 19th June 2020

Assembly 'Walking'

By Mr Keeling - Assistant Headteacher

The outing begins by staring out of the kitchen window at the sky – are those clouds parting or getting thicker, is it getting lighter or getting greyer. I lean out of the window to check the temperature of the air with my hand, I assess whether it is starting to drizzle. I put my light waterproof on just in case... it's the UK... I always put my light waterproof on just in case.



And then I am walking. No one with me, no headphones in my ears, just my own thoughts rattling around and the smell of cut grass or a bonfire on the breeze. This is where my brain can begin to relax, where my thoughts can gather themselves. It is easy to underestimate the restorative power of fresh air on the mind, but I find that when I am grumpy, or lethargic, or moody being outside really helps.

Often it is the walk that lacks a destination that is the most fun. During the last few months, with no shops or cafes or friends' houses to be able to walk to, all of my walks have just been for the sheer joy of it. We are very lucky to live in an area of the world and indeed of the country where there is so much green space readily accessible to us. To have that feeling of space around us in a time where we have needed to spend so much time in the same house and the same rooms is hard to replicate.

I don't think that it is a coincidence that we have phrases that express elation like "walking on sunshine" or "walking on air", going on a walk does so often make me feel happier. Similarly, when something is simple or straightforward we say it is a "walk in the park". It is easy to forget that something as simple or straightforward as a walk in the park can have the power to make you feel better when you're having a bad day.

The final thing about walking that is so important is the pace of it. We live in a world where things move quickly. It is the relative slowness of walking that allows time to take in the world around us.

To notice things that we would normally drive past at 50mph, or to give us the time to mull things over that a 5 minute car journey with the radio on might not allow. In lots of ways these last few months have lent themselves to a slower pace, time to gather thoughts, time to take in the world around us.



So on that note, I am going to put on my light waterproof and go for a walk.

Wellbeing Corner

Add a stone to the snake

The Wallingford community have started a lovely creative wellbeing idea in the Maltings development. Children and adults alike have been decorating stones and adding them to an ever growing snake for all to enjoy.

Children are particularly enjoying visiting the snake on their family walks to see if any new stones have been added.

It would be great if you could add to it. Or even start new ones in your local area. If you have younger sibling why not pass by on your next walk to have a look.



Mrs Bowyer has given it a go, she says "I coloured mine with sharpie but poster paint and clear nail varnish over the top would work really well too."

Housenews@wallingfordschool.com

Water for wellness – the benefits of staying hydrated

By Mrs Sherlock

Tiredness; poor concentration; slower reactions; headaches; mood changes... Do you recognise any of these symptoms?

I certainly do! But don't worry we're not ill (and I haven't become a doctor).



Does it surprise you that all of them can be a result of not drinking enough fluid?!

Staying hydrated plays a big part in staying alert, being productive and functioning at our best! Water is the second most important thing after oxygen, that we need to survive. We simply cannot do without it. In fact, every day we can lose up to 3 pints of water just from daily living, for example, breathing, sweating, exercising and going to the bathroom. And it's so easy to forget to top these levels back up.

On a very basic level, dehydration makes you feel awful. Even just the early signs of dehydration can affect your concentration and mood, leaving you feeling tired and drained. Headaches are another symptom that will leave you feeling down.

Dehydration can often be mistaken for hunger, when in fact; it's just our body's way of telling us that we need to top-up our fluids. Staying well hydrated boosts our mental function and flushes toxins out of the body.

So how much fluid do we actually need?

Well, this varies from person to person, but generally speaking, 6-8 cups of fluid each day (1600-2000ml) is enough to keep most of us hydrated. Water is the obvious and best option when thinking about keeping hydrated. But anything that you drink counts toward hydration, including milk, juice, soft drinks and even coffee and tea.

So make an effort to drink more this week and see if you notice a difference in yourself.



Fancy giving stop motion animation a whirl?

By Mrs Sandland

Stop motion animation is a film making technique that makes inanimate objects appear to move on their own. Think Wallace and Gromit and Chicken Run.

To make it work, you place an object in front of a camera and snap a photo. You then move the object a tiny bit and snap another photo. Repeat this process (twenty to ten thousand times), play back the sequence in rapid progression, and the object appears to move fluidly across the screen.

you have access to a phone or tablet you can make your own Stop Motion Animation. You will need to download an app. This one is free and perfect for beginners.

<https://www.stopmotionstudio.com/>

We have lots of Lego Mini-figures hanging around at home and I had a go at using them to make a short animation.



Click here to view

<https://youtu.be/aupA59LXTe8>

I also made this other very simple animation:

<https://youtu.be/oi9OqZqq5qc>



I hope you can have a go at something like this and send in your projects. We can't wait to see them. Please send in anything that you make to sandlandr@wallingfordschool.com

Another website I'd recommend is Scratch

<https://scratch.mit.edu>

You may have used it at primary school, it's aimed at 8-16 year olds and it allows you to code. Go to the ideas section on the website - it has some great tutorial videos which allow you to do a variety of programming activities from making a game, choosing a character and making him fly as well as bringing your own story to life - enjoy!

Over to you...

Yet again this week we have been swamped with fantastic pieces of work across the curriculum. Well done to all of our students for your continued efforts. Below is a small selection of the outstanding work our students have been producing.

First up, are two drawings by **Phoebe Aries** in Year 10. These stunning observational pencil drawings are for Phoebe's 'Everyday Objects' GCSE Art project. Mr Bowen says "Quite how she manages to include so much detail and range of tones is breath-taking!"



Next, **Sophie Cooper 7SHN** composed this phenomenal fairy tale. Here is an excerpt to enjoy:

...Once upon a time, in a picturesque forest lived a pack of foxes. They hunted for food, and drank water from the lake. The pack would have had a perfect life if the Hunters hadn't existed.

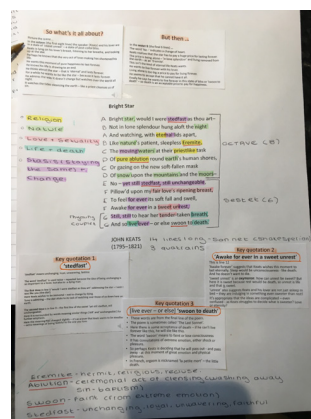
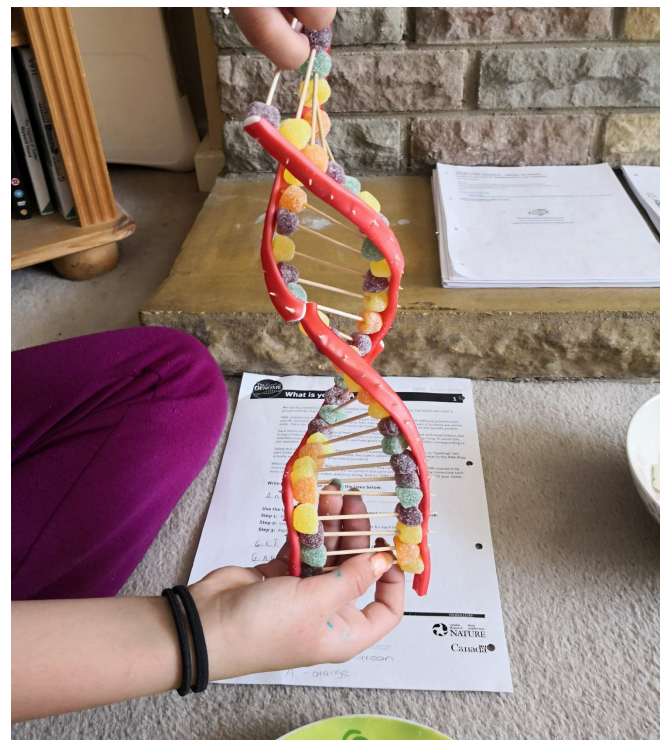
Many years before this tale was set, a prophecy was born. "The Pack Of The Moon is talking" said Star, one of the three Healers of the pack. "After many years they are awake." "I have seen it too." Replied Scar, staring into The Pool Of Fortune. "When the Moon shadows the Sun, the scarred fox will save us from our greatest enemy." Growled Tooth. "That is the prophecy."

Twilight spotted the rabbit. She stalked it, quiet as a mouse. The rabbit was fast, but Twilight was faster. One blow to the neck, and the rabbit dead. But over all the excitement of getting fresh prey, Twilight scented the worst scent of all: The Hunters and their hounds. Twilight loped through the trees, away from The Den. She must get away from the other foxes to protect them. She dived into a pile of badger dung and rolled around on her back. "This should mask my sent" Twilight muttered. She loped on, dead rabbit swinging in her jaws. Twilight could hear The Hunters shouting foolishly to their dogs. It sounded like they were on to her. Panic rose in her throat.

Twilight knew what these hounds alone could do, let alone the Throw-Stone Device that The Hunters use. One shot from that and you would be fresh kill. Twilight scented that a runaway dog was near, so she hid the rabbit behind a rock...

Annabelle 7SBO took the topic of genetics and decided to investigate it a little further to try to make a very personnel helix.

Annabelle made DNA helix's from sweets. She used different colour jelly tots to decode her name on one side and completed the strand using the pairing codes on the other. What a fantastic project. This must have made a very tasty movie night snack!



This Year 10 student didn't want to be named, however Miss Cheng said that they had "gone over and above with their annotations for this poem". You know who you are. Well done!

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

Take part...Youth in lockdown

A project by Oxfordshire Discovery College

Oxfordshire Discovery College are putting together a collection of art works and writing by young people in Oxfordshire documenting their experiences of being in lockdown.

This will be a diverse collection, so the ways that you can get involved are endless. It could be a poem, journal entry or song lyrics. A sculpture, painting or sketch. A photograph, short story or collage.



Send us your paintings, photos, stories, journals - your creations about your time in lockdown. Send to hello@oxfordshirediscovery.co.uk

in partnership with
OXFORDSHIRE
DISCOVERY COLLEGE



Visit their website to find out more:

<https://bit.ly/youthinlockdown>

STARS Announcement

By Miss Norman

The STARS programme has long been one of the things that make Wallingford so great.



It's an opportunity for us to celebrate students, not because they are the most able, but simply because they work hard. These STARS are nominated by subject teachers who have had the pleasure of teaching them. It is a true mark of resilience, determination, and passion for their subjects and it is wonderful to see so many students being nominated. I know how difficult it is to choose just 2 students per year group as there are so many who work hard consistently.

Usually we congratulate them in House assemblies and they are rewarded with trips and experiences to show our appreciation of how hard they are working. Naturally, the current situation makes that difficult, but that doesn't mean that these students won't be recognised. Over the next week, our newest cohort of STARS will be contacted to be congratulated on their continued efforts. Well done to everyone who receives a STAR award this week and remember, if you weren't nominated this time, we'll be choosing more STARS early in the next academic year!

Fancy a trip to the theatre?

The stagiest weekend of the year may be cancelled but West End LIVE will still be celebrating the best of the West End with Virtual West End LIVE.

VIRTUAL WEST END LIVE 2020

On the weekend of 20 – 21 June, they'll be releasing two specially commissioned highlights programmes featuring performances from the last 5 years. Both programmes will be captioned and will be available to watch on via

<https://www.facebook.com/westendLIVE/>

for 24 hours only, with one released on the Saturday and the other on the Sunday – timings will be released soon. Enjoy!

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

Continued...

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/>

House points update...

Another week were lots of House Points have been awarded across the board. Well done to everyone who has contributed to their house totals. No movement in the rankings this week, Bigg are still leading the competition! However the total points difference between houses is narrowing. Keep it up, every point matters.

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

Bronze Award Certificates...



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

Year 7

Wilfrid Venners (Bigg) 27

Lillie Potter (Bigg) 26

Karishma Marriott (Matilda) 25

Suzanna Lawson (Bigg) 25

Ines Pritchard Garcia (Christie) 30

Silver Award Certificate...



And for the first time since lockdown we have a silver award to share.

Katrina Clayton (Christie) has earned a total of 50 points gaining her a Silver Certificate.

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

Each week more students creep closer to achieving 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

Hello to my very own Dream Team.

I was listening this week to a podcast by Sir John Kirwan (Thank you Mr Lamb for the recommendation) and a lot of what was said seemed so simple and obvious, that I wondered why so many of us do not use some of his strategies for ourselves.

Sir John was a very successful New Zealand Rugby winger, but battled hugely with anxiety and

depression. Right now 13 weeks into lockdown I think it is fair to say that everyone will have had some form of battle with anxiety or concern over the situation and how it might all unfold.

I want share a couple of points that were made in the podcast, and I hope that some will resonate with you and you are able to use some for your own wellbeing.

1. Thrive don't just survive. It is easy to go day after day just surviving. There is no school for many, you may wonder what the point in getting up is. It is vital that you have a purpose each day and a plan so that you can thrive in your school work, your health, your fitness and in your social lives.

2. Be the best version of yourself. Are you doing this? How do you do it? Think about what the best version of you looks like. How can you try to be like that as much as possible. Again it is taking pride in your work, the clothes you wear, your appearance. How you interact with your family and friends.

3. Don't mistake busyness for productivity. Work smartly and efficiently. You do not have to sit and do school work all day. If you kid yourself you are working, then it might take all day. 3-4 small chunks of 30 minutes would mean a lot of time left for yourself. Do not look busy, be productive!

4. Allow your mind to wonder, find a way to relax. This is key to your well being. Switch off, day dream for 5 minutes, put your phone away and just stare at the sky. Find the things that you can do to help yourself. Enjoy taking a shower, having a smoothie, reading just before bed. You might be what Sir John calls an active relaxer (this is me) do exercise every day. Find what works for you.

I hope that this might help some of you, and your parents keep calm, enjoy the days and be better people. If you want to listen to the whole podcast the link is below.

Have a good week.

Mr Lyons

<https://www.bbc.co.uk/sounds/play/p08f9tbj>

BLACKSTONE

Mr Choi & Ms Walker

Hello lovely Blackstone people.

We hope that you and your family are well.

One of the things that we have been thinking about this week is how much 'new' vocabulary there has been recently. Lots of words that we were aware of but 3 months ago but hardly ever used or certainly only used them in quite a different context.

Pandemic - was only something that happened in History, certainly not all around the world.

Lockdown

Social distancing

Plus... Covid19

How interesting it is that predictive text has already picked up these words because they are used so frequently. Vocabulary that was rarely used is now common place.

This week, with the nice weather again, feels more optimistic - what a nice change! Schools are opening up to more students, many more shops are now open and on Wednesday live football starts again. Hurray!

Hopefully, life will start to feel a little more familiar; familiar yet different. We will need to make many adjustments to return to our new 'normal' life.

Remember - social distancing!

One change we are especially pleased about is getting to see so many lovely Blackstone faces in school. It has been great to see the return of our Yr10 and 12 students. Welcome back - we have missed you! Who would have thought that so many 15 year olds would be quite so happy to be back in school?

A challenge for you!

Do you know where the 10 countries are that have had NO reported cases of Covid19? Below is the list - How have these countries avoided the virus? What do they have in common?

House points are available for responses to this challenge. walkerd@wallingfordschool.com

Come on Blackstone we are 4th in the points total at the moment, what is that all about? We need lots of Blackstone participation in everything (homework, sports challenges - everything) so that we can begin a fight back. (Yr7 are 150 points behind the other Houses - let's catch up, we can do this!)

We miss you guys. We are looking forward to when we will get to see ALL of you again.

Take care, stay safe,
Ms Walker & Mr Choi

Solomon Islands
Vanuatu
Samoa
Kiribati
Micronesia
Tonga
Marshall Islands
Palau
Tuvalu
Nauru

PLUS - these nations have excellent flags.
Perhaps you could look them up and see how great they are (of course you could just use predictive text and then they appear for you as if by magic - they are still really cool though!).

CHRISTIE

From Mrs Pike

Hello Christie House,

I hope you have been enjoying chatting with your tutors. I know how excited they are to see you and it has become a highlight of the week. The return of Year 10 into school has been such a positive step and it has been lovely to see so many faces, who may I add, all seemed smiling. I have now started really practising the Dr Dre Dr Seuss, well done on the house points and scraping into 3rd place. That is HUGE!

Just Keep Swimming Christie House, we can do this!

Last week I shared with you the assembly on how to manage stress and your stress bucket. Stress is something we all experience and sometimes we can be irritable and not really understand why.

If you have not seen it, here is the link:

<https://bit.ly/MatildaAssembly>



It was very strange to do an assembly in my living room, but I hope it reached you in some way and thank you to the parents who also found it useful and emailed me. I passed on tips for breathing techniques and activities to support you in reducing the overall stress in your bucket. Remember, it is normal to have things that cause us stress. The main part of this is making sure you have ways to deal with it or the toolkit to use when you need it. I have included some of the tips below relating to breathing and activities to reduce stress.

4-7-8- Breathing

Re-patterning the Nervous system

- Lying down or sitting up...
- Exhale fully through the mouth.
- Put your tongue on the soft tissue behind your upper front teeth.
- Inhale through the nose for a count of 4.
- Hold your breath for a count of 7.
- Exhale through the mouth for a count of 8 (keeping your tongue on the soft tissue of the upper front teeth).
- Do this for 4 cycles.
- Consistency is extremely important, for maximum benefit practice this 2 x daily for 6 weeks.

- LISTEN TO YOUR FAVORITE TUNES
- HEAD OUTSIDE
- STRETCH
- MEDITATE
- READ FOR PLEASURE
- WALK, BIKE, SKATEBOARD AROUND THE BLOCK
- COUNT TO 10
- DANCE
- JOURNAL
- WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR
- DOODLE OR DRAW
- TELL SOME JOKES

- LOOK AT A HAPPY PHOTO
- SQUEEZE A STRESS BALL
- WATCH A FUNNY YOUTUBE VIDEO
- PUNCH A PILLOW
- DEEP, SLOW BREATHING
- READ AN INSPIRATIONAL QUOTE
- SPEND TIME WITH YOUR PETS
- PRACTICE YOGA POSES
- DO 20 JUMPING JACKS
- DO SOMETHING NICE FOR SOMEONE
- SIT IN THE SUN



Take care and be the best you can be this week.

Mrs Pike and the Christie Team.

MATILDA

From Miss Hearn

Hi Matilda,

I hope you're well?

Firstly, I would like to welcome back the year 10 and 12. I hope your first week back was good and given you that sense of normality returning. I know it has not been easy at home to keep

yourself motivated and focused so hopefully a few days in school has given you that boost that you needed to keep you going to the end of term.

For the rest of you, we continue to adapt at home. It is important you are keeping up with the work set as well as sending in completed work so teachers can feedback to you. But more importantly they can continue to issue those house points. I would love to see us over take Bigg in the coming weeks!

Like I have said several times before in my blurb, I am so proud of you all adapting so well to current climate as I know you have all faced different challenges. We are in the final stretch of the school year (5 weeks left) as well being able to see the light at the end of tunnel as lockdown continues to ease. I promise all this hard work you are putting in now will pay off and you will come out of this situation having learnt a lot about yourselves and realising what you are really capable of.

Keep it up Matilda, not long to go now!

Please support a valued local event this weekend...



Wallingford Carnival 2020

This is the first time in over 50 years that one of the biggest Wallingford events can't take place! However, with a little creative thinking, the show must and can go on virtually!

Now over to ex-student Laura (carnival chairperson) for all the important details - have fun and enjoy!

https://bit.ly/carnival_entry_instructions

We have been told that there are some fantastic prizes lined-up for those that take part!

And, drum roll please...the one and only Shane Richie is this year's judge!

https://bit.ly/judge_ShaneRichie



If you do take part from home, we would love to hear about it, so please email us on socialmedia@wallingfordschool.com

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.

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

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



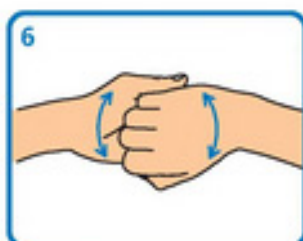
Rub hands palm to palm



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