

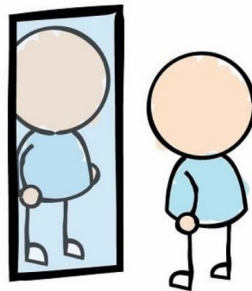
Wallingford School - House Newsletter

Friday 26th June 2020

Assembly 'Reflection'

By Mr Lamb - Deputy Headteacher

It feels very much like we are moving from one phase of the lockdown recovery to another fairly quickly at the moment. Before we know it, I hope, we'll be able to go about things without having to follow quite as many stringent guidelines. In the

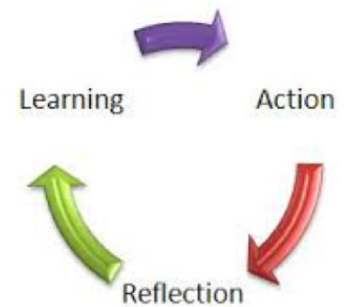


fortnight we've welcomed back Year 10 & 12 students to school and it's been fantastic to see and hear the buzz of young people on site again. On seeing each other, conversations tend to start with "How are you?" or "What have you been up to?", questions that prompt us to reflect upon our time in lockdown. If you haven't already, I hope you get a chance to reflect on the past few months and consider the positive aspects of this unique time. More specifically, I'd like you to consider what you have learned.

Learning comes in many forms. Perhaps you are someone who has taken on board the excellent advice shared by staff in the pastoral newsletter each week, to learn a new skill or take a different approach to something. Maybe you have really engaged in the work provided online by staff and can now reflect on the variety of academic topics, facts and skills that you have developed. Some of you will have spent more time with your immediate family than you would have done under 'normal' circumstances, learning more about others as the weeks have gone by. I also hope that you can reflect on what you have learned *from* those around you, directly or indirectly.

Finally, I'd encourage you to do some reflection on what you have learned about *yourself*: how you have reacted to challenging situations; how you have treated others; what the most important aspects of life are, for you; what your values are; what makes you happy or unhappy; what you are thankful for; and so on. Whilst the impact of

Covid-19 has been negative in so many ways, it's important to remember that it has also provided many of us with time for some much-needed self-reflection. Many



would argue that self-reflection and self-awareness precede self-improvement and that reflection is therefore time well spent. Once we give ourselves time to reflect we can also spot opportunities for further learning, and this cycle can continue. So, make some time in the coming weeks for some self-reflection, identifying what you have learned and what you can still learn... It will allow you to start the next phase with a positive approach, no matter what that looks like!

Wellbeing Corner

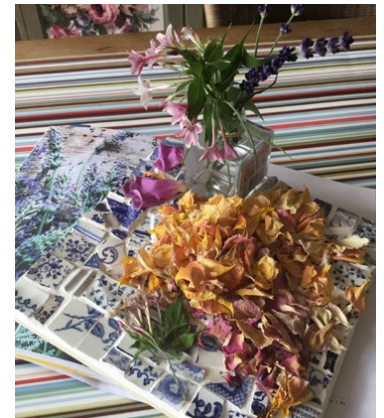
Scent Collecting

By Mrs Bowyer

Scent and smell are much less tangible than sound.

Smell provides an integral backdrop to our lives; it is the accompaniment to what is happening right now and can

prompt a more powerful and emotional recall than any of the other senses.



Here is a little exercise to help you experiment with your sense of smell:

Make a scent diary where you catalogue scents and smells, at least three per day, which have piqued your interest over a period of a week.

For example:

Monday: Fresh bread, hand sanitizer, orange peel.

Tuesday: Tea, a wet jumper, a biscuit.
Wednesday: The washing, baked beans, the rabbit.

At the end of the week look back over the smells you have collected and recollect what you were doing and the feelings you experienced at the time you experienced each smell. Notice how that recall makes you feel.

Make sure you collect and note down at least five natural smells that have a reminiscent quality for you.

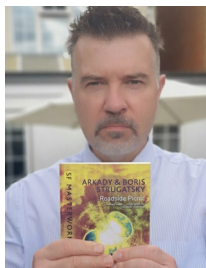
Keep your ideas in a notebook and try this exercise when the lockdown is over to see if your ideas change. When we are finally able to go on holidays I imagine your scents will be very different.

Ready for recommendations

Roadside Picnic by Arkady and Boris Strugatsky

Recommended by Mr Bowen

This is the best book that I have read this century. It is Russian and Science Fiction and written in the 1970s but none of that matters. This is just a great book. An impossible, impressive and truly imaginative book.



Red Schuhart is a stalker, one of the people who are compelled, in spite of the extreme danger, to venture illegally into the Zone to collect mysterious objects that aliens have left behind. His life is dominated by the place and the thriving black market in alien products. Even the nature of his mutant daughter has been determined by the Zone - and it is for her that he makes his last tragic foray into the hazardous and hostile territory.

This book kept me interested and wondering what could possibly happen at the end of the book. I really couldn't guess. And when I did try, I got it wrong. My Mum recommended this book to me... and I've recommended this book to everyone I know.

Rest assured, if you read this book, I will want to know what you think about the ending. Like I said at the beginning, best book that I have read this century. Give it a go!

Calling all Year 11 linguists - Translation Competition



The MFL Department would like to encourage all of our French and German students in years 11-13 to take part in an exciting competition organized by the Queen's College Translation Exchange. Students need to complete some translation activities in either French/German (or both!) and submit them to Mrs McGarrick at mcgarrickt@wallingfordschool.com by Tuesday 21st July. Winners will receive books and certificates. We will be posting the worksheets to complete on SMHW for all students in Years 11-13 on Friday 26th June and we will also be contacting some of our most able linguists in year 10 who we think are up for this challenge!

Mrs Arnold has been working with the Translation Exchange during this academic year and had set up a workshop in school which unfortunately had to be cancelled when school closed. We hope to rearrange this once we are back in school.

You can find more details about the Translation Exchange competition here:
https://bit.ly/schools_translation_prize

Bon courage / Viel Glück

PARENTS – where can you find out about Apprenticeships?

By Mrs Ward

An apprenticeship is a real job, with hands-on experience, a salary, and the chance to train while you work. Different apprenticeships are available all over England, at companies large and small, from local organisations to large national brands.



I find the following website extremely informative
<https://amazingapprenticeships.com>

This site produces a "Parent Pack" which is updated each month. Examples of the topics covered in the June edition were:

- How to search for an apprenticeship in the current climate.
- Using the down time to get ahead.

Starting an apprenticeship during lockdown
<https://www.apprenticeships.gov.uk> is another site with a "parents" section which gives up-to-date information explaining what apprenticeships are, the levels which can be achieved and where to find vacancies.

Which? and UCAS have teamed up with the National Apprenticeship Service.

They have produced a free, downloadable guide to higher and degree apprenticeships. It explains what these apprenticeships are, where to look for them and when, and which Employers and Universities offer them. The guide is available on the following link:

<https://bit.ly/higherdegreapprenticeships>

Please don't hesitate to contact me with any questions or queries on:
wardt@wallingfordschool.com

Over to you...

Our students continue to show such dedication and effort towards their studies, week in, week out. It gives us great pleasure to be able to share some of their work with you each week.

Y7 Chemical Reactions



This term, some of our year 7s have been looking at chemical reactions. In the Science labs this usually involves lots of mixing chemicals and using Bunsen burners. Although we can't send the usual practicals home for students to try (probably a relief to most parents!),

we have been able to provide some 'home practicals'. Early this term, Y7s looked at the difference between chemical reactions and physical changes. They mixed baking powder with water or lemon juice, mixed salt and water, melted chocolate and cooked an egg. They wrote down their observations and used this to determine whether a chemical reaction or physical change had taken place. Have a look at how Callum Painter (7SHN) got on with this.

Later this term, our Y7s have looked at exothermic and endothermic reactions. Some took on the challenge to make honeycomb. This involves a thermal decomposition reaction; an example of an endothermic reaction. There were some very tasty looking pictures sent in!



This is Suzanna Lawson making her honeycomb.

And here is Freddie Keable's photo of the finished product.



If you would like to have a go at this, or some more Science practicals at home, please email Miss Hughes for more details
hughesm@wallingfordschool.com.

Although this doesn't suppress the desire to light a Bunsen burner, we hope that it keeps students engaged with the practical side of Science. Well done to all our Y7s who have got involved.

Design and Technology

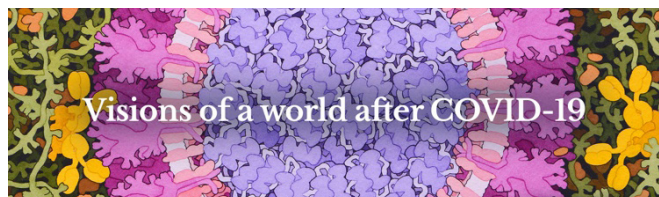
We continue to be blown away with the work we are receiving from our Design and Technology pupils. Every week we are setting challenging and creative tasks and every week we get high quality, original responses. Year 9, look out for the transition work coming your way for your GCSE options, there will be prizes to be won for those who put the most effort into their work so get involved and send us your work.

Here are some examples from the last week or so - you guys make our job such a joy! Thank you.

Sophia Grace has produced some outstanding Textiles work. She has been responding to the theme of Crowds and has chosen to focus on penguins.

Continued...

Now that everyone is thinking about what our post-lockdown future might look like, openDemocracy and UCL are teaming up to invite young people to have a say.



They're on a search to find the best ideas from the next generation for what should come next. They are looking for ambitious ideas about how governments, citizens, scientists, artists – or anyone else you think has a role to play – can shape a different and better future.

You can submit your entry as either a written article, short video or image/photograph that describes your vision for the world after coronavirus.

Visit <https://www.opendemocracy.net/en/world-after-covid> to find out more.

A message from the school nurse service...

This weeks information, advice and contact details from our School Health Nurse can be found in a separate document sent out with this newsletter.

Messages from the Heads of Houses...

First an update on House Points. For another week running the positions remain the same! More and more house points are being awarded as the weeks pass by, make sure you're earning yours for your house. Well done to all that have contributed this week, every point matters.

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

Bronze Award Certificates

This week we are celebrating even more Bronze awards. It's so fantastic to see so many of you climbing the awards ladder. A huge well done to the following students for achieving theirs:



Year 7

Daisy Parker (Matilda) 30
 Frederick Barringer (Christie) 27
 Ben Heriot (Matilda) 27
 Liesl Collins (Matilda) 26
 Emmison Harris (Bigg) 25
 Holly McAlister (Matilda) 25
 Josey Pearce (Bigg) 25

Year 9

Ethan Strange (Matilda) 28
 Mattie Sizer (Blackstone) 26
 Tom Cheeseman (Bigg) 25

Well done again to all of the students above, you should be proud of yourselves as indeed we are.

BIGG

From Mr Lyons

Good Morning Bigg people,

This week I would like to discuss with you the views of what makes a good student. In the 18 years I have been teaching at Wallingford I have seen many varieties of students. By this I mean in terms



of character and personality, as well as their appearance or manner. Being a good student is not always about the obvious (high grades, success and intellect).

Because we all start from a different point I believe it is fair to judge how far each one of us travels from that point to the end point, rather than who's point is the highest. Success can be measured more individually that way.

SO this leads me on to thinking about what makes a good student in Bigg house. I thought I would compile a checklist for you to look at and see if you can tick off as many as possible for yourself.

1. On time (I hate being late to anything. I think this tells a lot about someone if they are always punctual).
2. Cares about the way they dress and appear. Out of uniform I would hope this is your own individual style, but the fact you care about your style is important.
3. Effort. It is something I have said a million times in my PE lessons, effort is free! You do not need talent to try!
4. Keep to your own morals and values. I love the fact so many of you have strong views and opinions and stand by them.
5. Polite and caring to others. It is so easy to be polite and think of others. I really hope the last 3 months have taught us the importance of this more than ever.
6. Have a sense of humour. Learning is fun when you have a sense of humour. I know I try to be funny and it doesn't really work most of the time. Laughter is important though.
7. Finally. Be yourself, try your best and do not accept failure just deal with failure.

I am sure there are many more that can be added to this list. Try and think about these 7 points and how far you go to being the best Bigg student you can be.

Thanks, Mr Lyons

BLACKSTONE

Mr Choi & Ms Walker

Hello Blackstone House,

We hope you have had a lovely week and got a chance to enjoy the nice weather again.

We want to start off by congratulating Wilfred Venners, Neive Busby, Beatrice Tharme and Emily Strange for gaining their Bronze Awards

in collecting House Points. Keep up the good work, we only have a few weeks left to move up the points medal table, this will be a collective effort so let's have a huge push from our Green Machines.

It is fantastic having our lovely year 10 and 12 students back, even in small groups and socially distanced, there was a real buzz in school, and we wanted to praise you all on how well you handled the new rules put in place for your safety. We hope you found it a positive experience and that you will continue using this valuable opportunity to see your teachers in English, Maths and Science.

Year 9 students, your teachers have been hard at work preparing transition work for you, especially in your chosen option subjects. So, over the next few weeks you will be focusing on preparing yourself for your return in September as Year 10's. We know how important the first few weeks are in Year 10 so this work should hopefully give you the positive start we wish for all of our students.

Look out for our House assembly this week.

Take care for now,
Mr Choi and Ms Walker

CHRISTIE

From Mrs Pike

Hello Christie House and I hope you are having a lovely week. The solar power is certainly in full swing and I hope you are feeling energised; I know I certainly am.



I have to say a very big well done to those of you who are contributing to our house points. We are now 3rd, which may I add, is excellent. Year 8 and 11 in particular are smashing it! Well done to Christie Year 10 who have been in and accessing the classes, it has been a tremendous turnout and I am very proud of you.

This Friday you will be treated to the second Christie Assembly, so please watch out for that on SMHW.

This week I have had the joy of being reminded how important friendship is. It's made me think of how during this time it has been harder than usual to maintain friendships, but more importantly how going that extra mile for a friend is important. Checking in on how they are, dropping them a call, or having a social distance meet up just to chat about random things. Just being there for your friend, just in case they might need you.

So when I think of what makes a good friend, it is kind of like a recipe. Somehow I seem to relate a lot of things to food!

My Friendship Recipe

- 1/2 cup of memories
- 2x tablespoons of kindness
- 1x pair of listening ears
- 1x cup of laughter
- A pinch of trust
- 1x teaspoon of patience
- 1x tablespoon of honesty

One of the biggest things you can do is develop really good listening skills, especially when it comes to supporting or being a good friend.

Here is a video with some tips on being a good listener:

<https://www.youtube.com/watch?v=RVqjzzfCEk0>

Christie House, I challenge you to reach out to at least three friends this week and let them know what a good friend you are.

Have a lovely week and we miss you.

Mrs Pike and the Christie Team.

MATILDA

From Mrs Sherlock

"In the light of the moon a little egg lay on a leaf."

Sound familiar?



The Very Hungry Caterpillar by Eric Carle has been described as one of the greatest childhood classics of all time, having sold 30 million copies worldwide.

My little boy loves this book! And I mean loves it! We read it together 3 or 4 times a day... everyday! I don't even have to look at the pages now as I know it all off by heart.

However more recently, I've realised that it has a deeper meaning and holds particular relevance to you lovely lot.

For the book beautifully captures the different stages and changes of life, along with the associated aches and pains experienced before a major transformation. This tiny caterpillar emerged from his egg very hungry and looking for food. Just as in life, we are born with a craving for new experiences and learnings.



The caterpillar eats his way through a different type of food on a different day of the week. Just as we sample new and different things that feed our soul which in turn help us grow and shape our personalities and define who we are.

The caterpillar ends up with a tummy ache for eating too much so he goes back to something familiar in taste which makes him feel better – a nice green leaf. Like us, things can reach a point where it can become too much so much so that

we can suffer angst and stress, and instinctively we seek what is familiar to us. This usually happens before we experience a major change or shift in our lives. So we often retreat to reflect and reassess our choices, circumstances, environment and where we are at in life. Just like the caterpillar retreats into his cocoon where he stayed for more than two weeks.

Until he was ready to face the world again ... but this time as a beautiful butterfly!

So here's the moral of the story...

Change is inevitable in life. In fact, it's the only constant in this world. So it's HOW WE ADAPT TO CHANGE which sets each of us apart and defines who we are and how we live our lives.

Embrace change, and turn it into an opportunity for self-discovery and growth.

I'm not going to call you all caterpillars who like the very hungry caterpillar, can become beautiful butterflies, that's far to cringey! However I'm just going to leave this here...



Have a good weekend Matilda!

Thank you and don't forget to send all of your recommendations, challenge entries, science experiments, well being exercises 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



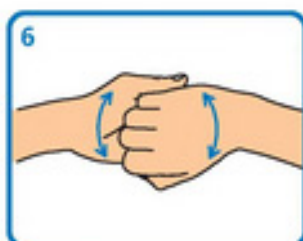
Rub hands palm to palm



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



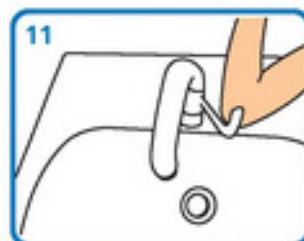
Rub tips of fingers in opposite palm in a circular motion



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



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