

Wallingford School - House Newsletter

Friday 3rd July 2020

Assembly 'What's in a flag?'

By Ms Lee-Brydges - Assistant Headteacher

What's in a flag?

I've learnt a lot over the past few weeks about flags. Yes, I know I am a Geography teacher, but I don't know *all* the flags in the world, and I certainly didn't know that they all had real meaning. I have learnt this from my students. We have set various challenges and tasks for students to research flags and find out their meaning, and many of my students have done some superb research! The result has been an education to me, and as I love sharing my passion for my own subject (and I also like to spread a bit of 'general' knowledge), here are some flags from countries we perhaps have heard more about in the last few months. I feel their symbolism might have even stronger meaning now that communities have become tighter and had to support each other through this global crisis.

India

I love the colours of this flag, that rich warm orange contrasting against the white. Well, I was surprised to learn that in India they reference this colour



as 'saffron' and it stands for courage and sacrifice. The white represents peace and purity and the green, prosperity and life. The wheel in the middle is a symbol of progress, and has 24 spokes to represent the hours of the day. What a great symbol!

Indonesia

The jury is out on this one. Several opinions have been expressed on the meaning of the red and white in the Indonesian flag. One opinion is that the red stands for courage, while the white stands for purity. Another is that red represents the human body or physical life, while



white represents the soul or spiritual life; together they stand for a complete human being.

Jamaica

In this funky flag, the black represents the hardships overcome, and also yet to be faced. The gold symbolizes natural wealth and also



sunlight of which they have plenty! Finally the green represents their land and agricultural resources that are valuable to them.

Canada

The current Canadian flag emerged in 1965. It replaced a fully red flag with a coat of arms.



Red and white were proclaimed Canada's national colours by King George V back in 1921. The colours are to represent peace (white) and hope (red). The red also symbolizes the lives lost in the world wars. The 7 pointed Maple Leaf has long been a symbol of Canada. It represents cultural heritage and Canada's natural resources.

Italy

There is a theme reoccurring with the colour white. Again, we find that in the Italian flag, the white represents peace and



harmony. The red symbolizes bravery and strength and the green, hope and joy. Such positive emotions here and another great flag!

What about the flag of the UK?

Well, it is a similar story. As most of you know the UK flag is made up of three flags; St George's cross of England, St Andrew's cross of Scotland, and St Patrick's cross of Ireland. White is for peace, and red for bravery.



Although not official, the blue is said to symbolize the surrounding ocean and seas.

There are a surprising number of similarities in what these colours represent and I have learnt a lot about the symbolism. When thinking about the world in the current climate I am calmed a little to think these countries have strong values and I am amazed at the different coping mechanisms of our global communities. Not everywhere is coping well, but I think there is hope on the horizon and if countries can remain brave, be ever hopeful, work towards progression and value their citizens then we will be able to support each other and move towards a new and positive 'normal' in the months to come.

3 - Symmetry and Pattern Spotting.

A practice of consciously noticing and actively looking for pattern connections, no matter how random or abstract. You will become more adept at spotting patterns the more practised you become.

You can also keep a lookout for similar patterns or shapes when out and about. The idea is to familiarise yourself with shape and form. Play around with it and see where it leads your imagination. Also try turning the exercise on it's head, as in these photos, and recreate something abstract from something more literal, like a landscape, which you might have seen on a walk.

housenews@wallingfordschool.com

Wellbeing Corner

By Mrs Bowyer

This week I'm going to talk about shape. Shape is a big element in our art studies in all years and something we never stop thinking about. This will be good relaxing practice for everyone, student and adult.

In the photos below you can see a photo that has been used to recreate a scene from found objects.

Try these 3 daily practice spread over a week:

1- Abstract Spotting.
A practice of noticing the form of shapes out of context. A Mobile camera is very helpful for framing abstract shapes.



2 - Matching.
A practice of looking out for objects, forms, or shapes that visually match others closely, but are functionally completely different.

How our friends in France and Germany are coping with the Pandemic...

We spoke with our partner schools – Lycée les Eaux Claires and Gymnasium Salvatorkolleg, to find out.

Lycée les Eaux Claires, Grenoble

Our partner school in France is a Lycée (Sixth form for years 11-13). We managed to visit them in



February as part of our annual school French Exchange, but sadly their return visit to us was cancelled in March. France went into lockdown before the UK and there were very strict limits on leaving the house, particularly in Paris and other big cities. You had to have a piece of paper explaining where you were going to if you left the house and the police stopped people to check where they were going.

The Lycée reopened to students at the start of June with half size classes, one day per week. Not many students attended as it was not compulsory and because the "conseils de classe" had already taken place. The "conseils de classe" are meetings which take place involving teachers, parent and student representatives and other educational professionals where the work of each

student in every subject is discussed in detail and an end-of-year report is decided upon. Some online lessons were also taking place with some teachers at the Lycée, but the term finished on Monday 22nd June.

For younger years in France there had been some school provision in small social bubbles, but on Monday 22nd June all years in both primary and secondary schools went back to school at full capacity and this is compulsory. Term finishes on 4th July, so they will just have 2 weeks of school before the summer holidays start.

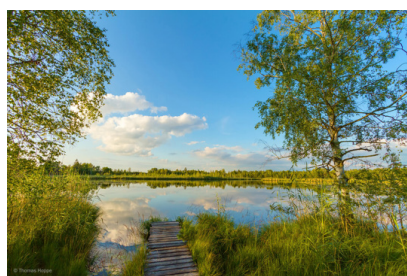
We wish our French friends all the best and hope to return to Grenoble next year on the French Exchange. A bientôt!

Here is a nice poster about social distancing for children in France...



Gymnasium Salvatorkolleg, Bad Wurzach

Under normal circumstances a group of Year 9 and 10 students would have gone to our partner town in Bad Wurzach (Southern Germany) for a week to enjoy a lovely week near the Alps in picturesque surroundings. Their German partners would have come back to visit them here for a week in Oxfordshire. Unfortunately



travel restrictions stopped the exchange taking place, so we thought we would share some of their experiences with you. Their

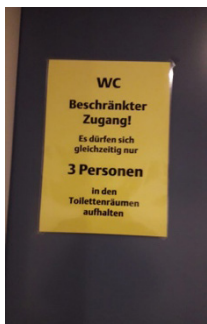
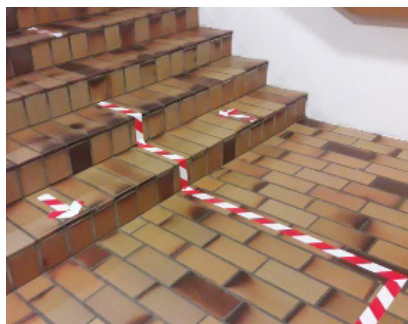
lockdown experience was very similar in some ways to ours, but different in others. Germany went into lockdown around 16th March. It is a federal country, so it's "Länder" (the equivalent to our counties) had different rules after 19th April. Our partner town Bad Wurzach is in Baden-Württemberg (next to Bavaria).

Unfortunately, due to its close proximity to the big ski resorts in Austria and therefore tourists bringing in the virus at the beginning, it had quite a high level of cases of Covid-19 at the beginning compared to other counties in Germany.

Monday 16th March was their last school day before lockdown. Our partner school didn't really use learning platforms (i.e. SMHW, Mathswatch or Active Learn), so pupils received HW via parental emails initially. The school got a VLE up and running for pupils to access around mid-May. Even then remote learning proved quite difficult, as a lot of families only had one laptop and parents were also working from home. They had the added difficulty of having bad WIFI connection in some places due to their very rural location. At the start of May our partner school opened for years 12 and 13. In Germany pupils still have to do their A-Levels this year (there are no GCSE exams in our partner school). The written part was done before lockdown and the speaking exams will be done in July. All years then went back on Monday 15th June, but only for alternate weeks and there are no PE or practical science lessons. The safety protocols in their school are very similar to Wallingford (hand washing, deep cleaning, social distancing etc.) and they are being taught in smaller groups. Most German classrooms have sinks, so pupils can wash their hands in the classroom. Nearly the same regulations exist outside school regarding social contact, except for swimming pools being open with very tight regulations. Shops etc have also been open for a while with social distancing, as the regional rate of new infections is very low. However, you must register and give your personal details for cinemas and restaurants. Our partner town (similar to Wallingford) is surrounded by very green areas and it has been relatively easy for people to get out and exercise. They are very pleased at the moment, that they still have very few cases of Covid -19 locally, luckily, and people are on the whole doing really well at sticking to the rules. We wish them all the best and hope that next year we can return on the exchange as normal. Grüsse an Alle! Wir denken an Euch!

Here are some photos from the German school at the moment:





We know that many Wallingford students have been writing about their experience of lockdown as part of their English home learning. If there is anyone who would be willing to share these experiences with students in our partner schools, please email Mrs McGarrick mcgarrickt@wallingfordschool.com

Thanks for reading!

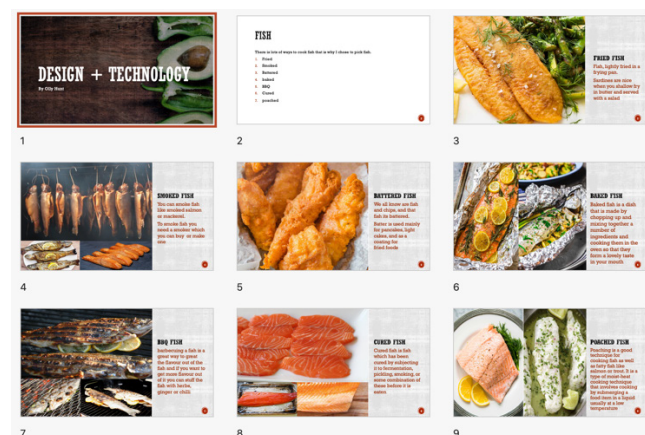
Mrs McGarrick and Ms Murison
MFL Department

Over to you...

It has been yet another week where we continue to receive high quality work from all of our students across the curriculum. As always there has been some outstanding pieces of work that we just have to mention.

Here are this weeks exceptional efforts...

Firstly for DT, a beautifully presented PowerPoint by Olly Hunt, all about fish...



Next Art, a great observational sketch by Jonathan Cooper...



Mrs Bowyer said "I love this little onion observational drawing by Jonathan. Look at the way that he has worked so hard on the detail of the skin and how it sits so well on his used of shading for the background"

Now, Year 7 fairytales...

Lily Walker penned this brilliant poem called "Rapunzel", in Lily's version Rapunzel needs no prince to save her!

Once upon a time a teenage girl was locked up in a tower (no not the Eiffel tower, one of the ones in the olden days)

It was repulsive as there was only a bath not a shower.

All she wished for is a friend any type animal or human she didn't care.

The wicked witch who kept her there climbed up by her long hair.

And by the way her names Rapunzel.

And her life is kind of a puzzle.

She lived there here whole life even though the witch is not her mother.

So, this is how she kept her plan undercover. She spent her life in her roof doing art and gymnastics to keep her entertained.

Whilst her mother was looking for her next prey. But one day Rapunzel applied her plan and got out.

She travelled to the castle to see what her purpose is.

But when she went her name was on a wanted list.

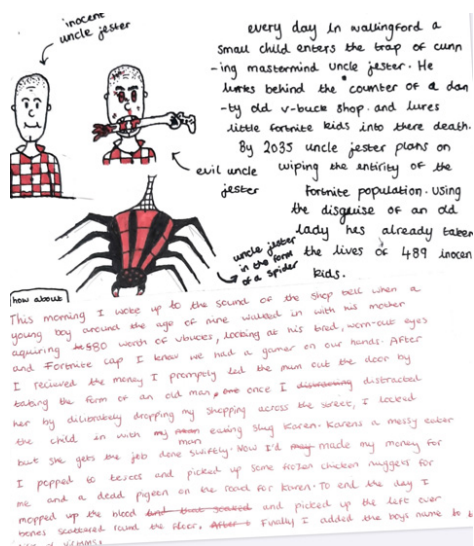
She asked the queen and she said she was her mother.

And she said the witch is going to be in trouble.

She was happy but sad she didn't have a friend
But the queen had a lizard she was going to send.

So she picked it up and the all lived happily ever after.

And Zachary Harbord created a brilliant fairytale villain:



One last exceptional piece of English, a really frightening setting for a crime scene by Lottie Tandy:

Sherlock Holmes: Alleyway of Nightmares

It is late, around 11pm when the thunderstorm arrives. The thunder is booming as the lightning whips the sky. Clouds loom like shadowy figures over the streets of London as the storm powers on through the night. However, one part of London is different. A small alleyway. If you looked down it, you wouldn't see the end; lamps flicker if you walk past them and one small scurry of a rat will make you jump. All the windows are black, maybe black with fear? The further you walk down, the longer it gets. Light fades... the small houses tower over the entire passageway like skyscrapers. Footsteps bounce off the walls as the odd person shuffles further and further into the everlasting darkness.

It may seem like a harmless alleyway but it's late so the darkness can mess with your head. One stumble too far and you have stumbled into a maze. If you go one way you may never come back but going the other way will lead you into the depths of the beast's gigantic mouth. There

are rumours that the streets of London are a dangerous place at night, but how do you know that some silly rumours aren't actually the alleyway of nightmares...

Watch where you step and always look ahead as the beast of the night may be hungry and you might just fall right into its horrifying trap...

The end, or is it? Because a nightmare never ends.

A huge well done to all of these students, we hope to celebrate more work next week. Keep up with all the fantastic efforts you are making.

housenews@wallingfordschool.com

Competition time

Budding photographers this one is for you...

**The Royal Society of Biology
Photography Competition**



"Our changing world" is the theme of the competition in 2020.

Your photograph could illustrate the changes which occur within nature, including metamorphosis and shifts from young to adult. You might wish to depict how habitats develop during ecological succession, how wildlife adapts, or the impacts humans have on nature. We also welcome entries that explore this theme at the cellular, genetic and molecular level, exploring how life can change at a variety of different scales."

Top prize of £500 for young photographers.

Visit the address below to find out more...

<https://my.rsb.org.uk/item.php?competitionid=36>

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/>

Messages from the Heads of Houses...

First an update of the house point totals! A big well done to Blackstone this week who have inched their way back into 3rd position pushing Christie back into last place. No movement between 1st and 2nd place again this week, but the gap is getting narrower. 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	1 st	2 nd	3 rd	4 th
10	4 th	2 nd	3 rd	1 st
11	3 rd	2 nd	1 st	4 th
TOTAL	1 st	3 rd	4 th	2 nd

Bronze Award Certificates...



It gives us great pleasure this week to be celebrating such a high number of Bronze awards being achieved! Huge congratulations to the following students:

Year 7

Emily Comber Lye - Matilda (34)
Thomas Gordon - Matilda (30)
Oriya Wilford - Bigg (30)
Rafferty McCann - Bigg (30)
George Plant - Bigg (29)
Daisy Sherwood - Bigg (29)
Henry May - Matilda (27)
Matthew Gough - Bigg (27)
Flora Gleave - Blackstone (27)
Maya Salmon - Matilda (26)
Marta Jani - Bigg (26)
Bethan Lewis - Blackstone (25)
Rowan Wakerley - Matilda (25)

Year 8

Alyssa Reeves - Blackstone (31)
Alexander Rowley - Christie (28)
Ollie Tyler - Christie (28)
Eve Mooring - Bigg (28)
Archie Stickley - Bigg (28)
Emma Carr - Blackstone (27)
Annabel Collins - Blackstone (25)
Aimee Holton - Matilda (25)

Year 9

Mathilde Smith - Bigg (32)
Beatrice Marshall - Christie (31)
James Cormack - Blackstone (27)
Ruby Keable - Christie (26)
George Brannan - Christie (25)
Rachel Daly - Bigg (25)
Charlotte Reynolds - Matilda (25)
Olivia Shepherd - Bigg (25)
Jack Wilkes - Matilda (25)

BIGG

From Mr Lyons



The mighty Bigg house (The Liverpool of house points currently),

It pains me to call us the Liverpool of house points (there is a reason our house is blue!), but credit where it is due, they were the best team all season and deserve the win. If we keep scoring house points for the incredible work you are all submitting then I do not think anyone can deny us the win either!

Well done on all those that have achieved 25 points and have had their Bronze medal sent in the post. Also a huge well done to all those that gained a STARS award. This is always one of my favourite assemblies.

I wanted to give some context to the picture above. There are so many times, both in school and industry, where people tell you you can't stand still, you have to keep moving forward or you go backwards. This could be said for the Apple company, who are always striving to make the next best iPhone or Tablet.

It can also be said this happens in sport, where Clive Woodward talks of marginal gains to achieve success. One example being changing the material of their shirts. In cycling team sky having slighter better carbon wheels than their opponent would be another.

In school, if you have just done nothing the whole time you have been off, while others have engaged in the work and submitted it for feedback, then they are moving forward, and by default you are stood still or moving backwards.

There is no need to panic if this is the case. I am sure that over summer and into the start of the next academic year, where hopefully we will have everyone back in as normal, you will do your best to get back on track.

I feel especially proud to work in a school for so long that is always trying to move forward and be ahead of the game, and do the right thing by all our pupils and staff. This has never been more evident than during the COVID 19 period, where we have tried to accommodate to the maximum that the guidelines allows us. It will be great to see every face in Year 7,8 and 9 before we break up back in school, again proof that as a school we are moving forward and not looking back.

Have a good week everyone.

Mr Lyons

BLACKSTONE

Mr Choi & Ms Walker

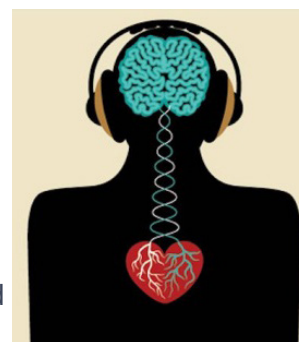
Hello Blackstone House,
Hoping everyone is well.

In the latest Blackstone assembly, we recommended watching past performances from music festivals and creating your own (socially-distanced) garden party. I chose to watch Glastonbury #GlastoAtHome!!!

I spent most of my weekend watching BBC iPlayer and turning on my surround sound listening to music from performers like Jay-Z, Coldplay, Lady Gaga, Adele, Ellie Goulding, Lewis Capaldi, Dolly Parton and many more.

Listening to the songs and watching the performances I was reminded of when and where I had heard many of the songs before and I was able to share lots of happy memories with my loved ones.

Music is a powerful force: it can pick you up when you're feeling down, it can motivate us to run that little bit further, it can cause tears, and can connect people all around the world.



"I think music in itself is healing," American musician Billy Joel once said, "it's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." If you are not sure who Billy Joel is then why not search "She's always a woman" and "Piano man".

Music is said to help reduce pain and anxiety, and it is believed that listening to music triggers the release of opioids in the brain, the body's natural pain relievers. Listening to your favourite songs can help to relieve stress by lowering the body's cortisol levels, the hormone released in response to stress. As mentioned earlier, music can trigger memories, this could be because the song acts as a stimulus and prompts our brain to recall where we have heard it before.

During times when you might be stressed or need to relax, throw on your favourite music and enjoy the emotions it may bring. Why don't you ask your family and friends to pick their favourite songs and then ask them to explain their choices. Sharing music, stories and memories is a great way of connecting with family members and friends.

Take care,

Mr Choi and Ms Walker

CHRISTIE

From Mrs Pike

Hello Christie House,

I am thoroughly thrilled to hear that all of you will have an opportunity to see your Form Tutor before the end of the year and also have some time with your class. I hope you all take up this offer and I also look forward to seeing your faces. I have missed you very much.

This week I have been reflecting on the power of sleep. Many of my friends really struggle with sleep and it can really trouble them with their daily routines. I have been lucky to



develop good sleeping patterns and if I had to label it, I would put sleeping as a strength of mine. Everyone is different when it comes to sleep. Some people only need a small amount to function whereas others need a lot. My daughter does not seem to need a lot of sleep at the moment, which I must say can be painful at 5:30am! Summer is always a difficult time as it is very bright outside and its much warmer. Then on top of that your life has not really had the routine it has been used to. I am sure many of you have probably developed very different sleeping habits and some of you may have become rather nocturnal.



FUN FACTS ABOUT SLEEP

1. Babies steal 1,055 hours from their parents.
2. Humans can sleep with their eyes open.
3. Humans are the only mammal that can delay sleep
4. 11 days is the record for the longest period without sleep
5. You can't sneeze while sleeping.
6. You grow 0.3 inches while sleeping.

This week, review your sleep patterns and see whether you have a healthy routine for sleep. Consider some of the tips on offer and see if it is something you can improve.

I look forward to seeing you all at some point over the next few weeks and keep working hard.

Here is the link to our assembly last week:
https://bit.ly/Matilda_assembly

It was on 'Self Esteem'

Take care and have a lovely week.

Mrs Pike and the Christie Team

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

MATILDA

From Miss Hearn

Hi Matilda House,

I hope you continued to remain safe and well especially as the lockdown is easing.

I want to start by congratulating those students who receives a star in the second cohort and to all those individuals who has received their bronze awards for gaining 25 house points. A massive well done! You have all continued to be outstanding members of Matilda throughout lockdown and Mrs Sherlock and I couldn't be more proud.

Secondly, I know that there was some gossip amongst some of you before we went into lockdown as to whether I was pregnant or had just put on weight. I am glad to say I am pregnant and due in a few weeks time. Obviously this is very exciting times for me and husband, but I am also gutted that I haven't been able to say goodbye to you all before I go on maternity leave. I'll be back before you know it though and look forward to hearing and seeing what you have all achieved while I am away. Don't worry, I'm not leaving you just yet, we still have 2 weeks left. In that time let's continued to work hard and achieve those house points, I honestly believe we can over take Bigg - what a lovely goodbye that would be :)

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



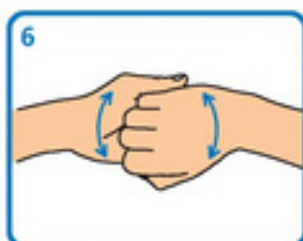
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



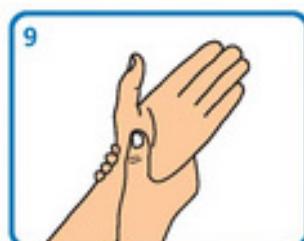
Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



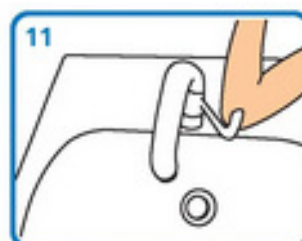
Rub tips of fingers in opposite palm in a circular motion



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



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