

Wallingford School - House Newsletter

Wednesday 31st March 2021

Assembly: Who Moved My Cheese?

By Ms R Miller, Deputy Headteacher

I write this as we are planning for your return to face to face teaching. By the time you read this you will all be physically back with us in school, which is immensely exciting! So much has changed for us all over the last year and the speed with which this change has taken place has made me think a lot about how we manage change.

Sometimes we actively plan for change; a transition to GCSE options, a place on an apprenticeship, a different walk or a new meal perhaps. At other times circumstances beyond our control lead us to have to make changes very quickly or perhaps against our wishes.

There is of course the proverb 'a change is as good as a rest' which suggests that a deviation from your normal occupation or daily activities is as restorative as a holiday. I am certain few of us would view all of the changes over the past 12 months as refreshing and revitalising, although the slowing down of our busy lives has certainly offered some space for contemplation about what we may or may not rush back to as restrictions are lifted!

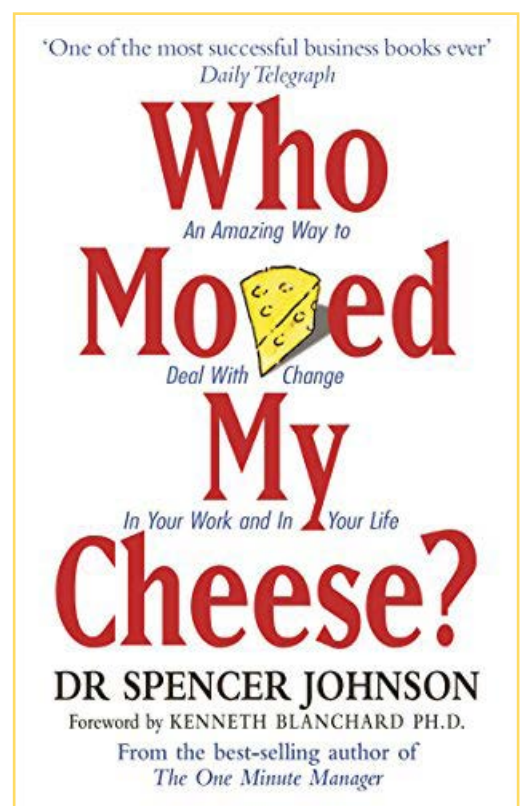
I've always been interested in how different people react to and manage change and I came across a story in the book 'Who Moved My Cheese' (Spencer Johnson) on just this topic. There are four characters in a maze who search for and then eat cheese. Two of the characters take a trial and error approach to finding cheese and just see what happens – one day they happen across a larger store of cheese. The other two characters apply a more analytical approach to finding cheese- they also find the same large store of cheese.

The characters also take a different approach to having the cheese – two characters assume it will always be there, while the other two are more alert and notice the supply is dwindling. One day the cheese is gone.

Again the characters take different approaches to this situation. Two of the them accept the change and immediately start looking for new cheese. They have to work hard, but they eventually find a new pile of cheese. Meanwhile the other two characters are shocked to have run out of cheese and become increasingly frustrated by the feeling of hunger. Eventually one shouts 'who stole my cheese'? No one answers. At this point the character accepts that it will be scary to go back into the maze and he will have to adapt to the change. He does indeed go back into the maze and finds another pile of cheese.

It's a bit of a cheesy story (pun intended), but it does highlight some differences in how we all deal with change. Clearly there are differences in the type of change we individually face and how resilient we may or may not feel at the time. If you are someone who finds the idea of change challenging, it may help you to consider what within your control and what is beyond your control – try and focus on the things you can control to make it feel less overwhelming.

You've all had to deal with a lot of change in the last year – most of it has been well beyond your control. Whether you have found opportunities within the lockdowns and restrictions, whether you have embraced remote learning or whether you cannot wait for a return to more normality as allowed, please rest assured that these are all perfectly normal reactions to the changes. We are incredibly proud of you all and so glad that we will have our school community physically reunited.



Wellbeing: Food For Thought

By Isabela Rodriguez, Wallingford School Alumni, Nutritionist and
Third Year Biomedical Science University Student

Nutrition can play a massive part in cognitive ability, which is why it's essential to maintain a healthy, balanced diet during school. A balanced diet should consist of:

Macronutrient	% of your total daily calorie intake
Carbohydrates	50-55%
Fats	30-35%
Protein	10-15%

It's important as a teenager none of these macronutrients are cut out. They each play an important role in keeping your body and brain healthy. All foods contain nutrients, but some have more than others. No single food group is "unhealthy" or "fattening" when consumed in moderation. So yes, you can enjoy that piece of chocolate guilt-free!

What foods can I eat to help with my studies?

While no food will directly get you better grades, evidence now suggests that certain foods may contribute to improved cognitive function (which includes mental processes such as memory, learning, attention, decision making and language abilities). The nutrients listed below have been associated with improved cognitive function:

- Omega-3: mackerel, salmon, seabass, sardines, shrimp, seaweed, chia seeds, hemp seeds, flaxseeds and walnuts
- Soy products: soya milk, edamame beans, tofu, tempeh, miso, soy protein, some meat alternatives
- Berries: blueberries, strawberries, raspberries and blackberries
- Water: as a reference, try and drink 1 ml of water for every calorie you burn in a day
- Grain-based carbohydrates: Whole oats, whole-wheat pasta, quinoa, brown rice, popcorn, whole-grain breads and sweetcorn
- Cruciferous vegetables: cauliflower, broccoli, kale, cabbage, turnips and pak choi



School lunch ideas:

It can be tricky coming up with new, interesting lunches. An easy tip is to try and aim to include something from each macronutrient and a portion of fruit or veg if you can. Some cheap, easy lunch ideas which take under 20 minutes to prepare:

- Falafel, hummus, tomato, pesto and spinach wrap
- Cheesy, chicken and tomato pasta bake served with broccoli
- Baked beans on toast with a sprinkle of cheese and a glass of orange juice
- Crispy tofu honey and soy sauce stir fry with broccoli and red pepper
- Mexican chicken, bean and red pepper wrap with some homemade guacamole
- Tomato mackerel on toast/toastie
- Garlic, chilli and lemon prawn noodle salad
- Sriracha and tomato chickpeas with rice and hidden (blended) veg
- Bacon, cheese, tomato and pesto toastie with brown bread



For more information or if you have any questions on nutrition, please don't hesitate to contact me via email: happyhealthyizzy@gmail.com or on Instagram: [@happyhealthyizzy](https://www.instagram.com/happyhealthyizzy)

English - School's in for Summer

By Cameron Watt, Year 11



Online learning was one of the many surprises in 2020 brought by the coronavirus pandemic, but was it a welcome one?

To start with, I would like to state that I'm not against the concept of remote learning. It has proved to be invaluable in giving children access to learning at a crucial time, when so much else is uncertain.

However, we should not dismiss schools as an archaic relic of the Victorian era just yet, as they do more than you might think.

One of the most important components of good teaching is the interaction between teacher and student, which is essential to reveal flaws and assist in specific areas that simply can't be noticed with standardized testing. Additionally, teachers can help engage students in a human way that text books can't match. The personal touch, such as the subtleties of body language, give rise to student-teacher interactions that simply wouldn't happen online.

In parallel to this point, although schools are stereotypically portrayed as almost a daytime 'prison' for students, the reality is that schools actually provide an important social foundation. There is a hidden social network. It might not be obvious at first, but if you start paying attention you will notice minute interactions normally overlooked in the bigger picture; students passing each other in hallways, congregating at the bus-stop, discussing the latest trend in form time. Without the physical closeness that sparks many of these interactions, the social fabric has unravelled. If that doesn't convince you, then perhaps this irrefutable fact will. Some subjects simply cannot be done outside of school, as they require tools, resources or teacher's skills no child has access to at home; subjects such as Chemistry, Physics and Resistant Materials.

In the end, some pupils are just incompatible with online learning. Classrooms have a much calmer, more focused environment, with rigid schedules and standard procedures. Contrast this with the scruffy, untidy bedroom of a teenager, where logic takes a holiday and schedules slide down slippery slopes. Unsurprisingly, there is a contest for their attention between a cornucopia of distractions; games, messages, toys and others we may not even know of yet, all competing with learning. Guess who takes the consolation prize? Although teachers have made many valiant efforts to keep students on track, ultimately the battle may have already been lost.

So, to sum up, schools can be and do things that online learning neither can nor will. There is strong evidence it has not been the complete success some might proclaim it to be, and we would be fools to simply throw out a tried, trusted, and treasured institution and its dedicated army of teachers in favour of new-fangled technology.



English - Poetry

By Mrs S Hands, English Teacher

Here we have a few poems inspired by a Margaret Atwood poem, called Siren Song. 7YFR wrote about things they thought people could be utterly beguiled and obsessed by, there was an absolutely brilliant selection and these are just some of them.

Siren Song by Matthew Clark

Come play my game,
I can do your homework,
It could be fun,
And easy
But most of all, no thinking for you.

Come play my game,
it'll be fun,
I'm like a doughnut, delicious and yum,
I can do your homework and
still you get full.

Come play my game,
It'll whizz right by,
Three hours a day, and you won't have to pay.

Come play my game, my goal is almost done,
Forget about your homework,
My job is done.

White and 2 sugars please by Jasper Robinson

Morning time is good for me
Best before 9
I'd rather have a coffee than a cup of wine.

Piping hot or freezing cold
Doesn't matter much to me
I'd rather have a cup of coffee than a cup of tea.

It's a must for any time of the day
My afternoon delight I'd like my coffee with
2 sugars and white.

The Tri-Tonal Tune by Harvey Brewer

I'm still here you know
How could you forget
You haven't checked your Instagram in five minutes
And your WhatsApp profile is so outdated.

You ought to show me some respect you know
I wake you up in the morning
I tell you that Boris Johnson went on a 7-mile cycle ride
And that Cheryl is finally breaking up with that idiot Joe

I'm cool... I'm slick... I'm fast
Just yesterday I found you directions to Costa
And at six-hundred pounds
You should definitely use me more.

But, alas, maybe I should just accept it
That you will miss that invite to Paula's baby shower

That you won't respond to that important message in time
That maybe, you don't love me...

Ah, here you are!
I knew you'd be back!
All I have to do is go ding-ding-ding,
And you'll be right where I want you...

Sweet Melody by Sean Stuart

I sing my sweet melody of eat me eat me.
My wrapper glistens when you walk by,

I am constantly in your head urging you to pick me up,
My chocolatey smell fills your nostrils.

The taste of me is in your mouth constantly,
You can't silence the urge to eat me.

You always give in in the end,
To my scent, taste, urge and inviting looks.

This next poem was written in response to the World Water Day's campaign on what water means to people. (World Water Day is 22nd March).

Praise Song to Water by Shannon Crook

Maybe it is worthless but have you seen the way it flows,
The way it runs down over itself,
It has a mind of its own you know
Why don't you wait a minute to see
What other people see,
But you don't have time?

Soon you will see, see the way it helps
The way it heals your family
Why you stay healthy and strong
but after this you will see in a different way.

Don't go in the wrong direction
Don't go down the wrong path
Chose one way or another but before you chose,
Just think about the ones that need it most
The ones that travel for miles just to get water
So they and their families can survive.

So look at the world before you chose your path
Just think of others that need it more.
Have you seen the way it flows?
The way it trickles down itself and
The way it gently comes up to you?

Religious Studies Competition

By Miss Y Frackiewicz, Curriculum Co-ordinator for Religious Studies and Philosophy

Religion and Creativity; how can beliefs be expressed?

All of the options here allow you to think about different ways in which beliefs are expressed and essentially to allow you to be creative and have a go! Perfect for those of you who want to do something more creative or hands on.

Option 1: All religions have special foods that they eat during festivals or on special occasions. Research some religious foods and have a go at making one OR design your own recipe or food that represents something about your life or beliefs. Take a photo of your food and write a paragraph explaining what it is and what it represents.

Option 2: The use of images and art is central in all religions. Create a piece of art (in any medium), that represents the beliefs of a religion of your choice or your own beliefs. Write a paragraph to accompany your piece that explains your choices.

Option 3: Another expression of belief is a place of worship, and buildings change all the time. Design a church of the future- think about what it would look like and what features it would have. You could make a model or draw pictures, and should do the inside and outside of the church. Have notes that explain your design features.

Option 4: We all know that religions like to use stories to teach morals. Write your own creative story that has a moral or message.

Option 5: Religions also use movement. Yoga originates in Hinduism. Have a go at some yoga (maybe find a tutorial on Youtube) and review how you found it.



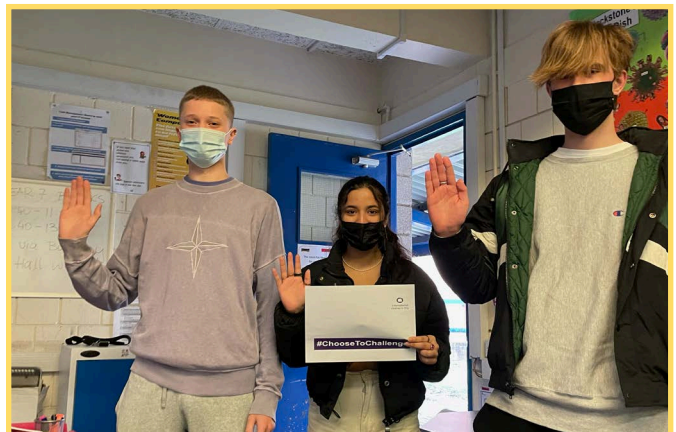
Option 6: Make a collage that represents the beliefs of a religion/s or your own beliefs.

Option 7: All religions have items of clothing that are special to them. Put together a presentation (or catwalk!) of religious clothing that explains what it is or design some clothing that represents your own beliefs.

International Women's Day

By Mrs N Jones, Mathematics Teacher & Assistant Head of Sixth Form

On the 12th March, our Sixth Form recognised International Women's Day in PSHE. They were invited to raise a hand in solidarity and #ChooseToChallenge either their own opinions or the opinions of those around them. Here are some of our courageous Year 13s taking a stand. What would your challenge be?



Mathematics

By Mrs J McMillan, Mathematics Teacher

Problem-solving is a fundamental skill in mathematics. This term key stage 3 have been problem-solving with algebra and Key stage 4 have been learning about Pythagoras and Trigonometry. And every single member of the school community has been problem-solving to facilitate our face-to-face learning.

The maths department would like to commend pupils on their work ethic and commitment to mathematics throughout lockdown. However, there are a few that particularly stood out to their teachers as going above and beyond to engage with the learning.

Year 7	Year 8	Year 9	Year 10	Year 11
Danni King Eve Hannigan Harvey Brewer Summer Comber - Lye	Poppy Gould Rohan Clarke Eva Strange Maddie Cornut	Alfie Cooper Nathan Brewer Ben Pocock Louie Reynolds	Bea Swaine Ethan Strange Billy Carrington	Ornella Reano Adam Mellers Maisy Singer Grace Chadney Emily Shears

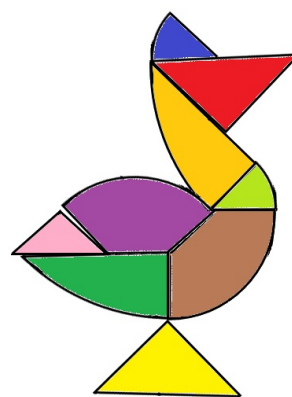
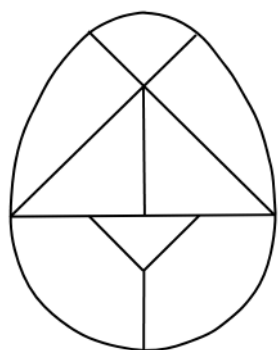
Maths Challenge

Year 9, 10 and 11 students who sat the Intermediate Maths Challenge last month can now access their results by logging in to challenges.ukmt.org.uk. This is a great opportunity to see which questions you got right and how many points you got in total. This year the certificate thresholds were 86+ Gold, 68+ Silver, 55+ Bronze. Well done to everyone who participated; you will all be receiving House Points. We are incredibly pleased that 19 students from Wallingford will receive Bronze Certificates, 17 will receive Silver Certificates and 2 will receive Gold Certificates. Congratulations to Jack Seymour (Best result in Year 9) and Nat Gauden (Best in Year 11 and Best in School) who qualified for the Pink and Grey Kangaroo, respectively. Congratulations to Alfred Fraser who got the best result in Year 10.

120 students from Years 7 and 8 will be invited to participate in the Junior Maths Challenge on Wednesday 28 April. This will be online after school. The invited students will receive an email with information about how to access practise questions at the start of April. They will then receive their login details and detailed instructions in the week before the Challenge. There will also be opportunities to look at past questions in lessons. Further information for parents will be provided at the start of April. Any questions, please ask your Maths teacher or Dr Staley (staley1@wallingfordschool.com).

Easter Problem Solving

Over the Easter break there are a few activities that are suitable for all members of the family. This is a problem-solving task called tangrams, you simply cut out the shapes in the egg and arrange them to make Easter chicks. Please see the example below:



You can find more problems to try at www.interactive-maths.com/easter-tangrams-ggb.html

Happy Easter from the Maths Department!

Modern Foreign Language

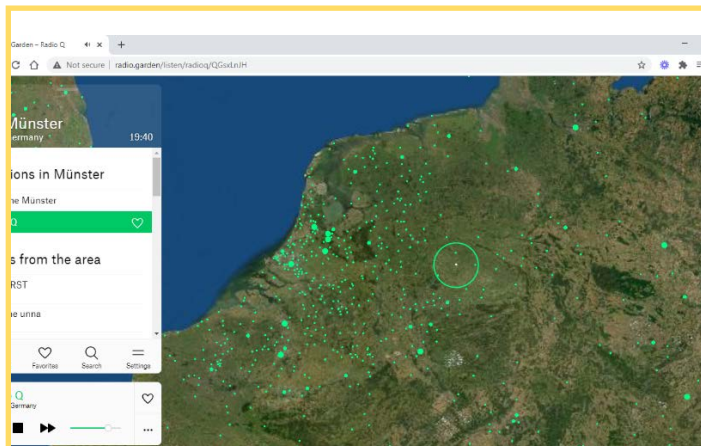
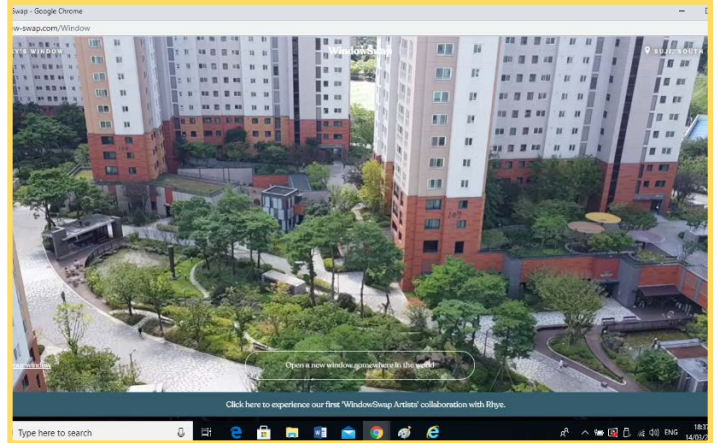
By Mrs T McGarrick, Curriculum Team Leader for MFL

It is so lovely to be back in the classroom with our language students, but one thing we are really missing in the MFL departments is our trips to France and Germany :(So I wanted to share with you some fun ways in which students (and parents!) can immerse themselves in other cultures from the comfort of their own homes...

Window Swap

<https://www.window-swap.com/>

This is highly addictive and a really simple idea. You look out of a window in another part of the world! It is so interesting to see what people in lockdown in other countries look out on every day and hear the sounds of life in other parts of the world. Here is an example from South Korea:



Radio Garden

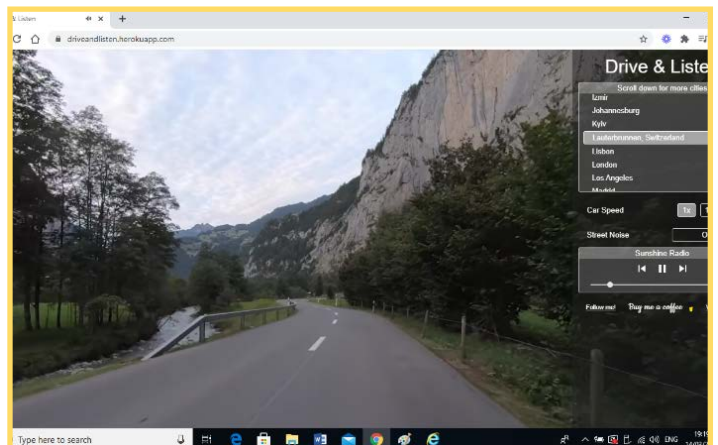
<http://radio.garden/>

With Radio Garden you can find radio stations all over the world to listen to. I really enjoyed listening to the radio from Munster, Germany which is where I spent my year abroad many moons ago.

Drive and Listen

<https://driveandlisten.herokuapp.com/>

I love this! You drive around a city and listen to local radio station at the same time. I was really pleased to find Lauterbrunnen, Switzerland on there. I stayed on a fantastic campsite there a few years ago and it was nice to revisit it!

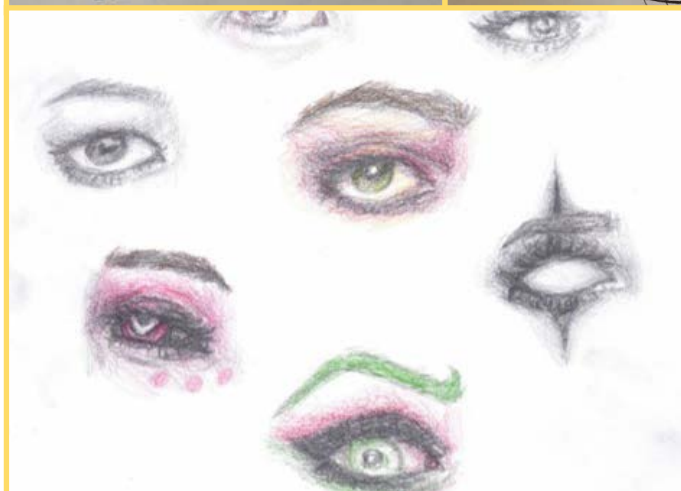
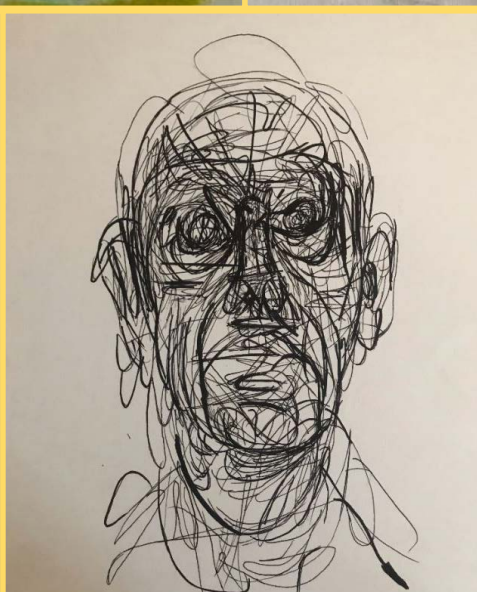


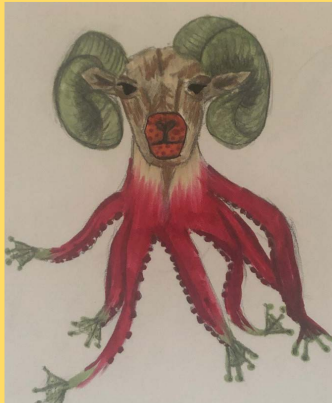
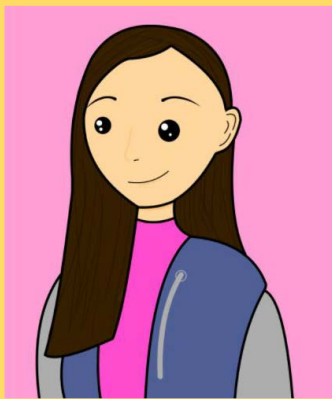
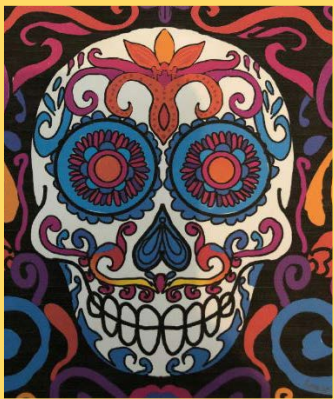
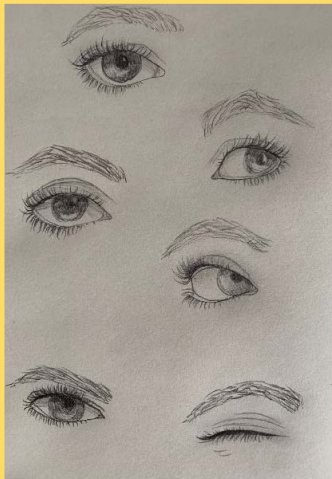
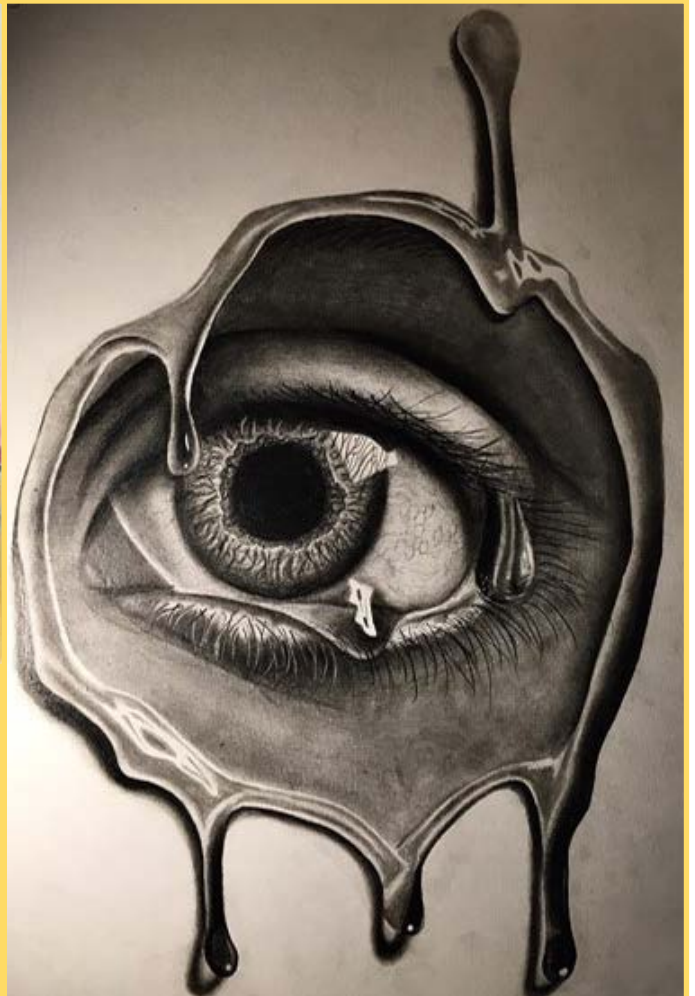
I hope you enjoy trying out some of these ideas at home. Things have certainly moved on since the 1990s when I was trying to listen to French and German radio on AM radio to practise for my A-level listening exams!

Art & Design

By Mr S Bowen, Head of Art & Design

Students of all ages have kept themselves busy creating lots of impressive artwork so far in 2021. Whether it was looking at Van Gogh, Mexican Art, Pop Art, Giacometti, eyes, Fauves or the sculpture of Nevelson, pupils have responded with detail, colour, ambition and wonderful, wonderful scoops of imagination. Here is just a tiny selection. Thank you to Jessica, Mikey, Phoebe, Poppy, Sonny, Annabella, Martha, Nola, Cecilia, Daisy, Eva, Molly, Orla, Rowan and Sophie. I wish that the Art Department had the space in the newsletter to show you everything!





Blooming Marvellous Books For The Start Of Spring

By Mrs C Saunders, School Librarian

Spring break is coming and what better way of relaxing than reading!

Although students do not have access to the library at the moment, books can still be issued and collected from their Form Tutor at form time.

Please log onto our Reading Cloud system to search for a book of your choice <https://www.readingcloud.net/> choose a book you would like to borrow, write down the details such as book title, name of the author and barcode then just send an email to the librarian with the details of your chosen book: blackstonelibrary@wallingfordschool.com

The book will then be sent to your Form Tutor for collection

Happy Reading!

Book suggestions...

Inkling

Moving but light-hearted story about grief, family and a sixth-grade rivalry.

When Ethan's class is given the task of creating a graphic novel and magical ink jumps out of his father's sketchbook, a strange series of events is set into motion.

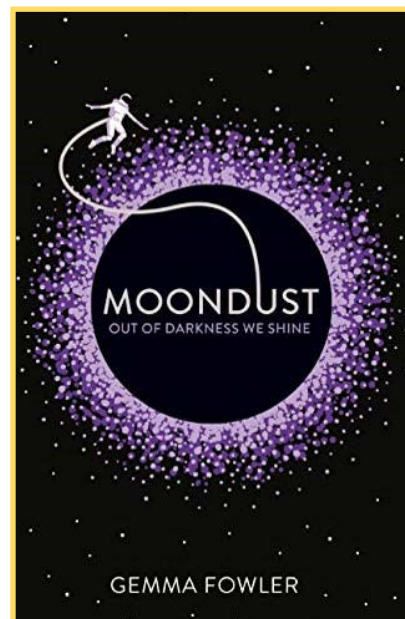
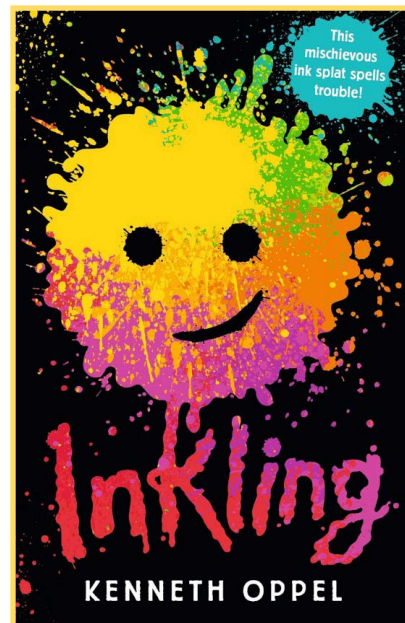
To his younger sister, Inkling is Lucy, her beloved dog; to his father, Inkling is a second chance at a dwindling career and a chance to solve his family's money worries.

Friends and enemies alike try to use Inkling to ace tests and create bestselling comic books, but to Ethan, Inkling is his friend – and he must do everything in his power save him.

Moondust

A miracle energy source, Lumite, has been discovered on the moon. The dark days of future Earth - torn apart by war and energy crisis - finally appear to be over. Aggie is the violet-eyed poster girl for the mining company, Lunar Inc, persuaded to campaign for a hopeful new future.

But a chance meeting with one of the prisoner-miners, the darkly attractive Danny, changes her mind about everything she knows about her world ...



All The Bad Apples

On Deena's seventeenth birthday, the day she finally comes out to her family, her wild and mysterious sister Mandy is seen leaping from a cliff. The family is heartbroken, but not surprised. The women of the Rys family have always been troubled - 'bad apples', their father calls them - and Mandy is the baddest of them all.

But then Deena starts to receive the letters. Letters from Mandy, claiming that their family's blighted history is not just bad luck or bad decisions, but a curse, handed down to the Rys women through the generations.

Mandy has gone in search of the curse's roots, and now Deena must begin a desperate cross-country hunt for her sister, guided only by the letters that mysteriously appear in each new place. What Deena finds will heal their family's rotten past - or rip it apart forever.

A Pinch Of Magic

Three magical objects with the power to change their fate.

Will they be enough to break the curse? Or will they lead the sisters even deeper into danger?

On the mysterious, marsh-bound isle of Crowstone, three sisters - Betty, Fliss and Charlie - live imprisoned by a curse that has trapped their family for generations.

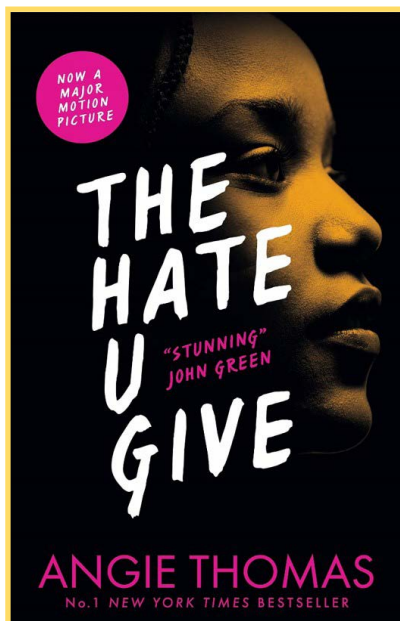
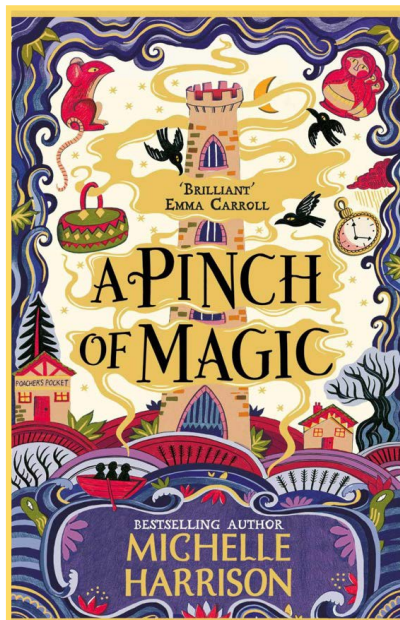
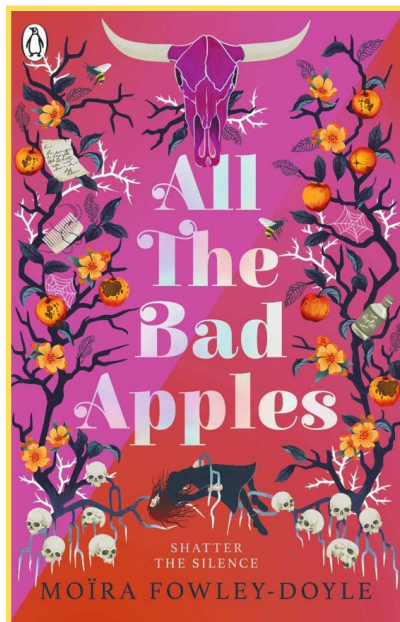
But each of the sisters holds a secret, three magical objects passed down to them, each with a different enchanted property: an old carpet bag, a nest of dolls and a gilt-framed mirror. Together they hope to use their inheritance to defeat the curse upon them.

The Hate U Give Me

Sixteen-year-old Starr lives in two worlds: the poor neighbourhood where she was born and raised and her posh high school in the suburbs. The uneasy balance between them is shattered when Starr is the only witness to the fatal shooting of her unarmed best friend, Khalil, by a police officer. Now what Starr says could destroy her community. It could also get her killed.

Inspired by the Black Lives Matter movement, this is a powerful and gripping YA novel about one girl's struggle for justice.

#happyreading #getreading



The Great Half Term Bake-Off - Star Baker

By Miss A Absolom, Media Manager

We love a baking competition at Wallingford School! In usual circumstances the school kitchen is the set of a baking frenzy with lots of joy and laughter. Unfortunately we couldn't create that wonderful atmosphere in our 'Great Half Term Bake-Off', but we really hope you were able to recreate this a little at home.

We certainly had some fantastic entries to the competition with the theme 'hobbies'; here are the top three:



Abigail Spence, 9JWA



Will Eaton, 9AML



Harvey Brewer, 7YFR

We added the three cakes to Facebook for judging by you all at home, and 'Star Baker' was awarded to Will Eaton for his amazing creation 'The Ski Shack' - well done Will!



Will told us that *"Creative baking is something I have always loved and enjoyed doing. I like the fact that the only restriction is your imagination - you can create whatever you want! I chose this cake design because skiing is one of my absolute favourite hobbies!"*



Easter Baking!

By Will Eaton, Star Baker, Year 9

I've always loved baking because it's a good way to unwind and I find it very calming. This has been a particularly important hobby during lockdown because it helped me get away from home-schooling for a change!

I especially like the challenge of baking novelty cakes because you can use a recipe that you love every time and yet you can make it look completely different. Here's an Easter cake I baked this week using my favourite chocolate cake recipe and then just put my own twist on it by adding the chocolate nest on top.

So, why not challenge yourself to baking an Easter cake?! Choose your favourite recipe and just put your own stamp on it!



Cake Ingredients

60-85g (2-3ozs) dark or white chocolate
200g (7ozs) self-raising flour
255g (9ozs) caster sugar
1 teaspoon bicarbonate of soda
115g (4ozs) softened butter
230ml (8 fl.ozs) milk
1 teaspoon vanilla essence
2 eggs

Method

1. Grease and line cooking tins
2. Pre-heat oven to 180°C
3. Melt the chocolate in microwave
4. Mix together:
 - 200g self-raising flour
 - 255g caster sugar
 - 1 teaspoon bicarbonate of soda
5. Add the following and beat until creamy
 - 115g butter
 - 115ml milk
6. Mix in the following, beating together well
 - 115ml milk
 - 1 teaspoon vanilla essence
 - 2 beaten eggs
 - Melted chocolate
7. Pour into prepared tins and bake in preheated oven for 30-35 mins
8. Leave to cool before turning out cakes

Icing Ingredients

60g (2ozs) dark chocolate
285g (10ozs) icing sugar
70g (2.5ozs) softened butter
3 tablespoons milk
1 teaspoon vanilla essence

Method

1. Melt the chocolate in microwave
2. Beat together:
 - 285g icing sugar
 - 70g butter
 - 3 tablespoons milk
 - 1 teaspoon vanilla essence
3. Add the melted chocolate and beat well
4. Cover cake with frosting (also add to middle if two cakes)

Duke of Edinburgh Award

By Miss M Shine, Mathematics Teacher

Over the past year the current year 10 pupils have been working towards their Bronze Duke of Edinburgh Award. This was launched March 2020 and they have had to adapt, use their initiative and resilience to continue working towards the Award in difficult circumstances.

We are thrilled to have had the following pupils complete their Award with many very close behind. They have completed the award with weekly activities against a physical activity, skill and volunteering as well as an expedition that we managed to organise and complete in October.



A huge congratulations to the following Bronze Duke of Edinburgh Award recipients:

Ed Archer
Louis Di Vince
George Earl
Katie Garwood
Katie Ratcliffe
Josh Tinsey

House Points Update...

It is great to welcome you all back to school and see you collect points in person!

The race to become House Champions is still a competitively close call - every single point really does count!

Here are the new rankings across the board...

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

Wow, Matilda House is well on the way to becoming House Champions - taking the top position for the third term running!! Fantastic work Matilda and a big congratulations!

We are now over halfway through the school year, so Bigg, Blackstone and Christie now is the time to start a mission to take-over! Good luck all!

Here's a list of students who have crossed the threshold since the last newsletter; we had our first four platinum winners last time and now we are pleased to see even more students have reached platinum this term.

The thresholds are as follows;

- Bronze: 25
- Silver: 50
- Gold: 100
- Platinum: 150
- Diamond: 300

A big congratulations to all students crossing a new threshold and achieving bronze, silver, gold and platinum awards - the race to become the first diamond award winner is on!

BRONZE AWARD

Year 7

Scarlett Bailey	Matilda	32
Krystal Wheeler-Chatterton	Blackstone	30
Alicia Preston	Blackstone	27

Year 8

Joel Menzies	Christie	44
Grace Coverdale	Bigg	38
Conner Simmonds	Bigg	35
Sophie Crocker	Blackstone	28
Kaisaras Hames	Matilda	28
Connor Fennel	Christie	27
Nikita Gifford	Blackstone	26
Thomas Carver	Blackstone	25

Year 9

Alfie Cooper	Blackstone	38
Vanessa Renkas	Matilda	37
Jack Wilkinson	Matilda	32
George Jones-Scott	Matilda	31
Darcy Newton	Matilda	30
Shai O'Donnell	Bigg	30
Alfie Whichello	Christie	29
Holly Beck	Matilda	28
Kayla McLaughlin	Matilda	28
Sophie Pike	Matilda	28
Stanley Smith	Bigg	28
Mark Dumbrofa	Blackstone	27
Zoe Flowers	Matilda	27
Dylan Peters	Matilda	27
Rosie Chatterton	Blackstone	26
Joe Budziszewski	Bigg	25
Emily Donnelly	Bigg	25
Johnny Gratton Symons	Bigg	25

Year 10

Jessie Treacy	Christie	36
Tegan Allum	Matilda	32
Sonny Buccheri	Christie	31
Anna Facey	Blackstone	31
Tillie Martin	Bigg	31
Layla Simpson	Blackstone	31
Arthur Carlucci	Blackstone	30
Jim Greenaway	Christie	30
Tom Sear	Bigg	30
Ben Moore	Bigg	29
Aaliya Carron	Christie	28
Max Collins	Blackstone	27
Amelia Eacopo	Matilda	27
Rhys Parker	Blackstone	27
Emily Gesner	Christie	26
Matthew Goodwin	Bigg	26
Millie Hall	Blackstone	26
Cora Whitehouse-Lloyd	Bigg	26
Alfred Fraser-Cox	Christie	25
Thomas Hindle	Bigg	25
James Shreeve	Blackstone	25

Year 11

Prajwal Gurung	Bigg	27
Delphine Porritt	Matilda	27
Amy Cuthbert	Bigg	26
Sophia Grace	Christie	26
Finlay Anderson	Matilda	25
Sam Earl	Bigg	25
Hannah Hooper	Bigg	25
Finn McGeehin	Matilda	25
Emily Saunders	Matilda	25
Molly Venner	Bigg	25

Year 12

Reuben Prince	Matilda	37
Rosa Maitland	Blackstone	32
Scarlet Mountford	Christie	28
Milly Parchment	Christie	28
Maisie Kolb	Bigg	26
Fin Spiers	Christie	25

SILVER AWARD

Year 7

Eve Hannigan	Matilda	78
Casey Elford Lewis	Matilda	73
Kyle Cummings	Matilda	72
Oliver Hollis	Matilda	70
Benito Manfredi	Blackstone	68
Erin McHugh	Bigg	68
Marcus Shaw	Blackstone	68
Noah Bennion	Matilda	66
Harry Broomfield	Christie	66
Evie Hill	Blackstone	66
Charlie Wells	Matilda	66
Stanley Sharp	Christie	62
Joshua Simpson	Christie	61
Isaac Porritt	Christie	60
Tyssul Davies	Matilda	59
Daisy Gray	Bigg	59
James Vine	Bigg	59
James Bradford	Matilda	58
Nathaniel Watkins	Bigg	58
Poppy Ayling	Christie	57
Oliver Elsmore Wickens	Blackstone	57
Skye McGirr	Blackstone	57
Theo McGregor	Blackstone	57
William Pitts	Bigg	57
Edward Potts	Blackstone	57
Rachel Anderson	Bigg	56
Sebastian Biddulph	Bigg	56
Arthur Stewart	Blackstone	56
Kalleb Allen	Matilda	55
Luke Lawson Cole	Bigg	55
Thomas Pollard	Blackstone	55
James Brock	Blackstone	53
Mario Pasalau	Blackstone	53
Lucy Simons	Christie	53
Tim Dunn	Matilda	52
Greyson Beddall	Christie	51
Sacha Buccheri	Blackstone	51
Yesith Pathiraja	Christie	51
Mabel Whitehead	Bigg	51

Year 8

Marie Atienza	Blackstone	80
Rafferty McCann	Bigg	79
Frederick Barringer	Christie	73
Marta Jani	Bigg	67
Gracie-Jane Marriott	Christie	65
Henry Plant	Christie	65
Finley Hannigan	Matilda	64

Sophie Anderson	Blackstone	63
Aidan Eltham	Matilda	63
Joseph Greetham	Christie	63
Emily Carrington	Bigg	62
Zachary Clark	Bigg	62
Priya Wilford	Bigg	62
Scarlett David	Blackstone	61
Finlay Paul	Christie	61
Oliver Reed	Matilda	61
Daisy Miners	Blackstone	59
George Plant	Bigg	59
Nathaniel Sizer	Matilda	59
Vincent Brown	Bigg	58
Lillie Potter	Bigg	58
Lola Davis	Blackstone	57
Frederick Keable	Bigg	57
Freya Launchbury	Bigg	57
Phoebe Marks	Bigg	57
Rowan Harink	Blackstone	56
Daniel Higham	Bigg	55
Ella Warne	Bigg	55
Josey Pearce	Bigg	54
Ben Philips	Blackstone	54
Amelia Smith	Bigg	53
Marwa Alali	Matilda	52
Ferne Organ	Christie	52
J-Kobi Toomer	Blackstone	52
Karishma Marriott	Matilda	51
Harry Ireland	Bigg	50
Kabir Marriott	Matilda	50

Year 9

Rowan Carberry	Bigg	71
Ben Shaw	Christie	69
Fausta Skabeikaite	Bigg	67
Joshua Eccles	Christie	63
Alexander Rowley	Christie	63
Sasha Vitruk	Bigg	62
Olly Hunt	Bigg	61
Thea McSweeney	Blackstone	61
Joshua Corringham	Bigg	60
Nola Stevenson	Bigg	60
George Dack	Matilda	59
Toby Mould	Bigg	58
Eve Bright	Blackstone	56
Benjamin Jackson	Christie	56
Jasmine Pollard	Christie	56
Edie Round	Matilda	56
Ellie Wood	Christie	56
Tom Newton	Blackstone	55
Matthew Sweeney	Christie	55
Ollie Tyler	Christie	54
Saja Alali	Bigg	53
Isabella Cuthbert	Matilda	53
Querubina Gouldby-Lopez-	Blackstone	53
Mackenzie Hopkins	Blackstone	52
Madalyn Gesner	Christie	51
Brooke Tansley	Christie	50

Year 10

Emily Strange	Blackstone	67
Tilly Stratton	Matilda	64
Katie Garwood	Blackstone	58
James Cormack	Blackstone	57
Connor Williams	Matilda	56
Owen Hill	Matilda	55
Josh Tinsey	Matilda	55
Ethan Strange	Matilda	54
Bea Swaine	Blackstone	53
Rachael Lidbetter	Bigg	52
Estelle Harink	Bigg	50
Robert Higham	Blackstone	50
Mattie Sizer	Blackstone	50
Jonty Walker	Christie	50
Lewis Wood	Christie	50

GOLD
AWARD

Year 7

Dylan McGuffin	Matilda	127
Thomas Debney	Christie	126
Oliver Sampson	Blackstone	124
Alice Venner	Matilda	121
Thomas Anderson	Bigg	120
Ava Woodward	Blackstone	120
Cassia Turl	Matilda	119
Benjamin Evans	Blackstone	118
Lily Girnary	Blackstone	117
Matthew Clark	Christie	116
William Venn	Matilda	116
Zoe Earl	Matilda	114
Oliver Eaton	Christie	113
Danni King	Matilda	113
Fraser Ramsay	Blackstone	113
Millie Tyndall Miners	Christie	113
Eleanor Walker	Matilda	113
Jasper Robinson	Christie	111
Theodore Sen	Matilda	111
Fin Beardall Richards	Matilda	110
Daniel Pooley	Bigg	110
Samuel Collett	Matilda	109
Emelia Ratcliffe	Matilda	109
Lydia Gibson	Blackstone	107
Grace Halson	Christie	107
Malee Makoka	Christie	106
Lacey Mae Snowdon	Christie	106
Seth Conway	Matilda	105
Darci Bell	Blackstone	104
Flynn Pearce	Matilda	104

Cara Peet	Matilda	104
Charlotte Hebbes	Christie	103
Hannah Simmons	Christie	103
Daniel Churchill Coleman	Blackstone	101
Elliot McSweeney	Blackstone	101
Edward Mould	Bigg	101
Liam Frost	Bigg	100

Year 8

Rohan Clark	Blackstone	135
Jasmine Martin	Bigg	133
Bethan Hooper	Christie	126
Annabella Baroni	Christie	123
Orlagh Markey	Bigg	123
Madeleine Cornut	Bigg	122
Phoebe Watkins	Christie	119
Poppy Gould	Blackstone	115
Luke Hudson	Christie	115
Luca Watkin	Matilda	110
Alfie Gallagher	Matilda	107
Christopher O'Reilly	Christie	107
Chiana Cleak	Christie	106
Anna De Vince	Christie	105
Sophia Pellegry	Matilda	105
Liesl Collins	Matilda	104
Seren Old	Bigg	104
Erin Ridgway	Matilda	103
Hedamoljude Chadengad	Matilda	101
Rudy Lovelock	Christie	101
Sian Mare	Blackstone	101
Eva Strange	Blackstone	100

Year 9

Isobel Smith	Blackstone	132
Alyssa Reeves	Blackstone	124
Emanuel Levi	Christie	120
Lottie Tandy	Christie	114
Theo Bissell	Christie	108
Lily Gray	Christie	104
Annabel Collins	Blackstone	103
Lillibelle Lewis	Blackstone	102

PLATINUM
AWARD

Year 7

William Andrews	Matilda	191
Daniel Snellgrove	Christie	178
Hannah Underhill	Blackstone	175
Jessica Clayton	Blackstone	170
Joshua Skeels	Christie	169

Joseph Sibley	Bigg	162
Grace Smyth	Bigg	160
Evie Garnier	Bigg	157
Reubun Taylor	Bigg	156
Alyssa Rawson	Bigg	151
Cayden Johns	Matilda	171
Rory Leslie	Matilda	167
Esme Hurley	Matilda	165
Lottie French	Matilda	163
Katie McCarthy	Matilda	162
Maya Salmon	Matilda	161
Harvey Copeland	Matilda	154

Well done everyone!

PE Lockdown Legends

By Miss N Beesley, Physical Education Teacher

Over lockdown it was great to see so many students getting involved with the numerous challenges we set as a department over the term. To recognise these students, we have made a 'lockdown legends' display board in the PE Department. Make sure you have a look to see if you are on it!



Term 5 Newsletter

If you'd like to contribute to the next newsletter or have any ideas for a story, please contact Miss Absolom on: socialmedia@wallingfordschool.com

This could be something you are proud of within your school life or an outside interest, a review, recommendation, etc.

We look forward to hearing from you!

The Courtyard Garden

Made by Gardening Club

Spring has sprung in The Courtyard Garden with thanks to our Gardening Club!



Fantastic Plastic Challenge

You may remember our 'Fantastic Plastic Challenge' set by our Student Leaders back in January. Mr Marston recently caught-up with the team and selected the winner!

We are really pleased to announce that Daniel Snellgrove, Year 7, has won with his fantastic plastic container made out of a milk bottle.

Well done Daniel!



Messages from the Heads of Year...

Mr R Lyons, Head of Year 11

Year 11 students and parents.

It has been two weeks since we have had the pleasure of seeing you all face to face again. After 8 weeks of live teaching and all being stuck to screens far longer than any PE teacher would want, you have returned in the positive and driven manner that we envisaged.

Nationally there are concerns, rightly so, about the mental health and wellbeing of students and the impact these two lockdowns will have had. Whilst I appreciate everyone in the year groups situations and experiences are different, on the whole we have come back hitting the ground running.

To keep motivated, is only difficult when you do not have an end goal. You all have an end goal of getting the best grades you possibly can, enjoying socialising with friends again and looking forwards rather than backwards.

You have a couple of weeks and then one term left to really show your abilities to your teachers and ensure you give yourself that stepping stone to the next stage of your life. I really hope that we get to celebrate that in some format even if it is not the "Prom" we are used to having.

Keep going, keep being you, because you are all amazing!

Mrs K Pike, Head of Year 10

Hello Year 10 and their families,

What a treat it has been to have your all in the building. In just over three months you have all far too much very cool hair, you are all now bigger than me, some of you much bigger than me. You have grown up with deep voices and become mature in the most decent of ways.

What a year group, I am very lucky!

Your sensible approach to the Covid testing was very greatly appreciated and having a bit of time to see you individually was for me very meaningful.

PSHE this term has been probably the most important part of learning. Your tutors have done a tremendous job in sharing the Sexual Relationships topic with you so you get the information needed to keep yourself safe and truly understand what a good relationship is and what might be deemed as coercive. You all deserve to be treated with the highest respect, so I hope the lessons were valuable for you.

At this time of year, I love to see the sprouting of Spring. The colours shine through and make me think of new beginnings. I saw this lovely bright picture the other day and thought it would be a great art project with my children. I then thought



about how it represented you all. Beautiful, coloured eggs all being surrounded by other beautiful eggs and a strong and secure basket keeping you all safe. The basket representing your form tutor, teachers, and myself.

There are times however when eggs might get cracked because of others not looking out for them or the just need a bit more help and have not said anything, and therefore might fall out of the basket.



All the eggs in your class matter, so please take this time to ask if you need help. The basket that carries you cares so much and is there for you. The other eggs around you also care too.

"I try to take care and be gentle to them. Words and eggs must be handled with care. Once broken they are impossible things to repair." - Anne Sexton

Take some time over the Easter holiday to recharge and prepare yourself for term 5. We will be working with you to support your progress, but we need you to be ready too.

Take care all and thank you again for being 'good eggs!'

Mrs L Burns, Head of Year 9

Hello Year 9!

I would like to start by welcoming you all back to school. It is a great relief for all of us when we can start to see a bit of normality again. The timing couldn't be better for this change to happen. With the start of full-time schooling again and this start coinciding with the beginning of Spring.

Spring is a pleasant season; it the start of a new seasonal cycle. It begins to get warmer; the days are longer, the sun finally appears, encouraging flowers and greenery to sprout. The start of Spring and the restart of school should also be an opportunity for all of us.

There is now a chance for us to shake away the cold, dark winter and to start anew. It is a chance for us to change the way go about our daily business. We can do this by being friendlier to each other or being kinder to yourself and others. It is chance to grow our characters and develop new personal standards.

I hope you give yourself the opportunity to look at this new start and new season as an opportunity to blossom and grow personally and as a community. The opportunity to bud new ideas and cultivate personal changes. Finally, it gives us the chance to thaw past grievances and bask in the warmth of renewed happiness.

"Happiness held is the seed; happiness shared is the flower" - John Harrigan

Ms C Dudding, Head of Year 8

Welcome back Y8!

It's been a tough couple of weeks for you all with returning to and adapting so well to school life again. Plus, those involved in the testing and then your HPV vaccinations on top of that, it's been full on! Despite all of this, you have taken it all in your stride and I am so proud of you all.

I've been so excited about your return as I can finally settle in myself as your Head of Year and start getting to know some of you again and some of you for the first time.

As Easter is approaching, we look forward to the Summer term, something that you have yet experience here at Wallingford. The Summer term brings ice-lollies from the canteen, classroom lessons outside, athletics, rounders, cricket, Sports Day and much more. It's a great time to be at school and hopefully we will be able to experience it all in some shape or form. Before you know it you'll be Y9!

However, we don't want to wish away the rest of this academic year. We want to make it the best we can, and I am really looking forward to seeing us all do that together. I hope you have a lovely Easter break and especially with restrictions lifting slightly and slowly, you deserve it. Stay safe and I look forward to seeing you all back next term.

Mr F Choj, Head of Year 8

It has been great seeing all our Year 8s back in school, you have taken a lot of things on board and have shown how mature you are, from wearing face masks to completing the lateral flow testing.

In registration and PSE, we have spent time learning about International Women's Day; students have written about the influential women in our lives, reflected on learning from home, and students have come up with strategies to help them overcome difficulties with their own learning.



It has been lovely receiving so much positive feedback from your teachers on the quality of work you have been producing. One student I want to praise is Owen, who has been working hard on his nutrition course. Here are pictures of him making rice crispy cakes and meatballs.

Have a lovely break over Easter. Be safe.

Ms D Walker, Head of Year 7

Year 7's, what an unusual term it has been. Most of it spent at home, learning virtually, and then returning for the past couple of weeks in school.

There is a great deal for me to be proud of as your Head of Year over the past term.

Firstly, I have been incredibly impressed with how well you have settled back into the routine of bubbles, different length lessons and changing break-times. I am constantly in awe of how well you cope and take these changes in your stride. Well done Year 7!

Secondly, I was super impressed with how committed you were to the schools FA Cup. It was great to see how many Year 7 form groups progressed through the initial rounds of the Cup and into the quarter and semi finals. It certainly was impressive how well you competed against the older year groups - you certainly held your own Year 7 - well done. Special mention has to go to 7JPS & 7YFR who made it all the way through to the semi finals against some very stiff competition from Year 13 form groups - absolutely superb!

This week I had the pleasure of joining Year 7 in the Sports Hall while they were taking part in the Ninja Warrior competition. It was such good fun watching everybody embracing the challenge wholeheartedly. It was terrific to see how keen some of you were; wanting a second, or even third, attempt - magnificent.

As I write this Jun McCaw, Thomas Anderson & Adrian Lorenzo Garcia will be representing Year 7 in the final on Friday. Congratulations boys, what an fabulous achievement.

Finally, and most importantly, is how wonderful you all have been throughout the 3 phases of Covid testing. You have approached it in an incredibly sensible and mature manner and how well you have supported each other through it to. I am so very proud of you.

I hope that you and your family have a lovely, and well deserved, Easter break. Hopefully the weather will be kind to us so that we will be able to spend some time outside, in the fresh air, away from screens for a change.

Take care everyone and Happy Easter.



Daniel Snellgrove, Year 7
'Fantastic Plastic Challenge' winner!

A message from the school nurse service

Dear Wallingford Students,

I am still offering socially distanced face to face contacts in my office in the sports centre reception area. I normally work Mon-Friday 9-3pm, some days I have to be out of the office but please do leave me a note or send me a message. I know it's tricky to meet up or pop by due to the year group bubbles and changes to breaks. You can contact me by phone, email or ask for help from a parent or teacher.

Claire Forno - Specialist Community Public Health Nurse-School Health Nurse

Mobile: 07769283179

Email: claire.forno@oxfordhealth.nhs.uk or fornoc@wallingfordschool.com

Website: www.oxfordhealth.nhs.uk/children-and-young-people

You can also access the school nurses in **Wallingford Community Hospital** on 01865 904225.

Helpful websites:

oxme.info/cms/

www.giveusashout.org/

Childline: www.childline.org.uk

Young Minds: www.youngminds.org.uk

NHS Choices: www.nhs.uk

School Health Newsletter:

[School Health Newsletter for Parents](#)

[School Health Newsletter for Students](#)



Ninja Warrior 2021

We had a great few days of qualifying and then 8 out of 33 finalists completed the final course on Red Nose Day.

We crowned Albert Hansall, Year 13, as the champion of Ninja Warrior 2021!

Here are the final results:

1st	Albert Hansall, Year 13
2nd	Arthur Carlucci, Year 10
3rd	Charlie Light, Year 10
4th	Leron Saville, Year 10
5th	Lewis Newman, Year 9
6th	Bimsath, Year 9
7th	Ines Pritchard Garcia, Year 8
8th	Zak Jones, Year 10

A big congratulations to you all and well done to everyone who took part!

RED NOSE DAY
FUNNY IS POWER
FRIDAY 19 MARCH

