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Dear all,

Another school at home day achieved – well done, everyone! And there's been another bumper crop of work sent through to me by lots of you!

Let's kick things off with some yummy food. There are so many super fab bakers out there. Look at these from Lana, Jack and Maria and Ivy, mouth-wateringly scrummy looking 2. I am ever so proud of those of you giving it your all with your baking, and I hope it's making you nicely popular with the rest of your families!



Two more beautiful rainbows came my way, too, from Cara and Isobelle – this is meaning a lot to everyone in our communities. Imagine if you were heading off to work, keeping things going for us all, and you see loads of lovely rainbows in the windows, or even if you're just feeling low when you go for a walk and the rainbows are everywhere – it just lifts the spirits so well. Well played girls, you've added lovely messages to your drawings as well ⁽ⁱ⁾





On the subject of uplifting artwork, some of you might have seen on the news about the amazing new medical facility in London, called NHS Nightingale? It's going to help the NHS in London so much to look after people with the virus, and they did a shout out for artwork to make the walls look bright and appealing for patients and staff. If you'd like to draw something for them, send pictures to me and I will send them along for you.

Staying with well designed work, I enjoyed very much both Freya's eco-ideas and Ivy's super research in her leaflet about the Isle of Wight – I was meant to be heading there in the Easter break for some lovely hiking so it's on my list for things I can't wait to do when we return to a more normal way of life. I am also keeping a list of the things I am thankful for right now, and even though this is a cheese alert, one of those things is getting to write to you guys each day and celebrate so much good stuff.





And Noah's WW1 propaganda poster certainly made me sit up and look:



I wonder if I would have been brave enough to have enlisted against an enemy as brutal as this!

Now, I don't want anyone worrying that there are no pets to share today – of course there are. We've got Erin's lovely hamsters, Ginny and Clover:



Erin's sad to report that Ginny died a few days ago, so Clover's on her own now, and I said to her about taking the time to remember what was playful and fun about her – maybe some drawing or journaling or planting something to remember her by in the garden. When we planted our Memory Garden at school, a few days before we closed, some students planted in memory of pets as well as of important people.

Mrs French's cat Phoebe is keen to show she won't be ignored just because of a game of Monopoly – look out, Mrs French, she's after your cash there!



Meanwhile, the Langdons have got three tree frogs staying with them at the moment – they were guests pre- lockdown who now have a more extended stay, and are happy so long as they've got their favourite foods of locusts and woodlice – this wins my 'most interesting pet' award so far. Who can match up? Let's have most interesting pets or pets doing interesting things sent to headteacher@noadswood.hants.sch.uk



Next up are a couple of things you can get involved with to keep yourselves busy and interested while we're staying safe at home. First, Mrs Maitland sent you all an email yesterday about a virtual author event from Noadswood's friend from his previous visit, Chris Bradford. See the details below:

The Biggest Worldwide Virtual Author Visit Ever by best-selling author Chris Bradford

Date: Friday 10th April 2020 (during the Easter break)

Time: 10.00am GMT

Location: www.youtube.com/c/ChrisBradfordAuthor

Join Chris Bradford, author of the Young Samurai and Bodyguard series, for a virtual author visit like no other on YouTube on Friday 10th April 2020 at 10am GMT!

- Discover the skills needed to become a young samurai
- Get up close to a samurai sword
- Witness a dynamic all-kicking all-punching book reading
- Find out about his life as a bestselling author and black belt martial artist
- Then head to virtualvisit.youngsamurai.com to complete your training!

This virtual visit is completely FREE to all, as well as free access to the virtual visit resource website (until 31st July 2020). Suitable for 8 to 80 years, boys and girls.

Secondly, a teacher friend of mine recommended to me the Hogwarts Digital Escape Room that you can find at :

https://docs.google.com/forms/d/e/1FAIpQLSflNxNM0jzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA /viewform?fbclid=IwAR10iBRN3qfwd779mRqPvQcq2eaJErTczzMxuICYRBI5zRIepN-Kj4UTAYk&fbzx=543977890491177915 She and her son had a good time with it – if you have a go, let me know what you think, or come up with your own Escape Room idea for a book or film series you like?

We've got a celebration to have with Year 11 tonight, so let's hear a big cheer from your houses for our Y11 Child Development Students who got their results through for the exam they took back in January 2020: 100% of them passed, with 95% gaining a Level 2 Pass, Merit or Distinction qualification. Well done, all of you, and to the mighty Mrs Smith, too.

As we're feeling celebratory tonight, I'm going to finish today with a bit of a wellbeing tip from *The Little Book of Happiness* by Miriam Akhtar Mapp. I'm a big fan of us focusing our minds on the best things we can at this challenging time for us all, and she talks about Discovering Your Strengths:

ACTIVITY.
Discover Yang
Discover Your Strengths
When you have a strength in play, you perform at your best, feel energized and look for more opportunities to use that strength. The questions below, drawn from Professor Alex Linley's Average to A+, can help you spot your strengths.
 When do you feel most alive? What energizes you? What sort of skill do you pick up effortlessly? What do you do just for the love of it?
What are you passionate about?
What makes you 6 1900
What makes you feel "This is the real me"?
What were you good at as a child? How does it show up in your life now?
What are you doing when you're "in flow" (see page 18)?
The 12 Happiness Habits

One day soon, take a few moments just to think about your answers to these questions, and if you have a hard time thinking of the answers, ask someone who knows you well, then just jot it down somewhere. If you'd like to share some of it with me or your tutor or a parent, that would be good too, because when you speak your strengths out loud, you believe in them a bit more deeply. It's hard to focus on anything beyond doing roughly the same stuff in roughly the same walls every day, isn't it, but if you can train your mind to do it, for a few minutes a day, it will help you think beyond how 'samey' everything can seem right now.

Have a good Thursday, and keep the emails coming to <u>headteacher@noadswood.hants.sch.uk</u> – it's doing young people and adults alike a lot of good to know all the ways that we're all communicating and sticking together as the Noadswood family.

In this together,

Miss Marshall