



Noadswood

Fit for learning, fit for life



02380 840025

info@noadswood.hants.sch.uk

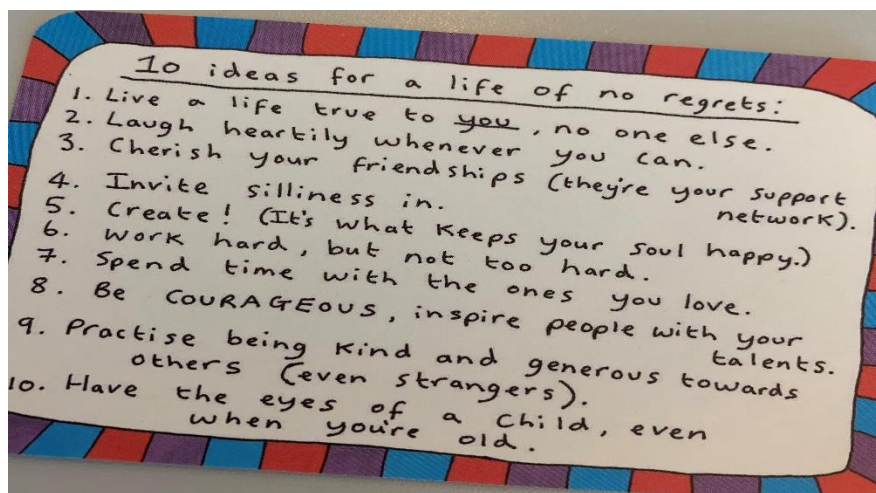
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North Road, Dibden Purlieu,
Southampton, Hampshire, SO45 4ZF

Dear all,


As this week comes to an end, let's say a big 'WELL DONE' and 'CONGRATULATIONS' to each other – go on, do it, I can't hear you yet.... Get louder!! It's no small thing to do another week in Lockdown, pulling together as well as we can, managing ourselves as positively as we can, getting work done, being playful with our pets – it's a big deal. So really, really well done from me.

But if you're waking up this morning feeling like it's been a bit of a pants one for you, that's ok, I get it. I've had those, too. Here's one of our Wisdom Cards with a set of ideas to take you into the weekend in a more positive spirit, if you'd like to give it a go:




Check out number 5 – look back at all the competitions in yesterday's letters, or others you know about, or think about that bit of art or writing or baking you want to do and get on and do it! It's a great way to push through a low mood. And also number 8 – when your talents shine out of you, you'll inspire others and you'll feel better about yourself. Win!! <3

And there are further ideas to inspire a good mood here in next week's Kindness Calendar:



Kindness Calendar


6th April - 10th April 2020



The Kindness
School Foundation

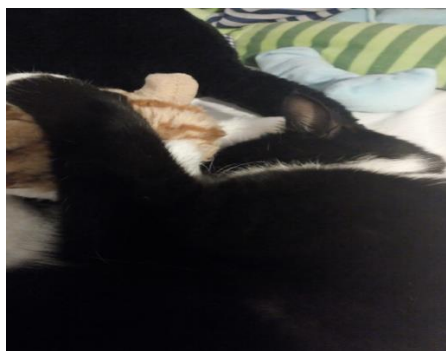
Weekly theme: Looking after our families

Monday	Kind to me	We hope you've been enjoying 'PE with Joe' every morning at 9am. If you're ready to try something new, try a yoga class: https://www.youtube.com/watch?v=X65584ISakg and invite the family to join in.
Tuesday	Kind to others	As a family, listen to the 'The Kindness Book' by Todd Parr: https://www.youtube.com/watch?v=5Fmydgwgc&feature=youtu.be Create a poster together called 'In our family, kindness is...' and display it proudly in your house. Share your posters with us @KindnessSchools #KindnessCalendar.
Wednesday	Kind to others	Find a healthy recipe online (https://www.bbcgoodfood.com/recipes/collection/family-meal) and offer to cook it with your family. Sit down and share the meal you've cooked together - no phones and no TV! Share a photo of your family meal with us @KindnessSchools #KindnessCalendar
Thursday	Kind to the world	Think about how you might help elderly neighbours or people who live by themselves. Maybe your family can go shopping for them, share any extra meals with them or call them once a week to ask how they are?
Friday	Kind to me	Paint or draw your family tree (https://www.familytreemaps.net/category/kids). Under each person's name, write something you like or admire about them. When you're done, ask them to write something nice about you under your name. Share your family trees with us @KindnessSchools #KindnessCalendar

 If you don't have Twitter but would like to share your work, send us your designs to info@kindness-school.org and we'll tweet them for you!

There are some links there for things you can do together with other family members or on your own – we'd love to see any posters or recipes or family trees you work on. Send them to headteacher@noadswood.hants.sch.uk

Today's pet pics come from Julia, who's introducing us to her really snuggly cat, Patch:

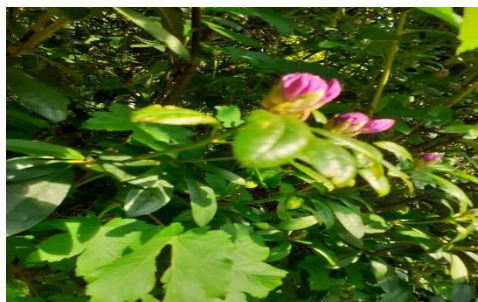
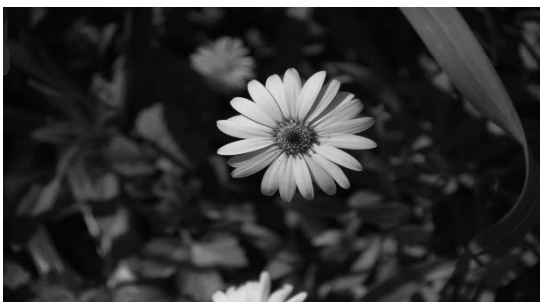


Friday afternoon snooze the way Patch does it, anyone?

Staying with the snuggly theme, I'm also really impressed by Luke's alpaca artwork here:



Aren't they great? I love the texture and shading of Luke's work. There's more beautiful photography for you to look at today, too, from Amelia and Bobbie:




If you can't get out into nature every day, you could look at one of these photos and do some really deep and careful breathing – that will truly make you feel a sense of calm. They even put pictures of beaches and hills in the indoor kennels of stressed dogs at Battersea, you know, because it settles their nerves!


Final photo of the week from Noah which I absolutely love – notice the light and shadows and shapes he's created with the framing of this picture:




Bobbie has had a strong week with his work. He's shared some important facts about a really important figure in history, Martin Luther King, who did so much to campaign against racism in the United States, and some of his German writing work, too – you're on my list for ePraise points, Bobbie, like every single person who's sent me their work and their pets and their fun during Lockdown so far.



He fought for Civil rights for all Citizens. He called for a Boycott of the buses which lasted for over a year and bus companies were ordered to end segregation on buses. He had been fighting for rights for just under 13 years. To achieve his goals, he raised public consciousness to the public about racism. He had a very important role in the advancement of civil rights using non-violent civil disobedience based on his Christian beliefs.



Hilda ist 14 Jahre alt und sie wohnt in Moskau, Russia. Sie hat am achtzehn Mai Geburtstag. Sie ist ziemlich gross und schlau. Sie hat mittellange schwarze Haare und braune Augen.



Malachai is 19 Jahre alt und er wohnt in Amsterdam. Er hat am 14. Okt. Geburtstag. Er ist gross und ziemlich schlau. Er hat kurze dunkelbraune Haare und blaue Augen.

As you know, I've been really enjoying talking and meeting online with lots of Noadswood staff since Easter, including the mighty one we call Mrs Rees! Yes, gang, we are nearing the time when she will stop being so rude spending all day every day looking after her beaut baby and instead, she'll know her place, and come back to us. She has come up with a lovely musical Lockdown idea for us all to get involved with:



Noadswood Sofa Sessions
Online Performances
Keeping music alive during lockdown



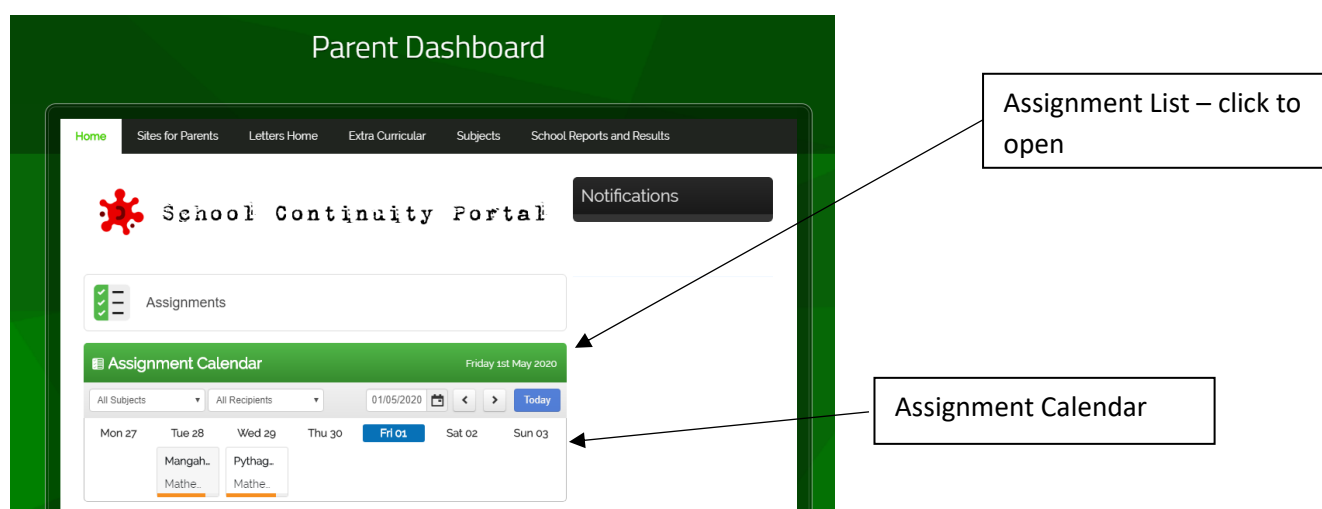
Noadswood Sofa Sessions
Online Performances

The Rules

- Send your videos to rees@noadswood.hants.sch.uk
- Make sure you send the name of the song and your name with it.
- No swearing in songs please
- Make sure your parents know you are uploading your videos
- Tune in weekly and enjoy music performed by your peers and your teachers!

We can send a video to her at lrees@noadswood.hants.sch.uk of any of us – adults and young people alike – performing a song on your own or with your family – might just polish up the flute for you all! Make sure an adult knows you're sending her a video, and keep it clean – no Lockdown letting off of any fruity language! And make sure you copy them in to me at headteacher@noadswood.hants.sch.uk – we can't wait to see and hear you!

Finally for this week, enjoy a lovely, relaxed and unplugged weekend as much as you can, and when you log back into Frog on Monday, and see lots of assignments plopped in by your teachers, Mr Hewitt and I want you to remember the following tip. If someone at home takes a look at their Parent Dashboard, they will see that they're able to see when assignments are due – look at that yourself with them to help you plan the order of priority for all of the work. I know what it's like to have a bulging to do list, but the trick is to prioritise according to deadlines, so take some time on Monday to do some planning of what you can realistically do and by when next week. If you want to share with me your thoughts about that when you do it, drop me a line on headteacher@noadswood.hants.sch.uk



We are working on making more of our lessons across the school interactive, involving clips and narrated slideshows, and so if you enjoy something like this that someone experiments with for you, let them know, and let me know, too.

I'll be back with a letter on Monday and then an assembly on Wednesday – keep the work and the pets, the competition entries and now the music videos, too, coming all you like. It's so great hearing from you.

Look after yourselves this weekend,

Miss Marshall