



Dear all,

I want to start with thanking the family who sent me through an awesome April Fool they pulled on their Noadswood student son yesterday – they told him they'd had an ePraise message that we were back open, and he needed to get in for 11am. Obliging, he got ready, only to be told he'd been well and truly April Fool'ed. It was kind of you to give me a laugh, and he took it pretty well! Mrs Hockings also sent me a terrific one – a drone dog walker, so that you can stay home while your dog walks safely with just your drone to keep it on the straight and narrow, hearing your voice and instructions through a mic from home. What could go wrong? Thank you for that April Fools fun, team.

As we get close to the end of term – weird sort of a term, but ending it is – we have a bumper load of competitions that you guys can get involved with and share pictures of your entries with me once you've got on board.

The first one is here and it's based around the idea of Choose Kindness:

<https://www.ditchthelabel.org/choose-kindness-competition/>

This is the task when you click on:

*We're asking people aged 11-18 to consider what choosing kindness looks like, and to send us their creative interpretation.*

*Your creative piece of work can be anything from videos, photographs or posters, to stories, sculptures or essays.*

*The competition is free to enter and is open to individuals aged 11-18 in UK secondary or further education, or equivalent.*

I reckon we could smash this one – who's in?

Next, we have our own Time Capsule competition that you can find on Frog, plus two others that the mighty Mrs Sullivan is promoting, that I mentioned to you a couple of days ago: Animal Poetry and also the Media one around the consequences and risks of becoming involved in knife crime.

The details of these two are found here

[Animal Poetry – click here](#)

[Knife Crime – click here](#)

Pets are rockin' and rollin' today once again!

I'm loving this little gallery of Teddy from Alexei, who's got his digging action going really well (always a win!) and Max who's as snuggly as you can get with his socks:



Max's family are doing some really brilliant stuff during this time – some of the older kids are working in frontline services, they're all trying really hard on all of their school work, one of them's learnt British sign language and they're cleaning, tidying and joining in with the Joe Wicks – Max is a pretty proud dog, and I don't blame him.

Next, more snuggles from Molly's rabbits and Sophie's cat, Clint – loving that name!



Then there's Mrs Sullivan's gorgeous dogs, Seamus and Blue, who are super happy they don't have to observe social distancing, and a particularly striking photo of his dog by George, as part of his photography work (Very professional shot, I'd call it!):



Not a pet, next, but an amazing expressionist style horse by Eloise for her art work this week:



And today's award winners for the slightly more unusual pets from Izzie:



Now I don't like to speak against any living creature, but Izzie tells us that Pandora the Tarantula sometimes gets angry, and she is already a huge spider, even when in a good mood, so I will be swerving her. Dart, on the other hand, seems like a good guy to me – he's an albino pacman frog, who likes to eat crickets, roaches and worms. You learn a lot doing this! I had never heard of that type of frog before. Got an unusual pet? You know what to do: [headteacher@noadswood.hants.sch.uk](mailto:headteacher@noadswood.hants.sch.uk)

My favourite pet name of the day comes from Lauren, who's got two crickets: Okie and Dokie 😊



I love all your messages because they always include upbeat thoughts and care (Lauren said, we will get through this, and she is right), as well as the photos – over Easter I will do my best to get back to all of you in person. It's been so brilliant to hear from you all.



I read a beautiful letter today that Scott had written for Mrs White, thanking everyone in the NHS for their work – one of my favourite parts was this:

*Can't give you a hug at this time, but know we are thinking of you. You do so much in your compassion. When people are ill, alone and frightened, you are the calm, the touch, and the smile. The soft voice amongst the bleeps and the chaos. And you rise above it all.*

Absolutely breathtakingly beautiful, Scott, I hope you can hear me cheering for you – it brought a tear.

I wonder if you will send that letter to someone in the NHS? They'd be blown away if you did.

And that brings me to an idea Mr Freeman, Mrs Martin, Miss Rawlinson and the other House Leaders have been working on: we'd love it if, over Easter, you would make and send cards to keyworkers, anyone in the NHS, but also people who've been working in schools and nurseries, people in supermarkets and convenience stores, carers, people working on the bin vans... they're all keeping the country going. Imagine how much they'd love to hear from you.

Your tutors will be telling you more about this in the morning – obviously if you're going to send something to someone, you've got to observe that at least 2m social distancing as you give it to them, or send their company a picture of it by email – don't take risks. If you fancy sending one to NHS staff at Southampton General Hospital then you can pass pics of your cards to Mr Crowley and he will send them on. Like I say, more from your tutors tomorrow, but spend a bit of time this Easter passing along our thanks to our brilliant community.

The rainbows are still coming along, such as this chalk one from Amaya, Elise's younger sister:



Super, too, to see when some of you are getting outside doing some projects out there, like Emil here, because you feel so good when fresh air is part of your day:



Now to some baking – Check out these lovely professional looking cinnamon buns from Emma in Y11 and Toby proud of his cake baking:



Warm congratulations to every one of you, again, for how hard you've tried with the school work you've been doing – check out all this lot from Lucy:



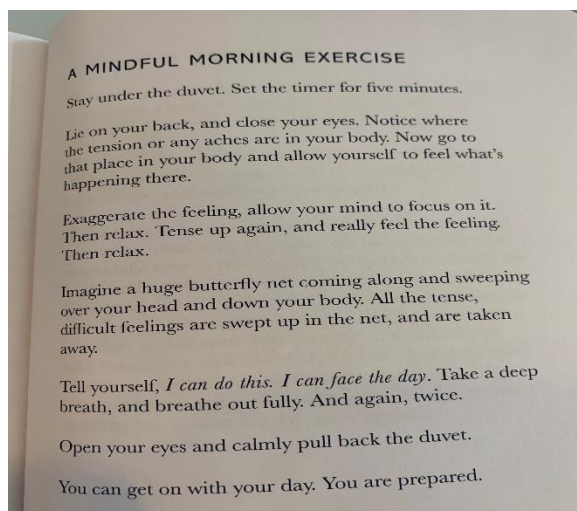
But please, please remember our message: do what work you can, tick through things as best you can, because it's good for you to do so, but don't put yourself under pressure. We can't, any of us, expect for this to feel like school – it can feel like great learning, and you can get the great buzz from achievement and using new skills, and this is so important. But it can't feel like school and so you've got to take that 'do what you can' and 'look after yourself' approach, and get in touch with your teachers on ePraise if you're worried about it. Don't worry alone and don't finish up having stressful chats between you and your parents/carers at home.

Over the Easter break, I'll drop you guys a letter once in each week, so send me through your competition entries, and your thank you cards, and your baking for the Bake Off, or your pets, or anything fun you manage to get up to during this very unusual holiday period we have ahead of us:

[headteacher@noadswood.hants.sch.uk](mailto:headteacher@noadswood.hants.sch.uk)

Set your day up really well – don't just flop about into it, hoping for the best, because in these tough times, that can leave you focusing on negatives, and boredom, and on all the things you want to do but you can't.

Try this mindful way to start your day, if you're the sort of person who needs a little process to help things go well from the Anxiety Journal by Corinne Sweet:



And remember, whether you've sent pics in or you haven't, you, your parents/carers and all the staff have ALL proved to me that this message is so true for the Noadswood family:



In this together, every day and every week,

Miss Marshall