



Dear all,

I hope this finds you well this week! I am going to start by congratulating Amy, Filip, Thomas, Charlie and Max, who have really committed to their PE Strava Club activities over the last two or three weeks. Well done, guys!

We're super excited about our virtual Sports Day Activities so, come on, GET ACTIVE this week! Picture our sports field and the House Mascots. Imagine in your minds all the areas all around our school where we get busy and happy throughout Sports Day week, and all across Happy Hour – see if you can create a little of that vibe with the competitions below that you can find on Frog and do your bit for the House Cup:

PE Competition

Can you complete all or some of the daily challenges? We would normally be gearing up for Inter-House Sports Week and Sports Day this week. Can you channel your energy into something slightly different?

To enter please complete the challenges and once you have done them all (or the ones you have chosen to do) you can submit your results either directly to Mr Shearsmith or by using the file drops below. Any photo/video evidence would be great but is not essential! Please make sure you have labelled your results with the relevant sport/activity!

There are bonus points to be awarded too this week. If you are a part of the Noadswood STRAVA club and you make it into the top 5 you will be awarded!

I am cheering you all on – can you hear me? 😊

Recent brilliant work:

To help you feel inspired about all the good you can do in this life, on the next page is an absolutely beautiful poem by Emma, focusing us all on the beauty of nature. It also draws our attention to our power as individuals and families to help the natural world, even in small ways:

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The World Outside your Window.

*Look outside your window,
There's a world you won't believe.
Where wonders lurk in every bush,
And marvels hide in trees.*

**Even in the city,
Where roaring monsters lurk.
There is an oasis, so soft and special,
Bursting with abundant life.
Amidst the towering oak tree,
Its leaves as old as time,
Boisterous squirrels squabble,
And speckled brown birds sing
Far beneath the branches,
In the bushes down below,
Prickly hedgehogs wonder,
As happy as can be.
Mr Robin Redbreast
His voice so very sweet,**

*Joins the evening bustle,
Whilst searching for his tea.*

**In the city park,
Where the grass is very long,
Cautious dormice weave their way,
And curious bunnies flounce.
Tucked snugly in the corner,
Hiding in plain sight,
Curious young cubs play,
Their auburn heads held high.
So perfect is the sight,
Of a spring eve in the city,
With hidden gems around you,
There for all to see.
Just look out the window,
I promise you will see,
Mother Nature's treasures,
A sight which eyes were meant to see.**

**A note from the author **

If you look out the window, what do you see? Now I don't live in city, but this is how I imagine it to be because if you know where to look, and what you are looking for, then you can surely find anything if you believe.

Nature is amazing and truly is a gift, but it is dwindling fast. Urban places and cities used to be their homes, but now they have been driven out, with nowhere left to go. When you go to a city, stop and think, and imagine what it was like, because even though there are pockets of wildlife now, there used to be whole countryside's worth. Maybe you could even help the wildlife by providing homes or places to live. It is very easy to do, you will get to see the wonderful animals, and they will have a home. Please help nature's refugees because it is our fault that they are homeless and they need a place to live.

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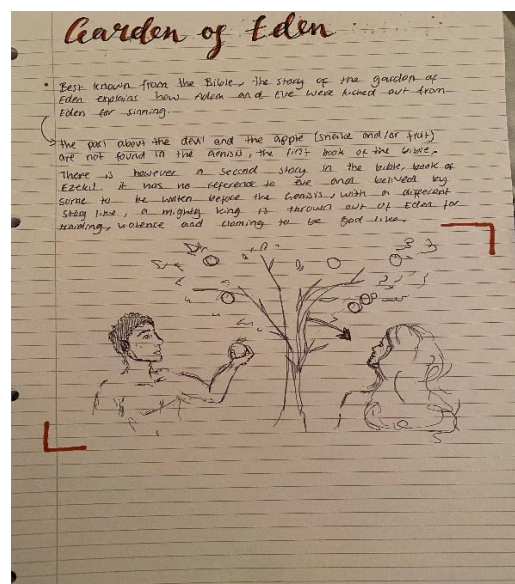
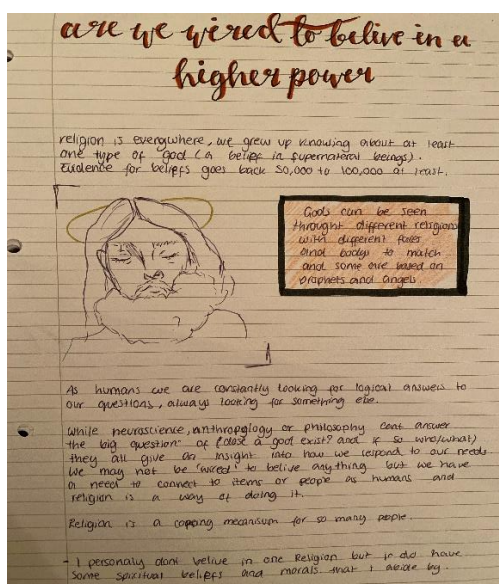
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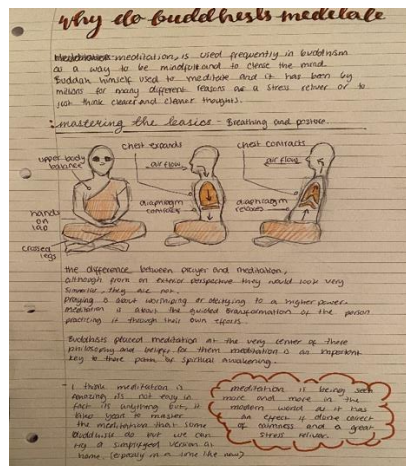
Staying with the theme of nature, check out Isabelle's beautiful and thoughtful design for a bird house, in the style of brilliant and celebrated architect, Zaha Hadid:



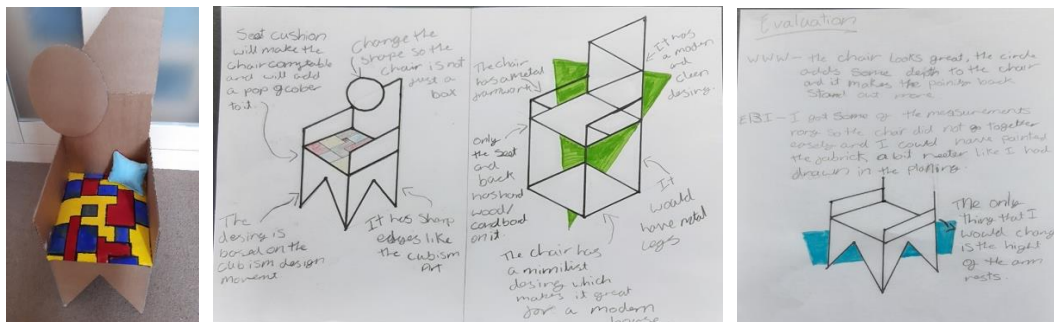
One to be proud of, and Miss Pidgley and I can't wait to see the model, Isabelle! It's a double whammy of well done's and applause for you in this letter, too, because Mr Stone also wanted to share your excellent work in RS about what draws us to believe in a 'higher power' over us all – fascinating stuff.



There's another piece that's interesting about why Buddhists meditate – remember that working on your calm, grounding breathing when things can all seem a bit much helps all of us, and it's one important ingredient of meditation:



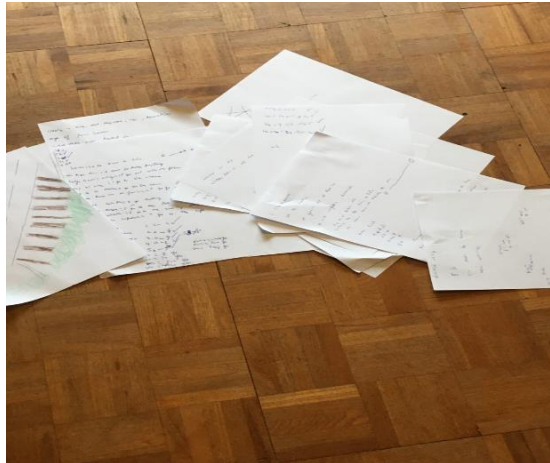
Jaide's chair design and model below is one I can picture for sale, I truly can – bravo! I love your attention to detail with the fabric seat cover and little cushion. It really does fit in with the cubist art movement:



I also want to give a huge shout out to Mrs Stratford for sending me two superb singing performances by Paige and Phoebe, who also wrote her song – girls, you made my week last week with such beautiful performances, so humbly done. You are both very talented.



And my letter wouldn't be complete without the mighty Robbie's week 14 pic – well done that fella!



In terms of updates in your school, you will have received the information about your new tutor and I want to remind you again of our heartfelt reasons for making these changes right now – it's so we can RESTORE our school by making sure your year group gets the focused support it needs, with the differing demands and challenges that each year group faces. We want to make sure you:

- **R**ecover your confidence and security about your school and your education,
- **E**ngage you with activities and input through tutor time that will be really bang on pertinent to you,
- **S**hare amongst you the best advice and guidance for you at the stage of your education you have reached,
- **T**ake the sense of stress and maybe even trauma down as many notches as we can, that you've experienced through a long lockdown, by giving you a tutor whose focus is you as a student at a particular point with specific concerns,
- **O**ffer opportunities for you to deepen your connections within your year groups that you learn with and spend the bulk of your school time with after such a gap,
- **R**estore relationships that have paused, that you can lean into throughout your school week,
- **E**mpathise with each year group in the most focused and targeted ways we can.

I am already benefiting from reaching out to some of you over Microsoft Teams to get your opinions on how your live lessons are going. I will also be chatting to some of you about your new tutor groups and our plans to welcome you back to our school in September as the summer goes by. Inevitably, I can't contact you all, so if you have an idea or a question for me, just drop me a line at headteacher@noadswood.hant.sch.uk and I will make sure I get in touch with you during August.

The Government's guidance, published last Thursday, includes the exciting news that we will be welcoming you all back but it includes rules and procedures for us to follow that will mean there continue to be significant changes for you compared to 'school as normal'. We will need your help and support to keep each other safe and to keep our focus on your high quality education and wellbeing – More to follow, of course, but I know I can depend on you to step up. It will be so good to have you back with us and we CAN make it work.

Finally for this letter, Ella reminded me of the important thing that some of you seem to have forgotten – shameful – which is that these letters are all about.... **PETS!!!**





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I have been waiting for a few weeks now to hear the names of these fluffy rabbits and I am happy to announce that Ella and her family are going with Misty and Shadow. The rabbits love cuddles and grooming each other, a sign of love, which is no bad thing in this crazy world of ours. Another rich learning opp for me was that rabbits do a special kind of jump and a kick called a binky when they're happy – these two do a whole lot of binkies!

Hope you enjoyed my assembly last week – I will have an end of term one for you next week – and remember if you don't have a binky in you right now, because life's not going so well for you, a baby step works just fine for me. Get yourself up tomorrow, connect to your learning or to someone who makes me feel good or to your favourite song, get out there for a walk in nature, or do a little task for the House Cup, or read a good book. Help out a family member or look out for a mate. Remember I am proud of you for every single thing you do and none of us can do it all- especially at the moment.



Thinking of you all, and take good care,

Miss M