



Noadswood

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Sunday, 15 November 2020

Dear all,

How have you been since I wrote to you on Wednesday? I've been thinking of everyone, and looking forward to hooking up with you next week via a **survey to get your ideas, thoughts and your worries and fears about the way things are for you right now and as we do our best to plan forward together over the coming weeks**. I'm still working on getting my assemblies out there, too – stick with me, I'll get there!

I'm gonna indulge my inner English Teacher with this next part.... Back in June 2017, we were lucky enough to have a visit from an awesome performance poet by the name of **Harry Baker** as part of the Literary Festival we have every year, and he's recently posted a poem on to YouTube, *When This is Over*. You can watch it here: <https://www.youtube.com/watch?v=NIseouW2FE8>

It includes these really powerful lines:

The world of everything we knew is somewhere we cannot return,

The world of everything that's new is one we'll build from what we've learnt.

I love this because we can all start freaking out about how different things are, how trapped we feel, and how we can't see how things are going to pan out – all of that is true. But Harry says something massively empowering when he says, we'll build the new world, together, from what we've learnt. I think we're already doing that, as we get better at completing remote learning, at communicating with each other closely even while we're apart, and at reaching out to each other with kindness and care and empathy. These were always the right vibes to reach out with but now, they're essential.

But we can carry on building the 'new world' from what we're learning and experiencing every day that's good and important, as well as take on board each other's worries and fears so your input into the survey will be all important, as well as your parents and all your staff who I'll be reaching out to as well.

Harry goes on to say, ***When the heart is given space it will forever tend to tender*** and that's what you do when you help your family in the garden, or get yourself connected with nature, or bake, and when you drew rainbows or sent someone a kind word or entered one of our competitions. You do that as well when you do your very best with your work or even when you just get through every day feeling and doing ok – that's a kind, brave, tender thing to keep doing through all this. I am going to write to Harry Baker to tell him how proud of our school I am, and let's see if we can get a few lines of poetry about us at Noadswood – there's no one better than us.

On the subject of the heart, and the kind, brave, tender thing to do, next week is **Mental Health Awareness Week**, within what has to be a focus for our whole lives. I want to give a shout out to all the things we want you to join in with but I want to say this first, as we enter this week, make the biggest and best pledge ever: say nothing but good things to other people online. You've really got to promise me that one. Don't use a group chat to make someone feel small. Don't throw shade. Don't ignore

someone who reaches out to you. Don't anonymously abuse someone else. Don't have a go. And don't ignore anything bad you see online. There is nothing more important you can do to support everyone's mental health than this.

Some of you write to me about the tough stuff you're going through because of words that have been said to you on social media and it's in our control to build that new world I was on about by only using it to connect, reach out and learn. Drop me a line at headteacher@noadswood.hants.sch.uk if you commit to this, and to let me know your ideas for the best, healthiest ways to use social media in our new world.

So what else are we doing for Mental Health Awareness Week? Well, on Monday 18th May you will receive information from your tutor about something you can get involved with every day, and I will be giving reminders in next week's letters. You need to jump on ePraise and get all the info you're going to need.

Here's a sneak peek at Monday's so you can get ahead of the curve:

Monday: Kindness pledge – let your tutor and Miss Marshall know what you are pledging: To kick start the week we want to hear your kindness pledges. Send them to tutor, HL, Miss Marshall. What are you pledging? (Help make the dinner, tidy up my room, give my Dad a compliment, message a friend, reach out to someone on social media etc)

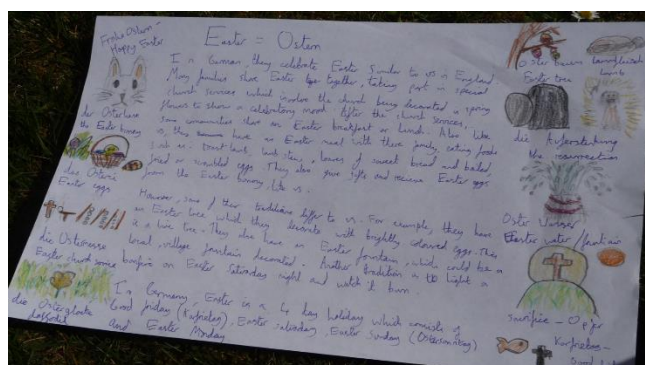
Get yourself a Kindness Pledge and send it to your tutor on ePraise and to me on ePraise or at headteacher@noadswood.hants.sch.uk

It would be really cool if I could pass some of our pledges along to Harry Baker when I write to him – he could include them if he's kind enough to write us a poem. **Check out your ePraise messages to find out about the rest of the week's activities, and you'll find other messages from staff there, too.**

The top work has kept coming in as the week has come to a close. First up, one of my many heroes of lockdown, Robbie has sent me some more mouthwatering cooking (you'd better keep this up when we're back together so that maybe I could taste something? Pretty please? ☺)

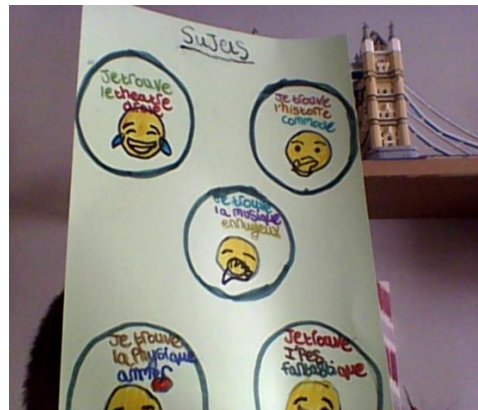


Another hero is Emma, who's sent us some of her brilliant German work:



One of the things I love about Emma's work is the care she takes with the illustrations and presentation of all she does – you do feel better if what you do looks as good as possible. It's not about what other people think, it'll make you look upon yourself with some pride.

Lewis has shown the same attention to detail with his French vocab work:



Check out Valentina's art work on the new fence her Dad's been working on, another fine example of building the new world:



Toby and his mum got in touch to share with us the world they're creating: walks, nature, pets and reaching out to others at a VE socially distanced street get together all of which I love:



And Hannah's painted this beautiful planter for her cacti that her grandad made from an old stable door – it's now pride of place in their conservatory:



Erin got herself into the VE Day celebration mood getting these pals ready for the party:



And what about Kit's kitten? Pet of the week, maybe?? Or maybe you think yours should be the winner – you know what to do if so: headteacher@noadswood.hants.sch.uk



Jack's really proud of his inspirational cousin, Sophie, and I don't blame him:





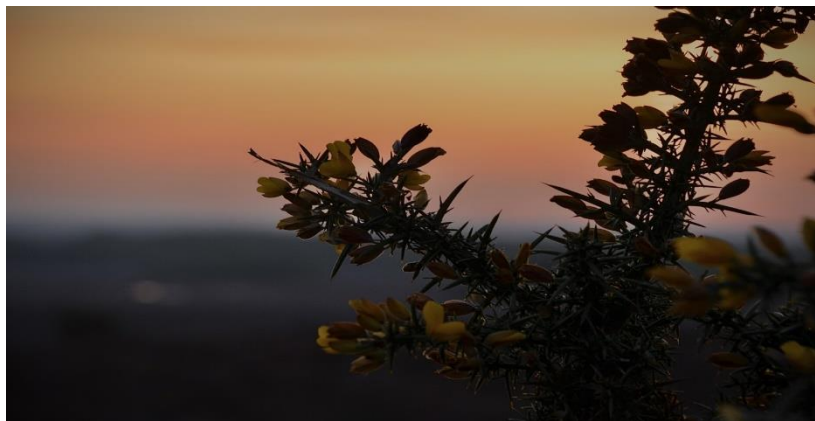
Sophie wearing her PPE for Covid-19

Sophie has been working hard during this terrible Covid-19 pandemic she has been working on both intensive care wards caring for adults and children. Wearing all of the equipment necessary to protect Sophie makes the job much harder but she never complains she just does her job.

Sophie is a true inspiration to others and shows that you can achieve anything that you want to with hard work and determination.

We are so lucky to have people like Sophie looking after us all, and she's also shown real grit and determination to get this amazing job – massive respect to her.

I'm going to end this week with Sophie's beautiful nature at sunset:



And wish you all a happy, sunny safe weekend. I wonder what you make of the instruction to **Stay alert** that came from the Government last weekend? Are you clear about the need still to stay at home unless you're taking exercise with one person, at least 2 metres apart? Because I've had a couple of messages from people concerned that some of you might be going out in groups now so I wanted just to say to you all: being alert means keeping your focus on what we need to do to stay safe, stay well and protect each other and our NHS. You can't do that if you're out with a group of mates so look after yourselves and each other, won't you?

Back with you next week,

Miss Marshall