



Dear all

I hope you're all as ok as possible, with the news last night of the ways we must restrict our moving about so much now, in order to get on top of the spread of the virus and to take of ourselves, each other and our fabulous health service.

The instructions we all must follow are here, and is worth reading over again and taking really seriously so we look after our community brilliantly well – there can be no mucking about with serious, clear instructions like this:

<https://www.gov.uk/coronavirus>

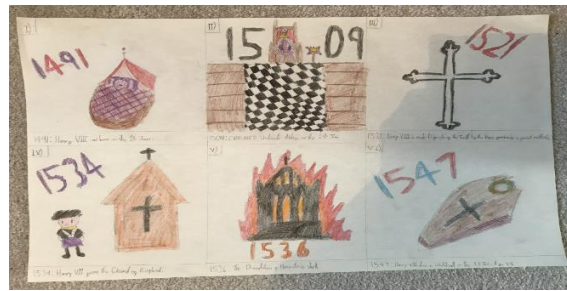
I was thinking of you all as my family and I watched the Prime Minister give the detail, and there we were, sitting in our lounge as usual, and yet, for a while, everything had changed... a uniquely strange and unsettling moment, I know.

But then I reached out to my parents and my mum-in-law, and to some of my good friends on the staff at Noadswood, and we talked it through. Things started to feel a lot better, so that's an important message: keep talking to someone at home, or via ePraise/email talk to someone at school, or talk over social media to a friend or family member you trust. Share your worries, but also share the things you're doing, share laughter and share that lovely you that they can't see in person but they can feel just the same. That way, you and everyone you love and care about will feel better. I promise it really does help!

Ant and Dec said the same thing, bless 'em, at the end of their Saturday Night Takeaway show as part of the national campaign, Britain Get Talking – it's more important than ever to 'talk' by what ever method works for you. So if Ant and Dec don't irritate you (!) then check out what they said: Britain Get Talking: A Message to the Nation, and think about how you're going to communicate really brilliantly right now.

Yesterday, I was sent some more pictures of great work – but I must admit I am getting a lot of History and not a lot else yet! I was talking to Mrs Rollett about how we could do virtual startrekking while we can't be together to do it, so I will start the ball rolling here: Anyone who sends me work that I love will get the startrekking ePraise points (as well as my prize draw when we're all back together that I mentioned last week) and after I chat with the Leadership Team later today, we will ask Team Leaders to think about how to do this for your work that they see and like on a weekly basis.

Here's another bit of fantastic History for you for now:



What could YOU send me today? You can attach it to an email at headteacher@noadswood.hants.sch.uk
I would love to hear from you.

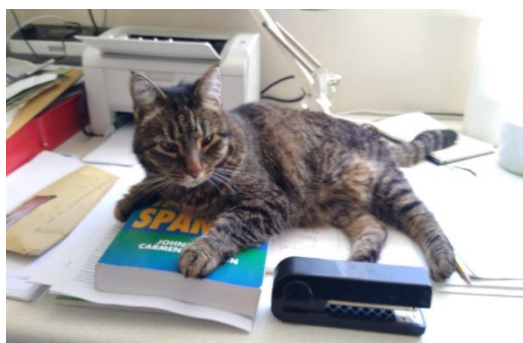
We will also be talking today about different ways to help you guys with your wellbeing through these weeks ahead. One thing that could help some of you is to put a thought in to your head to reflect on that's away from the virus or being stuck at home or the unusual times at school... what ever is preoccupying your brain. I have a set of 'Wisdom Cards' here that help me to do that. I pull one out at random and try to think how I can make the thought work well for me, even if to start with it just annoys me or I want to say, what a load of total nonsense.

Yesterday, I pulled out this one:



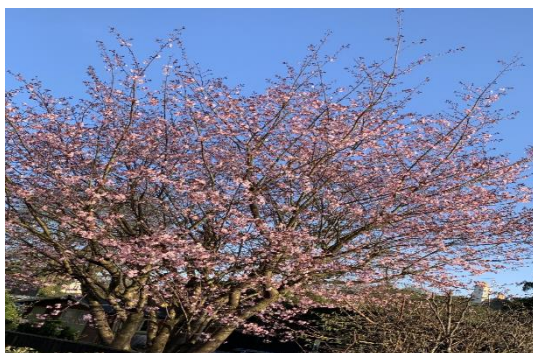
Initially, I was struggling to see any 'magic' in what we're going through right now, and I felt that frustration all over again that you guys can't come to school, we can't do all the things together that we value so highly, and that Y11 can't do their exams they've worked so hard for and celebrate together as usual, and that I can't pop and see my parents.... It was important to let those feelings, and others, in, but then to let them out again and think, what 'magic' can I find right now? Because if I manage to, my family and I will feel a bit better.

So some small bits of magic I thought I'd share with you include that one of our cats, George, is attempting to get himself some ePraise points by learning some Spanish:



He heads next door for his lessons – he's lucky, he still gets to roam free! I don't think Mrs Stevens would think much of his progress so far, but I'll keep you posted if things improve ;-). The real magic lies in the fact that I speak to my neighbours every day on WhatsApp and from a safe distance over the fence. We've got to know each other really well, and we can look after each other through all this.

The other magic for me lies in the fact we can get out walking, once I've finished work. Check out the blossom and the sky here near me, yesterday late afternoon:



It's so good to get some exercise – now I know a walk is a proper 'old lady' thing to suggest, right? But are you giving thought to how you can get some exercise each day? Lots of us are checking into the Joe Wicks PE lesson at 9am each day – I almost persuaded my family to do so today, but in the end I had to have a phone meeting (a lucky escape?) but maybe tomorrow, we'll do it!! You could give it a try? Go to The Body Coach TV on YouTube – it's 30 mins of workout a day. Give some thought to how you will burn off some energy while we're getting through the weeks ahead – you will definitely do better if you do.

Looking forward so much to hearing from you, and thank you to those who've messaged me already this week with ideas and questions – it'll never be a burden or a nuisance and I will get to them as quickly as ever I can.

Take best care and look after yourselves,

Miss Marshall

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