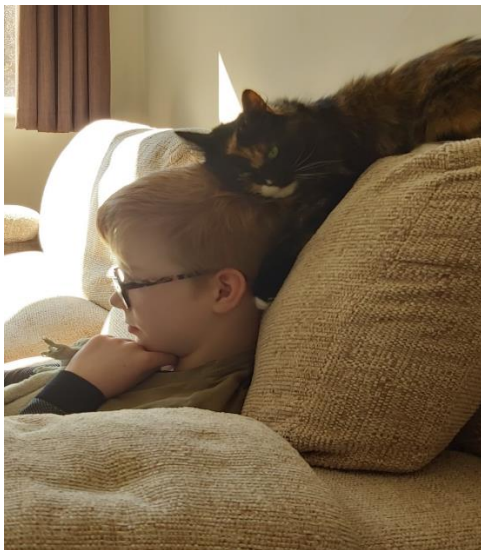




Dear all

Hope it's been as good a day as possible for you all, wherever you're reading this from today. It feels like we're on a bit of a roll with cat pictures, after I shared with you a little of what George and Poppy have been up to in our house this week! We have a third cat, the princess of the outfit, Alice, but I will save her for another day – don't want to peak too soon!

Instead, I can share with everyone a couple of your cats that I've been sent. Below, we've got Trixie, helpfully snuggling in on to the head of Archie Morrish as he tries hard to remain undistracted and get his work done! Next to Trixie, there's Chloe, the cat who's cosseted by Mrs Maitland from our LRC – Chloe is looking a little bit scowly there, awaiting treats to make her happy!

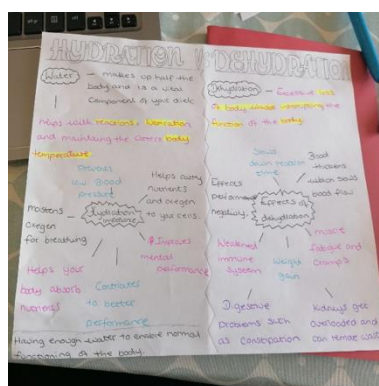
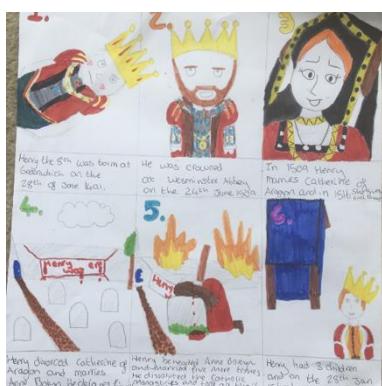
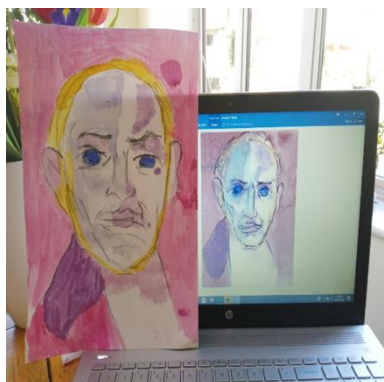


Any of you distracted someone else from their work today? Any of you been really sleepy in the sunshine, and just not had the motivation to do much at all? Or maybe you've had a bit of a scowl on, whether or not treats are available? This is what I love about cats – they're always pretty expressive of moods I definitely recognise in myself and my family sometimes. So, if it's not been your best day, there's still time to do some positive things (and one of those is NOT punish yourself for what you haven't done, just look forward to the good stuff).

Why not let your tutors or house leaders or me know about something really considerate you've done (or are going to do tomorrow perhaps) – maybe it will simply be not irritating anyone else in your house by being super quiet for half an hour while they do their work or look after themselves, or maybe it'll be that you'll get involved with family life a bit more tomorrow, and spend less time on your phone or gaming. Those things mean a lot to parents and carers. And by Friday, when many of us have been working at home for nearly a week, and been trying so hard to make this work as well as it can, looking out for one another has got to be the best thing we can do.

Thank you for continuing to share with me so many of your work highlights! It's an absolute joy – genuinely - to read and see all that you are learning and creating. It inspires me, seriously, to push on with all my work every single day because I know we are all doing so together.

Here's some examples from Art, History, D and T, PE and Photography – more to come tomorrow and each day:



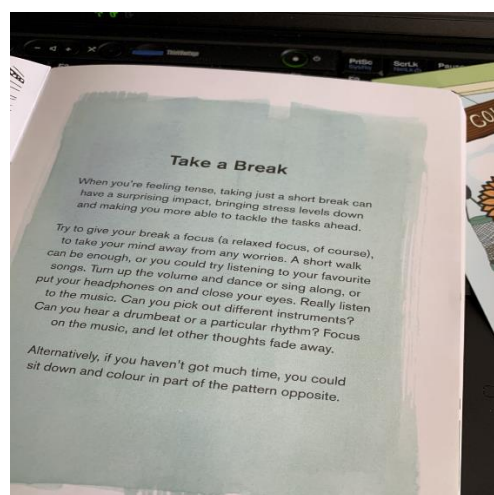
It was lovely to read one parent tell me that she's setting her children something to do each day that they'll definitely enjoy and she's really proud of her son for what he came up with – so am I – so don't feel fenced in just to do your school work. If you and your family come up with things to do that you all just get a big feel good vibe out of, go after those moments!

I've also been watching some of you make superb persuasive speeches about why we must observe the Government rules and stay at home right now, unless we need to be in school so our families can do critical frontline work – it made me proud to think of how well you're getting behind the directives to keep us all safe. I've even been sent some complete stories to read, too. I'll tell you more about these tomorrow, but there is superb effort and talent out there – really well done, team, whether you have sent things through to me or not. We understand it's tough to work in these circumstances, and we salute all of your efforts. Holding on to those great learning habits and keeping your mind busy and curious are two important things. It'll help you to build knowledge and remember it, and it'll keep you sharp about the ways you learn the best.

Some of you also shared with me your thoughts about the best uses of social media that you enjoy. The one that really made me feel proud was all about how this young lady uses social media to pick other people up when they feel a bit rubbish about themselves, and that she thinks about 'always making (other people's) day much better so that they would always think that they are deep down pretty... and feel better and happy'. I can picture loads of you rolling your eyes at this! You know what, at your ages, I might have done the same, but there really is nothing more powerful than your words to build someone up or rip them apart, so make sure you're doing the building and only letting others build for you, too

Going back to Mrs Maitland's slightly tense cat – pre-treats – I wonder how your tension levels are holding up there? What happens to you if some part of your IT set up doesn't work at home? Or the one friend you really need to hear from doesn't reply to your message? Or you just get overwhelmed by thinking about how it would be sooo great to go and hang out with a bunch of people? Can you feel yourself tighten inside just thinking about any of that? Maybe you're the kind of person feeling all that tension but you don't really know the reason why?

This activity is in another of the books I bought for us to work through together, and it's called The Wellbeing Journal:



Have you ever thought about using the songs or music you love in that way? Try it – hold on to the drum beat or one instrument or the voice, really tune into it. Your brain is really amazing at letting go of other things when you tell it to focus somewhere in particular. Or perhaps, if you do go for that one walk per day, you can tell yourself to listen out just for bird song or look for a particular colour of car as you walk round the estate – give your brain that focus, and other frustrating stuff will melt away for a while. If you or your families have any good de-stress ideas for us, send them in to

headteacher@noadswood.hants.sch.uk. We will all benefit from hearing about them, that's for sure.

Looking forward to talking to you again tomorrow – try to do or create something that gives your day a Friday feeling!

In this together,
Miss Marshall