



## Dear all,

I hope everyone had as good a weekend as possible, and a decent sort of Monday. I'll start today by sharing with you that most days, we receive a number of emails from the Department for Education with the guidance and updates we need as the days of this lockdown tick by. Today's included a helpline that you and your parents can use if you'd like to put a question about COVID-19 relating to education and children's social care.

You can call: 0800 046 8687

8am to 6pm – Monday to Friday

10am to 4pm – Saturday and Sunday

Remember to get in touch with us on ePraise – any member of staff that you need – or write to me at <a href="mailto:headteacher@noadswood.hant.sch.uk">headteacher@noadswood.hant.sch.uk</a> or phone Loveday's Lifeline between 10 and 12 noon every school day on 07946 884 122.

We've also got the Wellbeing site on the portal where you're accessing your work:



You can click on the icon above and find a wealth of resources to browse through, whatever is on your mind, or if you're worried about someone in your family or one of your pals.

The resources and all of us are all here for you every day!

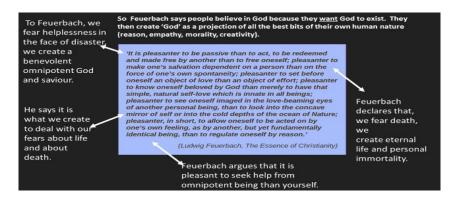
Straight on with the gorgeous examples of your work, starting with Megan's superb photography. Here's just one of her photos in her Pink Paradise series, a beautiful pic reminding us of the wonderful sunny days we've had recently:



And next, Charlie with his excellent Earth Day Poster – top work, fella!



Breanna has really impressed Mr Stone and me with her super Philosophy of Religion PowerPoint presentation. Here's one slide from it here, and you'll learn LOADS if you give yourself two mins to have a good read:



And here's Zoe's fabulous work for her Mum's birthday – check out this yummy spread, and happy birthday, Mum!



Kamren's been looking after the creatures around his home by building them what they would see as a designer pad – a bug hotel. Well done, you. This is a good time to reach out and connect with nature.



Do you feel like you need some ideas about how to reach out to others? Animals or people? As lockdown continues, it doesn't get any easier to keep your mojo going – you need a bit of an extra push to keep your motivation, especially as we're in for a few days of rain, so we won't have the blue sky to cheer us up when we get up, either. Remember, I put a lovely Easter kindness calendar that one of you had created and followed in last week's letter?

Well, Mrs Sullivan is going to send us through a weekly one from the Kindness Schools Foundation to help us stay upbeat and focused on helping others and helping ourselves – we really will feel better if we do:

| Monday    | Kind to others | Set aside fime to do something with your friend - talk over Skype, on the phone, play an online game together,<br>or anything else. It's important to still spend time with your friends during lockdown, for you and for them.  |
|-----------|----------------|--|
| Tuesday I | Kind to others | Think about why you like and miss your friends. What would you do with them now if you could? Write down five reasons why your friends are good friends and five things you like to do together.  If you feel like it, share your thoughts with us on Twitter using @KindnessSchools and #KindnessCalendar |
| Wednesday | Kind to others | Write an apology to someone you have hurt. This is not meant to be sent unless you really want to, but you should still write it, and think about why it happened, and what you can do to make sure it doesn't happen again.   |
| Thursday  | Kind to me     | Write a lefter about what makes you a good friend. Remember to be kind to yourself—make the lefter about you, not about your friends.  |
| Friday    | Kind to others | Write a postcard to your friends. Use the reasons you wrote down on Tuesday as a guide for what you should write to them – and remember to send the postcard to their address, as a nice and kind surprise for them.   |

If you decide to do any of these activities, you could also send your ideas in to me at <a href="mailto:headteacher@noadswood.hants.sch.uk">headteacher@noadswood.hants.sch.uk</a> and I will share them back with Mrs Sullivan, too. You'll inspire someone else, as well as feel the pride of featuring in one of these letters and getting yourself some ePraise points!

When you get to Friday's idea, and you write to your friends by the old fashioned postcard method (which they really will love because it would make such a change from all the electronic comms we do now), if you guys haven't got any postcards or stamps, you could make a card and then take a photo of it and zap it over to your friends on WhatsApp or similar. People will be chuffed.

Finally, for tonight, here's the link to the second week of activities from our friends at Fawley: http://www.fawleyonline.org.uk/

Once you click on the link, remember to click on the cartoons to get through to the secondary activities. There's another experiment to enjoy – I'd love to see a few pictures from you if you give one of these experiments a go at home alongside an adult.

Back with you on Wednesday when I do hope we will have plenteous pics of pets and nature galore, as well as all the super work in this letter. Keep sending them to <a href="headteacher@noadswood.hants.sch.uk">headteacher@noadswood.hants.sch.uk</a> To encourage you, here's one of our Poppy who you met before Easter, giving you a great big yawn — she empathises with those long days of lockdown when we all need a good, restoring snooze!



Either that, or she's laughing at a really great joke! Do you have any good (appropriate!) jokes that you think would give everyone a chuckle? If you do, or someone at home does, or you spot a good one on the socials, send it in – laughter is definitely one of the things we can share while we're apart.

Have a good couple of days and stay close and connected with us while we're not together,