



Dear all

I hope everyone had a happy and safe weekend. I spent a lot of mine working in the garden – all the usual excuses of ‘I haven’t got time’ don’t really work so well right now!

I want to start with giving you all a big thumbs up and thank you from me and from our PCSO Charlie who told us this morning that there have been no concerns at all with young people out in the community, not taking seriously the need to stay at home. That’s really great to hear, and I don’t take it for granted – it’s really tough for you guys.

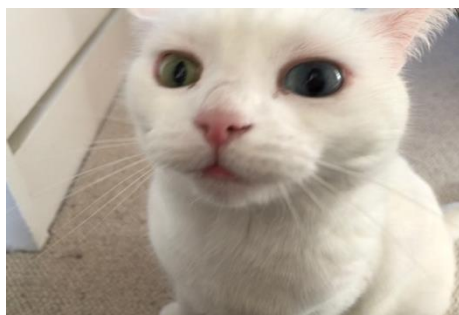
Charlie is happy for you to email him with any concerns or questions you might have as young people dealing with all this at: [charlie.hampton@hampshire.pnn.police.uk](mailto:charlie.hampton@hampshire.pnn.police.uk)

Another way you can get in contact for support from Tuesday March 31<sup>st</sup> is by phone if you have a worry or a question about your wellbeing or someone else’s to one of our Assistant Heads who lots of you know, Mrs Loveday. You can call 07946 884122 between 10am and 12 noon on any school day you need to – we’re calling it Loveday’s Lifeline ☺

Our pets have had a good weekend, of course! Laura’s dog, Roxy, was 9 the other day, and she’s pretty excited still to be able to burn off energy in nearby forest:



lone’s cats, Lucy and Minnie aren’t shy for the camera – we’re all enjoying the pose of a good cat in these letters!



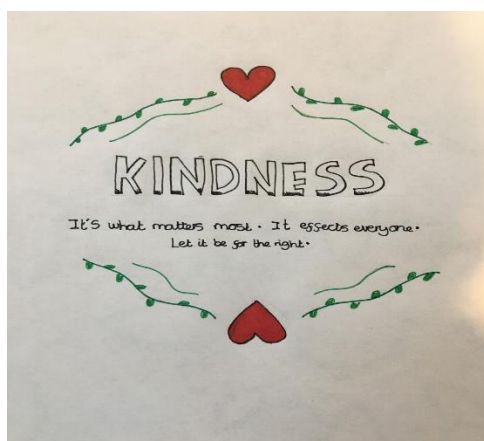
And Emily-Jade's family are so happy they could collect young Brody, before we went into our lockdown time at home – a teddy bear with teeth they said, and I agree!



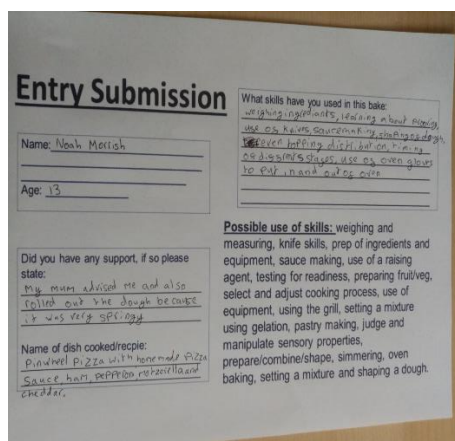
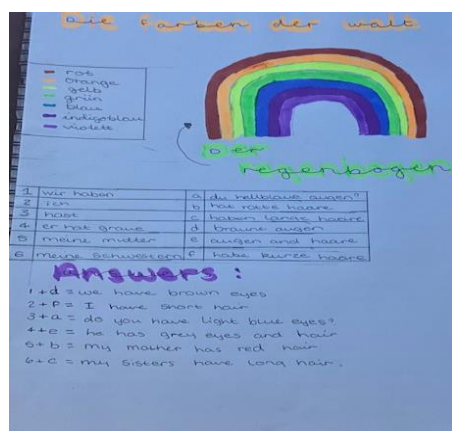
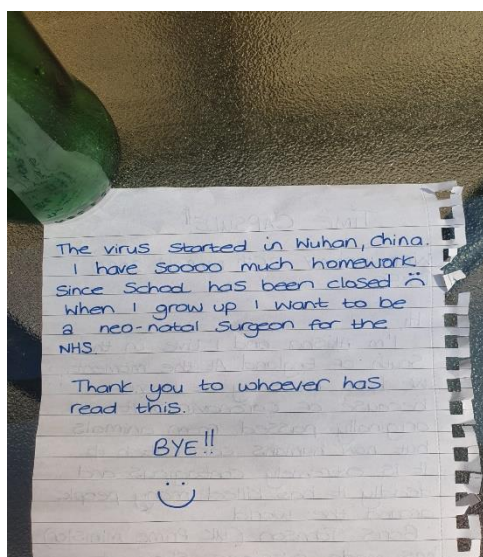
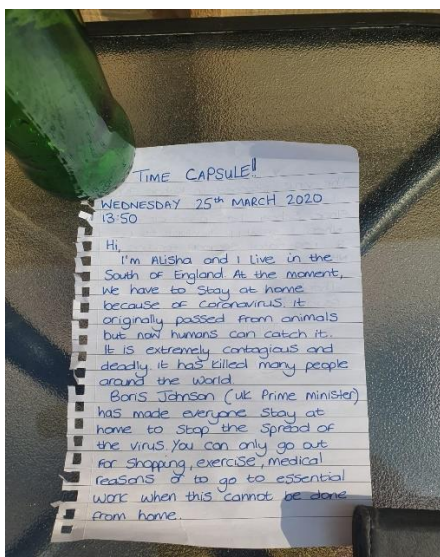
The reason why I started to include our pets when I write to you is because our animals know how to look after themselves – they know when they need to exercise and when they need to chill and when they need to have a rest. Don't give yourself a hard time when you feel any of these ways – go with it, relax away from work, relax away from your phone, do some exercise or rest up. Be more pet!

A lot of the work and messages you've been doing over the past few days has been about kindness – nothing better you could spend a bit of each day thinking about, whether it be kindness to others, to your family, to yourself and the kindness we're all doing for each other by staying home to keep safe. Isobelle really impressed Mrs Groom by making her WhatsApp status about the kindness a 7 year old had shown in giving toilet rolls away to those who needed them in her community – it's powerful when we can celebrate good stuff on social media.

Mrs Sullivan has been pointing some of you to a Kindness competition, and there've been some lovely entries, including this one from Sophie – you'll feel better in all this if you're thinking about good vibes:



I've also received some super work from Ash, Alisha, Sophie, Summer and Noah (who's entered our bake off!) plus a project by Kimberley that she worked on over the weekend – well played with all of it, all of you. I love seeing it, and you can see from the photos the variety of what people are doing and that they're doing the best they can with what's around them. That's the way through this:





We can't wait to see more Bake Off entries – Mrs Craddock has got the ball rolling for the staff, and she also told me how she's going to be volunteering for the NHS during this time, more kindness from the Noadswood family:

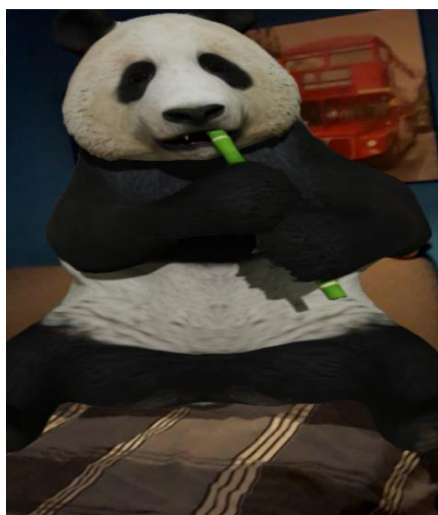


Mrs Rollett has been reminding us about two different things I want to mention to you:

Year 11 – have you seen the email about doing your second VESPA Questionnaire? Check your emails for it, if not. Even though we're not together, doing this will give you brilliant info to help you with manage your workload and with the way you study the best as you look forward to your next steps. The questionnaire only takes about 15 minutes, and I guess it's fair to say you've definitely got the time...

And for us all, if you fancy saying thank you to a member of staff in school right now, a simple way to do it is via [www.thankateacher.co.uk](http://www.thankateacher.co.uk) – you can send an ecard to any member of staff in school (not only teachers). I'm going to jump on there myself because staff are being pretty incredible at the moment, working in circumstances so different from the normal, just like all of you. I'm blown away by how well everyone has done, taking it one hour of one day at a time.

I'm going to say a big thank you to Mrs Lambley and Toby for the rich learning opportunity that is 3D graphics on Google – how else could they create 'The Panda who came for Breakfast'? (I'm going to thank her, too, for being a super awesome member of our outstanding Reception team who responded so well to us suddenly chucking every system we have up in the air to work in a whole new way 😊)



To finish, here's this week's Wisdom Card that's all about being good to yourself:



Before you go to sleep tonight, think back to the best things you did today, or said, or wrote or drew... it really doesn't matter. Think about someone you made laugh, or about the thing you could've said that would've hurt someone but you didn't say it, or the apology you gave that you meant. Think about how calm you stayed or how hard you worked. Feel a bit of magic by thinking about what's good about you – and if you can't quite manage that, think about what your mates/family/pet quite like about you. You'll get a better night's sleep if you tried this each evening.

Take care and have a decent day tomorrow – keep the work, the pets, the baking, anything you like coming to [headteacher@noadswood.hants.sch.uk](mailto:headteacher@noadswood.hants.sch.uk) and keep doing the best that you can, one hour at a time.

Miss Marshall