



Dear all,

Happy 100th Birthday to Captain Tom! Do you remember him setting off to do his 100 laps round his garden to raise money for the NHS, and he's gone on to raise £30 million! Have you enjoyed the celebrations today? Did you watch the fly past? Check it out at www.bbc.co.uk/news if you missed it. What a brilliant chap, and what an example of everyone pulling together during this crisis we're all working through.



You can also watch Hampshire Music Service's teachers playing and singing their tribute to him here:

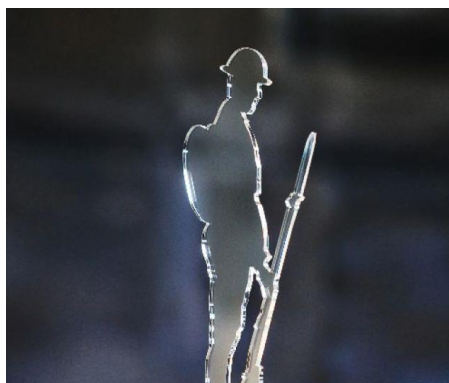
<https://www.youtube.com/watch?v=sTvoORpbOpo&feature=youtu.be>

A bit of fun that some of you and your folks will enjoy, for sure.

Now did you know it's **the 75th anniversary of VE Day next Friday 8th May**? Does everyone know what that means for us? It's Victory in Europe Day which was on 8th May 1945, the date when the World War II Allies, including Great Britain, formally accepted the surrender of the armed forces of Nazi Germany and the end of Adolf Hitler's Third Reich.

Could you get involved with making some bunting or posters for inside your homes or outside? Could you put a **'Tommy in the Window'**, like the British Legion are hoping we will?

Check out a picture of a Tommy (WWII Soldier) here:



You and your parents/carers could even arrange to see your neighbours out in the street, during Friday 8th May, like we do for Thursday evening Clap for Carers, and have a special celebratory moment remembering the importance of VE Day 75 years on. I think Captain Tom would be pretty chuffed if we did some of this. Send me any pics or short films to headteacher@noadswood.hants.sch.uk and I will share them around.

Another idea that came our way about VE Day was **Petals for Peace** from homes for homeless veterans after serving in conflicts – the nearest homes to us are in Salisbury, Gosport and Fareham:

Petals for Peace is a creative project launched by Alabaré Homes for Veterans to mark this important anniversary and bring communities together through the Coronavirus pandemic. We are asking members of the public to create a simple paper flower display in their window at home and make a donation of £5 to our work with homeless Veterans.

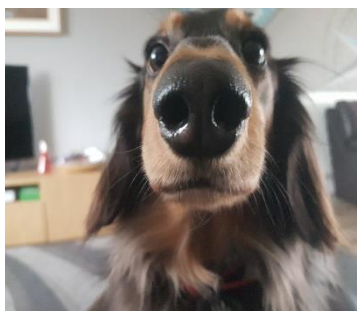
The link is at: <https://www.justgiving.com/campaign/petalsforpeace> and there are sheets for colouring you can download or just create your own flower for your window.

This charity isn't an official one for our school, I know, and you don't have to donate any money, of course not - there are so many charities reaching out to us all right now. I wanted just to share with you the lovely idea of flowers making us think of peace in our country thanks to those who serve, despite all the challenges of this Lockdown and of the virus:

I am happy to be able to say that this is a genuine Noadswood Lockdown letter because... yes, you've guessed it, we've got the pets back! First, it's Jess's pet snail, Sid:



He's a handsome chap, isn't he? It could almost be an ornament. Next up, it's two dachshunds, a breed of dog very close to my heart, as we had a miniature one ourselves up to a few years ago. So we've got Luca's fabulous Zeus, who's also known as Floof, and a beautiful drawing of the dog Jazzy hopes to have in the future:

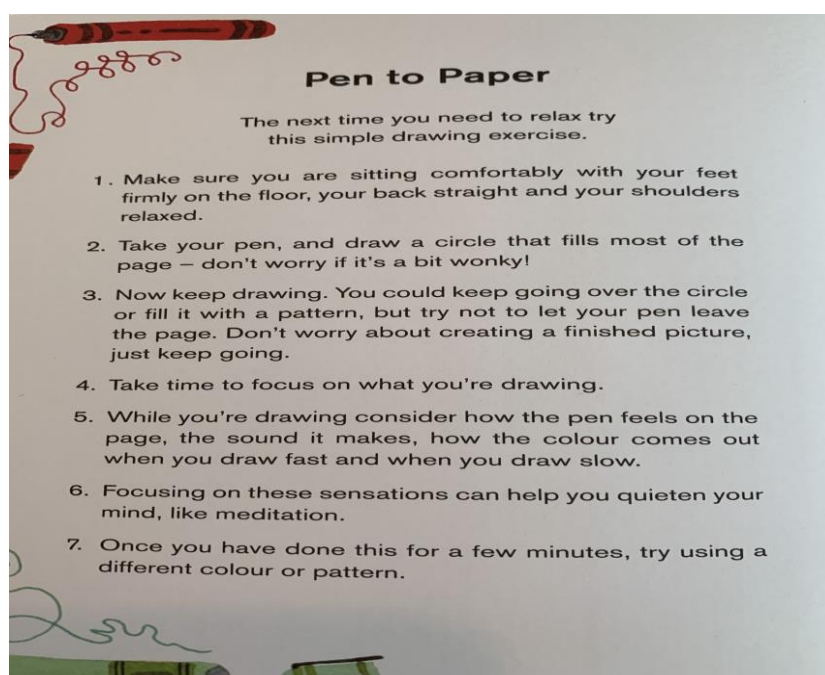


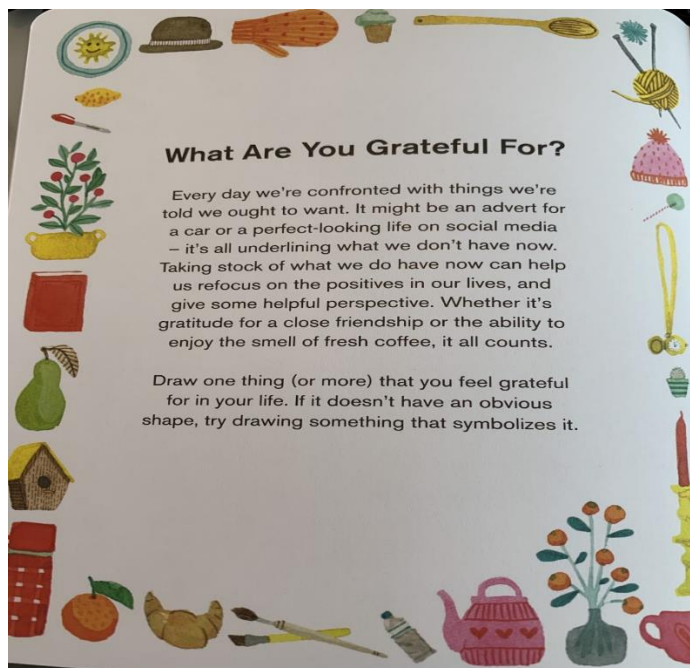
How's your week this Thursday? I was speaking to one of your teachers the other afternoon who said something very true to me: even though loads of us are coming across as upbeat and are having as much fun as we can, it can all feel quite fragile. Inside, we might be feeling a lot more wobbly than that as we try our best to make normal what isn't normal. So, if you're the kind of person who's quite creative with a pen and paper, which I know loads of you are, I thought I'd share a couple of ideas from the **Wellbeing Journal** I've mentioned before that you might enjoy when you want to just strengthen how you're feeling a little.

The first one, of the two below, is a relaxation exercise through drawing – it doesn't have to be a drawing you're ever going to share with anyone, or one you think is your best work or anything like that. Don't put pressure on yourself while you do it. It's just a chance to pull your whole mind into the act of drawing or sketching, the shapes, the sounds of the pen on the paper, the different colours you might choose to use. While you're doing that, your mind will clear of some of the things that might be making you anxious or even a general feeling of being a bit low or stressed when you don't totally know why. Give it a try.

The second idea is about focusing on thankfulness for what we've got around us, in the here and now. We know things are tough, and we know there's a lot of people we want to see and things we want to do, not to mention worries in our minds. But this exercise just pulls us to focusing on what we can be thankful for, because we feel better once we've thought about that, I promise you.

If you have a look at this second exercise and you know you couldn't think of anything, make sure you're talking to someone. Talk to your parents or to another family member in your home, or to a friend, or ePraise a teacher, or your tutor, your House Leader or one of our ELSAs, or LSAs, or me... we are all out here for you. And remember as well, there's Loveday's Lifeline between 10 and 12 each school day on: 07946 884 122. Mrs Loveday will be really pleased to hear from you, as we all will when you feel fragile or just need to offload – **we get it**.





There are some more interesting competitions, too, to keep you busy and creative, in between doing your school work. This first one is to design a banner thanking NHS and other key workers – delivery drivers, shop workers, staff in school, care home workers, post men and women ... all the people doing so brilliantly to keep things going for all of us. Check out how to enter here:

DESIGN COMPETITION

fsedesign
THE SCHOOL MARKETING COMPANY

Show your support and design your very own external banner, thanking the NHS and other key workers for their dedication! **5 Winners will have their design recreated and produced to proudly display on your school gates!**

CLOSING DATE
5pm Friday
8th May 2020

Please send a photograph of your entry to hello@fsedesign.co.uk alongside your full name, age, school and town. **5 Winners will be selected and announced on Monday 11th May.**

The first name and school of the winners will be revealed as part of the announcement process but no other identifiable information will be shared with any parties.
The winning child will have their design recreated and printed on to a 3m x 1m external vinyl banner which will be delivered to the child's school.

The deadline for entering is 5pm on Friday 8th May and you need to email your design to hello@fsedesign.co.uk but send it to me, too, at headteacher@noadswood.hants.sch.uk – we can have our own Noadswood competition as well as joining in the one devised by this company.

Mrs Sullivan has also sent you some info about competitions for keen writers in ***National Share-A-Story Month***:

- 1) Write a piece of prose, poem or story up to a maximum length of 500 words. The theme for this May is ***The Planet We Share*** – this can include stories about the peoples, the animals and also the state of our planet, giving a fairly wide set of stories to be shared and celebrated this year.

Closing Date: 30th June 2020

If you're under 13 on that date, send your entries to: nssm@fcbg.org.uk and to Mrs Sullivan-
nicola.sullivan@noadswood.hants.sch.uk

If you're over 13 on that date, send your entries just to Mrs Sullivan at
nicola.sullivan@noadswood.hants.sch.uk

Send 'em all to me, too: headteacher@noadswood.hants.sch.uk

OR

- 2) Create a **wish tree** of all the things you want to achieve for the future of the planet – send a photo and provide a list of some of your wishes for the future.

Closing Date: 30th June 2020

Send the entries to: tricia.adams6@gmail.com and to Mrs Sullivan at
nicola.sullivan@noadswood.hants.sch.uk and, again, I'd love to see them, too.

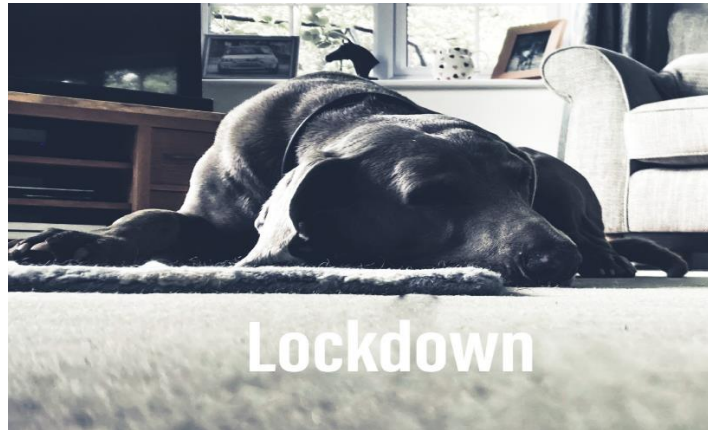
Get writing and creating! ☺

The final competitions I want to share with you today are for all you climate rescue activists out there, and I know there are a lot of you:

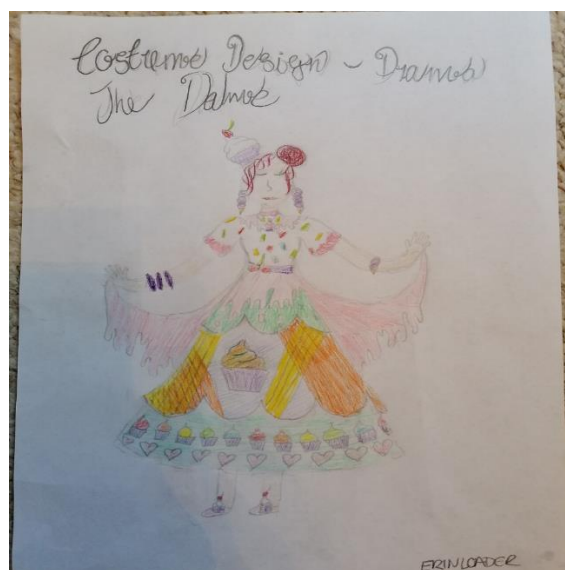
Go to www.eco-schools.org.uk for a couple of great competitions– they'd love you to make a **30 second video about why we should keep our school and local communities litter free**, and why you're not embarrassed to pick it up when you see it. If you'd never be one of those people to walk past litter on our field or in your classroom, this could be the competition for you. You enter via a social media platform, with the permission of someone at home, but, as usual, I'd love to see your entries, too, at headteacher@noadswood.hants.sch.uk

They also suggest you might want to be part of a **Great British Bedroom/Home/Garden Clean Up!** Send them and us some photos if you do your bit to make your home environment as clean and tidy as it can be for you all.

In terms of work you've sent over the last few days, there's continued to be some absolutely beautiful photography, including this very poignant shot from Thomas about lockdown:



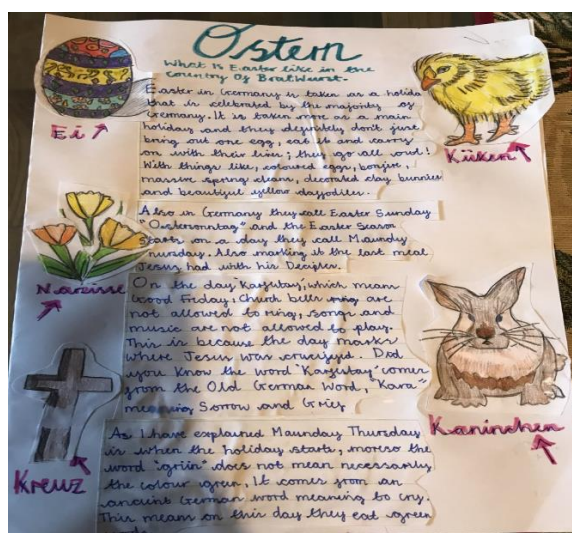
And look at Erin's excellent costume design for a dame in Drama:



And another really well put together photo from Daniel, capturing those moments in Lockdown when we're lost in thought, maybe a bit of boredom, maybe a bit of wondering how the future's going to map out, and hoping someone can give you the answers! I love this picture, Daniel, it really made me think! And the colours and composition are really great too – not to mention a mighty clematis!



There's some more beautifully put together German research that's been sent my way:



Thorough work and gorgeous drawings, too! Well done to Olivia for this one. Top work.

Lastly for this letter, it was great to see **badminton being played at school** yesterday – thanks to Mr Copland for sending me these great action shots, and well done, guys! You're all doing so well at school to keep the Noadswood Family spirit going for us while we can't be there with you, and we're proud of every student and all the members of the staff on the rota:



I hope there's something in this bumper letter for everyone to connect with – have a go at one or more of the ideas, and chuck me an ePraise message about what you're doing, or an email with pictures at:

headteacher@noadswood.hants.sch.uk

I'll be in touch tomorrow afternoon with a quick round up for the end of the week, and news of when the assembly will be ready! I know you can hardly wait for that! 😊

With you while we can't be together,

Miss Marshall