



Dear all,

Here's hoping you've had as positive a Tuesday as possible, looking after yourself and doing the best you can, an hour at a time – my motto for all this, as you guys know by now. Let's get straight on with it, then, with me introducing you to Emma's fantastic cats, with her insights about them:

*This is Rosie. She is deaf, so her meow is very loud. Here she decided to be cute as opposed to screaming at us like she usually does.*



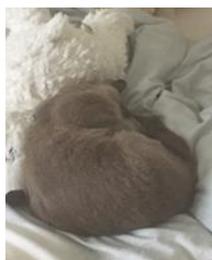
*This is Luke. He is lovely and very friendly but also quite weird. He decided that it would be a great idea to get into a washing machine. Luckily, it wasn't on otherwise there might have been a problem!*



*This is Alfie. He loves the quiet life, snuggling up indoors all day long and munching away on cat biscuits. He is now getting old (11) but he used to like climbing curtains.*



*This is Oscar. He is also 11 and he likes to amuse us with the large array of sounds that he makes. He also likes to bring us 'presents' which are usually half dead mice or birds.*



Thank you, Emma, and well done to you and your family managing 4 cats together, and no doubt they all want the best chairs in the house! I am quite brutal about removing ours from sofas and other comfy places when I want to have them, but other members of my family see that as cruel!

I could learn some 'Be kind to pets' techniques from Mr Crowley and his family who have given their dog, Rio, a medal for being awesome at self-isolating:



Lots of you have been contributing really well to the **'Rainbows in Windows' campaign** to cheer everyone up, as they go for their walks. Check these two out from Megan and Tobias:



And I saw a lovely woolly rainbow on my walk today, too, (dodging across the road and back as other walkers and I worked on keeping far enough apart – we all smiled and greeted each other, but it adds an unusual ‘nipping all over the place’ feature as you walk, that’s for sure!)



Have you seen on the socials that some people are taking **photos with a theme** as they go? It makes doing the same or similar walks each day have a bit of a focus, so today was my ‘pink flowers photos’ day – share with me at [headteacher@noadswood.hants.sch.uk](mailto:headteacher@noadswood.hants.sch.uk) if you take some interesting pics on your walks:



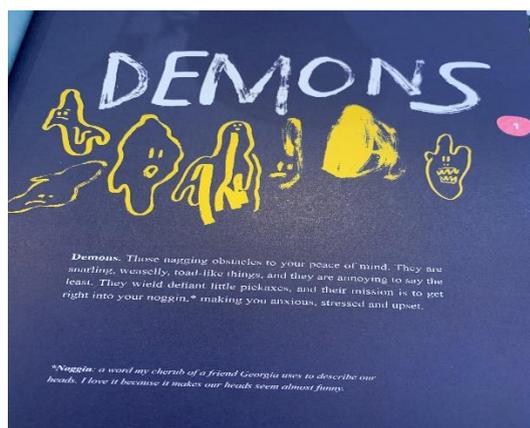
We’d also like you to get on board with some **competitions** Mrs Sullivan, Mr Wilkinson and Mr Wyatt are working on that are going to involve the chance to send us portraits or poetry, plus there’s one that the local police are promoting, which is for you to create a media campaign around the issues surrounding knife crime. Look out for more information here and from those members of staff in the coming days – we want to keep things creative and varied for you out there. Here’s a portrait to get you inspired:



Remember I mentioned to you yesterday that you can send a ‘thank you’ to a member of Noadswood staff by going to [www.thankateacher.co.uk](http://www.thankateacher.co.uk) ? I’ve got lots to thank them all for – every day – but today I want to thank all of the staff at the Tesco in Sizer Way in Dibden for making a big fuss of our fantastic Finance Manager, Mrs Drabble, when she went in to collect things we need in school to support some of our families.

They let her go to the front of the queue, and they even gave her a bunch of flowers to thank her for doing what she's doing to support the school in this way. It's big shout out to them from me, and to all workers in retail doing so much to keep things going when we need it the most.

I'll finish this evening with an idea for you all to try, if those negative thoughts about ourselves or from other people are buzzing round your head this evening – it can happen to us all, including me. Another book I bought for us to work through together is, *Open Your Mind – Learn to Deal with the Big Stuff in Life* by Gemma Cairney, and let's face it, there's plenty of big stuff doing the rounds at the moment. She knows that sometimes the brain demons, those unwelcome negatives, get in our heads and we finish up chasing them around all evening:



Gemma suggests that when you have times when these thoughts are in your head, you could maybe draw them or scribble down how they look to you or how they make you feel, or journal about them, and then – and this is so important – reach out to someone to talk to about them. I'm going to promise you that I have to do this, and that pretty much everyone I know has to. Once you do, they start to shrink in size a little and you can keep talking for as long as you need to for it to feel better.

She also reminds us that when we feel a bit low, it's not a good time to kick off at someone else or judge them, or to obsessively be on our phones, or to focus on stuff we can't control, or to do something we know doesn't feel right in our gut. Instead it's a good time to reach out to someone at home, family, a friend, one of us at school (ePraise/email one of us, call Loveday's Lifeline 10-12 each weekday on 07946 884 122). We're all here for each other even while we can't be together.

Looking forward to hearing from some of you tomorrow and us all having a good hump day – remember we love seeing your work, your rainbows, your pets, your baking, maybe some themed photos from walks, and we love being out here for you,

Miss Marshall