

Wallingford School - House Newsletter

Wednesday 21st October 2020

Headteacher's Message

I think it is fair to say that none of us knew what to expect when we returned to school at the start of September. What would school feel like? How would we all adapt? What would be different? We still don't know with any certainty what the future will hold but we do know how well everyone has coped with the present.

I knew from the moment that the whole school came back on Friday 4th September that it would be OK because our staff would get it right and because our students would be brilliant and both groups have been. I must particularly congratulate our Year 7 students who had a disrupted end to the Primary School lives, couldn't visit the site for Induction Days yet have coped wonderfully well – they are already a part of our school community of which we could not be more proud.

I hope that everyone has a really good break over the half-term holiday. It is very well-deserved indeed.

Assembly - Heroes

Mr J Marston, Headteacher

I have often talked to students about the notion of heroes. I think heroes are important. They don't have to be perfect role models but rather people who grab hold of us through their words or actions and inspire us or fascinate us or spark our imaginations.

This month is Black History Month and in a year in which we are so preoccupied with the challenges and demands of the present it can be helpful to look to the past for reflection and inspiration. Our school has many images of, and words from, inspirational figures from black history on its walls during this month and we celebrate and remember them.

The 21st Century is now 20 years old and we are already living through one of its most remarkable years. We cannot be sure what will be the great events of this century but 2020 is very likely to be a year which is marked as memorable and of significance. Every century is momentous in its own way. The 20th century saw two World Wars, unprecedented advances in science and technology, new freedoms and social change, remarkable arts and globalization. I was talking with Sixth Form students last year about who they felt the greatest figure of the 20th Century

was. We covered a pantheon of heroes and villains, the admirable and the flawed, the misinterpreted and the wronged. In the end we settled on one person and that person was Nelson Mandela.



The image we often have of Mandela now is the statesman, the graceful old man, the figure of dignity. All of these images are true. However, these images of serenity are very different from the angry young man who saw injustice and was not prepared to accept it. A man who was branded a terrorist and was prepared to spend over twenty five years in prison, often enduring hard labour, as a political prisoner. A man who sat in a prison cell and painted and wrote and had to wait for justice to come to him.

What is perhaps most remarkable is that when he was released from prison in 1990 he forgave those who had imprisoned him and wanted to unite everyone in South Africa. He channeled anger and frustration and used it to bring people together with powerful words and a compelling vision.

One of the most powerful images of Mandela is from 1995. Five years after his release from prison he stands as the democratically elected President of South Africa wearing the green Springbok rugby jersey – for many black people something closely associated with the racist apartheid system – and presents the Rugby World Cup to the South Africa Captain Francois Pienaar. It is a brave image, an image of dignity and celebration and coming together and a vindication of democracy and that change does not have to come through violence or division.

The words below are from the speech Nelson Mandela gave when he was elected as President of South Africa in 1994. It stands today as one of the greatest speeches of the 20th century.

We dedicate this day to all the heroes and heroines in this country and the rest of the world

who sacrificed in many ways and surrendered their lives so that we could be free. Their dreams have become reality. Freedom is their reward.

We shall build a society in which all South Africans, both black and white, will be able to walk tall without any fear in their hearts, assured of the inalienable right to human dignity, a rainbow nation at peace with itself and the world.

Never, never, and never again shall it be that this beautiful land will again experience the oppression of one by another... The sun shall never set on so glorious a human achievement. Let freedom reign.



Black History Month is about celebrating achievement. The achievements of Nelson Mandela during the second half of the 20th Century mark him out as one of the greatest historical figures whose words and deeds will live on for all time. He is a true hero of mine.

Wellbeing Corner - Embracing Autumn

As the days get colder and shorter and the nights get longer and darker, it's easy to overlook how truly wonderful autumn can be. Here's how to embrace the season with a smile on your face.



Make Your Home Cosy

You will probably be spending more time at home over the next few months. So now is a perfect time to make it cosy. Look around and see what you have to make your home/bedroom feel cosy and warm. Throw some extra blankets and cushions around, light some fragrant candles, create a reading corner, keep your slippers handy, hang some fairy lights.

Get Outdoors

While the weather is getting colder we aren't quite in winter yet, and autumnal weather is still beautiful and crisp. So there are still plenty of good days to get outside walking, cycling, whatever calls to you. We just might need to be more organised in our approach and check the weather in advance!

Can't find time to exercise during the week? Be a weekend warrior. A recent study in the United Kingdom found that people who squeeze their exercise routines into one or two sessions during the weekend experience almost as many health benefits as those who work out more often. So don't let a busy schedule at school be an excuse to avoid activity. Get moving whenever you can find the time—your mind and body will thank you!

Eat Seasonal

Comfort food and autumn go together perfectly, and as the temperatures drop, we need to nourish and warm the body from the inside. Eating the seasonal foods available will help to balance our hormones, strengthen our immune

system, boost our energy. Try some warming soups, casseroles and fruit crumbles containing any of the foods below.



Movie Nights

Take time to enjoy an early movie night with a loved one. With Halloween coming up why not watch some scary films with a big bowl of popcorn. Or find a great new TV series to binge watch on Netflix over the next few weeks. Obviously, you will be wrapped up in a cosy blanket with a hot chocolate.



Homemade Hot Chocolate

Ingredients

500ml chosen milk (dairy free works well too)
2 tablespoons unsweetened cocoa powder
2 tablespoons granulated sugar
50g chocolate (finely chopped) or chocolate chips – This can be milk or dark
1/4 teaspoon vanilla extract
Whipped cream and/or marshmallows optional

Instructions

1. Place milk, cocoa powder and sugar in a small saucepan. Heat over medium-low heat, whisking frequently until warm (but not boiling).
2. Add chocolate chips and whisk con-stantly until the chocolate chips melt and distribute evenly into the milk. Whisk in vanilla extract, pour into a mug and serve immediately.
3. Top with cream and/or marshmallows to make it extra indulgent.

Our New Normal - A Terrific Term 1 Across the Board!

Here's a round-up of some of the wonderful things our students have been doing in different subjects over the last 8 weeks...

MFL - Mrs McGarrick, Curriculum Team Leader for MFL

Saturday 26th September was European Day of Languages. The MFL department usually run some events in school to celebrate this event, but this year we came up with 3 different challenges for students to complete at home – a European themed bake off, an online escape room and a poster competition. We were so impressed with the number of students who chose to enter 1 or more of these challenges. A house point was awarded for each challenge which students entered and the top three posters and cakes won a prize:

Cake winners...



Ben Pocock, 9JRA

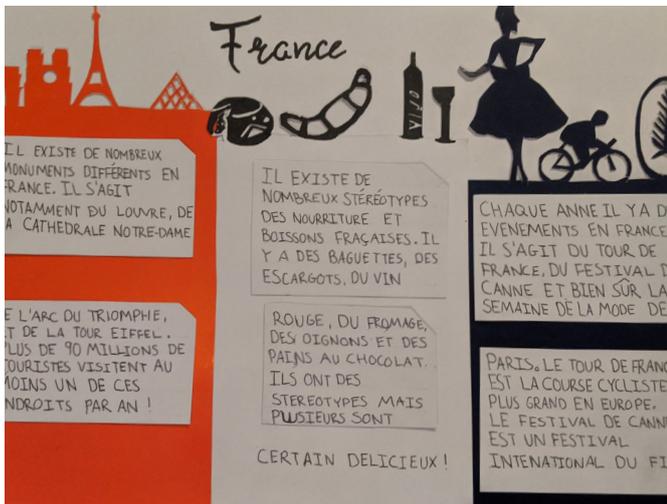


Will Eaton, 9AML



Wilfrid Venners, 8CSU

Poster winners...



Tristan Miroslawski, 10MSI



Annabella Baroni, 8NIB



Ella Ramsay 7LHR

A few more fantastic cake entries...



Physical Education - Miss Beesley, Head of Newsletter Communications

As we draw to the end of term in the PE department we can look back on what a fantastic first term it has been. Students from all year groups have been enthusiastic in lessons, eager to return to a new normal.

The pupils have ignited the department with their eagerness. They have adapted well to new changes which is a credit to the type of students we have at this school.



Unfortunately, we are no nearer to attending and hosting competitive fixtures against other schools due to Covid-19. However, we have had great numbers attending extra-curricular clubs which aids the students progress in specific sports, as well as enjoying meeting new friends. We always welcome new students to any extra-curricular clubs, so please make sure you attend a club!

Next term we hope to host intra-school competitions during extra-curricular clubs. This would provide students the opportunity to organise their own teams and play competitive matches against their class mates.



Here is a half-term sporting challenge! Please post your results on our Instagram page (@walli.pe) or Satchel One by recording yourself or using an app that measures your activity.

- Bronze challenge: Go outside and go for a run or try to do a handstand.
- Silver challenge: Run 3km or hold a handstand for longer than 5 seconds.
- Gold challenge: Run 5 kilometres in under 30 minutes or hold a handstand for longer than 8 seconds.

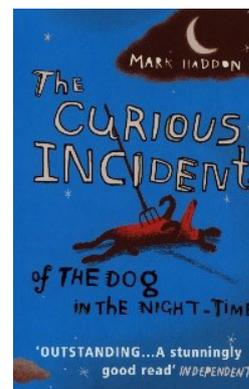
Good luck and enjoy!

English - Ms Lancaster, Curriculum Team Leader for English

It's been said many times already but it's worth saying again: it's fantastic to have real people in school. There have been challenges with work being a bit more teacher-led than we'd like, due to limitations on group work, but students' goodwill has made our first term back as lively as possible. We really appreciate students volunteering to read aloud – and attempting the accents and emotions that bring works alive - and students who contribute to discussion in considerate and provocative ways.

Y7 are getting stuck into myths and legends and there has been some cross-over with lockdown challenges. One student has already ensured good grades by baking her homework – including an individual cupcake for her teacher, coinciding with said teacher's birthday!

Our Y8 students are reading *The Curious Incident of the Dog in the Night-time*. It's one of our favourites and I am always moved by the reading 'journey' - from well-informed 'sympathy' for Christopher at first, to appreciation of his intelligence, bravery and determination, and the recognition that he's in need of understanding, not sympathy.

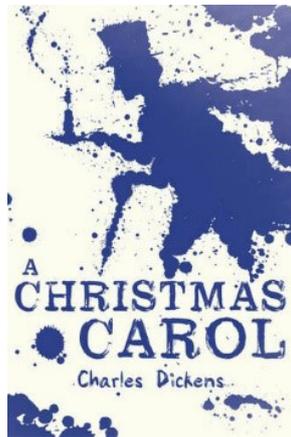


As for Y9, they are deep into the murky depths of Victorian London, puzzling out the mysteries of *The Ruby in the Smoke*. It's a brilliantly complex novel with sub-plots within sub-plots; a raft of well-drawn characters; and one of the best villains in Mrs Holland, who sports ill-fitting ivory dentures rescued from her late husband's coffin. I love the amazing maps / webs that students build up to make connections and predict outcomes, as they are reading. There's definitely room for further improvement in the dodgy Cockney accents, though.

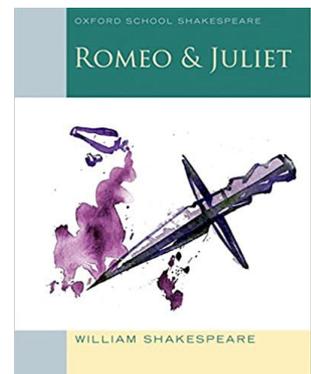


Continued...

After some fantastic responses to Fergal Keane's letters to his father and baby son, Y10 have just started reading *A Christmas Carol*. It's much more philosophical on paper than the many movies and child-friendly versions would suggest; Scrooge's nephew's plea seems truer than ever this year, and not just for Christmas. He asks for, "a kind, forgiving, charitable, pleasant time ... when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they really were fellow-passengers to the grave, and not another race of creatures bound on other journeys."



We are sorry that the dressing-up boxes and collection of plastic and foam swords have had to remain in quarantine as Y11 start to study *Romeo and Juliet*. These items are usually more popular with our more 'mature' students ... I'm not sure what that tells us about the strain of exam preparation. Nevertheless, the play seems to be weaving its magic, though whether that's a love of Shakespeare's language - or of the gang violence, flouting of parental wishes, drugs and under-age sex - I wouldn't like to say.



Design and Technology - Miss Isaac, Curriculum Team Leader for DT

We are delighted to be back in the classrooms doing what we do best: creating. However, it wouldn't be able to happen without adaption's and changes to how we work and finding "our new normal". We have put in place a number of new measures to ensure our environments are clean and safe so we can conduct practical activities and deliver a curriculum pupils enjoy and thrive from.

The pupils have been amazing at playing their part, from wiping down tables as they leave classrooms to bringing in their own aprons to reduce the amount of washing required each day.

In this issue we want to celebrate all the great work that has been completed so far this term and say a big thank you to our parents and pupils for helping it happen...



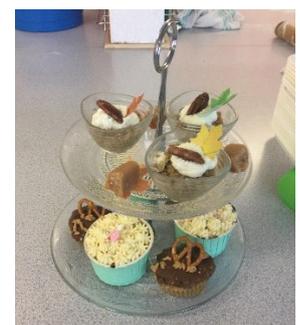
Year 7 and Year 10 show-off their new aprons...



Year 10 Food GCSE have been making Chicken Kiev this week. They have been learning how to handle and cook chicken safely. They have also been learning how to enrobe food in flour, egg and breadcrumbs.



A scrumptious display from our Year 10 Afternoon Tea Challenge and the winner is... Emily Gesner!



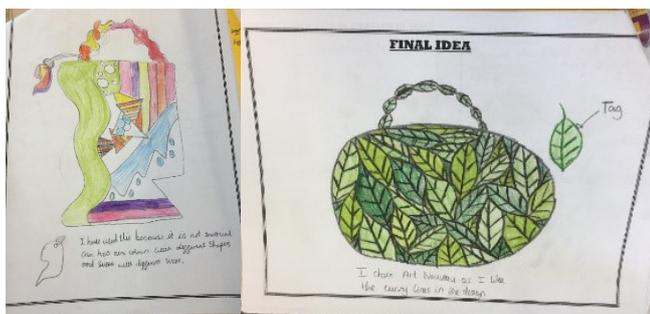
Year 7 have settled well into Design Technology and are learning Food, Textiles, Graphic Products and Resistant Materials this year. Some Year 7s have started learning about healthy eating in their first Food practical lessons and the importance of following the principles of the Eatwell Guide. They have also been learning about the bridge and claw hand holding positions. This ensures they learn how to use the sharp knives safely. Here are some photos of the Year 7s making their fruit salads.



Year 7 get busy in RM...



A little design work in Graphic Products...



And, learning to sew in Textiles...



Year 10 Art & Design Textiles take part in a printing workshop...



Year 11 GCSE Food Preparation and Nutrition learn how to fillet a fish...



Design and Technology suggest making something tasty for Halloween...

[Healthy Halloween Pizza](#)

Science - Mr Boddaert, Curriculum Team Leader for Science

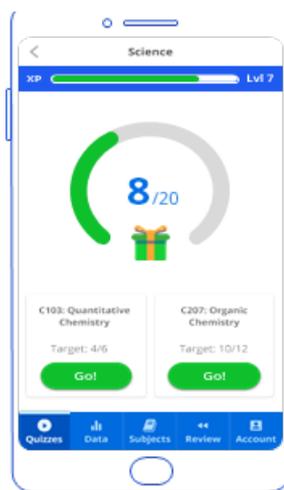


Our year 7s have made a fantastic start to Science this year. They have been really engaged with the new KS3 lessons we have written, which have a greater focus on practical work and the development of key skills.

Students have launched into using Bunsen Burners, microscopes and observing exciting demonstrations. More home projects have been incorporated and Mrs Pike's Y7s have lead the way with these amazing models of cells. Keep up the hard work Y7!



TASSOMAI



This term we launched Tassomai, an online learning platform with all students in KS3 and KS4 to support their learning, check understanding and boost recall in Science. It works by spreading their learning into bite-sized chunks over as long a period of time as possible. As students answer questions the site begins to learn where their strengths and weaknesses

are, allowing the site to target specific gaps in their knowledge.

Students have really embraced this, many doing much more than just their 3 daily goals a week.

For year 9, 10 and 11 it also provides access to over 60 short GCSE revision videos.

Humanities - Mr Jackson Curriculum Team Leader for Humanities

Y7 in Humanities

Humanities at Wallingford is all about understanding our place in the world and how to make informed decisions by considering what has happened before. As we welcome Y7 this year it seems all the more important to understand the world around us and how we relate to each other. We try to develop students' inquisitiveness about the world around them and begin to practise the analytical skills needed to answer those questions.

Here's a taste of what Year 7 have been up to this first term in Humanities:

- In Geography students have been learning about their place: Wallingford, the UK and Europe. They've used Ordnance Survey maps to find their way around, made their own maps of the school and learnt about European geography.
- Elsewhere Year 7 have used their newly found History skills to see what a dustbin can tell us about the past! They are now turning their new talents to Roman Britain and answer the big question – were the Romans health freaks?

- In RS we have been looking at religious truth including the difference between religious and scientific truth. We have also been looking at the different truths between Christianity and Islam. A question that has been raised by many groups is what religion is the true religion. What is the answer? Well that depends on your beliefs which would suggest there is no real 'true' religion. Only to those who believe.



Above: Ms Hammond's Geography class designed their own desert island maps.

A message from the school nurse service

Dear Wallingford Students,

It so lovely to be back, seeing you face to face in school. I am offering socially distanced face to face contacts in my office in the sports centre reception area. I normally work Mon-Friday 9-3; some days I have to be out of the office but please do leave me a note or send me a message. Just to let you know, I am employed by the NHS and I have to wear a face mask in school. I know it's tricky to meet up or pop by due to the year group bubbles and changes to breaks. You can contact me by phone, email or ask for help from a parent or teacher.

Claire Forno - Specialist Community Public Health Nurse-School Health Nurse

Mobile: 07769283179

Email: claire.forno@oxfordhealth.nhs.uk or fornoc@wallingfordschool.com

Website: www.oxfordhealth.nhs.uk/children-and-young-people

You can also access the school nurses in **Wallingford Community Hospital** on 01865 904225.

Helpful websites:

oxme.info/cms/

www.giveusashout.org/

Childline: www.childline.org.uk

Young Minds: www.youngminds.org.uk

NHS Choices: www.nhs.uk

Accompanying this newsletter is a really useful leaflet from the Child and Adolescent Mental Health Service on managing uncertainty. Please take a look!

A trip to the circus without leaving your living room...

Though live circus might be unavailable, the iconic troupe Cirque du Soleil is regularly putting hour-long free shows on its YouTube channel to keep us captivated.

Please head to... [60-MINUTE SPECIAL | Cirque du Soleil](#) for an enchantingly different hour of entertainment to suit all of the family.



House Points Update...

This academic year we launched our new House Point system on Satchel One. Students have been busy earning lots of House Points already this term and began climbing the rewards ladder earning badges as they go.

As ever we remain extremely competitive between the Houses, so here is your first look of how the 4 Houses stack up in the competition!

Year	Bigg	Blackstone	Christie	Matilda
7	1st	2nd	3rd	4th
8	4th	2nd	3rd	1st
9	3rd	2nd	1st	4th
10	4th	3rd	1st	2nd
11	4th	1st	3rd	2nd
TOTAL	4th	3rd	1st	2nd

A huge well done to all of those in **CHRISTIE HOUSE** this term who are storming ahead so early in the year!

Bronze Award Certificates



There have been many students already reach the first rung of the rewards ladder this term. Each of these students have earned 25 House points (or more!) since we returned in September. This earns them their Bronze badge and certificate.

A huge CONGRATULATIONS to all of the students listed here. Keep up the good work and we hope to be celebrating more awards in the next edition.

Year 7

Hannah Underhill	Bl	49
Amber Mackenzie	Bi	47
Joseph Sibley	Bi	47
Jessica Clayton	Bl	46
Harvey Brewer	Ch	45
Alyssa Rawson	Bi	44
Grace Smyth	Bi	43
Lydia Gibson	Bl	40
Ellie Mae Cook	Bi	39
Sophie Eagling	Bi	39
Arthur Liddy	Bi	38
James Underhill	Bi	37
Ursula O'Brien	Bi	37
Darci Bell	Bl	36
Liam Frost	Bi	36
Alice Hull	Bl	34
Fraser Ramsay	Bl	34
Joshua Skeels	Ch	34
Lily Girnary	Bl	34
Evie Garnier	Bi	33
William Veck	Bl	33
Jacob Backhouse	Bi	32
Matthew Clark	Ch	32
Paige Bachelor	Bi	32
Amy Crook	Ch	31
Daniel Snellgrove	Ch	31
Finlay Hillier	Ch	31
Jamie Bennett	Bi	31
Millie Tyndall Miners	Ch	31

Sean Stuart	Ch	31
Ava Woodward	Bl	30
Georgia Cuddon	Bi	30
Edward Mould	Bi	29
Harry Marsh	Bi	29
James Morse	Bl	29
Katie Wells	Ma	29
Rosie Wilkes	Ma	29
Thomas Debney	Ch	29
Courtney Ashley	Bl	28
Lacey Mae Snowdon	Ch	28
Nancy Cawthorne	Bl	28
Oliver Sampson	Bl	28
Chloe Huffey	Bi	27
Daniel Pooley	Bi	27
Sebastian Draganel	Ch	27
Aya Taylor	Ma	26
Eleanor Walker	Ma	26
Elliot Frost	Ch	26
Reubun Taylor	Bi	26
Grace Halson	Ch	25
Isabelle Gesner	Ch	25
Matteo Harford	Ch	25

Year 8

Katie McCarthy	Ma	37
Rory Leslie	Ma	36
Alexa Morhan	Ma	35
Annabella Baroni	Ch	34
Esme Hurley	Ma	34
Hedamoljude Chadengad	Ma	33
Lottie French	Ma	32
LUCA Watkin	Ma	32
Anna De Vince	Ch	30
Daisy Parker	Ma	30
Rohan Clark	Bl	30
Wilfrid Venners	Bl	28
Matthew Hindle	Ma	27
Alfie Gallagher	Ma	26
Ben Godfrey	Bi	26
Maya Salmon	Ma	26
Elyana Lages Araujo	Bl	25
Harvey Copeland	Ma	25
Rowan Wakerley	Ma	25
SAMUEL Hillier	Ma	25
Sophia Pellegry	Ma	25

Year 9

Eve Jarman	Ch	41
Abigail Spence	Ch	36
Amelie Brett	Ch	32
Theo Bissell	Ch	30
Isobel Smith	Bl	27
Alyssa Reeves	Bl	26

Year 10

Beatrice Tharme	Bl	37
Amelie Bennett	Ch	26
Jonathan Cooper	Ma	26

Messages from the Heads of Year...

Mr Lyons, Head of Year 11

It has been a very strange feeling for us all to be back in the classroom, especially after the longest period of time away that anyone will remember. Since your return you have been bombarded with a number of important messages. Some have been about the logistics of the school day, and the procedures on how to keep our community safe. Others have been more specific to you as a year group and the importance of this year, more so than ever, given the last one we have had.

One key change has been for our pastoral system to revert to a Head of Year structure once again. This makes total sense given the bubbles we are working in. Having worked with you all in Term 6, during lockdown, I was delighted to be asked to take on the role of Head of Year 11 this year. If it is an important year for you all, then this year has equal, if not more importance for your tutors and myself. We have the role and responsibility of ensuring you can navigate through this year with the same degree of success and confidence that you would have done had lockdown not happened.

For this to happen I am going to ask of you all a few more things. If we get the small things right, then the big things will take care of themselves.

- Think about how we are dressed each day. Ensure we look smart, have all of our uniform on and are being role models to the rest of the school.
- Ensure you are punctual to every lesson and not using the one-way system to waste another 10 minutes that are all valuable.
- Be at every tutor time session on time, so that you get every important message about your future.

Finally have a positive and strong **work ethic** and ensure that there is **productivity** in every lesson that you attend.

I am looking forward to a great year together, and hope that at the end of it we can celebrate with the annual celebration day and evening.

Mrs Pike, Head of Year 10

Year 10, thank you for an incredible 1st term as your Head of Year, I am immensely proud of you.



There have been so many new systems, new courses, new lengths of lessons, and Year 10 as a whole cohort have risen to the challenge and have thoroughly impressed me.

It is such an exciting time the beginning of KS4, where pupils begin the subjects they enjoy or feel they are good at. There is more flexibility and opportunities to extend on passions and talents.

Throughout PSHE this term the pupils have been looking at Mental Toughness, British Values, and Immigration. It was a highlight to see some of the designs of what the pupils believed to be stereotypical of a British person; lots of Union Jacks, tea and fish and chips!

Regarding looking smart, it has been a delight to make only a few tweaks. Many pupils are wearing their uniform very proudly and skirt lengths are looking good, thank you ladies. I must say I am still having to get used to the green, yellow and blue ties. As a previous Head of Christie House, red was my colour, but as a year group, they are a thoughtful and supportive bunch of young people, it has been such a pleasure getting to know them.

Our Form Tutors: Miss Cheng, Miss Gibson, Miss Isaac, Miss Shine, Miss Norman, Mrs Bowyer, Mr Vile and Mr Dodson, are such a brilliant people and you should be lucky to see them every morning. They speak so highly of you and I know seeing you is their highlight of the day.

So now it is about moving forward and making every lesson count. Whether it is completing coursework in a BTEC lesson or learning something new, as it may well be part of coursework or likely to feature in a GCSE exam, it is about focus, keeping up the energy and consolidating through homework.

Thank you, Year 10 and I look forward to another amazing term.

Mrs Burns, Head of Year 9

As always, I would like to share a quote with you... *'Embrace uncertainty. Some of the most beautiful chapters in our lives won't have titles until much later'*

I always come back to this quote in difficult or uncertain times as it reminds me that change is not always negative and not always something we should shy away from. It reminds me that change can be a positive and that if we step outside our comfort zone that great things can happen, even if we don't realise it at the time. I want you to think about the title that we would give this period of our lives? The great realisation? The worst time of our lives? A time for reflection? What title would you give the current situation? Before you answer, I want to reflect on what we have achieved so far during this half term. We have had to change our mindsets from a fixed mentality to a growth mentality. A mindset that has to adapt, grow and develop to the situation that we currently find ourselves. We have all changed from house groups to year bubbles which have brought us collectively closer together. We have supported each other in lots of different situations and learnt to acknowledge different traits and norms in the classrooms that we are sharing together. We have embraced the challenge as individuals and as a collective cohort to change and adapt to a new way of thinking and acting. Your attitude and behaviour to tackling these challenges in a short amount of time is nothing short of exceptional. I am proud of everyone of you as individuals and as a year group for the way you have handled this half term. I am also impressed on how you have reached out from the norm and embraced a new mindset.

The question is now how does the chapter end? As challenging as the current situation is, it is clear that you can change and adapt to anything that comes your way. Where the full stop lands on this chapter and a new chapter begins its title should read opportunity. An opportunity to grow your mind, your thoughts, your behaviour. An opportunity to seek new challenges, new characters, and new directions. You have already committed to this half term and proven to you and others of what you can achieve during a time of uncertainty and adversity. Whatever title you choose for the next half term I encourage it to be positive and encourage growth.

Mr Choi, Head of Year 8

I cannot believe we have been back to school for 8 weeks already. It has been great seeing everyone back! I have been so impressed with the way you have followed the new guidelines around school to help protect everyone and how you have worked your way around the timetable changes with the support of your form tutors. In addition to that, you have produced some outstanding work – whether it was about Boscastle's flooding in Geography or running your socks off during relay races in PE.

During this term I have done assemblies on consequences, embracing diversity, and supporting each other as well as yourselves. I want to take this opportunity to remind you of the importance of each of these actions.

- Every action or comment you make can have a positive or negative consequence. In school you are responsible for your learning, and hopefully, by working hard you will all obtain the results that you deserve.
- It is important to embrace diversity as everyone in school is different, whether it is where they are from, their race or sexual orientation. We need to respect each other and treat all people fairly without stereotyping anyone.
- Finally, it is important to send out positive vibes to your peers as well as yourself. A positive comment to someone or even a thumbs up can have a huge impact on someone's day. Equally, being positive about yourself and having a 'can do' attitude can go a long way to achieving success.

As a year group more students than in any other year group have achieved the Bronze award in school! For those students you should have received certificate and badges already. Several of you are also within reaching distance as well. This is a huge achievement and is testament to all your hard work and dedication. Well done! If you haven't quite achieved this feat, then this is something for you to work towards after half term as it would be amazing to congratulate all of you individually.

Enjoy half term! Use this as a time to recharge your batteries and spend time with loved ones. Be safe and I look forward to you all returning.

Ms Walker, Head of Year 7

It has been such a pleasure to welcome you all to Wallingford School. Greeting so many happy, smiling faces on that first morning in September was a real highlight for me.



Since then I have been really pleased with how well you have settled into life at Wallingford School.

I am particularly impressed with how you have coped with the demands of the school day - every lesson a slightly different length & different timings for the 2 breaks each week. Yet, you have risen to this challenge with those continuing happy, smiling faces. You have taken it all in your stride, I am so impressed.



A massive 'Well done' to everyone for starting to accumulate so many House Points. It has been a great delight to see how many year 7's have already gained their Bronze badge & how many

are now well on their way to achieving their Silver. Congratulations everyone, keep it up!

I hope that you all enjoy a very well deserved break over the half term and I look forward to welcoming you back for an equally successful term 2.

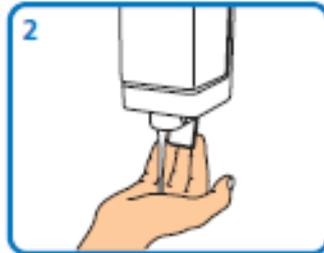
Well done Year 7. I and all of your form tutors are very proud of you all.



Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



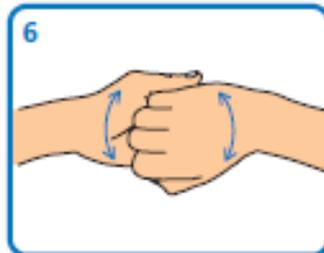
3 Rub hands palm to palm



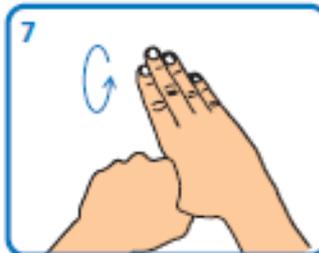
4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



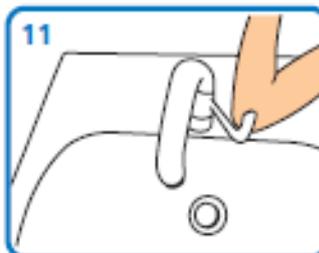
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



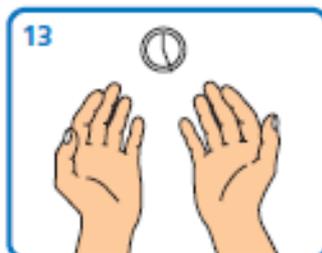
10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds

VERY HIGH

HIGH

MEDIUM

LOCAL COVID ALERT LEVEL

MEDIUM

Social Contact



Rule of six indoors and outdoors, in all settings.

Weddings and Funerals



Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies.

Overnight Stays



Overnight stays permitted subject to social contact rules.

Working from home guidance



Work from home where possible.

Shopping and Retail



Open.

Leisure and gyms



Open.

Hospitality



Open with some restrictions including 10pm closing time and table-service only.

Entertainment and tourist attractions



Open, except nightclubs and adult entertainment.

Education



Schools, FE colleges open. Universities must reflect wider restrictions.

Healthcare Services



Open.

Residential Care



Open to external visitors with additional precautions, subject to individual care provider guidance.

Travel and Transport



No travel restrictions within area. Avoid travel into Local COVID Alert Level Very High areas where possible.

Sporting Activity



Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).

Worship



Open, subject to social contact rules.

Childcare



Registered and wraparound childcare open. Supervised activities permitted in private homes. Children's groups permitted.

Youth Clubs and Activities



Permitted.

There are three simple actions we must all do to keep on protecting each other:



Wash hands

keep washing your hands regularly



Cover face

wear a face covering in enclosed spaces



Make space

stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)