

Rise and shine for 26.5.20

Good morning Blackfen students,

It's time to rise and shine a little later ...

Yeahhh! Half term week, at last! Let's aim to get out of bed by midday. Today.

This week's fun holiday challenge is to generate a glamorous and gorgeous creation - **just like you**. Whoo-hoo!

During the Easter holiday, Blackfen students joined thousands of other people to send rainbow cards of encouragement to our local NHS heroes. You will never know how many people have looked at your cards, since that time and have got through a bad patch because you sent them little pots of gold to make a bad day feel a lot better. This week, it's time to make a stunningly sublime and stupendously stylish pot of gold **just for you!**

I'm being sort of serious. Did you read Mr Brown's wise words last week? *"Don't look back – you're not going that way."* — *Mary Engelbreit (Artist and Illustrator)*. We can't go back and change the past. There are sad and serious events that we shouldn't pretend didn't happen because that wouldn't be right. Instead, we should learn from the past and keep learning from those lessons, as we journey into the future.

A little while ago, we considered the journey of the seedlings, pushing up through their dark environment to reach the light and turn into gorgeous fruit. It's the same journey as the one you take, day-by-day. You tackle the struggles of living and working with too many people, in not enough space; doing too much work, not enough work, not the right work, not fast enough, too slowly, too easily and all too, too, much for your poor head to handle. Through it all and because of it all, you are seeing life in new ways and with fresh eyes. **Well done you!** Now it's time to pull over and take a rest from the journey. Let's make a living pot of gold: a container arrangement which **celebrates you!**

Choose an outdoor container, which no one else is using. It doesn't have to be big. The garden centres are starting to re-open, so you could choose your own, brand new container. Then have some fun selecting three types of small plants: the thriller, the spiller, the filler! There are lots of examples posted on-line. *Thrillers* are tall, upright, showy plants that add height and fun to your arrangement: that's you in party-mode – glad-rags, heels and bling! *Spillers* are plants which spill over the edges of the container and cascade down: that's your cheeky humour and adorable laugh, spilling into chats and conversations and making people smile. *Fillers* are covering plants that spread to fill the gaps between the thrillers and spillers: that's your growing network of connections as life's journey opens up new places and experiences. Now have lots of fun choosing and planting your flowers. As your glamorous, gorgeous and golden creation grows, it will remind you that it's good to be stunningly sublime and stupendously stylish, every now and again. **It's good to be you!**

But Mr Brown's wise words also made a serious point about the times when we smile and keep going but below the surface and deep inside, we don't feel so good at all. It reminded me of a picture-quote that I saw on Pinterest: *"If a girl is silent it's dangerous. They're either*

about to blow up, need a hug, falling apart, crying inside or all of the above". How true. A quiet time of planting in the fresh air can also help to soothe troubled minds. Plants listen to unspoken thoughts and don't answer back. But if you want a quiet chat, then we're still here for you. Head to the **Covid-19** page on the website and click on the right-hand side, on the red section called **Safeguarding and Student Welfare**. This brings up our contact details, including how to get in touch with your Student Support Officer, as well as a document called **Wellbeing information for students, carers and parents**.

Best wishes to you and your family this week.

Yours sincerely,
Miss F Minnis

Deputy Headteacher
On behalf of Blackfen School leaders and teachers