

Rise and shine: wk. bg. 14.4.20

Good morning Blackfen students,

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

This week's message begins with apologies for the technical gremlins which delayed its arrival last week and with no apologies for getting you out of bed to start work on your rainbow card!

Our school initiative is just one of several campaigns to support NHS staff, as well as the charities helping vulnerable people, at this time. You may have seen the adverts on ITV for their special 'NHS Day' on Thursday, of this week, to thank and celebrate the work of the National Health Service. The channel is partnering with "NHS Charities Together" to raise millions of pounds for the health service. Some large supermarket chains are donating their surplus food to 'FareShare', a national network of charitable food redistributors, which is still supporting vulnerable groups and charities through the lockdown period. In Reading, a Design and Technology teacher is leading the production of almost a thousand protective visors a day, with the support of ten other local schools and businesses.

And your participation counts! Your part involves sending a rainbow card to your local surgery or clinic to encourage the doctors and nurses who work there, the mighty heroes who probably won't be seen on TV. Inside your card, write something like 'Blackfen School adopts [insert name of the surgery] as our local hero. Thank you for being there, for us, in tough times.' Write your name and add other words of encouragement, if you wish. Come on, Blackfen; let's play our part in this national tribute. Our rainbow journeys *will* make a difference: 1200 rainbow cards ... 1200 special journeys ... 1200 people, facing the toughest weeks of their lives, will find a rainbow has shot through their letterbox.

The legend of finding gold at the end of a rainbow dates back to the time of the Vikings, where the Irish believe that fairies put a pot of gold at the end of each rainbow, which is guarded by leprechauns. The pot of gold often symbolises a long-held dream or endeavour that comes true or an unexpected and life-changing surprise. Thursday's 'NHS Day' and all of the other special campaigns, serve as a powerful reminder of two golden points: firstly, that standing *together* in good or bad times, is better than standing alone. Secondly, striving to do something good, *together*, increases the collective benefit but magically touches individuals, at the same time: knowing that *you* took part; that *you* made a little card; that *you* gave someone the hope and strength to carry on will make *you* feel a hundred times better, as well.

Take and save a photograph of your rainbow and we will display the photographs in school when we re-open. What an impact - not only that you spent time making a card to cheer someone up - but that your card becomes the pot of gold for that person and makes all the difference to their week. And they don't even know the wonderful surprise that is on its way!

Best wishes to you and your family this week.

Yours sincerely,  
Miss F Minnis

Deputy Headteacher  
On behalf of Blackfen School leaders and teachers