

Rise and shine: wk. bg. 11.5.20

Good morning Blackfen students,

It's Week A.

**THE PIPS HAVE SOUNDED! GET UP! GET DRESSED! GET GOING!!**

Oh dear. This is not good. This is not good at all. Did you read Mr Brown's email to you, last Tuesday? Find it on your phone, right now!

Mr Brown's email started with a good quotation from Aristotle, the Ancient Greek philosopher and scientist, about focusing on light and hopeful things, when darkness and sadness is all around us. Mr Brown is clearly keeping his wider reading up-to-date. Then he explained that water, air and light support our healthy emotional well-being, as well as helping his tomato seedlings to grow into healthy plants. These are wise words, indeed; very "Aristotle-ish". Then ... Whoops! Did you notice what he wrote next?

Mr Brown wrote, "Of course, the daily singing to them does help (it also helps me!)". He's singing. He's singing - again - and this time, he's *singing to his tomato plants*. Oh dear. This is not good. This reminds me of the Christmas Assembly. This is not good, at all. To be fair, singing seems to help Mr Brown to feel better in these difficult times and in school, students also enjoy a good sing, in a big crowd. The Year 7 Music showcase, last January, was an amazing success and showed off the singing talents of the whole year group.

Singing is a good thing to do and singing together is a great thing to do. It builds connection with other people and social connection is a super brain food. The students in school, this week, will be learning the cool science of how connection with other people is one of our five-a-day brain foods. The reason for some people feeling sad and depressed during the lockdown is that their brains are missing out on regular and varied connection with other people.

Blackfen leaders and teachers take connection with students very seriously. We are so impressed that most students are staying in touch, on a regular basis. But teachers are increasingly worried about some students from whom they have received very little feedback. What is going on: are they doing their work? Are they stuck? Have they finished? So, we'll be getting in touch if there has been no communication or work or update from you. If there is a problem with your home learning, then tell your teacher, today and get the help you deserve. You'll feel better for sharing the problem, rather than coping with it, on your own.

Miss Hand (Deputy Headteacher) will be in touch with Year 10 students in the coming weeks. She also enjoys singing, too but right now, she is organising the 'Big Read'. This epic mission involves teachers recording a group reading of 'A Christmas Carol', the GCSE English Literature novel that all Year 10 students will be studying, next term. Year 10 students will be receiving more information, shortly, on how to connect with this brilliant scheme.

So, the focus of this week is making good connections: talk to your teachers; sing to the flowers; text your friends to tell them they are special.

Best wishes to you and your family this week.

Yours sincerely,

**Miss F Minnis**  
**Deputy Headteacher**  
**On behalf of Blackfen School leaders and teachers**