



Edwinstree Middle School  
A Voluntary Controlled Church of England School

## Student News

12<sup>th</sup> February 2021

Dear Edwinstree student

### **How are you and how are you managing this new lockdown?**

I have been really struggling with my own wellbeing in the last week and I have been feeling angry and frustrated that I cannot solve all the problems of online and in school learning and be the Headteacher that I want to be as well as operate a school that I want. Did you notice how many 'I's were in that sentence? Not a good sign!

I have tried to use the value of 'thankfulness', to help me. I am thankful that in my family and friendship group, we have not lost a loved one or a vital job. However, I am ashamed to confess it hasn't worked, I am still engrossed in my own sadness and feeling grumpy!

### **Who knew a pair of flip flops could make me feel better and remind me of the true meaning of the value of 'service'?**

Service is something we have been reflecting on during Collective Worship this term. For some reason a very dirty pair of flip flops that I use to exercise on my cross trainer have been playing on my mind. They were sitting in a bin in the room where I exercise; I kept looking at them and thinking I should really wash those and not throw them out, but I didn't fancy doing it. They were so dirty and sweaty... They also reminded me of days when the sun is out and we don't have to wrap up so warm, it made me even grumpier as I long for those summer days! Weirdly, all this week they just kept popping into my head and they wouldn't go away.

On Tuesday night at 7pm, I grumpily sat down to compose my LIVE Collective Worship (COWO). Normally I enjoy preparing these, as COWO helps me to think through the value we are reflecting on and often helps me to use this value in my daily life. But, this Tuesday I was really fed up, I clicked on a search engine, "Service" in the hope it might help and up came this video:

[scroll to the video and watch](#)

I watched it and wow, her guidance has really helped me. The girl is holding an identical set of flip flops to my ones in my room waiting to be thrown away, except hers are clean. She talks about the service that Jesus offered his disciples at the Last Supper. He washed his disciples' feet and they were amazed. She reminded me that two thousand years plus ago, sandals were the type of shoe worn and people's feet were really grimy. Washing feet was the least favoured thing to do, and yet Jesus did this for his friends and followers.

### **What did this message teach me?**

Service is the value that is giving and helping others, without expecting anything in return. At first I thought it would be doing something I like... but actually, real service in honour of Jesus is not. Sometimes it is doing something you don't like to help others, but doing your best despite the fact you are hating it! For me this translates to the work I have been doing this term trying to help you to learn from afar. I don't like it, it is really difficult and I prefer everyone in school. I can't please everyone, yet we are all working hard to help you. Just by changing my thinking and saying, the work I am doing is "washing feet", I suddenly feel better. **Service is not always easy and pleasurable, it is hard and tough but it is teaching me 'resilience'.**

*As a Christian school we recognise the unique and wonderful in everyone.  
As a community we support one another to flourish and live life in all its fullness.*

### **How do you cope when you feel sad and down?**

Have you tried to use a value from the school to help you? What has helped you out of your sad moments? Remember, confide in someone as talking is the most important way to understand sadness and to learn how to manage it. In telling you the story above I hope to encourage you to share your worries and concerns. Your families are there to help you but remember if you need to talk the following websites and numbers are also available to help over half term.

**CHILDLINE** - [www.childline.org.uk](http://www.childline.org.uk)

**CEOPS CENTRE – REPORTING ONLINE ABUSE** <https://ceop.police.uk>

**INTERNET MATTERS** [www.internetmatters.org](http://www.internetmatters.org) <https://www.thinkuknow.co.uk/>

**YOUNGMINDS** [www.youngminds.org.uk](http://www.youngminds.org.uk) Email: [yomenquiries@youngminds.org.uk](mailto:yomenquiries@youngminds.org.uk)

### **What have we been up to this week?**

During our virtual Parental Consultations, we met with parents to hear how they were coping with online learning at home and to let them know how well you were doing and how proud we are. Your commitment to learning, and most importantly returning your work to us for marking, advice and support shows how amazing you are. We are so very proud of you, working independently is the highest skill you can learn and you are mastering it. Keep going!

### **Can you help us?**

In order to evaluate our online learning, we would really like to hear your voice and your experiences. Next half term, the Governors and Subject Leaders of the school, will be inviting students to share their thoughts and feelings about online learning. This will give us an idea of your experiences during lockdown and help us to adjust our teaching. Remember, online learning will not go away when you return, it is now part of a planned programme of homework and it may be something we continue to use in school.

Please click on the link to the online learning questionnaire:

<https://forms.office.com/Pages/ResponsePage.aspx?id=BTrlzduqZ0-r9r2eTDmg8EC-9XP1151Olwl3yMnc4lVUMThaWTBFUTY5OUNONj1SDZWVE5aQU04UC4u>

**The survey closes on 21<sup>st</sup> February at 12:00pm – thank you**

**Jo Gant**  
**Headteacher**