



"Wilson"



Top: Grace Mason's interpretation of Wilson



Middle: Louie Copeland's 'Drifty'

Bottom: Elizabeth Drew's 'Simba'



WELCOME

First of all, thank you to all those who have contributed to this first edition of the Smithdon High newsletter. It has been six weeks since the school closed and I am encouraged by the creativity and energy that our students continue to display. I particularly like the "Wilson"s inspired by the Tom Hanks film Castaway, although we are, thankfully, not quite as isolated as he was.

I know that plenty of work is being produced by students and I would like to use this opportunity to thank all staff at the school who are working hard to support our young people. I feel I should also thank parents and carers at this time as well, as homeschooling is not an easy task, or at least that is what my wife tells me! There are positives coming out of this time, however, with families being able to spend more time together and participate in community actions like the NHS clap each Thursday.

So for future editions we would welcome more of your ideas, photos, poems, stories, messages to others and experiences sent to us at the email home@smithdonhigh.org.uk

Let's make the next edition a bumper issue!

Mr Hirst



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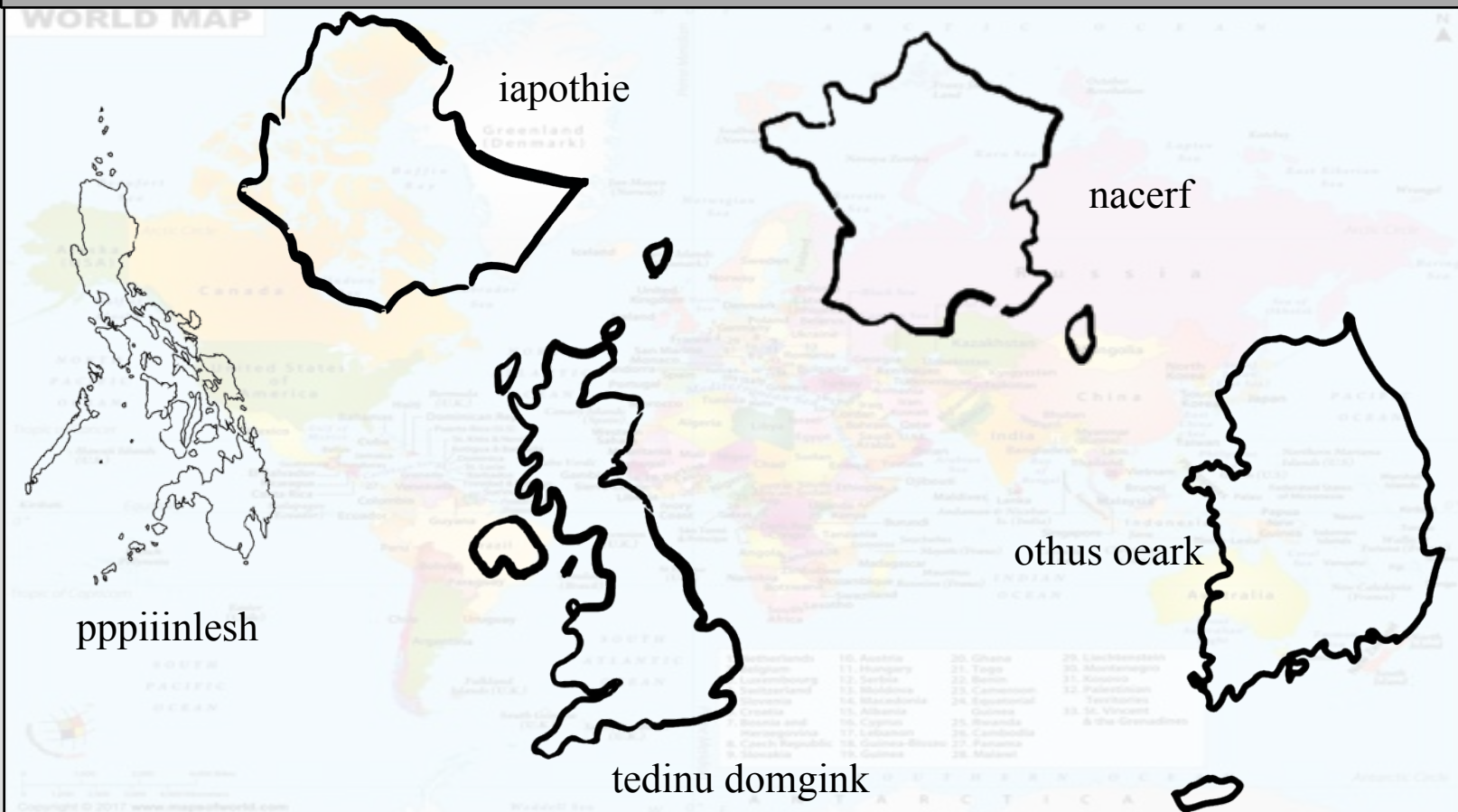
Lockdown Activities

1. Toby Hollin-Hill has been making yummy honeycomb.
2. Eleanor Paterson has been baking loaves of bread.
3. Grace Barker celebrated her birthday in lockdown.
- 4 . Eleanor Hollin-Hill has been drawing stay safe posters.
5. Aiden Beagles has constructed a wooden owl.
6. Jasmina Gadiwala has been painting with acrylic paints.
7. Zak Rush has been building a pergola in his garden.

Geography Anagrams

Unscramble the words below to give the names of the five countries. Try to find out the names of the capital cities.

The answers will be given in the next newsletter.



Isabelle Mears has drawn this beautiful portrait of her dog Lilly.

Well done Tibby for expanding your knowledge on Norse Mythology.



Spot the difference

Can you identify the 10 differences between the two pictures?

Answers will be revealed in next weeks/months newsletter.



Hi,
 My name is Eleanor Horn. I live in
 Hunsdon. Ever since I was little, I knew that
 I wanted to work in a hospital as a
 nurse. That has been my dream for ever. I
 can't remember a time that being a nurse
 wasn't my dream. I'm 14 years old and I'll
 be doing my GCSE's next year.
 Seeing you all fight this virus so bravely is
 making me inspired. The courage you have is
 incredible. Even though I'm too young, I'd love
 to help. One day, when this is all over, I'll
 remember how much you did and so will everyone
 else. Even though you're tired, keep going!
 You've done so much already that will be taught
 in history lessons in years to come. We are all
 here to support you, remember that. When I
 become a nurse, I hope I'm brave just as the
 nurses and doctors now are. Thank you for everything.
 Stay healthy and safe!!!

To Staff at the Queen Elizabeth Hospital

Thank you!

Covid-19 has affected everyone's lives and changed
 everyone, especially you. Every day you go to work,
 you are putting your own lives at risk for others.
 I just want you all to know that what you
 are doing is inspiring. Thank you for helping
 patients. Thank you for being at work. Thank you for
 having courage. You're saving lives every day. Be proud
 of yourselves. Soon, this virus will go and it'll
 all be because of nurses, doctors and NHS staff.
 Keep being brave, keep being selfless, we are all
 so proud of you. It'll be over soon and everyone
 can get back to normal. Your bravery won't be
 forgotten. Thank you.
 With love and best wishes,
 Eleanor



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15th April 2020

Dear Eleanor

Thank you so much for your brilliant card and kind words for our staff. We have displayed this on our 'Thank You' board, situated in our main entrance so all staff can read it.

I am delighted to hear that you would like to join our nursing workforce when you are older – you are already demonstrating kindness and compassion, which are two of the most important qualities in a nurse.

When the Covid-19 pandemic is over, we would be pleased to arrange for you to visit us at QEH and spend some time with our senior nurses, who will be able to tell you about their working lives. Please let me know if this would be of interest to you.

Thank you again for your lovely card. I hope you and your family are keeping safe.

Best wishes

Caroline
 P.

Caroline Shaw CBE
 Chief Executive Officer

WE LISTEN WE ACT WE CARE



Sharday Atkins

Recipe of the week

Marble cake

You will need a Baking Tin &
Baking Paper
Pre heat oven to 180 cfs
160 Electric Fan

INGREDIENTS

700g Self Raising flour
700g Table Sugar
700g Butter/margarine
4 whole eggs } 6 Eggs
2 Egg whites }
6 Tbl spoons Vanilla essence
200g Coco Powder/Cad Choc Powder
4 Tbl spoons Veg/sunflower oil

Method

Mix Together flour, Sugar,
Butter/margarine 4 eggs & 2 egg
whites, 6 Tbl spoons Vanilla
essence in a mixer or
hand mixer till mixture is
creamy.

Pour half mixture into the
lined Baking Tin.

Add coco powder/choc
and 4 Tbl spoons oil
to the rest of the mix
and Blend till all mixed
together. Then add this
mix to tin and with a
Spatular/Wooden Spoon
Swirl the mixture together.
Pop in oven for 20-25 mins
Until sponge is bouncy
and a fork comes out
clear when you prod it.

Leave to cool -

Remove from Tin
with Baking paper still on
and cut into cubes.
Yummy!

To make a smaller
amount, Just Half
all ingredients 😊

VICTIMS OF DOMESTIC ABUSE YOU ARE NOT ALONE

We are acutely aware coronavirus will have a serious impact on women, children and men who already face domestic abuse in their homes.

Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse.

We do not want you to suffer in silence. As the situation changes daily, we want to ensure you feel you have someone there who can help.

If you are in immediate danger you should call 999 or call police on 101. There are many charities who can offer you support and guidance.

Leeway: 0300 561 0077

Daisy Programme: 01953 880903

Pandora: www.pandoraproject.org.uk/

Norfolk and Suffolk Victim Care: 0300 303 3706

The Harbour Centre: 01603 276381 (24/7)

Women's Aid: 0808 2000 247 (24/7)

Refuge: 0808 2000 247

GALOP (LGBT+ Anti-violence charity): 0800 999 5428

Mankind Initiative (Male Victims): 01823 334244

Men's Advice Line (Male Victims): 0808 801 0327

Respect: 020 3559 6650

(working with abusers to change their behaviour and male victims of domestic abuse)

If you're a young person and domestic abuse is taking place in your home or relationship, call **Childline on 0800 1111**.

For more advice and support
visit norfolk.police.uk



Life flipped upside down
Overwhelming to all
Countries panicking
Key workers doing all they can
Dedicated to the job they love
Only we can explain
Walks keeping us sane
Never forget the NHS.

by Gracie Ashley



SEE SOMETHING
HEAR SOMETHING
SAY SOMETHING

These are difficult times and families are under huge amounts of pressure - we are here to help

If you hear something or see something that makes you feel worried about a child living nearby, please let us know

0344 800 8020

In an emergency call 999

Help us to keep Norfolk's children [safe](#)



Lonely without friends and family
Outside is empty
Corona virus is taking over
Knowledge to learn at home
Doors are closed
Operation: Stay Safe, Stay Home.
Working to Safe lives
NHS, we thank you 🌈

By Joey Neal

Strength | Integrity | Excellence