

Times Like These

Slide 1

Hello everyone. How are you? I hope you are all doing Ok. The weather is not so great now is it, but the outside world was ready for a drink! Well as you can see school is still here and whilst I am sitting in my office today doing some work, I am thinking about all of you and wondering how you are and how you are using this time.

Slide 2

Last time I talked about how you are using this unusual time positively.

‘It’s times like these you learn to live again.’

I invited you to challenge yourself to learn something new in this time. Well, how are you getting on? I have been practising learning to recognise the different bird song in my garden. Guess what? I discovered it’s harder than you think. The first step is to recognise the birdsong on the RSPB website, that bit is proving a challenge enough. The next step is to be able to pick out the different bird song in my garden when more than one type of bird is singing! That’s even harder!

How are you getting on with your challenges? I know Mrs Kretschmer has challenged herself to be able to identify the wild flowers in the woodland near her. Maybe I will try that next! What have you done? Have you mastered that bike riding yet? What about the cake baking? Have you found it harder than you thought?

Slide 3

I know it’s not just new skills you are all learning is it? Lots of you have also found new ways to ‘give’.

‘It’s times like these you learn to give again.’

I expect you all recognise this man. This is Captain Tom Moore who decided to walk around his garden 100 times before his 100th birthday to raise money for the NHS during this pandemic. He has exceeded his initial target of raising £1000 and has ended up raising an incredible £32 million so far! And he has been made an honorary Colonel because of his efforts, not to mention getting a message from the Prime Minister and an RAF flight past on his actual birthday. What an incredible story. Just like Captain Moore, we can all do something to help others in our small way. I have enjoyed hearing some of the things you have done, including keeping in touch with vulnerable friends and relatives self-isolating. Well done all of you!

Slide 4

This is a good time to reflect on our lives positively.

‘Do I stay or run away and leave it all behind?’

I hope that you are able to take some time at the end of each day and reflect on all the positive elements of your day and your life. To consider the things you want to leave behind from the day and those you want to remember, celebrate and be grateful for. Whether that’s being grateful for our situations, for the natural world around us or for something specific to your day.

Slide 5

And then wake to a new fresh day, ready to start again.

‘I’m a new day rising. I’m a brand new sky.’

I wonder if you have recognised any of the quotes on my slides? Do you know where they have come from?

Before we move on to the next slide I have one more quote to leave you with and for you to think about.

‘we make it better together; we make a better life’.

When you think about that and listen to the song I am about to play, you might also think about the ‘invisible piece of string’ Annie the art therapist talked about in her story. Have you seen her video yet on our school website? If you have you will know what I am talking about - the story is about an ‘invisible string’ which joins us all together wherever we are. I like to think about that when I am alone in my office or at home.

Slide 6

Have you worked out where my quotes are from yet? They are from a song which was put together by a range of musicians for a special ‘stay at home’ world concert. It’s called ‘Times Like These’. I hope you enjoy it and I look forward to talking to you again in school or on video. Take care and have a lovely weekend. Bye!