



Week 5 of
Headstrong from
home

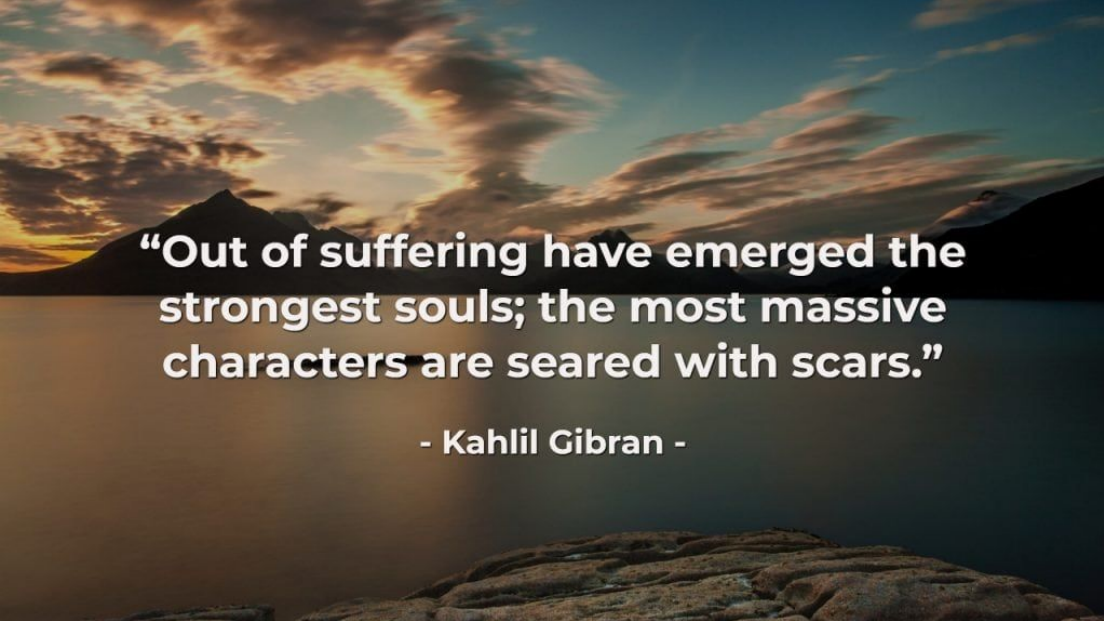
Youtube link: <https://youtu.be/2wDMNDYYiuM>



At the moment we are all having to handle unexpected stress and adversity. Yet we keep going, because we have no choice and we are stronger than we ever imagined we might be. Resilience doesn't mean things are easy, but it means we handle the challenges without giving up.

RESILIENCE - the process of handling stress and recovering from trauma or adversity.




A landscape photograph showing a calm lake in the foreground, with dark, silhouetted mountains in the background. The sky is filled with soft, orange and yellow clouds, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.”

- Kahlil Gibran -

It is likely that we will all leave this current lockdown changed, but it doesn't have to be for the worse. We can become stronger and more connected and more appreciative of things hopefully.

A photograph of a desert landscape featuring prominent, dark rock formations or mesas. The sky is a hazy, light purple or pinkish color, indicating a dawn or dusk setting. The scene is atmospheric and somewhat somber.

“

**I can be changed
by what happens
to me. But I refuse
to be reduced by it**

Maya Angelou

How has Captain Tom Moore shown resilience?



THE HAPPY NEWS
CAPTAIN TOM MOORE RECEIVES OVER 125,000 BIRTHDAY CARDS WHICH HAVE BEEN DISPLAYED AT HIS GRANDSON BENJIE'S SCHOOL



Picture: PA via METRO)

Thousands of cards are being sorted and displayed at Bedford School's Great Hall, including one from the Duke and Duchess of Cambridge! "Another £60,000 has been generously donated via his birthday cards" says grandson Benjie Ingram-Moore "words can't express how much I idolise him."

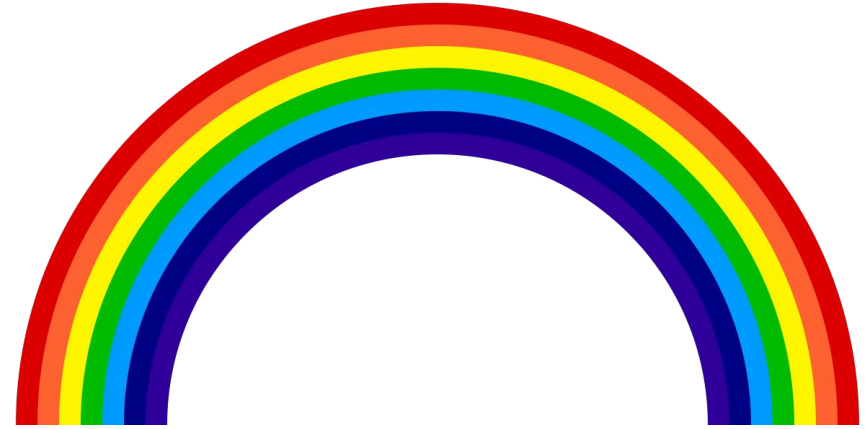
The next slide shows one way in which people have been trying to bring smiles to others and to remind everyone to be thankful for our amazing key workers.

Can you spot any rainbows in places you might know? (HINT they are all around Hitchin)



HEALTHY SCHOOLS CHALLENGE:

This week we want to find out how you have been being resilient and coping with lock down. Let your form tutor and your head of year know what you have been doing by posting onto your classroom. We will then be collating these and creating a rainbow in school to remind us all when we return of the amazing resilience you have all shown.



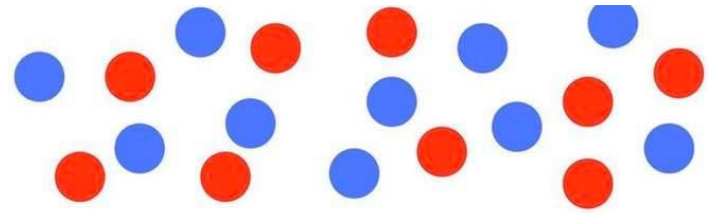
Examples:

- Have you helped more around the house
- Learnt a new skill
- Kept on top of all your work
- Developed new connections with technology
- Checked in on your neighbours
- Joined the clapping for care workers
- Persevered with school work you found challenging
- Helped your siblings learn

One act of resilience is to remember those who fought 75 years ago for our freedom - don't let lock down stop the remembering.

<https://youtu.be/Cy1Wvu0PVMI>

...pandemic and VE Day. It is dedicated to Capt. Tom and commemorates his 100th birthday (30th April) and the 75th anniversary of VE Day (8th May). Capt. Tom has captured the nation's hearts by displaying resilience throughout both of these testing periods in our history.



VE Day 75th Anniversary Celebrations


**STAY AT HOME
STREET PARTY !**

Friday 8th May 2020

Commemorate the end of WW2 by celebrating with
your family & neighbours.

**Decorate your house in red, white & blue and
enjoy a picnic in your front garden.**



A person is sitting in a meditative pose on a rocky ledge, looking out over a deep, forested mountain valley. The scene is bathed in a soft, blue-tinted light, suggesting a hazy or early morning atmosphere. The mountains are steep and covered in dense evergreen trees. The overall mood is peaceful and contemplative.

**“Resilience is accepting your new reality,
even if it's less good than the one you
had before. You can fight it, you can do
nothing but scream about what you've
lost, or you can accept that and try to
put together something that's good.”**

- Elizabeth Edwards -