



WILLIAM ELLIS SCHOOL
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Dear students,

Welcome to a new, but very unusual, start to term. It is 4 weeks since the changes to school were implemented and I appreciate many of you will have had different experiences in this time. Adapting to change is difficult at any time, it is especially difficult when it happens so rapidly and with little preparation time. I expect most students, staff and parents will have experienced a mix of emotions in dealing with our new world ranging from curiosity and interest, through to confusion and disbelief as well as boredom, sadness, loneliness, frustration and fear. These emotions are perfectly normal. It is important that we do recognise these feelings when they arise, and it can be helpful to talk to people about them. This may be more difficult with the current limitations on our movements as the normal channels of communication have changed. I want you to know there is support available for you. I have outlined three channels of support below.

1) School staff

You will be contacted by a member of staff once per week. For some students this will be your tutor, but it may be another member of staff. This is a good opportunity to discuss your feelings with an adult from school and I encourage you to have that conversation. Although it may feel a bit strange at first, I want you to know the staff care about you a lot and want the best for you. You are important to us and we want to support you. Staff will be respectful of your feelings and are there to listen to you. These conversations also help the staff - they are missing school and speaking to students as well.

If you would like to particularly speak to your tutor, please send an email or message via teams and they will contact you by phone as soon as they are able to. (Some staff will also be caring for their own children or family members so they may not be able to respond quickly)

2) Online

If you would prefer to use online support from somebody outside the school the following websites have been recommended by staff at Camden Local Authority.

Childline www.childline.org.uk/info-advice/

Kooth www.kooth.com

Offers safe and anonymous online support for young people

Anna Freud www.annafreud.org/on-my-mind/self-care/

Provides resources around self-care for both children and families

Young Minds www.youngminds.org.uk

General information for young people about managing their mental health

Stop, Breathe and Think www.stopbreathethink.com/kids/

Phone, tablet or web app to support mindfulness

3) Stay Safe

I have often spoken to you about staying safe both physically and emotionally. This is as important now as it is in 'normal' school. If you are concerned about your own safety or the safety of a family member, neighbour or friend you can phone me on 07887 751407 and we can discuss how best to deal with the situation.

Take care and stay safe.

Mr Lane

