



# NEWSLETTER

27<sup>th</sup> April 2020

**Years 7 and 8**

Welcome back Year 7 and Year 8,

I really do hope that you managed to enjoy a bit of time off from your online studies and that you were all able to appreciate some of the good weather that we had. Remember, we are still allowed to go out for a little exercise every day, so do try and regularly get some fresh air!

The Year 7 and 8 team of tutors and other staff members will continue to call you all. We are having regular online meetings on TEAMS every Thursday. We even met over the Easter holidays! Remember when you receive a call, please do let the staff member know if you are struggling with anything – remember, the reason that we are doing this is we want to make sure we can help resolve your problems at this difficult time.

You should receive the hard copy of your Summer Term 1 work booklet in the post soon. Remember this is also in your class TEAM in the class materials section as a PDF or a Word document. If, for some reason you have not yet received the booklet in the post by the end of Thursday 30<sup>th</sup> April, please email [admin@williamellis.camden.sch.uk](mailto:admin@williamellis.camden.sch.uk)

You can fill these in on the hard copy or alternatively you can fill in the word document. Either upload a picture of the hard copy or upload the relevant pages on the Word document each time you finish an assignment. Please make sure that you try to stick to the deadlines given by your teachers. It is obviously better if you are doing the assignments when they are set rather than leave them all to do later. It also helps with your daily routine.

We have been delivering laptops to some families. We are currently prioritising students in years 10 and 12 but we will have a small number available for Year 7 and 8 boys as well. We also have a small stock of basic stationery resources, pens, pencils, exercise books etc. Please contact us if you feel that you need to access either of these.

## **WHAT CAN YOU DO TO HELP YOURSELF?**

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### **Continue to READ and learn!**

As you are aware from previous letters, I am an avid reader and I also think that you should be too. It really does help you relax, gets your imagination going and you can learn so much!

My youngest son is reading the *Lord of The Rings* trilogy and is also reading a *Physical Geography and the Environment* in preparation for starting a Geography degree at university next year.

My eldest is currently reading *The Adventures of Sherlock Holmes*. He is also studying the legacy of Alexander the Great as he, like you, has work to do. His is for his History Degree.

I have stolen a book from my wife (don't worry, she's already read it) that I bought for her birthday. It's called *The Watchmaker of Filigree Street* and it's really intriguing. I'm also reading a French novel and I'm continuing with the historical book I mentioned in the previous newsletter.

I recently read how to cook a Lamprey (an eel like fish)...

*Take Lampreys and slay them with vinegar (not sure how you do that!) or white wine and salt. Scald them in water. Sit them a little at the navel. . . take out the guts. . . keep the blood well. Put the lamprey on a spit; roast him and keep well the grease. . .*

Yum Yum!

### **Be creative**

**Make sure that you check your Form TEAM as all your form tutors will have set you an assignment. Last time it was Origami, if you haven't tried it yet please do so, it's great fun.**

**For the next few weeks we have a Happiness Project that will be assigned to your Tutor TEAM so please do go on and have a look.**

We have a new recipe for you all this week as well.

Najeeb's Spicy Chickpeas

Spicy chickpeas are very tasty and a quick and traditional Asian dish. I chose this because it is traditional and very nice. Serve this with rice, or you could pack it into pitta bread pockets.

Ingredients:

1 onion

Half a garlic bulb

2 tins of chickpeas

3 tablespoons of sunflower oil half a teaspoon of turmeric powder half a teaspoon of chilli powder

2 teaspoons of cumin powder

quarter of a teaspoon of salt 1 bunch fresh coriander, chopped

Method:

First heat the oil in the frying pan. Chop the onion into fine strips then add them to the pan and leave them to caramelise for 5–10 minutes. Once the onions are caramelised, chop the garlic and all the spices and mix in.

Wash the chickpeas in a sieve, then put them in and leave to cook until it tastes good.

Scatter the coriander on top.

Finished.

Made by Najeeb with Mustafa and Jonas

## Take comfort in the world outside

Our little garden pond has been quite the viewing spot for the four of us. It is a hub of life. The tadpoles are growing fast and their bodies are changing shape as they transform... I think that most of them are too big for the fish and the newt to devour. Of course, the water attracts all sorts of animals especially insects. On Saturday I spotted a beautiful butterfly having a drink. It looked like this.



I didn't know the name of it so I looked it up online. Apparently, it's called a Peacock butterfly. I can understand why.

Please do try and enjoy the natural world as much as you can, even if you don't have a garden. When you go for your daily outdoor exercise see how many different butterflies you can identify and look them up online.

## Be active

We all are continuing to stay active here in the Altmann/Brown residence. An ominous, cylindrical package arrived at the door the other day. I think that my wife has bought a Yoga mat for my birthday on Tuesday...

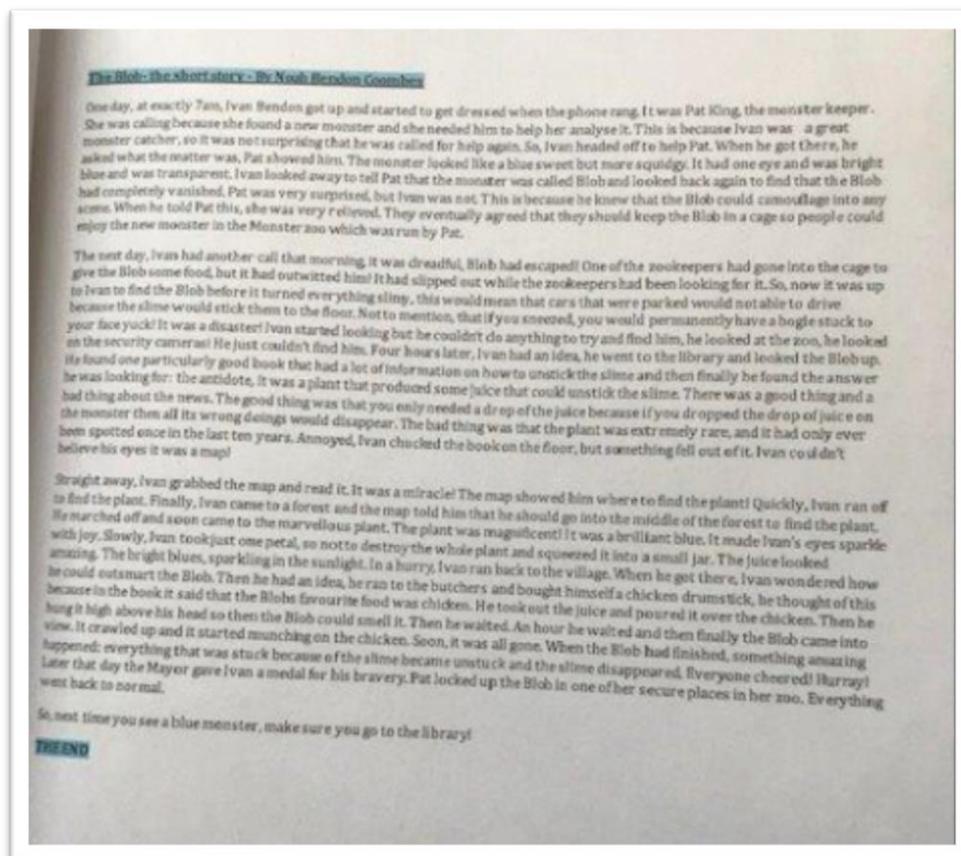
Please do stay active, it's so good for the body and mind!

## OVER TO YOU?

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We will be sending out something like this every week – but want to include some stuff from you, too. So, let us know what is helping you out, or what you would like to celebrate.

Here's a story from Noah in 7F.



**Remember to create a schedule. Here is one as an example below, it's for a school day but you could adapt it for the holidays.**

	Monday	Tuesday	Wednesday	Thursday	Friday
	Get up! Shower and get dressed.				
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Indoor physical activity				
	Lesson 1				
	Break	Break	Break	Break	Break
	Lesson 2				
	Break/Lunch	Break/Lunch	Break/Lunch	Break/Lunch	Break/Lunch
	Lesson 3				
	Daily outdoor exercise				
	Music/games/gaming	Music/games/gaming	Music/games/gaming	Music/games/gaming	Music/games/gaming
	Help around the home				
	Read	Read	Read	Read	Read
	Dinner time				
	Music/TV/games	Music/TV/games	Music/TV/games	Music/TV/games	Music/TV/games
	Bedtime without phone or screens				

**There are two letters from Mr White and from Mr Lane at the end of this newsletter. Please do read them.**

**PLEASE KEEP LOOKING AT THE WES WEBSITE FOR UPDATES...**

**Any questions not answered on the website? Send me an email.**

**altmann@williamellis.camden.sch.uk**

**Stay safe**

*Mr Altmann*



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April 2020

Dear Parents, Carers and Students,

### SUMMER 1 – LEARNING PLANS AND RESOURCES

As described in my letter emailed on Monday 20th April, please find enclosed in this envelope learning plans and resources to cover the first half of the summer term. These packs are being sent to every student. We do not know yet when and how schools will be reopening but we think it is useful to have a plan for home learning to cover the next half term. We will continue to use Teams on Office 365 as the main tool for learning however, we know that some students are having difficulty accessing these resources and some resources are more easily used on paper than on screen.

Contained in the pack are learning plans for every subject. These learning plans provide an overview of and structure for the learning for each subject up until the end of May. They state what assignments need to be completed every week to support this learning. Alongside these learning plans there are paper-based resources to support this learning, these resources are closely linked to the work on Teams.

If your son has an identified special educational need there should be an additional letter in this pack from Mr Glover, Head of Additional Needs, which contains some guidance and his contact details.

Before the Easter break you should have had a couple of telephone calls from staff. The purpose of these calls is to maintain the home school relationship, to check on student and family well-being and to support student home learning. We plan to continue these checking in and support telephone calls through the next half term. As I hope has been discussed in these calls, we suggest that 3 hours of quality work a day is a realistic expectation in relation to the completion of specific work set by teachers. Outside of these hours, boys should be encouraged to exercise, help with tasks around the home and to read.

My very best wishes to you. Please do not hesitate to contact us if you think we can be of support.

Yours faithfully,

Sam White  
Headteacher



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Dear students,

21<sup>st</sup> April 2020

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/](http://www.childline.org.uk/info-advice/)

**Kooth** [www.kooth.com](http://www.kooth.com)

Offers safe and anonymous online support for young people

**Anna Freud** [www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)

Provides resources around self-care for both children and families

**Young Minds** [www.youngminds.org.uk](http://www.youngminds.org.uk)

General information for young people about managing their mental health

**Stop, Breathe and Think** [www.stopbreathethink.com/kids/](http://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