



NEWSLETTER

4th May 2020

Years 7 and 8

Hello Year 7 and Year 8,

I hope that you are well and are now back into your school routine. Remember, there is a suggested timetable at the bottom of this newsletter if you need help with creating a timetable. I have added in time for exercise and leisure. Remember we are 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 met on TEAMS last Thursday and will continue to do so every Thursday. 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 now have received the hard copy of your Summer Term 1 work booklet. These are 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 one, please email 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?

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!

As I told you last week, my youngest son is reading the *Lord of The Rings* trilogy and my eldest is currently reading *The Adventures of Sherlock Holmes* but I forgot to tell you that my wife is reading *Morality Play*. We both read this book about 25 years ago, so it's time for a reread!

I am continuing to read the book that I stole from my wife. It's called *The Watchmaker of Filigree Street* and it's become even more intriguing!

The historical book that I'm reading continues to interest...

The chapter I'm currently reading is all about the armed services:

In 1405 Sir Hugh Luttrell... *'paid two armourers cleaning my lord's armour in fresh lard for seven days, at 4 pence a day apiece'*

I presume that it took them 11 days to clean as it was so smelly! The lard (animal fat) was used as a lubricant, otherwise the armour would have creaked a lot!

Here is a link to our website with information about the FREE CAMDEN LIBRARY.

<https://www.williamellis.camden.sch.uk/page/?title=Free+ebooks+from+Camden+Libraries&pid=1288&action=saved>

Be creative

Make sure that you check your Form TEAM as all your form tutors will have set you an assignment. We've had 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.

I was quite creative this weekend having been inspired by Ms MacLennan's excellent Staff Quiz on Thursday evening. I had been invited to a quiz on Zoom with some old friends. I decided to create a powerpoint with lots of silly (but interesting) questions.

Here are two of them:



This cubic poo belongs to which animal?



This is a herring; how does it communicate?

- A) fin flapping B) farting C) body twisting D) blinking

Take comfort in the world outside

My wife and I were having a coffee and watching our little pond on Saturday morning when we heard a rustling in the flower beds, two frogs were returning from their early morning slug hunt...



here's one, ready to jump in!



a few moments later...

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.

As you know (if you read the last newsletter) a cylindrical package arrived just before my birthday on Tuesday last week. It was indeed a Yoga mat, I have been in the 'down dog' and 'cobra' positions on several occasions this week.

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

OVER TO YOU?

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 is an interesting link sent to me by a parent. It's an animation activity that you may wish to try out.

<https://www.screenskills.com/careers/careers-resources/animation-lessons/>

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
7:30	Get up! Shower and get dressed.				
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Indoor physical activity				
9:30	Lesson 1				
10:30	Break	Break	Break	Break	Break
11:00	Lesson 2				
12:00	Break/Lunch	Break/Lunch	Break/Lunch	Break/Lunch	Break/Lunch
13:00	Lesson 3				
14:00	Daily outdoor exercise				
15:00	Music/games/gaming	Music/games/gaming	Music/games/gaming	Music/games/gaming	Music/games/gaming
16:00	Help around the home				
17:00	Read	Read	Read	Read	Read
18:00	Dinner time				
19:00	Music/TV/games	Music/TV/games	Music/TV/games	Music/TV/games	Music/TV/games
21:00	Bedtime without phone or screens				

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