



NEWSLETTER

8th June 2020

Years 7 and 8

Hello, Year 7 and Year 8,

I hope that you have got back into the school day routine. Remember, there is a template for a routine at the bottom of this newsletter.

The sunshine seems to have dissipated somewhat over the last week but it's still wonderful to be able to get outside so please do take advantage of the outdoors whenever you can.

As promised last week we are trialling something slightly different, a weekly virtual TEAMS tutor period, during which you will be able to communicate with your tutor and the other boys in your tutor group! You will be able to ask questions about your work and get some advice from your tutor and tips from your peers. The first of these was on Monday 8th June and they will continue every Monday until the end of term.

I will be (virtually) visiting some of the forms next week. I really look forward to hearing some of your voices!

The quiz is back! I have the answers from some of the forms and I will be announcing the winners in the last week of term and (virtually) awarding the winner's cup for each year group!

You should now have received the hard copy of your Summer Term 2 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 by Friday 12th June, 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!

I have finished my fascinating book 'Danubia' and have moved onto a very interesting, if rather unnerving book written about 1,900 years ago by a man called Suetonius. It is called 'the twelve Caesars' and is a series of short biographies of twelve Roman Caesars from Julius Caesar to Domitian.

I used the word unnerving earlier as I am currently reading about Gaius Caligula, a rather unsavoury character (not that any of them were totally savoury!) who amongst other things *'collected wild animals for one of his shows and, finding the butchers meat too expensive, decided to feed them with criminals instead'*

One of Caligula's famous quotations was *'let them hate me, so long as they fear me'*. Hmm, what a delightful chap!

Much of what Caligula did is unrepeatable in a school newsletter so, if you wish to find out more, you'll have to research him yourself!



Unsurprisingly, he didn't rule for very long, he was assassinated at the age of 28.

Be creative

I know that some of you have been creative in DT and I'll be sharing some of the pictures in the 'over to you section'.

Take comfort in the world outside

GULP!

Ms Brown and I witnessed a distressing scene at pond side on Sunday. As we marvelled at one of the little froglets jumping into the pond and swimming, one of the goldfish came from under a lily pad and GULP! Swallowed the froglet whole!

We were so distressed that we went to the water garden centre, bought a large tub and have decided to temporarily house the two (shark like) goldfish in the tub. We hope that this will give our froglets a better chance of survival with two fewer predators to think about!

On another natural note, I noticed some strange shapes on the leaves of our Leycesteria (a gift from Mr Pratt) the other day.

Here they are...



And the culprit...I didn't take this picture...

My wife informed me that they were from a leafcutter bee. As we were discussing it, one flew past us holding a section of leaf in its legs! Fascinating creatures.

Be active

My eldest is overjoyed that he can now play tennis again. Unfortunately, I am unable to play with him due to an injury I sustained in February. I say unfortunately but he would thrash me anyway.

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.

We have a **MINI WES STAR** this week. He is in 7K and his name is **TOBY!**



Toby, in the new WES Food Tech room, making apple crumble....

Why is he a star?

Mr Glover writes:

From being part of the original group that set out the rules and expectations on the first day, Toby has continued to work hard every day and has made fantastic progress in his learning. It has been such a joy to see his confidence improve and to hear some of his fantastic work in the English 'Islands' project.

Well Done Toby!

If you have anyone that you would like to nominate as LOCKDOWN/MINI WES STAR please let your tutor or me know so that I can mention them in my next Newsletter>

Here's the DT work that I mentioned earlier.

The task was to make a plant holder... **this one is from Orlando in 7L**



And this is from Felix in 7K



This is from Stefan in 7B



Another from Hussain (Eshaan) 7F



And lastly one from Samuel 7L



I was recently sent this Joyful June calendar from Ms MacLennan. Perhaps you could follow the daily tips or even create one of your own!

Here is the link. https://www.actionforhappiness.org/media/888907/june_2020.jpg

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	 "Every day may not be good, but there is something good in every day" ~ Alice Morse Earle				

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

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 upcoming holidays as well.

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Get up! Shower and get dressed.				
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Indoor or outdoor 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	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				

There is a letter from Mr Lane at the end of this newsletter. If you haven't done so already, please do read it.

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

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