



NEWSLETTER

22nd June 2020

Years 7 and 8

Hello Year 7 and Year 8,

The sunshine is back, get outside when you can! Remember to always social distance but do try and enjoy the outdoors.

As you are aware, there is now a weekly virtual TEAMS tutor period, during which you are able to communicate with your tutor and the other boys in your tutor group! In addition, The Weekly News Quiz is back!!! Yes, that's right gents, you can now take part in the quiz virtually! I should add that I will announce the winning form in the last week of term.

As you know you also have a 'Show and Tell' session during which you can share your opinions on various topics from favourite film to favourite food!

This week you also had an extremely interesting activity about the Windrush scandal which had some really engaging activities to keep you all busy over the next few days.

I visited (virtually) some of the forms last week and this week, it was a joy to see so many of you attending. I also had the chance to see a short film made by Joe in 8W. I will put a link at the end of this Newsletter, I really do encourage you to watch it.

Remember, you can ask questions about your work and get some advice from your tutor and tips from your peers as well.

You should now be at least halfway through 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, 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 have a small number available for Year 7 and 8 boys. 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 may know I am currently reading 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 have moved on from the dreadful Caligula to the equally dreadful Nero who it seems, would creep around Rome *'as soon as night fell and make a round of the taverns or prowl the streets in search of mischief – and not always innocent mischief either, because one of his games was to attack men on their way home from dinner...he would also break into shops.. and at the theatre he would throw things at the heads of people in the crowd.* In addition, *his feasts lasted from noon until midnight!*

By the way, the ellipses mean that I had to leave a lot out!

Unsurprisingly, he was declared a public enemy by the Senate and when he found out that he was to be punished in the 'ancient style' he decided to commit suicide instead!



Well perhaps that was a good thing as he was going to change Rome's name to 'Neropolis!'

Be creative

LOTS OF YOU HAVE BEEN! PLEASE DO LOOK AT THE 'OVER TO YOU SECTION'

Take comfort in the world outside

As you know if you read the last Newsletter, Ms Brown and I witnessed a distressing scene at pond side a few weeks back. 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 have now rehoused the ravenous goldfish; they are seemingly happy in their new home. A very large plastic tub with lots of water plants and a plant pot that they love to hide in or under.

Without the fish in the pond, the froglets seems safer...not sure though as the two newts that I recently noticed seem to be taking a great interest in them...

The Leycesteria continues to be munched by the leaf cutter bees and we have discovered a new, fascinating insect.

My wife and I noticed some brightly coloured little flies dancing on our lily pads and skimming across the surface of the water. They were Semaphore flies! Aptly named as the male does a little dance and waves its wings around on the lily pads to attract females.



When researching this funny little fly, I also found out that it eats the mosquito larvae. So not only does it provide entertainment, it also curtails the mosquito population! Excellent.

GET OUT TO A LOCAL PARK AND LOOK AT THE WILDLIFE THAT IS FLOURISHING!

Be active

Now that we are all allowed out into our local open spaces, whilst socially distancing of course, we should take advantage of the new relaxation of the lockdown rules and get out!

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

OVER TO YOU?

PLEASE SCROLL DOWN THROUGH THE WORK TO FIND THE LINK TO JOE'S (8W) FILM THAT I MENTIONED AT THE START.

Before I share some of the great work that you've been doing. I'd like to promote a French Challenge! So here's a message from Ms Chenifine

Dear Year 7 & 8,

Every Wednesday from 17th June, a new challenge will be revealed on your French class Teams. It's the perfect opportunity for you to create something and share it with your classmates and teachers.

The challenge will be written in the PowerPoint called 'La classe des champions' under the 'files' tab, have a look at it! Be creative and the best submissions might be featured in the newsletter...

Exiting stuff boys, have a go! Bonne Chance!!!



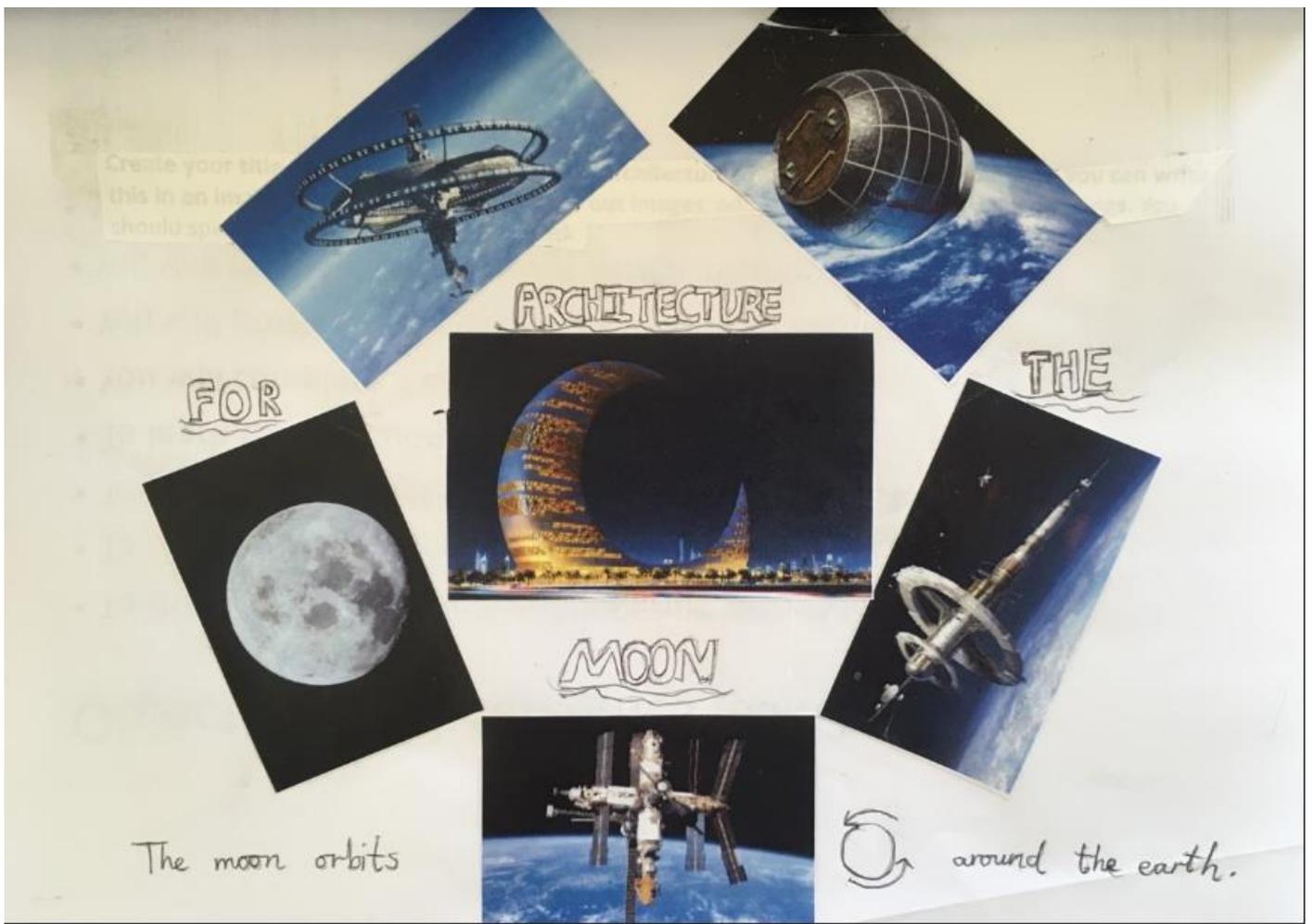
Here's some fantastic artwork from our year 7s

Monty



Jonathan





Not sure of the
it's you let me



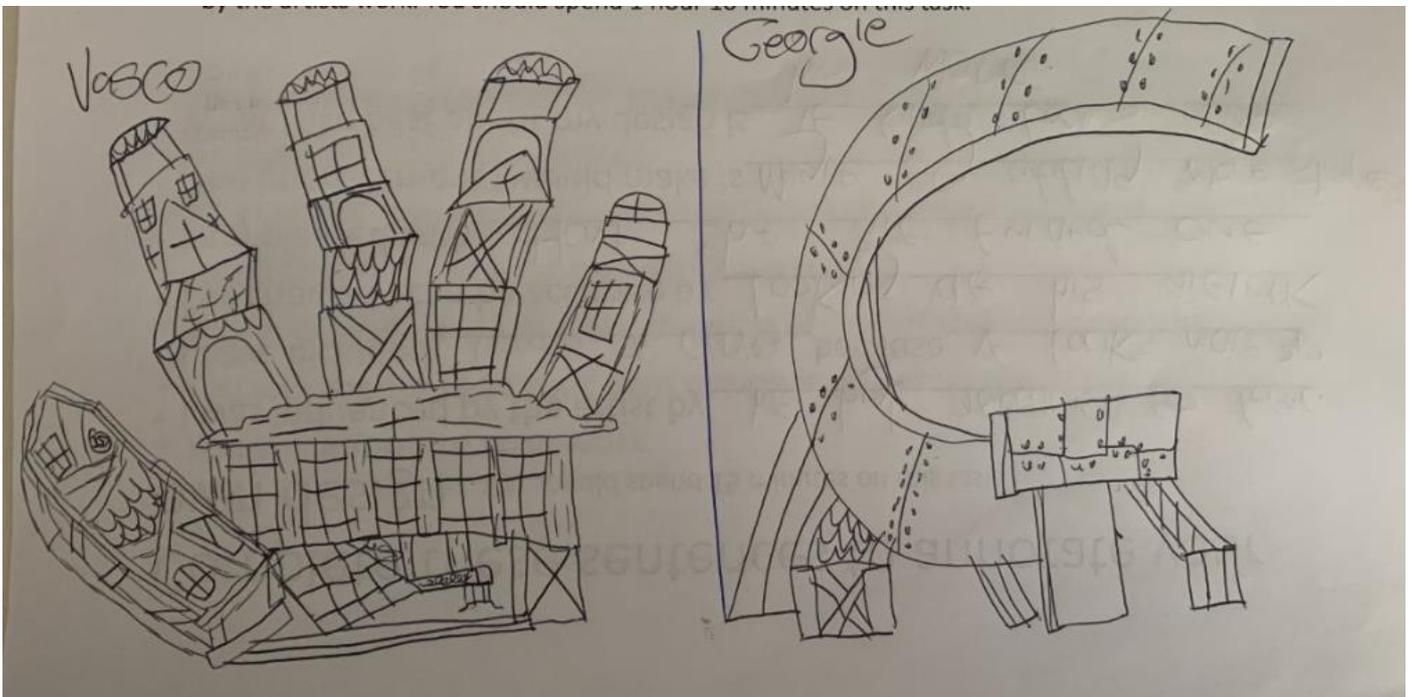
artist here. If
know!

Copy these drawings of a Minotaur's by Picasso. Do your drawings in the boxes. You should spend 1 hour on this task. Then finish the WWW and EBI sentences below.



WWW: I am pleased with my drawings because I have used some shading
EBI: I could improve my drawings by Starting with main bits (head, eyes, ears and nose)

Lukas



Georgie

Stefan's still life



Here's a recipe from 8F's cookbook (which is linked to this newsletter).

DEXTER'S BANANA BREAD!

Ingredients:

- Plain flour: 280 grams (2 cups)
- Brown or white sugar: 145 grams (3/4 cup)
- Salt: 1/2 tsp
- Baking soda: 1 tsp
- Vanilla extract: 2 tsp
- Butter: 95 grams (1/2 cup)
- 4 ripe bananas
- 1 egg and 1 egg yolk

Method:

1. Preheat the oven to 180 degrees C / gas mark 4.
2. Lightly grease the bottom and sides of a 23cm x 13cm loaf tin with butter.
3. Measure out the flour, sugar, salt and baking soda into a bowl and mix well.
4. Start to melt the butter in a pan and wait until cool.
5. In a **separate bowl** mash up 4 bananas and add the melted butter.
6. Add the vanilla extract, the egg and egg yolk to the mashed bananas.
7. Mix well and add to the other bowl.
8. Once well incorporated add the batter to the loaf tin and place in the oven for 50 to 60 minutes (or until toothpick inserted comes out clean).



AND HERE IS THE LINK TO JOE'S FILM:



<https://youtu.be/EOA6aIXCSRc>

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