## Dear families

Welcome to this week's letter, with information about activities in school in the run up to and during the Easter break.

## Ramadan 2023

The holy month of Ramadan began Wednesday, 22 March and ends Thursday, 20 April. We know that many of our students, families and staff will be observing this. Ramadan is the holiest month in the Islamic calendar, and is observed by Muslims worldwide. It is a month of fasting, prayer, reflection, charity and community service and engagement. For those observing Ramadan, the Muslim Council of Britain's (MCB) Ramadan Guide $\underline{2023}$ offers key information on what the holy month means for Muslims and how it is observed, and we have been using this to inform how we support the school community. We would expect students to continue with the normal school routine of lessons and activities
During Ramadan, it is important that pupils are supported while continuing with the normal school routine, however, there may be some students who need to make adjustments to their activity levels in PE, although we would still expect them to participate in some form. Students who are fasting but may want to still take part in sport are welcome at school in the morning when it is cooler, and they might have more energy. Ramadan Mubarak to all our families and staff who are observing Ramadan.

## Year 9 options process

This is a reminder to Year 9 students and families that options forms need to be completed by $31^{\text {st }}$ March and after this time we will begin putting together the groups to give students the best overall curriculum offer. Please do look at the information that has been shared on Teams and was discussed during options evening so that you can make informed and careful choices. We do not run a "first come, first served" approach to options and so there is no advantage to completing the form quickly.

## Easter holiday support for students approaching exams

Year 11 and 13 students have been offered a range of small NTP group tuition sessions in school over the Easter holidays - more details have been sent to those families and students directly. As the exams are now approaching fast, we would really encourage all students to attend the sessions offered to them - we know that many have been regularly attending Maths and Art sessions on Saturdays. The charity Young Minds have useful guidance for how to manage the increasing stress of exams here on their website. We would also encourage them to use the paid for Seneca Learning platform to access resources for all of their subjects. Seneca have also introduced a new feature, "Ask Amelia", that can respond to their specific queries about their exam courses and how to prepare over the holiday. During term time, they should ask their teachers!

Independent Living Hub - activity sessions for 14 to 25 -year-olds to help prepare them for adulthood and independent living

Young people aged 14 to 25 are welcome to join us at the Greenwood Centre, in Kentish Town, a state-of-theart community space which has been designed by and for people with special educational needs and disabilities.

Drop-in sessions, run by community arts charity Wac Arts, will use drama, music, art and design, alongside practical learning to explore personal and social challenges such as love, friendships and conflict, as well as technology, travel and healthy living. The Independent Living Hub aims to help young people to:

- overcome difficult scenarios they might come across on a day-to-day basis and develop skills to navigate relationships
- express themselves, including writing their own lyrics and creating new music
- explore what their future could be, create their CV and find new opportunities
- connect with other young people, collaborate and share their experiences in a safe and welcoming space.

The sessions are open to all young people who fit the eligibility criteria across a range of needs. Activities will be adapted as required. Please see the attached flyer, 'Independent Living Hub -Information for Parents', which can be shared with families via your bulletins. We're currently working on a fully designed version of the flyer, which will be shared as soon as it is available.

This project is funded through the Department for Education's Short Breaks Innovation Fund until March 2024. If you have any questions or want to find out more, please email Maggie.Mendy@WacArts.co.uk or call her on 02076925812.

Holiday Activities and Food, Easter programme - 3 to 14 April 2023
Camden's Holiday Activities and Food (HAF) Easter 2023 programme, which runs from 3 to 14 April, is now open for bookings. Places are free for children and young people aged 5 to 16 who live in Camden and are eligible for free school meals. HAF offers free access to physical and enriching activities and nutritional education each day. Some providers will do on-site cooking, where children and young people will be involved in activities and make their lunch on the day. There's also a range of activities, including sports such as football and basketball, and creative activities, including photography, drama, dancing, arts and crafts.

The Easter HAF Programme will run from 3 to 14 April, with most programmes running between 10am and 2 pm. Please visit the Camden HAF web page to view all programmes and essential information. Place availability will be refreshed, so please check the page regularly for updates.

All Camden HAF providers are ready to make arrangements to welcome children and young people with special educational needs and disabilities into their programmes. For more details and if you have any questions, please email info@youngcamdenfoundation.org.uk.

## Camden Foodbank Donations - Tuesday $18^{\text {th }}$ April

Camden Foodbank have once again reached out to us for donations to support local people who are struggling during these complex times. Camden Foodbank, as an organisation, offer emergency food supplies to local people who come to crisis point, and they have outlined a list of items that they would hope families could donate to help the local community.

Targeted Food Urgently Required by Camden Foodbank:
Baked Beans - VERY URGENT
Pasta - VERY URGENT
Pasta Sauce
Longlife Juice and Squash
Tinned Meat
Tinned Fish
Tinned Macaroni Cheese
Tinned Spaghetti in Sauce
Biscuits/Crisp/Snacks
Coffee
Spreads - Peanut Butter/Nutella
Easter Eggs/Cakes and Biscuits

Donations can be brought to the main school office until 10am on Tuesday $18^{\text {th }}$ April.

Yours faithfully,

lIzzy Jones,
Headteacher

