

# William Ellis School

Headteacher's letter to families

Spring Term - 8th March 2024

Dear families,



## Attendance Update

As we say each week, attendance at school is the number one factor in improving students' study, relationships and wellbeing at school. Following last week's attendance newsletter, I'd like to congratulate the following forms on their attendance this week, all at 94% or above: 11L, 11W, 10K, 10B, 8F and 7B. There were 352 students in school this week with 100% attendance - too many to name, but we will be again this term rewarding students with 98-100% attendance to school.

## Ramadan Guidance from Camden

Ramadan 2024 is estimated to begin on the 11th or 12th of March 2024, and culminate with the first day of Eid falling on the 10th or 11th of April 2024. We wish all our Muslim families a good start to this important period in the calendar.

## Guidance for students preparing for exams during Ramadan

If you're studying for exams during Ramadan, you're likely to be fasting and revising at the same time. This can be challenging. However, you can plan your studies and revision around your religious duties. These five tips should help.

### 1) Make sure you're well rested

If you're taking part in Ramadan, you'll be waking up at sunrise for Suhoor – the meal before people begin fasting. If you're not used to waking up at this time, it can disrupt your sleep schedule and leave you feeling tired.

It's important to make sure you get enough rest while you're fasting, so you have the energy to study to your maximum potential. One way to do this is to make sure you are limiting your screen time, especially late at night, so that you can sleep when you need to.

### 2) Take regular breaks

When you do revise, make sure you take regular breaks. If you are working on an empty stomach, it may be difficult to revise for long, endless hours in a row.

Give yourself the time to relax and recuperate if you do find yourself getting tired and get back to it when you're ready.

Even if you're fasting, make sure you still take a break for breakfast and lunch.

Use the time when you'd usually eat to do something that gives your mind a break and leaves you feeling more energised. You could go for a walk to get a change of scenery, spend time with family or even catch up on sleep.

### 3) Adapt your schedule for the month ahead

Ask yourself when the best time would be for you to study. And build your schedule around that.

It might be different to your usual routine.

For example, if you study better when you've eaten, then do the bulk of your revision after Suhoor and Iftar – the meal where people break their fast. School is open early for students to study before school.

### 4) Eat healthy food

Remember, you still need to fuel your body properly, especially during Ramadan.

At Suhoor and Iftar, eat healthy and filling 'brain foods' that will give you the energy boost you need. Unless you get the nutrition your body needs, this could leave you feeling even more tired.

Make sure you drink lots of water when you can to stay hydrated.

### 5) Join a study group

Studying with others who are fasting may give you more study tips – and it's great for moral support. You may choose to use school study facilities at the same time, or meet to study at a local library at the weekend.

## **Dangerous Vape Devices**

We have been asked by Camden and the Metropolitan Police to bring your attention to a concerning issue affecting a number of schools in London after reports of young people experiencing health complications after using vape devices containing drugs.

Police have seized numerous vapes in the past few weeks, and it is important to be aware of the hazards associated with unregulated vape pens, given this recent surge in related incidents. Further guidance about vaping from Camden can be found [here](#).

Schools are collaborating closely with Camden Police Schools Officers to share information and intelligence about illegal selling of vapes so that we can better understand the issues. We urge parents, guardians, and anyone with pertinent information about those supplying these vapes to contact the Police on 101 or (anonymously) via [Crimestoppers](#) , or by calling 0800 555 111.

Yours faithfully,

**Izzy Jones**

**Headteacher**

## **This week's WESPA Round-Up**

Dear Families,

The committee looks forward to welcoming all parents and carers to our half termly meeting on Monday. It will be online and if anybody has anything they would like added to the agenda sent last week, please let me know by emailing [williamellispa@gmail.com](mailto:williamellispa@gmail.com)

Here is the link again:

William Ellis School Parents Association

GENERAL MEETING

Monday 11th March 2024, 7pm

Online: <https://meet.google.com/mcw-xpnc-opc>

### **New year 7s**

It is that exciting time of year when we start to welcome new families to the school. The first event is a welcome information evening on 20th March followed by interviews and uniform sizing on 8th and 11th May. Current parents will be at all these events to help out and help introduce new families to each other. If you would like to and are able to help, please let me know.

I will also be helping to set up a new WhatsApp group for the year. These groups are invaluable as a source of support as well as a way to get to know your son's cohort. This usually starts with current parents who have younger sons joining in September. Please do get in touch if you have a son joining and we will start the group together.

Have a great weekend and see you on Monday.

Best wishes

Al

Chair WESPA

### **Coming Up:**

<b>Year 7 Trip to the Globe Theatre</b> 12:30PM – 4:30PM	11 March
<b>Year 13 Economics Trip</b> ALL DAY	12 March
<b>Year 12 Parents' Evening (at Acland Burghley School)</b> 4:30PM – 7:00PM	14 March
<b>Year 11 Art trip to the National Portrait Gallery</b> ALL DAY	15 March
<b>Year 12 UCAS Fair at ExCEL London</b> ALL DAY	18 March
<b>Year 7 Debating Club Trip to Houses of Parliament</b> 10:00AM – 3:00PM	19 March
<b>Welcome Event for New Year 7 families</b> 5:00PM – 6:30PM	20 March
<b>Performance Platform Concert</b> 4:00PM – 6:00PM	21 March
<b>Year 11 Graphics trip to the National Portrait Gallery</b> ALL DAY	22 March