

# Platanos College News

Summer 2019

## What Clubs do we provide?

Clubs and enrichment provide an opportunity to create greater enthusiasm, interest and passion for learning. At Platanos College we are dedicated to maximising our pupils' confidence and skills as well as furthering their understanding in order to enrich learning.

Teachers oversee clubs and conduct these for specific areas of learning so as to fill any gaps in learning and to provide recreational opportunities where pupils can express themselves in a less competitive environment.

Key Stage 3 is at the forefront of the school's agenda and we view clubs being an essential vehicle in ensuring that learning opportunities are created.

There are thirty-five voluntary Key Stage 3 clubs across all subject areas held at least once a week.

## Why do we value these opportunities?

- Increasing the level of skill and ability.
- Increasing the competence and confidence.
- Increasing the degree of competitiveness.
- Increasing resilience.
- Further engaging with our students.
- Developing and enhancing the passion of both staff and students.
- Developing the rapport with peers and teachers/staff.
- Coaching between and across year groups.

# Through their 'eyes'...

## Basketball Club led by our resident Greenhouse coach Mr Fearon



The basketball club I attend has provided me with a heap of enjoyment and break from everyday life and school stress. It's also developed my leadership skills and my behaviour discipline.

Basketball has helped me with maths as I can work out angles by picturing it with a basketball scenario; like shooting the ball, passing the ball or running to close down space or join a fast break.

My confidence in and the use of my vocabulary has improved, as communication is key in the game of basketball in order to be effective in delivering various planned 'plays'.

I have only been playing basketball from the middle of year 7 and the club could benefit my career options such as a coach, as professional player, sports specific high performance coach or sports therapist.

### **Ayoub 8A**

I do truly believe that basketball has filled me with enjoyment throughout my time at Platanos College. I think this, as I have developed new friendships and I have learned a huge amount of new skills to help me develop myself as a basketball player. Also, it has strengthened my bond with my friends and others.

Basketball has reminded me a little bit about maths as we have learnt to use angles when we shoot. This included using a right angle to help me with my form when checking and rectifying my shooting technique. This helps create a nice and straight shot for me to have a greater success rate of scoring.

Basketball is an old hobby for me as I did played it in year 5 and 6. This hobby of mine has given me more confidence to pursue a career in basketball. Also, it has given me a higher chance of being a good player as I have more experience.

I feel I could have a professional career as I have very good experienced teachers; I have access to all the equipment to help me become a better player.

### **Dennis 8A**

Basketball provides me with great enjoyment as it is a fun sport to play and I am able to learn a lot from others as they may be better than me in some areas of basketball, for example form shooting – but I readily take up the challenge to better my game.



Basketball helps me to understand the importance of maths in a relaxed way, for example when shooting. It provides me better form and to always have a 90 degree angle with my shooting arm. This allows me to get a better opportunity of shooting by using a full 180 degree extension release on my arm.

Basketball is a hobby and passion for me as I would like to pursue a career of being as a professional player and I also play it every day.

The club does have a benefit to me for a future career as it improves my skills. So when I try out for a team I would have a better chance of making the NBA with the experience gained.

**Juan 8B**

## BIKE IT! YOU CAN TOO!

Led by Ms Simpson and Mr Klassen

The *This Girl Can – Bike It! You can too!* workshop was in partnership with Lambeth Council and Sport England. This was delivered by two experienced instructors from a company called *Sustrans*. This campaign targeted girls who have never learned how to ride a bike, or who have not cycled for many years and therefore lacked the confidence to ride again.

A total of 13 year 9 girls at Platanos College were offered the opportunity to learn to ride a bicycle as part of their PE curriculum and was extended into an after school club until 4.30pm on Mondays. The 10 week course covered basic balancing and cycling skills, bike safety checks, basic cycle maintenance, route planning, road cycling skills and awareness as well as advice for cycling with family and friends.

After the ten weeks of cycling sessions in the playground, in parks and on the quiet roads around Lambeth – in both sunshine and rain – the *This Girl Can – Bike It! You can too!* workshop at Platanos College came to an end. Working with year 9 girls who were previously unable to ride, the course culminated in several successful rides around Stockwell and through the local parks. Several girls were unsure if they would ever be able to ride, but trepidation soon turned to confidence and the level of progress made by the group was fantastic.

*This Girl Can – Bike It! You can too!* campaign has helped to cultivate a culture of cycling at Platanos College and our PE Department is looking forward to delivering further bike ability sessions later this year.

The girls valued the amazing experience and displayed renewed confidence and ability. They have expressed appreciation for the course and have developed an 'I can do-attitude' going forward and bike riding for pleasure. Moreover, they have learned to cycle as mode of transport which does not harm our environment.



The *This Girl Can – Bike It! You can too!* learning to ride a bike sessions were an amazing and fun activity that the PE department gave us the opportunity to take part in. It was arranged for two instructors, Joe and Rob, to work with girls in my year group who didn't know how to ride or if they haven't rode a bike of years and lost confidence to do it.

I was a bit nervous to ride a bike because I haven't ridden a bike for years and I didn't want to fall off and hurt myself. Joe and Rob boosted everyone's confidence on riding a bike and they make the lessons really fun but still challenging as we improved our riding skills. We enjoyed competing against each other as a way to keep us motivated and improve more quickly. It was an exciting way to learn how and improve our riding skills. Sadly the 10 weeks has come to an end but the aim to get us all riding on the road was achieved.

Thank you to Joe and Rob for being patience with us and thank you to Mr Klassen and Ms Simpson for working with us and arranging the *This Girl Can – Bike It! You can too!* sessions for us.

**Petra 9W**

# Christian Club

Led by Ms Anderson



I am a member of the Christian Group Club since September 2018. I attend this club most Fridays during lunch time. Each week we do activities such as: Bible discussions, talks given by Ms Anderson and Ms Hutton-Wood, as well as, praying together and undertaking reflections.

I enjoy the discussions about the meaning of the Lord's Prayer and the different types of love because it teaches me how to treat adults and my classmates with love and respect. I also, get the chance to listen to the other children sharing their ideas about behaviour in class and what they think is right or wrong. What I like most about the club is when the teacher gives us scenarios and asks what we would do if we were in the same or similar situation.

This has helped me to think about my actions in class and at home so that I can be a better person and contribute positively to the Platanos community as well as wider community.

**Keiyana 8D**



# Dance Club

## Led by Ms Bartley

At Platanos College we are very lucky to have Dance. The most amazing thing about this club is that it makes you feel so happy, free and safe when you are there.

Every Wednesday at 3.15pm, we warm up with our brilliant dance teacher. Our dance teacher's name is Miss Kimberly and she starts the warm up by picking a song and either lets someone lead the warm-up or does it herself. We usually follow Miss Kimberly because she leads most of the warm ups which we thoroughly enjoy.

The first stage of the warm up is static stretching:

- Roll down the spine
- Isolations like head, shoulder, rib, pelvis, wrist and ankle rolls
- Then pulse raiser
- Brisk walking
- Jumping jacks or small jumps in place
- Light jogging, marching, prancing, skipping (around the room or in place)
- Lunges across the floor or a large Charleston step
- Push Ups

Lastly some core and stability, full body movements:

- Reaching and bending up, over, forward, and sideways (try one-leg variations to challenge core stability and balance)
- Large arm swings or circles with torso twisting
- Dynamic (moving) series of bridges or other yoga poses
- Body (torso) swings
- Leg swings standing or leg-drop swings lying on your back on the floor.

After the warm up we start to rehearse our routines that we have learned previously as well as teaching others who may have missed out. The whole class rehearses the routine for about 10 minutes. After that we demonstrate the first run-through of the "established routine" and if this meets Miss Kimberly's satisfaction, we move onto learning the rest of the routine. Once the routine has been taught, certain aspects are fine-tuned. Sometimes, we get to include a little improvised piece that we have made up in groups, pairs or even on our own.

Finally, Miss Kimberly provides targets for the next week. Miss Bartley also signs us all up to go on amazing trips like the Pineapple Studios or even Musical Theatres as well as teaching

some pupils in class tap, ballet and contemporary dance. When the clock hits 4.30pm we unfortunately, with a heavy heart have to go home.

**Melek 8D**

## Debate Mate

Led by Ms Oseni

My experience of Debate Mate is not only an enjoyable one but it also gives my peers and I an opportunity to express ourselves and understand each other's views and their way of thinking.



Alongside this, it helps us to comprehend the school curriculum in greater depth, for example: In Debate Mate, we have had a motion about whether or not we should incorporate classic or modern art into the school curriculum.

I've also learned and fine-tuned my leadership skills and teamwork. Furthermore, since joining Debate Mate, my confidence has improved immensely, making me feel comfortable to speak in front of large groups of people.

This will be beneficial in the long run since I will be more confident and hospitable in my working environment when I'm older.

**Adonell 9A**



# House Plays from the Drama Club

## Led by Ms Hutton-Wood

It all started when the cast members Nina, Creshia, Laura, Imogen, Joana, Asiyu, Matea and Annette were selected by the judges: Freddy and Abdoulaya. From then onwards, we all had rehearsals every week on a Tuesday rehearsing our scripts over and over again until it was perfect. The rehearsals were an amazingly fun experience and it was great to see everyone's acting abilities; as well as evaluating how this could improve my own acting ability.

Weeks later, it was time for long hours of dress rehearsals and practicing on stage. We even got to watch the other house plays, but this made me nervous since we were able to see the standard set by the other houses and the competition was really good.

Before we knew it, it was time to perform on stage. We were the last group to go on. Many of us were extremely nervous and I couldn't stop shaking. We were announced onto the stage "Now welcome to the stage, Nile with *Festive Forgiveness*". We went through each scene the best that we could and ... it was finally time for the biggest award of all, the winner of the house plays. "In third place we have Amazon with Family Tree!" "In second place we have Tagus with a Christmas Crisis!" and in first place..."

This was it-it was between Nile and Indus.

*"We have Nile with Festive Forgiveness!"*

*We won! We actually won!*

In the end, all of our hard work paid off and we did it. Overall, this was one of the best experiences anyone could wish for. This increased my confidence and gave me the opportunity to make new friends.

### **Imogen 7A**

I think that the house plays were an amazing way of expressing ourselves and a way of us demonstrating our hidden talents! I also think that the House Plays boosted my confidence immensely as it helped me to meet new people, and make new friendships throughout the rehearsals.

I think that the House Plays are an incredible way for young people to express themselves, show off their hidden talents and to help young people with potential to step out of their comfort zone. It is a massive shame that we only get to do this once a year.

### **Creshia 9B**

I think the House plays were an unforgettable school experience that brought many of us out of our shells and has prompted us to do things we didn't know we were capable with such as confidence. It also made me make new friends and further enhance previous ones.

The House Plays was by far the most enjoyable thing I have done at Platanos College. It allows all young children who get involved to express themselves and step out of the box.

**Laura 9B**

## French Club

Led by Ms Roso and Miss Amenedo



The club has provided me with enjoyment and given me an opportunity to work better with others. Studying French helps with other areas of the curriculum, for example, it helps me with my Spanish vocabulary.

I studied this at Primary School, so it is a previous interest of mine. I think it will benefit me in the future possibly in a career because it gives more experience which I find employable as I am challenged too.

In-addition, I have family in France and I can now communicate a bit better when I visit them as I am more comfortable with the language and less conscious making errors.

**Omar 7B**

# KS3 FITNESS CLUB

Led by Mr Olaniran and Mr Hussein



Fitness Club is a great opportunity to improve mind and body.

The first thing we do when we arrive at the club is warm up to minimise the risk of injury.

We start the warm up with three primary components (3 stages/levels) of an effective warm up:

**STAGE 1: A PULSE RAISING ACTIVITY** is any movement that can lightly increase your heart rate.

- Jogging
- Running
- Heel flicks
- Cycling

**STAGE 2: STRETCHING EXERCISES** increase the range of motion at joint, the extensibility of the muscle and helps reduce the risk of having injuries such as sprains and strains.

- One leg tuck on your left and right
- Hands over your head touching your back
- Touch your toes while sitting down with your legs out
- Side bends

**STAGE 3: SPORTS SPECIFIC ACTIVITIES**

involves so much practice to be able to develop the core skills of the performance. This cause an increase of co-ordination, confidence in the player and team work is developed.



Sports specific exercises are not the same. Sports specific exercises depend on the sport you are playing.

- Football-Goalkeeper= practice on your defending skills, always have your eye on the ball, focus on diving to get the ball and keep moving on your feet.
- Basketball-Point Guard= practice on trying to run the team's offense by controlling the ball and making sure that it gets to the right player at the right time.

After the whole warm up session was done, it is time to get on with the main business: it is time to work out!

At Platanos College, the PE department, as well as the rest of the school, is always determined to push you to your beyond perceived ability and give you that additional push to help you reach your expectations. In this instance our fitness instructors, Mr. Olaniran and Mr. Hussein, push us to train our bodies and live a healthier life-style.

In the work out you have a choice to either do your own workout routine or join the fitness program. If you choose to do your own work out, you are free to use any of the machines: treadmill, bicycle, boxing gloves/punching bag, mats for ground work and a wooden box (for squad jump)

#### THE WORK OUT ROUTINE IN THE FITNESS PROGRAM:

- Go up and down the stairs x3
- 15 jumping jacks
- 15 wakanda jumps
- 1 minute plank
- 45 seconds high knees
- 10 Press ups
- 10 Sit ups
- 5 burpees

We would finally end the day with some water and when the clock hit 16h30, we were out.

**Melek 8D**



# KS3 BOYS' FOOTBALL

Led by Mr Mayne

Football club has provided me with lots of enjoyment and I get the opportunity meet new people and make new friends. Over the past 3 years I have learnt a lot from the other players and have physically and mentally become stronger. Football is a passion for me because I believe I can become a professional in the future.

I think I have learnt a lot from Physical Education lessons at school too, about muscles and joints in the human body; as well as how you can gain weight and become obese. My friends in football club have helped me through the tough times I have experienced and they have supported a lot without them really knowing, as the sessions have been fun and allowed me to take my mind of certain things.

This club has given me a deeper understanding about football. It's not all about just running on the pitch, it's about your mentality and approach to different situations and having a strong heart and mind and having belief in your own ability. This is why I love football. It's an amazing sport which brings people together.

**Haysam 9H**

I believe the football club has provided our students with great enjoyment. We have had so many opportunities to work hard on multiple skills and drills and show it when we play games. We learn from others by watching professionals but also learning from our team mates.

Football can help us Maths and Science. When we study angles in Maths I am able to use football situations like taking a free-kick or making a pass to have a clearer understanding. In Science we learn about different muscles and how they function. I am able to understand how my body actually works and it makes me think about how I can improve my physical health, strength and fitness.

For me I have loved football since I can remember and I have never stopped playing it. It's my passion – I don't think I'll stop playing football because I really love the sport.

I think this club can benefit a future for so many people we all really love the sport and I don't think so any of us will stop playing. I believe that with hard work and dedication a lot of us in this club might even become professional players!

**Jayden 8W**

# Girls Football

Led by Mr Olaniran and assisted by Mr Mayne

Through girls' football club we learn a lot of new skills and drills in a fun way. Football is a really good sport and we have a chance to build our confidence. Even though we make mistakes Mr. Olaniran encourages us to learn from them so that we make fewer mistakes in the future.

We have played football matches and we can see how we are improving all the time. I did not think that football will be as much fun, but more girls have started to join the club and we have made stronger friendships.

We still have a lot to learn but we will get better if we continue to train hard.

**Rochelle 7B**



# Writing Academy

Led by Mr Tannam and Ms Thompson

The Writing Academy is fun, funny and it helps me with English, especially with my understanding of poetry. I am able to understand the meaning of complex words. The Writing Academy has assisted me in being able to express my feelings through writing. It has also showed me some amazing poets. We even had the pleasure of meeting a ghost writer. Through the Writing Academy I have had experiences to remember. Most importantly I have learnt how to write more exciting and amazing poems.

**Zion 7B**

I really enjoy the Writing Academy because we talk about different poems and the meanings behind them. We play word games to expand our vocabulary and many other fun activities.

One of my favourite things about the Writing Academy is that we express how we feel about poems and other people's poems. The teachers are very helpful and bring poetry to life. We get treats too!

The best part of Writing Academy is that we are going to publish a book with poems and stories that we have created. The poet, Lewis, makes activities funny by talking about how good his hair looked that day or how his clothes matched.

**Tatiana 7B**

## Reading Club

Led by Ms Anderson

When I first heard of the Reading Club, I was overjoyed. Reading has always been a passion of mine, and now I have a chance to compare and contrast my favourite books with that which my peers have read.

I look forward to attending this club on a Tuesday morning. The Phoenix Book Award challenge is a great source of enjoyment for me, as I always anticipate the pleasure of reading and comparing books. This is the second year that I have been a part of the reading club and I have definitely noticed a difference in my analytical writing as a result of it. The interesting descriptions and the vivid vocabulary in the books and literature that I have been reading in the club are extremely inspirational and without the reading club, I do not believe that I would have the regular opportunity to experience it all.

In the reading club, we also get a chance to vote on the greatest of our esteemed novels to see which authors deserve to win the Phoenix Award. It is inspiring to see my ideas and contributions influencing great things. I believe that the reading academy is essential to my development in English, Mathematics and Science. In addition, every activity and trip that we attend will and has benefited me in some way: from the analysis of literature texts, the enjoyment of reading fiction and non-fiction texts, to the experience of having a voice in the yearly Phoenix Award event. In essence, the Reading Club is fundamental and paramount to my educational journey at Platanos College.

**Ruben 8A**

# Fact or Fiction?! History Film Club

Led by Ms. Tonge, Ms. Graham and Ms. Stephenson



History Film Club is a great after school club. It is very enjoyable. We watch movies, clips and videos on a time period of our own choosing (for example World War I, II and Colonial times).

The magical experience of the cinema is brought to school and the classroom is made to feel like a cinema – especially with the snacks bought for us from our teachers!

It is through History club that I am able to see, analyse and discuss the significant events of a time period which further enhances my understanding of the subject. I am able to see the importance of a subject like history as well as to make sense of events gone-by which shape our present and future. I have truly embraced this opportunity which has made me think about the consequences of our actions as well as how we think and take others into consideration on a daily basis.

It is a wonderful club that I enjoy and I would encourage others to join too!

**Ramey 8C**

# Table Tennis Club

Led by Mr Klassen



Table tennis club has been a great time for me to socialise with my friends and peers in a fun way. Sometimes it gets really serious and competitive because we all like to win. But our club has grown from the regular six or seven students to eighteen members.

We play singles and doubles matches as well as fun drills

like 'round the world' or 'round the clock', 'cross court placement' or 'down the line'. Sometimes I struggle with my technique or placement but I am improving.

I took part in the Central London Schools' Table Tennis Championships under 13 and although I did not win any matches as the competition was very tough, I enjoyed my first experience and my family was able to watch me play. I am looking to improve and do better next year.



Omar Mousli also took part in his first under 16 Championships and he won two matches. We have students from year 7 to 11 at our club and I hope that more can join and have as much fun.

**Chukwinwike 8D**

# YEAR 10 FOOTBALL

Led by Mr Mayne

I feel like the club provides a lot of enjoyment for the players, the PE department and our coach Mr Mayne. There has been a positive energy and strong chemistry that has been developed over a period of time. Personally, as the captain of the team, I have learnt from everyone in the squad, especially Mr Mayne. We have had the opportunity to work with and learn from each other for a long time so we trust each other; as we know one another's skills and ability. This is one of the main reasons we have been a successful team over the years- competing in plenty finals and winning cups.

Most don't see the hard work behind closed doors: we work extremely hard together, even though it's school football, we all have a strong passion for the sport and feel we can raise the school's name and give it the recognition it deserves. Schools are now recognising Platanos College as footballing school.

Mr Mayne has recognised the ability we had as individuals in year 7 and helped us transform our potential into better players. The club gives us better understanding of the curriculum for GCSE PE. We are able to incorporate the knowledge from football into GCSE PE lessons. For example, how to deal with injuries, the mentality towards game, anaerobic/aerobic respiration and how the body responds to different situations – understanding science when it comes to biology.

For me, personally, football is strong passion I crave: everything from the derbies and rivalries involving the players, fans and atmosphere. Football has been a huge part of my life since the age of 5. I can express myself best through playing, whether just having a kick about or playing competitively. I feel if we work hard and stay dedicated, there shouldn't be a reason why we can't have a chance playing football professional.

**Elvis 10B1**

## Netball Club

Led by Ms. Daniels

Netball club has provided me with a lot of enjoyment especially through the teamwork based drills and skills and different activities we do.

I like the social aspects of the club as well as playing netball. It has really increased my confidence and skill level in PE too, as I know more things about the sports and can relate to it – as certain skills and aspects are transferrable.

The club has helped me to achieve a better PE grade too. I might even consider using these skills in a prospective career when older.

**Khiara 8C**

## YTAs Youth Travel Ambassadors

Led by Mr Klassen and Ms. Daniels



The YTA's meet once a month to discuss various issues impacting on London travel.

In February, nine of the YTA students attended a Dragon's Den style event where they put forward their ideas for improving the antisocial behaviour and safety issues on buses. They focused on the Key Stage 3 year groups and intend to create an informative video which they will

deliver within year group assemblies and a drama workshop in PSHE lessons.

These students have spent their YTA sessions researching, planning and redesigning their pitch, before speaking publicly in front of the dragons and other schools to request funding. Each student contributed to the task and were commended on their confidence in speaking, well researched and developed ideas as well as their ability to answer difficult questions regarding their topic when put under pressure.

They were extremely successful and were granted their full funding on £250 to help with filming and running their workshops with further guidance offered. A particular mention to Abrar and Ramey who excelled in this particular event.

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*We have always – and will continue to have – an unshakeable belief that all of our pupils can achieve – irrespective of their backgrounds.*

*We believe in providing opportunities for our pupils that extend beyond the classroom that help our pupils to achieve.*

*We firmly believe that Attitude Determines Altitude.*

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