



Assembly notices

Monday 6th April 2020

Reflection for the week

“Kindness is a language which the deaf can hear and the blind can see.”

During this time of isolation, our lives can seem more monotonous and feel quite boring. We have a lot more time on our hands – and this can lead us to over think or look for ways to relieve our boredom. Sometimes, for cheap thrills, we may talk about others, or treat them in an unkind manner. In some ways being unkind becomes a form of entertainment. We do not necessarily mean to hurt or twist the verbal knife of cruel mockery, saying what we do not mean to drive home more deeply what we think.

Every major religion in the world teaches about kindness. In the Book of Proverbs Christians are taught that “Whoever pursues righteousness and kindness will find life, righteousness, and honour”. The Prophet Muhammad taught love, kindness and compassion to his people, and was seen to be the most loving, kind, and compassionate of all of them. The Quran mentions his kind and gentle behaviour in these words: "O Messenger of Allah! It is a great Mercy of God that you are gentle and kind towards them; for, had you been harsh and hard-hearted, they would all have broken away from you".

Hurtful words, whether they be in text or voice, can do more damage than you think. Kindness strengthens not only those who receive it, but those who give it. For if you are not kind, you are bitter.

So, think twice before you write that post on social media, text message, before you respond to your brother or sister. Be kind.

Please see the assembly notices for this week:

Show My Homework

Well done to all of our pupils who have been using *Show My Homework* (SMHW) to complete lessons and work set by your teachers. As you would have seen in the pupil newsletter from Ms Taybi on Friday – we miss you all – and we are all working tirelessly from home to ensure that your education can continue during these unprecedented and unusual times.

Work should be uploaded onto SMHW and your teachers will check this for you.

If you have a problem with uploading to SMHW you can add your work as an attachment to the pastoral email addresses (reminder below). Your Pastoral Manager will forward any work to the relevant departments.

In the coming weeks we will be developing rewards those of you who regularly use SMHW and upload outstanding work.

Health and safety

We hope that you are well, safe and healthy. We have unfortunately had reports of pupils and their family members showing signs of coronavirus. Additionally, several members of teaching staff are suspected to have coronavirus also. Sadly, members of our school community have family who have died linked to coronavirus. We continue to pray for our school community and individuals who are unwell at the moment. Please follow the advice set out by the UK government:

1. Stay at home
2. Only go outside for food, health reasons or work (but only if you cannot work from home)
3. If you go out, stay 2 metres (6ft) away from other people at all times
4. Wash your hands as soon as you get home
5. Do not meet others, even friends or family (unless you live with them).

You can spread the virus even if you don't have symptoms.

Mental Wellbeing

Many of you will be feeling anxious because of the dramatic change to our lives. This is normal. It is okay to feel this way. Please remember: **YOU ARE NOT ALONE!** Many of us are feeling the same way. We must bide our time and sooner rather than later things will return to normal. Try to help your mental wellbeing in the meantime:

- Limit the amount of news you watch and read. The constant reminder will only add to your anxiety.
- Read a novel or listen to an audio book. This will act as escapism and take your imagination to new and exciting places.
- Limit the amount of social media you access – fake news thrives on social media platforms like Facebook, Instagram, Twitter and Snapchat. Fake news will only worsen your anxieties.
- Exercise – you are allowed out of your homes for a walk or another form of exercise. However, try out PE with Joe Wicks' – your teachers have been. Exercise releases chemicals called endorphins which trigger a positive feeling in your body.
- Keep to a routine – set an alarm in the morning, make your bed, brush your teeth, set aside time for school work, set aside time for downtime and exercise, and do not go to bed too late.

Uniform notice

We do not know when school will reopen. We are seeking and following advice from the government on a daily basis. However, when school does reopen – things will be as close to normal as possible. Therefore:

- Look after your school uniform
- Please do not get piercings – nose piercings, smiler piercings, eyebrow piercings or multiple piercings are not allowed – and boys are not allowed piercings at all
- Please do not get any outrageous hairstyles – no cuts or lines, no high top or big afros and hair must be your natural hair colour.

This will ensure your return to school will not be delayed even further.

Year 11 - Keep working. Keep going.

Our official advice to you is to continue to complete work as normal. However, we know that many of you are feeling demotivated at the moment. We understand why.

We want to keep you focused on your pathways, and we therefore believe that you should now start to be thinking about your next destinations:

- Have you applied for your chosen sixth form/ college(s)
- Are you preparing for your next steps?

If you need further advice on this, you must email ks4pastoral@platanoscollege.com for guidance.

We will be uploading year 11 to year 12 transition work on to *Show My Homework* from today. This should cater for some of the subjects you are proposing to study in year 12. A further range of subjects and modules will be posted in the coming weeks. You, of course, can contact your teachers for any help in completing these modules.

We wish you all a peaceful and safe end of term break.

Attitude Determines Altitude.