



## Assembly notices

Monday 27<sup>th</sup> April 2020

### Reflection for the week

*On behalf of all the staff at the school – Eid Mubarak to our Muslim pupils and their families.*

*Ramadan marks the holy month in the Islamic calendar when Muslims observe fasting from sunrise to sunset. It is a period during which Muslims are expected to endeavour to reach a higher level of spirituality and where kindness, forgiveness and charity are actively promoted.*

*Ramadan is one of the five pillars of Islam and marks the period in which the Holy Quran was revealed to the Prophet Mohammed. It is a time for Muslims to draw closer to Allah and be reminded that there are people less fortunate than they are. Therefore, Muslims fast to understand the suffering of those less fortunate than them and to be reminded to not be wasteful of Allah's blessings.*

*We should all take the meaning of Ramadan into consideration during this pandemic. On Thursday, The Big Night In took place where celebrities performed sketches to encourage people to donate money to help those in need at the moment. In the supermarkets, the food banks are full to the brim with donations. Up and down the country people are volunteering to deliver food and medicine to those not allowed out of their homes. In times of emergency, the goodness of humanity often comes to fruition.*

*Reflect on what you can do to help those less fortunate than you at the moment – it might be buying that non-perishable item and placing it in the food bank, it might be helping a neighbour with shopping, it may be a phone call or a text message to someone who you know is lonely.*

*If there is a time whenever charitable acts were needed - it is now.*

### **Please see the assembly notices for this week:**

#### **Show My Homework – Year 10**

With the decision now made on the year 11 GCSE examinations, the pressure will be on year 10s being fully prepared for sitting their GCSEs next Summer.

By now, in school, teachers in all subjects would have moved on to the new topic for that GCSE. As we do not know when we will return to school, it is important that we do this – as best as possible – through online learning. It is by no means ideal – but we have to do this – and the reason for why is that the government have made it quite clear – **the GCSEs for next academic year will not be impacted by the coronavirus pandemic.** Therefore, at present the education for our year 10s must be taken seriously – by us, by our pupils, and by their families.

Work has been set on SMHW and this must be completed and submitted by the deadlines issued. Phone calls will be made to every pupil in year 10 this week to ensure that there are no issues with accessing your learning from home.

If there are immediate issues, please email Mr Edwards at [KS4pastoral@platanoscollege.com](mailto:KS4pastoral@platanoscollege.com).

### **Show My Homework – Years 7 - 9**

Well done to all of our pupils who have continued to consistently use *Show My Homework* (SMHW) to complete lessons and work set by your teachers over the break. We continue to miss you all – and we are continuing to work 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 see work has been set for you by a teacher that doesn't usually teach you – this is okay – you should still complete the work which has been set and upload this and it will be seen by your class teacher.

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.

### **Year 11 - Keep working. Keep going.**

A level transition work has now been uploaded to SMHW. At present we have submitted A level taster units to help prepare for year 12 for the following subjects:

- Philosophy- Epistemology
- Sociology- Education
- Psychology
- Politics
- History- Russia
- Drama
- Chemistry
- Biology
- English Literature- Poetry
- Maths
- Spanish
- Physical Education
- Art and Design

Additionally, it is essential that you remain focused on your future 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](mailto:ks4pastoral@platanoscollege.com) for guidance.

### **Year 11 – Intended destinations**

As you prepare for your transition from year 11 to year 12, schools across England have been given the task to collect your intended destination data.

We understand that you may be uncertain about your final decision, however we do need to know where you intend to go post 16.

This could be a 6th form, a place at college or attending an apprenticeship.

We therefore need you to support us by completing the attached application form and once completed email this to [ks4pastoral@platanoscollege.com](mailto:ks4pastoral@platanoscollege.com).

Once collected the application forms will be sent to Lambeth Education Department.

### ***Health and safety***

We hope that you have been and continue to be well, safe and healthy. We continue to remember in our thoughts and prayers those who have been directly affected by coronavirus – staff, their families, our pupils and their families. If everyone works together this will come to an end. 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.

***Email addresses:***

[year7pastoral@platanoscollege.com](mailto:year7pastoral@platanoscollege.com)

[year8pastoral@platanoscollege.com](mailto:year8pastoral@platanoscollege.com)

[year9pastoral@platanoscollege.com](mailto:year9pastoral@platanoscollege.com)

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Stay safe.

*Attitude Determines Altitude*