

PUPIL WEEKLY BULLETIN

W/C Monday 30th March 2020

Edition 2

Attitude Determines Altitude

WELCOME

Welcome to the Platanos College pupil weekly bulletin, uploaded to our website and SMHW weekly.

Staff are working tirelessly to organise your online learning.

This week we asked staff the following question: **What are we doing to maintain a sense of normality? How are we keeping the Platanos Spirit alive?**

Ms Stephenson said:

"As we enter the second week of working online, I have been making sure I log into the computer at the times I would normally be in school. Its heartening to receive student work, and emails from colleagues knowing that we are all trying to continue as normal. I take regular breaks, and make sure I move away from the computer screen for lunch. The day goes surprisingly quickly.

Last week I started reading a new book, made bread for the first time, and have been speaking to friends via video call. They share my frustrations. We have laughed. Its

nice to know that we are all working through this together. An experience unlike anything we have had before. I am counting the new things I am doing each week. It won't be forever, and that's important to remember".

Ms McAteer said:

"The Art department are making sure we maintain a sense of normality by contacting each other daily to check in, share our news and support one another. We are LOVING the work submitted by our pupils via email and SHMW- it is wonderful to see how resourceful pupils are being within this challenging times. Keep it coming!".



Ms Valmarana said:

“Every morning I liaise with the members of staff I would normally meet in school over WhatsApp. I try to keep to usual work hours as much as possible. Where I would normally spend left over time trying to find opportunities to take students to the theatre and secure workshop visits to school, I have been searching the internet to find edgy, filmed live productions to recommend to our students.



I love the excitement and creativity of live theatre and usually see a show every week so for me the TV as a substitute just isn't cutting it. Fortunately, the National Theatre is releasing a play a week online so I'm very much looking forward to 'A Man and Two Guv'nors this week starring James Corden. See you at the theatre!"



Mr Bourke said:

“I think that speaking to my colleagues on a daily basis and hearing how positive everyone is being is encouragement alone. I have been successful at keeping to my routine and making sure I have plenty of exercise. I felt inspired by the reflection in the assembly notice this week”.



Mr Carroll said:

“I am trying to keep up my usual daily routine as best as I can to keep a sense of normality to my day. I am making sure to do the simple things like getting up at the normal time and listening to music as I eat my breakfast which I usually

Attitude Determines Altitude

Platanos College, Clapham Road, London, SW9 0AL

Tel: 020 7733 6156 | E-mail: info@platanoscollege.com | Web: www.platanoscollege.com

Executive Headteacher: Ms J. Tapper CBE FRSA MA NPQH

do in the English office every morning.

I am also making sure that I get out running at least once a day to clear the head and keep fit – it's great for the physical health as well as mental health. I hope all pupils and staff are doing the same!"

Ms Graham said:

For me the way that I have kept a sense of normality is through making a routine for myself. The Platanos Spirit is being kept alive through the comments and work completed by pupils and uploaded to SMHW. This is keeping me busy and also, at times, making me smile.



Ms Wall said:

Keeping a regular schedule including waking up and going to bed at my usual time. Taking my dog for a daily walk and exercising every other day.

I am keeping the Platanos spirit alive through working online with colleagues and planning for our return to school.

Ms Amenedo said:

We keep the Platanos Spirit alive by having every day meetings and working online to plan new activities. Also, by discussing and laughing about things that we miss about our pupils.

Ms López remembers how diligent her Year 7 pupils are. Ms Roso on how much KS3 pupils are fascinated about doing homework. Ms J. López misses the competition games with her Year 8 and Ms Amenedo admires and misses the love for challenge from her Y10 pupils.

We believe the Platanos Spirit is more alive than ever with the new online learning system.

Ms Thompson said:

At Platanos College we try to encourage our pupils to go out of their comfort zone and try new experiences. I have been trying new things that I've not done before including lots of craft ideas with my son and baking. These often go wrong but I'm going to keep trying!

I've also been balancing work with spending time with my family as I

Attitude Determines Altitude

Platanos College, Clapham Road, London, SW9 0AL

Tel: 020 7733 6156 | E-mail: info@platanoscollege.com | Web: www.platanoscollege.com

Executive Headteacher: Ms J. Tapper CBE FRSA MA NPQH

hope all our pupils are able to do with theirs.

Coronavirus is a scary experience for us all, but it has given most of us an opportunity to slow down a little and recharge and appreciate our loved ones. So I hope all our pupils are able to spend time with their loved ones and make memories to remember for a long time.



Mr Edwards said:

I try to maintain a daily routine as much as possible. I break my day up into segments.

I have started utilising my gym equipment in the garden (ie weights, skipping ropes, resistant bands)



Our motto says it all, Attitude Determines Altitude. So in this unprecedented and extraordinary time, it's important to promote and maintain a sense of hope and positive thinking with our pupils.

We continue to innovate and evolve in what is undoubtedly are challenging times and through sheer determination; quality learning is still occurring. Equally, our communication with our pupils remains upbeat and positive.



Ms O'Connell said:

In English we have received a wealth of pupil responses that show excellent engagement.

Attitude Determines Altitude

Platanos College, Clapham Road, London, SW9 0AL

Tel: 020 7733 6156 | E-mail: info@platanoscollege.com | Web: www.platanoscollege.com

Executive Headteacher: Ms J. Tapper CBE FRSA MA NPQH

Attitude most certainly determines altitude when it comes to our current situation- I am most proud of our staff body who have had a fantastic attitude to our current situation, we are keeping the pupils at the forefront of what we do and keeping our collective spirits positive.

The positive spirit is alive within the English Department, where colleagues are continuously checking in on and supporting each other, also having colleague well-being as a priority.

Mr Klassen said:

The '*sense of normality*' is all we can *strive* for at this time and setting realistic expectations is something I quickly cottoned onto during the first two days of the first week away from school.

Strategies:

- Set and try to *maintain clear structure*.
- Map out a daily and weekly *to-do list*.
- Be *realistic of expectations* as to what is feasible.
- Be *flexible* in managing changes.
- Be *appreciative* of the *unusual circumstances* as this could possibly be the new norm.
- Keeping in-touch with the department (for a sense of

sanity) as it is the norm to spend 45 hours per week with the team.

- Try to do something I *would not usually do during a normal* working day.

By applying these strategies I have been successful in maintaining rationality, balance and a sound mind. Well that's the account provided by my family.

Keeping the Platanos spirit alive?

Being ever-present for the pupils in trying to maintain 'normality' during indifferent circumstances.

Studies over the years have suggested that it takes two weeks to formulate a habit, I think I have adjusted to this swimmingly.



Mr Persuad said:

Although I am at home, I am still engaged with the pupils. It seems like I am at Platanos College.

We keep Platanos Spirit alive by:

Attitude Determines Altitude

Platanos College, Clapham Road, London, SW9 0AL

Tel: 020 7733 6156 | E-mail: info@platanoscollege.com | Web: www.platanoscollege.com

Executive Headteacher: Ms J. Tapper CBE FRSA MA NPQH

1. Focusing on learning every day. Giving the pupils work, plenty work and even more work. Ensuring that a sufficient amount of work is given to all pupils and that they are given feedback on SMHW.
2. Planning and refining our lessons.
3. Having meetings with managers over the phone.
4. Allocating tasks to teachers with deadlines.
5. Maintaining contact with pupils and staff. Checking on the well-being of colleagues and having a laugh to keep us going through this pandemic.

Ms Cleasby said:

For maintaining a sense of normality, I have been keeping my alarm set to the same time as a normal school day and getting up and dressed as I normally would.

Exercise has also helped me to maintain a sense of normality; I keep to the school-day schedule and switch off with half an hour of exercise as reward.

Regular communication with pupils and colleagues has been of huge importance with keeping the Platanos spirit alive.

Receiving responses from staff and downloading pupils' homework submissions to give them feedback reminds me that even while we are in isolation, we are all still part of a community.



Mr Olaniran said:

In order to keep a sense of normality I am trying to maintain a daily routine. This starts off with a 50 minutes home workout, this prepares me mentally and physically for the day.

I have devised a schedule with my family which we are sticking to so far. This consists of work time, lunch time, quiet reading, music/art time and then going for a walk. This has really helped to break up the day which has become easy to manage.

I would also say being able to speak or message my colleagues regularly, this has aided me in these usual circumstances.

Attitude Determines Altitude

Platanos College, Clapham Road, London, SW9 0AL

Tel: 020 7733 6156 | E-mail: info@platanoscollege.com | Web: www.platanoscollege.com

Executive Headteacher: Ms J. Tapper CBE FRSA MA NPQH

Ms Anderson said:

Being accessible to pupils and parents via show my homework or through the departments email system.

We have a duty to look after ourselves and others. This obligation is even more imperative as we journey throughout this Global crisis. I have been doing various activities to keep me physically and mentally active.

I am proud to be a part of the Platanos College team, who are working from home, in order for you to carry on with your learning online and to provide you with the necessary resources, feedback and targets. This will ultimately contribute to your educational achievements in the long run.

Platanos College (Science Dept.)

All that we do is with the school's vision and motto in mind, 'Attitude determines altitude'.

THE SPIRIT OF PLATANOS.

We keep remembering our schools mantra on attitude and altitude.

It is often said that children are not the distraction from the important work but they are indeed the most important focus.

One of the key messages we get from our practice at school is that we can change the world, one child at a time. The spirit of Platanos is alive and well.

Platanos College is about building a strong community and so we continue to strive for this even though we are apart physically: we maintain effective communication, production of high quality work for pupils and support for every member of the team.

Thank you to all of the staff at Platanos College. More updates will be on their way to you next week.

If you have a sensible question you would like staff to answer, please send this in to the pastoral email below:

Year7pastoral@platanoscollege.com

Year8pastoral@platanoscollege.com

Year9pastoral@platanoscollege.com

Ks4pastoral@platanoscollege.com

Attitude Determines Altitude

Platanos College, Clapham Road, London, SW9 0AL

Tel: 020 7733 6156 | E-mail: info@platanoscollege.com | Web: www.platanoscollege.com

Executive Headteacher: Ms J. Tapper CBE FRSA MA NPQH