



## Assembly notices

Monday 6<sup>th</sup> July 2020

### Reflection for the week

*God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.*

*The serenity prayer is not just relevant to Christians – this 80-year-old prayer has a message which we can all take something from.*

*So much happens to us in our lives that are traumatic – it might be falling out with a friend, a breakdown of a relationship or a death of a loved one. Whatever this trauma is, it causes us stress. We might have a constant crunch in our stomachs or the muscles in our arms and legs, we might over think and over worry, we might distance ourselves from others, we might lash out at others.*

*Trauma affects people in a countless number of ways – it is horrible. And sometimes, because of trauma, life can feel hopeless.*

*There is no vaccine that can remove the memories of a traumatic event. However, finding a person who you can talk to – and who will listen – can treat the pain and feelings of hopelessness.*

*We can do things ourselves too. By accepting that there are things in our lives that we cannot change, we can begin to let things go. When there are things that we can influence, being proactive and doing something different will open up new doors. This takes courage because it means a change to our normal lives. We fear what we do not know, and to take a different direction takes bravery.*

*Sometimes we need to help ourselves.*

*When things go wrong – look in the mirror – talk to yourself – tell yourself everything about you that you are proud of – tell yourself that things can get better – and be prepared to do something different to make a change.*

*Take your power back. Control your circumstances.*

*When you do this, you will become emotionally empowered. Adult and child alike.*

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

### ***Year 10 – Face to face sessions***

Face to face teaching sessions continue today. We continue to be proud of the attitude and focus of our year 10 pupils who are attending. They have continued to show real dedication to their learning.

Please be reminded that all pupils have individual timetables and should only attend school on the days that they are due to be in.

If a pupil has not attended the Health and Safety Induction session, they should not attend school until a parent/ carer has contacted the school to arrange their induction.

We know that some of you are in households where people are shielding and therefore you are not going to attend school.

We have made the following arrangements for pupils who are not currently able to attend school:

- All lessons will be uploaded onto Show My Homework, after the lesson has taken place in school
- The lessons will be followed by specific homework tasks which will be uploaded to Show My Homework, along with the lesson content
- The tasks are directly related to the learning in the lesson and many of the tasks will be in the format of a test or short assessment
- You should submit your work via Show My Homework
- You will receive feedback before your next lesson
- Additional work will be uploaded to Show My Homework on the days that year 10 pupils are not on school site.

We continue to stress that all pupils in year 10 should complete the work set on Show My Homework (SMHW). This work is a continuation of your GCSE courses. **This is irrespective of year 10 face to face sessions. The bulk of learning must continue online.**

Work will continue to be set on SMHW and this must be completed and submitted by the deadlines issued.

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

### ***Year 10 Covid-19 Concerns***

In order to best support our pupils, we have set up an exclusive email address for our year 10 pupils. If your child has any concerns related to Covid-19, your child can send an email to the following email address: [pupilcovidconcerns@platanoscollege.com](mailto:pupilcovidconcerns@platanoscollege.com)

## **Show My Homework and My Maths – Years 7 – 9**

Letters were sent to all parents/ carers of pupils across years 9 detailing submission levels of work between Friday 12<sup>th</sup> June to Thursday 25<sup>th</sup> June 2020.

Well done to those pupils who have continued to consistently submit work set through *Show My Homework* (SMHW) and My Maths, completing lessons and work set by your teachers – the majority to a very high standard.

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.

## **Academic Review Days**

This week we will be holding Academic Review Days for year 8 and 9 pupils:

8A and 8B tutor groups – Monday 6<sup>th</sup> July – 1.30pm – 3pm  
8C and 8D tutor groups – Tuesday 7<sup>th</sup> July – 1.30pm – 3pm  
8W, 8H and 8E tutor groups – Wednesday 8<sup>th</sup> July – 1.30pm – 3pm

9A and 9B tutor groups – Friday 10<sup>th</sup> July – 9am – 10.30am  
9C and 9D tutor groups – Friday 10<sup>th</sup> July – 11am – 12.30pm  
9H, 9W and 9E tutor groups – Friday 10<sup>th</sup> July – 1.30pm – 3pm.

Please note that:

- Social distancing will be in operation. As a result, only one parent/ carer should attend per pupil
- Pupils should wear school uniform
- Pupils do not need to see their former subject teachers
- Pupils and their parent/ carer must wait outside of reception and wait to be invited inside the building
- Any pupil and their parent/ carer who arrives after 2.45pm will not be able to be seen
- Any pupil, parent/ carer who cannot attend will receive a work submission report and subject specific guidance on how to prepare for September by post – individual appointments for other days cannot be made
- Pupils and their parent/ carer should attend on the day that their tutor groups have been assigned to. Due to the social distancing measures in place, those who attend on the wrong day will not be able to be seen.

It was wonderful to see so many of our year 7 pupils and their parents/ carers last week.

## **Year 11 Further Education**

Colleges and 6<sup>th</sup> Forms are using a variety of ways to help you find out more about what is on offer:

**Southwark College** will be holding a series of Virtual Open Days

The events are open to all applicants and people considering to study at Southwark College and will be held between 2-7pm on:

### **Thursday 9 July**

If you are interested then you will be able to register to attend sessions for each course area and apprenticeships, hear from the Principal and also find out more about enrichment, student services and work experience.

To register for the sessions you would like to attend, please visit the Virtual Open Days page on the college website website at [www.southwark.ac.uk/virtualopendays](http://www.southwark.ac.uk/virtualopendays).

**Christ the King's** year 11 Virtual School has a number of resources to support year 11 students with their transition to post 16 study and includes the following:

- Transition booklets for all the subjects they offer at Christ the King Sixth Forms which includes activities for students to complete, online and reading resources to help students prepare for their post 16 studies.
- A free careers download activity pack which students can access and work on.
- Year 11 Careers Hotline, if pupils need any impartial advice the Team are there to help at this difficult time.

The link to all the resources can be found <https://www.ctk.ac.uk/year-11-careers-advice/>

West London College Virtual Open Days registration links can be found at [wlc.ac.uk/opendays](http://wlc.ac.uk/opendays)

If you need further advice on this, you should email [ks4pastoral@platanoscollege.com](mailto:ks4pastoral@platanoscollege.com) for guidance.

### ***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:

- stay at home as much as possible
- complete your school work at home
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly

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. 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)

[ks4pastoral@platanoscollege.com](mailto:ks4pastoral@platanoscollege.com)

Stay safe.

*Attitude Determines Altitude*