



## Assembly notices

Monday 13<sup>th</sup> July 2020

### Reflection for the week

A car salesman shares the success-producing technique he has developed. It makes sense.

*“A big part of my job, for two hours a day”, he explains, “is telephoning potential customers to arrange test drives. When I first started selling cars three years ago, this was my big problem. I was shy and afraid, and I know that my voice sounded that way on the phone. It was easy for people I called up to say: ‘I’m not interested,’ and hang up.*

*“Every Monday morning back then our sales manager held a sales meeting. It was pretty inspirational, and it made me feel good. And what’s more, I always seemed to arrange more test drives on Monday than any other day. But the trouble was that little of Monday’s inspiration carried over to Tuesday and the rest of the week.*

*“Then I had an idea. If the sales manager can pep me up, why can’t I pep myself up? Why not give myself a pep talk just before I start making those phone calls? That day I decided to try it. Without telling anyone I walked out on the forecourt and found a vacant car. I sat in it and for several minutes I talked to myself. I told myself, I am a good car salesman and I’m going to be the best. I sell good cars and I give good deals. The people I am phoning need those cars and I am going to sell them.*

*“Well, from the very beginning, this self-supercharging paid off. I felt so good I didn’t dread making those calls. I wanted to make them.*

*“I no longer go out on the car lot and sit in a car to give myself a pep talk. But I still use the technique. Before I dial a number I silently remind myself that I’m a top-notch salesman and I’m going to get the results – and I do.”*

It is a pretty good idea – to be on top, you’ve got to feel like you’re on top. Give yourself a pep talk and discover how much bigger and stronger you feel.

Practice up-lifting self-praise. Don’t practice belittling self-punishment.

You are what you think you are. Think more of yourself and there is more of you.

Set yourself this task: build your own ‘sell-yourself-to yourself’ commercial. Think for a moment about one of America’s most popular products, Coca-Cola. Every day your eyes or ears come in contact many times with the good news about Coca-Cola. The people who make Coca-Cola are continually reselling you on Coke, and for good reason. If they stopped reselling to you, chances are you’d go lukewarm on and eventually cold on Coke. Then sales would drop.

But the Coca-Cola Company is not going to let that happen. They resell you and resell you and resell you on Coca-Cola.

Every day we see half-alive people who are no longer sold on themselves. They lack self-respect for their most important product – themselves. These people are indifferent. They feel small. They feel like nobodies, and because they feel that way, that’s how they project themselves to others.

The half-alive person needs to be resold on themselves. They need to realise that they are a first-class person. They need honest, sincere belief in themselves.

Write yourself a 60 second commercial – keep it with you all of the time:

*Tell yourself that you are important, a really important person. Tell yourself that you are a really big thinker - think big about everything. You've got plenty of ability to do a first-class job, so do a first-class job.*

*Tell yourself that you believe in happiness, progress and prosperity. Tell yourself to talk only happiness, talk only progress, talk only prosperity.*

*Tell yourself that you have lots of drive. Instruct yourself to put that drive to work. Remind yourself that nothing can stop you, nothing.*

*Order yourself to be enthusiastic. Let your enthusiasm show through.*

*Tell yourself that you look good. And you feel good. Stay that way.*

*Remind yourself that you are a great person yesterday and you are going to be an even greater person today. Go forward.*

You build your “sell yourself to yourself” commercial by selecting your assets – the things that you know you are good at. Ask yourself “what are my best qualities?” And don't be shy in describing yourself.

Put these words onto paper. Write your commercial to you. Talk to yourself. Be very direct. Don't think of anyone other than you when you say your commercial. Practice your commercial out loud at least once a day. Do it in front of a mirror. Repeat your commercial forcefully and with determination. Make your blood travel faster through your body. Get yourself warmed up.

Repeat your commercial silently to yourself several times a day. Read it before you tackle something that demands courage. Read it every time you feel let down. Keep your commercial handy at all times – and use it.

By completing the selling yourself to yourself technique you will never be an average person. You will be happy and learn to love yourself.

And if you can't love yourself, how will you be able to love anyone else.

Upgrading your thinking upgrades your actions. This not only improves your mental wellbeing, but it produces success.

You should try thinking how important people think:

When you worry – ask yourself would an important person worry about this? Would the most successful person that I know be disturbed by this?

When you have an idea – what would an important person do if they had this idea?

When you consider your appearance – do you look like someone who has maximum self-respect?

When you consider your language – am I using language of successful people?

What I read or watch on television – would an important person read or watch this?

When you lose your temper – would an important person get mad at what I am mad at?

When you tell a joke – is this the kind of joke that an important person would tell?

Your attitude to learning – how would you describe your attitude to others.

Cement in your mind the question: is this the way an important person does it? Use this question to make you a bigger and more successful person.

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

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

This week will be the last week of face to face sessions with year 10 before the summer holidays. This week, year 10 pupils will receive an assessment in their subjects to measure the progress made this half term. 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.

For those pupils in year 10 who have been unable to attend school, the assessments will be uploaded on the same day that these take place in school.

We will continue to make the following arrangements for the final two days of term.

- 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

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

## ***Academic Review Day***

On Friday 17<sup>th</sup> July 2020 we will be holding an Academic Review Day for year 10 pupils:

- 10A1 and 10A2 – 9am – 10.30am
- 10A2 and 10A3 – 11am – 12.30pm
- 10B1, 10B2, 10C1 and 10C2 – 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 8 and year 9 pupils and their parents/ carers last week.

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

This week, letters will be sent to all parents/ carers of pupils in years 7 and 8 detailing submission levels of work between Friday 25<sup>th</sup> June to Wednesday 8<sup>th</sup> July 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.

## ***Year 11 Further Education***

**Christ the King's** year 11 Virtual School has a number of resources to support year 11 pupils 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.ctl.ac.uk/year-11-careers-advice/>

If you need further support 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*