



**PLATANOS COLLEGE**

An outstanding school for  
pupils of all abilities

# Safeguarding and Wellbeing Newsletter

## Spring Term 1

**Spring 2021 Edition**

*Attitude Determines Altitude*

### WELCOME

Welcome to our spring edition of the Platanos College Health and Wellbeing Newsletter.

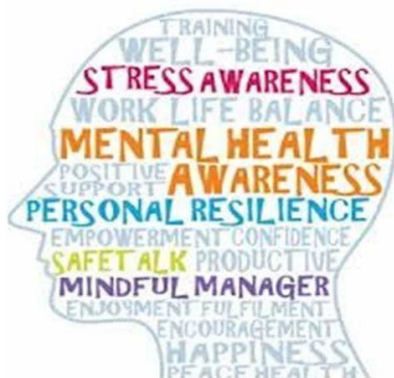
Since July 2018, Platanos College registered for the Wellbeing Award, and has created a whole-school approach to Health and Wellbeing.

All staff at Platanos College recognise the importance to safeguard and promote the welfare of all our pupils by protecting them from physical, sexual or emotional abuse, neglect and all forms of bullying.

We recognise the importance of teaching pupils the skills to improve their health and wellbeing. The skills include a variety of approaches such as regularly engaging in physical activities, understanding the benefits of eating healthy, forming healthy relationships and managing their emotional development.

The school has a number of staff who have been trained as Youth Mental Health First Aiders. Including regular Child Protection and Safeguarding training

It is the school's aim to raise awareness within our school community in order to create a mentally healthy, supportive environment for both staff and pupils.

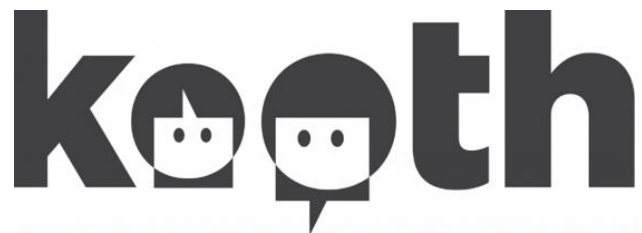


### ONLINE MENTAL HEALTH & WELLBEING SERVICE

Kooth is a free online mental health & well-being service available to all young people aged 11-25 in Lambeth. Pupils can log onto Kooth until 10pm every single day of the year to speak to a fully-qualified counsellor about anything they wish.

Kooth also has self-help tools & activities, an online magazine & forums which are designed to support a young person's well-being too.

Kooth is commissioned by the NHS and Local Authorities.



#### On Kooth you can



Visit the website [www.kooth.com](http://www.kooth.com)

Or visit the website portal

<https://kooth.swivle.cloud/#/search//name-asc/?path=ancestorPaths:%22%5CPromotional%20Portal%5CAI%20Promotional%20Materials%5CKooth%22>

## SELF-CARE AND SUPPORT FOR YOUNG PEOPLE

### NUTURE YOUR PHYSICAL HEALTH

Eat regular healthy meals and find a fun exercise that suits you and your schedule.

Remember to download the home workout programmes that the Physical Education department have uploaded onto Show My Homework and Google Classroom.

### SET ASIDE TIME TO HAVE FUN

Positive emotions can help build a buffer against stress.

### TALK TO SOMEONE

Avoid bottling up your feelings ...talk to someone like your parent, a member of your family or a close friend.

### TOO MUCH SCREEN TIME

It can affect your sleep, so try to switch off now and then.

### OVERWORKING

Everyone needs time to unwind so try to build in short, regular breaks while you are studying or revising.

## WELLBEING AND SAFEGUARDING

Amid the Covid 19 pandemic, supporting the wellbeing of children has never been so important. You can access Safeguarding Children 10 Top Tips Parent Resource.

This resource is designed to offer advice on how parents can safeguard their child/ren's mental health and promote their wellbeing and is available as a document and short video presentation.

The link to both resources is here: <https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==>



## KEEPING PUPILS SAFE ONLINE

The NSPCC offers workshops and webinars for parent and carers, which cover the positive aspects of children using the internet, as well as the potential risks and concerns that families might have.

To organise a session, please contact [parentworkshops@nspcc.org.uk](mailto:parentworkshops@nspcc.org.uk)



### NET AWARE

Net Aware is an online tool created in partnership with O2 that informs parents and carers about popular sites, apps and games that children use. They can also sign up to our online safety newsletter to keep up with digital trends.

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Executive Headteacher: Ms J. Tapper CBE FRSA MA NPQH

For more information visit [www.net-aware.org.uk](http://www.net-aware.org.uk)

### **ONLINESAFETY PRINTABLE RESOURCES**

The NSPCC and O2 have also created resources to help parents and carers kick start conversations with your child about staying safe online. The information is available in 9 different languages from [www.net-aware.org.uk/resources](http://www.net-aware.org.uk/resources)

### **ADDITIONAL WEBSITES**

<https://www.healthystart.nhs.uk/>

<http://www.lambethlarder.org/emergency-food.html>

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