



Assembly notices

Monday 1st March 2021

Reflection for the week

Prime Minister Boris Johnson announced last week that schools will be re-opening in the coming weeks – and yet again we all have to prepare for another change in what has been a rollercoaster of a year.

Once again, you will need to have a sensible bed time that allows you between 8 and 10 hours sleep each night; you will need to start setting your alarm for the mornings; you will need to allow time for breakfast, washing and getting dressed; you will need to navigate the hustle and bustle of travelling to school; you will have to get used to writing with a pen and meeting the expectations of your teachers in the quality of your work; you will need to start getting used to balancing school work, homework and leisure time; you will need to get used to deadlines; you will need to get used to being around crowds again; you will need to re-remember how to talk to adults, other than your family members.

Change often happens so fast that we don't pause to assess the situation in a balanced way. But when you do, you'll be better equipped to adapt to the change — and help others do the same.

Your reflection this week in to help you in preparing for change. Consider your own personal answers to the following questions – maybe even write them down:

- Why is the change happening? Why is society so keen to get children back into school – consider the importance of school for your futures and your physical and mental health?
- What does the change mean for me? How is the change in your routines going to affect your life?
- What do you not understand about the change? How could you find out more?
- How might you benefit from the change? What are you going to gain by returning to school?
- What are the obstacles, thoughts or feelings that could keep you from embracing the change? What can you do overcome these problems?
- What makes the most sense to start doing, stop doing, or continue doing in order to quickly adapt to the change?
- How in future are you going to know if the change has benefited you? How are you going to measure your successes over time?

Please see the assembly notices for this week:

Returning to school

We are delighted that we will be able to see you all very soon. Your parents/ carers will receive letters detailing your return to school from **Monday 8th March 2021**.

Due to the fact that you have not had the routine of school for a long time now, it is important that we re-train you on health and safety and our expectations of you when you are at school. In addition, the government have informed us that we must test you for Covid-19 before we can begin teaching.

Therefore, every form group will have a particular day and time period in which they come into school next week. When you are in school you will receive an induction and a Covid-19 test, providing your parents have given consent for this to take place.

Apart from the day and time that you are in school physically, your live lessons online through G Meet will continue for the week.

Normal lessons in school will resume on **Monday 15th March 2021**.

Uniform notice

When you return to school from Monday 8th March 2021 you will be expected to be in full school uniform and our expectations on appearance and professionalism has not faltered.

- Look after your school uniform
- Piercings: nose piercings, smiler piercings, eyebrow piercings or multiple piercings are not allowed – and boys are not allowed piercings at all
- Hair: 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.

Online Learning

Pupils will continue to follow their timetable for English, Mathematics, Science, Spanish and History for their live lessons via Google Classroom and G Meet.

Work that is completed in your live lessons **must** be uploaded to Google Classroom as directed by your teacher. **Work for all other subjects must continue to be completed as it is added to Show My Homework and Google Classroom.**

All resources will be uploaded and it is expected that your work will be submitted to your teachers.

If you have a problem with uploading to SMHW or Google Classroom you can add your work as an attachment to the pastoral email addresses. Your Pastoral Manager will forward any work to the relevant departments.

Email addresses:

year7pastoral@platanoscollege.com

year8pastoral@platanoscollege.com

year9pastoral@platanoscollege.com

ks4pastoral@platanoscollege.com

Please ensure the school is made aware if you do not have access to technology to complete your online work.

Online Learning – problem solving

Attendance to online and live lessons continues to be outstanding. Well done! So many of you are living examples that Attitude Determines Altitude!

If you have trouble attending live lessons, please contact the relevant email address detailed above or ensure that you have done the following:

- Ensure that your web browser is Google Chrome. If you have not got Google Chrome on your computer or laptop, it is free to download. Just enter Google Chrome into your search engine and follow the installation instructions.
- If clicking the link still does not work, copy and paste the link into the address bar in Google Chrome.
- If using a tablet or a smart phone, download the Google Classroom and G Meet apps. Pressing the link to your live lesson on Google Classroom should open up the G Meet app and your lesson should automatically load.
- If you are late to your lesson, the code may be taken down by your teacher – this is so that the teacher can teach online without interruption to keep checking the identity of those who have entered late. So be on time! Your teacher will add the G Meet link to your Google Classroom 5 minutes before your lesson starts.

Online learning - expectations

Unless there is a valid excuse that has been explained to the school, all pupils are expected to attend live lessons via Google Classroom and G Meet, and complete work that is set by their teachers.

We will contact home for pupils who do not attend or do not complete their work.

Please note that any form of disruption to online lessons is extremely selfish and will not be tolerated. If a pupil disrupts a live lesson, their parents will be contacted in the first instance. In the second instance pupils will be banned from attending live lessons and will have to complete work set by their teachers on Show My Homework and Google Classroom.

Please do not share the code that your teacher provides for their live lesson. **You should treat this code like it is a pin for a bank card.** This is for safeguarding reasons.

Online learning – advice for pupils attending live lessons

- Create a timetable for your week: when are your live lessons?
- Like the school bell is a reminder to you when a lesson ends and when it begins, set an alarm so that you are punctual.
- If possible, take yourself to a quiet area in your home. If this is not possible, use headphones so that any noisy distractions are reduced.
- Make sure you are organised – the correct resources are open on your screen, you have a notepad, and plenty of pens.
- Do not play music in the background – this will distract you, other pupils and your teacher.
- Have some water and a snack with you so that you do not have to leave your live lesson.
- Make sure that you have used the toilet before your live lesson.
- Make sure that you are comfortable.
- Make sure that your camera is turned on when you enter a classroom. If your camera (or microphone) is not working then inform your teacher using the chat function. We need to make sure that it is really you!

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 or they are in your bubble).

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 continued to! 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.

Staying safe online

- Never give out your real name to a stranger on the internet
- Never tell anyone you do not know where you go to school
- Never give out your address or telephone number to someone you do not know
- Tell an adult immediately if someone makes inappropriate suggestions, makes you feel uncomfortable online, or asks you to send something to them online, for example photographs
- If someone you do not know does any of the following – these are danger signs – you should tell your parent or carer immediately!
- If they insist on having your address or phone number
- If the person emails you pictures which make you feel uncomfortable and which you would not want to show to anyone else
- If the person wants to keep their chats with you secret
- If the person tells you that you will get in trouble if you tell an adult what has been going on
- If the person wants you to email or send pictures of yourself or use a webcam in a way which makes you feel uncomfortable
- If the person shares information with you and tells you not to tell anyone else about it
- If the person wants to meet you and tells you not to let anyone know

Social Media and Fake News

There has been a massive increase in the amount of fake news and clickbait on social media platforms over the past 5 years. You must be careful about trusting what you read:

- Consider the source of the information – click away from the story to investigate the site, its contact information and its mission
- Check the author – do a quick search on the author – are they credible? Are they real?
- Check the date – reposting old news stories doesn't mean they're relevant to current events
- Check for subjectivity – does the author seem biased? Consider if your own beliefs could affect your own judgement
- Read beyond the headlines – headlines are there to create sensation
- Check the sources where an article claims to have got their research
- Consider that a story might be an example of satire – and therefore has been exaggerated for comedic reasons
- Use fact checking sites.

Cyber-bullying advice

Social media sites, including messaging apps, claim to have a zero-tolerance approach to cyber-bullying, however in a recent survey, 91% of people say that they were not satisfied with how the reports were dealt with.

All apps/ sites allow you to:

- Report abuse
- Block users.

If cyber bullying affects you speak with your parents or carers and it can be reported to the police – cyber bullying is a criminal offence. If the police were to investigate they can find the culprit pretty easily – especially as every post, message, picture or video added to the internet leaves a digital footprint – even if the person who has added the post deletes it, the post still exists somewhere.

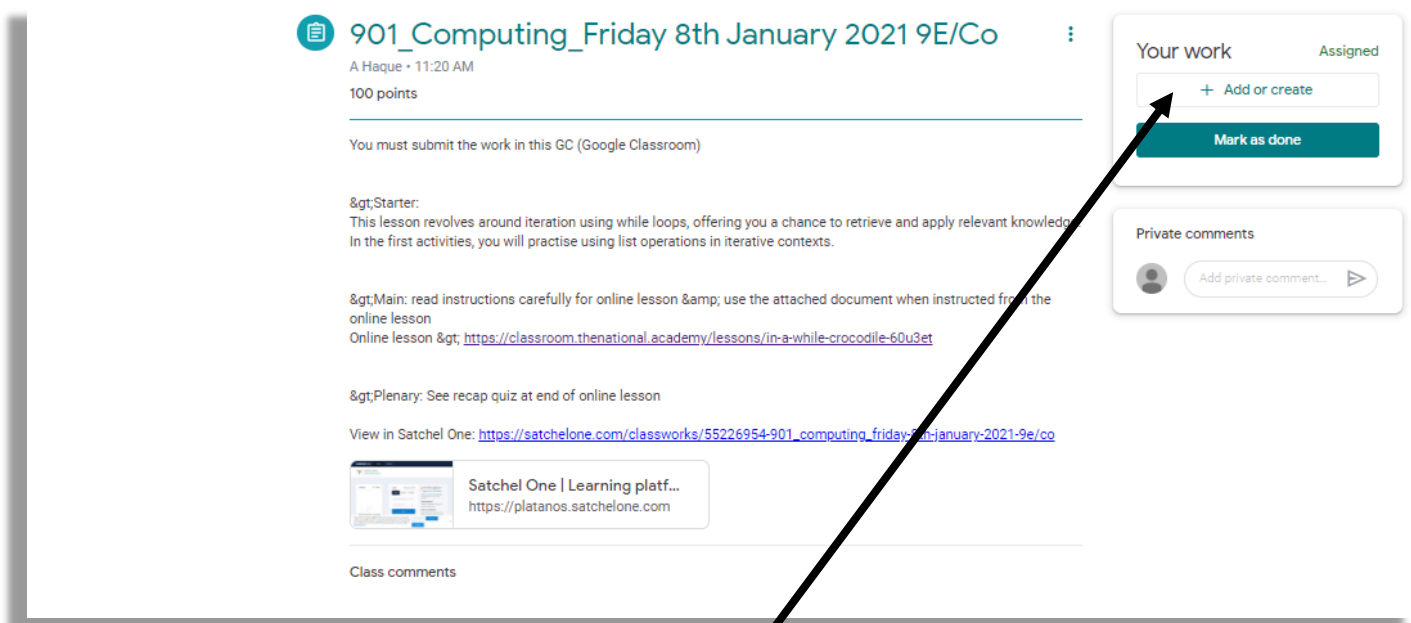
However, some things should be considered:

- It is easier for cowards to write something abusive behind a computer screen than to say it in person
- Any post that is uploaded can be shared or screenshotted and sent to anyone
- Cyber bullying is a criminal offence. A cyber bully could therefore get a criminal record
- Cyber bullies can have their accounts deleted.

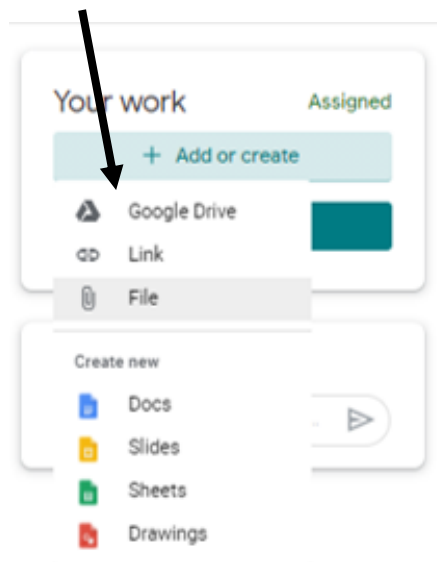
Google Classroom

Below is a reminder of how you should submit work to Google Classroom:

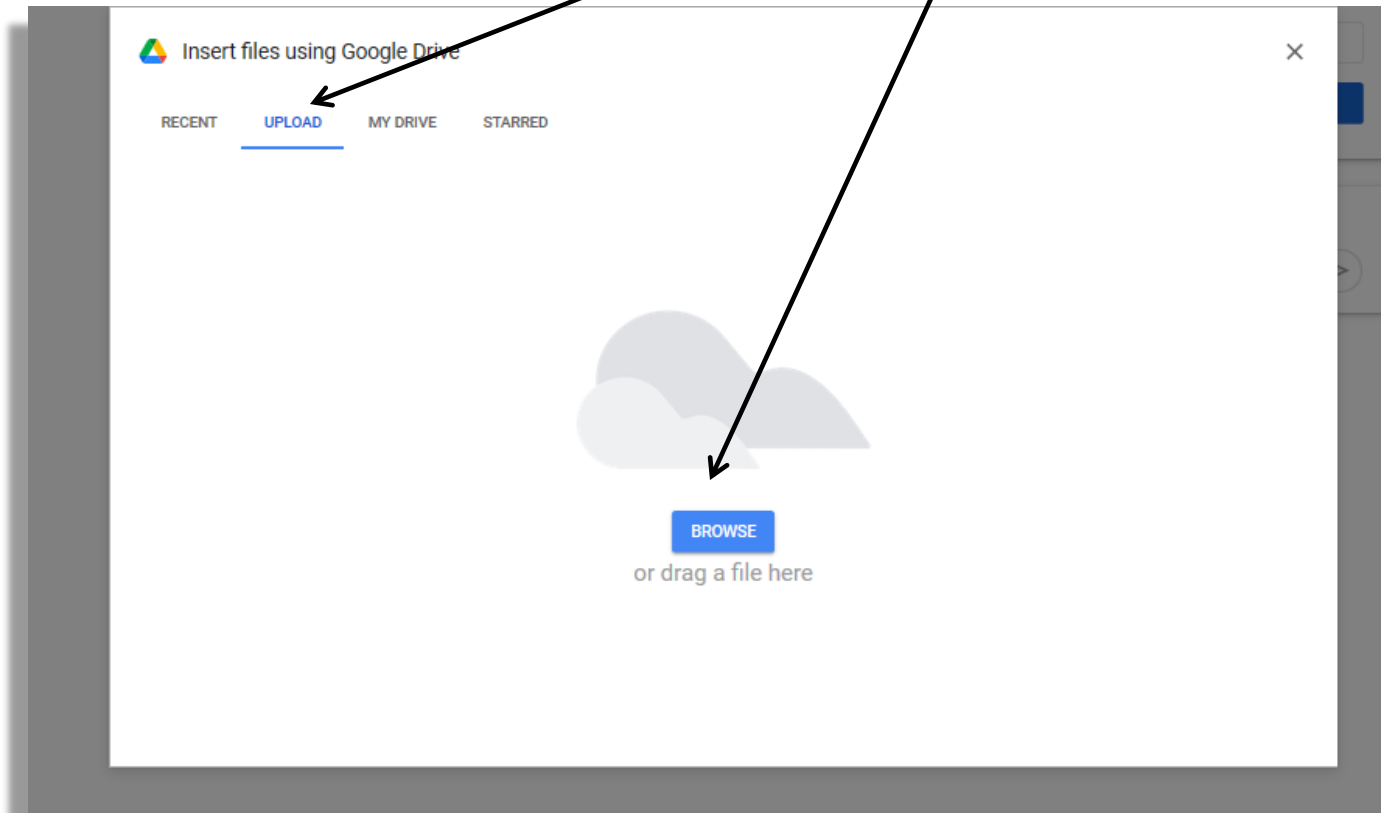
1. Visit RUnify.com and enter your school log in username followed by @platanoscollege.com
2. You should then type in your school account password in the relevant box.
3. When you are logged into RM Unify you should click the Google Classroom tile.
4. When in an assignment, which is found in the stream or classwork menu, you should see a page that looks a little like this:



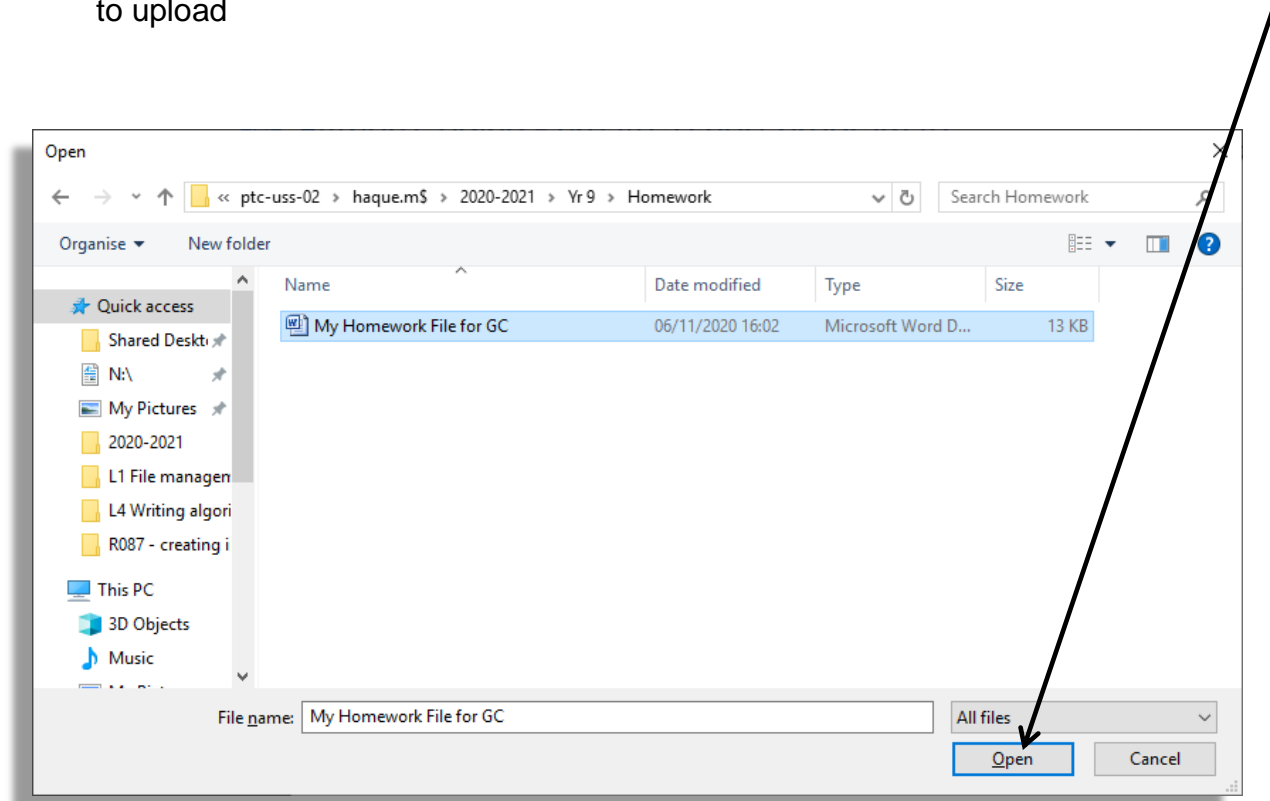
5. Click on ' + Add or create to submit your work
6. **Select the file to submit** from File (and/or Google Drive)



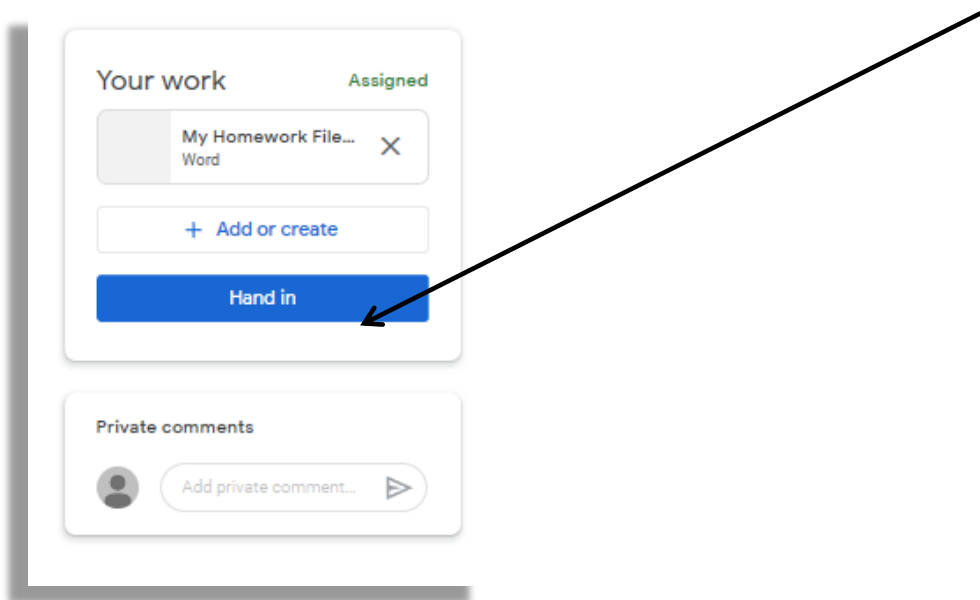
7. If it is a file in your documents, after selecting file, ensure **UPLOAD** is selected, and then select **Browse**



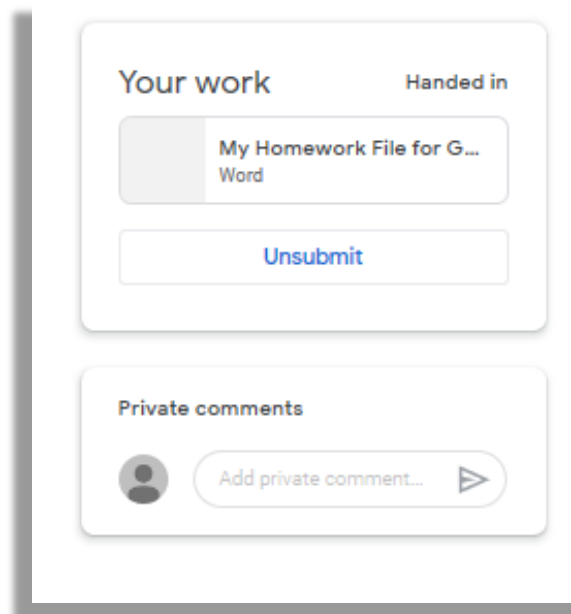
8. Find the task file you want to submit from your documents, select the file, then click '**Open**' to upload



9. The uploaded file will appear here. You can add more files if need. Once ready to submit click **Turn in**



10. You can view your 'Handed in' submission confirmation here in 'Your work'. Your subject teacher will receive your tasks.



A more detailed guide will be added to Google Classroom and Show My Homework.

Stay safe.

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