Assembly notices

Monday 8th February 2021

Reflection for the week

On Tuesday, 9 February 2021 it is Safer Internet Day worldwide. The theme for this year is **"Together for a better internet"**, and the day calls upon all people who use the internet to join together to make the internet a safer and better place for all, and especially for children and young people.

From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns.

You are online more than you have ever been before. The lockdown means that not only are you socialising online, you are now working online as well.

Therefore, it is very important that you act to keep yourself safe! The internet can be great fun, but it does have dangers – we want you to be safe online!

People commit crimes on the street everyday – and it is not different online. Everyone can be targeted by others who have deceptive motives, but children and young people are more vulnerable.

For young people, the dangers surround cyber-bullying and its impact, social media and the messages that are shared, and the temptation to share personal information.

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 sow 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 bias? 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.

For your reflection consider how safe you are online. Make a list of all the things that you should do, and currently do not, and plan a way of making changes to help you stay safe.

<u>Please see the assembly notices for this week:</u>

Online Learning

Years 7, 8 and 9 will continue to follow their timetable for English, Mathematics, Science, Spanish and History for their live lessons via Google Classroom and G Meet.

Additional live lessons for year 9 option subjects will take place for some subjects – your parents/ carers will be informed if this affects you.

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 instillation 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).

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.

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.

Google Classroom

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

1. Visit RMUnify.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:
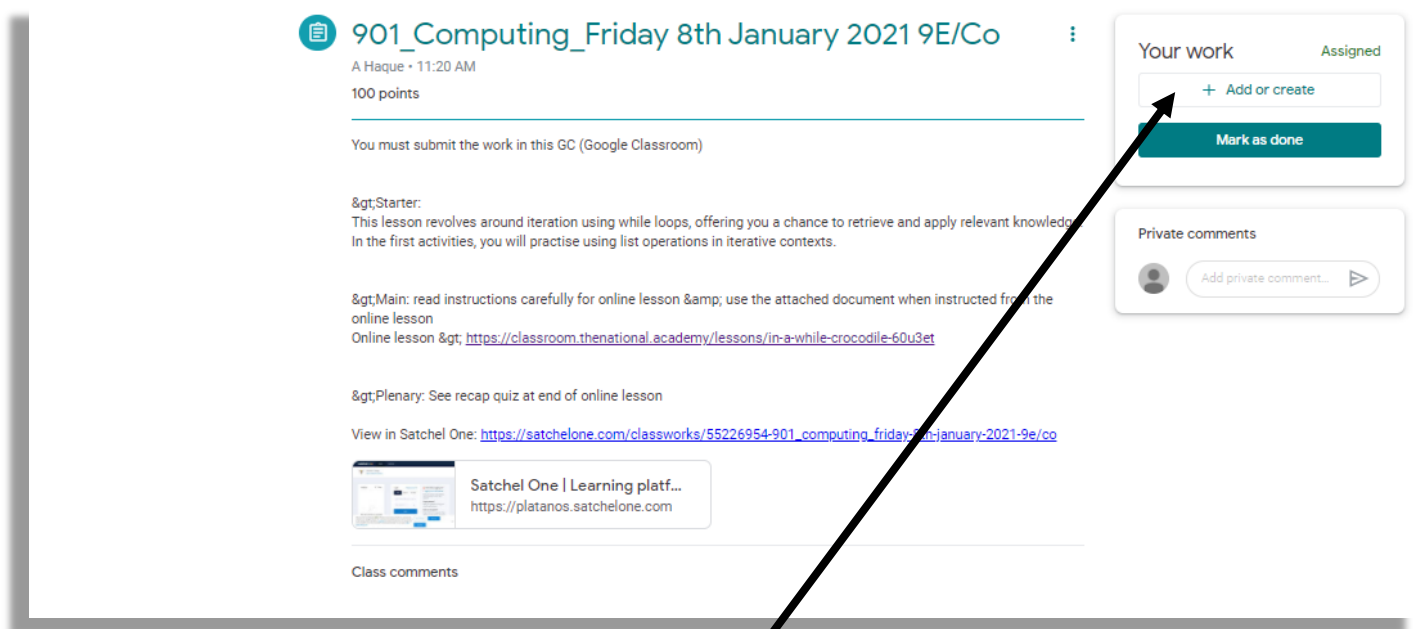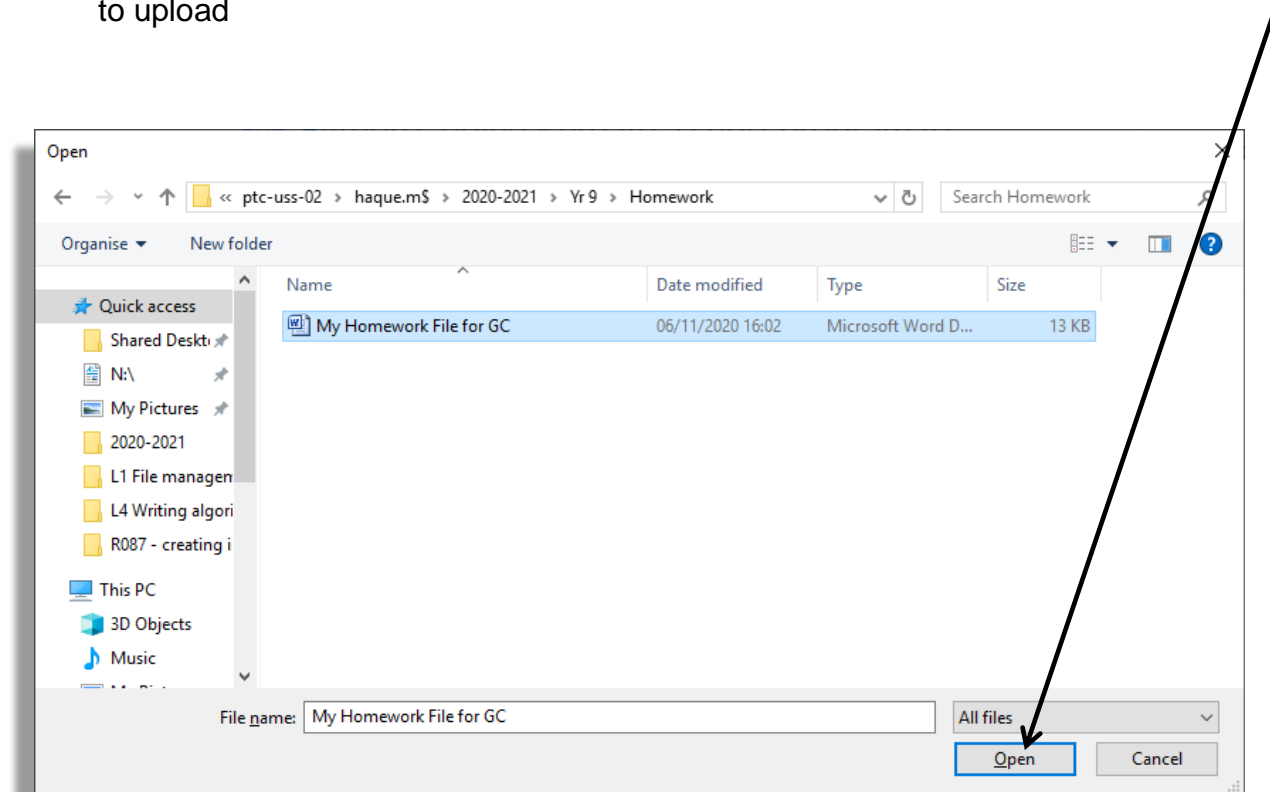

5. Click on ' + Add or create to submit your work

6. **Select the file to submit** from File (and/or Google Drive)
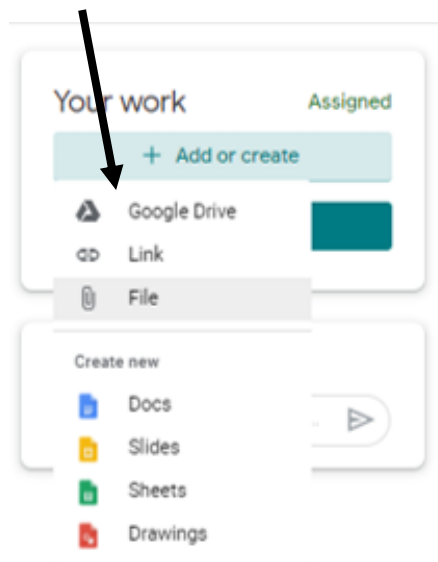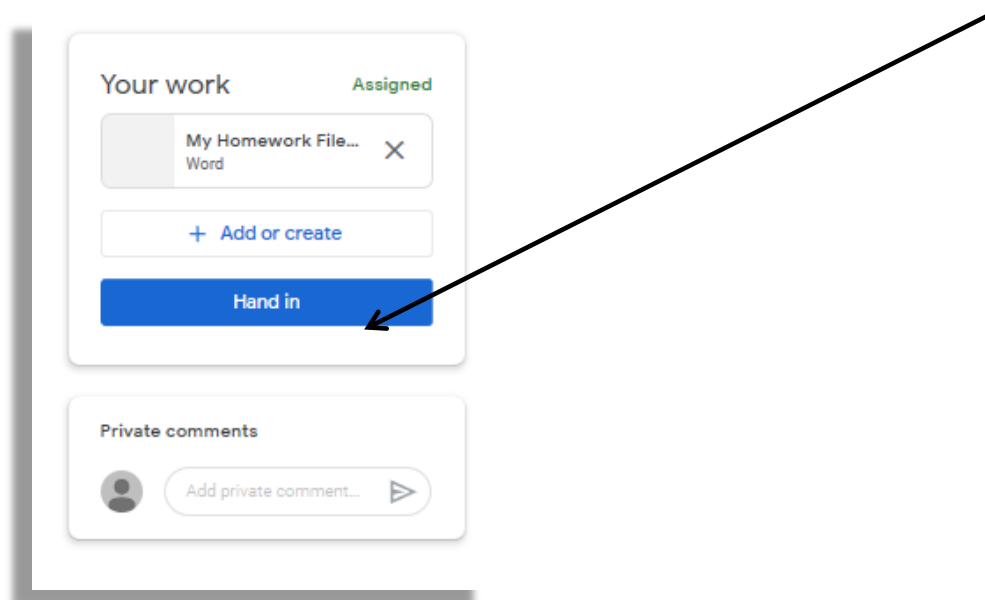
7. If it is a file in your documents, after selecting file, ensure **UPLOAD** is selected, and then select **Browse**
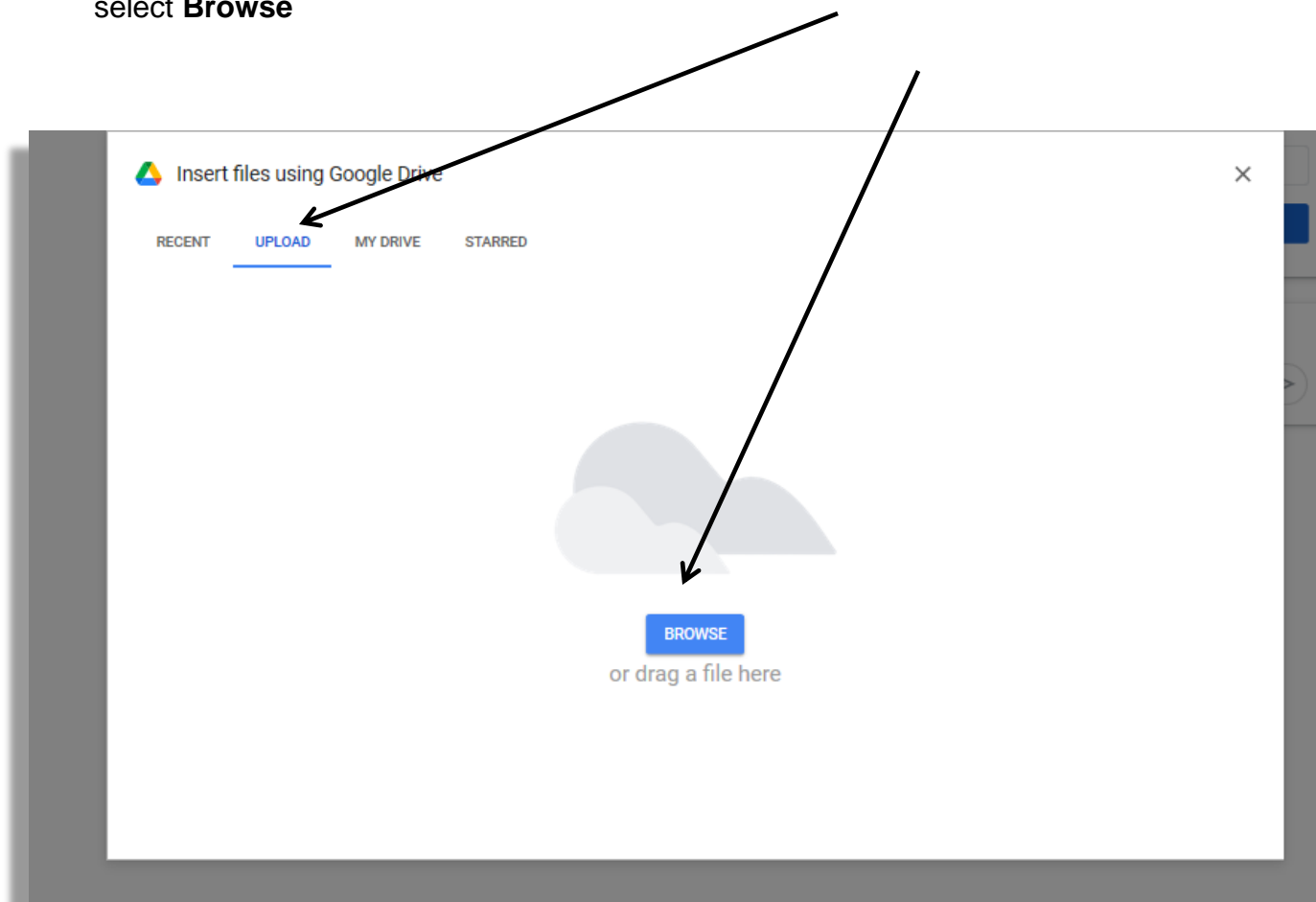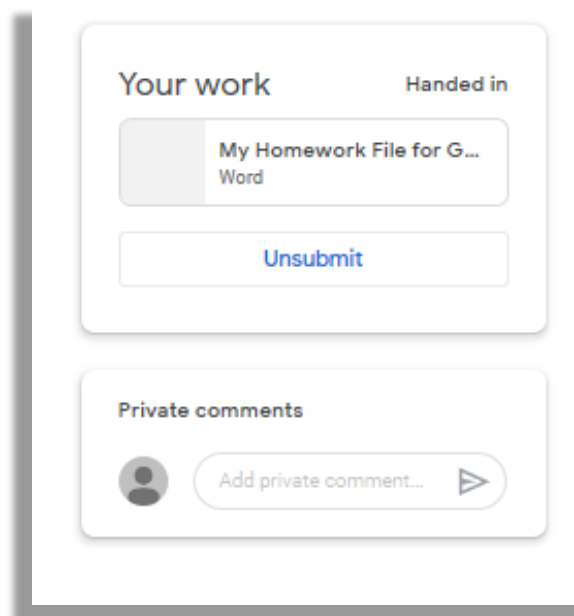

8. Find the task file you want to submit from your documents, select the file, then click '**Open**' to upload

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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