



## Assembly notices

Monday 15<sup>th</sup> March 2021

### Reflection for the week

This coming Saturday is the International Day of Happiness.

We have five senses – touch, taste, sight, smell and hearing. It's perhaps surprising that emotion is not classed as a 'sense'. Our 'feelings' are what we experience in tandem with the other five senses and the emotions that we feel provide us with our conclusions on the seconds, minutes, hours, days and weeks that we live by all of the time.

Happiness is something that we all want – that we all strive for. For us to have secure and stable lives, happiness is the emotion that we must experience most.

Happiness is something that we earn. It is reward for doing good or making good decisions.

It may seem like it's the material things that we acquire in life – that phone, that computer game, or those pair of trainers that everyone wants – which makes us happy. However, true happiness – that which makes us feel content and warm inside – cannot be bought with money.

Consider this short story on what true happiness means:

There was a boy, who came from a very wealthy family. One day his father took him on a trip to the countryside, because he wanted to show his son how poor people live. The father and son arrived at a farm of what the father considered was a very poor family. They spent several days there. On their return home, the father asked his son whether he liked the trip.

"Oh, it was great, dad" – the boy replied.

"Did you notice how poor people live?" asked the father

"Yeah, I did!" - said the boy. The father asked his son to explain why.

"Well, we have only one dog, and they have four of them. In our garden there is a pool, while they have a river that has no end. We've got expensive lanterns, but they have stars above their heads at night. We have the patio, and they have the whole horizon. We have only a small piece of land, while they have endless fields. We buy food, but they grow it. We have high fences for the protection of our property, and they don't need it, as their friends protect them."

The father was stunned. He could not say a word.

Then the boy added: "Thank you, dad, for showing me how poor we are."

This story shows that happiness cannot be measured by material things. Love, friendship and freedom are far more valuable.

This happiness is dependent on our actions. The Dalai Lama once said that 'Happiness is not something ready-made. It comes from your own actions.'

Be kind to others, to receive kindness in return.

Show love to others, to receive love back.

Make time for others, to open the doors for them to make time for you.

Appreciate what good you do have in your lives, and show that appreciation to others.

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

#### ***Returning to school***

It was wonderful to see you at your inductions and coronavirus test last week. Your parents/ carers will now have received letters detailing your coronavirus test dates and times for this week. 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 (as long as your parent or carer has provided consent).

Apart from the days and times that you are scheduled for your testing, your live lessons online through G Meet will continue for the week.

Year 10 and 11 pupils will attend face to face lessons in school at varied times throughout the week. Again, the timetables for these days and times have been sent in the post.

Normal lessons in school for all pupils will resume on Monday 22<sup>nd</sup> March 2021.

#### ***Armitage Juniors***

This week eight year 8 pupils will begin a two-year programme with the Armitage Foundation, in association with King's College London. Pupils will attend six online sessions this academic year featuring a mixture of fun, practical, and theory-based training that focuses on:

- Developing communication skills
- Medical ethics
- Respiration
- Radiology
- Cardiology
- And practical advice on next steps.

This is an excellent opportunity for these pupils to follow a pathway for a career in medicine.

Pupils who were successful in their applications have been written to and should ensure that they join the Armitage Juniors Google Classroom page in order to join their first session on Wednesday.

#### ***Uniform notice***

When you are in school you are 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.

### ***Online Learning***

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](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)

**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.

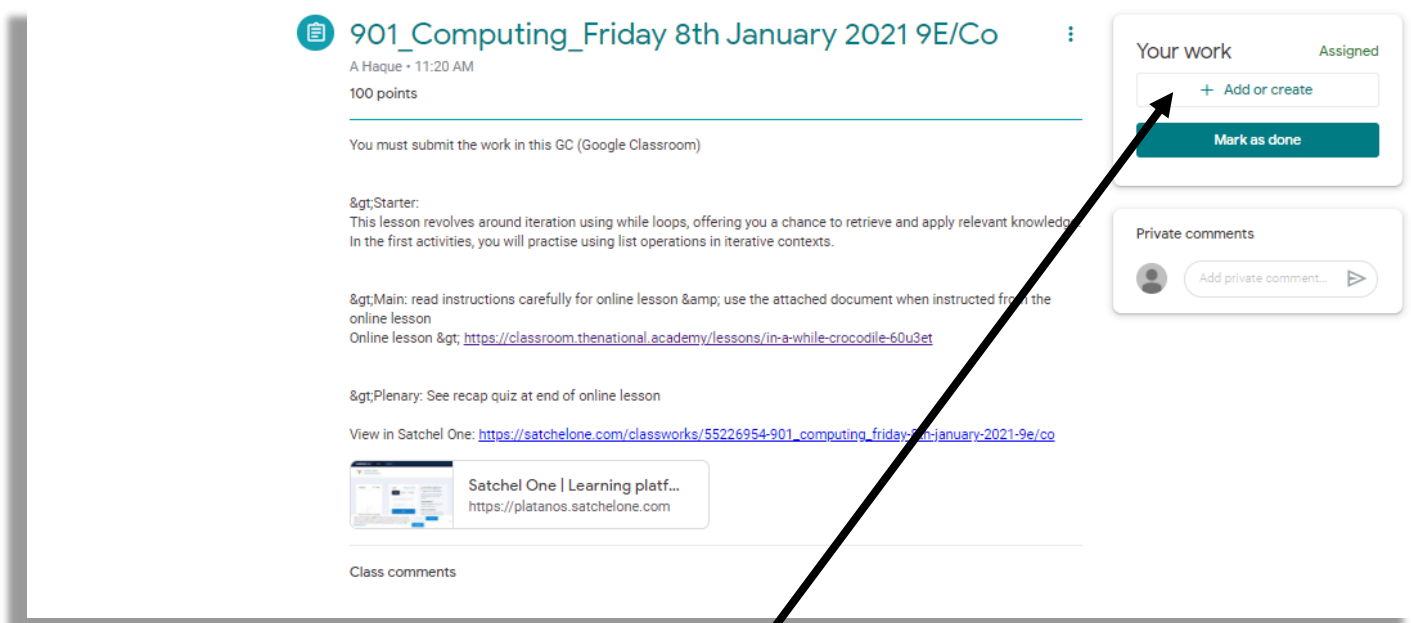
However, some things should be considered:

- 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.

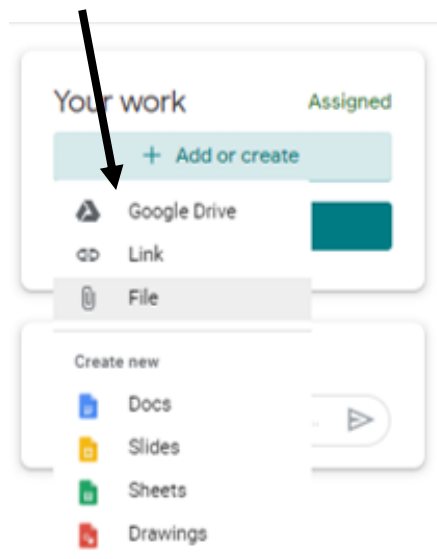
## Google Classroom

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

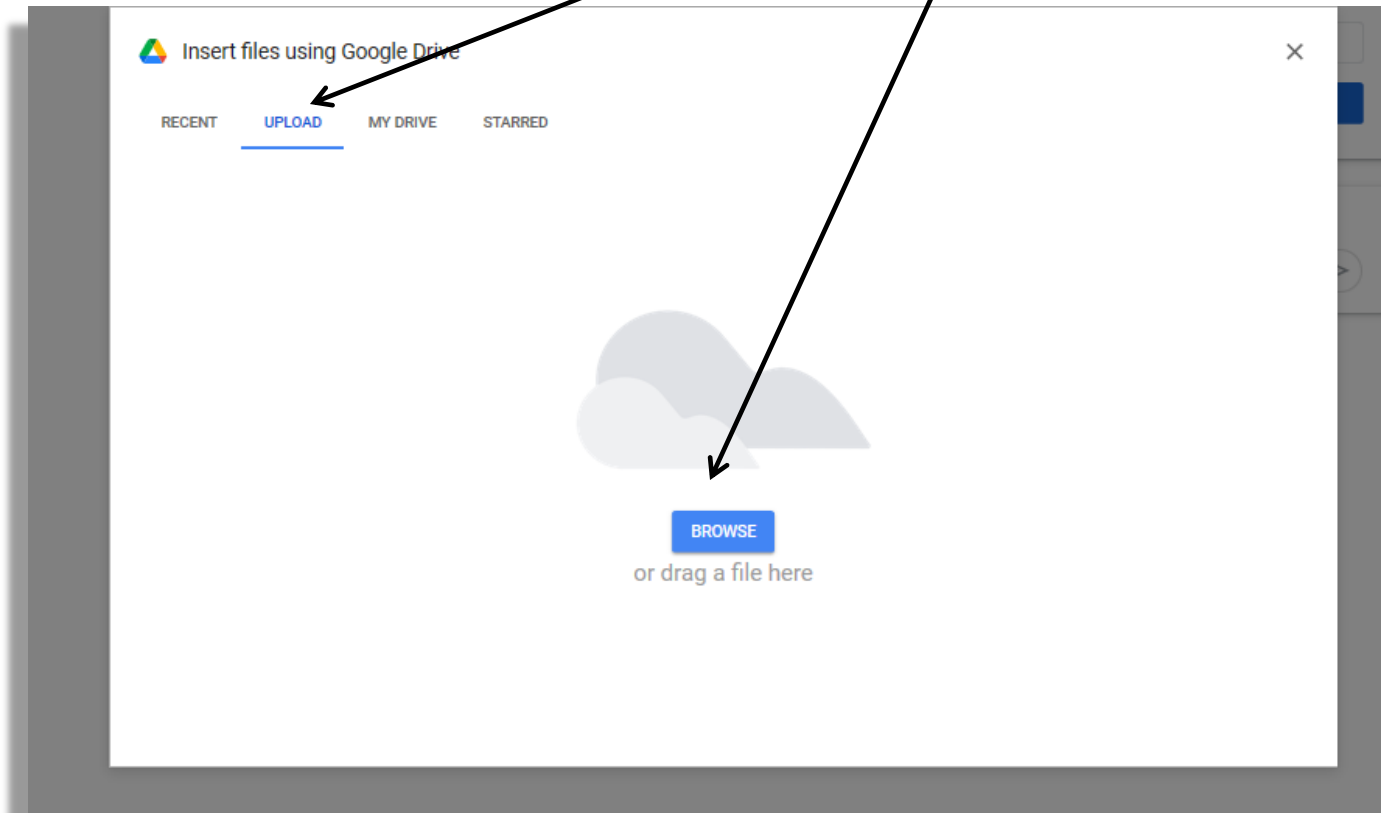
1. Visit RUnify.com and enter your school log in username followed by @platanoscollege.com
2. You should then type in your school account password in the relevant box.
3. When you are logged into RM Unify you should click the Google Classroom tile.
4. When in an assignment, which is found in the stream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



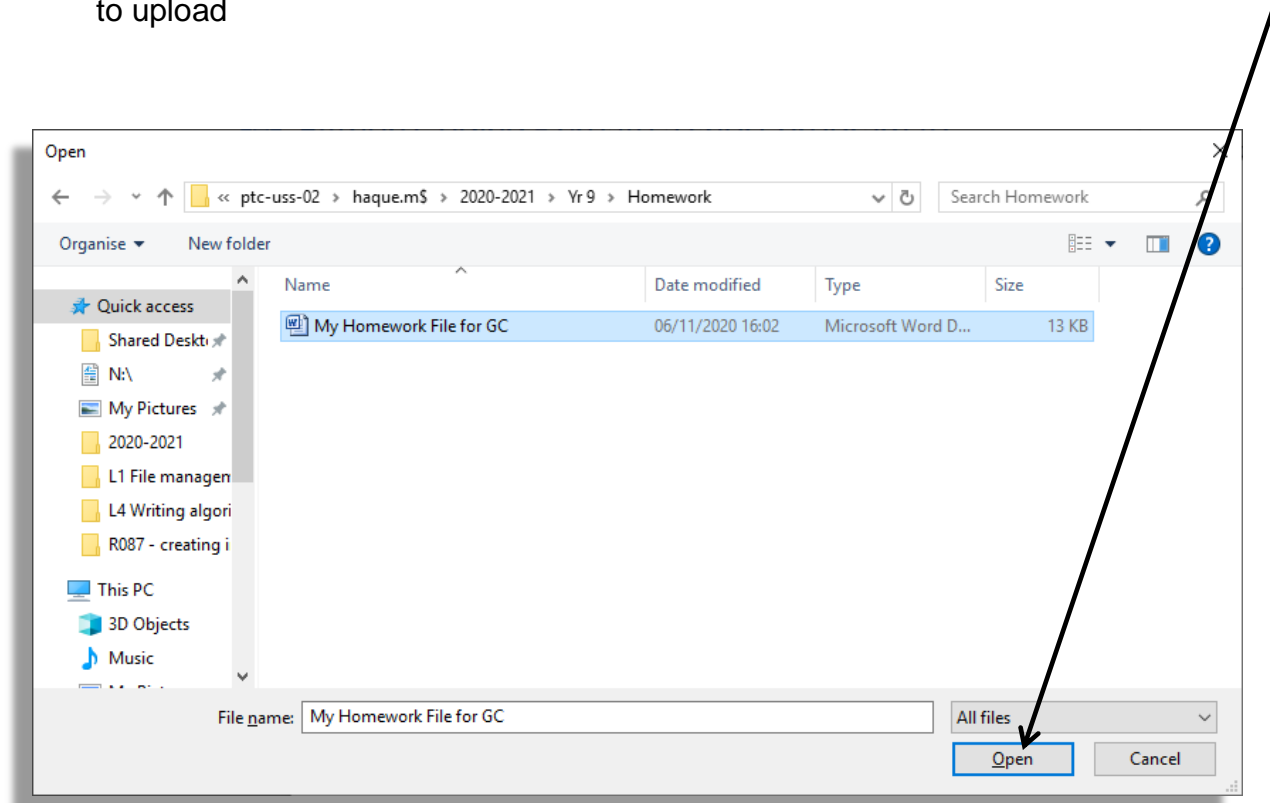
5. Click on ' + Add or create to submit your work
6. **Select the file to submit** from File (and/or Google Drive)



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

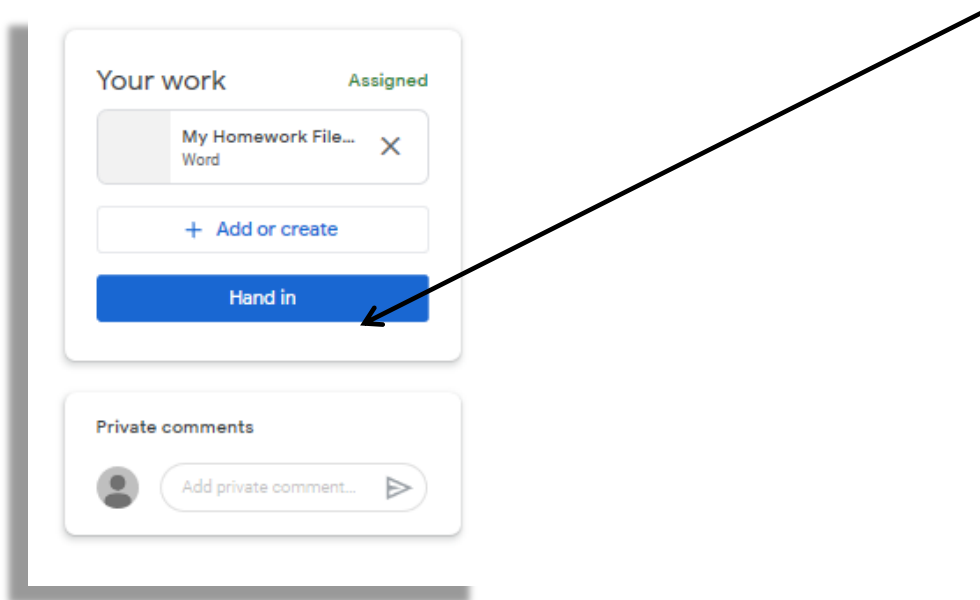


8. Find the task file you want to submit from your documents, select the file, then click '**Open**' to upload

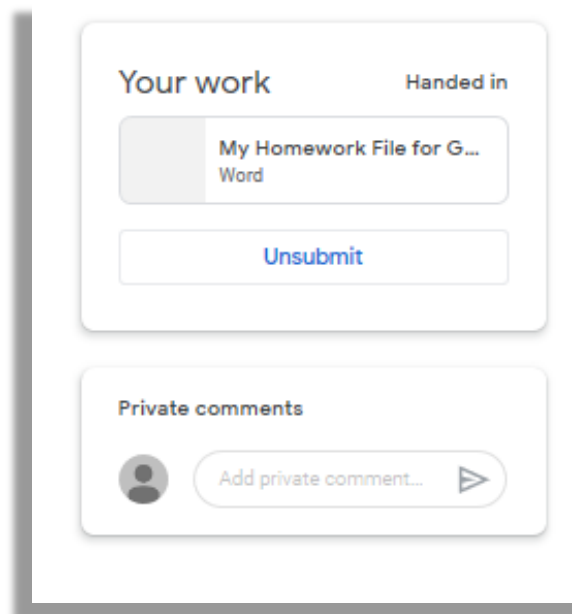




9. The uploaded file will appear here. You can add more files if need. Once ready to submit click **Turn in**



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



A more detailed guide can be found on *Google Classroom* and *Show My Homework*.

Stay safe.

*Attitude Determines Altitude*