



## Assembly notices

Monday 22<sup>nd</sup> March 2021

### Reflection for the week

Welcome back to where you belong.

We all experience life in different ways. This pandemic has been no different in this respect. Some people have really enjoyed the time to slow down, and be in the constant company of their immediate families. Others have missed the social and daily interaction with other people.

Similarly, some of you have really enjoyed working online. Some of you really haven't enjoyed the experience.

There is a risk that this bump in the road, which is your school journey, will demotivate some of you.

However, you should think of the national school closure as being like a diversion. Think of when you have been on the bus and the announcement plays overhead: *This bus is being diverted*. It is frustrating. However, following the diversion still gets you to your destination – it might not be the same route, it might take a little bit longer, but you will get to your destination eventually.

So, in this metaphor – what is your destination? It is your education. Education, education, education.

The foundation of the rest of your lives. Learning key information and key skills that will open different doors – careers, opportunities and will shape your futures in terms of the people you will meet, when you will meet them and where you will meet them.

You have the rest of your lives to look forward to. And soon, we hope, this pandemic and the lockdowns will be all of a distant memory. So, you need to look towards your futures, and prepare the best you can for them.

You should be careful to remember that we are all in charge of our own destinies. Things don't just happen. Therefore consider the following story and how this may relate to this new chapter in your educational story:

*The Creator created people. He gave them thoughts for thinking. He gave them words to communicate. He settled them in the fruitful valley at the foot of the mountains, and gave them life. The Creator started to observe how these people he created would flourish and develop.*

*As time passed, the Creator noticed that the people did not develop and they did not flourish.*

*They did not go beyond their village and did not climb the mountains. Their eyes did not look at the sky and they remained static - still.*

*So, the people became old.*

*The Creator decided to find out why this was – why did these people not take the opportunities to improve, to better themselves, when they had the brain and the words to do so.*

*The Creator became a man and went to the people as a traveller. One day, before sunset, people gathered at the square in the village to talk with the traveller.*

*He described them a life beyond the horizon:*

*“Do you want me to lead you there, and you will see how people live in these places?”*

*“Oh”, they answered sadly, “it is late and we are old and tired.”*

*“Then come with me to the mountains to look at the world from the top!” suggested the Creator.*

*“Oh”, they sighed, it is too late, we have no energy”*

*“Look at the sky, then”, the Creator said to them, and I will tell you about life in the Kingdom of Heaven!”*

*They answered again: “It is late; we will not be able to understand your story.”*

*The traveller became sad and so decided to cheer up the people.*

*“Let’s sing a song!” he said, and was going to sing first, but the people noticed that the sun had gone down.*

*“It is late, they said, it is time to sleep...”, and the people went to their huts.*

*The Creator shouted at them:*

*“People, when life is continuous and infinite, it is not too late to achieve anything!”*

*But they did not turn back. Then the Creator told himself:*

*“I will take away all words of limitation from these people: ‘late’, ‘not’, ‘impossible’, ‘far’, ‘hard’, ‘cannot’, ‘will not understand’, and will place in their hearts the joy of infinity.*

*Maybe they will perceive my law: nothing is too late, because there is no end, there is only the beginning!”*

*The Creator did just this and waited for the morning. He wondered: will people change and will they go with him to the mountains?*

Given the adversity that you have all faced, it would be easy to turn our language to words of limitation. However, positive words of affirmation: ‘I can’, ‘I will’, ‘I want to’, ‘possible’, ‘reachable’, ‘I will understand’, will lend to success.

Attitude Determines Altitude - how you approach your education will define how successful you are.

So, yes, you have faced a problem – your education has been affected. But find the solution – focus, work hard – believe that you can do it. Because if you tell yourself that you can't, you won't.

Your destinies are in your own hands.

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

#### ***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.

#### ***Social Distancing***

Schools must continue to enforce social distancing, year group bubbles and Covid-19 specific rules, such as wearing face coverings in communal areas and now in classrooms.

So therefore, we are obliged to remind you that we all have a duty to abide by the additional school rules:

- You must keep two metres apart where possible from staff in the school
- You must keep at least one metre apart from other pupils in the corridors and stairwells
- You must not shake hands, fist bump or hug other pupils
- When wearing a face covering, do not touch the part of the face covering that is in contact with your mouth and nose
- When wearing a face covering it should cover your mouth and nose
- Be aware of what you touch – avoid touching handrails or door handles. You should sanitize your hands after touching handrails or door handles – consider this especially when using public transport
- You must not lend nor borrow equipment
- Wash your hands regularly and properly – for at least twenty seconds – especially when arriving to school, before and after lunch and when leaving school
- Gloves are not effective ways of preventing the spread of germs and diseases
- You must stay in your year group bubble – you are not allowed to wander around the school unsupervised. You are not allowed to mix with any other pupil from another year group whilst you are in the school – including lunchtime. Entering an area of the school where there is a bubble which is different to yours will lead to cross contamination and further restrictions on your movement around the school. This includes crossing areas at lunchtimes.
- Only two pupils are permitted in a toilet block at any one time – and pupils should not go into any other toilet block other than those assigned to you.

Please also be reminded that if you are seen fist-bumping or making physical contact with others, you may be issued with a fixed term exclusion. If a pupil even playfully slaps, touches or grapples with another pupil they will be issued with a fixed term exclusion. You should not touch anyone.

You are reminded that that any pupil who acts in a way that causes panic will be sent home immediately with a meeting arranged with their parent/ carer before they can return to school.

Behaviours that cause panic include, but are not limited to, fake coughing or sneezing on others, making physical contact with others, spitting, fighting, play fighting and claiming that they have Covid-19.

Additionally, please continue to be vigilant and reflect on the seating plan of the canteen and main hall at lunchtime. Tables are in rows facing forward. This is in place purposefully as when people face each other when they eat there is a greater chance of the spread of saliva spreading involuntarily when talking or eating and hitting someone's face. This means that germs are more likely to spread.

Therefore, when eating lunch you must sit forward.

Seating plans in lessons must also be kept to. Pupils are not allowed to move seats, as you need to be socially distant from as many people as possible. The less different people you are near the better for you. If pupils disregard this notice then they are putting others at potential risk. We cannot and will not accept this.

Please be mindful of your noise levels when being escorted from your classroom for an option subject, lunch or at the end of the day. Excessive noise causes anxiety for many people and it disrupts lessons that are going on. Pupils who make excessive noise around the school will be sanctioned.

### ***Taking pride in your environment***

Please be mindful of the environment that you work in. Nobody wants to work in an untidy or messy classroom. Nor do they wish to use a toilet which has been used carelessly.

You have to use this school. Look after it.

Additionally, as you have been told repeatedly, germs spread in toilets – when you use them properly and carefully, this reduces the amount of germs that can infect you.

### ***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 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.

Stay safe.

*Attitude Determines Altitude*