



**Friday 1<sup>st</sup> October 2021**

## **Safeguarding, Health and Well-being Newsletter**

### **HEADTEACHER'S MESSAGE**

#### **Attitude Determines Altitude**

Dear Parent(s)/Carer(s),

At Platanos College we believe that safeguarding should be at the heart of all that we do. It is very important that our curriculum is used to promote safeguarding and that we continue to teach our pupils how to protect themselves from harm.

The purpose of this safeguarding, health and well-being newsletter is to ensure that all stakeholders in the Platanos College community are kept up to date with the latest developments both nationally, within the local community and to inform you about what is happening within Platanos College itself.

In this edition, we intend to share with you how we have revisited what safeguarding means and what this looks like at Platanos College. Every edition of our Safeguarding, Health and Well-being newsletter will address a different topic. This edition will focus on what safeguarding is and the importance of exercise for our pupils.

We continue to go beyond the minimum expectations, adding value to our safeguarding agenda because it is the right thing to do. Safeguarding is the responsibility of every staff member. We have an open door and a willingness to listen. We are proactive in attempting to protect our pupils.

***Ms Taybi***

## WHAT IS SAFEGUARDING?

**Safeguarding** is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people have the best outcomes.

Child protection is one part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child. Safeguarding children and child protection applies to all children up to the age of 18.

**At Platanos College**, our first and foremost priority is to keep your child safe and healthy; there are safeguarding notices around our school to remind staff and visitors of our policies and practices with the key message that:

***'Safeguarding is everyone's responsibility, every day'.***

**Ms Williams**

## INCLUSION QUALITY MARK: CENTRE OF EXCELLENCE

**Platanos College** retained the Inclusion Quality Mark: Centre of Excellence Award in July 2021. This Award provides schools with a nationally recognised framework to guide their inclusion journey. Inclusion promotes equal opportunities for all pupils, whatever their age, gender, ethnicity, attainment and background

***In our most review, the IQM assessor commented that***

***"It is an exceptional inclusive school that cares for each and every child. They are collaborative and reflective and are always happy to share their practice with others. They have much to be proud of".***



## HOW ARE PUPILS TAUGHT ABOUT SAFEGUARDING, HEALTH & WELL-BEING?

**At Platanos College** we are committed to safeguarding and promoting pupil welfare and British Values, therefore we take every opportunity to embed these into our safeguarding curriculum. We believe that one of the best ways to safeguard our pupils, is by equipping them with the knowledge and skills for how to keep themselves safe. Our safeguarding curriculum is delivered in the following ways:

- the promotion of our school rules and school values
- holding regular assemblies addressing our School Values,
- British Values safeguarding as well as health and well-being topics.
- the Portfolio for Life curriculum in Key Stage 3
- Religious Studies lessons in Key Stage 4
- workshops led by the school's RSE and safeguarding team
- workshops led by external organisations such as Brook to support pupils to develop their knowledge of different areas of RSE and PSHE
- utilising opportunities in other subjects, e.g. exploring characters and themes in English or looking at democracy, beliefs and rule of law in different civilisations and cultures in History and Geography.
- holding assemblies and school events for Anti-bullying week, History Month, Safer Internet day, Road Safety Week and other special events.
- providing opportunities to discuss what's going on in school and the wider world through form time and lesson time
- school nurse visits
- online safety discussions in computing lessons

## PORTFOLIO FOR LIFE (PFL) LESSONS

**Portfolio for Life (PFL)** lessons are delivered in Key 3. These lessons teach pupils about personal, social, health and economic education as well as relationships and sex education.

Throughout term 1, pupils are focusing on Health and Well-being in their Portfolio for Life (PFL) lessons.

In Year 7, pupils are learning about their new secondary school and how to develop positive relationships in and outside of school.

In year 8, pupils are learning about alcohol and drug misuse and learning about peer-pressure.

Year 9 pupils are learning about having a healthy lifestyle to help them be physically and mentally healthy.

Pupils across Years 7, 8 and 9 will receive certificates for their work in Portfolio for Life lessons at the end of the term.



## SAFEGUARDING EVENTS

As well as teaching pupils about safeguarding, health and well-being through the curriculum, Platanos College also delivers this through workshops and assemblies. The following **safeguarding event** are planned for the first term:

Autumn Term 1			
Events	Year group	Overview	Intent
Safeguarding Assembly	7	Stranger Danger	To provide pupils with the basic skills on how to keep safe whilst travelling to and from school, and in society
Safeguarding Workshop	7	Workshop facilitated by the Safeguarding Management Team	To raise pupils' awareness with an introduction to the basic understanding of safeguarding and the reporting process at Platanos College including being safe in the wider community
Safeguarding Assembly	8	Introduction to Safeguarding	To raise pupils' awareness with an introduction to the basic understanding of safeguarding and

			the reporting process at Platanos College including being safe in the wider community
Safety First	8	Virtual interactive workshop by the emergency service collaboration between London Fire Brigade and the Metropolitan Police	A vital prevention education workshop to Year 8 students, to raise awareness and educate pupils around the dangers of road safety, water, knife crime and child sexual exploitation.
Prevent Workshop	9	Prevent Workshop	To raise the awareness of Prevent strategy and explain the Prevent within the wider safeguarding content
Safeguarding Assembly	10	Introduction to Safeguarding topic Sexual Harassment	To raise awareness and support pupils to understand how to safeguard themselves and how to report any concerns
Safeguarding Assembly	11	Introduction to Safeguarding topic Sexual Harassment	To raise awareness and support pupils to understand how to safeguard themselves and how to report any concerns

## EXTRA-CURRICULAR CLUBS

**Platanos College** is committed to supporting the physical and mental well-being of all our pupils. As well as specific workshops, assemblies and lessons that support pupils develop both their physical and mental well-being, the school offers a range of extra-curricular clubs.

There are a number of benefits to pupils participating in extra-curricular clubs. They provide opportunities for community involvement, as well as a platform for developing mental resilience

There are many benefits to taking part in extra-curricular clubs:

1. Skills development  
Extra-curricular clubs expose pupils to new skills and allow them to develop their skills.
2. Increased self-esteem  
Taking part in extra-curricular activities offers pupils the chance to develop and master skills in a fun and relaxed environment.
3. Improved health and well-being  
One of the greatest benefits of taking part in extra-curricular activities is that they promote mental, emotional and physical well-being. Engaging in extra-curricular activities allows pupils to build self-esteem, self-worth, and allows them to see their potential.





*Year 7 with their new musical instruments*



*Girls netball club*

The following clubs **are currently on offer** in Platanos College and we encourage all of our pupils to participate in at least one extra-curricular club.

Boys and girls' football	History Club	Combined Cadet force
Netball	Robotics Club	St John Ambulance
Boxing and fitness	Scouts	Girl Guides
Basketball	MFL Cinema Club	Core Booster sessions
Guitar Club	Violin Club	Music Production Club
Table tennis	Science, Technology, Engineering and Maths (STEM) Club	Games club



***Boys football club***





## WHAT DO OUR PUPILS HAVE TO SAY?

In this week's Whole School Assembly, some of our pupils spoke about well-being and what they have learnt about this in school.



"I attend Football Club as this is something that I enjoy. I enjoy it because it allows me to practice my skills and it help me to stay fit".

***Tyler, Year 8***





"I attend football club. I make friends at the club and learn how to work well in a team".

***Rhys, Year 8***

"This transition can be extremely hard in normal circumstances, but due to the unprecedented events over the past couple of years, it's very important to stay mindful of our mental wellbeing, especially since the production of work and learning is very high demand. Consequently, we must recognise what we can do to better ourselves during this time such as; having a balance between leisure and studying".

***Imogen, Year 10***



"I take part in after school clubs because it benefits my mental health and my self-esteem. Not only do I go home from clubs feeling proud of myself, but I also go home with all my stresses relieved".

***Sophia, Year 9***





"In Portfolio for Life lessons so far this year, we have learnt about hygiene and how to stay healthy. Some of the things that I have learnt are as follows:

You need to eat healthily to have the energy to engage in different activities to stay fit.

You should also make sure that you get enough sleep so that you are energised for school every day. Having a positive attitude will help you to stay healthy and feel".

***Rakhira, Year 7***

"Our Year 7 pupils have received their instruments in recent weeks. Pupils have been very excited about this and they have said the following:

"I am really excited that Platanos College gave me an instrument as I think that music is a very good hobby and is something that every secondary school should offer their pupils".

***Tylah, Year 7***



"I take part in after-school clubs because it is a good way to train with my friends and it is enjoyable. It helps with social skills and helps build teamwork skills. By attending after-school clubs, you learn from one another and also keep healthy".

***Lemeul, Year 9***

## ARE ALL OF YOUR CONTACT DETAILS UP TO DATE?

Please ensure the school office has all your current contact details, especially your current mobile phone number and email address and advise us immediately if any of your details change. If we do not have your correct details, this is a safeguarding issue. We must be able to contact you in case of an emergency.

If there are any changes, please let us know by informing the main office as soon as possible or email [info@platanoscollege.com](mailto:info@platanoscollege.com)

## MEDICAL CONSENT

If your child is required to take medication during the school day, please ensure that you complete the medical consent form.

## ACCESSING EXTERNAL SUPPORT

There are a number of different services available to parents/carers. Some of the services available to support your child's well-being are:

### **Mental well-being**

#### **Young Minds Parents Helpline**

A helpline that provides information and advice to parents/carers who are worried about a child or young person's wellbeing/mental health.

The service is available 9.30am–4.00pm, Monday to Friday. Call: 0808 802 5544 ·

- <https://www.youngminds.org.uk/parent/a-z-guide/> - Parents A-Z Guide for support – Young Minds
- <https://www.youngminds.org.uk/parent/supporting-your-child-during-the-coronavirus-pandemic/> - Supporting your child during the coronavirus pandemic – Young Minds
- <https://www.rethink.org/> - Advice on mental illness

## ONLINE SAFETY

### **Online safety**

It is more important than ever that parents/carers know what your child is doing online and to understand more about it. You can get more information and resources from helpful website including:

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.net-aware.org.uk](http://www.net-aware.org.uk)

[www.internetmatters.org.uk](http://www.internetmatters.org.uk)

[www.childnet.com](http://www.childnet.com)

## KOOTH



Kooth also offers regular Kooth information sessions aimed at parents and carers.

Click [here](#) for the shorter 30 minute "bitesize" sessions, and [here](#) for the longer 1 hour sessions.

Alternatively, please follow the below link:

<https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-bitesize-sessions-tickets-163865069835>

Kooth provides free online counselling support for young people.



## PARENT/CARER WORKSHOPS

As part of our safeguarding, health and well-being agenda, Platanos College will continue to run parent/carer workshops. Our parent/carer workshops were very successful last year and we intend to build on this success this academic year.

We would like to consult parents/carers about the workshops. Please follow the below link to give your views on the workshops.

We thank you in advance for taking them time to do this.

## PARENTAL VIEWS

At Platanos College, we are proud to work in partnership with our parents and carers. As such, we invite you to share your views as to what you would like to see in our *Safeguarding, Health and Well-being* newsletter.

Equally, we invite you to share anything that you would like to add to the newsletter. This could include how you have dealt with health and well-being matters.

Please send your suggestions to [parentsafeguarding@platanoscollege.com](mailto:parentsafeguarding@platanoscollege.com)

## TWITTER

We are on Twitter! If you want to see our latest successes as they happen follow us @platanoscollege.  
#attitudedeterminesaltitude

## CONTACT INFORMATION

If you are concerned about a child, please contact Safeguarding Team using the below e-mail addresses:

- [pupilsafeguarding@platanoscollege.com](mailto:pupilsafeguarding@platanoscollege.com)
- [parentsafeguarding@platanoscollege.com](mailto:parentsafeguarding@platanoscollege.com)
- [safeguardingconcerns@platanoscollege.com](mailto:safeguardingconcerns@platanoscollege.com)

Please note that if a child is in immediate danger, you should call the police.