



Assembly notices

Monday 6th December 2021

Reflection for the week

For Christians Advent has begun. The time of waiting before Christmas, where Christians remember that one day Christ will come again. Christians have always seen the benefit of waiting. This is because waiting is a way of slowing our lives down, allowing time for reflection, to prepare and to take a breather. And waiting brings excitement and hope to our lives.

Whatever your religion – whether you have a faith at all – waiting has been inbuilt within our lives – and it should be something that we embrace.

All of us experience impatience. None of us tend to do well with waiting.

In a world of modern conveniences—smartphones, computers, on demand television – immediacy has become what we expect.

Reflect on this time of year. The nights seem to come in closer in the Winter months. It is a time where we wake up and it is dark and when we leave school it is dark. It is cold, rainy, brown leaves litter our pathways and roads. When light is a symbol of life and happiness, darkness is often a symbol of something glummer. However, during winter we know that we just have to wait and be hopeful for Spring to come – a time of new life, where trees begin to blossom, and our days begin to refill with light.

Waiting brings out the beauty of things we can easily take for granted.

Waiting allows us time to prepare.

Waiting gives us time for our hearts to mend after heartbreak.

Waiting allows us time to be excited.

Waiting allows us to build trust and relationships.

Waiting allows us to place greater value on what enters our lives.

Block out impatience from your mind – be thankful of being allowed to wait.

Please see the assembly notices for this week:

Key Stage 4 Formal Examinations

Key Stage 4 Formal Examinations begin on Monday 10th January 2021. You will receive your Guide to Examinations and timetables this week.

- Start your revision early – this will mean that you can spread out your revision and avoid last-minute panic
- Find a quiet place to revise – avoid listening to music with lyrics, and ideally leave your phone in another room to avoid distraction
- Have regular breaks – give yourself regular rewards for revising and give your brain a rest
- Find a revision method that works for you – active revision is important – just reading information will not help you to recall information or skills – try mind maps, mnemonics, past papers
- Test yourself – what have you been able to remember?
- Teach someone else – a parent/ carer, aunt or uncle, or even your sibling
- Look after yourself – have at least 8 or 9 hours sleep a night and ensure that you have breakfast, lunch and dinner. Try to complete at least 30 minutes of rigorous exercise a day
- Try to stay calm – if you feel as though you are panicking or if you are experiencing brain freeze – stop – focus on your breathing – slowly breathe in for 10 seconds and release for 10 seconds – get oxygen into your brain. Also, ground yourself – focus on what you can see, hear, taste, smell and feel – remind yourself of your sense experiences.

Academic Review Days

As we slowly begin to approach the end of the Autumn Term, Academic Review Days for Years 7, 8 and 9 will take place on Tuesday 14th December 2021. Time slots for appointments will be sent out to parents/ carers. All pupils should attend in full school uniform.

Year 10 Parent/ Carer Evening

Year 10 Parent/ Carer evening will take place on Wednesday 8th December 2021. All pupils should attend with their parents and carers. Pupils should be in full school uniform.

CHABOP

Please ensure that you visit the school's website on a Monday to read the Pupil Celebration Newsletter – see if you have been recognised for outstanding CHABOP or if you have been awarded a Gold Award, a Silver Award or a Bronze Award in your subjects!

Certificates will continue to be awarded for pupils who are recognised in the Pupil Celebration Newsletter. This week see if you can be extraordinary in your lessons and be celebrated for your extraordinary effort and achievement in lessons!

Trips to Enhance Learning

Trips to Enhance Learning will resume this term! We hope that you are all very excited. You must have a positive CHABOP net total to attend. Speak to your Form Tutor and Pastoral Manager for further details

Uniform

You are reminded of uniform expectations:

You must have the correct uniform. **This includes haircuts which should be of a straight forward style – natural colour without lines or patterns. Lines cut into eyebrows are not allowed.**

Boys are not permitted to wear earrings. Girls are permitted to wear a small stud in the lobe of each ear. **No other piercings are permitted.**

Uniform includes: school blazer, school tie in house colours, formal white collar shirt, grey or black trousers (not denim), black or grey skirt for girls, black or grey socks, school shoes (not boots/canvas shoes/ trainer style shoes).

Hair colour must be natural

For girls who wear a hijab this must be only plain dark blue, plain black, plain white or plain grey. Pupils who have breaches of school uniform will be sent home until corrected.

Taking pride in your environment

The school has spent nearly £1million over the Summer holidays on important repairs to the school building, decorating, equipment and making sure that the school is a wonderful learning atmosphere for you. Please respect all parts of the school whether it be the classroom, corridors, toilets, canteen, main hall or playground. This is your school. Look after your school.

Additionally, please be reminded that germs spread in toilets – when you use them properly and carefully, this reduces the amount of germs that can infect you.

The Local Community

Please remember to be considerate to our neighbours in the local community.

In particular you should not loiter in the area and you should go straight home after school. Please remember that you are a part of a wider community – so please be very mindful of your noise levels and behaviour in the local area. You should not be congregating in the estates unless you live there. We respect our neighbours so, therefore, if any pupil brings the name of the school into disrepute because of their anti-social behaviour in our community, they will be sanctioned with a fixed term exclusion, in line with our discipline and behaviour policy.

Clapham Road

You are strongly reminded that you must only cross Clapham Road and pedestrian crossings. You are not allowed to cross the road anywhere other apart from pedestrian crossings and you must wait for the green man. This is for your safety. Any pupil seen running across Clapham Road before or after school will be sanctioned.

Punctuality to school

It is compulsory to attend school on time. This is for many reasons, but one of the main reasons is health and safety. At school we are in loco parentis – in other words we act on behalf of your parents/carers – and as such, we need to know where you are and that you are safe.

In addition, being punctual is a quality that is important in having now and in the future:

- Punctuality shows that you are organised
- It shows that you are dependable
- It reflects professionalism and attention to detail
- It shows respect for your teachers and other pupils.

Again, you are reminded that:

- All pupils in Key Stage 3 should be in school no later than 8.40am.
- All pupils in Key Stage 4 should be in school no later than 9.40am.

If you are late to school, you will be issued a Late Detention, served at lunchtime.

Booster Classes and Extra-curricular clubs

Extracurricular timetables are available in form rooms and on the school's website.

Please note that we need your parents/ carers' permission for you to attend a before or after school club. Booster clubs take precedence over extra-curricular clubs and are compulsory.

Letters for clubs can be collected from reception.

There are many clubs that you can get involved with:

- *GIRL'S FOOTBALL*
- *BOY'S FOOTBALL*
- *NETBALL*
- *BOXING FITNESS*
- *BASKETBALL*
- *TABLE TENNIS*
- *DEBATE MATE*
- *HISTORY CLUB*
- *ROBOTICS CLUB*
- *CHRISTIAN CLUB*
- *READING CLUB*
- *CCF ARMY CADETS*
- *ST JOHN AMBULANCE*
- *SCOUTS*
- *GIRL GUIDES*
- *MFL HOMEWORK CLUB*
- *STEM CLUB*

SAFEGUARDING, WELLBEING AND HEALTH

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

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.

E-Scooters

Electric scooters (e-scooters) are banned on our school site this academic year because:

- Of complaints from the local community about pupils riding the scooters unsafely after school
- The riding of scooters on the pavement in Clapham Road is hazardous to pedestrians
- Some pupils had been seen riding scooters while leaving the school site.

Therefore, pupils who attempt to bring e-scooters onto school site will be asked to return their scooters to their homes and return to school on foot or by public transport.

Keeping safe – stranger danger

We live in a community that is, generally, caring and supportive of each other. However, as in any part of the world there are people that we cannot trust and that we need to be wary of. Therefore, it is important that everyone – especially children and young people – is wary of strangers.

- When travelling to and from school, or even just socialising with your friends at the park or a playground:
- Be alert to what the things happening around – have the confidence to know when something is not right and be strong enough to seek help when needed
- Never approach or talk to strangers who are in cars or vans and never get into a car or van with a stranger
- Don't be afraid to say 'no' to a stranger. If a stranger makes you feel unsafe, always 'yell and tell'
- If someone makes you feel unsafe then run to a safe zone – a place where there is someone who you can trust and talk to – maybe a school, a shop, a police station or a friend's house
- Never give your name, phone number or address to a stranger – whether in person or online
- Never follow a stranger – keep your distance from them – and do not accept any gifts from them
- Look out for one another.

This week's safeguarding question...

This week's question is:

How does physical activity promote well-being?

All of you have the right to participate in activities. At Platanos College we encourage you to participate in activities each and every day. One way that we believe that you can do this is by participating in physical activity. As well as having many health benefits which you learn about in different areas of the curriculum such as Portfolio for Life and Science lessons, it also has benefits for our emotional health.

The emotional health benefits include:

- boosting self-esteem and confidence. By completing or being successful in an activity, we gain a sense of satisfaction;
- Physical activity can help us to manage stress. When people exercise, it releases endorphins into the body which make us feel happy.

You should all challenge yourselves to attend at least one after-school club to help you in this way. If there is an activity that the school is not currently offering, please speak to your PE teacher or to your Pastoral Manager.

Attitude Determines Altitude