Monday 7th November 2022

Safeguarding, Health and Well-being Newsletter

MESSAGE FROM OUR DESIGNATED SAFEGUARDING LEAD

Attitude Determines Altitude

Dear Parent(s)/Carer(s),

As safeguarding is such an important issue, we will continue to publish half-termly safeguarding, health and well-being newsletters this academic year. The aim of these newsletters is to share key information with parents and carers so that we can all work together to keep children safe in school, at home and in the wider community.

Safeguarding relates to many areas of life at Platanos College including children's physical health and safety, mental health issues, attendance, managing medical conditions, internet safety, substance misuse, bullying, child sexual exploitation, the dangers of radicalisation, gang culture, FGM, neglect, domestic violence, forced marriages, sexual relationships, British Values and road safety amongst other issues.

In this edition of our Safeguarding, Health and Well-being newsletter, we will be giving you some updates on issues that are impacting upon young people in our community and across the United Kingdom as a whole. We also continue to expand our support offer for pupils and families in our school and include some updates on this.

Finally, this newsletter will also give you an overview of the extra-curricular activities on offer in Platanos College. We also launched our breakfast club for pupils this term. The breakfast club is an opportunity for pupils to eat and relax with their peers at the beginning of the school day and we encourage as many of our pupils as possible to attend this.

We hope that you find our first edition of the academic year informative.

Ms Williams

IS YOUR CHILD READY FOR SOCIAL MEDIA?

Childnet have produced an article answering your questions around social media, questions such as when should I allow my child to join social media? The article also outlines some alternative sites that have been created for younger children.

You can read the article here:

https://www.childnet.com/blog/supporting-your-child-getting-started-on-social-media/

TALKING TO YOUR CHILD ABOUT ONLINE ABUSE

New advice from the NSPCC (National Society for the Prevention of Cruelty to Children)

Many children enjoy playing online games and having a social media presence. As children get older this often involves speaking with others online and with this comes the potential risk of grooming and exploitation.

Speaking to your child from a young age about who they are talking to online and helping them recognise when a conversation may be putting them at risk can help to keep them safe from abuse. The NSPCC has published new advice on how to start age-appropriate conversations with your child on this challenging topic.

The advice includes how to:

- help your child recognise unhealthy online chat
- have age-appropriate conversations about sexual abuse
- explore the different communication features online
- review safety settings.

Help children stay safe on chat apps

The NSPCC have also published safety guides on chat apps. Chat apps allow users to send messages, videos, photographs and documents to individuals or groups of people. Personal safety settings should always be used to help ensure children only receive messages from people they know and trust and messages from strangers are automatically blocked. Reassuring children they can talk with you if they feel they may have had a risky conversation is to be recommended.

Most chat apps do have safety settings, if this isn't the case then such platforms are not to be recommended for children.

If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice.

SNAPCHAT

What is Snapchat?

Snapchat is an app used for messaging and sharing photos and videos. You must be 13+ to sign up. Users can send messages (snaps) to others that can only be seen for a set time period e.g. 10 seconds. Users can also upload snaps to stories which then disappear after 24 hours.

Snapchat Family Centre- NEW

Snapchat have introduced a new in-app tool called Family Centre. Family Centre will allow you to see who your child is friends with on Snapchat and who they have been communicating with (you will not be able to see the contents of conversations). You will also be able to see who they are friends with on Snapchat, report accounts confidentially and view resources to help you start conversations with your child about online safety.

Snapchat are also planning on adding additional tools within Family Centre in the future. You can find out more about Family Centre here: https://snap.com/en-GB/safety-and-impact/post/family-center.

Safety tips

It is important to talk to your child regularly about what they are doing online and make sure that they know that they should always talk to you or another trusted adult if they have any concerns. **Please make sure the appropriate privacy settings are set up on Snapchat and your child knows how to block and report other users if necessary.**

We would recommend you explore Snapchat with your child and suggest why certain options are safer, for example, setting your account so only friends (rather than everyone) can see your content and only those you are friends with can contact you.

https://support.snapchat.com/en-GB/article/privacy-settings2

More information

You can find out more about Snapchat using the following links:

https://www.internetmatters.org/hub/guidance/snapchat-safety-ahow-to-guide-for-parents

https://snap.com/en-GB/safety/safety-center

BE REAL

What is BeReal?

BeReal is a new social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two minutes to capture and share what you are doing at that moment. All your friends post at the exact same time. Once you have posted, you can then see what your friends have posted. If you don't post your BeReal, then you can't see your friend's BeReals from that day or access the discovery tab.

What age should I be?

You must be 13+ to use BeReal. BeReal is rated as 12+ by the App store and rated for teens on Google Play. Users add their date of birth to register (no age verification takes place) although users do need to add a mobile number.

What else do I need to be aware of?

BeReal is private by default and only visible to your friends. However, it is possible to share with all users by selecting the public option. If selected, your BeReal will appear in the discovery tab for all users to see and interact with.

There is also an option to share your location. If you don't enable your location, then you can't see other user's locations. Chat to your child about location sharing as it is important that your child understands the risk of location sharing and when it may be appropriate to share.

Discovery tab – this is the area where you can view all other BeReals that have been made public (if you have posted that day). There is an element of risk that your child may see an inappropriate image depending on what others have uploaded.

How to report

You can report a BeReal or a user by clicking on the three dots (next to the BeReal or user) to report. You can then choose whether you think the BeReal is undesirable or if it is inappropriate. You can block users on Android but not on iOS (BeReal have said this functionality will be available soon). People you have accepted as 'friends' can be deleted at any time.

If your child is using BeReal then talk to them about what they are sharing on BeReal and check that they know how to use the reporting tools available.

Further information

https://www.childnet.com/blog/bereal-a-guide-for-parents-and-carers-about-the-new-social-media-app/

VAPING

Vaping is becoming more common amongst young people nationally. Despite the fact that you must be 18 or over to purchase e-cigarettes or e-liquids in the United Kingdom.

Recent reports state that there is a craze for brightly coloured, sweet-flavoured e-cigarettes emerging in British schools, with social media sites including TikTok filled with posts of young people smoking them.

Disposable vapes, which contain as much nicotine as up to 50 cigarettes, come in flavours such as candy floss and blue raspberry, do not require charging and filling and cost as little as £4 a pen.

The #elfbar hashtag on TikTok, which has nearly seven million views, features videos of pupils vaping in class or talking about vaping in front of teachers. Research by the charity *Action on Smoking and Health* found recently that 11.2% of 11 to 17-year olds in Britain had tried vaping last year.

Although the official retailers have verification policies to prevent under- age sales, industry leaders are calling for tight regulation to stop unscrupulous traders from targeting youths.

E-cigarettes or vape pens- what are they?

- They are electronic devices that heat a liquid and produce an Aerosol or mix of small particles in the air.
- They come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes or cigars.
- They also look like USB flash drives, pens, and other everyday items.

What do vaping do to a teenager?

The nicotine in vaping devices puts teenagers at risk for a range of long-term effects, including mood disorders, reduced impulse control and addiction. It can also exacerbate the symptoms and behaviours of depression, anxiety and hyperactivity.

Addressing vaping in Platanos College

Not only is vaping on the school premises a safeguarding concern, for all the reasons mentioned above, but such behaviour is also in breach of the school Discipline and Behaviour Policy. Any pupil found with a vape in their possession or is caught vaping will be sanctioned in accordance with the Behaviour Policy. If we suspect or witness a child vaping in school the matter will be referred to a member of the safeguarding team.

PORTFOLIO FOR LIFE (PFL) LESSONS

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

Throughout Autumn term 2, pupils were taught about 'Living in the Wider World' in their Portfolio for Life (PFL) lessons. In addition to this, pupils have also taken part in a number of workshops which were run by external organisations. The focus of the workshops this term were supporting pupils to understand how to keep themselves safe in different situations.

In Year 7 pupils learnt about British society and our rights and responsibilities as citizens.

In year 8 pupils developed their knowledge of democracy and what that means for them.

Year 9 pupils are learning about how the government works and are creating their own political party with their own manifesto addressing issues that directly impact upon them.

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

GROWTH AND WELLBEING THROUGH SPORT

For children, team sports aren't just an extracurricular activity or something to be watched from a distance. There's so much more to team sports that benefit not only the body but the mind and ultimately, the entire lifetime of a team sports player. Millions of children and adults participate in sports, and, for children especially, the impact of playing a sport on a team can have a life-long effect. Some of the most obvious benefits of team sports are physical fitness and leading a more active life.

Active Life

When it comes to children, getting them involved in a team sport to keep them active can teach them to keep fit and this will stick with them for their entire life because they enjoy the activity and will learn to recognize the importance of cardiac care. This will ultimately help them stay fit throughout their entire lives, and hopefully help them to not have any weight issues.

Self-Image and Psychological Benefits

Children and adults that involve themselves in a team sport keeps them active and helps boost self-esteem and self-confidence which they may carry with them to other aspects of their life. Those who participate in sports are less likely to be depressed, have anxiety, and for children it can deter bad behaviour patterns. Children who were involved in sports often tend to feel better about themselves socially, physically, and mentally as adults.

Children enrolled in team sports activities may see improvements in educational performance as well. Physical activity can trigger the chemicals in your brain that make us feel happier and more relaxed, and team sports provide time for both children and adults to unwind and engage in satisfying challenges.

Regular physical activity assists in keeping key mental skills sharp as we grow as well. Thinking, learning, using good judgment are all essential tools for children and tools we need to keep using as

adults as we age. Increased cognitive abilities come from playing regular sports, increasing blood flow to the brain and activating endorphins that impact daily life.

Playing a team sport can help with a child's emotional development. Exercise can often lead to a unique state of short-term relaxation that promotes increased concentration, better memory, enhanced creativity, improved mood, and heightened problem-solving.

When it comes to poor sleep, sports and other forms of physical activity can improve the quality of sleep for young or old—allowing for the ability to fall asleep faster and sleep deeper.

Social Interaction

Team athletes are constantly working with their team, coaches and other people, many of whom can and often do become positive role models along the way. Team sports foster mentorship between players old and new, coaches and athletes and many more. Young players that have positive sports mentors when they're starting are more likely to seek out effective role models throughout their life and mirror the behaviours learned when little.

These soft skills become personal attributes that allow young people to grow to build positive social relationships and team sports is an excellent source for learning that. Children and athletes thrive within a supportive environment.

Communication Skill-Building

It may not be as obvious as it is in a classroom but spoken as well as unspoken communication happens frequently in team activities. Communication is the key to maintaining a functioning team from locker room discussion, nonverbal cues from fellow players and strategy discussions. Players should be able and are expected to express concerns, hopes, disappointments, celebrate victories, and seek feedback from coaches and team members.

Character Building

Sometimes the commitment required by athletes, especially those seeking the professional level, can be comparable to a full-time job. Learning time management often comes with learning team sports. Different commitments are often balanced: competing, conditioning, practice, meetings, and fundraising, to name a few of the most sports-associated obligations.
Effective time management as adults is a fantastic skill set and why many businesses consider hiring former student-athletes.

Leadership and Teamwork

Teamwork is about working with others to reach a common goal, and the diverse pairings of personalities and scenarios will help your little athlete to turn into an adaptable, persistent, and patient adult. Team sports also teaches a sense of group and individual responsibility.

Self-Discipline

Teachers, coaches and fellow players have a powerful influence on a child's life, potentially as much or more than teachers or parents. During practice, a coach and fellow teammates are in the position to demonstrate the continued focus needed to play, delayed gratifications, dedication as well as working hard toward an end goal.

Team sports practice teach children commitment, training, setting and achieving goals. Children learn the value and payoff from hard work and that generally in life, there are few shortcuts.
Team sports also teaches an invaluable lesson about losses and how to deal with them. Every athlete experiences a loss in their games or career, and not dwelling on that loss but turning it into a unique learning moment to improve is an excellent way to teach a child how to handle setbacks they may encounter in life.

Last, and never ever least—team sports teach and bolster the sense of community. Team activities build higher levels of social support with teammates, coaches, family members and friends which is the perfect setting for mental and emotional growth. Team sports simply foster the most easily created, natural community early on for children, assisting in forming memories and lessons that they will carry throughout their lives.

The ways in which team sports can touch a single human life and spread outward to better a child's growth, and adult health with the added benefits of mental and social well-being is truly astounding.
Team sports teach some of the most essential lessons in life for our youth to be able to tackle adulthood. These skills will take them far beyond the court, rink, or field, helping to equip them to be a better and well-rounded person inside and out.

GROWTH AND WELLBEING THROUGH SPORT

PLATANOS COLLEGE EXTRA-CURRICULAR TIMETABLE

Autumn Term (2022-2023)

Day	Club	Year group	Time	Location/Staff
Monday	Coding Club	Year 9 (Girls only)	15h10 – 16h00	2D15
	Spanish Film Club	KS3	15h10 – 16h00	1D12/13
	Fitness	KS4	15h30 – 16h30	Fitness suite/Dance studio
Tuesday	Calm Club	KS3	11h05-11h50	GD19
	Netball	KS3	15h15-16h15	MUGA/Playground/Sports Hall
	Table tennis	KS3	15h15-16h15	Dance Studio
Wednesday	Homework Club	Year 10	15h30 - 16h30	1C8
	Science	Year 7	15h30 - 16h30	Science Dept.
	Science	Year 8 & 9	15h30 - 16h30	Science Dept.
Thursday	Origami Club	Year 8	11h05 – 11h50	GD19
	Netball	Year 10	15h15 – 16h15	MUGA/Playground
	Girls Football	KS3	15h15 – 16h00	MUGA
	Boys Football	Year 10	15h40 – 16h30	MUGA
	Study Club	KS4	15h30 – 16h30	GD19
Friday	Fitness	KS4	15h40 – 16h40	Fitness suite/Dance Studio (
	Computing (Coding & Robotics Club)	KS3	15h10-16h00	1A9
	Spanish speaking Club	KS4	15h10-16h00	1D13
	Spanish GCSE Revision Club	KS4	15h10 – 16h00	1D12

Upcoming clubs:

1) Debate mate (Autumn 2)	*2) Debate mate accelerate*	*3) Writing Academy*
4) Art Club	*5) Girl Guides & Scouts*	*6) Drama Club*
7) Maths Club	*8) History Club*	*9) Basketball Club*
10) Boxing Club	*11) Football*	

Please note that pupils must return a signed consent form in order to attend a club.
Pupils should ask their form tutor or Pastoral Manager information on consent letters.

Lunchtime Games Club

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 events** have been delivered over the course of Autumn term 1:

Autumn Term 1			
Events	**Year**	**Overview**	**Intent**
TFL Safeguarding for travel	9	Safeguarding workshop	To educate pupils about unwanted sexual attention on public transport and to reinforce the safeguarding messages from the ongoing 'Report It to Stop It' media campaign to make young people aware of certain types of behaviour, how to deal with it at the time and the importance of reporting incidents of this nature.
Safeguarding Workshop	8	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 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.
Mental Health Day	All year groups	As part of our World Mental Health Day celebrations this year, all year groups took part in mental health assemblies. These assemblies included giving pupils practical strategies on how to stay mentally healthy and how to manage when faced with difficult situations. In Key Stage 4, pupils practiced meditation in their assemblies.	To promote awareness of mental health linking it to the theme of making mental health and well-being for all a global priority.

SUPPORT SERVICES IN PLATANOS COLLEGE

Platanos College has a large Inclusion team to support pupils in all aspects of school life. The Inclusion team has a range of services on offer. This includes the following:

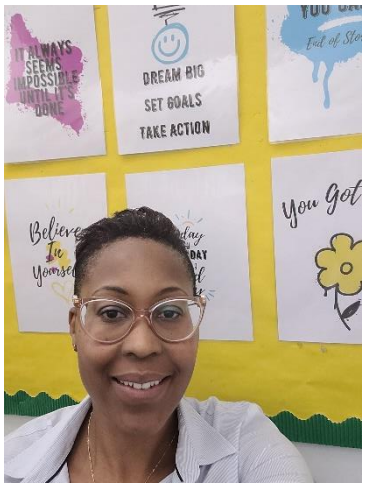
- Reflective coaching
- Mentoring
- Careers and future planning support
- Speech and Language Therapy support
- Assistant Psychology support
- Educational Psychology support

The team has expanded this academic year and now includes Place2Be as well as an Intervention and Wellbeing officer.

Intervention and Wellbeing Officer

My name is Mrs Kendall, I am pleased to be joining Platanos College as an Intervention and Wellbeing Officer.

Over the past few years, I may have had the pleasure of supporting pupils during my previous external role facilitating one-to-one personal development sessions.



A bit about me…

I am a certified Life Coach with over 15 Youth work experience. I wholeheartedly embrace every opportunity to inspire pupils with boosting their self-confidence, overcoming challenges and reaching their aspirations.

In my spare time, I enjoy superhero movies, watching football on the side-lines and doing a move or two while listening to a soulful tune.

I will be offering a range of one-to-one and reflective group coaching sessions to enhance well-being and educational attainment.

These sessions will cover areas such as;

- Self Confidence & Self esteem
- Social & Emotional Health
- Communication Skills
- Self Awareness
- Future & Goal Planning
- Positive Relationships
- Health and Nutrition
- Life Skills

Pupils are referred to the Intervention and Wellbeing Officer by Pastoral Mangers in the first instance. Pupils can also self-refer via their Pastoral Managers.

HALF-TERM ACTIVITIES

BLACK PRINCE TRUST

Our mailing address is:
Black Prince Community Trust
5 Beaufoy Walk
Off Black Prince Road
Lambeth
London
SE11 6AA

At the *Black Prince Trust*, we offer a range of after-school activities. Please see below or check out our social media for further information.

Basketball

We are pleased to announce that we will be starting an exclusive female only U18s (13-17) basketball session. This session will take place every Monday from 5pm-6:30pm and will commence on Monday 7th November.

We are also currently planning the delivery of level 2 refereeing. Keep an eye on our social channels for more information or contact diana@blackprincetrust.org.uk if you have any questions.

Free weekly sessions.

- **Mondays** - 18+ mixed open mixed basketball (12pm)
- **Tuesdays** - U18s mixed basketball with LBA (4.30pm); 18+ basketball with LBA
- **Wednesdays** - 18+ mixed open mixed basketball (10am)
- **Fridays** - 18+ female beginners' basketball (4.30pm); 18+ female advanced skills session with LBA
- **Sundays** - Ages 8-12 Community basketball with Hoopspace UK (12pm); Ages 13-17 Community basketball with Hoopspace UK (1.30pm); Community basket-ball with Hoopspace UK (3pm)

All sessions are booking only, so if you don't have a confirmation email, you will not be able to play. For more details on days, timings and how to book, please visit our website.

For further details please email: diana@blackprincetrust.org.uk.

Boxing & Fitness

Boxing and fitness sessions take place throughout the week for all ages and abilities.

- **Mondays** - Don Davis Open Boxing U18s (5pm)
- **Tuesdays** - 3 Pillars Boxing Fitness 18+ (1pm); Fight 4 Change Open Boxing U18 (4.30pm) Fight 4 Change Open Boxing 18+ (5.30pm)
- **Wednesdays** - Don Davis Open Boxing U18s (5pm)
- **Thursdays** - 3 Pillars fitness session 18+ (12pm); Community Fitness for Kids: Age 8-11 (4pm); Fight 4 Change Open Boxing U18 (4.30pm) Fight 4 Change Open Boxing 18+ (5.30pm)
- **Fridays** - SOHK boxing (10am); Don Davis Open Boxing U18s (5pm)
- **Saturdays** - Don Davis Open Boxing 18+ (10am); Children's Open Boxing (age: 5-11) w/Don Davis (11.30am);

For more details on days, timings and how to book, please visit our website**.** For further details please email alex@blackprincetrust.org.uk**.**

Don Davis Fighter in National Boxing Championships

Matthew Moore has progressed to the quarter finals of the England Boxing National Youth Championships, taking place in Devon this weekend. Matthew trains every week at BPT with Don Davis and we are hoping he can progress to the next stage to continue what has already been an amazing achievement!

Football

In partnership with Street Soccer, Girls United and Fulham Foundation we deliver weekly sessions for all ages and abilities. These sessions are free of charge, and you can find more information on our partners' website pages below.

- Street Soccer
- Girls United
- Fulham Foundation

Fulham Football will be holding a weekly Thursday session, taking place from 1pm-3pm. Please note that you must book on to these sessions through Fulham.

For more information, please visit the website or email tyra@blackprincetrust.org.uk.

WHAT DO OUR PUPILS HAVE TO SAY ABOUT OUR SAFEGUARDING WORKSHOPS?

Pupil voice from the safeguarding workshops and assemblies this term has been overwhelmingly positive. Here is what some of our pupils have had to say.

"We learnt how to protect ourselves or someone else that's being harassed on public transport. You find someone else on the bus, like the bus driver. Ask them for help. You can also call the police!".

Iara, Year 9

"I enjoyed our Safeguarding workshop. Safeguarding is how to keep yourself safe. For example, if you're on social media, you should go on appropriate sites for your age. If someone is being inappropriate online, you should tell your parents what's going on".

Mohammed, Year 7

"I have learnt a lot in my Portfolio for Life lessons and the Safeguarding workshop. I have learnt not to let anyone bully me online or in the community. It is important to block people who are bullying you online and you".

Maria, Year 9

"The Safeguarding workshop gave me lots of information about how to stay safe. For example, if you feel as though someone is following you, you should go to a busy place such as a shop and ask for help".

Marilyn, Year 7

"The Safeguarding workshops taught us to be nice to each other and to tell the teacher if you are worried about something".

Eva, Year 7

ARE ALL OF YOUR CONTACT DETAILS UP TO DATE?

Please ensure that 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

MEDICAL CONSENT

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

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

Below are a series of links that offer advice and support to parents/carers on supporting their child's mental well-being.

- 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.youngminds.org.uk/parent/survival-guide/ - How to help your child – Young Minds

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

www.thinkuknow.co.uk

www.net-aware.org.uk

www.internetmatters.org.uk

KOOTH

Kooth provides free online counselling support for young people. Please go to www.kooth.com to access this.

Kooth's London and South East team offer monthly information sessions for parents & carers interested in finding out more about Kooth services. Please provide the link below to parents/carers. Kooth can also provide letters for schools to share with parents / carers explaining what Kooth is and that their child may hear about it through school as a support for them should they need it. Please contact your Kooth Engagement Lead to request these letters and other support resources for parents.

The link for parents/carers to book the free information session can be found here:

17th November 2022, 6pm-7pm

PARENT/CARER WORKSHOPS

As part of our safeguarding, health and well-being agenda, Platanos College will continue to run parent/carer workshops. We are offering a range of workshops this academic year in order to best support our school community.
We would like to consult parents/carers about the workshops. Please follow the below if you would like to attend a workshop.

Year 7 parent/carer workshop link:
https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_3x9WFMVfoGpxNI2

Years 8, 9 and 10 parent/carer workshop link:
https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_aWe1QJaYxlr8rEa

Year 11 parent/carer workshop link:
https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_3eilvRnXohxDQWy

EXTERNAL PARENT/CARER WORKSHOPS

We are funding a free course for parents called “Mothers for Change”.

Dates TBC but the course will run in January at the Marcus Lipton Centre and runs once a week for 6 weeks.
The course is designed to help mothers and any female guardians including foster carers, grandmothers and aunts understand harms that impact the lives of young people today. This course is very broad and covers important topics and issues such as extremism, loneliness, self esteem issues, video games, internet safety and hate crime to name a few.

To secure your space early doors – contact maeve@groundswell.world

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.

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 the Safeguarding Team using the below e-mail addresses:

- pupilsafeguarding@platanoscollege.com
- parentsafeguarding@platanoscollege.com
- safeguardingconcerns@platanoscollege.com