



**March 2023**

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

### **MESSAGE FROM OUR DESIGNATED SAFEGUARDING LEAD**

#### **Attitude Determines Altitude**

Dear Parent(s)/Carer(s),

Welcome to the second edition of this newsletter for the academic year. This edition of our newsletter will focus on *Relationships*. As a school, we ensure that pupils learn in a safe, caring and enriching environment. Pupils are taught to keep themselves safe, to develop positive and healthy relationships, and how to avoid situations where they may be at risk of harm.

Our school Safeguarding Curriculum which is delivered through assemblies, lessons, form time and workshops support pupils to learn how to keep themselves safe and how to build healthy relationships.

We celebrated Children's Mental Health week this half-term. The theme of Children's Mental Health week was *Let's Connect*. This week celebrated the importance of making meaningful connections with others. Pupils across the school took part in activities to support them how to make these meaningful connections and to understand the importance of healthy relationships. This included form time activities and assemblies.

I hope that you find this edition of the newsletter informative.

***Ms Williams***

## WHATSAPP

**You must be at least 16 years old to register for and use WhatsApp.** WhatsApp is a free messaging app that allows you to send messages, voice notes, photos and videos.

### What are the key features of WhatsApp?

Group chats: One of the key features is the group chat function.

Everybody in the group, even if they are not one of your child's phone contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group.

In settings, you can change who can add your child to groups, for example, you can change it to 'my contacts', which means that only those in your child's contacts can add them to a group. You can leave a group chat at any point so talk to your child and encourage them to leave any chat that makes them feel uncomfortable. You can leave groups silently (only the admin will be notified).

Location sharing: you can share your location on WhatsApp. Talk to your child about when this would be appropriate to use but also the potential danger of sharing their location, for example with strangers.

Blocking/Reporting: Show your child how to block and report.

Online Bullying: WhatsApp has been used in instances of online bullying, e.g. to send nasty messages or share images of other children without their permission. It is important to have regular chats with your child about their online life and that they understand that they must talk to you or another trusted adult if they are being bullied. This is a helpful article from Family Lives, which talks about what to do if you are being bullied: <https://www.familylives.org.uk/advice/bullying/cyberbullying/what-to-do-if-you-re-being-bullied-on-a-social-network>

Disappearing messages: With disappearing messages, you can control how long a message can be seen for before it is deleted – 24 hours, 7 days or 90 days (once set, this will only work for new messages).

View once messages: when sending a photo or video, you can set it so it can only be viewed once by respondents. Screenshots are also blocked when using this function.

## PEER MEDIATION IN PLATANOS COLLEGE

Platanos College has trained a group of pupils as peer mediators. Peer mediation is a pupil led process in which a young person assists other young people in resolving their conflicts in a constructive and unbiased manner.

In peer mediation, pupils talk face to face in a structured, safe and supportive environment to create a win - win outcome. Mediation does not focus on who's wrong or right and blame. It is about working out a way forward which is mutually acceptable.

*"The goal of resolving conflict in a relationship is not victory or defeat. Its reaching understanding and letting go of our need to be right"*

Larry James



## ANTI-BULLYING IN PLATANOS COLLEGE

Platanos College has a team of Anti-Bullying Champions with Ms Bartley leading and training this team.

A key aspect of the Anti-Bullying Champion role is to tell people where they can go if they're being bullied or having difficulties with peer interaction. The Anti-Bullying Champions support pupils to report their concerns or bullying incidents to Ms Bartley and their own Pastoral Manager.

Anti-Bullying Champions also lead sessions and whole school events to promote kindness and positive relationships. This includes Anti-Bullying Week. Our Anti-Bullying team play a significant role in promoting the inclusive culture of Platanos College- one which celebrates difference.





The Anti-Bullying Champions help educate their peers on bullying and the possible impact that it might have on others. They are highly visible at lunchtimes and engage in lunchtime monitoring to ensure that pupils are socialising together appropriately.

## THE BENEFITS AND IMPACT OF EXTRA-CURRICULAR SPORTS AND ACTIVITIES

At Platanos College extra-curricular clubs and activities have always been a positive vehicle in supporting our pupils in achieving more in and outside the classroom. Statistics support the notion that children who participate in extra-curricular activities generally achieve higher grades.



In the PE Department this year pupils have benefited from girls' netball, mixed Key Stage 3 basketball, Key Stage 3 table tennis, Key Stage 4 fitness and Key Stage 3 girls' and Year 10 boys' football club.



Their skills and ability to work cooperatively with one another, as well as demonstrating the increased resilience to challenges, tasks and problem-solving. The pupils have developed healthy competition amongst their peers and many a lesson has been learnt through both victory and defeat. Perseverance is a lifelong characteristic and skill that needs to be nurtured.

Sport and activity have provided the ideal outlet for our pupils to have a clearer, more realistic understanding about themselves; so that they develop holistically and become well rounded human beings.

Pupils who take part in PE Clubs have expressed below:

*"It is very cool and fun as I have new opportunities to learn different sports & get to meet new people. It also increases my social confidence."*

*"The reason I like basketball is because it keeps me mentally & physically fit & I've always wanted to play the sport."*



*"I like coming to netball because it distracts me from the outside world & school life. Also, I really like the sport in general."*



## PLATANOS COLLEGE EXTRA-CURRICULAR TIMETABLE

Day	Club	Year group	Time	Location/Staff
<b>Monday</b>	Coding Club	Year 9 (Girls only)	15h10 – 16h00	2D15 (SK)
	Spanish Film Club	KS3	15h10 – 16h00	1D12/13 (PAC & JL)
	Fitness	KS4	15h30 – 16h30	Fitness suite/Dance studio (CPA)
	Girls Football	KS3	15h15 – 16h00	MUGA (Big Kids)
<b>Tuesday</b>	Calm Club	KS3	11h05-11h50	GD19 (JR)
	Table tennis	KS3	15h15-16h15	Dance Studio (EK)
<b>Wednesday</b>	Homework Club	Year 10	15h30 - 16h30	1C8 (SHN)
	Science	Year 7	15h30 - 16h30	Science Dept. (HV & Azam in support)
	Science	Year 8 & 9	15h30 - 16h30	Science Dept. (SK & LR in support)
	English (First Story)	KS3	15h00 – 16h15	1D4 English Dept.
	Netball	KS3	15h15-16h15	MUGA/Playground/Sports Hall (NBA/TDS)
<b>Thursday</b>	Origami Club	Year 8	11h05 – 11h50	GD19 (JR)
	Orchestra Club	KS3	15h05 – 16h00	Music room (IJ/ET)
	Netball	Year 10	15h15 – 16h15	MUGA/Playground (NBA & TDS)
	Boys Football	Year 10	15h40 – 16h30	MUGA (WOL)
	Study Club	KS4	15h30 – 16h30	GD19 (JR)
<b>Friday</b>	Fitness	KS4	15h40 – 16h40	Fitness suite/Dance Studio (CPA)
	Computing (Coding & Robotics Club)	KS3	15h10-16h00	1A9 (AHA)
	Spanish speaking Club	KS4	15h10-16h00	1D13 (GG)
	Spanish GCSE Revision Club	KS4	15h10 – 16h00	1D12 (AA)

**Clubs and societies at Platanos College:**

<b>Department:</b>	<b>Teacher in-charge:</b>
<b><u>Art Department:</u></b> Art Club	Ms. Peliza
<b><u>Computing Department:</u></b> Coding Club for girls Coding & robotics Club	Mr. Kabaka Mr. Haque
<b><u>English Department:</u></b> Debate Mate Debate Mate Accelerate Writing Academy Drama Club	Ms. Grant Mr. Etheridge & Ms. Thompson Ms. O'Connell Ms. Sammut
<b><u>Modern Foreign Languages Department:</u></b> Spanish Film Club Spanish speaking Club Spanish GCSE Club	Ms. Amenedo & Ms Lopes Ms. Gomes Ms. Alvarez
<b><u>History Department:</u></b> Fact & Fiction Club	Ms. Stephenson & Mr. Ahmed
<b><u>Maths Department:</u></b> Maths Club	Ms. Bajaj
<b><u>PE Department:</u></b> Fitness Club Basketball Club Boxing Club Boys' Football Club Girls' Football Club Netball Club Table tennis Club	Mr. Paton Mr. Klassen Mr. Paton Mr. Klassen Ms. Bartley (external Big Kids) Ms. Bartley & Ms. Daniels Mr. Klassen
<b><u>Science Club:</u></b> Science Club Year 7 Science STEM Club Year 8 & 9	Mr. Vaishampayam & Ms. Azam Mr. Kabaka & Mr. Rigby
<b><u>Other:</u></b> Calm Club Orchestra Club Origami Club Study Club Homework Club CCF (Girl Guides & Scouts)	Ms. Raikes Ms. Jones/Ms. Thompson Ms. Raikes Ms. Raikes Ms. Hassan Ms. Louis



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.



## 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
- Intervention and Wellbeing Officer

If you feel that your child would benefit from any of the above support services, please contact your child's Pastoral Manager at the school.



## Neurodiversity Celebration week 2023

This week, Platanos College took part in Neurodiversity Celebration Week. Pupils learnt about the strengths and talents of neurodivergent people such as those with autism, ADHD, Tourettes syndrome, dyslexia and dyspraxia.

Luca, 8C, shared, “To me, neurodiversity is how there are different brains in the world who see things different. For example, people with ADHD can sometimes find it difficult to concentrate. But at other times, they might hyper focus in lessons, especially if it’s a topic they find interesting.”



Ashwagh, 9A, explained, “I learnt that dyslexia can make people feel overwhelmed when reading and it can look like the words are all jumbled up. I have a friend with dyslexia in my class and I understand her better now.”



“Everyone’s brains are different. I’m good at reading, Maths and cooking. But, I find English and Science challenging”, noted La’Keylah, 7W.

Rahma, 7W, said, “It’s cool that our brains can learn something new every day”. Ide, 7W, agreed “Yes, and because of neurodiversity everyone thinks differently and we’re all unique”.

As part of Neurodiversity Celebration Week, KS3 pupils have been invited to participate in the Platanos College Neurodiversity Poster Design Competition. The challenge is for pupils to design an A4 poster on a well-known neurodiverse person who has made a positive contribution to the world. The deadline is Thursday 23<sup>rd</sup> March and winners will be announced before the end of the Spring term. Competition winners will win prizes and have their posters exhibited on the Neurodiversity Celebration display board. We are looking forward to see the posters created!





# Keeping children and teenagers safe online

**Gain knowledge about the online world and how to keep children and young people safe**

The course will cover:

- Social media risks, gaming platforms, and message boards frequently used
- Using web controls for safety
- How to start conversations about online experiences
- Where to find further support

**Free workshop!**

**Morning course: Wednesday 15th March,  
11am-12pm**

**Evening course: Wednesday 22nd March,  
5pm-6pm**



## KOOTH

Dear Parents/Carers

Over the coming weeks your child may mention they have been made aware of a service called Kooth. It provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners for ages 10- 25.

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Kooth also has an online wellbeing team from 12pm- 10pm on weekdays and 6pm- 10pm on weekends offering 1:1 text- based online counselling via live chat or messaging.

Kooth is free to access via any internet- enabled device. Your child simply needs to visit [www.kooth.com](http://www.kooth.com) and click 'Join Kooth'. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.

Kooth will be working with all schools and professionals across 93% of the UK and growing to support students' mental health and wellbeing, both in and out of school. Alongside this, Kooth provides parent sessions, so keep in touch with the school or agencies to find out when the next ones are. We have pre-recorded 2 sessions for you to watch. The 5-minute overview can be found [Here](#) and a more in-depth 15 minute recording can be found [Here](#). We have also included a selection of parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#)

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email [parents@kooth.com](mailto:parents@kooth.com).

Kind Regards

Kooth Engagement Team

### [Parent/Carer information webinars](#)

Information sessions for parents/carers to learn more about Kooth:

- [Thurs 18th May, 6-7pm](#)





  
**Lambeth**

FREE WORKSHOPS  
For young people  
everywhere in the  
borough

# THE BIKE PROJECT

Have you always wanted to know how to fix a flat tyre or change an old brake pad? Join us at one of our **FREE** bike repair workshops during the easter half-term and learn the skills you need to keep your bike up and running.



Spaces Available Tuesday 11th - Friday 14th April  
10:30 AM - 4:00 PM  
Longfield Hall, 50 Knatchbull Rd, SE5 9QY

Find out more and sign up at [upcycle-workshops.eventbrite.co.uk](https://upcycle-workshops.eventbrite.co.uk)



@upcycleldn\_



[upcycleldn.co.uk](https://upcycleldn.co.uk)

## Sustrans Big Walk and Wheel at Platanos College

### **Platanos College taking part in UK's biggest active travel challenge**

Platanos College pupils will be participating in the UK's biggest inter-school walking, wheeling, scooting and cycling active travel challenge.

The Sustrans Big Walk and Wheel takes place 20-31 March, and it inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.

The competition has been running since 2010 and sees schools compete on each day of the challenge to make the most journeys by walking, wheeling, scooting and cycling.

Not only does the event help reduce pollution around the school gates but in 2019 it helped parents to save an estimated [£1.6million in petrol costs](#) during the fortnight.

#### **Ms Daniels, said:**

Sustrans is a charity that aims to make walking, wheeling and cycling easier, and is delivering the challenge in partnership with Schwalbe.

Sustrans Big Walk and Wheel is open to all primary and secondary schools in the UK, with prizes to be won every day.

Free resources are available to encourage pupils to help reduce air pollution and learn about the benefits of active travel for themselves, their school, their neighbourhood, and the whole planet.

#### **School gate pollution**

More than 2million active journeys to 1,519 participating schools took place during the 2022 challenge, saving 1,335 tonnes of CO<sub>2</sub> and 2,984kg NO<sub>x</sub> emissions if the journeys logged had otherwise been made by car (1).

In a YouGov survey in 2021 [half \(49%\) of UK school pupils](#) said they were worried about air pollution near their school, while 57% of pupils described the environment around their school as having too many cars.

Teachers also find that pupils who walk, wheel, scoot or cycle arrive at school more relaxed, alert and ready to start the day than those who travel by car. Active travel can also [help reduce anxiety, depression](#), and the risk factors of developing cardiovascular disease, some cancers, and Type II diabetes.

**Xavier Brice, CEO at Sustrans, said:**

"It's fantastic that **Platanos College** is taking part in the Sustrans Big Walk and Wheel. This is a great opportunity for parents and pupils across the UK to enjoy the fun of a healthier and cheaper school run by walking, wheeling or cycling.

"We want to help people get out of their cars, so even if you choose to travel actively for only part of the school journey you will still be making a difference and putting our environment front and centre. Every short car journey swapped for an active alternative helps cut pollution, for a cleaner environment and healthier, happier communities."



**Join in**

Comment, share, use the hashtag #BigWalkandWheel

[Find out more about registering for the Big Walk and Wheel 2023](#)

Follow us on Twitter [@sustrans](#) and on [Facebook](#)



## WHAT DO OUR PUPILS HAVE TO SAY ABOUT OUR YEAR 7 AND YEAR 9 READING MENTOR PROGRAMME?

The Platanos College reading programme has continued this academic year. Our Year 9 pupils are building their leadership and communication skills by supporting Year 7 pupils with their reading. This is our second year running this programme and it has been both successful and impactful to date.

“My relationship with my mentee has improved throughout the year”.

***Faith, Year 9***



“I find that my mentee’s reading has improved a lot. He used to struggle with long words but now he is reading much faster since we started working together. He is also a really nice person.”

***Ashwagh, Year 9***



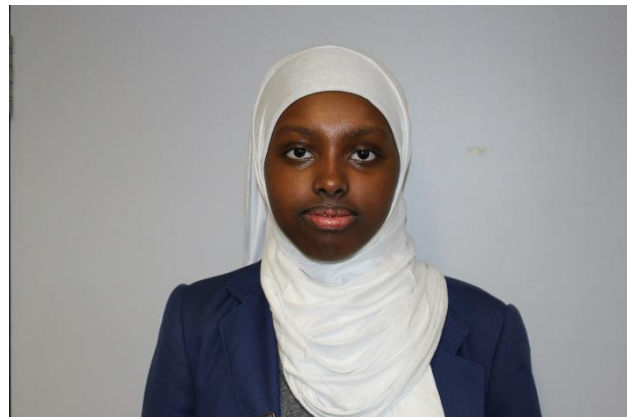
“My mentee is shy but she still reads wonderfully. She is doing very well and I like working with her”.

***Medina, Year 9***



“My relationship with my mentee is good as she’s kind and caring. She hasn’t yet become confident to read herself but in a bit of time, I feel she will.”

***Sumaya, Year 9***



“My relationship with my mentee is very good we get along really well, she’s nice and respectful.”

***Sara, Year 9***



“My mentee reads really well even though she’s shy. I think peer reading has made us friends.”

***Amina, Year 9***



“I have learnt lots of new things because of my mentee.”

***Reyan, Year 9***



“My mentee is lovely and is amazing to help”.

***Simra, Year 9***



“My mentee is a really good reader and is not afraid to ask questions. They talk about things they like and it helps me to listen and be better at talking with them.”

Alessandra, ***Year 9***



## 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](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 and return it to the school.

## ONLINE SAFETY

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**

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)

## **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 the 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)