



PLATANOS COLLEGE SIXTH FORM

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5th December 2023

STUDENT WELL-BEING AND SUPPORT

Platanos Sixth Form College values the importance of providing a nurturing and inclusive environment for all students. Prioritising student welfare and promoting self-care is at the heart of Platanos College Sixth Form. We support all students and consider their individual needs, such as how they take care of themselves as they grow and develop, physically and emotionally into young adults

We can appreciate that the transition to sixth-form can bring with it an array of feelings and experiences. For this reason, students are provided with a welcoming atmosphere where they feel safe and can be themselves within a culture of openness.

MEET MS KENDALL

"I am committed to ensuring that students are supported with any challenges or concerns so that they can fully embrace opportunities as they discover their greatest potential."



Our Sixth Form is a nurturing place to be. Students can improve and maintain a healthy well-being through accessing:

- Mentoring Sessions for personal development
- One to One Career advice
- Weekly reflection discussions to explore challenges, reflect on experiences and develop problem solving skills
- Workshops, talks and seminars
- Enrichment activities

Attendance and Punctuality

Instilling the importance of good attendance and punctuality at school is crucial in preparing students for a successful transition to university, apprenticeships and work life. We encourage students to have 100% attendance to ensure they thrive personally and academically.

Student Voice

Student Voice is key at Platanos College Sixth Form; it is after, all students' space to be creative, expressive and be heard. Likewise, we want students to flourish in a learning environment, which is productive and enjoyable.



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COMMITTEE LEADERS

We are pleased to have our newly nominated Student Committee Leaders. We would like to introduce, Ana Marques and Alae Chentouf Schimi. Both students have recently been nominated to run the Health and Wellbeing Committee.

MEET ALAE CHENTOUF SEHIMI



HEALTH AND WELL-BEING DEPUTY COMMITTEE LEADER

Prior to attending Platanos College Sixth Form my wellbeing had been impacted. I decided to join Platanos College Sixth Form as I believed they care for my mental health. Ms Kendall regularly checks on student's feelings by having regular check-ins to make us feel heard and cared for. The great thing we have here to get students involved, is the committee groups. I feel part of a community because I can share ideas and views and also hear peers' opinions. This gives me and others more confidence and helps with increasing communication, independence and leadership skills. I am pleased to be voted as Deputy of the Health and Wellbeing Committee. This responsibility brings me joy in being able to help and empathise with others.

MEET ANA MARQUES



HEALTH AND WELL-BEING COMMITTEE LEADER

As the newly elected leader of the Health and Wellbeing committee, it is now my duty to ensure everyone involved in the Platanos College Sixth Form feels like their wellbeing is supported and cared about. I want people to know that their thoughts and feelings are valid, and that they are valued.



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Recently, I have been pushing myself to participate in social situations, which I rarely had the courage to do before, like applying to this committee, for example. As cliché as it may be, my biggest achievement this past year has been completing my GCSEs, despite the many doubts and difficulties it took. I could not have achieved this without the constant support of my teachers, who never gave up on me, even when I did. I aspire to be like them, someday, and I am certain that this committee will give me the opportunity to do so. In addition to this, I want to make my younger self proud: she inspires me, and I would like to inspire her, and others who felt like her too. So, despite the challenges I may face whilst leading this committee, I am ready to face its responsibilities, as I know it will all be worth it in the end.

This year, I am hoping to develop my teamwork skills and build relationships with my peers. I aim to do this by getting to know the Sixth Form students well and showing them that they can trust and approach me whenever they please. I would never want to make someone feel like they are unappreciated, nor judged for who they are or what they have been through.

Some of the ideas my deputy and I have come up with for the committee so far consist of: 1-1 counselling assemblies and workshops, a health & wellbeing club/society, where you will have the opportunity to have some downtime and participate in mind-soothing activities; and a card you can hand to your teacher to subtly let them know you're not having a good day. I would also be pleased to work alongside the other committees, and combine our ideas to ensure this Sixth Form is a pleasant environment to learn in. However, this is not the end – we are always looking to expand this list, and any other suggestions are welcome.

Lastly, I would like to reiterate that the Health and Wellbeing Committee is here to support everyone along their sixth form journey, because their well-being is our top priority.

“ Attitude Determines Altitude ”