



# Pleckgate Weekly Newsletter

A weekly newsletter for pupils and parents during the school closure

**Week Ending: Friday 24 April 2020**

**Ofsted**  
Outstanding  
Provider

## Message from the Headteacher

Dear Parents/Carers

Firstly, I hope you and your families are safe and well. I know the last few weeks have been difficult, but by all working together, we are saving lives, ensuring our NHS has the capacity to treat those who are unwell. Although we find ourselves in unprecedented times, I am pleased to welcome students back to the summer term. For at least the next three weeks, school will continue 'virtually' through students accessing work set by teachers via their iPad and the Doodle portal. As the government provides further details about a potential return, we will be sure to share these with you.

The government guidance for parents and carers on the closure of educational settings has been updated with additional information on the resources and support available to help parents educate their children at home. The guidance can be found here: <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>. The latest guidance and video on hand washing can be found at: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>.

Our home school communication is very important to us and I would like to also draw your attention to the latest version of 'Pleckgate News', the now bi-weekly newsletter written to ensure you feel informed and still part of our school community.

### Importance of work & learning routines

As we have now commenced the summer term, it is important that students continue to check their Doodle portal using their iPad every day for work and activities to support their learning. Please, where possible spend some time to check that your child has completed their work to the best of their ability, and crucially that they are submitting work back to their teachers. This can be done either through Doodle, or electronically via email (staff name [initialsurname@pleckgate.com](mailto:initialsurname@pleckgate.com) for example [wpatel@pleckgate.com](mailto:wpatel@pleckgate.com)). Additionally, our pastoral team are regularly making phone calls to Parents/Carers to provide advice and guidance and often are able to speak to students about accessing or submitting work. If you feel that your child would benefit from a conversation from their Head of Year please let us know at the email address below.

### Year 11 Examination Results

Ofqual has been consulting with schools regarding the awarding of GCSE and equivalent qualifications for this year. It has been confirmed that students will not be required to sit examinations this term, and that an evidence-based quality assured process will replace examinations to award grades. There will still be a national GCSE results day, held on 20<sup>th</sup> August 2020. However, for those who wish to, there will be an opportunity to sit GCSE examinations in the Autumn term, but this will not be compulsory. We have also sent every Parent/Carer an important post-16 questionnaires to complete and return to school to support your child in the next phase of their education. It is important that you complete and return this as soon as possible.

I would like to take this opportunity to thank you for the trust you have put into the school over the past few years and your ongoing support as we move forward together.

Stay Safe.

NB: For any further information please contact us at [info@pleckgate.com](mailto:info@pleckgate.com) and add the details of your request in the subject line.



Mr Cocker Headteacher

**Aspire and Believe, Act and Succeed**

# Safeguarding

Remember you can find safeguarding information via the website or follow us on twitter for regular updates. Although we might not be in school the Pleckgate safeguarding email address can still be used by any student to share concerns. This can be done signing in and sending an email by anyone with a Pleckgate email domain.

Request any help via [safeguarding@pleckgate.com](mailto:safeguarding@pleckgate.com)

This can help to arrange to provide support, information and guidance

Report online concerns issues - follow the advice on the school website safeguarding page CEOP link.

Please also see information with this newsletter from the school health team. this contains many useful links that you may find to be helpful.

WE ARE HERE FOR YOU.

## Ramadan Mubarak!!

Pleckgate wishes a safe Ramadan to all those who will be fasting.

The following information is from Public Health England:

**During Ramadan you should only leave your home for one of four reasons:**

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person.
- travelling for work purposes, but only where you cannot work from home.

### Stay at home for Ramadan

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times.
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms



### Quote of the Week

Chosen by Mr Clegg (History Department)

**"We are not rich by what we possess but  
by what we can do without"**

**Immanuel Kant**

**Stay connected and follow us on Twitter**

**<https://twitter.com/PleckgateHigh>**

## “WE ARE HERE” A MESSAGE FROM YOUR SCHOOL NURSING SERVICE.....

Hello, how are you?

These are strange times that we are currently living in and we hope you are keeping well. For some of you it may be very tough and we want you to know that we are here for you.

We would usually be around your school, and would be at your School Health Drop In, but we know that right now it is not possible. So, how can you chat to us?

Between 9-5pm if you wish to speak to our school nurses about any worries you may have about your own wellbeing, our School Health Team number 01254 585000, press option 2.

Then depending on what area your school is in, press that option:-

- 1- Darwen (DACA/Darwen Vale/The Studio/the Brambles)
- 2- Blackburn West (St Wilfred's/Witton/The Heights/St Bedes/TIGHs Boys/Blackburn College)
- 3- Blackburn North (St Thomas Centre/ TIGHs Girls/Pleckgate/Islamiyah/QEGS/St Marys College /Jamiatul Wal Huda)
- 4- East Team (Blackburn Central/OL&SJ/Markazul Uloom)

If you don't know which team to choose, select any one, and we will get you to the right place.

If you are not sure if we can help you, then get in touch with us anyway on the number above. We can always help you to find the right support. **You are not alone and we are here.**

There is also a list of support services below which you may find helpful during this time, depending on what your worry is. Please see below, your school health team.

### Covid 19 information for young people

<b>Place2Be</b>  <a href="http://www.place2be.org.uk">www.place2be.org.uk</a>	Support for emotional wellbeing with lots of useful information to help explain the current Covid 19 pandemic.
<b>Healthy Young Minds</b>  <a href="https://www.healthyyoungmindspsc.co.uk/information/children-and-young-people/coronavirus">https://www.healthyyoungmindspsc.co.uk/information/children-and-young-people/coronavirus</a>	Support for emotional wellbeing with lots of useful information to help explain the current Covid 19 pandemic.

### Health and wellbeing

<b>Refresh</b>  <a href="http://www.refreshbwd.com">www.refreshbwd.com</a>	The refresh health and wellbeing website has been redesigned and recreated to be much more focused on supporting health and wellbeing, specifically during these unusual and challenging times.
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### Support for your Emotional Health and Wellbeing

<b>KOOTH</b> <a href="http://www.kooth.com">www.kooth.com</a>	Kooth is a free, safe and anonymous online counselling support if you are feeling low, worried and would like to talk to someone online.
<b>Anna Freud</b> <a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a>	Link to an evidence based support site with ideas for self-help and self-care.
<b>YOUNG MINDS</b> <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>  For Crisis Helpline Text <b>YM to 85258</b> for 24/7 support. Young Minds telephone helpline for parents and carers: <b>0808 8025544</b>	Young Minds has great support for helping you navigate your feelings during the Coronavirus Lockdown.
<b>CHILDLINE</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a> <b>0800 11 11</b> (free phone, 24 hours)	If you are feeling down, stressed, anxious or lonely and want to talk to someone, free confidential help and advice is available for young people up to 19 years old.
<b>PAPYRUS</b> <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> Hope line UK <b>0800 068 4141</b>	Non-judgemental support, practical advice and information to teenagers and young people up to the age of 35 years who are worried about how they are feeling or anyone who is concerned about a young person.
<b>SAMARITANS</b> <a href="http://www.samaritans.org">www.samaritans.org</a> <b>116 123</b> (free phone, 24 hours)	Samaritans is there to listen to your worries. They are free to ring and will help you to talk through your stresses.
<b>BEAT</b> <a href="http://www.beatingdisorders.org.uk">www.beatingdisorders.org.uk</a> Youthline <b>0808 801 0711 (Mon-Fri 12-8pm; Sat-Sun 4-8pm)</b>	Beat is the UK's eating disorder charity: a guide and friend for anyone affected by an eating disorder and those supporting them
<b>NEST</b> <a href="http://www.nestlancashire.org.uk">www.nestlancashire.org.uk</a> <b>0300 111 0323</b>	Support for young people in Lancashire up to 18 years who have been affected by crime or subjected to bullying, threats or harassment
<b>CRUSE Bereavement Care</b> <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> <b>0808 808 1677</b>	If someone has died and you are struggling with your loss.

<b>GRIEF ENCOUNTER</b> <a href="http://www.griefencounter.org.uk">www.griefencounter.org.uk</a> <b>0808 802 0111</b> (Mon-Fri 9am-9pm)	Support for bereaved children and young people.
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### Online Safety

<b>THINK U KNOW</b> <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>	Advice and guidance at keeping safe online. What to do if you need help or wish to report an online incident.
<b>CEOP Internet Safety Centre</b> <a href="http://www.ceop.police.uk/Safety-Centre/">www.ceop.police.uk/Safety-Centre/</a>	Advice about staying safe, managing your identity, dealing with pressure, bullying or manipulative behaviour online.

### Substance Support

<b>Go2</b> <a href="https://www.changegrowlive.org/go2-blackburn-with-darwen">https://www.changegrowlive.org/go2-blackburn-with-darwen</a>	Counselling and support for young people about drugs, alcohol and smoking
<b>FRANK</b> <a href="http://www.talktofrank.com">www.talktofrank.com</a> <b>Text82111</b> <b>0300 123 6600</b>	Advice and guidance on drug and alcohol use. Information on effects of drugs and how to get support if your struggling during lockdown.
<b>STOP SMOKING SERVICE</b> <a href="http://www.quitsquad.nhs.uk">www.quitsquad.nhs.uk</a> <b>0800 328 6297 (free phone)</b>	If your struggling with smoking and you want to reduce and quit. This team will help you make a plan to beat the cravings.

### Domestic Abuse

<b>The Wish Centre</b> <a href="http://www.thewishcentre.org/young-people/">www.thewishcentre.org/young-people/</a> <b>01254 260465</b>	Advice for young people who have witnessed or experienced domestic abuse in the past, or those who may be vulnerable to abusive relationships, or need support in building positive friendships and relationships.
<b>National Domestic Violence Helpline</b> <b>0808 2000 247</b> (free phone, 24 hours)	
<b>RUNAWAY HELPLINE</b> <a href="http://www.runawayhelpline.org.uk">www.runawayhelpline.org.uk</a> Call/Text <b>116 000</b> (free phone, 24 hours)	Run by the UK Charity Missing People for young people thinking about running away or anyone who is worried that someone they care about is going to run away.

### Sexual Health and Relationship Advice

<b>Brook</b> <a href="http://www.brook.org.uk">www.brook.org.uk</a>  Please call <b>01254 268700</b>	Free and confidential sexual health and wellbeing experts. Brook is located in Blackburn and operating telephone consultations at these times. Monday 12:00 - 17:30 Tuesday CLOSED Wednesday 12:00 - 17:30 Thursday CLOSED Friday 12:00 - 17:30 Saturday 11:00 – 14:30 Sunday Closed
<b>SEXWISE</b> <a href="http://www.sexwise.fpa.org.uk/">www.sexwise.fpa.org.uk/</a>	For information and support about sexual health, contraception, sexually transmitted infections (STIs), HIV, unplanned pregnancies and where to go for help if you've been sexually assaulted.

### General health support

<a href="http://www.eric.org.uk">www.eric.org.uk</a>	Support for young people with continence issues. Advice guidance and online support.
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### Apps for support

<b>Headspace</b> <a href="http://www.headspace.com">www.headspace.com</a>	App for mindfulness to help bringing some calm into your day.
<b>Period Tracker apps</b>	If you are struggling with your periods, or losing track with them, then your app store/google play have a variety of apps for supporting you with managing your periods and wellbeing.
<b>Gratitude Apps</b>	When it's hard to feel the sunshine in cloudy days, gratitude apps help you to see the positives, however small and have good outcomes to improve your wellbeing.

**STAY SAFE, STAY HOME**