



Message from the Headteacher

This week we have been continuing to plan for the return of some year 10 students from the 22nd June. We really hope that there are no further delays and we will at last be able to welcome students back into school on a small, socially distanced scale. If you have requested a place for your child to return, we will be in contact shortly to advise you of the day and session time your child will be expected to attend along with other important details about the return to school. Please can I ask that any parents who have requested a place for their child in year 10, have signed and returned the updated Home School Agreement that was sent out a couple of weeks ago. I understand the decision to send your child back to school may well have caused some anxiety, but please rest assured that we have taken effective steps to make sure school is safe and that all risks are minimised.

For all other year groups, remote learning continues to be set each day in line with the curriculum you would be studying if you were attending school. It is really important that students are logging on and engaging with this work, as well as contacting staff if they have any questions.

Pastoral Review Week

Next week we will be completing a pastoral review week. This is about Pleckgate aiming to make a positive difference to young people through our dedicated pastoral care systems. Pastoral care at Pleckgate is proven to be critically linked to the academic and personal-social development of young people. The main focus of these reviews will mean that pastoral staff will contact members of their groups as part of a wellbeing update. The week will start with students being sent a presentation about wellbeing for them to watch and consider. This will be followed up by pastoral staff contacting every student in school in all years.

Whilst teachers are completing these important reviews, it will mean that there will likely be less work being set through the Doodle work platform. If your child has no work set for a particular lesson, we would recommend they use this time to reflect and review on their learning in that subject, and spend time reading back through notes and key themes they have been studying throughout the lockdown. Additionally, there will be a pool of resources regarding wellbeing that they can access and complete instead of their usual lessons if no work has been set. These resources will focus heavily on emotional health, mindfulness and the promotion of positive mental health and wellbeing.

As always, as more information on the wider re-opening of school for more year groups is shared, I will make sure that you are informed and can plan accordingly. I hope you enjoy this week's newsletter and wish you and your family all the best.



Mr Cocker
Headteacher

Kind regards

Pupil Rewards for OUTSTANDING Work

A number of students will be receiving **AMAZON VOUCHERS** though the post for outstanding work...



Student of the Week

This recognises and rewards students who have been working exceptionally well at home, and teachers have been asked to nominate students for this reward. The reward is a £10 amazon voucher which will be posted to you in the next week or so.

Keep up the good work, many congratulations and well deserved!

This Weeks WINNERS

YEAR 7

Nawaz - KSL - for consistent hard work and effort.

Aisha - FMU - for excellent effort in a number of subjects.

YEAR 8

Yusuf - SMI for his thoughtful approach to tasks.

Sawdah - GWS for always submitting work on time and working consistently hard.

YEAR 9

Farhan – RPA - Awarded for outstanding work over the past week. Nominated by at least two subjects which is absolutely brilliant. Keep up the good work.

Lucy – EHA - She has worked well throughout the lock down producing some fantastic work. Well done Lucy!

YEAR 10

Talal - ABI - For handing in all five pieces of Maths work this week and completing it to an excellent standard.

Mehrin - SWR - For being nominated by a variety of subject areas at least once each week.

Yassen has the Whole World in his hands

Yaseen in year 7 shared his latest activity which he keeps on display on the shelf of his bedroom. He is very proud of building it!

His mother sent in these pictures of his achievement completing the puzzle Globe.

Yaseen also said that he is missing all his teachers and friends and especially his maths lessons his favourite subject!!

Thank you so much for sharing, this is fabulous.



Election Results for Head Boy, Head Girl & Deputies

Due to the exceptional standard of young people that have asked to be considered for senior prefect positions in school it has been a very difficult selection process. Hundreds of votes have been cast by students as well as all of the staff. We believe that all of the shortlisted students would have acted as excellent ambassadors on behalf of the school. However, the very tough decision has been decided, and we are delighted to announce



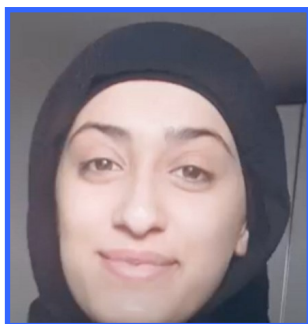
Head Girl

Imaan



Head Boy

Mohmmmed



Deputy Head Girl

Aamenah



Deputy Head Boy

Danny

Plastic Sculpture Competition

Plastic sculpture competition

To help us celebrate **World Oceans Day** and to support our Year 8's new topic 'Oceans and Plastics' Pleckgate High School invites you to take part in a competition!
Design your own plastic sculpture of an animal from the ocean or an ocean habitat.

There is a prize for the best one!
To be entered send a photograph of your creation to
Mrs Banks on jbanks@pleckgate.com

Closing date extended: Friday 19th June 2020

Pleckgate Eco Club

Pleckgate's Eco Club are going to be turning their attention to recycling clothing. **From next term** they will be encouraging people to bring old clothing into the school 'clothes bank'. We would really appreciate it if you could keep us in mind when sorting through your old clothes!



Useful Tips & Links For Pupils & Parents

Wellbeing: Rise Above

Below is a link to a website that contains videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

<https://riseabove.org.uk/topic/my-mind/>

Royal Society of Biology Photography Competition

All you need is a photograph that shows change in the natural world! The top prize for Under-18s is £500, so get your camera or phone out and start snapping.

Apply online: rsb.org.uk/photocomp



FREE Online Courses

This is a link to free courses, useful especially for Y11s....

<https://www.open.edu/openlearn/free-courses/full-catalogue>



Toppsta

If you enjoy reading and have a love of books or just because you would like to try to read more why not check out this link every day for a list of all the author and illustrator events taking place online:



TOPPSTA

<https://toppsta.com/blog/view/bookish-ideas-if-you're-self-isolating-with-the-kids>

Safeguarding

Remember you can find safeguarding information via the website or follow us on twitter for regular updates. The Pleckgate safeguarding email address can still be used by any student to share concerns. This can be done by signing in and sending an email by anyone with a Pleckgate email domain.

Request any help via safeguarding@pleckgate.com This can help to arrange to provide support, information and guidance.

Some useful links:

Childrens Society

Website: <https://www.childrensociety.org.uk/coronavirus-information-and-support>

Key stages: key stage 3 to key stage 5

Description: information and support on different aspects of mental health and wellbeing.

Registration: not required

MindEd

Website: <https://www.minded.org.uk/>

Key stages: key stage 3 to key stage 5

Description: an educational resource for all adults on children and young people's mental health.

Registration: is required

Rise Above

Website: <https://riseabove.org.uk/topic/my-mind/>

Key stages: key stage 3 to key stage 5

Description: videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

Registration: not required

Wish Centre UPDATE

As you may be aware, our service have continued remotely throughout lockdown and social distancing restrictions. On 15th June staff will begin to return to The Wish Centre, however due to the continued requirement for social distance, not all staff will be in the office at any one time. Staff not in the office will continue to provide a service from home. Any face to face attendance at The Wish Centre after 15 June will need to be by appointment only to allow us to make this as safe as possible for those visiting and for staff.

We can continue to be reached in the following ways:-

Telephone – 01254 260465

Email – info@thewishcentre.org

Website – www.bddwa.org by completing the contact form

Live Chat – can be accessed between the hours of 10am-12noon and 2pm-4pm each weekday at www.bddwa.org

Please also see some useful information at the end of the newsletter from the Wish Centre



we Listen
we Support
we Empower

info@bddwa.org.uk
01254 260465
The Wish Centre
43 King Street
Blackburn BB2 2DH
@WishCentreBDDWA
@thewishcentre
thewishcentre.org
Blackburn & Darwen District Council
Registered Charity No. 1044519
Company No. 1044519

Staying Connected



Please send any photos and information for the next weeks newsletter to

info@pleckgate.com

by **Thursday lunchtime**

If you have any queries or questions relating to the newsletter please use the email address rather than phoning into school.

Quote of the Week

Chosen by Mr K Moore (I.T. Department)

'You may not control all the events that happen to you,
but you can decide not to be reduced by them.'

Maya Angelou

Stay connected and follow us on Twitter

<https://twitter.com/PleckgateHigh>



How can you help?

Advice for friends, family, neighbours & the wider community if you suspect someone is experiencing abuse.

During the coronavirus crisis, incidents of domestic abuse and violence have increased. This is likely to remain the case as we come out of lockdown because perpetrators will not want to relinquish control. As friends, family, neighbours or members of the community you can provide a lifeline for someone experiencing abuse.

Communities have achieved amazing things during the crisis and it is important that we continue to send out the message that there is no excuse for abuse. We've put together some guidance on how to support survivors but, **PLEASE REMEMBER, SURVIVORS ARE THE EXPERTS IN THEIR OWN LIVES**

IN AN EMERGENCY

Encourage them to call 999 in an emergency.

Tell them about the Silent Solution if they cannot speak.

If they are deaf or cannot communicate verbally, let them know about the emergency text service and encourage them to register.

If you are worried that someone is in danger you should call 999.

It's important to remember that someone could be experiencing abuse from a partner, ex-partner, family member or carer.

We understand that neighbours can feel reluctant to call the police. It is important to remember that your actions could provide a vital lifeline for a survivor.

You might be worried about what will happen if the perpetrator suspects you reported the abuse. Ensure you take steps to protect your own safety, and **never confront the perpetrator.**

You can also report a crime by calling the police on 101, or anonymously report a crime by calling Crime Stoppers on 0800 555 111 or online.

The police have a duty to protect everyone and nobody should be discriminated against for any reason, including their immigration status.

STAY CONNECTED

It is important that we find ways to stay connected and reach out to people at the moment as our movements are still restricted. Try to keep in contact with your friends, family members and neighbours, and ask how they are. It is essential we create safe spaces and opportunities for people to ask for help if it's needed. If you are worried about someone, tell them you are.

Remember, some people, including young people and children, may be out in public spaces despite restrictions because it's not safe to be at home. The Government has confirmed that if someone is experiencing abuse they can leave their home to seek help.

Survivors may take the opportunity given by food shopping, work, exercise, medical appointments or trips to the chemist to seek help and support.

IF SOMEONE TELLS YOU THEY ARE EXPERIENCING ABUSE

- **Listen** to them and do not judge.
- **Never** blame them for the abuse, excuse or justify the perpetrator's behaviour. Do not ask them why they have not left or tell them that they should leave.
- **Believe** them.
- **Validate** what they are telling you. Eg. 'I'm really glad you told me,' 'this isn't your fault,' 'you are not alone'.
- **Ask** them what they need, and be guided by them. The survivor is always the expert in their own lives. It is important to be patient and allow them to set the pace. It is important the survivor feels they have choices. Remember, nobody knows the perpetrator as well as they know the perpetrator
- **If possible**, share information about how to get specialist support. Our contact details are below.
- **Offer** to keep in touch by phone or online - ask them which is the safest way to do this.
- **If you** have a trusting relationship with the survivor you can discuss a code word with them. This code word can be used if they need you to call the police on their behalf.

01254 260465

info@thewishcentre.org

Live Chat available 10am-12 noon and 2pm - 4pm via www.bddwa.org

If you are outside of Blackburn with Darwen search for services in your area here www.womensaid.org.uk