



As this edition of the Fortnightly Focus reaches you the Easter holidays have arrived and with the clocks moving forward, thoughts start to turn towards long summer days and warmer weather. For many of our students in year 11 and within the sixth form, their

attention is fully focused on upcoming examinations. It is that time in the school year when teachers, parents and all other school staff have a role to play in supporting our learners, helping them to manage the stress and expectations that exam season can bring and create an environment where they can see these end point examinations as an opportunity and platform for the next stage of their life. Whilst teachers will help with the subject content and exam technique it is now up to our students to rise to the challenge and commit to the detailed revision that is needed at home. There are some useful tips on page 8 of this edition on the importance of good sleeping habits and in not under-estimating the importance of wider student wellbeing at this busy time.

We look forward to challenges and opportunities ahead, but the end of term also allows us to reflect on a busy and successful few weeks. We have witnessed student success on the football pitch and rugby field whilst others have flourished in a range of different contexts as reports on the Phoenix project, Peninsular Medical School and Navy training in this issue allude to. This week students have enjoyed attending their House assemblies. Whilst Glanville may have been the overall winner and various individual accolades were awarded, the real joy in these assemblies comes in seeing a collective sharing of success and responsibility in supporting other students.

This week also saw Year 10 and 12 students attend the first Tavistock College Easter Service at St. Eustachius Church. Whilst the Christian importance of Easter is well known, these celebrations are important in allowing students an opportunity for reflection on the issues of sacrifice and the power of new hope and life. These principles can be applied to all religions, cultures and beliefs. Students at the College also demonstrated great solidarity with members of our local community in presenting Easter Eggs to the Tavistock Food Bank. As proud as we always are of individual academic, sporting or creative achievements by our students it is often these inclusive events which see the College and its students at the heart of the local community that bring the most satisfaction to us all.

I wish you all a Happy Easter and a well-deserved break, before returning to College on Tuesday 18th April.

Phil Ruse, Assistant Principal

Multi Academy Trust Conversion

Open Meeting

Tuesday 25th April 2017

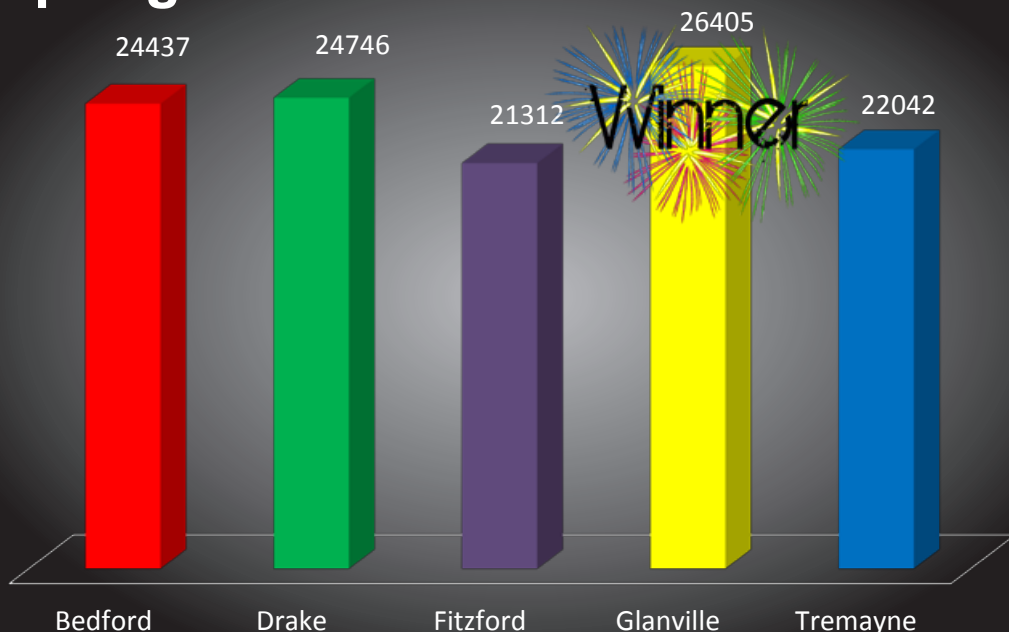
Tavistock College Main Hall

The Governors are delighted to announce that the open meeting (consultation) referred to in the Dartmoor Multi-Academy Trust Communication Brief dated 9th February 2017 will take place in the College Main Hall at the following times:-

- 3.30pm – 4.30pm - Staff
- 6.00pm – 7.00pm - Parents and members of the community

This meeting will take the format of a presentation by the Principal and CEO (Daryll Chapman) followed by small group discussions where questions can be answered. Any questions that would be appropriate for a large audience can be emailed in advance to s.jones@tavistockcollege.org by Monday 24th April.

Spring Term House Points



Diary Dates

Tuesday 18 April

First Day of Term

Monday 1

May Bank Holiday

Monday 29 May -

Friday 2 June

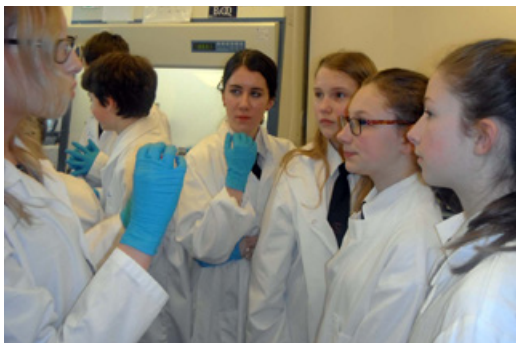
Half Term

Friday 21 July

Last Day of
Summer Term

Peninsula Medical School

In March I had the pleasure of taking 11 Year 9 students to the Peninsula Medical School in Plymouth to attend the 'So Cool for Science' sessions. The students were able to experience the work that goes



on in research labs and ask the medical students questions. They were also able to participate in three different experiments: cell culture, DNA extraction and the study of fruit flies as a genetic model for human disease.

The students were engaged and participated in all activities, they asked thought provoking questions and put so much effort into the tasks given to them. It was a pleasure to lead the trip. The students were a real credit to the college, they enjoyed the day, and many of them are hoping to pursue a career in a medical field in the future. Many thanks to Mrs Sharp for driving the minibus for us. *Ms Tyler-Smith*

It was very interesting and fun to learn about the similarities between human DNA and the DNA of a fruit fly. *Isabel Hiscocks* I really enjoyed my experience at the university. My favourite activity was when we had to split cells as it was a fun practical! I would recommend my fun day to anyone! *Lily Walke*

I really enjoyed the trip and it was an extremely fun learning experience. I specifically enjoyed the education about the fruit flies. *Oliver Childs*

I enjoyed the extraction of DNA from the banana, it was fun and interesting how it was done. The day was educational and I would recommend it to anyone. *George Dunn-Perry*

Our trip to the medical school was extremely interesting and gave me a great insight on what it would be like to study somewhere similar. I particularly enjoyed the cell culturing because it was unlike anything that I've done before.

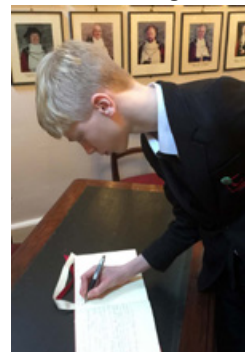
Shannon Argue



Tavistock Town Hall

On Wednesday 8th March, a group of Year 8 students including myself were fortunate enough to go to the town hall to meet the Mayor. We were accompanied by Mr Wates and Mrs Harris. During our time there, we learnt a lot about the history of Tavistock and the building itself. We were granted access into the Mayor's parlour which very few people enter, and were invited to sign in the registration log. My peers and I thoroughly enjoyed the visit because it improved our knowledge and understanding of the town we live in. Not only this, the trip also gave us an insight into how democracy really works by teaching us about the way councillors are voted in and how they are always trying to make Tavistock's future better. Overall, I think that the trip was extremely useful, fun and was a really interesting experience.

Issey Hillman – 8F



Favela Festival



Some of our Year 8 Geographers have been exploring the inner world of the Brazilian Favelas recently producing some absolutely fantastic models. A massive well done to

all involved; especially our finalists. *Miss Solman*



Geoffrey Cox

An enthusiastic group of Year 7s welcomed Geoffrey Cox on his annual visit to the college, finding out how MPs are elected to parliament and the work that they do there. There were several suggestions for new laws, some particularly relevant – Hayley Wilson, for example, wanted new laws to control drivers' speeds around animals on the road. Other suggestions were very popular at first – giving everyone £100 on their birthday – but became much less popular when Geoffrey Cox suggested that they might have to give up their pocket money to cover costs. Altogether it was a very good lesson in what government has to provide and how MPs decide what to pay for. *Mrs Harris*



Script Writing Workshop

As part of our Theatre Royal Plymouth partnership Ben Lyons Ross joined us to deliver a script writing workshop. It was aimed at older students wanting to write scripts for stage, screen or radio, both those who had tried it before and those keen to have a go. 12 budding script writers took part in a variety of practical and written exercises to get them thinking and writing. They also explored the constructs and rules of script writing - in order to know how to break and bend them! The group will be meeting again to share what they then went away to write.....and so our script writing group has begun with the hope of turning some of the work into performances or recordings. *Mrs Pearson*



Open Mic Night

In February the Faculty of Creative Arts was delighted to host the first Open Mic Night. The idea for the evening was born out of an alternate Friday lunchtime acoustic set hosted by Mr Lambert, which quickly became a weekly event with more and more students keen to give performing a go. Eventually the students wanted a slightly bigger forum to share their work in and so the Open Mic Night was arranged. Audiences commented on how the students had 'obviously worked very hard' and struck 'just the right balance of professional and relaxed' others commented on how 'brave' they were to perform often completely on their own. Students performed their own work and covers and used a variety of different styles and instruments. With a really high standard across the evening it was highly entertaining, eclectic set; notable performances were from Nathan Dudley (year 11) with his classical piano composition, Liv Allen (year 8) with her cover of Delilah, Eric and Sam's (Year 12) atmospheric Radiohead cover, the year 13s sharing one of their recent Wharf performances, Amelia Harrison (Year 10) covering 'Radioactive', Charlotte Davis and Izzy Prout both shared beautiful original compositions for piano and guitar and who could forget Hakuna Matata? With such talented students and great feedback we are looking forward to the Summer concert and more informal music gatherings. Thank you to all who came to support. *Mrs Pearson*



The Phoenix Project

West Devon Borough Council have teamed up with Devon and Somerset Fire and Rescue Service in a joint project aimed to motivate young people, teach them important life skills and give them a healthy perspective of community engagement.

The Phoenix Project is a week-long course which gives youngsters an insight into the various services which the Fire and Rescue teams provide for residents.

Students are taken out of their comfort zone and put through arduous team building activities, taught first aid, Fire service Drills as well as important fire and home safety awareness.

The scheme is designed to support students who may be at risk of exclusion from school, disengaged from education or lacking certain abilities. It aims to boost their confidence and self-esteem by encouraging them to participate in fun and challenging exercises.

The aims of Phoenix

- Provide the opportunity to learn, engage and experience life skills and opportunities with the Fire and Rescue Service.
- Support people to make a positive contribution to society/local area.
- Enable people to gain skills, knowledge and positive experiences in a fun, safe and secure environment.
- Support people to develop life skills, increase confidence and raise self-esteem.
- Inspire people to make positive life choices for their futures.
- Encouragement towards the right life choices and career moves.
- Positively promote their individual life skills

The Phoenix Project is held at Tavistock Fire Station, 6 students from Tavistock College took part in the course. They received mentoring from senior fire and rescue officers which helps build respect for uniformed officers and the responsibilities they hold. They learnt how to use specialist breathing apparatus and took part in practical sessions involving hose running.

The week concludes with an exciting Pass Out parade, where the students demonstrate, to proud friends, families and teachers, what they had achieved throughout the course.

At the end, amid applause from Fire and Rescue Officers, Police Officers, Teachers and Parents who attend the event, the Mayor presents the students with a certificate of completion.

Tavistock College has taken part in The Phoenix Project for three years and we have seen first-hand that it is a very useful intervention tool; the positive impact is visually immediate and allows our students to progress and thrive socially and academically. We are very lucky that we are able to engage so easily with our community and the parade is testament to what our youth can achieve.

The project is designed to build self-esteem and responsibility through teamwork and it fills our students with pride and moral courage. *Mr Prescott*



College Puppy

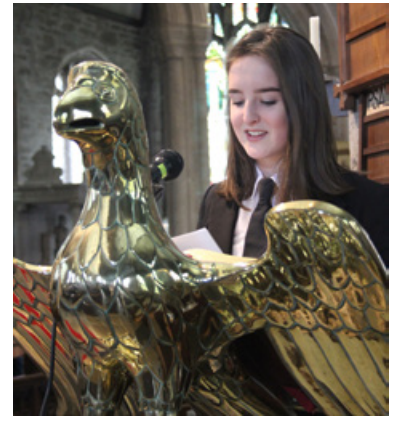
Tavistock College welcomed their newest recruit this week. A puppy, named Shola by Year 10 student Lewis Cocker-Robinson, was introduced to students in assembly this week. Shola will be the college dog and will attend animal care classes in school.

Mrs Harris



Easter Service

Tavistock College held their first Easter service in St Eustachius this week, attended by Year 10 and Year 12. The Easter story was read and illustrated at times with presentations – after the reading about the Garden of Gethsemane, students presented bouquets of flowers grown at the college to lay upon the altar, while towards the end of the service the college jazz band performed Summertime, looking ahead to times after Easter. The Principal Mrs Sarah Jones gave an address emphasising the importance of sacrifice, leading to new life and new hope, and boxes of Easter eggs were presented to Tavistock Food Bank for distribution later. *Mrs Harris*



Guest Speaker General Sir Peter Wall

Our year 11 and 13 students had the privilege of receiving a talk from the former head of the British Army Sir Peter Wall recently. Peter Wall joined the Royal Engineers from Sandhurst in 1974. After a full and fascinating career he retired as Chief of the Army in 2014. He has served all over the world, including operational command tours in Rhodesia, the Balkans, and Iraq. He has extensive experience of Whitehall, and working at the top of Government.

Sir Peter gave an enthralling 35 minute presentation that told some of Sir Peter's experiences over his fascinating career. He spoke about how difficult it was to work under such harsh conditions and stand up against dictatorships in countries such as Rhodesia. He touched upon the stressful time that our year 11 and 13 students are facing in their upcoming exams this summer and urged them to work to the best of their abilities and be their own critic.

Sir Peter then invited questions from our students and was impressed with the interesting searching questions that he was asked.

We are grateful to Sir Peter for sharing his insights of the wider world and encouraging our students to strive to be the best they can be.

"In all a very good talk. Gave a lot of insight and while expressing the situations he was in he still did not impose his opinion on us. I found the talk mature and intellectually stimulating yet still concise enough for people not politically educated to know what was being discussed.

The latter section of his talk put his experiences into practice for everyone (regardless of career) and was very good advice for everyone. Most importantly the belief in being self-critical and focusing on principal core values that you wish to be identified with. He answered the questions very well and to the point yet elaborated clearly to give a slightly wider context. I felt satisfied my question (and others) were answered and was further impressed by the fact that he actually asked for my opinion on my question. This showed a lot of interest on his part in the youth he was speaking to as well as modesty and him being humble even though from a political and military note he by far excelled all of us in knowledge."

Year 13 student



Girl's Football

The Year 7 girl's football team qualify for the Devon County finals!

Tavistock College
1 Okehampton
College 0

A fantastic result from the Tavistock girls with the whole team contributing to winning this game. The winning goal came in the first half when Chloe Yorath accelerated past

an Okehampton defender and powered a shot into the corner of the net. Tavistock dominated the rest of the match and only superb goalkeeping from Okehampton kept the score down.

Congratulations to the Year 7 girl's football team:

Tilly Maddock, Sophie McKenzie, Chloe Yorath, Emily Lees, Polly Laseby, Claire Small and Chloe Knight



Girl's Rugby

The Year 9/10 girls rugby team attended the Devon championships on Wednesday 1st March. Combining pupil numbers with Brixham College, the BRIXSTOCK team was formed and the girls played within the spirit of the game.

Winning games against Teign and Okehampton, BRIXSTOCK made a good start. The next 2 games were against the eventual finalists, narrowly losing against Kingsbridge and beaten well by last years winners St Peters. In the final game, the girls lost against Park school. There was lots of great individual performances on the day and the team deserve an award for how they played. Kaya Bos is awards player of the tournament for the try's she scored and the motivation she gave the team as captain.

BRIXSTOCK 2-0 Teign

BRIXSTOCK 2-1 Okehampton

BRIXSTOCK 3-4 Kingsbridge

BRIXSTOCK 1-5 St Peters

BRIXSTOCK 1-2 Park

B R I X S T O C K
finished up 6th out
of 12 schools.

Tavistock girls:

Maisie Danvers,
Charlotte Crocker,
Mia Cole, Kaya
Bos, Lauren Isaac,
Katie Gray and
Hannah Bragg.



Summer Term P.E. Clubs

LUNCHTIME 1.30-2.00 - AFTER SCHOOL 3.30-4.45PM

Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
FITNESS SUITE		FITNESS SUITE	FITNESS SUITE	FITNESS SUITE
SHORT TENNIS SPORTS HALL	VOLLEYBALL SPORTS HALL	NON TRADITIONAL GAMES SPORTS HALL	BADMINTON SPORTS HALL	CRICKET NETS SPORTS HALL
BASKETBALL SPORTS HALL (END COURT)	BASKETBALL SPORTS HALL (END COURT)	BASKETBALL SPORTS HALL (END COURT)	BASKETBALL SPORTS HALL (END COURT)	BASKETBALL SPORTS HALL (END COURT)
CAFE TABLE TENNIS	CAFE TABLE TENNIS	CAFE TABLE TENNIS	CAFE TABLE TENNIS	CAFE TABLE TENNIS
After School	After School	Period 5	After School	
ALL YEARS GIRLS ONLY FITNESS/GLAM	ALL YEARS TENNIS	6TH FORM SCHOLARS ROUNDERS	YEARS 9 + 10 ROUNDERS	
KS4 EXAM CAFÉ / COURSEWORK	YEARS 7 + 8 ROUNDERS	6TH FORM SCHOLARS FOOTBALL	ALL YEARS BADMINTON	
	ALL YEARS FITNESS SUITE	6TH FORM ENRICHMENT SOFTBALL	ALL YEARS FITNESS SUITE	
	ALL YEARS ATHLETICS		ALL YEARS CRICKET	
	ALL YEARS SOFTBALL			
	ALL YEARS VOLLEYBALL			

Careers Information



Careers Fair

On the 23rd February 2017 Tavistock College held a careers fair in the main hall. Over 300 students visited the event, engaging with a variety of exhibitors providing information, advice and guidance on Apprenticeships, Further Education, Tavistock College Sixth Form and University. The whole of Year 10 and 12 were able to attend, with other interested students visiting during lunch and after school.

The event was a great success, enabling students to gather independent information, interact with employers and training providers and plan their future education and career pathway.

"I attended the Careers Fair for the first time yesterday and even at that stage the hall was buzzing with a good cross-section of stands and exhibitors, all doing brisk business with a large number of very interested students, who I should add were extremely polite and very smartly dressed." *Nigel Halford Enterprise Ambassador*

"It was the first time we have attended a careers event at Tavistock College and we certainly had plenty of interest in our apprenticeship options, it was fantastic to see so many keen young people showing such a genuine interest. So hopefully we helped some of your students (particularly Y10) consider apprenticeships as possible career options at a later date."

Trevor Barnes Focus Training

"I found the fair helpful and enjoyable, lots of information made me think about future plans" *Jack - Year 10*

"Visiting the careers fair helped me decide what I want to do next. I enjoyed getting to see what future jobs I can have, I was a bit nervous about talking to people" *Anna - Year 10*

"I liked the Duchy stand with the snake and Army Virtual Reality gadget" *Will - Year 10*



Work Experience

Year 12 work experience 13 March

Year 12 students had a very successful week out on work experience. Students attended a placement relating to their future career choice with local employers, businesses and education providers. A few travelled to London and beyond to work with some exciting companies such as costume designers, TV producers, Aston Martin Lagonda Ltd, Google and Microsoft.

Feedback from employers was excellent many commenting on how well the students did and that they were a credit to Tavistock College.

"She was lovely and as I have said welcome back anytime."

"She was hard working, enthusiastic, and so easy to get on with. A credit to Tavistock College!"

"He is a pleasure, respectful, courteous and enthusiastic."

"He appeared to really enjoy his trip out on a road test."

"He's in OTA area today and looks like he's enjoying himself"

"He worked really well in the Trim shop, was mature and a quick learner."

Well done. *Mrs Sharp*

Year 10 Work experience week 3 July

Students supported by their tutors and myself are already finding and confirming placements.

Please contact Mrs C Sharp or Assistant Principal Mr P Ruse if you require any information advice or guidance with Year 10 work experience. *Mrs Sharp*

Get hired career:now

Meet local employers recruiting apprentices now

Wed 26th April 2017

5pm - 7.30pm

Come along to your nearest event at:

Bicton College near Exeter.

- Earn real wages and learn new skills
- Apply for apprenticeship job vacancies in various industries
- Meet local employers recruiting apprentices now and in the future
- Meet current apprentices, managers and college tutors
- Get help with CV writing and interview tips

Apprenticeships at Bicton:

Agriculture
Animal Care
Business Administration
Customer Service
Facilities Services
Groundworks
Horse Care
Horticulture
Forestry & Arboriculture
Information Technology
Land-based Engineering

Register online now at

www.bicton.ac.uk/get-hired

T: 0330 123 4782

E: apprenticeships@cornwall.ac.uk

W: www.bicton.ac.uk/get-hired



**APPRENTICESHIPS
WORK!**
#1 IN THE SOUTH WEST



A career in teaching?



Devon and Cornwall
Co-operative Alliance



"The School Direct route has allowed me to get a real feel for what a teacher does and the opportunity to experience a full teaching year whilst being given all of the support needed!"

Danielle Chambers, English Teacher

Why DACCA?

The Devon and Cornwall Co-operative Alliance (DACCA) is an alliance between a range of secondary schools across Devon and East Cornwall, alongside our HBI partner, the University of St Mark and St John (Marjon). The strength of this partnership lies in a shared ethos of the co-operative values and a firm commitment to working together to share areas of expertise that will maximise the opportunities for our pupils, staff and wider communities. Whether you are a recent graduate or seeking a career change following the School Direct route within the beautiful counties of Devon and Cornwall could be the right career move for you.

What do I get?

- Placements at two complementary schools across Devon and East Cornwall.
- High quality continuous professional development in school.
- Expert tutoring and input from the University of St Mark and St John.
- The opportunity to spend a whole academic year training within local schools.
- A co-operative approach to teacher training.
- You will achieve both Qualified Teacher Status (QTS) and a Post Graduate Certificate in Education (PGCE) and be ready to find employment.

"The whole experience of the School Direct route was fantastic. I had the support and training to make all the progress I wanted. It has given me the real school life experience that will prepare me well for my NQT year!"

Levent Bulut, Maths Teacher

"The School Direct route allows you to build good relationships with staff and students, making you feel a part of the school from day one!"

Katherine Mori Ogle, MFL Teacher

CONTACT US TODAY FOR MORE INFORMATION:

schoolsdirect@tavistockcollege.devon.sch.uk

01822 614231

@schooldirect11

You can train to teach through Tavistock College. The Devon and Cornwall Co-operative Alliance work alongside The University of St Mark and St John to provide bespoke training in a range of secondary subjects. Come and visit the College on a taster day or participate in a school experience week to gain a real insight into the life of a secondary school teacher. Please contact Phil Ruse, Assistant Principal and lead for teacher training at the College on p.ruse@tavistockcollege.org for further information.

An Insight into Navy Training

Students from across Plymouth and Tavistock College were given a look around HMS Raleigh to see how the Royal Navy trains its chefs, stewards, writers and supply chain specialists.



Nearly 80 students were invited to attend an Open Day at the Defence Maritime Logistics School (DMLS) organised in conjunction with the Armed Forces Careers Office.

The visitors were shown the facilities used for training and were able to talk to serving sailors about life in the Royal Navy and question trainees on their experiences so far.

The students ate lunch, cooked in field kitchen conditions by a team of chefs, made up of two trainees and their instructor. The visitors were given the choice of two pasta dishes cooked from ingredients found in a standard ration pack.

Members of the Careers Service were on hand to advise the students on the entry requirements for the Royal Navy should they be interested in joining. Careers Advisor Chief Petty Officer Ben Elton said: "The students who came along today were clearly enthused and there was plenty of military experience on hand to answer their questions."

Mrs Doyle

Army Careers

Year 11 students have visited the Army careers office in Plymouth for an in depth look at careers within the Army.

From infantry to officer entry, students were given a behind the scenes look at Army life.

An informal presentation followed by team building tasks helped our BTEC public service students learn about different career options in a real world environment.

Mr Hosking



Mr F Jenkins from Careers South West has been providing one to one independent careers advice to Year 11, 12 and 13 students throughout this term, to arrange an appointment please contact Mrs C Sharp

Mrs C Sharp Careers and Work Experience IAG coordinator.
01822 614231 ext279 c.sharp@tavistockcollege.org

Get hired career: now

Meet local employers recruiting apprentices now

Wed 26th April 2017
5pm - 7.30pm

Come along to your nearest event at:
Cornwall College Camborne, St Austell, or Saltash

- Earn real wages and learn new skills
- Apply for apprenticeship job vacancies in various industries
- Meet local employers recruiting apprentices now and in the future
- Meet current apprentices, managers and college tutors
- Get help with CV writing and interview tips

Register online now at
www.cornwall.ac.uk/get-hired



T: 0330 123 4785

E: apprenticeships@cornwall.ac.uk

W: www.cornwall.ac.uk/get-hired

THE CORNWALL COLLEGE GROUP



APPRENTICESHIPS
WORK!
#1 IN THE SOUTH WEST



Snooze and you won't lose

Sleep is an integral part of a pre-exam routine, experts tell Dan Watson. So teachers need to help students get more of it.
DAN WATSON - TES - 3 MARCH 2017

As a society, we have a strange relationship with sleep. Everyone knows the value of a good night's shut-eye, yet phrases like "you snooze, you lose" or "I'll sleep when I'm dead" mean we regularly abuse sleep in the belief it will lead to success.

This can be true of students in the run-up to exams. They tend to revise late into the night, and often into the early morning, in the belief that sacrificing sleep is necessary to ensure they achieve their target grades. The evidence, though, suggests this isn't true: scrimping on sleep is damaging for multiple reasons, and experts say teachers need to support students to see sense.

It is clear that a lack of sleep is detrimental to those taking exams, says Jason Ellis, professor in psychology at Northumbria University and director of the Northumbria Centre for Sleep Research.

Revise in the morning

"The ability to remember information, attend to information and problem solve suffers if you don't have enough sleep - and those three things are central to exams," he explains. "It can be tempting to cram all night and sleep for a short amount of time, but this actually works against you."

Professor Jim Horne, sleep neurologist and former head of sleep research at Loughborough University, concurs, and adds that any student who does feel the need to do last-minute cramming should do this in the morning before the exam rather than night before.

"You're far more likely to remember things if you do it early," he explains. "Late at night when you're sleepy is pointless, as you won't remember it the next day, but you've a much better chance of memorising things during wakefulness when you first get up."

Teachers can, of course, give these warnings to their students and leave them to it, but it would be even more useful if they could actually advise students on how best to achieve a proper sleep pattern. To help them, the sleep experts are willing to share some of their secrets.

Maintaining a bedtime routine is essential, says Mary Morrell, professor of sleep and respiratory physiology at Imperial College London. Going to bed at a reasonable hour is one thing, but what you do before bed is also important, she explains.

There is universal agreement that revising right up to the time your head hits the pillow is a bad idea. The advice is to have at least an hour of "downtime" after revising so you can relax before lights out.

"One thing I always say to students is that you have to power down before going to sleep," says Morrell. "That means trying to have an hour before bed just winding down gradually."

This period of relaxation should not include the usual suspects of playing computer games or using social media, says Horne. "These sorts of things can make you too alert, making it harder to get to sleep," he explains.

Interestingly, Morrell adds that you can put physical exercise into this category, too. You may think that a quick workout pre-bedtime is perfect to destress and get you ready for slumber, but Morrell says this is not the case.

"You don't want to be playing football or swimming, for example, at around 8pm or 9pm, because it can make it harder to get to sleep later," she explains. This is because the brain is sparked into life and the adrenaline is pumping and that can take some time to settle down.

Going for a light walk, reading or chatting with friends are some suggestions for alternatives.

It is not just what you do that counts towards an undisturbed night, but where you do it. Ellis says a good piece of advice that teachers can pass on is for pupils to make their bedroom, or at least the bed itself, a "separate space" from where they study, to help to create a "mental distance" between where they work and where they rest.

"Teenagers often live in their bedroom, but it's important to try and separate where you study from where you sleep, even if that's just by putting up a blanket between a desk and the bed," he says. "It's also not a good idea to revise sitting or lying down on the bed. You need to negotiate a balance so the bed remains very much your place of rest."

Space to sleep

All the experts agree that bedrooms should be cool and dark, as this is the body's preferred sleep environment. They also advise against caffeine intake, disappointing the hordes of teenage fans of energy drinks.

Of course, it's possible that a student may follow all this advice but, due to exam nerves, still struggle to sleep. Ellis says that, to counter this, teachers should reassure pupils that if it happens the body is good at correcting itself and they shouldn't panic or take drastic action.

"You need to put trust in your body. Our physiology is not there to harm us. So although when you're stressed you may not sleep well for a night or two, the body will get back to normal quite quickly," he explains. "It's when we mess around with our body with erratic sleep times or too many stimulants that we suffer."

Horne agrees, saying that it is important to reassure students that though a lack of sleep is not ideal, their success will not be defined by having a good night's sleep but about the work they do before.

"Pupils may well be a bit worked up and not sleep well, regardless of what they do before bed, but just because you have a bad night's sleep, it doesn't mean you won't do well," he explains.

If that's not a positive enough message to give to students, Horne's next will be greeted with glee. If sleep patterns are interrupted during revision season, he recommends a well-timed sleep-in at the weekend.

"You can recover from lost sleep quite easily, just by having a few extra hours' sleep with a lie-in on the weekend," he says. There can't be many youngsters who wouldn't take that advice to heart.

How to make sure you sleep well before your exams

Six steps students can take to achieve better sleep during revision season:

1. Set a regular bedtime.
2. Create a regular pre-sleep routine including at least an hour of relaxation time.
3. Avoid computers, social media and intense exercise in this period. Instead opt for reading, gentle walks or conversation.
4. Ensure your bedroom is dark and cool, as these are optimal conditions for sleep.
5. Ensure that where you sleep is separate from where you revise.
6. Don't panic about lost sleep - you can catch up easily.

Class Schedule

Members can attend for FREE

Classes are available to non-members at only £5 per class. We offer a wide variety of classes and our fantastic instructors cater for all ages and abilities

Below are classes we have available...

Day	Time	Class Name
Monday	18:30-19:30	FitStep - Strictly Come Dancing
	19:00-20:00	Pilates
	19:15-20:00	CycleFit
Tuesday	18:00-19:00	Step and Tone
	18:00-19:00	Postural Alignment
	19:00-19:30	Total Abs
Wednesday	18:00-19:00	Yoga
	18:00-19:00	Circuits
	19:00-20:00	Postural Alignment
Thursday	18:00-19:00	CycleFit
	18:00-19:00	Legs, Bums and Tums
Friday	18:00-19:00	Kettlercise
Saturday	09:00-10:00	CycleFit
	10:00-11:00	Postural Alignment



**Tavistock Community
SPORTS CENTRE**
01822 813238

Easter Camps

MARK WICKETT
SOCCER SCHOOL



What's on

Day	Activity/Time	Age Group	Price
Monday 3rd & 10th April	Football & Goalkeeping 10.00am - 4.00pm	5 - 8 Years Old	£12.00 (cash) £13.00 (cheque)
Tuesday 4th & 11th April	Just Play Football 10.00am - 4.00pm	8 - 11 Years Old	per child per day
Wednesday 5th & 12th April	Cricket, Tennis, Hockey & Frisbee 10.00am - 4.00pm	5 - 8 Years Old	

To book a place, contact either of the below;

Mark Wickett - mark@markwickettsoccerschool.co.uk,
01822 615995 / 07975 832249

Sports Centre - sportscentre@tavistockcollege.devon.sch.uk,
01822 813238

All payments MUST be made on booking

Getting to know your staff

Mrs R Hillier

1) What's the best part of your job? Interaction with staff, parents and students – I like to help people.

2) When you were little what was your dream job?

Vet. I love animals.

3) If you could have one wish, what would you wish for and why? To eliminate cruelty to children.

4) Football or Rugby? Rugby, no question

5) If you've had a really rubbish day, how do you cheer yourself up? Meet my friends at the gym or on the moors with our dogs.

6) If you could have a superpower for a day, what would it be? A power to close my eyes and travel super-fast. I would love to be able to travel to Canada and America to see my relatives more frequently.

7) What is your favourite song EVER? Any songs by Paloma Faith – I've seen her live and she was AMAZING

8) Who is the most inspirational person you know? Richard Branson – his employees always come first !!

9) Give us one interesting fact about yourself. 10 years ago I ran the London Marathon and raised £5,500 for JDRF (Juvenile Diabetes Research Foundation).



The Education Welfare Officer

Hello, I am Sandra Nightingale I have been and Education Welfare Officer for 15 years, my role is to ensure that every child has the opportunity to access full time education. I Provide Attendance Advice, and Guidance on any problems that may impact on the ability of a child to access or sustain an acceptable level of attendance in education, including welfare issues, behaviour and special educational needs. I work closely in partnership with schools and other agencies to improve outcomes for all pupils. Continually working towards the reduction of Persistent Absence in Schools. Medical letters from this term will be monitored closely all students that have received a medical evidence letter from school with 20 sessions or more will be referred to me.

College E-mail

Moving from Microsoft Exchange to Gmail - Friday 31st March 2017

The College has been trialling Gmail since last September and through the work of our College Improvement Team (New technologies), we have been running the two emails in sync. From Friday the 31st March, Gmail will become our main email address for all staff and students.

There is a small change in the domain name we are using:

b.palmer@tavistockcollege.devon.sch.uk (old)

b.palmer@tavistockcollege.org (new)

The old devon.sch.uk will be forwarded to Gmail for some time to allow all stakeholders to be informed of the new email addresses and to allow everyone to adapt to the change.

As we are a Google College and many of our systems use google single sign on, moving to Gmail gives us enhanced features and functionality.

Kind regards, Mr B Palmer, Assistant Principal


Tavistock COLLEGE





The Tavistock Passion

A community play for Easter.



The story of Jesus
told on the streets
of Tavistock.

Good Friday, 14th April
11am - 12.30pm
Bedford Square

A free outdoor event (Town Hall if wet).
10.15 am service in St Eustachius' Parish Church – all welcome.

A community production from St Eustachius' Parish Church
www.tavistockparishchurch.org.uk

The performance will contain a realistic interpretation of the crucifixion - parental guidance is advised.

With
support
from:



Tavistock
Town Council

TACT

Tavistock Area
Christians Together



Tavistock
Lions

In aid of:



St Luke's
Hospice Plymouth

