

Dear parents, carers and students

Welcome to this edition of the 6th Form Fortnightly Focus.



Dear students, parents and carers, we are now well into the summer term, an incredibly busy time of year for sixth formers at Tavistock College. We have Graduation, year 13 prom, Product of the Year and the annual Art exhibition, but most importantly, exam season is upon us. All students have been given their statements of entry which indicate the date, time and location of their upcoming exams. I have also attached a copy of the exam timetable to this edition of the focus and will put the upcoming exams in the weekly bulletin.

Some students thrive on the challenge of exams but even the most well prepared students can become overwhelmed and stressed. I would like to direct any students who are feeling stressed to talk to someone, tutors, Mr Jacob and myself are here to help. If students feel they need study support, or a neutral ear, then please come to the sixth form office to arrange an appointment with Trudi Massey. Students will know Trudi from “Free Tea Friday” but she is also working with the 6th form to provide much needed study support and counseling. On Tuesday mornings. Trudi also has a drop in session at 11 o'clock. Year 12 students should now start thinking about their future plans beyond Tavistock college and we will be working with students to help prepare them for the UCAS university application process. Students will also be given support and advice of apprenticeship and CV writing for students who do not wish to go into higher education. Please see the weekly bulletin for university visits.

Tom Galli



Diary Dates

18 - 29 June

Y12 PPE period

27 June

Y12 trip to Plymouth Uni (all Y12s)

2 - 6 July

Art & Photography Exhibition

11 July

Y13 graduation and prom

15 June

Y12 trip (optional) to Bristol Uni or Bristol UWE

6 July

Y12 trip (optional) to Cardiff Uni or University of South Wales

Y12 trip (optional) to Falmouth Uni - date TBC (July) and - 15th June - TBC



YOUR HEALTHCARE CAREER STARTS HERE...

NATIONAL HEALTHCARE WEEKEND

“ It just blew my mind! I met healthcare professionals who were honest and now I feel as though I have made an informed decision to pursue the career that I really want. I have been to similar events before but there is just nothing this good! ”

Sophie Bridgewater Year 12

ALL PHOTOS ARE FROM REAL MEDIC MENTOR EVENTS

16TH & 17TH JUNE

UNIVERSITY OF STIRLING SCOTLAND

14TH & 15TH JULY

UNIVERSITY OF EAST LONDON ENGLAND



Medic Mentor
Motivating Medical Minds

DAY 1 MEDEVET CONFERENCE

The MEDEVET Conference is an essential event for any aspiring doctor, dentist or vet. It will help you to make an informed career decision and develop a greater insight into your chosen profession, which is a scored component of the UCAS application.

DAY 2 UCAS LECTURES

Day 2 offers optional UCAS lectures for Medicine and Veterinary Medicine. These are the most comprehensive UCAS lectures available, for students who want to take the next step and make a competitive application to medical or veterinary school.

DAY 1 £25/STUDENT OR FREE FOR STUDENTS FROM LOW-INCOME

REGISTER YOUR PLACES

THE MENTORING ORGANISATION FOR ASPIRING DOCTORS, VETS AND DENTISTS

Suitable for students in year 10-12, S3-S5. Parents and teachers are also welcome.

Proceeds from these events are reinvested to support the next generation of healthcare professionals with scholarships and free educational initiatives.

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FOUR-YEAR BA (HONS) WITH FOUNDATION

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BUT

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You think you're not the type of person who goes to university
You don't have enough UCAS points or you have other qualifications

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Product of the Year 2018



On Tuesday 8th May, around 70 students from Tavistock College exhibited their fantastic technology projects in the college's annual Product of the Year competition. The event which was extremely well attended allowed visitors to wonder the extensive exhibition, speak with all the students about their work and vote for their favourite projects in each category. The event brings together all the disciplines from the college's Technology faculty, so categories included product design, graphic products, food technology, textiles, computing and design technology. Head of department Pete Keegan comments 'This was one of our most successful and diverse events yet. I was so excited to see all the students with their incredible projects come together in such a positive environment, then listening to students articulate how their projects were made and seeing them brimming with pride as they showed the visitors was an absolute joy.' The event also

included a display of our GreenPower Formula 24 electric race cars ahead of their race season, a tech zone with some fantastic gadgets and live music. There were ten winners on the night but the overall winner was Anya Anstey with her beautiful London-themed textiles chair project. Mr Keegan continued 'The event really raises the profile of some vitally important subjects as well as significantly raises the bar for the students who come away inspired and motivated for their future projects.'



Ten Tors 2018

As I am sure most of you are aware a number of our students took part in the Ten Tors and Jubilee Challenge event over the past weekend – I could sit here and come up with a number of words that describe their achievements but none would even come close to painting a true picture. They do it for the challenge, to test themselves against one of the last remaining wildernesses in Britain. What they get in return from the months of early morning training and commitment, as well as determination and bravery during the event itself, is an experience they'll remember forever and the chance to learn a set of skills and values which will stay with them for the rest of their lives.

I would like to take this opportunity to pass on my massive thanks to all the volunteers from outside the college who make this event happen for the Tavistock College students together with Hannah Holbourn, Tristan Forster, Sam Biggs, Justine Hunt, Di Krysta, Kevin Hooper, Julie Edwards & Sue Jerrett.

TEN TORS

35 mile team

Jenny Green, Elliott Overnell, Adam Sellars, Ben Whitehead, Amy Brimacombe & Connie Ballard.

45 mile team

George Drew, Dylan Pierce, Christian Toms, Olivia Kinnear & Josie Handscomb.

55 mile team

Alice Brimacombe, Jason Blake, Poppy Pain, George Bumford, Sam Bates & Tom White

JUBILEE CHALLENGE

Rachel Perkin, Jenny Ogle, Reece Winter, Reece Tucker, Douglas Radcliffe & Luke Dent



Six tactics to help your students deal with stress

Schools are reporting an increase in stressed-out pupils. But teachers can give young people the tools to cope

Carrie Starbuck - Managing director of Learning Performance

Educators like me will not be surprised at the results of a survey conducted by the Association of School and College Leaders, in which 55% of schools reported an increase in stress and anxiety among their pupils.

The pupils I work with to help prepare for exams frequently display signs of stress, despite often not realising this is what they're suffering from.

Aside from a whole host of emotions that young people would rather not be experiencing, stress and anxiety have a significant impact on the brain's ability to process, learn and retain information. Stressed students don't make the most effective learners and this creates a negative cycle that we must work to prevent.

We may not be able to solve every problem, but we can help support students to be resilient, face challenges head on, and harness stress rather than let it overwhelm them.

1. Improve understanding

Stress is a big part of normal daily life. It is a challenge we all face, and the body's natural response to a threat or danger.

Learning about its cognitive, emotional, physical and behavioural symptoms – such as the inability to concentrate, rapid heartbeat, nausea, a sense of loneliness, short-temper, eating too much or not enough – will make it easier for students to recognise the signs in themselves. This, in turn, can help empower them to seek support or advice and remain in control.

Show students that a little bit of stress can be a stimulus and motivator for action by encouraging them to drive this energy into something positive and productive. Help them set realistic, timely, and step-by-step targets for their work or revision. In my class, when pupils saw they could master small challenges it helped build their confidence, allowing them to tackle bigger issues with more gusto.



2. Teach the science

Knowing the science can help normalise what students are experiencing and help diminish the stigma around mental health. During childhood and adolescence, the brain goes through lots of change because it is highly malleable. Adolescence is triggered by the release of the protein kisspeptin into the brain. This affects the amygdala, which is the control centre for our emotions, making feelings more intense. This is why there is an increase in impulsive, emotional and emotive reactions during the teenage years.

Looking at the science is not to diminish any stress, worry or anguish a child is going through; it should help teenagers get past initial negative emotional reactions so they can start using their prefrontal cortex, responsible for decision-making, when making choices.

3. Encourage mistakes

Our brain develops when we make and think about a mistake. It is an integral part of the learning process, but many students are terrified of slipping up. So it's important we show them that failing isn't necessarily a bad thing.

Explain why mistakes are important, encourage mistakes when giving work, and show students how they can improve by prompting them to ask reflective questions such as: What could I have done better? What could I do differently? What worked well?

4. Don't pass the pressure on

Headteacher John Tomsett writes on his blog This Much I Know, "With a high-stakes terminal examination system, headteachers can sometimes pass on the pressure to subject leaders, who pass it on to their colleagues, who pass it on to their students, who then can worry their poor parents silly. We need to prevent that."

It's important that we refrain from passing on any of our own stress, and that we encourage a positive mindset in our students.

5. Practise mindfulness

Mindfulness is thought to have many benefits for adults and children alike. At a school in the US, detention has been replaced with mindful meditation - the results have been significant with improved attendance and behaviour.

The value of mindfulness is backed up by a study on US Marines preparing for deployment. This found that those who attended mindfulness training and practised mindfulness exercises such as focused breathing had improved moods and working memory. Hours of meditation isn't possible in the average school, but when I was teaching I would start the lesson with a one-minute breathing exercise or task students to close their eyes and listen to every sound they could possibly hear for 30 seconds. I found it helped to calm students and bring their focus into the moment, to me and to the lesson.

6. Look after yourself

The 2015 Education Sector Health Survey showed that 84% of participants who worked in education had suffered from some form of mental health problem in the last two years. Of those, 77% experienced stress, 60% anxiety and 38% depression.

We always, rightly, put our students first but this makes it easy to forget our own wellbeing. The best way we can show students how to manage stress and anxiety is to show them by role-modelling positive behaviour.

Put down the phone, take a break from work, spend time with family, be in the moment, reflect on mistakes and strive to improve. Celebrate being the imperfect human being you are and don't be afraid to reveal this to students. They can't be what they can't see.

Student Perspective

Media Studies and Me

My name is Thomas Carter and I have been studying media studies for four years. Over those four years I have investigated and analysed several different types of media texts and produced projects and coursework that have allowed me to use a variety of media techniques. So sit back as we learn about strange new theorists, seek out new media forms and techniques, and boldly go where many successful people have gone before!

Media is a subject for people who love investigating hidden meanings and analysing the use of language and imagery in films, television shows, radio broadcasts etc. If you enjoy investigating small details and their meanings then media studies is the subject for you. Many people believe that media studies is mainly based around investigating films however this is a big misconception because media studies covers a huge range of different texts such as radio, magazines, newspapers, television shows as well as many other fascinating forms of media.

There are many reasons for studying the media such as:

- Providing insight into the production of videos, radio shows, newspaper and magazine covers etc.
- Teaching you important skills and processes which are hugely important in your technology orientated futures.
- Many media students have gone on to working with major media companies such as the BBC, film producers and magazines and newspapers such as the guardian or G2.

We investigate different media theorists and how these theories have contributed to the media industry. We are taught about theorists such as Tzvetan Todorov who theorised about Todorov's theory that states most media texts follow a certain pattern of events. Equilibrium, disruption, recognition, attempt to resolve, new equilibrium. As well as Roland Barthes who theorised about semiotics which is the study of symbols and their meanings.

When studying, we frequently apply these theories to different texts when analysing media language. We use media theories frequently when investigating the meanings of certain symbols or images. We also use connotations (suggested meanings of objects or images) when analysing the use of certain shapes or colours.

We analyse everything about a media text including the bedding music, sound effects, imagery, media language and mise en scene (Everything you can see in the frame). We also analyse the camera angle used, lighting and camera work as well as many other details such as clothing, the age of the actors, how they behave and react to certain events. We also investigate how certain groups of people are portrayed often stereotypically in order to have an effect upon the consumer.

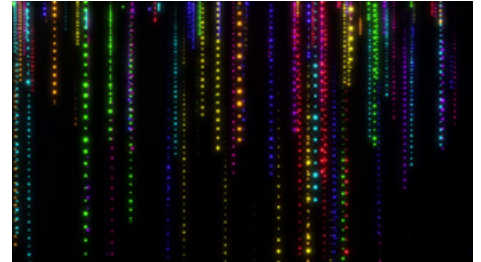
I believe that media studies is an excellent and highly interesting subject which challenges students by allowing them to portray their opinions and ideas about subjects, themes and ideas while exploring the deeper meanings of the smaller details that without careful investigation may be overlooked or ignored it is important to explore the meanings of these smaller details because it can often help people to understand the views and ideas of the creators by understanding the methods they used to portray their thoughts and ideas about events or happenings. Because of this, media studies allows students to express their individuality by showing how they personally perceive representations of people, ideas and objects etc.

Thank you for reading my article and I hope that this article has provided some insight into what media studies is and the many different forms of media that you will investigate if you choose media studies. *Thomas Carter*

Watesy Interview

While Mr Wates is a well-known face among students and staff, he is also always incredibly busy which leads to not many people actually knowing Mr Wates. Sure he is known as 'one of the IT guys' but his actual job title is the Creative Arts Technician. The reason we see him around the school so often is because his job affects us all. As the name of his job suggests, a lot of his work revolves around the creative arts department. However, he also makes productions; for example, at every Sports Award ceremony. Most people might just think that this just involves putting together a powerpoint with some slide animations, and that's certainly what I thought. The truth however is a lot more complicated as he actually makes all the animations from scratch. For some of the animations, he films and edits them which requires a lot of creativity. For example, for one clip he filmed water from a shower, edited that footage so that the water was multi-coloured and fell slowly in reverse, and created this:

Some of his animations are edits of trademark clips like in the 2016 Sport Award when he used the Disney intro but replaced 'Disney' with 'Wates'.



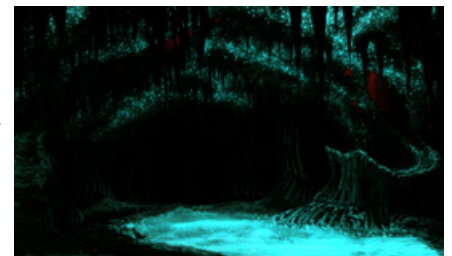
Not only does his job require him to put a lot of time and effort into every project (he has already started making a production for November) but he also helps students suffering with dyslexia as he himself is dyslexic. He helps people have confidence in their abilities and pushes for a higher understanding of dyslexia as many are still told that they just need to concentrate more which is very inaccurate.

Mr Wates also tutors people to use PCs - many of whom have become disabled and have to relearn motor skills.

What will surprise many people is that Mr Wates' qualifications aren't actually in IT. It was a second subject that he took because his dyslexia causes him to think very logically and find computers very easy to work with. His background is actually in Environmental Science, which is not what my first guess would have been.

Environmental Science doesn't sound at all connected to his job and you might be questioning why take that subject and work as a creative arts technician. Well, it makes a whole lot more sense when you know his previous job to this: a freelance environmental surveyor. Completely different to his job now. Believe it or not but Mr Wates would climb glaciers, spend weeks outside studying different species, and take part in cave diving explorations. Mr Wates did all this in the West Coast of New Zealand which is why he loved exploring known and unknown caves. For those of you that don't know, New Zealand caves are covered in the most amazing glow worms, a species that fascinated Mr Wates.

While he was out in New Zealand he did a variety of work; one being cave explorations, but others such as working on one of the Lord of the Rings films. One of his surveys was on the effects of invasive animals in the forest which



caused him to live outside for weeks sleeping in a hammock. The invasive animals come from Australia and because of the different climates, surroundings, and animals, these animals can cause a lot of problems for native New Zealand wildlife. Mr Wates originally planned to be out in New Zealand for only a short amount of time but he fell in love with the culture and nature of New Zealand and ended up extending his stay there.

It's great to get to know one of Tavistock's unsung heroes and it's great to have someone so experienced in multiple areas here with us.

Sophie Keane

Avengers Infinity War

Avengers Infinity War is, without doubt, the hardest film to review that I have ever seen - primarily because I'm going to do it while avoiding spoilers entirely, meaning this review will spoil nothing about the movie, just evaluate it as a product as well as possible.

It is also hard to refer to this film as a 'film': it is more like a cinematic experience 10 years in the making. Back in 2008, after the credits for Iron Man had finished rolling, Robert Downey Jr's Tony Stark enters his mansion to find a man waiting for him. This man is none other than Nick Fury (played by Samuel L. Jackson). He is approaching Mr Stark about the 'Avengers Initiative'. From then on, audiences everywhere knew something big was on its way. It seemed like we got what we were promised in 2012's Avengers Assemble. But once again, the after credits scene promised something more: Thanos.

After 18 films over 10 years, I arrived at the Vue Cinema on the 25th of April at 11:30pm ready for a spectacle. Encompassing about 30 major characters and filmed entirely in IMAX cameras, Avengers Infinity War is like no film before it. This is one of the first times I have sat unable to close my mouth, yet unable to speak after a film. This film has guts and I love it.

In terms of the actual product; the Russo brothers once again knocked it out of the park. They managed to capture all the characters so well and give them all something of importance to do or a special moment just for them. The cinematography is exciting with well-choreographed action scenes and plenty of interesting visuals and camera angles to immerse you into the scene. Despite the majority of the film being CGI, it looked beautiful and felt real despite the (literally) other worldly settings.

As I have mentioned, the characters in this film were perfect. Each of them had the weight of their previous films behind them and felt like full products, not façades to just show up in the fight scenes. I can't go into each character as they're all fantastic and there are approximately 20 names on the poster, which would make this review far too long. A few standouts were; Chris Hemsworth's Thor, Robert Downey Jr's Iron Man, Tom Holland's Spider-Man and Zoe Saldana's Gamora. However, with so many characters, I can only really say I enjoyed them the most. You may have a completely different perspective.

Of course, how can I mention characters without discussing the Mad Titan himself: Thanos. Josh Brolin captured the character perfectly and (despite slightly weak CGI in some places) he was oddly relatable and felt more realistic than most other MCU villains before him. He is easily my favourite Marvel cinematic villain and has been rocketed to close to being the best villain in movie history. Although insane, his motivations made sense and even with his immense power, at no point did he feel unbeatable. All this - plus wonderfully sinister dialogue- made the movie as good as it was.

The story in its base sense is simple enough; Thanos wants all 6 Infinity Stones to 'bring balance to the universe'. There are multiple plot threads but none of them feel wasted as they all tie into trying to stop the Mad Titan and his hunt for the gems. The different groups of characters (Avengers, sorcerers, Guardians of the Galaxy etc.) all blended well together and felt as authentic as they did in their own films. The new interactions were just as I had hoped they would be - rife with fun moments and witty dialogue.

Without any spoilers, the only downsides to this film are for the general movie goer. This film is jam packed with everything you can imagine which keeps the pace consistently fast. For those who don't know the characters too well this can feel a little too quick and not leave any time to process the previous scene. I know I definitely needed to see this film multiple times (at the minute I'm on 4) and I am knowledgeable on both the films and comics so I can only imagine the struggle others may have had. The pace does mean it never gets boring though and it is one of the fastest 2 hours and 40 minutes I have ever experienced. There are also a couple of missing characters but I'm ok with that seeing as they will most like appear in next year's Avengers 4. Before seeing Infinity War, I feel it is important to have watched most if not all of the MCU films to truly appreciate every

wonderful moment of this masterpiece.

Essentially Infinity War is a triumphant culmination of 10 years' worth of work that results in an emotional rollercoaster with some stellar action and some iconic characters that keep you on the edge of your seat throughout the whole film. The best thing however, is that it is but part of the picture. The film does have an 'end' but certainly leads very directly into its follow up - Avengers 4 set to be released this time next year.

Oh and there is an after credits scene which is worth the wait - even if more casual fans may need a google to really understand it.

I can't really rate this film out of ten as it is a very subjective experience for me. It is also technically only half the story so it's hard to give a full evaluation without seeing next year's offering. But if I had to, I'd say it's as close to perfect as any superhero film has ever been. It is my favourite Marvel movie, followed by the other two Russo Bros films: Captain America Civil War and Captain America the Winter Soldier.

"Dread it, run from it, destiny arrives all the same and now it's here, or should I say: I am". *Luca Bergonzini*

Tavistock COLLEGE



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GRAPHIC DESIGN

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