



The onset of the windy and rainy weather, brings with it some of the first 'wet play' social times of the year. It is these times that you notice that the school is getting bigger but it is also an opportunity to see our co-operative values shining through in our students. I was lucky enough to take the CEO of HIV/AIDS charity SKRUM, on a tour of the school as well as spend some time in PE, Geography and the School Radio station. He commented on how smart, confident and caring our students were which was great to hear.



Dartmoor
MULTI ACADEMY TRUST

We have recently held our first Parent Council meeting and it was brilliant to meet some new parents as well as welcome back the views of many parents we know so well from previous years. We discussed at length the issue of mobile phones in school. This is a conversation that is not going away and nor should it, but we are involving all of our stakeholders in these conversations especially the students and any potential change in policy. Talking of change in policy, something that may have slipped the attention of some is the fact that we have indeed changed our policy around the official tailored school shorts that are for sale from Fitness for Sport in Plymouth and online. Following student and parent voice feedback we have decided that these are available to be worn by our students all year round.

We have had some tremendous success in terms of sport and the creative arts recently that I urge you to read about, and with parents' evenings and open evenings for year 11 students in the 'Key Dates' section, please take note of these so you don't miss out.

One of the highlights of the year for us at the school is having the opportunity to remember and reflect in our Remembrance Service this year held on the 9th of November. Our year 9 students with various members of staff, local dignitaries and other members of the communities took the opportunity to show solidarity with all those that are remembered since the end of World War 2, 100 years ago. Our thanks to Miss Hastings who organised the event and made it such a success.

The next time I write to you it will be on the eve of December (yes my Christmas jumpers are ready to go!) where of course there is so much to look forward to both at home as well as at school.

Mr Forster

Remembrance Commemorations

Last week the College marked the Annual Remembrance day and symbolic 100 year anniversary of the Armistice Day marking the end of World War 1 on November 11th 1918.

The annual Remembrance Service at St Eustachius Church was attended by the whole of year 9 and our sixth form student leadership team. The service included a series of readings, reading of the Roll of Honour of Tavistock College students who have lost their lives in World War 1 and 2, the laying of the wreaths by our students involved in the Army cadets and the playing of the Last Post.

Students in our history department have been studying World War 1 and contributed to our fantastic visual display which has been proudly on show in reception in recent weeks. Many visitors have commented on the creativity and inspiration shown and how it provides a fitting commemoration of this important day.



Finally our VOX choir were involved in a Community concert at St Eustachius Church in a festival of Hope and Remembrance. They performed alongside the Mount Kelly Choir and the Tavistock Town Brass Band and it was fantastic to see these different groups share a platform within the local community.

Diary Dates

Parent Forum

21 November @ 6 pm

6th Form Open Evening

22 November @ 6 pm - 8 pm

OCRA Sports Festival

3 December @ 9:20 am - 12:20 pm

Year 8 Parents/Carers Evening

6 December @ 4 pm - 7:30 pm

Local Governing Body Meeting – Full Committee

12 December @ 6 pm - 8 pm

PE House Matches

17 December - 21 December

Year 7 Carol Service

19 December

Last Day of Term

21 December

Parent Forum

The next parent forum will take place on Wednesday 21st November at 6pm in the Innovation Centre. The theme of this parent forum is Anti-bullying and will provide an opportunity to update parents on the work and projects that are taking place at the college such as Humanutopia and 'Living life to the Full' which are designed to support student mental health and further develop the positive ethos of the College.

YOGA PROVEN TO HELP TEENS

.....and it's coming to Tavistock College!

The teenage years have always been challenging for both teenagers and those around them. The physical, psychological and emotional changes that envelop the teenage body can cause anxiety and confusion as well as bringing new independence and vitality. But it is only in recent years that the level of anxiety seems to have reached worrying levels, with latest research indicating that 20% of teenagers will suffer from mental health issues*.

How can yoga help teenagers face the unique set of challenges that comes with this phase of growing up? Yoga involves the practise of movement, breath techniques and meditation which have been shown to positively influence our mood and overall sense of wellbeing. It has been shown in numerous research studies to make young people feel more relaxed, increase self confidence and most significantly, help prevent adolescents turning to risk behaviours such as drug and alcohol use. Yoga provides young people with a set of life tools which can be used to help them in so many areas of their life, whether its helping to manage exam stress, giving them a chance to disconnect from social media, relationships with family and friends, or importantly just becoming more comfortable with themselves.

With international sports teams, celebrities and vloggers/bloggers all recognising the benefits of yoga, it has never been so cool to practise yoga!

Yoga is being offered at Tavistock College to different classes and year groups by a local yoga teacher who has undertaken additional training specifically for teaching yoga to teenagers. There will also be an after-school club starting in the New Year. If your son or daughter is particularly interested in participating in yoga, please register interest with Mr Hosking in PE.

n.hosking@tavistockcollege.org

Christmas Card Competition 2018

Are you a budding artist?
If so we're looking for creative and festive designs for the 2018 Tavistock Christmas card.

Your entry can be a drawing or a painting. We're keen to see a variety of designs, as long as they have a festive theme. It could be linked to Tavistock, with a picture of the town's Christmas lights or a snowy view of Dartmoor.

Please hand in your entry to any art teacher. Write your name and tutor group clearly on the back.

The deadline for entries is Friday 23rd November.

Good Luck!

Tavistock Youth Café

Tavistock Youth Café is a safe space for secondary school young people between the ages of 11 to 19.



We offer a relaxed environment where you can meet with friends, get involved with activities, speak to qualified youth workers about any issues affecting you and have a place where we listen to your needs.

Thursdays: 7pm until 9pm 'Zephyr Music Session'

Come in and learn to play, guitar, bass, drums or if you're already skilled, you can help teach others. We charge £2 a session for 1-2-1 tuition, (first session is free) don't worry if you don't have an instrument, we supply everything needed. We teach what you want to learn!

Fridays: 5pm until 8pm

Free drop in sessions, different activities throughout the year, these include:

Cooking, Bake off, Pie Face, Sumo Wrestling, Human Hungry Hippos', Board games, Consoles, Gaming Nights, BBQ's, Christmas Karaoke, Trips and more. We also work with relationship issues, drug and alcohol awareness, dangers online, cyber bullying, gender identity, and any other issues that arise for young people.

Volunteering opportunities for young people, D.of.E and UCAS points can be achieved with us.

No need to book, just turn up and take a membership form to be signed by parents.

For more information:

Contact Vicki Lloyd-Walsh Te:l 07971811834 or email tavistockyouthcafe@gmail.com

The Youth Café is in Pixon Lane opposite the Play Planet.



PE After School Clubs

WEDNESDAY P5	TUESDAY 3:30 - 4:45	THURSDAY 3:30 - 4:45
1ST TEAM FOOTBALL	YEARS 7, 8 and 9 BOYS FOOTBALL	YEARS 9 and 10 NETBALL
6TH FORM HEALTHY ACTIVE LIFESTYLES	YEARS 7-8 NETBALL	ALL YEARS BADMINTON
MONDAY 3:30 - 4:45	ALL YEARS FITNESS SUITE	ALL YEARS FITNESS SUITE
ALL YEARS INDOOR CRICKET		ALL YEARS JUDO (DR1)
YEARS 10/11 FOOTBALL		ALL YEARS BASKETBALL
COURSEWORK CATCH UP (PE1)		ALL YEARS BOYS AND GIRLS RUGBY
EXAM REVISION SESSIONS (PE1)		
1ST TEAM NETBALL		

Cross Country

A very strong field from multiple Plymouth and West Devon schools, including Tavistock College competed in the cross country championships, 08/11 at Staddiscombe fields near Wembury.

Our teams from Y7-11 were extremely competitive and produced some amazing results.

Some headline results:

Year 7 boys (2.1K) - Nicolas Maczagowski 2nd , Joel Lake 3rd, William Elliot 7th, Rowan Caldwell 8th , James Crossey 12th, Joe White 43rd, Will Ward 44th.

Year 8/9 boys (2.9K) - Will White 2nd, Ewan Dix 3rd, Jacob 8th

Year 8/9 girls (2.9K)- Hannah Walker 7th, Charlotte Waker 8th, Emma Luckham

Year 10 boys (4.9K) - Will Russell 5th , Joe Dix 4th , Dan Luckham 6th

Year 11 girls (4.1K) - Connie Ballard 14th

22 runners competed in total from Tavistock College. Top 15 placed finishers are invited to the Devon stage in January 2019.

Congratulations to everyone for their efforts during very wet and windy conditions! *Mr Hosking*



Table Tennis

George Anderson, Tom Doidge, Max Jordan and Ben Edmunds represented the college in the Devon table tennis championships in Plymouth.

In a knock out style tournament involving 8 teams, they won their first round against Illfracombe and progressed to play DHSB in the next round. A closer match, Tavistock won through on more points scored and met Eggbuckland in the final. Eggbuckland were favorites after being National runners up last year and Tavistock were competitive and close in a few singles matches but lost out overall in the final. *Mr Corkell*

Girls Rugby

10 year 7 and 8 girls took part in an England rugby development day. These girls were part of a coaching day with other schools to introduce the skills of rugby and increase the participation in girls rugby locally.

Mr Corkell



Tavistock College Faculty of Creative Arts Proudly Presents

E. Nesbit's **The Railway Children**
 adapted for the stage by Mike Kenny
 by kind permission of Nick Hornby

"Hope, there is always Hope"

Main Hall Tavistock College Tickets £8 - Family tickets £25 (admits 4 family members)
 Thursday 29th November 7pm - Friday 30th November 7pm
 Saturday 1st December 1pm (Family Performance for those with under 7's) Saturday 1st December 7pm.
 Tickets available from Tavistock College Box Office direct, or 01822614231 or via j.madeley@tavistockcollege.org

Tavistock

COLLEGE