



It is now the week before the Christmas holidays and what an immensely busy yet productive term it has been. We've seen our year 7s adapt to secondary school life with aplomb, celebrated the examination success of the summer with our returning year 12 students, and seen our leaving year 13s settle in well to University life, even popping in to say hello and let us know what has been happening.

The last time I wrote to you we were in the midst of 'The Railway Children' production, and after seeing the last performance on the Saturday evening, I can tell you from personal experience what a huge success it was. The students were outstanding in their roles, well-rehearsed and disciplined. The technical side of things was also superb, including the wonderful set. But no play comes alive without a talented and dedicated director. So well done to the Creative Arts Faculty.

Year 11 students are now in the middle of their PPE exams. This is a stressful time, but one that enables them to show us where they are in their learning and a chance for us to give them some formal feedback on their progress so far.

The Christmas period can be full of family, friends and fun. However we know that there are those within our community that struggle at this festive period and this is why we have a strong relationship with the Tavistock Food Bank. At the moment they are urgently requesting items such as tea bags, UHT milk, tinned fruit and dried pasta to name but a few. If you would like to support this local, community cause please follow the link. <https://tavistock.foodbank.org.uk/give-help/donate-food/>

There is so much to look forward to in 2019. Next term we have our Parent Forum, and another parent council meeting, our annual Sports Personality of the Year event as well as many extra- curricular clubs. For me personally, I am looking forward to the European Sports Tour to Paris in April.

I hope you have a well earned rest over the festive period, enjoy the break and we look forward to welcoming you to 2019 on the 8th January. *Mr Forster*



Dartmoor
MULTI ACADEMY TRUST

Diary Dates

PE House Matches

17 December - 21 December

Year 7 Carol Service

19 December

Last Day of Autumn Term

21 December (no early finish)

First Day of Spring Term

8 January

Malaga Trip Info Evening

9 January 6pm - 7pm (see page 2)



Anti-Bullying & Student Wellbeing

This term the college has been continuing its focus on anti-bullying & wider student wellbeing. We celebrated national anti-bullying week in November through a theme of respect, which is central to our ethos at Tavistock College. As shown in the graphic below, students now have more ways than ever before to let a teacher or adult know if they are concerned about bullying. The new anti bullying email address has been sensibly used to help us intervene in a couple of instances & bring about a swift resolution.

Tavistock COLLEGE
 Together: we care, we challenge, we excel.

Who to speak to if you are being bullied, or know of someone who is

Your Tutor
This should be the first person you could speak to.


- You see them every single day.
- You know where you can find them.
- You have built up a relationship with them and they know you and will recognise changes in how you may be acting.

Another adult
This could be a subject teacher you know particularly well or your Head of Year.

- You know where you can find them.
- You have built up a relationship with them and they know you and will recognise changes in how you may be acting.

Comment cards in reception
An easy way to let us know that something is wrong. This may then make having a conversation with someone easier.

Anti-bullying email
An easy way to let us know that something is wrong. Send an email to ab@tavistockcollege.org



We continue to invest a lot of time & resources in projects to develop student leadership with their own welfare as a key focus. The 'live life to the full' project has recently begun which has seen a group of Y12 students trained to support a group of Y8 students. The focus is on positive mental health & providing students with tools to become more resilient & better able to overcome setbacks. Groups of students from many different year groups have benefited from visits from the Humanutopia team over the last 6 months. Really interactive group sessions have helped students self reflect and consider how they present themselves to other people and the impact that they can have on peers and friends. Groups of 'heroes' have now come from this project which means we have students who are assisting in the Transition process which will involve working with our year 6 and 7 students and another group who will be focused on peer mentoring and supporting students wellbeing at the college. On top of this we are in the midst of extending our students leadership team so there are prefects in all year groups. Applications have been received and interviews are currently taking place. It's fantastic to see Tavistock College students being proactive and wanting to play a role in how our school moves forward and develops.

A recent parent forum provided an opportunity for us to share these updates in greater detail and receive some excellent feedback and useful suggestions. Look out for details on the website and in future editions of Fortnightly Focus for dates of next years parent forums where themes will include Mental Health, work experience and the use of technology in school.

Phil Ruse, Assistant Principal

The Sixth Form Amnesty International group at Tavistock College firmly believes in the power of words, and so our first focus this academic year has been Amnesty's annual 'Write for Rights' campaign, where groups spanning the planet participate in the world's biggest human rights campaign by writing letters of solidarity to people who have had their human rights abused.

Malaga Trip 2019

¡Felices Navidades! *Mrs Westman*



On Monday 10th of December, the year 13 Law class visited Plymouth Crown Court to see some cases. We saw 3 plea trials of 3 different men via a video link from Exeter prison for offences of theft, robbery and actual bodily harm. We were due to see a full trial for aggravated theft but the defendant was sent to hospital for serious injuries. Instead we went to the Magistrates Court and saw a very complex case involving a series of offences which came to light while the defendant was being questioned after he missed a trial. Judge Darlow of the Crown Court was particularly helpful and I feel that the trip gave us a real insight into the workings of a court trial. *Rose Alexander*

We are delighted to announce that Tavistock College has been selected as a Matilda Champion School! This means that working alongside the Royal Shakespeare Company and Theatre Royal Plymouth we will be putting on our own version of Matilda The Musical written and composed by Dennis Kelly and Tim Minchin.



This is a hugely exciting opportunity for students in years 7 - 9 at the college to work with both our Creative Arts Team and professionals from the RSC and TRP to put on a show. Students across these year groups are invited to audition and all are being shown a video in their Performing Arts classes to tell them what that entails. Eventually we will also be looking for those students who might want to be involved backstage or in technical areas.

We would encourage any student excited and interested in the Arts to get involved in this wonderful opportunity.

Please contact e.pearson@tavistockcollege.org if you have any questions or queries about the auditions or project itself.

A collage of 15 hand-drawn Christmas cards. The cards feature various themes: a church at night, a snowman, a fox, a bird, a tree, a wreath, a snow globe, a sunset, and a reindeer. The text "MERRY CHRISTMAS" is written on one of the cards.



Rosie rides to fourth SW cyclo-cross title

Article courtesy of the Tavistock Times Gazette

Hard work and dedication has paid off for Tavistock College student Rosie Andrews, who has retained her South West Cyclo-cross U16s girls' champion title for the fourth time.

Rosie, aged 14, won in a close competition at the championships which were held in Redruth.

Rosie rides for both Pilgrim Flyers, based in Plymouth, and Tavistock Wheelers youth cycling, training with both clubs during the week and then again at the weekend if not racing. The talented rider currently holds a

couple of other titles - the mountain biking SouthernXC series winner and SouthernXC champion. Rosie said 'My aim was to retain my title. The course was a mix of up and down and flat technical sections. The conditions held during the race, after the heavy rain the previous night and then light rain during the race, made the course very muddy and slippery and the climbing was hard to get a grip on the wet grass.'

Her efforts and training paid off, resulting in the win and retaining the South West Cyclo-Cross Champion title. Next year Rosie will be competing in both the Southern series and National mountain bike XC series and hopes to improve on her current ranking of seventh in the UK.

Rosie said she had had excellent support from her school, parents and her coaches.

'I would not be able to compete at this level without this support, I am very grateful,' she said.



Duke of York Award

Year 7 student Orson Tindal-Draper became the first Tavistock College student ever to receive a Bronze Duke of York (iDEA) Inspiring Digital Enterprise Award. Orson's certificate, issued by Prince



Andrew's office at Buckingham Palace, was awarded during the Year 7 end of term assembly. It is our hope that most year 7 students will achieve their Bronze award by the end of the year as part of their Digital Literacy course.

iDEA aspires to be a digital and enterprise equivalent of The Duke of Edinburgh Award. Participants take on a series of challenges that earn them points towards their Bronze, Silver or Gold Award. iDEA's different learning categories (Citizen, Worker, Maker, Entrepreneur and Gamer) cover topics as diverse as cyber security, cloud computing and e-safety; and animation, growth hacking, customer relationship management and web development. All the digital badges are short modules which can be completed anywhere a learner can be online.

Mrs Neill



DEVON & SOMERSET
FIRE & RESCUE SERVICE

SLEEPOVER



If your child is invited to a sleepover you will want them to be safe - both in general and in the event of a fire. So before you agree here are some things that might help.

Check that your child:

- Is normally woken by and recognises the sound of a smoke alarm
If they don't, or they have a hearing impairment or other disability, tell the sleepover parents so that someone must wake them and/or help them in an emergency
- Knows what to do if they hear a smoke alarm go off
- Knows not to hide from fire
- Knows how to raise the alarm
- Is happy to ask about the escape plan of the place they are going to
- Will tell you if they don't feel safe



If you are in any doubt:

- Reverse the sleepover and invite the friend to your home instead

And remember to:

- Go through your fire plan with any guests you have staying

CHECK THAT:

- There will be a responsible adult present at all times in the property.
- There is a working smoke alarm.



Some of these questions may be uncomfortable to ask but why not look at it this way; you wouldn't dream of travelling in a car without seatbelts - they are lifesavers if there is an accident.

Working smoke alarms and escape plans are like seatbelts for sleepovers - you hope never to need them - but they must be there just in case ...

For further home fire safety information please see our website -

www.dsfire.gov.uk/YourSafety

Refectory Notices

What's on your plate?

LUNCH MENU

Monday
Curry day

Tuesday
Sausages & Hot wraps

Wednesday
Roast or Pie

Thursday
Chilli/Bolognese & Hot Wraps

Friday
Fish & Chips

Daily Pudding

Available Daily
Other specials see daily menu
Jacket Potatoes
Salad Bar
Pasta King
Cakes & Biscuits

NOTICE

Students need to have sufficient funds on their catering account in order to purchase food. If there are insufficient funds then students will have to return items.

There is a £5 spending limit per day.

We have introduced a notification when your catering purse drops below £5 in order to avoid students having no credit on their accounts

Food Allergies

Most items are allergen labelled.

Vegetarian/Vegan

We produce a wide range of vegetarian options.

If you are unsure of ingredients or have any questions please ask a member of the catering team. We are happy to discuss any specific requirements.

BREAKFAST

Served from 8.00-8.40
Hot & Cold drinks
Bacon baps
Egg baps
Cereal bars

Available every day @ break
Hot pick up & go
Sandwiches
Salad bar
Drinks
Fruit

SIXTH FORM

Open 9.15-2.00 daily

Closed for lunch 12.10-12.55
Breakfast available until 12.10
Main meals available from 12.55

Hot snacks
Crisps/Sweets/Chocolate Bars
Hot & Cold drinks

Refectory Price Lists

Breakfast

Beans on Toast £1.25
Scrambled Egg on Toast £1.25
Cheese on Toast £1.25
Toast & Flora 70p
Breakfast (Sausage, Bacon, Beans, Egg, Toast) £2
Sausage Bap £1.55
Bacon Bap £1.40
Sausage & Bacon Bap £1.90
Extra Sausage/Bacon 50p
Extra Egg 30p
Egg Bap £1
Pan Au Choc 85p
Hot Drinks 90p

Lunch Time

Main Meal & Sweet £2.30
Main Meal £2
Just Pudding 1.20
Jacket Potato & Filling £2
Hot Chicken Wrap £2.10
Chips (Friday Only) £1.60
Cheesy Chips (Friday Only) £1.95
Plated Salad £2
Lrg Salad Pot £1.90
Sm Salad Pot £1.60
Rice/Couscous/Noodle Pot £1.35
Sandwiches £ 1.35-2.10
Wraps £2/£2.10

Pasta King

Pasta King £1.80
Cheese & Pasta £1.45
Just Pasta £1

Pasta King Meal Deal £2.30
Cheese Meal Deal £2
Plain Pasta Meal Deal £1.55
(Pasta+40p Biscuit+40p Drink)
Cheese Topping 45p

Savoury

Lrg Pasty £2.25
Med Pasty £1.60
Bacon Tasty £1.60
Sausage Roll £1.60
Steak/Chicken Slice £1.60
Puff £1.40
Pulled Pork Bap £1.50
BBQ Chicken Bap £1.50
Bacon Bap £1.40
Fresh Chicken Bap £1.40
Egg Bap £1
Bacon Baguette £1.70
Sausage Baguette £1.70
Ham & Cheese Baguette £1.70
Pizza Twist £2
Pizza £1.40
Filled Flatbread £1.40
Filled Burritos £1.40
Hot Dog £1.35
Chicken Fillet Bap £1.65
Inferno Fillet Bap £1.65
Bacon Cheese Burger £1.65
BBQ Pulled Pork Burger £1.65
Cheese Burger £1.50
Chicken Burger £1.45
Plain Burger £1.45
Veggie Burger £1.45
Chicken Goujon Wrap £1.40
Inferno Chicken Goujon Wrap £1.60

Toastie £1.35
Chicken Panini £2.15
Panini £1.90
½ Panini £1
Pan Au Choc 85p
Doughballs £1.05
Chicken Bites/Popcorn/Pickin/
Fritters £1.55

Fruit

Fruit Salad £ 1.35
Melon Medley £ 1.35
Fresh Pineapple £ 1.35
Grapes & Strawberries £1
Grapes 90p
Peach Pot 90p
Piece Of Fruit 50p

Puddings

Main Meal Dessert 1.20
Homemade Dessert £1.20
Sm Homemade Dessert £1.10
Chocolate Fudge Cake £1.35
Cadbury Pot £1
Sm Yoghurt & Rice/Custard Pot 80p
Jelly Squeeze 85p
Fruity Jelly Pot 85p
Homemade Jelly 60p
Angel Delight 60p

Biscuits

Chocolate Oatie 85p
Chocolate Biscuit 85p
Custard Biscuit 85p
Jammie Dodger 85p
Fruit Crisp 75p

Oatie 75p
Cookies 65p

Tray Bakes

Caramel Slice 85p
Flapjack 85p
Shortbread 85p
Chocolate Crispy Slice 85p
Rocky Road 85p

Cakes

Muffins 85p
Iced Buns/Chelsea Bun 80p
Slice/Filled Cake 85p
Cup Cake 85p
Bar Sponge 70p
Chocolate Brownie 65p

Drinks

Hot Drink 90p
Drench £1.30
Fairtrade £1.30
Rubicon £1.10
Yazoo £1.05
Lrg Milkshake/Moo £1.05
Heartease/Burst £1.05
Volvic £1.05
Cans £1
Perfectly Clear 90p
Milk 1pt 80p
Radnor 80p
Tropicana 65p
Fruit Shoot 65p
Splash 50p
Water 50p
Small Carton 45p



Swimming Gala

What a fantastic afternoon competing in the Devon v Cornwall Tamar Cup swimming gala. Across all 24 event races and with lots of pupils swimming up an age group, there is lots to be proud of when it comes to swimming talent at Tavistock College. With 14 races with first place finishes, the pupils were increasingly growing in confidence with each victory that they would win the shield for the college and combined with Okehampton, contribute to Devon being victorious by way of points won overall. Other races ended with valuable points with 4 more in 2nd, 4 at 3rd and 3 at 4th. Amy Roberts as team captain said that 'everyone raced very well and with lots of effort'. Amy won all 4 of her races and led the team brilliantly.

Overall results were - in reverse order:

Bude - 82

Okehampton 69

Launceston 48

Tavistock 46

Devon winners by 15 points over Cornwall! This is the first time in 5 years that Devon has won and also Launceston have been beaten into 2nd place after we finished 2nd the year before.

Congratulations to the team:

JJ Lake, Olivia Miller, Sophie Daymond, Phoebe Eddings, Holly Harvey-Garcia, Tess Hopes, Proolly Laseby, Ruby Montgomery, Sam Palmer, Sam Rice, Kaia-Lily Perkins, Amy Roberts, Olivia Townsend, Charlotte Walker, Hannah Walker, Aiden Weeks and Erin Whitford. *Mr Corkell*

Yoga Club.

Yoga classes will begin (all students) on Thursday afternoons as part of the PE extra curricular offer.

We are very pleased to be welcoming a local Yoga teacher to lead these sessions and look forward to seeing students benefiting from this opportunity.

Yoga is proven to improve both physical and mental health. Starting weekly (Thursday) on 17th Jan 2019. *Mr Hosking*

Showjumping

Showjumping is my Sport
These are my 1st rosettes for 2018 and my trophies I show jump most weekends in different parts of the country.

Joshua Heffernan



PE Clubs

Exciting opportunities in PE with extra curricular clubs next term. What will you be a part of...?

P.E. AFTER SCHOOL CLUBS 3.30 – 4.45PM

MONDAY	TUESDAY	THURSDAY
YEAR 10 SPORTS TOUR FOOTBALL NRE	YEARS 7 and 8 NETBALL RDO/CDA/NIN/JHO	YEAR 9-13 NETBALL JHO/TFO/NIN
YEAR 11 PE REVISION/ COURSEWORK SHL	ALL YEARS BASKETBALL (Sports Hall/Gym) NHO/RCO	ALL YEARS BADMINTON Alan Berry
ALL YEARS INDOOR CRICKET Mr Carr	ALL YEARS FITNESS SUITE Mr Murphy	ALL YEARS FITNESS SUITE Mr Murphy
	ALL YEARS GIRLS RUGBY RCO/NIN	ALL YEARS JUDO Ross Taylor
	YEAR 7/8 FOOTBALL SHL and coaches	ALL YEARS CLIMBING CLUB NHO/RCO
WEDNESDAY Period 5	ALL YEARS RUNNING CLUB/ CROSS COUNTRY Mr Chambers (TBC)	ALL YEARS RUGBY Simon Fuller / RCO
1ST TEAM FOOTBALL RCO/SHL		ALL YEARS HOCKEY Miss Owen
YEAR 12/13 HEALTH AND RECREATION JHO/NIN		ALL YEARS GIRLS FOOTBALL CDA/Coaches
1ST TEAM NETBALL NIN		ALL YEARS YOGA External instructor

P.E. LUNCHTIME CLUBS

	MON	TUE	WED	THUR	FRI
FITNESS SUITE	SHL	NHO (A) RCO (B)	NIN	Trainee (A) NIN (B)	JHO
SPORTS HALL (BASKETBALL)	NHO	RDO	RCO	JHO (B)	SHL (A) Trainee (B)

Sports Results

Year 7/8 rugby v Liskeard - Tavistock won 45-10.

Year 10 Netball v Saltash - Draw 3-3

Year 10 Netball v Liskeard - Won 10-1

Year 9 Netball v Looe - Lost 8-0

Year 9 Netball v Torpoint - Lost 5-4

Year 7/8 girls football v Launceston - Won 8-4.

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