



I would like to welcome you back to Tavistock College and wish you all a Happy New Year! 2019 is big year for our year 11 and 13 students. The year 11 students are currently having their progress interviews to discuss the best courses for them to take at our Sixth Form for them to achieve their career ambitions and the year 13s are receiving their UCAS offers. After the Year 11 Pre Public Examinations in December students have their results day on Monday 21st January. This can be an emotional time for students as they can see how well they have done in their examinations and then will kick start their preparation for the real examinations in the summer. Year 13 have



Dartmoor
MULTI ACADEMY TRUST

their PPE examinations starting next week.

Year 8 students are also considering their futures. All year 8 students have had an options interview and are considering which subjects to take next year. The deadline for option forms is Friday 18th January and forms should be handed in to their form tutors. Once the forms have been handed in we will be looking at assigning students their subjects and contacting parents before the Easter holiday.

Next week also contains one of my favourite nights of the year. The PE faculty's Sports Personality of the Year event is one not to be missed. Hearing how our students are excelling in so many different sports leads to a very inspiring evening. I look forward to seeing you there. *Mr Smith*

Internet Safety

Safer Internet Day is happening on Tuesday 5th February this year. It is a day that highlights the need for students to keep themselves safe online and give parents and schools resources to do this. Like most areas of keeping students safe, we would encourage you to speak to your son/daughter about how they use the internet and what programs they are using. Social media is a key area for concern for parents and used responsibly it can be a fantastic tool. We would encourage you to monitor your child's use of social media to ensure that they are using it responsibly. Sadly, too often young people can be too keen to share information with people that they do not really know. You could start a conversation with your child by asking them:

- Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?
- What is okay/not okay to share online? Why?
- What could you do if you saw a friend online needed some help or support?
- How do you stay safe online? What tips do you have and where did you learn them?
- Help me! Can you show me how to do something better/safer online?

We have included a list of websites which could give you further help and support. (see page 2) If you are ever unsure about whether or not something is ok online, I would encourage you to report it to the Police and to us. We have fantastic relationships with our parents around students use of the internet and we will work together to support them.

Uniform

With the weather getting colder we would like to remind parents that students still need to wear school uniform. We recommend that students have a warm, water proof coat to wear to and from school, as well as at social times. Students should not be wearing hoodies. We have also had success with our new school skirts. All skirts should be logoeed Tavistock College skirts by September 2019. These are available from Lawsons in Tavistock town centre. If a student does not have an item of uniform for a valid reason then please write them a note with the reason and say when this will be rectified. If a student does not have full school uniform and does not have a valid note from home then they will lose their social time and parents will be contacted by their child's tutor. Full details of our uniform policy can be found here. <http://www.tavistockcollege.org/wp-content/uploads/2018/11/Uniform-Nov18.pdf>

Positive Mental Health and Well Being

Families may be aware that the government are placing an increasing emphasis on the role of schools in supporting children and young people with their mental health and well being? Research has demonstrated that there is an irrefutable link between pupil health well being and attainment. We take this aspect of our duty of care very seriously and have been working for some time with a number of partner organisations to develop our response to the issue as well as design a policy for positive mental health. All schools will be required publish a policy by 2020 and we are very pleased to be making progress, ahead of schedule, in this regard. Of course a policy is only as good as the impact that it has on the school ethos and on our students. You may be aware that we have already made a number of interventions available to students? Many of you will be aware that the college has engaged with HumanUtopia, Early Help 4 Mental Health (EH4MH) through the "Living Life To The Full" project and that we are part of a trial of a conversational APP with "Healios". In addition we have two Mental Health First Aiders in the college and will be training an additional five staff to fulfil this brief during the coming month. There are also a myriad of other, often personalised and bespoke, support strategies that we have in place for a number of our most vulnerable students. We aim to be a "Mentally Healthy School" and promote pupils' mental health in a positive manner. As a cooperative school we firmly believe that this mission resonates utterly with the cooperative ethos and its principles. The college website now has a dedicated area for sharing information about mental health. Currently this area has a raft of signposting information for families to browse and access as necessary. If you have any suggestions for additions or alterations to this area of the website we would be delighted to hear from you. Equally, if any parents have professional expertise in the area of children's mental health and would like to share this with us and support us as we develop our systems and processes, you are warmly encouraged to get in touch. In the first instance, please contact the Vice Principal, Barbara Manning.

UK Safer Internet

UK Safer Internet Centre:

The European Commission appointed UK Safer Internet Centre is made up of three partners; Childnet International, the South West Grid for Learning and the Internet Watch Foundation. Together we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. Resources include a parent's guide to technology, information about parental controls and safety tools on social networks and other online services. You can access a range of resources from across the UK, Europe and wider afield at www.saferinternet.org.uk/parents



Childnet:

Childnet International is a non-profit organisation working in partnership with others around the world to help make the internet a great and safe place for children. The Childnet website hosts all the online resources detailed below, as well as a number of recommended resources for young people, parents, carers and teachers. The Parents and Carers area also contains key advice, information on reporting and detailed information on a range of online safety topics in the hot topics section. www.childnet.com



South West Grid for Learning:

The South West Grid for Learning (SWGfL) is a not for profit, charitable trust dedicated to the advancement of education through information and communication technologies. They provide safe, supported broadband internet, teaching and learning services for 2,500 schools in the South West of England and e-safety education and training regionally, nationally and internationally. They provide professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential. www.swgfl.org.uk



Internet Watch Foundation:

The Internet Watch Foundation is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. The IWF works in partnership with the online industry, law enforcement, government, and international partners. It is a charity and a self-regulatory body with over 100 Members from the online industry. www.iwf.org.uk



Safer Internet Day:

Celebrated globally every year, Safer Internet Day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. This year's theme is 'Together for a Better Internet' and in the UK the campaign will particularly empower young people to take control of their digital lives and consider how consent works in an online context. It will explore how young people ask, give and receive consent online. This could be in their friendships or relationships, how they take and share images and videos of how they manage their privacy and data. www.saferinternetday.org.uk



Children's Commissioner – Young people's rights on social media:

The Children's Commissioner has created a set of one page documents explaining what the terms and conditions mean for the social media sites Facebook, Instagram, WhatsApp, Snapchat and YouTube. Each of the guides are also broken down into three sections – 'our rules', 'your rights' and 'our rights'. bit.ly/SID2019CC



Newsround – Terms and Conditions explained:

Newsround has produced a useful guide and video explaining what terms and conditions really mean. bit.ly/SID2019newsround



UK Safer Internet Centre advice:

The UK Safer Internet Centre produces weekly blogs which offer information and advice on a range of topics. They are written to reflect current and emerging trends as well as questions received during training sessions. Some useful ones for this year's theme would be:



- Social media and the age of digital consent bit.ly/SID2019blog1
- How do I decide if a game is right for my child? bit.ly/SID2019blog2
- Sharenting: how am I adding to my child's digital footprint? bit.ly/SID2019blog3
- Age restrictions on social media services bit.ly/SID2019blog4

Family Agreement:

As a family you may wish to set up a family agreement which is a great way to start a conversation with your whole family about how you



all use the internet and discuss together how to behave in a positive way when online at home, at school or at a friends house. www.childnet.com/resources/family-agreement

Digiduck's Big Decision:

The Digiduck® story collection has been created to help parents and teachers educate children aged 3 - 7 about how to be a good friend online. The collection includes a book, PDF and interactive app. www.childnet.com/digiduck



Family Lives advice for talking about consent:

Family Lives is a charity which offers support with all aspects of family life. They have advice on talking about consent with children which can be applied to online consent as well. www.familylives.org.uk/advice/teenagers/sex/talking-about-consent/



Supporting Young People Online:

A free guide created by Childnet providing information and advice for parents and carers on supporting young people online. The advice is also available in 12 additional languages including Arabic, Hindi, Polish, Spanish, Urdu and Welsh. www.childnet.com/resources/supporting-young-people-online



Information and Advice for Foster Carers/Adoptive Parents:

The UK Safer Internet Centre has worked together with Islington Council to create leaflets for foster carers and adoptive parents. The leaflets, which are free to download and easy to print, include top tips and conversation starters to help foster carers and adoptive parents get to grips with internet safety. www.saferinternet.org.uk/fostering-adoption



Keeping Under Fives Safe Online:

Children love using technology and are learning to navigate websites, online games and consoles, and touch screen technology like iPads and smartphones from a younger and younger age. This advice contains top tips for parents and carers for keeping children aged five and under safe online. www.childnet.com/resources/keeping-under-fives-safe-online



Need help?

Information about what to do if a child comes to you for help and advice about how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour. www.saferinternet.org.uk/need-help



Child Exploitation and Online Protection (CEOP):

A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online: www.ceop.police.uk. CEOP's Think U Know website contains information for children and parents, as well as a link for children to report abuse online. www.thinkuknow.co.uk



Internet Watch Foundation:

Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. www.iwf.org.uk



NSPCC:

The NSPCC has partnered with O2 to provide an online safety helpline for parents and carers to answer questions and address concerns about a child's online safety: 0808 800 5000.



They also provide the Childline helpline for children where they can talk to someone for advice and support at any time by contacting 0800 1111 or chatting to a counsellor online at www.childline.org.uk

Young Minds:

The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Information and advice for young people and parents/carers can be found at www.youngminds.org.uk and they also offer a free confidential helpline for parents on 0808 802 5544



ParentPort:

ParentPort is run by the UK's media regulators and is a central hub of advice and reporting tools for across the media in order to protect children from inappropriate material. www.parentport.org.uk



Product Design Trip



The year 12 Product Design A Level class enjoyed a fantastic opportunity this December when they visited Princess Yachts and Plymouth

college of Art and Design's FAB-LAB. Students were given a comprehensive tour of the Princess Yachts manufacturing facility where they were able to see how the range of luxury yachts are built. This was a fantastic way to learn about modern manufacturing and assembly, materials technology and manufacturing processes and systems. The students were in awe of the quality and scale of the yachts being built and their eyes were really opened to the exciting careers within the technology sector. Later after lunch we visited the Fab-Lab at PCAD. Here students were given an engaging workshop using Computer Aided Design package Autodesk Fusion 360. This really motivated the students and the resulting CAD models were pretty spectacular. The Fab-lab boasts some of the best CAD/CAM and 3D printing facilities around and it was fascinating to see all the new technology being used. Mr Keegan who organised the trip said 'It is so important to give students this kind of insight, broadening their horizons and raising their aspirations within the exciting field of technology. They will hold on to lots of what they have learnt for their exam but also it can contribute towards shaping their career choices and next steps.'

Youth Takeover

On Friday 14th December a group of 36 students from Years 8-12 represented the College at the Youth Takeover event at Exeter Council Chambers. Coinciding with the 100th anniversary of votes for women, students had the opportunity to look round a fascinating exhibition about our democracy as well as cast their own votes and ideas about whether the voting age should be lowered to 16. Not all were in agreement that it should! Following the exhibition the students were given an insightful presentation on how democracy works in Devon and were given the opportunity to voice their opinions on a number of issues that will help shape local schools policy, including whether they felt Sex and Relationships Education was LGBTQ inclusive. Then followed the live debates which were webcast from the Council Chamber. Ably chaired by Yr 12 Ben Moran and vice-chaired by Yr 9 Bethany Cann, students spent twenty minutes each debating the gender pay gap, abortion law in Northern Ireland and gender fluidity. There were articulate and passionate contributions from sixth-formers but the younger year groups were also encouraged to join the debate with some very thoughtful responses from students in year 9 and 10. It was inspiring to see democracy in action with our young people and our thanks goes to Year 12 Beau Waycott for organising it.

Work Experience

Year 12 Work Experience

Year 12 work experience week is fast approaching and takes place on **Monday 25th to Friday 29th March inclusive**. Having it earlier in the academic year has allowed students in recent years to access a greater range of placements in both the local community and further afield. Work experience is a statutory requirement for students studying in a school post 16 and is incredibly valuable in assisting their future UCAS applications and job prospects.

Through the tutor programme, year 12 tutors are currently exploring a range of resources to assist students in searching out and acquiring their placements.

The following websites are incredibly useful if students require further ideas and inspiration towards making the most of this opportunity:

www.careerpilot.org.uk/

<https://nationalcareersservice.direct.gov.uk/>

<http://www.careersbox.co.uk/>

<https://www.plotr.co.uk/>

Students have access to a database of local employers who have supported work experience placements in the past. We are fortunate to be supported greatly by our local community but the onus is very much on the students to take the initiative and make contact with local employers in a professional and polite way. The work experience consent form is due back by Friday 15th February. This leaves some time for the school to ensure all correct risk assessment checks are in place so students can fully benefit and enjoy their placement.

Students should speak to Mr Ruse if they have any particular queries or questions about the process.

Year 10 Work Experience

Year 10 work experience week runs from **Monday 24th to Friday 28th June inclusive**.

Whilst this may seem a long way away it is crucial that students are proactive in seeking out these placements now. Firstly it takes time for the relevant paperwork and risk assessment checks to be carried out and secondly many schools in West Devon and Plymouth undertake work experience at a similar time.

As part of the tutor programme students are going to explore wider employability skills and future opportunities to assist in the process. The following websites are incredibly useful if students require further ideas and inspiration towards making the most of this opportunity:

www.careerpilot.org.uk/

<https://nationalcareersservice.direct.gov.uk/>

<http://www.careersbox.co.uk/>

<https://www.plotr.co.uk/>

The work experience consent form is due back by Friday 24th May. This leaves some time for the school to ensure all correct risk assessment checks are in place so students can fully benefit and enjoy their placement. Students should speak to Mr Ruse if they have any particular queries or questions about the process.

Diary Dates

Wednesday, 16 January

Year 11 Geography Field Trip - JSO

Thursday, 17 January

SPOTY - SHU

Main Hall

Thursday, 17 January

Year 11 Geography Field Trip - JSO

Thursday, 24 January

Yr 10 parents-carers evening - BPA

Cross Country Club

In recognition of Tavistock College's new cross country club to begin in the spring term, Tavistock Run Project's (TRP) Ben Neale, winner of the Tavistock and Plymouth Half Marathons in 2018, visited the College to congratulate and encourage them with their running. Ben also presented students with medals donated by TRP. Crispin Chambers, Japanese teacher at Tavistock College, heads up the group and is encouraging all runners of any ability to get involved.



Y7 Girls Football

The year 7 girls football team have progressed into the 3rd round after winning 3-0 against Coombeshead Academy.

2 goals from Evelyn Bray and 1 from Tess Hopes secured the victory. The girls were fantastic throughout and

played a counterattacking style with captain Jana Cole leading the attacks. Player of the match was Tess Hopes.

Congratulate to the team.

Evelyn Bray, Marist Clarke, Jana Cole, Tess Hopes, Emily Hutchinson, Carla Morrison, Harriett Murdoch and Tilly Young. *Mr Corkell*



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Tavistock COLLEGE

Invitation

Sports Personality of the Year

Thursday 17th January
7pm - 9pm in the Main Hall

Tavistock COLLEGE

