



It was a pleasure attend our annual Sports Personality of the Year last week and congratulations to Ruby Stacey who won the coveted prize. I knew that Ruby was an exceptional gymnast performing at a national level, but I was blown away when I heard about her international honours. It has also been a busy week for our Humanities faculty and I would like to thank them for all of their hard work with the year 11 students on taking them to Dawlish Warren to complete their GCSE coursework.



**Dartmoor**  
MULTI ACADEMY TRUST

Thank you to all of you who have returned year 8 and 11 option forms. We are now in the process of working out option blocks and we will contact parents and students by Easter with students' option allocations.

Year 11 had their Pre Public Examination results day on Monday. I was encouraged when I spoke to students about their results. Some students did exceptionally well, but those who did not had the right attitude. They are determined to put the effort in, attend revision sessions and build from this. *Mr Smith*

## Safer Internet Day

It is Safer Internet Day on 5th February. We will be talking to students in assemblies about the importance of keeping themselves safe online. We would also encourage you to talk to your children about how they are using the internet. The UK Safer Internet Centre have provided the following advice to parents:

### Choose to have a conversation

Talk regularly with your child about how they use technology, and find out what their digital life is like, including what their favourite sites and services are and also how being online makes them feel. Listening to your child will give you the best possible idea of how you can support them. Not sure where to begin? Have a look at our [suggested conversation starters for parents](#).

### Choose to take a balanced approach

As parents it's natural to feel worried about the risks posed by your child being online, but for young people the online world is exciting and fun, as it brings so many opportunities for them. Remember that your child will use technology and the internet differently given that they are growing up in a world immersed in all things digital. Try to look at both the positive and negative aspects of being online and empower your child with safe choices they can make instead of overwhelming them with restrictions.

### Choose to make use of the tools available to you

There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. For advice and guidance on how to make use of parental controls and other safety features on devices, check out our free [Parents' Guide to Technology](#) and [Internet Matters' step-by-step parental controls guides for online services](#).

### Choose to get help and support

It can sometimes feel like young people are the experts in all things digital but remember – you are the life experts. You are always there to help your child but make sure you know how to get support too by visiting our [Need Help?](#) page. You can take steps to support your child online by using features such as privacy settings on social media and understanding how to make a report on a range of apps, games and services.

### Choose to be current and topical

This Safer Internet Day focuses on the very relevant topic of consent in the digital world. Use this as an opportunity to support your child with how they tackle digital consent within relationships and friendships as well as how online services use the data we provide. Use our [quick activities as a family](#) this Safer Internet Day to help you unpick this topic together.

## 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 logoed 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>

## Diary Dates

### Wednesday, 30 January

Year 11 Geography Field Trip - JSO

### Thursday, 31 January

Year 11 Geography Field Trip - JSO

### 4 – 8 February

Children's Mental Health Week

### Monday, 4 February

Y12 Perf Arts Component Unit 2  
Community Performance - EPE

### Tuesday, 5 February

Y12 Perf Arts Component Unit 2  
Community Performance - EPE

### Wednesday, 6 February

Y12 trip to Theatre Royal - Unit 1 - EPE

### Thursday, 7 February

Yr 9 parents / carers evening

# Heritage Skills Project

This January eight of our A Level product design students have been able to learn a range of traditional heritage skills across a range of exciting local venues. Students have been given a wonderful experience at Tavistock's newly restored Butcher's Hall, where they worked with master craftsman and co-founder of Newhaven Coppice, Mark Cox. Here they had an introduction to hand hewn timber, using axes and draw knives to turn a round trunk into a usable square beam. There were some fascinating insight into medieval timber framing with a strong link to Tavistock's heritage. Year 13 student Tom Harrison said 'I really enjoyed using the side axes especially, it was really interesting to see how the intricate changes in the axes changed how they were used. It was great fun and fascinating'.



At West Point Forge in Exeter, students were able to learn some fantastic black smithing skills, each creating an ornate forged coat hook by drawing out a piece of red hot steel over an anvil. The students were able to work with Jon Bellamy who was able to inspire the students with his 50 years of blacksmithing wisdom. In the third trip students will be back at Butcher's Hall where they will be learning some of the basic skills of the stonemason where they will work with Zoe Singleton and will explore some of their own Tavistock heritage. This event will also explore local historical



architecture and give students another great hand-on experience where they will create their own piece of stone work.. Special thank you to Tavistock Town Council and Heritage Lottery Fund for making this series of fantastic opportunities possible.

# Geography Field Trip

On Wednesday 16th and Thursday 17th January our cohort of 83 Geographers took their first GCSE field trip to Dawlish Warren. With clipboards in check, tape measures primed and ruler sticks ready the students visited 4 locations cross the Warren to collect data and make their own evaluations on the different coastal management techniques in place. Whilst a small group learnt the intrepid skills of walking long distances across sand, the whole group got to absorb and see first hand, the range of coastal processes which have been at play for thousands of years in the creation of this coastal spit. At the other end of the sea wall, students again saw the power of the sea by standing under the impressive arch carved out through erosion and inspected the ever growing caves on the Langstone Rock Headland.

A massive well done to all who participated. We look forward to our second round which will have a more Human focus when we venture to Plymouth on January 30th and 31st 2019.



# Time Capsule Opening

On Friday 11 January 2019, Lady Modiford's Primary school opened a time capsule that was buried there 25 years ago, it was to be opened in 2019 to celebrate the schools 300th anniversary of opening. Two people dug up the capsule: Chris Shutt, who was a student when the capsule was buried and Rachel Baxter, a former teacher at the school. After about 10 minutes of digging and digging, they pulled out the capsule, which was surprisingly big!

Chris took it to a classroom for all the students to look at first whilst the parents stayed in the lunch hall for tea and cakes. They had to stay there until the end of the day to pick up their children and get to see what was in the time capsule. Luckily, I got to go down and see the things in the capsule with the students and it was incredible! Some of the things in the capsule were:

- A birthday card for the 300th anniversary.
- A picture of the Walkhampton preschool and a list of everyone that attended.
- School uniform from 25 years ago (it hasn't changed a bit!)
- Some of the children had done drawings of their favourite school subjects at school and I found somebody's I know! They were 5 at the time they wrote it.
- A Tavistock Times newspaper.
- An Ofsted leaflet.
- A letter from an old headteacher from the school that she had written on a typewriter. It was opened by her great granddaughter and read by her granddaughter.

Also a few other things. At the end of the day, the parents collected their children and had a look at all the amazing things that were buried. Overall, it was an incredible experience and I'm so excited for the new capsule they're going to bury this year for another 25 years time. We are going to give an old Iphone and this year's Yellow Pages. This will be buried along with what was unearthed this year.

Millie Parriss



## Living Life to the Full

Living Life to The Full is now in full flow at Tavistock College and our superb 6th Form MH Ambassadors are working weekly with Year 8 students in small group settings. From expressions of interest, to receiving bespoke CAMHS led student ambassador training, over thirty 6th form students are leading this CBT based course, inspiring and helping the younger students.

Cognitive Behaviour Therapy (CBT) is utilised in order to help some of our young people understand some of the different emotions that they are often feeling but might struggle to understand. Giving help and advice around activity diet and doing simple things that can just make you feel better is proving really valuable.

Stress and low mood is of course common in young people but the help and advice from 6th form MH Ambassadors through Living Life to The Full is effective and engaging for all involved.

Mr Hosking

## Tavistock College Endowment Fund

We are very grateful for the work of the Tavistock College Endowment Fund. The Fund is there to support wider opportunities for our young people. Applications for funding are welcome from both staff and individual families.

The Trustees meet three times a year in January, May and October and prefer all applications to be submitted to them at least two weeks prior to their meeting. They do not wish to approve applications retrospectively.

It is also important to stress that anyone applying for funding should, wherever possible, try to raise some funds themselves. Many groups have done this by activities such as bag packing at a local supermarket, seeking business sponsorship or holding their own fund-raising events. The Trustees do not support mainstream activities in school but do provide funding for extracurricular activities and trips where appropriate. They have generously supported the Aspire Programme, trips to Japan and other parts of the world and the Sports Tour.

Application form available on the College website:

<http://www.tavistockcollege.org/our-college/tavistock-college-endowment-fund/>

## Matilda Review

The 'Royal Shakespeare Company's' Matilda: The Musical was first performed in 2010 and was adapted from Roald Dahl's classic children's story. With the music and lyrics written by Tim Minchin and the script by Dennis Kelly, it would seem, on paper, that it would be a hit. Well, is it? Simple answer: yes!

Personally, I have a nostalgic attachment to the movie (released in 1996) and so my inner child was thrilled at the opportunity to see this tale unfold live before me. All I can say is that I was not disappointed! I won't compare the film and the production because each has a charm that simply cannot be replicated by the other.

Matilda follows the story of a young girl whose parents simply do not want her. However, she is not ordinary girl and has the mind of a genius many years her senior! Upon arriving at school she is confronted with the wonderful Miss Honey and the evil Headmistress: Miss Trunchbull! Matilda has to face the trials of this terrifying torture chamber and fight for what's fair and right! So, I'll start with the positives (of which there are many!), the acting was all spot on with every performer encapsulating the melodramatic and comedic style of the piece to make for engaging and entertaining characters. I was particularly impressed with the young performers who tackled the roles of Matilda, Lavender (her "Best Friend" you know!) and Bruce Bogtrotter. All of which acted, sang and danced with the talent and drive of someone far older than them. My personal highlight was Miss Trunchbull - played by a man of course. I was in hysterics every time she was wreaking havoc on stage. For me, it wasn't necessarily the ridiculous situations that made me laugh the most - it was the wonderful comic timing married to the quirky characterisation that never failed to make me laugh.

The set pieces and ensemble musical numbers were very slick and innovative particularly due to the interactions between the performers and the stylised set. My favourite was the piece that incorporated lighted blocks all with a letter of the alphabet on them. It's hard to describe but you'll know how impressive it is if you've seen it!

The set and costume design was vibrant and had a clear visual representation of setting and character. With many of the sets being made from alphabet blocks, I admired some of the nuanced choices such as the letters 'S' and 'H' making up some of the library - spelling out: 'Shhhhh!'

The musical pieces weren't particularly catchy but they all served a purpose, exploring a character's psyche and developing their nuance. They were also a lot of fun for the most part and included a wide array of instrumentation which was a delight to hear.

If I were to critique the piece at all, I'd say that the pacing was a little off - any scene in the school (or with Trunchbull) was laugh a minute and many of the more emotional scenes were done very well. I feel the pacing issues came in the scenes focusing on Matilda's dysfunctional family. While I understand their narrative significance, I feel they were returned to a little too often and some 'one liners' were drawn out a little to long. This is not to say the acting wasn't superb on their part - I simply feel that from a directorial standpoint, some of their scenes could have been slightly shorter or brisker.

Overall I had a blast and thoroughly enjoyed my theatrical experience. I commend the performers for how tight the production was and the innovacy of the creative teams behind it!

My gripes are minimal and essentially inconsequential - I highly recommend Matilda the musical to anyone, old or young. Whether you enjoyed the book or film or had never heard of it, there's some fun to be had for all!

"Did you enjoy my cake, Mr Bogtrotter?" *Luca Bergonzini*

# Judo Stars

The four judoka (judo players) from Tavistock College have been busy again recently. Leaving Tavistock at 3.45AM, once again demonstrating true dedication, Olivia Willson, Charlotte Hay, Reuben Frise and Alanna Hopkins made the long journey to British judo's 'Centre of Excellence' on the university campus in Walsall. On this occasion for assessments and selections for the England development squad, they were accompanied by some of their friends from Drake Judo Club.

All four of the students put in 100%, showing fantastic effort and determination in ALL areas of the selection process which included looking at their fitness, stamina, flexibility and gymnastic ability as well as their technical capability and knowledge. They then took part in an hour and a half of randori (full contact fighting practice!). I was proud to be there, supporting and encouraging them and was extremely impressed with the way in which they took part in all aspects of the day.

Following impressive performances, all four students have been invited to be part of the England development squad. This will involve attending England training sessions every month (usually in Walsall or Coventry) and an expectation of participation in competition throughout the year. They will be travelling to Walsall again for the Midland Area open Championships and in March all four will be competing in the British National Schools Championships, representing Tavistock College, which takes place in Sheffield. Furthermore, all four will be travelling far and wide for training camps and competitions with the ultimate aim of taking part in the youth section of the commonwealth games in September this year. I am sure the College will continue to be proud and supportive of all their efforts. *Ros Hopkins*



# PE House Matches

Overall Positions 2018 - 2019

| Position | House | Points |
|----------|-------|--------|
| 1st      | D     | 56     |
| 2nd      | B     | 54     |
| 3rd      | G     | 46     |
| 4th      | T     | 44     |
| 5th      | F     | 40     |

# S.P.O.T.Y 2018 – Awards

The 7th annual sports personality of the year awards took place on 17th January 2019. With a crowd of onlookers including local dignitaries and special guest for the night Christine Gallie (former international Judo champion). With some much sporting talent on display and pupil's who embody the spirit of sport and the college values through sport, it was a proud night for the PE faculty and college as a whole. Here are your category winner and main recipients of the main awards. Congratulations to all involved and special Congratulations to Ruby Stacey as our main award winner and has become the new Ashley Tossell sports personality of the year.

## Achievement

**Year 7** Alexander Morwood

**Year 8** Samuel Palmer

**Year 9** Brandon Allen

**Year 10** James Meredith

**Year 11** Jennifer Green

## Co-operative

**Year 7** Daisy Hemming

**Year 8** Luke Burbage

**Year 9** Hannah Sears

**Year 10** Abigail Whitehead

**Year 11** Matthew Gunby

## Exam Qualification

**GCSE PE** Ben Edmunds

**V.Cert Health & Fitness** Ellie Meakin

**BTEC Sport L3** Tom White

**BTEC Public Services L3** Harrison Kirkman

## Sports Leaders

Isabelle Hillman

## Girls Active

Lila Woodruffe

## Contribution to College Life

### Through Sport

**Year 7** Lara Davey,

**Year 8** Archie Wall,

**Year 9** Claire Small,

**Year 10** Madison Wall,

**Year 11** Constance Ballard,

**Year 12** George Pankhurst,

**Year 13** Tom White.

## Outstanding Practical

### Performer

**Year 7** Alexander Snell

**Year 8** Ethan Baker

**Year 9** Ruby Stacey

**Year 10** Rosie Andrews

**Year 11** Jamie Cooper

**Year 12** Luke Cressey

**Year 13** Toby Teague

## Principal's Award

Triathlon Team

Orla Maguire, Emma Luckham,

Dan Luckham, Joe Dix, Ewan

Dix.

## Team of the Year

1st Netball Team

## Sports Personality of the Year 2018

**Winner** Ruby Stacey

**2nd** Charlie Elkington

**3rd** Elliott Overnell



# Tavistock

## COLLEGE

