



I was so proud of our staff and students during the snow last week. The students who made it in to school were very incredibly well behaved and worked very hard in lessons and the teachers

showed their versatility and flexibility to ensure that no learning time was lost. I was also pleased to see that everyone stayed safe and did not take any unnecessary risks. Although we are still in winter, examinations have started for some students. The year 12 performance studies students performed one of their exam pieces this week and the reviews were fantastic. Also, year 11 students are starting to attend revision sessions after school in order to prepare for their summer examinations. It would be great to see as many students there as possible.

This week is also Children's Mental Health Week. Mental health is a topic which we take very seriously and we have recently trained more members of staff in mental health first aid. If you are concerned that your child is suffering with poor mental health you can get support from your GP, the Young Devon Website (www.youngdevon.org) which contains Kooth an online counselling tool or contact the school. There is more information at www.place2be.org.uk/usefulcontacts.

Mr Smith



Dartmoor
MULTI ACADEMY TRUST

Children's Mental Health Week 2019

4-10 Feb #ChildrensMentalHealthWeek
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

This week (4-10 February 2019) is Children's Mental Health Week.

The Week was set up by the children's mental health charity Place2Be to shine a spotlight on the importance of children and young people's mental health.

This year's theme is Healthy: Inside and Out – we're encouraging everyone to think about how they look after their bodies and minds.

What's it all about?

When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep.

However, in order to be healthy overall, it's important that we look after our minds – our mental wellbeing – too. We know from our work in schools that children in every class have diagnosable mental health conditions and many more struggle with challenges from bullying to bereavement.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be Healthy: Inside and Out, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

As parents and carers, you play a very important role in your child's health. Here are a few simple ways you can encourage them to look after their body and mind:

- Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed. Sharing the steps you've taken to stay healthy can set a good example for them – but don't be afraid to admit it if you've struggled! It's important for children to keep trying, even when things are difficult.
- Praise your child and other family members for what they do to look after their body and mind – even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.
- Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy! Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.
- Do something regularly with your child to be Healthy: Inside and Out. Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

Don't forget, if you're worried about your child, you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice for parents on our website

www.place2be.org.uk/usefulcontacts

Visit www.ChildrensMentalHealthWeek.org.uk to find out how you can get involved and support Place2Be's vital work.

Diary Dates

DATE	EVENT	TIME
10-16 Feb	MFL Spanish Trip to Malaga - Mrs Westman	
15-22 Feb	Sports Tour to Florida - Mr Hulbert	
18-22 Feb	HALF TERM	
27 February	Parent Council and Voice Meeting - Mr Forster	18:00 – 19:30
4 – 8 March	Core PPE Year 11 Exams All Week - Ms Hamilton-Kates	
11 - 15 March	Y11 Drama GCSE final practical exam Mrs Pearson	
14 March	Y7X & Anchor parents-carers evening - Mrs Manning	16:00 – 19:00

Message from Chair of Trustees

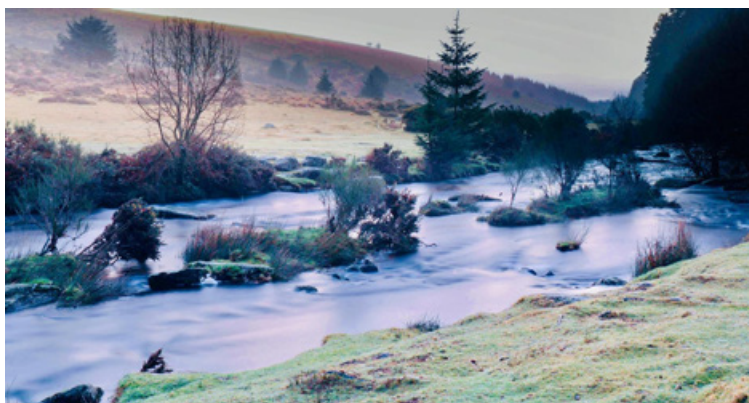
I am writing to you in my position as Chair of Trustees of the Dartmoor Multi Academy Trust. As I'm sure you will remember, we came into being on the 1st of January 2018 so we are now just over one year old. I am delighted by the progress the Trust has made during such a short period of time which has recently been appraised by the Regional Schools Commissioner's team. All of the schools initially came together because they shared the same philosophy and ethos around education, and I am delighted that we have upheld and maintained these values in all we have done to-date. It is this ethos and philosophy that binds us together and helps us find common solutions to issues that arise within education. It is also for this reason that other schools are seeking to join us.

With this in mind I am writing to inform you that the Trustees of the Dartmoor Multi Academy Trust are presently considering requests from St James Primary School in Okehampton and Great Torrington School to join us at an appropriate time during this academic year.

We have undertaken our due diligence of both schools, and indeed they have done the same of us, and we are now at the stage of the Trustees giving careful consideration to this matter. We are always keen to hear the views of our Trust community and I would welcome your thoughts on this matter. Please email our Clerk to Trustees clerk@dartmoormat.org.uk by Friday 22nd February, and I will ensure the Trustees take your thoughts into consideration as part of the decision making process.

Finally, may I take this opportunity to thank you for all your continuing support as the Trust develops into its second year of operation.

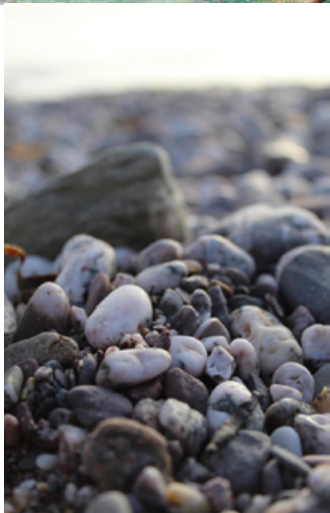
Yours sincerely,
Ian Courtney MBE
Chair of Trustees
Dartmoor Multi Academy Trust



Rotary Club Photography Competition

Congratulations to Year 7 student Emily Rankin, who has won her age section in the Rotary Club photography competition with some lovely images. She will now progress to the next heat.

Mr Byron



Trustee Opportunities

Dartmoor Multi Academy Trust are seeking individuals to join their Board of Trustees to

- Set the overall strategy for the Trust
- Monitor the performance of all the academies in the Trust
- Ensure that public funds are used appropriately and effectively

Being a Trustee is a challenging, but rewarding voluntary role. We are looking for an individual who can share our commitment to providing the highest possible quality of education for all local children. The commitment requires an individual who can attend daytime / evening meetings, typically 2/3 times per half term.

We would welcome individuals with the ability to work strategically with any of the following areas of expertise

- Accountancy and / or Finance
- Previous Trustee, non-executive or board experience
- Business experience
- Project management
- General management

Applications would be welcomed from individuals with education, public sector or business backgrounds.

For more information and an application form or for an informal conversation about the role, please contact Fiona McNeile, Governance Manager, clerk@dartmoormat.org.uk.

Closing date 25th February 2019

Dartmoor Multi Academy Trust is committed to safeguarding and promoting the welfare of children and young people, and expect all staff and volunteers to share this commitment.

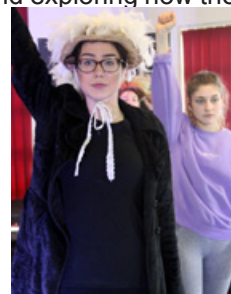
The successful candidate will be required to undertake an Enhanced Disclosure via the Disclosure Barring Service (DBS) and expects all staff and volunteers to share this commitment.

I'd Rather Be A Rebel

Y12 theatre group 'Malarkite Collective' performed their amazing first production, 'I'd Rather Be A Rebel', on International Women's Day.

They were delighted to share the stories of influential women in Devon and the West Country from the past and present, deciding to focus on women through time, their connections with the West Country and exploring how the roles of women have changed and are changing in society.

Malarkite Collective aim to create productions that inspire a contemporary audience to, not only get involved with dramatic arts, but also to educate them on important issues that are relevant in today's society.



Opening Times

Monday 7.00am-8.15am / 5.00pm-10.00pm
 Tuesday 5.00pm-9.00pm
 Wednesday 5.00pm-10.00pm
 Thursday 5.00pm-9.00pm
 Friday 7.00am-8.15am / 5.00pm-9.00pm
 Saturday 9.00am-5.00pm
 Sunday 10.00am-4.00pm

Holiday Clubs

During February half term we have a fun-filled activity clubs taking place at the Sports Centre! Below is what we have coming up...

To book a place, contact Mark Wickett:
 mark@markwickettsoccerschool.co.uk,
 01822 615995 / 07975 832249

Day	Activity/Time	Age	Price
Monday 18 Feb	Football & Goalkeeping 10.00am - 4.00pm	5 - 9 Years Old	£13.00 cash / £14.00 cheque, per day, per child
Tuesday 19 Feb	Just Play Football 10.00am 4.00pm	8 - 11 Years Old	£13.00 cash / £14.00 cheque, per day, per child
Wednesday 20 February	Cricket, Tennis, Hockey 10.00am - 4.00pm	5 - 9 Years Old	£13.00 cash / £14.00 cheque, per day, per child

Membership Prices

Student Monthly £22.00
 Student Annual £220.00
 Concessionary Monthly £22.00
 Concessionary Annual £220.00
 Adult Monthly £32.00
 Adult Annual £320.00
 Couple Monthly £52.00
 Couple Annual £520.00
 Casual Use £5.00

For more information on our memberships available please contact James Carr, Manager, j.carr@tavistockcollege.org or Sports Centre reception, sportscentre@tavistockcollege.org / 01822 813238



Membership

We offer a variety of memberships at competitive prices, included in the membership is unlimited gym and class usage, in addition, the use of our athletics track

Class Schedule

Members can attend for FREE

Classes are available to non-members at only £5 per class

We offer a wide variety of classes and our fantastic instructors cater for all ages and abilities

Below are classes we have available...

Monday	18:00-19:00	CycleFit
	18:00-19:00	Pilates
Tuesday	18:00-19:00	Postural Alignment
Wednesday	18:00-19:00	Circuits
	18:00-19:00	Postural Alignment
Thursday	18:00-19:00	CycleFit
	18:00-19:00	202020
	19:00-19:30	Total Abs
Friday	18:00-19:00	Kettlercise
Saturday	09:00-10:00	CycleFit
	10:00-11:00	Postural Alignment

TCSC Facilities

Our Sport Centre offers a wide variety of facilities available for hire, below is a list to name but a few;

Sports Hall
 3G All-weather pitch
 Athletics track
 Dance Studio

We have many more as well, and all are available at competitive rates all year round, for general hire, birthday parties, events, whatever you would like we will try to accommodate .

For more information, please contact James Carr, Manager, j.carr@tavistockcollege.org or Sports Centre reception, sportscentre@tavistockcollege.org / 01822 813238

Tavistock
 COLLEGE

