



This week I have experienced two contrasting days, that in very different ways showcase what makes working at Tavistock College so inspiring and rewarding. On Wednesday Goose Fair day provided us with the opportunity to focus on the continuous professional development of our staff. The focus was on retrieval and improving the long term memory of our students, and then on strategies for improving boys attainment. This research based input was then built on by our faculty leads to tailor it within subject areas to develop strategies and resources that will really accelerate the progress of our students. Then on Thursday I took a group of Year 10 students to visit Schneider Electric in Plymouth to attend a 'Women in Industry' day. This provided a unique opportunity to visit the factory and go on a tour of a modern multinational engineering company. Furthermore the students heard about a range of options for their future study such as higher level apprenticeships and 'year in industry' schemes which can form a part of a University degree or act as a valuable prelude to those years in Higher Education. Careers education is a major priority at Tavistock College and it is a crucial responsibility for us as a school to ensure all our students are exposed to as many different opportunities as possible so that they can make informed choices about their future career path.

Mr Ruse, Assistant Principal



Dartmoor
MULTI ACADEMY TRUST

Key Dates

Look at Life in the Navy - Residential

14 - 18 October

Lympstone - Mr Hosking

Political Speed Dating

Wednesday, 16 October

10:00am - 12:00pm - Innovation Centre

- Mr Ruse

Year 11 Parents/Carers evening

Thursday, 17 October

3:45 - 6:45pm - Hall - Refectory

Yr 10 GCSE Art trip

Friday, 18 October

9:00am - 3:00pm Mrs Pearson

Half Term

21 -25 October

Sadfishing

A social-media "trend" is leaving young people with genuine mental health problems "facing unfair and distressing criticism", some school leaders are claiming. "Sadfishing" is a growing online behavioural trend, where people make "exaggerated claims about their emotional problems to generate sympathy". It is reported that young people are finding sadfishing very "hard to manage". If you believe that your child is at risk from social media use or is struggling with their positive well being please consider looking at the "mental health" area on the Tavistock College website where you can find links and signposting to a number of sources of information and support.

Macmillan Fundraising

Tavistock College food students raised £40.50 for the Macmillan coffee morning campaign at open evening, selling cupcakes. Thank you to all the parents who contributed when tasting the sweet and savoury treats made by the students.

Mrs Monk

Christmas Card Competition

We are looking for creative students to design an original Christmas card, which will be used by Tavistock College as one of their official cards.

They must have a festive feel and can digital, painted or in pencil, the choice is yours, but no cartoons please.

Please email or hand in with your name and tutor group to Mrs Wyatt in A4 k.wyatt@tavistockcollege.org

The deadline for entries is Monday the 28th of October.



IF YOU'RE 11-19 YEARS OLD
TEXT A SCHOOL NURSE
07520 631722

WE HELP YOUNG PEOPLE WITH ALL KINDS OF THINGS LIKE ...

RELATIONSHIPS
BULLYING ALCOHOL
SELF MENTAL
HARM HEALTH
HEALTHY EATING
DRUGS SMOKING

Unless you give permission a School Nurse will not pass on anything you say to anyone else except in extreme circumstances like if the health, safety or welfare of you or someone else is at significant risk. We hold information that you tell us on electronic records that can be seen by other healthcare professionals who all follow the same confidentiality rules.

Volunteer Librarian



Do you have some time to spare?

If you would like to volunteer to help in the academy library please get in touch: email

office@tavistockcollege.org



Who do I contact if...

YEAR 7



My daughter has left her lunch at home this morning, what can I do?
My son has prescription medication to take during the day, can you help with this?
I am having trouble logging onto class charts/school gateway, can you help me?
I have not received an email that other parents have received, what can I do?
Ms Chantelle Cocker, KS3 HUB Administrator

c.cocker@tavistockcollege.org
01822 614231
ext. 214



My son is struggling with his homework, what can I do?
My son has an appointment at the hospital next week during college hours, where can I arrange to meet him?
My daughter having friendship problems, how can you help?
Your Child's Tutor

If you are unsure of your child's tutor or their contact details please contact Chantelle Cocker



My son has not settled into Year 7 as well as we had hoped, how can you help us with this?
My daughter is struggling to organise herself, do you have any tips that can help her?
Mr Andy Jerrett, Transition Officer

a.jerret@tavistockcollege.org
01822 614231 ext. 278



My son has issues with another child following an incident that happened at break time yesterday.
My daughter is struggling in class, what can you do to help her?
Mr Elton Lane, Head of Year 7
Miss Jill Hodge, Pastoral Lead for Key Stage 3
Mrs Natasha Ingleby, Deputy Head of Key Stage 3

e.lane@tavistockcollege.org
01822 614231 ext. 267
j.hodge@tavistockcollege.org
01822 614231 ext.203
n.ingleby@tavistockcollege.org



If for any reason your question has not been answered, I would be your next contact.
Mr Tristan Forster, Vice Principal and Transition Lead

t.forster@tavistockcollege.org
01822 614231 ext. 227



Ms Hodge, Pastoral Lead for Key Stage Three

I would like to introduce myself as the newest member of the lower school hub team. My role involves working with all students in year 7 and 8, and giving them another member of staff who they can call upon. Based in the lower school hub, I currently work closely with the HOY 7 Mr Lane, and HOY 8 Mrs Blackmore, and deputy head of key stage 3 Mrs Ingleby to support and implement high standards of attendance, behaviour and curriculum. One of my roles is to create pastoral support plans whereby I arrange and provide additional pastoral support for any students and parents who may need it in order to ensure a positive school experience. I am attachment based mentor trained, and work with a small group of students on a 1-1 basis who may need additional support from an adult in school. I am also involved in writing and reviewing policies and procedures which support our learners. I very much look forward to working with yourselves, as well as our students moving forwards!

Women in Industry Day

Tavistock College has a link with Schneider Electric through the Plymouth Manufacturing Group and 'Schools Challenge' programme. A group of talented year 10 girls visited Schneider's factory this week as part of a 'women in industry' day. This included a fantastic tour of the Schneider site which showcase the vast range of jobs involved in such a large multinational company both with engineering and beyond. The day also raised awareness of the multiple different ways in which students might develop their education after completing their A Levels. As well as the traditional University route students had



their eyes opened to the value of higher level of apprenticeships and the 'year in industry' programme which can take place before or during a University degree. Students met engineers who have worked through these different routes and heard how practical experience and the wider development of transferable skills really enhances their CV and employment opportunities. Several of the students are now keen to complete a full work experience programme at Schneider later in year 10. It's great to see students seizing opportunities such as these and thinking about their future career path. *Mr Ruse*



Train to Teach with Tavistock College and Partner Schools

Start your Initial Teacher Training with Tavistock College and our Partner Schools. Whether you are looking to get into teaching straight from University or change career this could be for you. You may be based in Devon or moving to this part of the country to start your teaching career.

School Direct is an exciting new training route for top graduates, who want to be part of a school team from day one and you may be eligible for a bursary or loans to support you whilst you train.

We have places for the following subjects across our Partnership: Maths, English, Physics, MFL (Spanish & French), Chemistry, Computing, Biology, PE, Geography and Art



What we can offer:

We offer a one year programme of school based training within our Partnership in Devon & Cornwall.

We work in partnership with Plymouth Marjon University to offer training in a range of subjects.

We offer the chance to work in different schools as well as enhancement days at Plymouth Marjon University. Through our programme you can gain both QTS and PGCE via the non-salaried route.

We offer a framework for CPD and development opportunities

Why Train With Us?

Cooperative Schools have a distinct ethos and they operate within a clear framework of values:

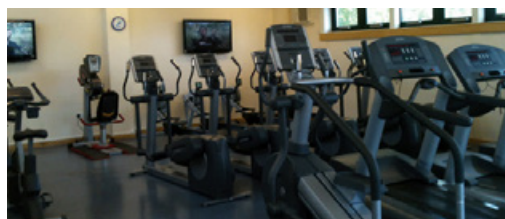
- Self Help
- Self - Responsibility
- Democracy
- Equality
- Equity
- Solidarity

We work together across Devon to raise aspirations and enable all our students to flourish. We believe that honesty, openness, social responsibility and caring for others is at the heart of a rounded education. We offer the opportunity for a rich and varied experience which is embedded in partnerships with primary schools, local business and the wider community..

- A wide range of schools for placements
- Part of a Schools Co-operative Society
- Working in Partnership with Plymouth Marjon University
- Trained and skilled Mentors who are outstanding teachers
- Access to a wide range of professional development activities
- A career plan and support into NQT year and beyond
- A school experience in cooperative schools at the heart of the community

<http://www.tavistockcollege.org/vacancies/school-direct/>

Tavistock Community
SPORTS CENTRE
01822 813238



Opening Times

Monday 5.00pm - 10.00pm
Tuesday 5.00pm - 9.00pm
Wednesday 5.00pm - 10.00pm
Thursday 5.00pm - 9.00pm
Friday 5.00pm - 9.00pm
Saturday 9.00am - 5.00pm*
Sunday 10.00am - 4.00pm*

*close at 2.00pm during summer months

Discount Membership

We have a fantastic membership offer available, if your child attends the academy we are offering a **25% discount** off all memberships!

Our usual Adult Membership is £32.00 per month but your membership would be **£24.00 per month***

If you have a current membership this offer will commence from your next payment date.

For more information on the Sports Centre and what we have to offer you can contact, James Carr, Manager:

Call : 01822 614231 ext. 253

Email: j.carr@tavistockcollege.org

[@tavisports](http://www.facebook.com/TavistockSportsCentre)

TavistockSportsCentre

@tavisports

Class Timetable

Monday

17:00 - 18:00 Postural Alignment
18:00 - 19:00 CycleFit
18:00 - 19:00 Zumba (not part of membership)
19:00 - 20:00 Pilates

Tuesday

18:00 - 19:00 Postural Alignment

Wednesday

18:00 - 19:00 Postural Alignment
18:00 - 19:00 Circuits
19:10 - 19:30 CycleFit for the less fit!

Thursday

18:00 - 19:00 CycleFit
18:00 - 19:00 2020
19:00 - 19:30 Total Abs

Friday

18:00 - 19:00 KettleCise
09:00 - 10:00 CycleFit
10:00 - 11:00 Postural Alignment

Saturday

09:00 - 10:00 CycleFit
10:00 - 11:00 Postural Alignment

*Only available until 31st August 2020, mention this advert at the Sports Centre reception to get this offer

DISCOUNT MEMBERSHIP * Minimum age of 16 years old

World Challenge - India

During the recent summer break myself, Miss Holbourn (Maths Teacher) and 15 of our students embarked on a month long adventure of a lifetime to The Himalaya mountain range and various other locations throughout India.

We started planning the expedition back in October 2017 with various activities, fundraising events, fitness training and a pre-expedition to Snowdonia, North Wales.



The whole journey was in conjunction with an organisation called World Challenge and I can honestly say from day one they were amazing. The way the students and parents were engaged and involved from the outset gave them true ownership of the expedition adventure making it so much more than just a glorified school holiday. All of us who took part in the expedition were well and truly taken away out of our comfort zones and there was not one individual who did not enjoy the challenge or benefit hugely from the experience.....it was an experience like no other!

All of us learnt to deal with our own shortcomings and those of others, learning tolerance and flexibility along the way. We also came to understand how complex problems of disparities of wealth and opportunity there are and how difficult it is, but not impossible, to bridge those gaps.



Hannah Barton, one of our Year 12 students who took part in the expedition said...

I would like to take this opportunity to thank Miss Holbourn for all her help and support not only during the month away but in the build-up to the expedition itself and to Cormac Davey, our World Challenge Expedition Leader, who brought an unwavering sense of professionalism and wealth of experience which manifested in his care for all the students involved from the moment we met in Snowdonia to the moment we said our goodbye's on our return to Heathrow.

Most importantly though both myself and Miss Holbourn would both like to thank all the students who took part in the expedition who absolutely blew us away with their unbelievable commitment, determination and dedication to make this opportunity of a lifetime the success that it was.

Hannah Barton, Jamie Cooper, Joe Dix, Joe Drew, Malachy Fitzgerald, Archie Gray, Ashton Jones, Dan Luckham, Jonathan Moore, Charley Mudge, Lydia Oaten, Joseph Pike, Natasha Romanel, Anya Taylor and Abigail Whitehead

The expedition to India for four weeks over the summer with World Challenge, was the best experience of my life. It was life changing, and it seemed like a whole different world over there - the experiences we all had will change me forever. From trekking in the Himalayas to helping local women empowerment centres, this trip was so special and allowed me to have a chance to see the other side of the world.

Spending such an amount of time in this completely different country opened my eyes to how different people live and how we need to help. I want to go back to India and definitely pursue volunteering, helping people across the world to live their best lives.

I would really encourage anyone who is thinking of doing an expedition like this, as it was the best time of my life, meeting amazing people and making great friends among the team. *Hannah Barton*



The Growth Mind set.

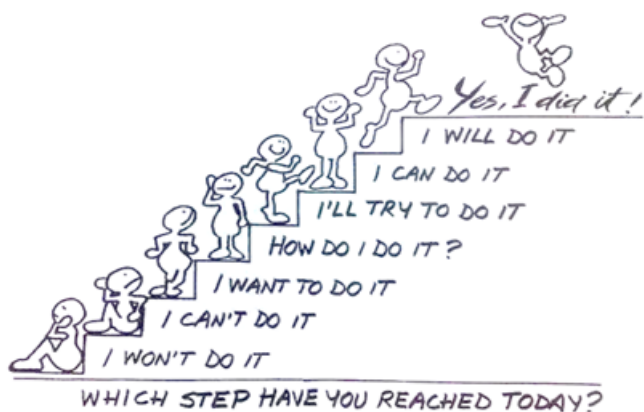
This fortnightly assembly theme was on the Growth Mind Set. I ran assemblies all week and tutors have followed it up in tutor time with additional work. There has been much work around the growth mind-set by Carol Dweck and you can find more information at the bottom of this article. The message was simple, developing a Growth mind-set leads to higher achievement. Tutors will be getting students to consider the fixed mind-set and give strategies to help change their internal language to a growth mind-set. The “power of yet” was featured as a simple strategy to turn a fixed mind-set into a growth mind-set, for example “I cannot do this.....

YET”! It encourages students to accept challenges, learn from their mistakes, show perseverance and ultimately try and learn new things.

In our final assembly, we were lucky enough to have golf professional James Ruth (right) who gave an excellent, uplifting talk to year 11's about how the mental side of golf has impacted his performance. His final quotes were “in life you need either

inspiration or desperation” and “those who think they can, and those who think they can't are both usually right”. Students left feeling positive and inspired.

We want to challenge students to change their mind set. Where are you on the staircase below?



More information regarding the growth mind-set can be found here; <https://www.mindsetworks.com/science/>

For girls aged 10 to 14

Guides.
4th Tavistock Guides

'Guides is the most adventurous thing... it gives you the opportunity to meet people and see things you wouldn't normally see, and it's just an amazing experience.' (Bryony, Guide)

At Guides you can plan your own meetings and explore new places, and go on camps, holidays and trips. Enjoy exciting events like the BIG GIG concert and our fabulous festival, Wellies and Wristbands. Guides helps you to make a difference in your community and speak out about the issues that matter. You could get involved in our youth leadership programme and learn a huge range of new skills.

Visit www.girlguiding.org.uk/guides to find out more about joining a worldwide community of girls who have fun, learn new skills and make their voices heard. Register your interest by calling 0800 169 5901 or going to www.girlguiding.org.uk/joinus.

Tavy Division
WE DISCOVER, WE GROW
Girlguiding

For young women aged 14 to 18

RANGERS
Tavy Rangers

Develop your skills and explore your passions

'It's about going out in the world and exploring stuff. It's given me an opportunity to do so much.' (Daisy, 17)

As a Ranger you'll be offered exciting opportunities to travel the world, get your voice heard through advocacy campaigns, support your community, and earn awards and qualifications to help build your CV.

Register your interest in joining at girlguiding.org.uk/joinus or call 0800 169 5901.

Tavy Division
WE DISCOVER, WE GROW
Girlguiding

Girls Football

Tavistock v All Saints Academy National Cup round 2

Another great performance, this time from the year 8/9 girls. Captained by Liberty Knappes, the team took an early lead and started strong going 4-1 up in the first 15 minutes. 2 goals from Evelyn Bray and Jana Cole were added to by a fortunate own goal. All Saints then fought back as Tavistock lacked concentration with the half finishing 4-4.

After a team talk and a change of players off the bench, Tavistock took the lead early in the second half through Carla Morrison and from then on gradually took control of the game. More attacking play added to the score line with goals from Liberty Knappes and 2 more from Evelyn Bray.

Final score 8-5 to Tavistock.

Congratulations to the squad:

Georgia Antolic, Harriett Murdoch, Scarlett Moffat, Alanna Hopkins, Saskia Whitting, Jana Cole, Tess Hopes, Carla Morrison, Liberty Knappes, Chelsea Corney, Millie Brimacombe, Amy Easterbrook, Tilly Young, Georgia Soan, Emily Hutchinson, Evelyn Bray and Lily Hilton.

Mr Corkell

Boys Rugby

Year 8 and 9 rugby v Ivybridge

The year 8 and 9 boys travelled to Ivybridge on a very wet and windy evening. The game definitely played true to the old saying of "its a game of two halves".

Ivybridge started the game fast and immediately put Tavy under pressure straight from the kick off. Unfortunately Tavy went into halftime trailing 24-0. The second half was a massive improvement from the team which saw them draw the second half 7-7 against a very strong Ivybridge team. Making the final score 31-7

The boys worked extremely well as a team and should be commended for their effort and determination.

Harvey Sandu, Joel Blake, Matt Sleep, Sam Palmer (C), Christopher Francis, Sam Boyle, Bobby Ridley, Ted Wilkinson, Luke Burbage, Laird Whitford, Gabe Hillman, Will Addison, Sheldon Higgins, Archie Wall and Will White.

Mr Murphy

Boys Football

The year 7 football team last night represented the college in the first round of the National cup away to Ivybridge. It was a very nervous and poor start from our lads, falling behind 4-0 within the first 10 minutes, the scores remained this way until half time. However, the lads showed great fight and perseverance in the second half, winning it 3-1, but unfortunately still losing 5-3 overall. Charlie Potter scoring 2 and Lucas Pascoe with the other. All of the team should be very proud of the way they played and conducted themselves, given the fact we have had very little time to practice before this game. A standout performer was Ben Perkins who made some incredible tackles and interceptions. *Mr Read*

World class Judo victory

Last weekend four students from Tavistock College and a member of staff competed in the Commonwealth Judo championships in Walsall.

All came up against some outstanding opposition. The level was incredibly strong and to match themselves at this level took a huge amount of courage, determination and confidence.

All four students performed absolutely amazingly and their attitudes, behaviour and sportsmanship were commented upon. They were truly a credit to the academy. They competed at a really high standard and all pushed themselves to their limits, which produced some fantastic results.

Olivia Willson achieved 7th place

Reuben Frise and Charlotte Hay came 5th in their respective categories

Alanna Hopkins came 3rd and was awarded a bronze medal

Ros Hopkins, who works at the college also took part. She said 'I am extremely grateful for the opportunity to compete, which I would not have been able to do without the support of the school.'

Ros was delighted with her result. She won the gold medal in her category and is now the commonwealth champion.



Boys Athletics

Year 8 and 9 boys competed in an inter-school athletics match v DHSB. The results were very hard-fought and the overall score was DHSB 30 points Tavistock 30 points.

Tavistock won the track events 19-17 with DHSB taking the field 16-11. Ewan Dix won the elimination mile in 5m17 with Will White taking 1st in both 800m (2m19s) and 300m.

Nick Maczagowski was 2nd in shot and Chris Francis 2nd in Javelin. Congratulations to the team: Ewan Dix, James Russell, Will White, Dylan Taylor, Nick Maczagowski, Joel Lake, Henry Fletcher, Chris Francis and Mathew Jenkins. *Mr Hosking*



Tavistock COLLEGE

