



## Issue 9 (wk 18/5/2020)

Welcome to the latest issue of the weekly newsletter that aims to keep our communication lines open between home and college.

I hope you all had a pleasant week and enjoyed the glorious weather especially now unlimited exercise is permitted. This edition covers information about the partial reopening and mental health awareness week, you will find resources for you and your family within this article.

As you appreciate, the 1st June 2020 is an important date in education as the government expects secondary schools and colleges to offer **some face to face contact with year 10 and year 12 pupils**. Tavistock College will continue to offer places for vulnerable children and those of key workers. If your child is deemed vulnerable they must attend school alongside year 10 and 12 students. **From new updated information from the government, surveys through parents and teachers and advice through our MAT, we expect that students in years 10 and 12 will be returning early in June. As always, we will keep you updated with plans for partial reopening.**

We thank year 10 and 12 parents for completing a school survey, this will enable us to plan and organise effectively to ensure guidelines and social distancing measures are in place. If you are planning on sending your child back to college they will not follow their full timetable but a blend of subject specialism, closing the gap work and academic mentoring. This will supplement remote learning.

In order to implement protective measures and abide social distancing a group of year 10 and 12 students will be asked to attend on a particular day to meet the 1:5 ratio. These two year groups have been prioritised because they are preparing for key examinations next year, and are most at risk of falling behind due to time out of school or college.

More information about "what to expect when returning to school" will be published shortly to hopefully put your mind at rest in these unprecedented times. These details and other forms of finalised information and communication will be widely available on different platforms including classcharts (for students), facebook and our website.

Take care and stay safe.

Mr James Stroud  
Assistant Principal



## Message from Mrs Pearson

All year 8 students have been set work in Creative Arts for their options subjects for this final half term - this work has been set via CLASSCHARTS and is supplemented by resources on Google Classroom. For any students not doing an Arts subject there is also arts and culture task and work that connects to other option subjects such as History, Geography, RS and Languages.

## Mental Health awareness week

Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all. Mental Health Awareness Week has been run by the Mental Health Foundation since 2001 This year's theme is "kind."



There are lots of free and engaging resources found on the links below:

- <https://www.bbc.co.uk/teach/teach/childrens-mental-health-week-2019/zk37bdm>
- <https://www.mind.org.uk/get-involved/mental-health-awareness-week>
- <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



## School Games Active Championships

The **School Games Active Championships** is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa!. New challenges will be available every Monday, Wednesday and Friday to engage with.

Primary and secondary-aged children can join the School Games Active Championships at any time with **free** active challenges being set via videos within a designated School Games version of the TopYa! Active app. All they need to do is download the app, register as a player and type in the **Invite Code 23880**.

Children practise the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches. Points are earned for each video submitted, leading to climbing leaderboards and winning prizes!

The TopYa! Active app is committed to online safety and meets rigorous COPPA and GDPR safeguarding standards. No one can communicate within the app. All children can do to communicate with one another is give each other a virtual 'high-five', which functions like a social media 'like'.

Video content is suitable for young people of all ages and abilities, with regular submissions from National Governing Bodies of Sport.

### How do I get involved?

#### Children:

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Player (child) account
3. When prompted to enter an Invite Code enter **23880** and then choose Primary or Secondary School League based on which type of school you attend

If you are under 13 years old, ask your parent or guardian set up the TopYa! Active account first, and then create player (child) accounts afterwards.

#### Parents:

Create your own account, and then create your young person's account(s). Skip the invite process and simply tell them their username or let them use your device to submit challenges. (They need your permission to use the app if they are younger than 13). All activity on the app is COPPA and GDPR compliant, providing a safe online space for children to complete skill challenges, upload videos and get thoughtful virtual coaching feedback. Follow these steps:

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Parent account
3. When prompted to enter an Invite Code enter **23880** and then choose Primary or Secondary School League based on which type of school your child attends
4. Then create your kid(s) account(s)
5. Let them work on the activities on their own device or film and upload videos from your device on their behalf!



## DIGITAL SAFETY DURING COVID-19: SAFEGUARDING FROM HARMFUL INFLUENCES ONLINE

- The impact of COVID-19 means that most of us will be at home for an extended period and are likely to be spending increasing amounts of time online.
- The online world is a necessity for many children in accessing school work and it delivers huge benefits, not least in enabling us to stay connected to family and friends during this period. However, many parents may feel concerned about the content their children are accessing.
- Although rare, there is a risk that increased online activity and feelings of stress and isolation may be exploited by negative influences and online groomers of all kinds to target vulnerable children and young people directly.
- An understanding of digital safety will help parents and carers safeguard loved ones from a range of harms, whether that's child sexual exploitation, fraud, or extremist influences seeking to radicalise vulnerable people.
- Extremists may use the COVID-19 outbreak to promote hateful views, for example through conspiracy theories blaming a particular group for the virus, or through spreading misinformation regarding these groups' responses to it.

### **What steps can I take to keep my child safe online?**

- If you have downloaded new apps or bought new technology to help stay connected at this time, remember to review and adjust privacy and safety settings if you or your child is signing up to a new online service.
- Government has encouraged Internet Service Providers to allow parents to easily filter content to put you in control of what your child can see online.
- You can switch on family friendly filters to help prevent age inappropriate content being accessed on devices in your home.
  - The UK Safer Internet Centre provides [guidance](#) on how to do this. - Internet Matters has also provided [step by step guides](#) on how to setup parental controls.
- More information is included in the 'Further Resources' section.



## What are the signs that my child may be being exploited online?

- Online exploitation is often hard to recognise because it is a complex issue. When it comes to being drawn into extremist ideas online, sometimes there are clear warning signs, in other cases the changes are less obvious.
- Although some of these traits may be quite common among teenagers, taken together they could be indicators that your child may need some help:
  - Exploring new and unusual websites, chat forums and platforms.  
Harmful influences may push individuals towards platforms with a greater degree of anonymity.
  - Joining new or secret groups since isolation. - Speaking with new friends or being secretive about chats during online gaming or in forums. - A strong desire to seek new meaning, identity and purpose. - Using language you wouldn't expect them to know. - Watching, sharing or creating films online linked to religious, political or racial hate. - Becoming increasingly argumentative or refusing to listen to different points of view.

## Should I be concerned that a loved one is being exploited online?

- The above are merely signs that they might need help, but you know your child best and you will want to speak with them first. Check in with them and ask about what they are viewing, who they are speaking to and how they are feeling. This might feel difficult, but here are some pointers to help you:
  - Listen carefully to their fears and worries. Find some helpful tips [here](#). - Avoid explanations that could be interpreted as antagonistic, belittling or frightening. - Advice and support is available to help them [understand COVID-19](#). - If they are finding it hard to cope with bereavement and grief - advice can be found [here](#).

## What help is available if my child is being exploited online?

- It is important to safeguard loved ones from a range of online harms, whether that's child sexual exploitation, fraud, or extremist influences seeking to radicalise vulnerable people.
- If you are concerned that your child may be at risk of radicalisation, help is available to make sure they get the support they need to move away from harmful influences.



- Teachers, healthcare practitioners, social workers, the police, charities, psychologists and religious leaders work together to safeguard those vulnerable to radicalisation through a safeguarding programme known as Prevent.
- Prevent protects people from being drawn into hateful extremism - regardless of the ideology. It works in a similar way to safeguarding processes designed to protect people from gangs, drug abuse, and physical and sexual exploitation.
- Receiving support through Prevent is voluntary, confidential and not any form of criminal sanction. It will not show up on any checks or negatively affect an individual's future in any way.
- The type of support available is wide-ranging, and can include help with education or careers advice, dealing with mental or emotional health issues, or digital safety training for parents; it all depends on the individual's needs.
- With this specialist help, vulnerable people across the country have moved away from supporting hateful extremism, enabling them to live more stable and fulfilling lives.

## **How can I access support and advice for a loved one being radicalised?**

- As with other safeguarding functions, Prevent is still operating during this time and is here to support families in times of need.
- If you are worried that a loved one is being radicalised, you can call the police on 101 to get advice or share a concern so that they can get safeguarding support. Alternatively, you can contact your local authority safeguarding team for help (please see below).
- Contacting the authorities will not get the individual into trouble if a criminal act hasn't been committed. The local authority or police will discuss your concerns, suggest how they can best help and give you access to relevant support and advice.
- If you think someone is in immediate danger, or if you see or hear something that may be terrorist-related, trust your instincts and call 999 or the confidential Anti-Terrorist Hotline on 0800 789 321.

## **I have seen concerning hateful content online that could cause harm. What should I do?**

- Prevent takes robust action to tackle radicalisation online and to counter the ideology promoted by extremists. This includes removing terrorist-related material and action to suspend the accounts of those fuelling these views.
- Any member of the public can report terrorist c



referral tool. The [Action Counters Terrorism campaign](#) provides more information on this.

## Further resources

There are resources available to help you understand and protect your child from different harms online.

- [Educate Against Hate Parents' Hub](#) provides resources and government advice for parents and carers on keeping young people safe from extremism.
- [Let's Talk About It](#) provides support for parents and carers to keep children safe from online radicalisation.
- [UK Safer Internet Centre](#) has guides on the privacy settings, parental controls and internet safety features of the major internet service providers.
- [Parent Zone](#) works with Prevent to provide digital safety advice for parents.
- [Thinkuknow](#) provides resources for parents and carers to help keep children safe online.
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, and [on keeping under-fives safe online](#).
- [Parent Info](#) provides digital support and guidance for parents and carers from leading experts and organisations
- [NSPCC guidance for parents and carers](#) is designed to help keep children safe online. Their [Net Aware](#) website, produced in collaboration with O2, provides specific safety information on popular apps and websites.
- [Childline](#) can provide advice and support if your child is worried, from dialling 0800 1111 or downloading the 'For Me' app.
- This [list of online education resources for home education](#) includes resources to support your child's mental wellbeing.

## Local Contacts and Information

If you have concerns that someone is being radicalised, the local **Police PREVENT team** for Devon and Cornwall will advise you. Please ring **01392 225130**.

**If you feel there is an immediate threat to life, call 999.**

**If you are concerned that someone is being exploited in other ways visit:**

- [The Devon Children and Families Partnership](#) website if you are concerned about a child.
- [The Devon Safeguarding Adults Partnership](#) website if you are concerned about an adult.

The Safer Devon Partnership has launched an **Tavistock** in - to find  
**COLLEGE**



out more about **how people can be radicalised online**, and for further information and support, visit the [Safer Devon Partnership website](#). You can also view our video [here](#):

## Become a First Aider



We're delighted to bring you details of our brand new learning website, [First aid champions](#), to help give you some fresh ideas for home-schooling. What could be more empowering than learning a new life-saving skill during lockdown?

[Find out more >](#)

You might think you need training to be in a classroom or even access to special equipment to learn first aid. Great news! Everything you need is within [First aid champions](#). Young people can learn through our engaging films, photos and online quizzes.

We've designed a [specific pathway for home-learning](#) for secondary aged students to help guide you and parents through the site. Alternatively, pick and choose from a variety of activities to suit your individual needs or encourage students to learn independently.

Explore up to 17 different first aid skills with films, activities and quizzes. Each skill has a key action to take so learners can easily remember what to do when someone needs help. There are also ideas on kindness and safety, and we encourage everyone to share their learning with others to create resilient communities.





## 2019-20: The Year in Review (Jan 2020)

### Devon Ability Games

On Wednesday 22nd January I had the pleasure of attending the Devon Ability Games at The Life centre in Plymouth. Thirteen SEND students attended the event to represent the college and truly showed me the meaning of our cooperative ethos and sportsmanship. The students were supported by Mrs Barratt-Love, Jenkins, Mrs Piper and Miss Biggs plus our two OT students Miss Lewis and Miss Baines. Our students were able to participate and compete in a wide range of sports including Archery, Table Cricket, Sit Down Volleyball and New Age Curling. They were also able to access a range of sporting taster sessions to develop and hone their skills. The most popular of which were abseiling, bouldering and fencing. Team Tavi brought home the Gold Medal for New Age Curling! Successfully competing across a range of heats were Isaac Crimp, Matthew Wimlett, Leo Cope, Maxim Fraser, Kayleigh-Boo Elliott, Owen North, Harrison Bell and Harold Critchley all contributing to the final win of 4-0 against Kingsbridge Community College. Lara Davey showed exemplary skills in Archery and was awarded the medal for Spirit of the Games and was a real asset to the college.



Mr

A huge thank you to the students and staff for making this event happen and so special. In a busy loud chaotic environment our students represented the college in an exemplary fashion. I am always so proud of what our students achieve. It is with great excitement that I announce that I submitted a successful bid to the Trustees for the equipment that is used in these games to facilitate new age curling and table cricket to strengthen and develop our whole school inclusive approach to sports. Mrs Baring - SENDCo