



For Students & Parents

Weekly

FOCUS

13-11-2020

Please feel free to follow us on Facebook - search Tavistock College or on Twitter- we use the Twitter handle @Tavicollege



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



Dartmoor
MULTI ACADEMY TRUST

I am proud to say so many of our students and staff are supporting the poppy appeal whilst taking necessary precautions against COVID. In the lead up to Armistice Day students completed tasks from resources provided by the Royal British Legion to understand the powerful message behind the poppy. On Wednesday we ran special virtual assemblies and all staff and students remembered the fallen in a 2 minute school silence while reflecting on a powerful emotional poem read out from our two head girls. We united to make sure that no-one is forgotten and to remember and honour those who have sacrificed themselves to secure and protect our freedom.

7GA were asked by their tutor Mrs Graves to explain why we 'remember' on the 11th of November.

This was Lauren's reply:

"One reason I think that it is important to celebrate remembrance day is to remember those who sacrificed their lives to keep England safe and to make it a peaceful place to live, this is just one of the reasons we call them our heroes" *Lauren Such 7GA*
Well done to Lauren and all the students in the tutor group who responded in a similar way.

We appreciate the weather is turning as we head into the new season but in order to remain COVID-safe, no visitor is allowed on to the school site. This includes all parents. Cars should not be driven up to the gates, unless parents are dropping off or collecting children with disabilities. Sometimes the gates are open for staff and students. This does not mean parents can enter.

The vast majority of students are now wearing face coverings, and are being socially responsible. I urge all students to bring two face coverings to school in case one breaks or becomes damaged. Parents should ensure that they provide their children with appropriate face coverings.

James Stroud

We Have Raised...

£1073.51

BBC Children in Need

Change of recess

As a college we are always looking for ways to improve. We are always listening to staff, students and the community for ideas and solutions. In light of this, we are ensuring students get at least 30 minutes a day to consume food.

We have changed exercise and eating places for year groups during recess 2. The changes are in bold below. During recess 2 they will have 15 minutes in refectory/ Ndeeba but have a remaining 15 minutes to continue their food in community or outside. The catering staff are still providing a wide range of foods including hot and healthy options.

| | Period 1 | Period 2 | | Recess 1 | | Period 3 | Period 4 | | Recess 2 | | Period 5 |
|----|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|
| | 09.00 - 10.00 | 10.00 - 10.45 | 10.45 - 11.00 | 11.00 - 11.15 | 11.15 - 11.30 | 11.30 - 12.30 | 12.30 - 13.15 | 13.15 - 13.30 | 13.30 - 13.45 | 13.45 - 1400 | 14.00 - 1500 |
| 7 | | | Refectory | Primary Field | | | | | Primary Field | Refectory | |
| 8 | | | Primary Field | Ndeeba | | | | | Ndeeba | Primary Field | |
| 9 | | | | Refectory | Hard Courts | | | Hard Courts | Refectory | | |
| 10 | | | | Hard Courts | Ndeeba | | | Ndeeba | Hard Courts | | |
| 11 | | | | Geog | Refectory | | | | Geog | Ndeeba | |

Living Life to The Full - 2020

Supporting mental health is vital for the success and well-being of our community.

Living Life to The Full is due to begin again next week at Tavistock College. These cognitive behavioural therapy sessions will be delivered to students via podcasts and can be accessed at home. Cognitive Behaviour Therapy (CBT) is utilised in order to help some of our young people understand different emotions that they are often feeling but might struggle to understand. Giving advice and guidance around: activity, diet and simple strategies to improve emotions has proved really valuable in the past. Stress and low mood can be common in young people but the help and advice from previous Living Life to The Full programmes has proved very effective and engaging for all involved.

The weekly podcasts will cover;

1. Understanding your feelings
2. Doing things that make you feel better
3. Looking at things differently
4. Building Inner Confidence
5. How to fix almost everything
6. The Things you do that mess you up.
7. 1, 2, 3 Breathe
8. 10 things you can do to feel happier

If you have already contacted me, I will send by email details of how your child can access the weekly podcasts.

If your child is experiencing anxiety or other mental health issues and not receiving intervention please contact me to request these podcasts.

Mr Hosking n.hosking@tavistockcollege.org

Tavistock College needs YOU...

Armed services or emergency/uniformed services.

Are you an ex-student now serving in one of these organisations? OR are you a parent/ carer with serving children? If so we need YOU!

In order to keep our alumni up-to-date and to celebrate the success of former students we would love to hear from you! A short message about your story would be greatly appreciated, or even better, some edited photos of 'a day in the life...' would be amazing.

Please email n.hosking@tavistockcollege.org

We want to celebrate our amazing public services, former students and the work YOU DO.

Thank you in advance for taking some time to inspire the next generation...



Tavistock College Creative Arts Christmas Card Competition

This year the Tavistock College Christmas card competition will be in a digital format.

- This can be as a traditional style picture, which is photographed and uploaded
- This can also be created digitally using an ipad or tablet

All submissions need to be emailed to your art teacher or to k.wyatt@tavistockcollege.org

The closing date for all entries is 21 November please

Family Support

Grants and funding

You may be entitled to some financial support through the West Devon Council Welfare support fund.

https://www.devon.gov.uk/coronavirus-advice-in-devon/document/grant-and-funding-support/#indiv_fam

Back To School After Lockdown

Tips From An NHS Psychologist

<https://www.mytutor.co.uk/blog/back-to-school-after-lockdown-tips-from-an-nhs-psychologist/>

Barnados

See Hear Respond by Barnados.

www.barnados.org.uk/see-hear-respond

See Hear Respond is a partnership to help children, young people and families cope with the Covid-19 crisis.

Free Solihull online courses

- Understanding your baby
- Understanding your child
- Understanding your teenagers' brain

Link to the courses www.inourplace.co.uk access code TAMAR.

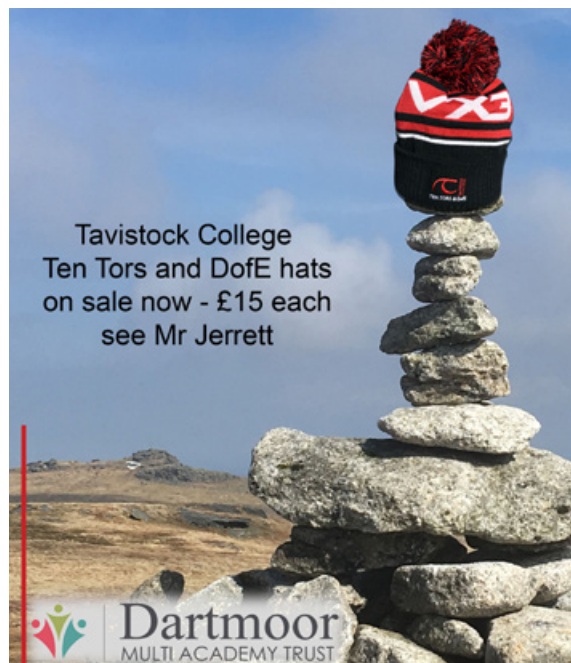
Support for parents

www.parent-talk.org.uk/devon

The Alcohol Education Trust.

We support over 2,500 schools and organisations across the UK in keeping young people safe around alcohol with our award-winning, evidence-based resources.

Part of the support we offer free of charge is an online pupil learning zone www.talkaboutalcohol.com which includes a range of really fun and engaging games and activities such as an online nightclub which help students to learn how to make safe choices around alcohol. The site also includes a Body Zone, Fact Zone, Challenge Zone and short film clips.



Free training from DIAS

Whether you are new to SEND or already on your journey. This is aimed at parent/carers supporting their child with special educational needs and disabilities (SEND) who would like to find out more about how SEND support should work.

The sessions are aimed at parents. Helping parents to understand how they can access information and which services may be available for them, highlighting the graduated response and the terminology around send in schools.(Universal, targeted, specialist services terminology, working with school in a plan do review type approach).

The sessions aim to signpost to information and service websites that are already out there and linked to the Devon Local offer webpage.

To book sessions:

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>

The sessions will be delivered in a varied virtual format, a combination of presentation and participation with a questions segment at the end.

If you would like to know more about the sessions please email:

megan.kenneallystone@devon.gov.uk

Chat Health School Nurse

Text Messaging Service 07520631722

We'd love your help to encourage more young people (year 7-13) to access Chat Health school nurse text messaging service!

- CHAT HEALTH is a confidential text messaging advice service for 11-19 year olds (year 7 to year 13) that enables young people to contact their school nursing team with questions
- Young people can text message about a range of issues eg: relationships, bullying, mental health, anxiety, self-harm, healthy eating, drugs, smoking, alcohol, stress, body changes, sexual health, gender issues etc
- Young people can remain anonymous
- A school nurse will reply to text messages Monday to Friday 9am to 5pm to answer questions and advise (including during school holidays/Covid lockdown but not bank holidays).
- We aim to reply to them within one working day and they will get an immediate bounce back message to confirm we have received their text.
- Messages are charged at your usual rate
- If it is possible could you enable students to enter the CHAT HEALTH number 07520631722 into their mobile phones

Many thanks for your help.

School Nursing Team
Devon County Council

Department for Education Coronavirus helpline

A helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline Opening hours: 8am to 6pm (Monday to Friday) Phone: 0800 046 8687 Email: DfE.coronavirushelpline@education.gov.uk

Tavistock COLLEGE