



For Students & Parents

# Weekly FOCUS

05-02-2021

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

This week in schools is Children's Mental Health Week. This year's theme is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas. This has been running through our tutor programme.

Many students struggle with challenges from increased screen time, lack of exercise, bullying to bereavement which affects mental health. There are lots links for support with mental health issues in this newsletter.

Our charitable trustees are looking for applications from staff and most importantly students. Please see the link below.

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

The body of trustees are meeting in May and they are willing to spend money on specific projects that would benefit the student or college. At present they have no applications from students. They have previously spent money on trips and visits, paid fees for national and international sporting competition and supplied equipment to support and enhance the curriculum.

The application process is straightforward, but if the applicant can show evidence of fundraising it would greatly increase their chances..

The live remote learning workshop was a success again on Wednesday. If you have not checked this out please do so on our facebook page. There are two live videos to watch and we will continue to produce these if the demand is there. The aim is to help support you to support your child in accessing their work. If you have any specific questions please comment on our facebook page and we will be happy to help or produce a video for the next workshop.

*James Stroud*

## Remote Learning

If you or your partner is a critical worker, or if your child is classed as vulnerable, then the school will remain open. From feedback and conversation with parents I would like to draw your attention to the following tips.

- All work will be on Google Classroom not class charts. Think of the Google classroom as their actual timetabled lesson where the teacher will be with resources for learning.
- Work should be submitted on Google classroom, this is preferably a shared document however the teacher will specify how they want it submitted in the task. Once submitted the teacher has a record and can offer feedback, marks and then return it back for improvement.
- Teachers will issue a deadline for that work to be completed by. This will allow the students to organise their time with the "To Do" function in google classroom.
- Students need to login to their email account using their ...@tavistockcollege.org
- Teachers will issue praise points for completion of home learning and notify parents if it hasn't been completed purely from a supportive not punitive perspective.
- We are looking at running an online troubleshooting session to support parents and students with accessing our online learning platforms.
- If accessing Google meet from their phone they need to download the app.
- Accessing any "live" video conference students MUST turn off their camera and microphone before entering the "room"
- Will not be setting homework during this period. The remote learning set is one package.
- Teachers will be available for the whole lesson duration for support and feedback. Students just need to use the "chat" function or private message for support.

If you are worried about data to access remote learning Mr Ruse sent out a link (also in this newsletter) that allows some families to access free data and we still have a few chrome books that are available for students who have limited access. I would like to take this opportunity to thank you wholeheartedly for your understanding and ongoing support in helping us to manage this unprecedented situation. Please continue to take care and to stay safe.

If students or yourselves need support then please contact the college where we can resolve any issues.

# Message from Mr Ruse

## National Apprenticeship Week

National Apprenticeship Week 2021 runs from Monday 8th to Sunday 14th February. The world of apprenticeships has changed markedly in recent years. As has always been the case, there are many apprenticeships linked to practical industries such as engineering and construction. However in recent years the breadth on offer has increased hugely. In our local area there are currently apprenticeship opportunities linked to hospitality, catering, human resources and accountancy amongst other things. There are also higher level apprenticeships available which offer a viable alternative to University for young people.

Students in Key stages 4 and 5 will receive access to various information and resources via their Google classrooms. A national assembly on apprenticeship opportunities can also be accessed via the link below:

<https://www.bigassembly.org/>

We work closely with Careers South West in all aspects of our students careers education. They are also providing some specialist input about apprenticeships and continue to offer 1 to 1 careers advice and guidance to students in years 11-13 inclusive.

If any parents, carers or guardians have any questions in relation to apprenticeship opportunities then please don't hesitate to get in touch. [p.ruse@tavistockcollege.org](mailto:p.ruse@tavistockcollege.org)

**Build your Future in Plymouth**

**Apprenticeships**  
National Apprenticeship Week  
8 to 14 February 2021



**Virtual Opportunity Fair for National Apprenticeship Week 2021**  
**Monday 8 February - Thursday 11 February**  
Each day 10am - 12noon

**Employer**

**Apprentice**

**Training providers**

**Ask a question**

**Follow us on Twitter for live vacancies**  [@JCPinPlymouth](#)  
Use #ExploringFutures to be part of our event

**Each day 2pm - 3pm**  
Meet local employers and training providers

**Looking to build your skills and knowledge for a rewarding career?**  
**Thinking about a career change?**

Join us for a virtual showcase of Apprenticeships (open to everyone 16 years+), Traineeships and Kickstarts (open to 16-24 year olds) vacancies available for you to apply, in and around Plymouth.  
Contact your work coach to be booked in for the afternoon employer sessions

**jobcentreplus**  
Department for Work and Pensions

You can find out more about these different opportunities by visiting [www.skillslaunchpadplym.co.uk/youth-hub-resource-bank](http://www.skillslaunchpadplym.co.uk/youth-hub-resource-bank)

**Skills Launchpad Plymouth**  
YOUTH HUB

## Congratulations Freya

Congratulations to Freya Whiting, the district winner of the peace poster this year.

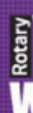



## Young rotary competition


The facts about the competition are as follows:-

1. The deadline is 8 March
2. The title must be: "My Happiest Day" - may require extra imagination at the moment!
3. It can be a story or a poem
4. The word limit for stories is 550 words
5. Poems are limited to 40 lines
6. No pictures are allowed
7. Local winners are entered into the National competition, judged in May.
8. The overall prize is a vocational experience such as being mentored by a professional writer or publisher or a short internship at a newspaper.

If you would like more information email Mrs Young - [s.young@tavistockcollege.org](mailto:s.young@tavistockcollege.org)

**YOUNG WRITER COMPETITION**  
2020/21  
Information Pack



[rotarygbi.org](http://rotarygbi.org)  **Rotary**  
Great Britain & Ireland

Dear Freya,

On behalf of District Governor David Fitzpatrick I am writing to thank you for taking part in the Lions International Peace Poster Contest for 2020-21 "Peace Through Service." We are so pleased that despite all the difficulties and restrictions brought by the Covid-19 Pandemic the contest was able to take place, and I am delighted to tell you that as well as winning the contest for Tavistock Lions Club, your poster has been awarded First Place in the I OSSW District Contest. Many congratulations!

If you wish to find out more about Lions and the Youth Projects that are available, please contact Tavistock Lions Club or the Lions International website [www.lions.org.uk](http://www.lions.org.uk)

Kind regards,

Lion Theresa Warrell

District Peace Poster Officer



# Competition Time

It's an exciting time at FootprintFacts!

We are a student founded-and-led organisation dedicated to raising awareness of climate change, increasing youth involvement in climate change action and advocacy, and finding sustainable ways to combat this pressing issue.

Throughout lockdown, students have had a lot of time at home, and may have found it difficult to stay involved with causes that they care about. As such, the team at FootprintFacts is organising The Climate Action Competition.

This competition will involve schools across the country, and is an opportunity for students to research and create a video on any climate-related topic of their choice. We hope that this exciting event will allow students to become more informed about a very important cause, and to feel that they are part of a movement during this extremely isolating time.

The videos will be judged by a panel of leaders in the field of climate-related social enterprise, and the winning submissions will be presented at a virtual event accompanied by a discussion with our judges. Alongside this, the winner will also win a cash prize, and the opportunity to work with the FootprintFacts organisation at their own school.

For more details, please visit <https://footprintfacts.org/climate-video-competition/>, or email us at [info@footprintfacts.org](mailto:info@footprintfacts.org).

From The Geography Team.



## Using Xbox or PlayStation to access Hwb

Accessing your remote learning. An alternative method of accessing remote learning during times of lockdown.

### Xbox

1. Plug a keyboard in to the Xbox USB slot
2. Go in to my games and apps
3. Find Microsoft Edge and select
4. Type in: Hwb and log in as you would at school
5. You can then access your work through Google Classroom or OneDrive and use key packages including: Word, Teams, Excel, PowerPoint and your emails
6. To move around you use the Xbox control or plug in a mouse

### PlayStation

1. Identify the PlayStation internet browser icon (it is www with dots around it)
2. Press the PlayStation logo on the controller
3. Go to the library and find options for games and applications
4. Go in to applications and you will find the internet browser
5. Type Hwb into the browser and log in as you would in school
6. You can then access your work through Google Classroom or OneDrive and use key packages including: Word, Teams, Excel, PowerPoint and emails

## Support with mobile data increases

In this challenging and difficult time the government has announced that they are committed to supporting the remote learning provision that schools are putting in place. Schools, trusts and local authorities can therefore request mobile data increases for children and young people who:

- do not have fixed broadband at home
- cannot afford additional data for their devices
- are experiencing disruption to their face-to-face education

Children with access to a mobile phone on one of the following

networks might be able to benefit: Three, Smarty, Virgin Mobile, EE, Tesco Mobile, Sky Mobile. Other providers may hopefully join the scheme at a later stage.

Given the criteria outlined above, if you feel that you would qualify for this assistance please complete the following form:

<https://tinyurl.com/y5vut65q>

If there are any difficulties with the above link please use this link instead: <https://forms.office.com/Pages/ResponsePage.aspx?id=kG0HO7J4vUqeBclPJiicRptIKd4SORVDsPmsSqa661IUQ05YNFZINKMxSkMyS1dRNDdEU1FBSzdORyQIQCN0PWcu>

Please note the Dartmoor Multi-Academy Trust is collating this information and liaising directly with the DfE and government for this assistance to be put in place. Mr Ruse

## Message from Mrs Greener

Dear parents, many thanks for the ongoing information about the ups and downs of your homeschooling experience. The year 7s are on the whole doing so very well. We have a few small groups in school who are doing the same work as the students at home, so everyone will have had the same opportunities prior to coming back to school.

I am really missing them and very much looking forward to seeing all of them as soon as it is safe to do so. What a strange story they will have to tell their children about their first year at secondary school!

I have had some phone calls and conversations this week about the growing awareness of our young year 7s of some of the maturing conversations we as educators, and you as parents need to have with our young people about sex and relationships. In conversations with Miss Manning, our designated safeguarding lead at school, she directed me to the NSPCC website and their support for parents there. I have included the link below:

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>

As always thank you for the support you are showing the school, we are always grateful for comments about what is working well and what needs some attention.

Have a good homeschooling free weekend!

Mrs Greener

# Coping with lockdown 3

**coping with lockdown 3.0**

We are all finding things tricky right now. Being isolated from friends and family can make these feelings even harder to cope with.

lots of us are worried about our loved ones

Anxiety is really high at the minute for a lot of people, even those who aren't usually anxious. **THIS IS OK!**

"I'm worried about my future"

You are **NOT ALONE**

Young Minds is a great place to check out if you are feeling worried, low, anxious or alone. There are some helpful links below but feel free to browse the whole site. Reach out, stay safe

**if you need urgent help**  
<https://youngminds.org.uk/find-help/get-urgent-help/>  
**Coronavirus mental health support**  
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>  
**for all types of mental health support**  
<https://youngminds.org.uk/find-help/>

**Supporting your child during the Covid-19 pandemic**

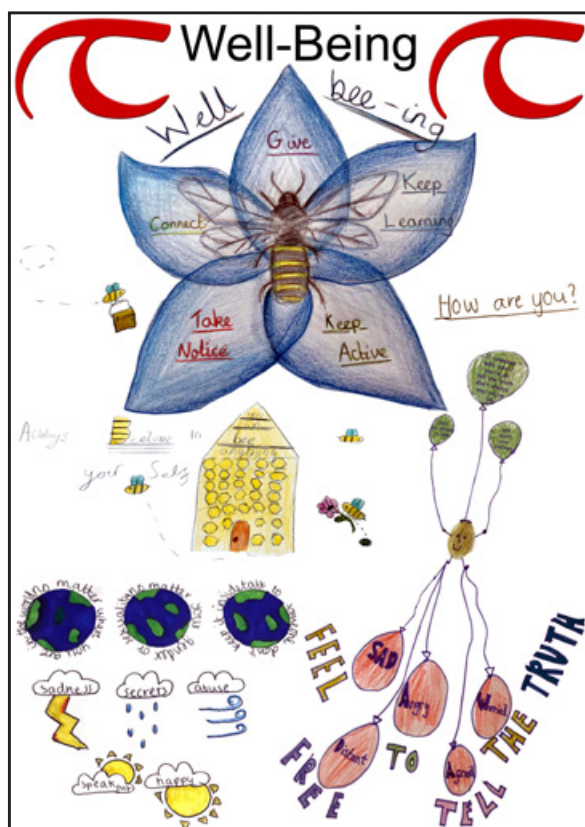
It's no secret that lockdown is hard for everyone, not just adults. The amount of pressure this pandemic is putting on everyone's mental health is incalculable.

The good news is there is support available, you are not alone and there is no shame in seeking help

Young Minds is a fantastic place for young people to access help for all mental health worries. There are tools and information for caregivers too.

**for young people**  
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

**for caregivers**  
<https://youngminds.org.uk/find-help/for-parents/>



## Supporting Mental Health at Tavistock College

For more information please contact Mr Hosking.  
[n.hosking@tavistockcollege.org](mailto:n.hosking@tavistockcollege.org)

## Supporting Mental Health

Through our on-going commitment to improving mental health we are thrilled to once again be partnering with Plymouth University's Occupational Therapy student program. To boost our continually growing mental health support for students here at Tavistock College, Occupational Therapy MSc students are set to begin working with some of our pupils who are currently attending school during the latest wave of this difficult pandemic. Developing mindfulness is a key part of this invaluable support. In using mindfulness you can learn to enjoy the world we live in, to be aware of the present moment, and understand yourself better through the way you think. In mindfulness you will learn to connect with all of your thoughts and feelings by acknowledging and accepting them in the present moment. Teaching and practicing these skills regularly will help us build these skills and use them in our everyday lives.

**PARENT+ SUPPORT HUB**

Support Hub for Mental Health Caregivers  
 Now Offering Parental Minds Counselling

**BESPOKE SUPPORT PLANS**

- Emotional support for parents/carers
- Information on mental health issues
- Educational Needs
- Financial Needs
- Resources
- Sharing insights on relevant services

**REGULAR SUPPORT**

- Support Calls
- Whatsapp
- Emails
- Text
- Facebook

**POST COVID-19**  
 Cafe-Style meetings

Text/whatsapp Support: 07907 614 516  
 E-mail: [parentplus@parentalminds.org.uk](mailto:parentplus@parentalminds.org.uk)  
 Facebook: PPSHUB

**Supporting Families ; Mental Healthcare**

## Hub of Hope

Hub of Hope is a website provided by Chasing the Stigma. The purpose of the website is to provide information about mental health issues. We have done this by creating a national mental health database which brings together organisations and charities who offer mental health advice and support, together in one place. <https://hubofhope.co.uk/>



# Family Support

## Grants and funding

Financial support through West Devon Council welfare support fund. [https://www.devon.gov.uk/coronavirus-advice-in-devon/document/grant-and-funding-support/#indiv\\_fam](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](http://www.barnados.org.uk/see-hear-respond)  
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](http://www.inourplace.co.uk)  
access code TAMAR.

## Support for parents

[www.parent-talk.org.uk/devon](http://www.parent-talk.org.uk/devon)

## Free training from DIAS

Aimed at parent/carers supporting their child with special educational needs and disabilities (SEND).

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

If you would like to know more please email:  
[megan.kenneallystone@devon.gov.uk](mailto:megan.kenneallystone@devon.gov.uk)

## Chat Health School Nurse

Text Messaging Service 07520631722

An anonymous, confidential text messaging advice service for 11-19 year olds that enables them to contact their school nursing team with questions.

## The Alcohol Education Trust

[www.talkaboutalcohol.com](http://www.talkaboutalcohol.com) a range of really fun and engaging games and activities which help students to learn how to make safe choices around alcohol.

## Teen mental health

<https://www.mytutor.co.uk/blog/teen-mental-health-a-guide-for-parents/>

## Police prevent

<https://www.youtube.com/watch?v=N8DPPQUem9A>

The police PREVENT Act Early campaign

## Coronavirus helpline

To answer questions about COVID-19 related to education. 8am to 6pm (Monday to Friday)  
Phone: 0800 046 8687 Email:  
[DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)

## Kooth online

Mental health and wellbeing support to farming families. Services are anonymous and can be booked ahead of time.  
[www.rabi.org.uk/kooth](http://www.rabi.org.uk/kooth)

## Mind

The CoronaVirus (COVID-19) pandemic is affecting all our lives. Reliable resources and tips to help you cope during this time.  
<https://www.mind.org.uk/information-support/coronavirus/>

## Youth Intervention

Answering questions about law and Policing, this Instagram account @yourpolice.uk Guidance on rights, law and terminology, plus quite a lot of information on consent, healthy behaviours and behaviour change.

## Early Help Resources

This is a really powerful set of videos about seeing parent conflict through the child's eyes. <https://www.seeitdifferently.org/>

## Talk to a youth worker

A very simple on line form that young people can fill in - they will then get a call back within two working days. [www.spacepsm.org](http://www.spacepsm.org)



**Free online courses to help people living in the South West to cope with life in 'lockdown'**  
Managing long-term physical or mental illness can be stressful, tiring and incredibly lonely at the best of times, but now more than ever.

On this free, 6 week online course you can meet others in the same situation, learn how to cope better, feel more in control and be more resilient.

The courses start every month from **2nd February 2021**. You can complete the course at your own pace, with support from trained facilitators.

**Places are limited! First course starting 2nd February 2021**  
Find out more or sign up today at <http://bit.ly/HOPESW>

**the hope programme**  
hope for the community

The Hope Programme was developed by Country University and is delivered under contract licence from Hope For The Community CIC.



**Keeping children safe during lockdown**

<https://learning.nspcc.org.uk/>

# Tavistock COLLEGE