



For Students & Parents

Weekly

FOCUS

26-02-2021

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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. I hope this newsletter finds you all well after a relaxing half term.



Dartmoor
MULTI ACADEMY TRUST

The government has announced the return of all students on the 8th March. We have been working tirelessly to produce a safe and effective opening plan for students and staff. The Principal has recently sent all parents and carers a letter communicating this plan. This can be found below. As we look forward to the imminent return of our students, I would like to share with you quickly some more developments to be excited about. During this recent period of online learning, one thing that has changed is the renaming of our Tavistock College houses. We are now all proud members of Hound Tor, Kitty Tor, Fox Tor,

Hawks Tor and Haytor. Whilst this represented an appreciation for our beautiful natural surroundings, it is also a brilliant motif for our school, staff and students whom, like their House namesakes are strong, bold and resilient. We have shown even in the last few months alone that we are able to weather any storm and come out the other side still standing.

As such, this became a perfect opportunity for us to reinvent the way our house system works so that we can build a school environment based on the foundations of our co-operative and ethical values. We are going to revitalise our house system to create a democratic culture of team spirit and collaboration that inspires our students to act with integrity and resilience and to help others as well as themselves. We aspire for our students to be open, responsible and, above all, kind, caring citizens of society, so we will praise them for demonstrating these values which will also improve equity within our rewards system.

There is more to come with regards to this, however I want to summarise by saying that we want these little changes to make a huge difference to the culture of our school. We want this to remind everyone, staff and students alike, that Tavistock college is somewhere we should be and can be incredibly proud of.

I look forward to seeing the students back in college.

James Stroud

Assistant Principal

Principal's letter

Dear parents and carers,

On Monday 22 February the Prime Minister made an announcement that schools would be able to open to all students from 8 March. We were delighted with the decision and we are looking forward to welcoming all students back to full time education. Returning to school is vital for young people's education and for their wellbeing. Time out of school is detrimental for young people's cognitive, social and academic development, no matter how hard teachers work to provide remote learning.

When students come back to school in March, they will return to their normal classes, and they will be taught by specialist teachers. We have made a commitment to ensure that all subjects and timetabling will continue as normal. There will be no narrowing of the curriculum, although some aspects of practical work are still not permitted. We will be able to organise extra-curricular activities and details of these will follow once students have returned.

As part of their opening plans, schools are instructed that they must all follow guidance to minimise the risks of coronavirus (COVID-19) transmission. A copy of our risk assessment is on our website for your reference. In order to meet the health and safety guidance, we will be maintaining the systems that were in place in the Autumn Term. This means that, whilst class sizes will return to normal, all students will be expected to sit in rows facing the front of the class at all times. In addition, some social distancing is still required. From 8 March all students will be expected to wear face coverings in lessons as well as in corridors and circulation spaces. They must also follow the one-way system and spend recess times with their year group in their designated area. Students will be expected to continue to use hand sanitiser as they move from one space to another, and we will be ventilating the classrooms and communal areas as much as possible.

You will have seen in the media that in order for students to return to school, they are expected to undertake lateral flow tests, each one being 3 to 5 days apart. The first test should be taken before they start back in their lessons. This testing programme is not compulsory, and consent must be given. However, it is strongly recommended because the tests identify asymptomatic carriers of COVID-19 and participating in this programme will help us reduce the risk of transmission. We will be conducting the first three tests in school and then students will be expected to take the test at home after this. To allow the testing to be undertaken, we will be staggering the start of the return to school for different year groups.

1. Monday 8 March – Y11 and Y10 will be invited in for their test, and they then return to lessons.
2. Tuesday 9 March – Y12, Y13 and Y8 (our largest year group) will be invited in for their test, and they then return to lessons.
3. Wednesday 10 March – Y9 and Y7 will be invited in for their test, and they then return to lessons. *continued on page 2*

continued from page 1

More details will follow from Mr Read who is coordinating this part of the return plan. Students will receive remote learning up until the day they return.

I know that you will have many questions about the full opening plan. To help, some further guidance is given below:

1. Transport to and from school:

All buses will return to normal. Devon County Council is responsible for transporting students to and from school if they qualify for a bus pass. Students should follow good hand hygiene when they travel on a bus by using hand sanitiser and good respiratory hygiene by wearing a face covering. This applies to school buses as well as public buses. Bus drivers may refuse to carry students who do not comply with these rules. Where possible, students should cycle or walk to school if they live close enough. Cars must not park on the school site unless by prior arrangement, for example for students with disabilities.

Together; we care, we challenge, we excel

2. Attendance:

This is compulsory for all students unless they are classified as clinically extremely vulnerable. A letter will have been sent from the Department of Health and Social Care if this applies. Please contact your child's Head of Year if issues arise with attendance, as we may be able to resolve them by working with you. Students MUST NOT attend school if they have symptoms of coronavirus. If anyone in your household is instructed to self-isolate, or if anyone tests positive for coronavirus you MUST inform us as soon as possible.

3. Uniform:

Students are expected to attend in full uniform when they return. There is no longer any need to clean clothes more regularly than normal. To reduce time spent in the changing rooms, students may attend school or leave school in their PE or Dance kit if they have these subjects during the day. If it is raining however uniform should be brought to school to change into under controlled conditions.

4. Food:

Hot food will be available for students to purchase at recess times. The range will be limited as we can only supply covered food. However, if possible, students should bring packed lunch instead. Students must bring their own water bottle which can be filled during the day. We will not be supplying cups.

5. Personal equipment:

Students will be expected to provide their own basic equipment (pen, pencil, ruler and eraser) as normal. However, as we will not be able to lend equipment, students should also bring their own safety scissors, glue sticks (if required), and colouring pencils for subjects such as Art. Students should bring their own calculator for Science and Mathematics. If parents are in receipt of free school meals, we will be able to assist with these items. Please send a message to office@tavistockcollege.org if you need any help.

6. Gatherings and meetings:

No visitors will be permitted on site and there will be no meetings. Virtual meetings will continue to replace face to face meetings.

7. Behaviour expectations:

Our behaviour policy has been updated during this period. Anyone who compromises the health and safety of others will be subject to the strict application of additional sanctions. However, we will be organising additional support for students who are going to find the transition back to school challenging. Please do not be cautious about approaching your child's Head of Year if you think you might need some support.

8. Examinations for Y11 and 13:

We are still waiting on the details of the Government's plans for GCSE's, BTEC and A levels, but the Secretary of State for Education announced yesterday that teacher assessed grades will be used this year. Further details will follow when we have more information. We plan to run some assessments after the Easter break once students have settled back into school life.

We know that some students will feel they have fallen behind, and we also know some have made greater progress than anticipated as a result of one to one tuition at home. Some students have engaged in alternative learning and this has done them no harm at all. Many students have worked extremely hard and we have been very proud of their efforts. Please try not to worry about where your children 'should be' with their learning. We have systems in place to help diagnose gaps and we know how to accelerate learning. In addition, we understand there will be additional funding for tutoring from the government and we will let you know when this is available.

My staff have continued to work hard throughout this crisis. We may not have got everything right all of the time, but the circumstances have been quite unique. Thank you also for the kind emails and letters of support we have received over the last few weeks.

You may have additional questions. Please send any queries to office@tavistockcollege.org. This email address is checked regularly.

Yours sincerely

Sarah Jones
Principal

International Women's Day

In the midst of a global pandemic it is easy to lose sight of the things that are still important whilst we are all trying to get through the day, complete online learning (!) and squeeze in a walk before it gets dark. But one day is approaching which I think needs to be celebrated and that is International Women's day on the 8th of March. This year's theme is Choose to Challenge. A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can choose to challenge and call out gender bias and inequality. We can choose to seek out and celebrate women's achievements.

Collectively, we can all help create an inclusive world. So at Tavistock College we are participating by re-creating the #ChooseToChallenge pose with your hand high to show your commitment to choose to challenge inequality, call out bias, question stereotypes, and help forge an inclusive world.



Chloe Carrubba - English Teacher and Sarah Jones - Principal



Message from Mrs Greener - HoY 7

Dear all,

As always I would like to begin with thanking you for ongoing efforts and support, hopefully these last couple of weeks are the final push before things become a little more usual. I am sure you and your children are as pleased as we are at the thought of things getting safer and therefore school being able to return to some kind of usual routine. Obviously there will be a letter for all parents from the principal in terms of how we are to go about satisfying the government guidelines for the opening of school sent to you soon.

In year 7 we will continue to push forward with renewed energy and strength and continue to work towards a successful year in the face of almost unbelievable circumstances. It seems that the normal we all need to get used to is that things keep changing, it seems that flexibility and adaptability remain the watchwords for all as we move through the school year.

Like you all, I have family and friends working in different areas from care homes to farming to industry and there is not one who has remained unaffected by the recent events.

We as a tutor team, remain grateful as ever for the support you have shown us in helping your children with getting on with their work, grappling with previously unknown technologies (!) meeting assembly and tutor time deadlines and generally coping so well.

Looking forward, at some point I will enjoy welcoming you to a parents and carers evening to enable us to continue in a more usual way of supporting your child and developing their academic progress

Kindest regards
Julie Greener HOY (7)

LGBTQ history month

February marks LGBTQ history month.

To mark this and to help with related projects in our community I would be very grateful if you could highlight an inspirational person from your own field (professional or recreational) from the LGBTQ community.

For me: Nicola Adams - Double Olympic boxing gold medalist (I saw her win in 2012!) who has also caused a massive uptake in the sport while advocating DIVERSITY and EQUALITY.

I look forward to hearing about your person and thank you in advance!

Whizz Kidz

Whizz Kidz are planning to run some employability hubs via Zoom for Young People who use Wheelchairs.

If you are aged 13-25 and you are interested in taking part, or you want to get more details, contact Ria Dummelow r.dummelow@whizz-kidz.org.uk

How safe are Apps, Games and Websites?

If you type the name of the game/app/website into <https://www.net-aware.org.uk/> it gives you a quick, easy to understand snapshot as to what the app is, how safe it is etc.



Do you love participating in Creative Arts Activities?

If Interested please email j.madeley@tavistockcollege.org



Do you want to receive a qualification for participating in Creative Arts Activities?

arts award



Then sign up to Arts Award Bronze! It involves:

- Participating in an arts activity
- Attend an Arts Event
- Research an Arts Inspiration
- Teach someone else an Arts skill
- Virtual and socially distanced options!

You can present the work in any way you want and it can be a mixture of art forms: dance, art, music, photography, animation, gaming, textiles, music.....

We have 100% Bronze Award pass rate



Dartmoor
MULTI ACADEMY TRUST

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



World Book Day

Thursday 4th March 2021

This year we will be celebrating World Book Day, albeit remotely, with our usual gusto. All Year 7 and 8 English classes will be offered reading enrichment activities and masterclasses from their favourite authors, along with updated reading lists and competitions - in special World Book Day lessons at the end of next week.

The traditional World Book Day voucher will be shared as a digital token this year which students can use on their phone or print out. This will be shared with parents and students via Class Charts and / or School Comms. Happy reading everyone!
Shirley Young (KS3 English Coordinator)

(BOOK)MARK THE DATE

WORLD BOOK DAY 4 MARCH 2021

Swap your BOOK TOKEN to get a WORLD BOOK DAY BOOK for FREE at your local bookseller

18 FEBRUARY - 28 MARCH 2021

THIS IS YOUR BOOK TOKEN

Changing Lives through a love of books and shared reading.

ON YOUR BOOKMARKS, GET SET, DRAW!

DESIGN A NATIONAL BOOK TOKEN COMPETITION 2021

You, your students and your school could win **1000000s** of pounds worth of books with our fantastic National Book Tokens DESIGN & BOOK TOKEN competition.

One lucky winner's design will be made into a real life National Book Tokens gift card, to be distributed across bookshops nationwide in time for Christmas! And there are National Book Tokens prizes to be won too - just imagine all those beautiful new books for your school's bookshelves.

It's a great home-school activity to set to encourage your pupils to take part. They simply have to make their mark on the template and design a brand new National Book Tokens gift card.

A panel of judges will select a winner and runner-up in each of three age categories: up to 8 years, 9-11 years and up to 16 years.

TIPS FOR CREATING YOUR DESIGN

Imagine your new gift card is in a shop with lots of others - what will make it stand out? How can you make your design really 'hooky'?

HOW TO ENTER

Fill in the details on the back of the template and upload your design to the online competition website. You can also enter your design by email. Winners will be announced in May 2021.

HAPPY WORLD BOOK DAY

Thank you for your support helping us to get books to those who need them most.

For up-to-date information, visit our website and follow our social media channels.

worldbookday.com #worldbookday

Changing Lives through a love of books and shared reading.

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

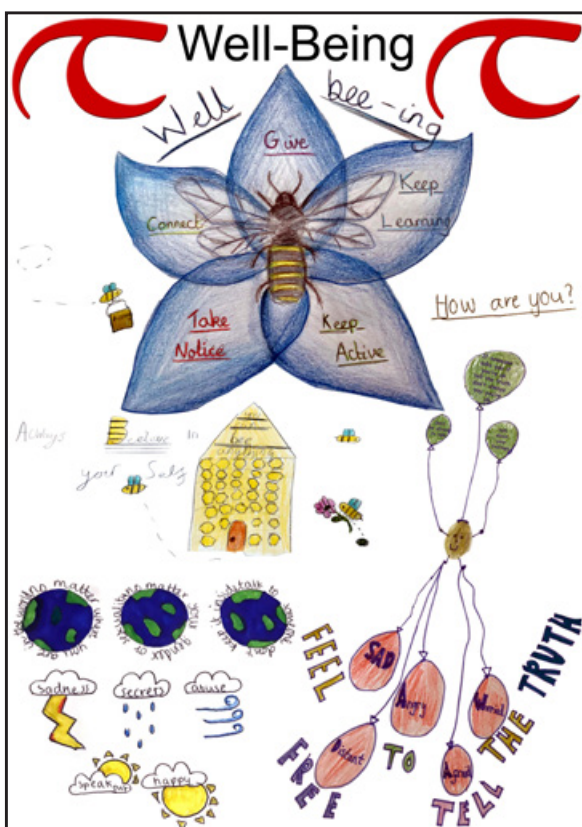
It's no secret that lockdown is hard for everyone, not just adults. The amount of pressure this pandemic is putting on everyone's mental health is incalculable.

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

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
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

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

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

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

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 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

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

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

Balancing mental health and screentime with Yoga!

<https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/>



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.

Unhappiness	Goal Setting	Anger Management	Stress Management	Identify Personal Strengths
Graduate Courses	Dealing with Setbacks	Challenging Unhelpful Beliefs	Healthy Eating	Physical Activity

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

NHS

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