



For Students & Parents

Weekly FOCUS

05-03-2021

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. This will be the last weekly newsletter as we will move towards a fortnightly parent / student focus. This will be around academic support and will butterfly with the principals fortnightly focus. I hope you all have found this weekly newsletter useful and helpful as effective communication between all our stakeholders is essential.



Dartmoor
MULTI ACADEMY TRUST

From next week we welcome back all students to college from a long period of remote learning. We have worked hard on producing an opening plan that is suitable, meets our risk assessment ensuring students and staff are safe. This has been communicated through letters and social media. I urge you to read these forms of communication and contact the college if you have any additional questions.

When students return to college they will be in 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. We learnt lessons from the previous lockdown and will be focussing on ensuring students get mental and emotional support if needed when they return. Tutors have done a lot of work around each tutee so staff are aware of potential transition issues, especially during the first few weeks. Some students will be relishing returning to school, to be taught by their specialist teacher, develop professional relationships with staff and socialise with friends. Others, and rightly so, will be anxious about returning with a large proportion of students on site, fixed routines and new methods of learning. Please be assured that your son / daughter is in safe hands.

We will be able to organise extra-curricular activities and details of these will follow once students have returned

I look forward to seeing all the students back in college next week.

James Stroud
Assistant Principal

What day and time am I due back at school after lockdown?

I am due to be in school as a
key worker / vulnerable student

NO →

I have not been attending school during lockdown 3

YES ↓

Continue to arrive at school as normal and
go straight to your pre lockdown tutor
rooms

Please see email sent home for your staggered start date

I walk to school/ I am
dropped off by parents/
live locally

I catch a public/school bus to
school

Please see email sent home
for your staggered start
date and time

Arrive at school normally via the school bus
on your stated start date and go straight to
the hard courts using the gate by music

Arrive at school **only** on your
stated start **date and time** and
go straight to the hard courts
using the gate by music

Even if you have not given consent to take
a LF test students must still arrive only at
your allocated staggered time and date
and go straight to the hard courts

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 strongly encouraged 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.

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

Why 'Kindness Matters' & how doing good does you good

"We make a living by what we get. We make a life by what we give" Sir Winston Churchill

The focus for this year's mental health awareness week is 'Kindness Matters'. It is an opportunity to look into the benefit of helping others which is good for improving our own mental health and well being. Here are some ideas to get you thinking.

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.

GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching.

GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.

HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw ... on the telly last night and it made me think of you' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.

COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.

KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.

"Kindness is a silent smile, a friendly word, a nod of encouragement. Kindness is the single most powerful thing we can teach children" RAKtivist

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.

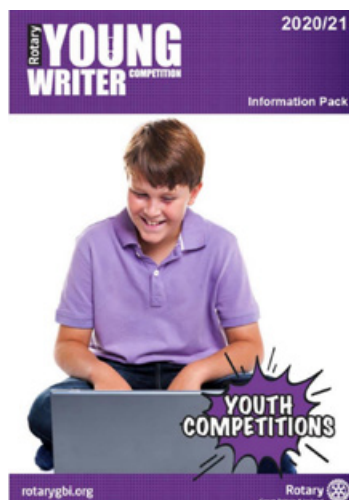


Young rotary competition

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



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.

Tavistock Local help trust

I felt it might be appropriate to remind you that we are available to help any families that are struggling financially due to the pandemic. We have not had a lot of uptake for our funds but feel there must be families in Tavistock who are struggling financially and could benefit from our help.

Tavistock Locals Help Trust was set up in 2020 as a Charitable Incorporated Organisation (CIO) in response to the ongoing Coronavirus crisis. It is building on the original work of an informal community group which provided direct practical support to people in Tavistock whose lives were impacted by the lockdown. The Trust has been successful in a bid for funding to Devon Community Foundation and are hugely grateful to them for their support. This will enable the Trust to get things started with their mission to provide practical support to individuals experiencing hardship or significant change in life circumstances as a result of the Coronavirus Crisis, or other life changing circumstances, in Tavistock.

Anyone meeting the criteria can apply through the Tavistock Citizens Advice for short term help, for example with purchase or replacement of goods or unexpected employment costs that arise specifically from the current crisis. Full details can be found on the Tavistock Locals Help website or through Tavistock Citizens Advice.

We are pleased that the trust will be able to start making a difference to local people who find themselves in immediate crisis owing to the pandemic. Tavistock Locals Help Trust will welcome applications with immediate effect.

As part of our Charitable status we are restricted to helping families who live in the PL19 postcodes.

For further information or to apply, visit <https://www.tltrust.org/> or contact Tavistock Citizens Advice.

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

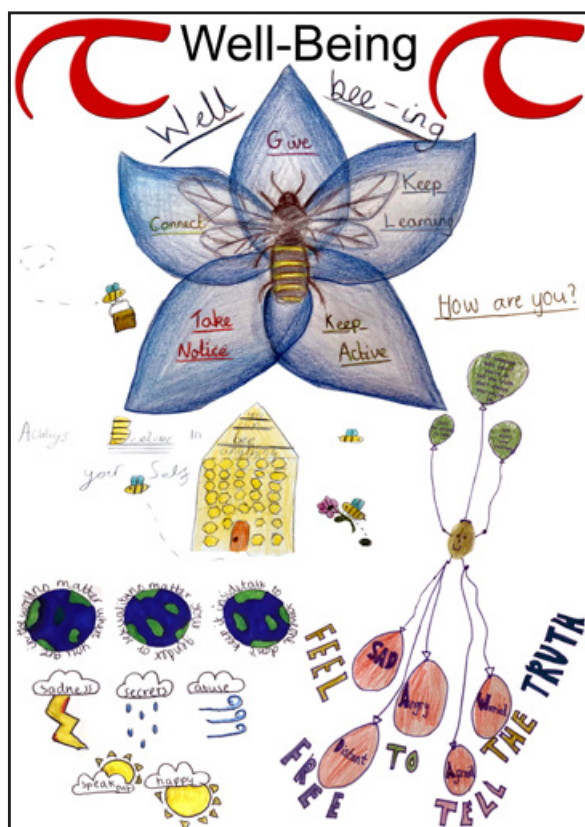
It's no secret that lockdown is hard for everyone, not just adults. The amount of pressure this pandemic is putting on everyone's mental health is incalculable.

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