



For Students & Parents

Weekly

19-03-2021

FOCUS

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 fortnightly newsletter that aims to keep our communication lines open between home and college. This fortnightly newsletter will be around academic support and will dovetail with the principal's fortnightly focus.



Dartmoor
MULTI ACADEMY TRUST

In my previous newsletter I spoke about how students might be feeling when they return into college. We have worked hard on producing an opening plan that is suitable, and meets our risk assessment, ensuring students and staff are safe. We anticipated and appreciated each student's experience and prioritised staff training on developing strong relationships as part of the universal offer of high quality teaching and learning. The extended tutor period gave and re-enforced important messages such as the one way system and face masks, while allowing time for tutors to reach and engage in conversation with members of their tutor group. We all remember our first tutor and recognise the importance of having a tutor as a gateway to our education.

As students started to follow their timetable, almost instantly the "buzz" around the college resumed. The social areas and outdoor spaces were full of socialisation and rebuilding of friendships. The corridor's had teachers meeting and greeting students at their doors to welcome them into class. Then during lessons you could hear questions and answers, laughter and observe periods of silent writing. The college was returning to normal.

The corridor and classroom conversations I had during the first 9 days were full of optimism. They spoke about how the LFT made them sneeze and their eyes water whilst appreciating the role they played in being socially responsible. I was proud of their maturity. My classes thanked me for the lesson as they appreciated the impact teachers can have on their education. This is not something I insist on but it was very welcome. It might have been the practical microscopy lesson.

Students and staff will continue to build relationships and repair bridges. In order to move onto the next step we must reflect on the past. The future at Tavistock College is developing and embedding the relational policy and practice. We seek to create a safe environment for all members of the community because strong relationships are cornerstones of our ethos and operating procedure. Relationships are at the heart of education.

James Stroud
Assistant Principal

Parent and carer forum

New website and new Q&A sessions!

Dear Parent carer

We hope that you have had the chance to explore our brand new website, if not then you can do so here: Parent Carers Forum Devon - (parentcarerforumdevon.org)

This is where we will be posting all our news and events and other information from now on, we hope you will find it useful and easy to navigate!

And speaking of events we also would like to let you know about two exciting things we have coming up, details are on our website. We will be running each session twice with a choice of days and times so you can pick the session which suits you best.

We hope to see lots of you there!

You can book onto the events with our new booking system here:

Events | Parent Carers Forum Devon (parentcarerforumdevon.org)

Student online activity

With immediate effect and in accordance with Dartmoor MAT policy, the college will be monitoring all student online activity involving school owned devices (laptops, Chromebooks, PCs etc) that are used in conjunction with school based IT accounts for safeguarding and child protection purposes. The monitoring system we have adopted is the "Smoothwall" system. There will be no monitoring of personal or android devices at the current time. Further information can be found by clicking on the following link; <https://cdn2.hubspot.net/hubfs/4139239/UK%20-%20Website%20assets/Smoothwall%20-%20A%20School's%20Complete%20Guide%20to%20Monitoring.pdf> . If you have any further questions relating to the associated safeguarding matters please contact Barbara Manning the school's Designated Safeguarding Lead (DSL) at the college. Alternatively technical questions can be directed to itsupport@tavistockcollege.org

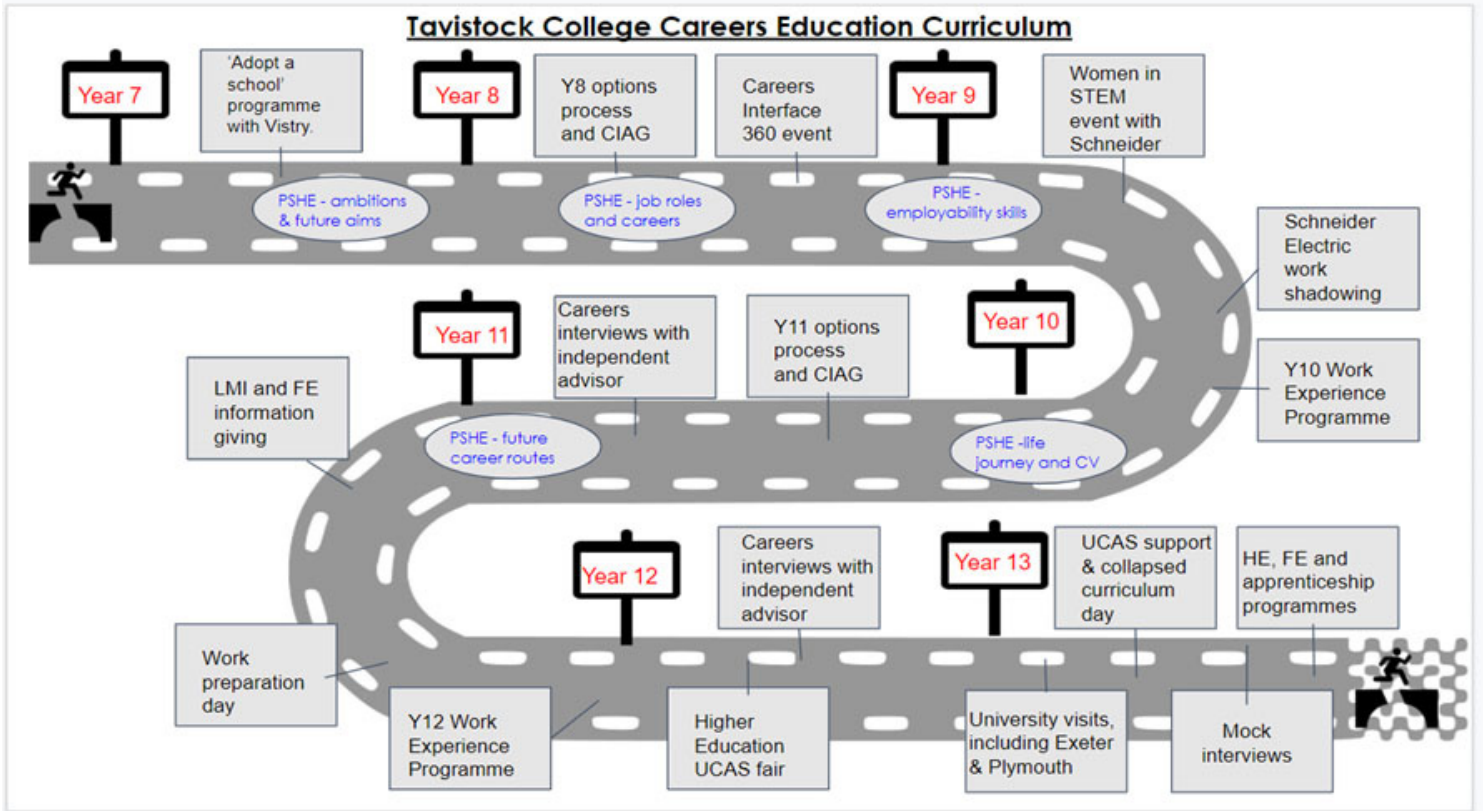
Rotary Club Young Writer Competition

Congratulations to Harry Gallie in Year 8 who has won the local heat in the Rotary Club Young Writer competition. Harry's short story, 'The Happiest Day', described a day in the life of a war veteran, struggling with dementia. There was a strong field of entries from Tavistock College and Mount Kelly. We will let you know how Harry fares in the district rounds. Thank you and well done to all the talented writers who submitted entries. The judges commented on the high quality of all entries.

Mrs Young

National Careers Week

Last week saw the College celebrate National Careers Week. All year groups had access to a personalised assembly which reflected on the stage at which students are currently at, in their education journey at Tavistock College. We have tried to capture the opportunities that are available to students in relation to their careers Education through the 'road map' below.



The key message for all of our students to remember is how their future career path and choices is dependent not just on the grades and qualifications obtained, but also the transferable skills they develop and the experiences and opportunities which they embrace. This is encapsulated in the diagram, right:

Unfortunately many of our external activities and opportunities for formal work experience have been inevitably limited over the last calendar year. Increasingly we are utilising remote and virtual experiences to ensure students careers education can continue despite the logistical restrictions in place. After Easter all students will have the opportunity to attend a virtual careers fair as part of their wider curriculum. This will provide opportunities for students to find out more about a range of careers at both a local and national scale and also explore future career paths such as apprenticeships and higher education. Similarly in the summer term we are planning for our year 10 and year 12 students to complete a period of virtual work experience. Further details will follow in due course.

The College would appreciate any support or help that local businesses or organisations are willing to provide our students. Opportunities that you as parents/ carers may be able to help and assist us with include work experience placements, giving a talk or presentation to a group of students who may be interested in a particular career or contributing to our programme of mock interviews for students. Similarly we always welcome contact from ex students who may wish to become part of our ever growing alumni network. If you can help in any way please contact me directly at the College:

p.ruse@tavistockcollege.org

I would also like to take this opportunity to thank Nigel Halford who works as our College Enterprise Advisor. He has recently received national recognition as a 'Careers Champion' by the Heart of the South West Careers hub. I am thankful for the support, drive and contacts that Nigel provides the school and our fantastic students and his work really enhances the careers education they receive.

Phil Ruse
Assistant Principal



Ambassador Volunteer Project

We are currently recruiting new Ambassador Volunteers. We hope that some of many of you will have already heard about Ambassador Volunteers. For those who are just hearing about us or want more information you will be able to find that on the DIAS website: <https://devonias.org.uk/about-us/the-ambassador-volunteer-project/>

An Ambassador Volunteer comes in many shapes or forms. Fundamentally, we are looking for parent/ carers at the right place in their life and SEND journey who have capacity to give a little back within their own community, doing what they are probably already doing. We are also looking for people who work closely with parent carers of children with SEND who feel they may be able to benefit from a closer connection with DIAS and the Parent Carer Forum Devon.

The AV project is looking for people who are already actively involved in some way in the community perhaps you attend a support group, or you lead or help run a support group for parents in a school or in your community, perhaps you are very active online, have you had positive experiences with schools or other services? This volunteering role could be perfect for you!

The basic aim for a volunteer is to be a link into their community cascading information from DIAS and the Parent Carer Forum Devon, feeding back through me to these organisations to ensure policy makers are listening to parent voices.

New Induction training for people interested in becoming an Ambassador Volunteer is now available. The training will be in three hour virtual sessions the sessions will run 10-1 with a short break. The session will be the first step in training to become an Ambassador Volunteer.

Wednesday 28th April 2021

Tuesday 11th May 2021

Monday 14th June 2021

If you are interested in the Induction training please complete the form through this [link](#) and we will be in touch with you shortly.

There are Ambassador Volunteers actively connected and supporting parent/carers of children with SEND across Devon. If you would like to get connected to their networks please get in touch with: Ambassador Volunteer Coordinator-megankenneallystone@devon.gov.uk and we can put you in touch with an Ambassador Volunteer network near you!

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.

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.

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.

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.

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.

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

Devon Schools links

Mentally Healthy Schools and the Anna Freud National Centre for Children and Families

Mentally Healthy Schools brings together quality-assured mental health resources, information & advice for schools and further education settings in England, Northern Ireland, Scotland and Wales.

Download free resources and toolkits including:

- [Peer mentoring toolkit](#)
- [Staff wellbeing planning pack](#)
- [Separation anxiety - tools for teachers](#)
- [Sleep guidance](#) - advice for parents and carers on how to help children get a good night's sleep.
- [Sleep relaxation guidance](#), with images, designed to ease bedtime worries for children.

Read more on the website

www.mentallyhealthyschools.org.uk

Mental Health Foundation / Make it Count campaign www.mentalhealth.org.uk

More and more school children are struggling to cope with their mental health. Amidst rising rates of depression, anxiety and self-harm in children and young people, the Mental Health Foundation are launching their new Make it Count campaign, because mental health is not extracurricular.

Visit the website (<https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count>) for Guides for pupils, parents and teachers for more info and links to the following resources:

For pupils: advice on how to keep yourself mentally healthy. Staying mentally healthy is just as important as staying physically healthy.

For parents and carers: information to help children understand, protect and sustain their mental health.

For teachers: information to help them create a classroom and school environment where children can thrive with good mental health.

You may also be interested in:

- [How to sleep better](#)
- [How to look after your mental health using mindfulness](#)
- [How to look after your mental health using exercise](#)

NHS Mental Health apps

Download free mental health apps from the [NHS resources library](#) with help and support available for children and young people including:

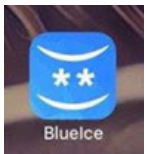
Chill Panda Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



Meetwo Provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



Bluelce An evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.



Calm Harm Designed to help people resist or manage the urge to self-harm. The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.



YoungMinds youngminds.org.uk

The YoungMinds resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.



Visit the Schools Resources library for a selection of resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job. There's also tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic - read more on the YoungMinds website.

The Mix themix.org.uk



Essential support for under-25's

The Mix is the UK's leading support service for young people and are here to help them take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk via their online community, on social, through their free, confidential helpline or their counselling service. 0808 808 4994 or visit this page to find out how to contact someone via text or email.

Shout 85258 giveusashout.org



Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. The service was launched publicly in May 2019 and it's had more than 500,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.

TEXT 'SHOUT' TO 85258 | here for you 24/7

Childline call free on 0800 1111

Childline is confidential service where you can talk about anything from abuse, bullying, sex and relationships, drugs and alcohol, family relationships and lots of other topics. Read more at childline.org.uk



Something's not right

National campaign by Childline

Something's not right is a national campaign to increase awareness amongst young people. Things have been very different since March and it's been difficult for everyone.

Young people may worry about things that have happened to them or someone else, or not know where to go when they're scared; they might be concerned about missing school or exams, and what will happen in the future. They also might be struggling to cope with their mental health. Whatever's happening, they don't have to cope alone. <https://www.childline.org.uk/somethings-not-right>



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/>

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/>

How safe are Apps, Games and Websites?

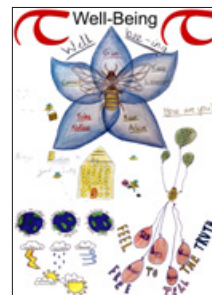
If you type the name of the game/app/website into <https://www.net-aware.org.uk/> it gives you a quick, easy to understand snapshot as to what the app is, how safe it is etc.

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.

Supporting Mental Health at Tavistock College

For more information please contact Mr Hosking.
n.hosking@tavistockcollege.org



Tavistock COLLEGE

