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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 theme.



**Dartmoor**  
MULTI ACADEMY TRUST

We have come to the end of year 11 and 13 assessments. Learners have worked incredibly hard revising, organising their time and completing assessments to gain evidence towards their final grade discussions and submission. Their teachers have worked tirelessly marking, internally verifying and meeting to discuss each student's grades individually. The majority of Year 11 and 13 students know their destination, and I have had many career based conversations including university, apprenticeships, gap years and of course our 6th form. It is great to converse about their high aspirations and potential careers. We are still a few weeks away as external validation needs to happen but we have some exciting transition events planned for after half term to broaden their curriculum and horizons. We all look forward to those exam groups celebrating their well deserved results in August before letting their hair down during graduation and year 11 prom.

Year 11 prom will be held at Borrington Golf Club, Plympton on Wednesday 14th July 2021 from 7pm. More information regarding travel and food can be obtained from Mrs Squire (HoY 11).

Year 13 graduation takes place on Friday 28th June. It will be an amazing event celebrating their success. The prom will be held on the 7th of July at The National Marine Aquarium in Plymouth. This will be a great opportunity for the Y13s to celebrate after an unprecedented year. Please don't forget to get your Y13 prom tickets by the 11th of June!

A few weeks ago I wrote about our movement towards a relational approach to students. We hope that through strong professional relationships and proactivity we can support all students to fulfill their potential. In order to achieve this we are having to amend our behaviour policy and systems to meet the relational approach. To support this transition an external company called Humanutopia have worked with students recently. It has already had an impact, as shown in an email a tutor received.

*"I was hoping you could thank Stevie and Tamara (the humanutopia people) for me. The session surprisingly boosted my confidence today, and helped me out a bit with a few things I struggle with, so I'd like them to know that I appreciate their work".*

We are delighted to be in a position whereby we can increasingly offer a wider range of extra-curricular opportunities as the summer term unfolds. Both the creative arts and PE faculties offer a full programme of activities and clubs. This can be found on page 3.

James Stroud, Assistant Principal

## Diversity week 21st-25th June

Leading up to and as part of Diversity Week we will be raising some awareness on LGBT+

Why raise awareness?

- Reduce bullying
- Improve LGBT+ pupil attendance and attainment
- Increase student voice
- Boost student social and support networks
- Improve mental well-being amongst LGBT+ pupils.

As a college, we will be working towards a 'Rainbow Flag Award'. This is a quality assurance framework to focus on positive LGBT+ inclusion and visibility.

Our focus is ensure that we have effective policies, run campaigns, student voice, pastoral support, inclusive curriculum and meet the requirements of OFSTED requirements of preventing homophobic, biphobic and transphobic bullying.

We have recently introduced a team of staff as 'LGBT+ Allies'. These members of staff are 'safe to talk to' people for our LGBT+ students, who have a genuine, strong passion for the well-being of LGBT+ students and advocates for equal rights and fair treatment as well as pastoral support. During Diversity Week, we will have a stand in the concourse for students to access information and support, along with some items for sale to raise for our chosen charity 'Just Like Us'

They are a charity for young people. Their mission is to empower young people to champion LGBT+ and equality. Leading up to this week we are also sharing information about LGBTQ+ throughout our pastoral program with diversity and equality central to our community.

## Safety in the car park

Due to on-going concerns over safety in the car park, unless authorised to do so, parents/carers are requested not to drop students off in the college after 8.20am and should not come on site to collect until after 3.15pm.

If walking in from an alternative safe drop off point, students should have sufficient time to arrive in school for the start of tutor time at 8.40 am.

This is to ensure the safety of all students entering and leaving site.

Thank you for your cooperation.

# Social Media

Social media is now a major part of society and seems to play an integral part of many young people's lives. Social media can help to build connections and friendships, it makes the world seem smaller and it can raise awareness of important social and cultural issues. However, social media can also cause people to feel more isolated, breakdown friendships and enable people to share views which can cause offence.

I am currently reading "The Stress Solution" by Dr Rangan Chatterjee (2018) and the book has some really interesting insights into social media and the overuse of technology. For a long time I have resisted joining Instagram as a social media platform however, more recently with more young people using it, I have thought about joining so that I have knowledge of how the "beast" works. However, after reading this book, I will continue to resist this. The Royal Society of Public Health identified Instagram as the 'worst social media platform' for mental health in 2017, when the society surveyed 14-25 year olds. This alarms me considering that this was 4 years ago and the use of Instagram has quadrupled since these findings.

Instagram provides young people with a false view of the world with its beautiful flawless filtered images of people and places. Dr Chatterjee (2018) states that this changes our brains perception of normality and skews reality. Instagram stories often portray amazing and perfect lives, which encourage comparison and self critique. People generally feel an overwhelming sense of inadequacy and failure when they look at these stories against their own. Young people are more susceptible to this than any other age group and therefore, the effects of this social media platform is likely to be much greater for them.

I often speak to parents and colleagues about social media and Instagram and we more often than not have the same discussion- "I am glad we didn't have social media when we were in school, the pressure to be perfect is too great. Wouldn't it be good if they could just switch off from it". In fact there are scientific reasons why young people do not want to give up Instagram, despite the negative effects upon their mental health. When a young person adds to their story and receives 'likes', dopamine, the hormone associated with reward, is released into the body. This keeps young people coming back for more in a very similar way to a person revisiting the casino over and over again.

So how do we support our young people to take a break from social media platforms such as Instagram? Have we asked them why they are on social media regularly? Do they need their phone with them at all times? If so why? The answers might be quite interesting. Dr Chatterjee (2018) offers some simple ways to mute the digital world for young people:

- Have a non-tech lunch hour
- Intermittent fasting from the phone
- Mute notifications
- Put the phone out of sight during social situations
- Take notes or keep a diary on paper
- If it is an iPhone, switch on greyscale
- Track the usage
- Challenge each other to see who can use their phone least

The impact of social media upon young people and their mental health is something I am very passionate about and I intend to go on to do further research around this, in order to support our young people to manage their use of these platforms. I would recommend Dr Chatterjee's book, not only in regard to this particular subject, but in reference to finding purpose, connecting more in relationships, eating smart and discovering calm.

## Poems for Earth Day

Year 7 poetry club wrote some beautiful poems for Earth Day.

### What I see for the future

What I see for the future  
Fires burning through land  
Like a whale swimming through the sea,  
Getting caught , getting caught in sharp  
plastic ,dying from getting mangled and tangled  
just because people are being to lazy

What is the point?  
You are only killing yourself  
You are your own murderer  
In a small amount of time  
It will be to late  
No chance for life  
No life for them

Them  
The animals  
Dying because of us  
Never to be seen again

Meradith Hannaford

### Our Planet

How it was a place of peace and relaxation,  
How the turtles swam and the birds sang,  
The waves roll over in a deep sigh eroding the cliffs,  
The sun lowers for the night to rise,  
But how the humans were brought upon this earth,  
To bring a unholy manner of destruction,  
To bring poverty and waste to this once beautiful planet,  
Turtles have died, Whales have beached themselves because  
of the human race,  
We have filled our ocean with 5.25 trillion pieces of plastic,  
We need to change our ways, change our habits,  
To change the appearance of our planet.

Evie Palmer

# P.E. EXTRA CURRICULAR

## After College Sessions

Spring 2021 - 3.15pm-4.15PM

TUESDAY	THURSDAY
YEAR 7 FOOTBALL RCO	YEAR 10 / 11 FOOTBALL NHO / RCO andcoaches
YEAR 8/9 FOOTBALL NRE/CTH	YEAR 10 / 11 NETBALL JHO / LHA
YEAR 7 / 8 / 9 NETBALL RDO / HBL / LHA	1st TEAM FOOTBALL SHL
YEAR 7 / 8 RUGBY NMU and coaches	YEAR 11 RUGBY NMU / RCO

## Recess 2 Sessions

Session	Mon	Tue	Wed	Thur	Fri
Fitness Suite	A: DDO B: JHO	A: NIN B: RCO	A: RCO B: CTH	A: NMU B: RDO	A: NMU B: RCO
Sports Hall (Basketball)	A: LHA B: LHA	A: RDO B: NIN	A: SHL B: JHO	A: DDO B: NHO	A: CTH B: SHL
	YEAR 7	YEAR 8	YEAR 9	YEAR 10	6th FORM

**Football:** Boots and shin pads will be needed to play football on the grass but trainers are ok on the astro

Football will alternate for the year groups between the astro and the field each week so to share facilities. Year 7 and 9 will start on the astro.

**Netball:** will alternate between the hardcourts, athletics track court and sports hall each week to share facilities. Year 7 and 9 will start on the hard courts.

**Rugby:** Boots are needed for rugby and gum shields for when contact is introduced.

# CREATIVE ARTS EXTRA CURRICULAR

## After College Sessions

\*Please contact the named Faculty member of staff if you have any queries about a club or email: [e.pearson@tavistockcollege.org](mailto:e.pearson@tavistockcollege.org)

MONDAY
JAZZ BAND* Main Hall 3pm - 4.15pm - Mr Lambert *Currently Jazz Band will be invite only

TUESDAY
Y11 Art Club - A4 3.15pm - 4.45pm - Mrs Wyatt
Y11 Music Coursework Catch Up -MU3 3.15pm - 4.30pm - Mr Lambert
Year 8 Step Up - 3pm - 4pm - Music - JLA / BGI MU3 Tuesday 8th June Session 2 Tuesday 15th June Session 2
Year 8 Step Up 3pm - 4pm - Art - KWY and TGA A4 Tuesday 8th June (Session 1) Tuesday 15th June (Session 2)
Year 8 Step Up 3pm - 4pm - Photography - KBA A1 Tuesday 22nd June (Session 1)
Year 8 Step Up 3pm - 4pm - Media Studies - SHU MS1 Tuesday 8th June Session 1 Tuesday 15th June Session 2
Year 8 Step Up 3pm - 4pm - Textiles - JHA TX1 Tuesday 15th June Session 1 Tuesday 22nd June Session 2

THURSDAY
Y11 Photography Coursework Catch Up A1 3.15pm - 4.30pm - Mrs Bassett
Y11 Textiles Coursework Catch Up DT8 3.15pm - 4.30pm - Miss Harris
Y9 Music Club* MU1 3.15pm - 4.30pm - Miss Gibbons *Currently only for anyone in the Y9 music class
Year 8 Step Up 3pm - 4pm - Drama - EPE Dr2 Thursday 15th June Session 2 (Virtual Theatre Trip 3- 5pm)
Year 8 Step Up 3pm - 4pm - Art - KWY and TGA A4 Thursday 10th June (Session 1) Thursday 17th June (Session 2)
Year 8 Step Up 3pm - 4pm - Photography - KBA A1 Thursday 24th June (Session 2)
Year 8 Step Up 3pm - 4pm - Media Studies - SHU MS1 Thursday 10th June Session 1 Thursday 17th June Session 2
Year 8 Step Up 3pm - 4pm - Textiles - JHA TX1 Thursday 17th June Session 1 Thursday 24th June Session 2

## Peripatetic lessons

Please speak to Mr Lambert or email [j.lambert@tavistockcollege.org](mailto:j.lambert@tavistockcollege.org) if you would like information

Mon	GUITAR with James Davies PIANO/ BASS / THEORY with Dan Hiscott
Tues	PIANO with Jane Phelpstead DRUMS with Ray Marks LAMDA with Vanessa McCarty WOODWIND with Dan Hillman BRASS with Pete Jones
Wed	SINGING with Pippa McDougall
Thurs	SINGING with Tracy Harding DRUMS with Ray Marks

YEAR 8 STEP UP SESSIONS are for students who have opted to take this subject at KS4 - a separate letter has been sent to students regarding these

VIRTUAL THEATRE CLUB Please keep an eye out for announcements to watch virtual theatre productions in the Main Hall. Will be advertised via parental email/Gateway, Google Classrooms and Student Bulletin

ARTS AWARD meetings will be called via Google Classrooms and Student Bulletin.

## Recess space availability

(these are drop ins where students may work/ rehearse with class teachers permission)

Mon	KS5 Music Coursework catch up MU3 - Y12/13 - Recess 1 & 2
Tues	KS4 Music Coursework catch up MU3 - Y11 - Recess 1 & 2
Thurs	KS4 Music Coursework catch up MU3 - Y11 - Recess 1 & 2

# Dartmoor Line railway competition

Congratulations to Eva Barrett, Riley Bond, Jessica Morwood, Alex Shutt, Isaac Kelly, Milly Bennett-Mitchell, Hannah Maddock, Bethan Godfrey and Quinn Davidsdottir. They have all been shortlisted for the Dartmoor Line railway competition. The winner will get the opportunity to design a logo for the Great Western Railway.

Well done students and good luck.



# Community Governor Vacancy

Our Local Stakeholder Board (LSB) is seeking nominations for two community governors. Community governors are welcomed as valued members of the LSB, representing all our schools within our hub, and play an important role in our commitment to hearing our stakeholder voice. Please think about becoming a governor or encouraging others to volunteer.

## The Role and Responsibilities of Local Stakeholder Boards (LSB)

LSBs provide a local level of access and accountability for our parents and carers, framed within a cooperative structure to build and deepen partnership and connection. This is the place that the voice of the individual pupil, staff member, parent, other membership groups, is heard and understood, where the lived experience of our provision and offer is felt and triangulated. The LSBs monitor and challenge the schools within the following areas, as aligned with the Scheme of Delegation:

Stakeholders	Safeguarding	Standards
<ul style="list-style-type: none"> <li>Maintain unique identity and ethos of each school within the LSB and safeguard the vision and values, building the overall hub identity within the Trust.</li> <li>Parental engagement and communication</li> <li>Community and Church links</li> <li>Pre School links and communication</li> <li>Governor Lead Roles to include: Safeguarding, Ethos, SEND, Foundation</li> </ul>	<ul style="list-style-type: none"> <li>Pupil attendance and behaviour</li> <li>Monitoring of funding for disadvantaged pupils, special educational needs pupils and other ringfenced funding such as sports premium funding, Covid catch up funding and Year 7 literacy catch up funding</li> <li>Curriculum delivery including provision for vulnerable groups e.g. Special Educational needs and funding for disadvantaged pupils</li> <li>Single Central Record compliance</li> <li>Transition of pupils across educational phase and schools</li> </ul>	<ul style="list-style-type: none"> <li>School Website compliance</li> <li>H &amp; S site and premises issues and future development plans</li> <li>School policies</li> <li>Advise and consult on recruitment within church schools where participation by foundation governors on leadership interview panels is mandatory (this may be achieved through the appointments panel and may not be a member of the specific school recruiting)</li> </ul>

All LSBs meet once every half term for one and a half hours. Due to Covid, these meetings are currently virtual. As restrictions are eased, it is intended that one meeting per term will be 'live' but a virtual option will be available. The other meeting will remain virtual.

## Contribution to the governing body

Governors should ensure that they make a positive and meaningful contribution to the governing body by:

- attending meetings (a minimum of 4 LSB meetings each year), reading papers and preparing questions in advance
- establishing and maintaining professional relationships with senior leaders and colleagues on the board
- getting to know the schools, including visiting the schools occasionally during school hours
- undertaking induction training and developing knowledge and skills on an ongoing basis.

## Expenses

Governors should not receive out of pocket expenses incurred as a result of fulfilling their role as governor. However, payments can cover incidental expenses, such as travel and dependency care, but not loss of earnings.

## Interested?

We are committed to diversity and inclusivity and we welcome applications from people from every background and walk of life. We believe that education embraces our entire community, and we are eager that community voices be heard and be part of the debate and discussion at our meetings.

If you would like more information, please contact the Chair of the LSB for an informal chat by emailing: [s.sweeney@tavistockcollege.org](mailto:s.sweeney@tavistockcollege.org)

To apply, please complete the form linked [here](#) and available from the Trust website 'Join Us' page here

<https://www.dartmoormat.org.uk/governance.html> Completed nomination forms must be completed online by **30th May - 12:00**.

Kind regards, **Sean Sweeney** Chair of Governors

## Living Life To the Full at Tavistock College

Living Life to the Full Living Life to The Full (LLtTF) is our CBT program for student support and early help.

These cognitive behavioural therapy sessions are now entering a new phase, in small group settings. One very successful method of delivery is through our 6th form Mental Health Ambassadors, following their training.

As we move forward and back to sense of normality and personal interaction, our 6 week student support program will provide a strong support structure to help our young people who might be deal with anxiety, stress or low self-esteem.

Throughout LLtTF Cognitive Behaviour Therapy (CBT) is used in order to help some of our young people make sense of different emotions that they are often feeling but might struggle to understand. Each session is spaced, providing time to try out new ways of dealing with difficult situations and emotions. The key components of the program are; advice and guidance around behaviours, emotions, activity, diet and other strategies to improve well-being. Stress and low mood can be common in young people and LLtTF continues to build on past successes, producing: excellent outcomes, valuable strategies and achievable solutions for many young people in our community. *N Hosking, PE Faculty*

## Preloved uniform

### and revision material

It would be fantastic if students could donate their preloved uniforms so we can recycle to younger years. If we pull together as a community we can support each other. If the uniform could be washed and bagged and brought into reception that would be amazing. It is not only clothing we would welcome, any revision material (revision guides, books, flash cards) would be gratefully received. These can be handed back to their relevant teacher or simply all dropped off to reception.

**Inclusive Family Focused sessions to have fun and get active or stay active together join in now!**



**FREE to Attend**

Parents and their children can get active together at this session. Family couch to 5K (C25K) and Multi skills / sports session taking place at the same time / same place. Couch to 5K is for everyone. Whether you've never run before or you just want to get fitter, healthier and more active.

The first 40 families that attend 6 sessions will receive a Tavistock Gift card to the value of £40.

Family - minimum 1 adult and 1 child must attend a minimum of 6 sessions. A family can only receive one gift card to the value of £40. This offer is restricted to the first 40 families.

Tavistock Gift Card | Town & City Gift Cards UK (townandcitygiftcards.com)



**Pre booking required using the QR code**

Alternatively contact Lisa Allford on 07582 350349 or Email: Lisa.allford@activedevon.org



**Wednesdays 6 - 7pm, starting on Wednesday 2nd June 2021 (for 12 weeks) at Tavistock College 3G pitch, PL19 8DD**

Parking: College car park and walk down the side of the athletics track on the path to access the 3G

## Free family activities

A local opportunity for families to be active together. The Family Couch to 5K (C25K) and Multi Skills / Sports session will be taking place at the same time in the same place, enabling parents and their children can get active together.

This project will support the local community and economy through activity, the sessions will be based on the Tavistock College 3G pitch and led by coaches from Tavistock Rugby Club and Dotty from Bere Alston Trekkers. This will enable them to do more great work with their local families and help the club to be seen as a somewhere for children, parents, grandparents, cousins, and extended family to spend time in their community getting more active, healthier and happier. We will also be offering the Tavistock Gift Card | Town & City Gift Cards UK (townandcitygiftcards.com) as a family incentive.

### Get more information and register to take part

For track and trace purposes we are asking you to pre-register by completing this [form](#) so that we can register your attendance, along with details of children taking part too.

The first session will take place on Wednesday 2nd June between 6pm - 7pm, the project will run for 12 weeks finishing on Wednesday 18th August. You can join at any stage.

## Thinking about university?

Gain an insight into higher education and university life through engaging online talks and live Q&A sessions via Zoom.

Due to their continuing popularity with students, Plymouth University are happy to announce they will be running their range of live online talks with Q&A, via Zoom, for parents and supporters of students this June!

Registration is now open and instructions on how you can register onto these sessions can be found at: [outreach@plymouth.ac.uk](mailto:outreach@plymouth.ac.uk)

You can attend as many sessions as you wish.



## Mayors award

A student in year 9 (who would like to remain anonymous) has received a joint Mayor's Recognition Award for volunteer work with Tavistock Area Support Services over Christmas. As a college we are extremely proud that they have supported the local community.

## Interested in cycling?

Do you want start your journey to becoming a qualified coach?

Would you like to gain some experience supporting cycling here in the PE curriculum?



### Cycling at Tavistock College

Tavistock college PE faculty are pleased to be working with British Cycling and Dartmoor Velo as we prepare to launch our exciting new cycling project.

Cycling is a great way to keep mentally and physically fit. With the freedom and opportunities that cycling can unlock now is a great time to be involved with this exciting sport.

The first part of our plan is to upskill both volunteers and staff so that we can safely run cycling activities within our curriculum offer.

With British cycling's support, we are able to start this process by running an accredited Young Volunteer's award. This would be perfect for those aged 15 or over looking to develop leadership experience or wanting to progress into coaching in the future. Please contact Mr Hosking in the PE faculty for more details.

## Clean Up Devon

Clean Up Devon is a litter picking campaign by Devon Youth Parliament for young people to clean up their communities.

Getting involved is simple! Arrange to go on a litter pick with friends, family or alone. Then, email or message us with some pictures of your pick (no faces required in pictures!) alongside the information of where you picked and how polluted you found it, for our research.



**LITTER PICKING**

Go out litter picking with friends, family, a community group or alone! Follow our Instagram to find out events happening in each local area



**MAY 31- JUNE 6TH**

Send pictures of you on your litter pick to our social media or to [greenerdevon@gmail.com](mailto:greenerdevon@gmail.com) Contact us to receive an information pack for community groups to organise a pick



FOR MORE INFORMATION CONTACT US ON INSTAGRAM OR TWITTER, @GREENERDEVON

# 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)

## Balancing mental health and screentime with Yoga!

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

## Hub of Hope

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.

## Parental support group

<https://whateverttogether.org/>

## Keeping children safe online

### Sexting

please see the [safeguarding area](#) of the college website for resources and signposting that may be helpful to carers and parents when trying to keep their children safe online including the recently added document; "Sexting advice for young people, parents and carers"

## A Complete Guide to Potentially Dangerous Apps for Kids

Family Education have compiled the ultimate list of the sites and apps tweens and teens are flocking to in 2021. Plus, they have useful tips for protecting your child from cyberbullying and other online safety hazards  
<https://www.familyeducation.com/mobile-apps/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of>

# Tavistock

## COLLEGE