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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

With the government announcement about extending restrictions we are having to evaluate our events both celebratory and transitional, these include year 11 prom, graduation, taster days, summer school and meet the tutor. We will communicate these changes but be assured plans are being made. These events are essential in our community in providing a transitional experience to welcome our new students. The celebratory events are just as important for our young people to celebrate and reflect on a difficult and strange year.

Given we are now in our final term. Plans are afoot to ensure that all new systems and processes are ready for September. A big change will be our work around the Learning Recovery Centre. This will support students to enable them to thrive. It will also provide a consistent policy for teachers to ensure high expectations are maintained in their classroom. We all know that quality first teaching has the greatest impact on academic outcomes. This has to be underpinned with effective pastoral support. These systems will tie these together.

Having recently done some research about culture and key marginalisation. All students come from different backgrounds and therefore had different experiences. Their life experiences have shaped them in very different ways. Having a strong relationship with that individual would change the way you would view and speak to them. This is why our relational policy is essential for success. Think about a homeless person on the street, your opinion or understanding of the person would change if you understood the background and reason why they are homeless. This is the same for students, we need to understand the background including the key marginalisation as a consideration point for any conversation

I hope you have all had a lovely half term and are enjoyed the nice weather.

James Stroud, Assistant Principal

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.

The Art department

Royal mail covid heroes stamp

Congratulations to Jessica Cotton, Bonnie Langley, Lana Burton, Eva Barrett, Sion Hathaway, Holly Wilson, Kieran Edwards, Josie Brinton, Faye Porter, Jemma Martin, Gracie Young, Ellie Saul, Evelyn Quinn, Miles Insley and Josh Allott. They have all been successfully short listed for the Royal Mail Covid Heroes stamp short list. Good luck everyone.

Art Champions.

We are hoping to create a group of talented artists from year 7-13 to come together and help with school or community projects, college productions and competitions.

If you are a keen artist, or taking GCSE or Alevel and want to improve your portfolio, please email Mrs Wyatt and she can add you to this creative Google Classroom.

Message from Mathematics

As you may know, pupils at Tavistock College follow a GCSE mathematics course which terminates with three written examinations. In two of the papers a calculator may be used.

In our experience, pupils that use their own scientific calculator and equipment (pair of compasses, ruler, protractor etc.) on a regular basis for classwork and homework are more confident in their ability to use these items and tend to therefore do better in examinations.

We recommend purchasing the Casio fx-83 GT or Casio fx-83 GTX as this is the model that we use in lessons and it has many useful features and is approved by the exam boards. Pupils will also require a scientific calculator for their Science exams and certainly be beneficial during the courses of some other subjects.

We are able to offer a few at cost price to us, the model Casio fx-83 GT in either black, blue or pink. These are available on Gateway for purchase. Alternatively the above models are available to purchase in most high street or online stationers.

Thank you for your support and if you have any questions, please do not hesitate to contact your son/daughter's Mathematics teacher or me (t.adams@tavistockcollege.org)

yours sincerely,

Mathematics Department.

Reducing parental conflict

We have 250 FREE e-learning modules to offer community & voluntary groups.

The Reducing Parental Conflict (RPC) programme, funded by the Department of Work & Pensions, is aimed at conflict below the threshold of domestic abuse.

E-learning modules will be given out on a first come, first served basis to practitioners who have not previously completed any RPC training.

You must apply for the e-learning module before 1st September 2021 – you then have up to 31st March 2022 to complete it.

Aims of e-learning module

- Recognising and responding to parental conflict, including stressors and potential triggers (gained from evidence based research)
- Insight into the impact of parental conflict on children's outcomes
- Understanding of the role of fathers/male carers in a child's life

To apply for an e-learning module [click here](#)

Any queries, please contact the Workforce Development Mailbox: safeguardinglearning-mailbox@devon.gov.uk

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.

P.E. EXTRA CURRICULAR

After College Sessions 3.15-4.15pm

MON	TUE	THUR
6th Form Sport SUMMER SPORT OPTIONS SHL / NIN	YEAR 7/10 ATHLETICS NHO / DDO / LHA	YEAR 8 / 9 ATHLETICS HBL / DDO
YEAR 10 ROUNDERS NRE / LHA	ALL YEARS SOFTBALL/ CRICKET NMU / CTH	YEAR 7 / 8 / 9 ROUNDERS JHO / RDO
	ALL YEARS BADMINTON ABE	YEAR ALL YEARS TENNIS RCO / CTH

Recess 2 Sessions Y7 require a fitness suite induction on their first visit for health and safety purposes

	MON	TUES	WED	THURS	FRI
FITNESS SUITE	A: DDO B: JHO	A: NIN B: RCO	A: RCO B: CTH	A: NMU B: RDO	A: NMU B: RCO
	6th FORM / YEAR 11	YEAR 10	YEAR 9	YEAR 8	YEAR 7
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/ YEAR 11

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

MONDAY

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

TUESDAY

Y7 Choir - After school on Tuesday 3pm - 4pm

Year 8 Step Up 3pm - 4pm - Photography - KBA A1
Tuesday 22nd June (Session 1)

Year 8 Step Up 3pm - 4pm - Textiles - JHA TX1
Tuesday 22nd June Session 2

THURSDAY

Y10 Photography Studio
A1 3.15pm - 4.30pm - Mrs Bassett

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 - Photography - KBA A1
Thursday 24th June (Session 2)

Year 8 Step Up 3pm - 4pm - Textiles - JHA TX1
Thursday 24th June Session 2

Peripatetic lessons

Please speak to Mr Lambert or email 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

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.

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

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

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.

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

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 Fun 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/>

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

Youth Intervention

Answering questions about law and policing, 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/>

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://whatevertogogether.org/>

Keeping children safe online

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.

A Guide to Potentially Dangerous Apps for Kids

Plus 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>

NSPCC Helpline for victims of sexual abuse in schools

Sexual abuse in any form is unacceptable.

A dedicated helpline is now open to support anyone who has been a victim of sexual abuse. The helpline is run by the NSPCC and will provide victims of abuse with the appropriate support, advice and onward action, including on contacting professionals or the police if they wish. The helpline will also provide support to parents and professionals too.

Telephone 0800 136 663, or email help@nspcc.org.uk.



Rainbow theme or one colour of the rainbow clothing to be worn.
£1 donations asked to go towards the diversity group project and the just like us charity. (please give to tutors)

LGBT information stall with some items that can be purchased to raise funding will be situated in the concourse during break and lunch.

Tavistock COLLEGE

