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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

This fortnight has seen assemblies on the new Learning Recovery Centre, Recognition system and the detailing of our plans for the new house system launch. These three launches will be trialled for a few weeks with KS3 and then launched in September. We feel passionately about our cooperative and ethical values and these will give recognition to students following and exemplifying them.

Unfortunately COVID 19 has arrived at the college door and as a result we had to follow PHE advice and send students who were in close proximity (indirect correct) home to self isolate for 10 day at the time of contact. It has been a while since we needed to follow such advice so below are some FAQ around keeping your child safe at home.

### What if my child tests positive using a LFD home test kit?

Keep your child at home, tell school the result and report it via [GOV.UK](https://www.gov.uk). Your child and whole household should self-isolate at home immediately, and get a PCR test within two days to confirm the result. The student can return to school if the PCR test result (taken within two days of the LFD test) is negative and they have no symptoms.

### What if my child tests positive using a PCR test?

Keep your child at home and tell school the result. Your household must self-isolate for 10 full days after your child's symptoms started, or from the day of their test if they had no symptoms. They can return to school after 10 full days of self-isolation, provided they feel well and have not had a high temperature for 24 hours.

### What if my child has COVID-19 symptoms?

Keep your child at home and tell school. Get the child a PCR test as soon as possible via <https://www.gov.uk/get-coronavirus-test>. Your child and household must self-isolate and wait for the results. If their PCR test result is negative the child can return to school provided they feel well and have not had a high temperature for 24 hours. If their PCR test result is positive they must self isolate at home for 10 full days.

### What if my child is identified as a 'close contact' of someone who tests positive or has been sent home from school as part of a 'bubble'?

Keep your child at home. Your child must self-isolate at home for 10 full days, even if they test negative during this time. The rest of your household doesn't need to self-isolate, unless they are identified as a 'close contact' too. The child can return to school after completing 10 full days of self-isolation at home, provided they feel well and do not have any COVID-19 symptoms.

### What if someone in my household has COVID-19 symptoms?

Keep your child at home and tell school. The person with COVID-19 symptoms should get a PCR test via [devon.cc/testing](https://devon.cc/testing) as soon as possible, your household must self-isolate and wait for the result. Your child can return to school if the person with symptoms tests negative, provided your child feels well and doesn't have COVID-19 symptoms.

### What if someone in my household tests positive for COVID-19?

Keep your child at home and tell school if it's a LFD positive result, get a PCR test within 2 days to confirm the result. If it's a PCR positive result your household must self-isolate for 10 full days

We hope the letter from our Associate Principal detailing our plans for accessing work at home offered some clarity. If you would like further information please contact their tutor.

James Stroud, Assistant Principal



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MULTI ACADEMY TRUST



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COMMUNITY RUGBY CAMPS  
- AUGUST -

In partnership with  
**Dartmoor Multi Academy Trust**

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9:30AM - 3:00PM EACH DAY

- Wednesday 11th August: Okehampton College  
Use code [OKEHAMPTO110821](#) to book
- Tuesday 17th August: Tavistock College  
Use code [TAVISTO170821](#) to book
- Wednesday 25th August: Holsworthy College  
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**TO BOOK VISIT [CAMPS.EXETERCHIEFS.CO.UK](https://camps.exeterchiefs.co.uk)**  
Enter the relevant code into the 'Promotional Code' box.  
Click into 'BUY' and scroll down to find your camp.

## Exeter Chiefs

### Community Rugby Camps

Wednesday 11th August:  
Okehampton College - [OKEHAMPTO110821](#)  
Tuesday 17th August:  
Tavistock College - [TAVISTO170821](#)  
Wednesday 25th August:  
Holsworthy College - [HOLSWOR250821](#)

To use the code please follow the link:  
Schedule of events - Exeter Chiefs  
<https://camps.exeterchiefs.co.uk/list/events>  
Enter the code/ copy and paste the code for your camp into the 'Promotional Code' box and press OK  
Click into 'BUY'  
Scroll through the list of camps until one appears with a 'Special Offer' Sticker and click 'BOOK'  
Scroll to the bottom of the page, pick your quantity of tickets, add to cart, and buy your ticket for the camp

# 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.



## Library reopening & reading support success

Our leadership team have already been productive in implementing projects in the College. Our

Deputy head student Emilia Barrett led a team in the spring term with the mission to re-establish access to lower school students to the library resources. On top of this, they set up reading partnerships with Y7 students, giving those in need valuable extra tuition and reading support.

Although the team have now had to put these projects on hold due to the covid rules changing this term, they are keen to re-establish this vital work when they are able. The team of volunteers include: Niamh Iles, Caitlin Turner, Summer Matthews, Avie Venner, Issey Hillman, Connor Maunder, Ned Hopes & Abi Whitehead.

*"It's been a pleasure giving something back to the lower school and seeing the progress in a short space of time. We hope to start it up again in September with the new Y7s."*  
Emilia Barrett

## 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.

## 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.

# Tavistock Squash Academy

just keeps getting bigger and better

Tavistock Squash Club is now one of the biggest and best squash clubs for developing juniors in the Devon. Tavistock's Junior Academy has been running for 3 years and is attended by a minimum of 14 players each session. Most of the players are from Tavistock College and, in particular, students from year 9.

The club's junior academy runs an after-school club each Friday from 3.30 to 4.30 and then each Saturday morning from 10-12. The players are provided with goggles, rackets and trainers (donated by club members), so all they have to do is turn and play. The first session is free and then it costs just £2 for the Friday session and £4 for the Saturday morning session.

Steve Mooney, who is the Academy Director and who is also a level 3 coach, is thrilled to be able to work with so many juniors – 'we wanted to take away as many barriers as possible and make it affordable for as many youngsters to come and try squash. Once the juniors try squash, they love it and really get the bug for improvement – it's an easy sport to learn'

Tavistock's Junior Squash Academy is looking to expand further and if you would like your son/daughter to attend please contact Steve Mooney – [stevemooney11@hotmail.co.uk](mailto:stevemooney11@hotmail.co.uk) for further details



# Library Book Amnesty

## & Book Donations

Please help us to get the library up and running again by returning all stray books to E9 in the English Department, as soon as possible.

**No Fines.**

Donations welcome too. Thank you.

Please check your school bag, your book shelves & your classrooms and bring all library books to E9 on the English corridor.



# Congratulations Ella



Well done to Amden Supreme Golden Dancer (Leo) and Ella Glennon! They still managed such a fantastic performance after all the trauma of clutch going on middle lane of M5 which resulted in a 12 hour journey and LOTS of stress. 74.2% for 3rd and qualified for the finals of the British Dressage young pony 5yr old class at Wellington Premier League show. Massive achievement from both pony and Ella as she has trained him herself and it is only the pony's second show

# 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	All Years Tennis RCO / CTH

## Recess 2 Sessions

	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/ Y11	YEAR 10	YEAR 9	YEAR 8	YEAR 7
SPORTS HALL	A: LHA B: LHA	A:RDO B:NIN	A: SHL B: JHO	A: DDO B: NHO	A: CTH B: SHL
(BASKETBALL)	YEAR 7	YEAR 8	YEAR 9	YEAR 10	6th Form/ Y11

# 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

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

**Y10 Art Club** A4 3.15- 4.45pm - Mrs Wyatt

### 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

## Peripatetic lessons

Please speak to Mr Lambert or email [j.lambert@tavistockcollege.org](mailto:j.lambert@tavistockcollege.org) for more information

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

## Recess space availability

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

<b>Mon</b>	<b>KS5 Music</b> Coursework catch up MU3 - Y12/13 - Recess 1 & 2
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# 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)

## 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

[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.

<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](http://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](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/>

## 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)

## 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.

Telephone 0800 136 663, or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

## 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: [safeguardingelearning-mailbox@devon.gov.uk](mailto:safeguardingelearning-mailbox@devon.gov.uk)

# Tavistock COLLEGE