



Fortnightly

For Students & Parents

11-03-2022

FOCUS

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Welcome to the latest edition of our Fortnightly Focus for students and parents for this academic year.

The first thing I must do is acknowledge the loss of a much-loved Year 11 student and member of our school community who died on Wednesday last week. She was an incredibly popular member of the College who was a bright, caring and thoughtful young lady who was always seen with a smile on her face. She will be hugely missed by everybody at the school and within our community. All our thoughts are with her family and friends at this time, and I know yours will be too. It is important to note that the young lady's family have requested that we ask that you respect their privacy and do not engage in rumour and speculation.

When we had to deliver this news to our school community last week, we knew that it would be extremely upsetting for many people, and that many staff and students might experience feelings such as anger, confusion and deep sadness, as is so often the case when someone dies. We have arranged for a book of condolence for students, parents and staff to sign and in due course we will plan a long lasting and fitting memorial.

We were very grateful for the support we, as a school, received from our local community last week when supporting staff and students affected by this tragic news. Support is still available to young people via professionals in school who are trained to support people experiencing loss, bereavement and grief. You will see some more specific information about this below. In addition to support available in school, or if you feel you would benefit from information to help you understand grief and where to get further support should you need it:

<http://childhoodbereavementnetwork.org.uk/>

www.youngminds.org.uk

www.jeremiahsjourney.org.uk

As usual, over the next few pages, there are a number of success stories that we wish to share with you to highlight the achievements and efforts of our young people, both in and outside of the school environment. There are also some pieces of information shared which we hope may be of use to some of our families.

As always, please take care, and don't hesitate to make contact with us if we can be supportive.

Emma Herod, Assistant Principal



Dartmoor

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Take a Moment

Take a moment
Allow yourself to remember
what happened to you
Let it out
Let it consume you
Allow yourself to feel
Feel the immense wave
of grief wash over you
Drown in it for a moment
Feel the sob in your chest
The pain roll down your cheeks
The ache of memories
Then calm yourself
Breathe
Take comfort in all that you have
But always allow yourself
a moment to remember

- RW -



Meet your Rainbows Bereavement Team

We are a group of people trained to support you through your loss or grief.



S Fox
Assistant Head of Year 8



S Biggs
Assistant Teacher



H Cowie
Teacher



S Friend
Assistant Teacher



D Haymen
Assistant Teacher



J Ingleby
Behaviour Support Officer



N Ingleby
Head of Year 8



J Northmore
Behaviour Support Officer



K Pedler
Technician



J Russo
Teacher



Hockey success

Tavistock College played its first competitive hockey match this week hosting Launceston College for a mixed year 7 to 9 match. For some players on both teams it was their first ever hockey game, but they had the support on the pitch of more experienced club players.

The first half despite lots of opportunity we didn't manage to score and with a good break away a Launceston player streaked down the pitch and scored, and celebrated in fantastic style!

In the second half it started to come together for Tavistock and despite still lots of unlucky misses for several of the team, including at one point 3 consecutive strikes on the post, Molly Hunt then scored which seemed to spur our luck on. With loads of hard work and skill from Ollie Houlberg leading to passes and goals for 2 sisters, Megan Griffiths and then on her debut match May Griffiths. In the dying minutes of the game Cane Sadler who had been a brilliant dominant Centre Forward scored to finish the match on the whistle 4:1 to Tavy College.

Despite being their first ever match, everyone played brilliantly together as a team.

Launceston were really great opposition, a lovely friendly match and we are looking forward to our next one on March 24th being held in collaboration with Mount Kelly on their Astro.

Congratulations to the following pupils, and if anyone would like to join in and start playing hockey we train on Thursdays after school for all year groups and experience, we'd love to see you!

Year 7: Milly Wilson, May Griffiths, Shannon Cooper

Year 8: Macy Polhill, Evie Palmer

Year 9: Megan Griffiths, Elsie Maguire, Autumn Matthews, Molly Hunt, Daisy Riddy, Ollie Houlberg, Seth Blundy, Cane Sadler



Parent Autism Awareness programme

We are delighted here at The Communication & Interaction Team (Babcock LDP) to have launched and further develop our new Parent Autism Awareness programme and additional events, following our recent and previous offer of the Cygnet programme online during the pandemic period.

The second strand of supporting events are now ready to share and book onto.

These are topic based workshops, and available for parents/carers to choose from based on the priority needs for their child/young person and desired knowledge and further understanding in these topic areas:

Date	Time	Topic	Trainer
Wed 16 Mar	1-3pm	Autism - Girls	Robert Good
Tues 26 Apr	9.30-11.30	Autism – Communication (pre/non verbal – support strategies)	Laura Matthews
Mon 16 May	12.30-2.30	Autism – Communication (verbal – support strategies)	Laura O'Shea
Tues 24 May	9.30-11.30	Autism – Managing stress + anxiety	Alison Cann
Wed 15 Jun	9.30-11.30	Autism – Demand avoidance + PDA	Robert Good
Fri 8 Jul	9.30-11.30	Autism – Vulnerability + online safety	Paul Lamanna
Thurs 28 Jul	9.30-11.30	Autism – Sensory processing + integration	Kevin Jones

Apply direct by email to: LDP-LearnerSupport@babcockinternational.com To secure a place on any of the above topic based workshops. We will confirm your booking request and provide you with a direct link to the event.

They will be delivered on line 'live' via the ClickMeet platform.

Vacancies

Dartmoor Multi Academy Trust (dartmoormat.org.uk)

<https://www.dartmoormat.org.uk/job-vacancies.html>

Current vacancies include:

- Administrator at North Tawton Primary
- Caretakers (Okehampton College and Tavistock College)
- Teaching Assistants and Higher Level Teaching Assistants (across Trust schools)
- Cleaners across trust schools



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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

Barnados

Help to cope with the Covid-19 crisis.
www.barnados.org.uk/see-hear-respond

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

Hub of Hope

Organisations / charities offering mental health advice and support. <https://hubofhope.co.uk/>

Chat Health School Nurse

Text Message Service 07520631722 Anonymous, confidential advice for 11-19 year olds

The Alcohol Education Trust

www.talkaboutalcohol.com Helping students 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>

Coronavirus helpline

COVID-19 and education. Tel: 0800 046 8687
Email: DfE.coronavirushelpline@education.gov.uk

Kooth online

Mental health and wellbeing support to farming families. www.rabi.org.uk/kooth

Mind

Reliable resources and tips to help you cope with the CoronaVirus (COVID-19) pandemic
<https://www.mind.org.uk/information-support/coronavirus/>

Free Outward Bound courses

FREE places on [Outward Bound Courses](#) to young people aged 16-22 who live in Devon.

Early Help resources

Seeing parent conflict through the child's eyes.
<https://www.seeitdifferently.org/>

Apps, games, websites?

Type the name of the game/app/website into <https://www.net-aware.org.uk/> a quick, easy snapshot - what the app is, how safe it is etc.

Youth Intervention

Law & policing, Instagram @yourpolice.uk Rights, law and terminology, information on consent, healthy behaviours and behaviour change.

Alleviating fuel poverty

YLEAP is a Devon wide service. Its free and saves households on average £1000. For West Devon <https://tamarenergycommunity.com/>

Keeping children safe online

The [safeguarding area](#) of the college website for resources and signposting.

A guide to potentially dangerous apps for kids

Plus useful tips for protecting your child from 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.

Citizens Advice

Call our free, local AdviceLine on 0808 27 87 999
Get advice and webchat via www.ruraldevoncab.org.uk
Email us on info@ruraldevoncab.org.uk
Message us www.facebook.com/TorrigeNorthMidWestCA



LET'S TALK TEENAGERS

Dates:

- Tuesday 8 March
- Tuesday 15 March
- Tuesday 22 March

Free support sessions for parents and carers



Have you got teenagers? Join us online for a chat about some of the challenges young people are facing today, and find out what tools you can use to support them.

We'll be running twilight sessions throughout March, covering topics such as:

- drugs and alcohol
- body image
- safety online
- mental health
- social risks
- peer pressure



Weekly 90 minute sessions starting at 7.00pm



Visit devon.cc/teenagers to find out more about each session and book your free place.



Tavistock COLLEGE