



# Fortnightly

For Students & Parents

08-04-2022

# FOCUS

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

My apologies that this is more of a monthly than fortnightly edition! As you will no doubt be aware, with Covid cases rising in the local

area, we again must thank our staff, students and parents who have been so supportive and flexible in helping us manage to keep the school open and operational to as many students as possible in recent weeks.

As Easter approaches, I think it is always a useful time to reflect on the progress made over the academic year so far, and our plans for the future. As a school, we continue to listen to feedback from our staff, students and parents in order to help us address key issues the school is experiencing and plan more effectively for any future challenges. To that end, this week saw us host the first (in recent, Covid times, anyway!) of our parent forums. A huge thank you to the staff and parents who attended; this enabled us to engage in vital discussions around one of the most important challenges any school faces: bullying. These parent forums will continue to take place, each one addressing a particular issue within school life, and taking on board the views and needs of our stakeholders before moving forwards.

Another big thank you must go to all those involved in supporting us return to our 'pre-covid' uniform expectations, designed to help us continue our journey towards some level of normality in a school setting! The vast majority of students and parents have met this expectation very well, and so many of our students look incredibly smart walking around the school site, which is wonderful to see!

Our year 11 and 13 students continue to work hard towards their exams which are fast approaching in the summer. Revision, mock exams, and all sorts of other preparations are on-going around the school and, while I am sure for many students it feels like these are coming up very quickly, it is important to recognise that all the time in between now and then can be used valuably and purposefully to have an impact when it comes to exam day!

I would like to wish everyone a lovely Easter break. I hope everyone is able to get some valuable rest and recuperation time, ready for what will be a very full and important summer term.

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**  
MULTI ACADEMY TRUST

## Are you committed to your community?

Do you feel you know the rhythm of life within your community?

Are you inspired by the creativity and wonder of children?

Do you have the inquisitiveness to question and analyse?

*If you've said Yes to any of the questions above, have you considered being a Trustee or school Governor?*

Our Trustees bring professional skills and experience to the table to set our strategic direction, manage resources and hold managers to account

Governors on our Local Stakeholder Boards represent our parent and staff voice, the economic and cultural diversity of the community and listen to our pupils

## The benefits are mutual!



To find out more visit our website: <https://www.dartmoormat.org.uk/> to ask for an application form contact: [j.hooper@dmatschools.org.uk](mailto:j.hooper@dmatschools.org.uk)



**WIN!** Fill in our survey and enter a prize draw to win a £50 voucher!\*

## TAVISTOCK NEIGHBOURHOOD PLAN



Have YOUR SAY about the future of TAVISTOCK

### TO ACCESS OUR SURVEY:



Scan the QR code



Collect a paper copy from the Visitor Information Centre



Visit [www.surveymonkey.co.uk/r/TavistockPlanSurvey](http://www.surveymonkey.co.uk/r/TavistockPlanSurvey)



<https://tavistockplan.info>



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@TavistockPlan



@TavistockPlan



[Tavistockplan@gmail.com](mailto:Tavistockplan@gmail.com)

Time to look to the future  
**TAVISTOCK PLAN**

\*Please see online/printed survey for T&Cs

# Hockey tournament

On March 13th 2 Year 9 pupils had an exciting day playing hockey for Devon in a county tournament. Both Ollie Houlberg and Molly Hunt have played hockey since a young age, although for different clubs. Ollie plays for Marjons in Plymouth and Molly plays for Tavistock Hockey Club. Both students were selected for Devon last year after rigorous trials but unfortunately due to Covid they were unable to hold any tournaments. This year after both being selected again they have enjoyed monthly training and 2 county tournaments playing Cornwall, Somerset and Dorset. Last weekend the boys played at Blundell's school in Tiverton, and finished the day with one win over Dorset, one draw against Cornwall, and one loss against Somerset. The girls played at Kings College Taunton and managed a dominant win over Cornwall, a thrilling 3 all draw against Dorset, and a no score draw with Somerset. Both students are looking forward to the last county training session of the season next month. Well done to both!



**Anybody interested in playing hockey we would love to see you at the school club on Thursdays, all years and all abilities.**

# Hockey match report

written by Molly Hunt Year 9

This afternoon girls in Years 9-11 took part in a hockey match against Launceston College held on the Mount Kelly Astro. It was a very tough and long fight in the heat, Launceston with a dominantly Year 11 team, Tavistock mostly Year 9's, and we sadly lost 3 - 0. The last goal however caused some controversy, had it hit the back board from a short corner or not?? Overall the score does not reflect how well the team played. We had some great tackles made by our defenders and some awesome interceptions by our attackers. Our goalie Lara Dix worked extremely well, and had a lot of great saves. Thank you to James Crossey for umpiring!

The match was held in collaboration with Mount Kelly who very kindly made their pitch available for us for the game. Both schools enjoyed it and will be arranging further games in the future. Well done to Daisy Andrews, Phoebe Wilson, Frannie Clarke, Caitlan Lynch, Lara Dix, Daisy Riddy, Rebecca Boyd, Autumn Matthews, Molly Hunt, Megan Griffiths, Evie Palmer and last minute super sub Macy Polhill.



# Cross country championship

This weekend 6 Tavistock College pupils made their way up to Loughborough for the UK Inter-county cross country championships. Anya Macaulay, Lara Dix, Fynn Baker, Charlotte and Hannah Walker and Ewan Dix had qualified for the Devon team at the Devon and South west XC Championships earlier in the year. What is even more impressive is that most of them are still in the younger year of their age groups. Despite the sun coming out it was still very muddy underfoot as shown by over 30 shoes being collected from around the course having been sucked off their owners feet! It is a real experience running with the best from all over the UK, each race having around 300 runners the start is really something to see! Congratulations to all our runners on a very tough run and several of them will be running at the English schools XC championships next week in Kent too.



# LAMDA success

We are delighted that students' hard work has been recognised in the results of the recent LAMDA examinations. Students took exams in Public Speaking, Reading for Performance, Acting, Mime and Speaking of Verse and Prose, maintaining Tavistock College's 100% pass rate with 60% of students gaining the top grade of Distinction. For many students this was their first experience of a LAMDA exam. For those working over Grade 6 the qualifications accrue UCAS points, which can be put towards university entry. Of particular note: Emilia Barrett (Y13) gaining Distinction in her last Lamda exam; Grade 8 in Speaking in Public, alongside Eva Mansfield (Y9) who scored an amazing 98% in her first ever Speaking in Public exam. We are extremely proud of all the student's achievements!

**F4A**  
FOR ALL

# F4A EASTER CAMP

13th & 14th April  
20th & 21st April

For girls & boys  
U9's-U16's

**Tavistock College**

**BOOK YOUR PLACE ONLINE**  
**FOOTBALLFORALL.ORG**

**ALL DAY £20**  
9am -12noon £12  
1pm - 4pm £12

Follow us on Facebook  
[www.Facebook.com/footballforalltheyouthacademy](http://www.Facebook.com/footballforalltheyouthacademy)

FOOTBALL FOR ALL YOUTH ACADEMY

# Girls football

## Match report - by Tess Hopes

On Tuesday 15 March, Tavistock college U15 girls football team with their captain Jana Cole and teacher Miss Archer took part in a 9-a-side tournament consisting of 2 games, each 30 minutes. The first match was against Okehampton school. The girls won 9-0. 5 of the scored goals were performed by Evelyn Bray, 2 were scored by Tess Hopes and 2 by Lily Hilton. The defence were fantastic, letting nothing past and the attackers/midfield were sharp and first to everything. Every shot was on target resulting in many goals. Winning this game, therefore means Tavistock had to beat Ivy bridge school to win. The girls worked really well as a team and impressed everyone with their performance!

Then Okehampton school played against Ivybridge resulting in 1-0 to Ivybridge. The next match Tavistock college played against was Ivybridge; unfortunately, we lost 1-0 but the girls did not go down without a fight. The girls attacked and defended outstandingly. Ivybridge struggled to keep up, only managing one breakthrough resulting in a goal. Tavistock had lots of shots on target but sadly we ran out of time. The girls worked phenomenally as a team and with their high spirits and teamwork, next time we will definitely bring the fight again!

Tess Hopes, Jana Cole, Lily Hilton, Evelyn Bray, Leah Cloke, Molly Hunt, Liv Dewolf, Imogen Burbage, Carla Morrison, Bethan Godfrey, Becca Boyd, Megan Griffiths

# Judo Championships

Tavistock College students competed at the British Schools Judo Championships at the English Institute of Sport in Sheffield recently.

Reuben Frise (Y11) battled his way through a large group, performing exceptionally well and finishing one of his wins with what many would say was the throw of the day, or perhaps of the whole tournament! He earned an extremely creditable 7th place.

Phoebe Frise (Y9) also put in some fantastic contests, showing some real tenacity and finished 5th place in her group, just missing out on a bronze medal.

Erin Hopkins (Y8) competing on her 13th birthday and in a new weight category, put in maximum effort and won bronze medal, with some very tough competition.

Alanna Hopkins (Y10) fought through to the semi finals and put in some fabulous throws on the way. Unfortunately she lost her semi final contest and ended up with a bronze medal.

Lottie Hay (Y11) was in a highly competitive group and, after fighting her way through to the semi final, put in outstanding effort in a seemingly unending contest to earn a place in the final. She gave her all but had to settle for the silver medal.

As usual, all 5 of the Tavistock College students put in exceptional effort and were a real credit to the school,

# Ten Tors training

On the weekend of 11th and 12th of March the College's Ten Tors training teams took to the moors for their first overnight practice weekend. A Year 10 team and 2 Year 11 teams met early at school at 8am to sort their kit, load up tents and cooking equipment, and for the first time have to carry around 15kg of weight in their rucksacks. The teams have had plenty of long day walks up to now, learning navigating skills and building their stamina and fitness. In teams of 6 the students work together following a set route with checkpoints across the moor before looking to make camp. This is where the real challenge was now faced last weekend, when 60 mph winds and driving rain meant trying to pitch a tent on the high moor was pretty impossible!

Plan B was to evacuate back to College and have 5\* accommodation in the gymnasium, where the pupils could still practice putting their tents up (inside) and cooking (outside). One benefit was then being able to play basketball until midnight, before settling down to sleep for a very uncomfortable night on the gym floor. Only come morning did the realisation that there was a store cupboard full of comfy gym mats hit them!

The students all set out for a further days walk from College up to Pew Tor and back to complete their first full weekend. They have 3 more practice camps before the actual Ten Tors event on the weekend of 6th-8th May where Year 10s will be completing 35 miles and the Year 11s 45 miles. The College also has a team of sixth formers going for the full 55 mile event. Well done and good luck to all the students involved and many thanks to their team managers Andy Jerrett, Stuart Hearne and Paul Turnbull. Year 11s Joel Blake, Samuel Boyle, James Russell, Brandon Hunt, Sam Hunter, Millie Brimacombe, Luke Burbage, Finn Jordan, William White, Mia Gray, Aiya Zaleski, Laird Whitford

Year 10s Phoebe Wilson,, Jemma Martin, Orson Tindal-Draper, Eden Bennett, Ying Hamlyn-Chen, Callum Wing  
Year 12&13 Benjamin Whitehead, William Russell, Abigail Whitehead, Max Jordan, James Lamb, Lucy Hignett



# Jubilee Challenge

On Tuesday 5th April 6 students from Tavistock College set out for a day on Dartmoor training for the Jubilee Challenge Ten Tors event. The Jubilee Challenge runs alongside the main Ten Tors event on the weekend 6th/7th of May this year. The team will camp at the Okehampton Army Base Camp on the Friday and then along with hundreds of other students from schools all over the South West, supported by staff members, set out on a 10 mile hike on the northern part of the moor, taking in the highest point on Dartmoor, High Wilhays.

This Tuesday the team got together for the first time and completed a 12km training walk in cold windy weather, finishing the day off with a well deserved hot chocolate. Huge congratulations to Wilf Pedler and Ryan Winter year 11, Ruby Chappell, Isaac Crimp, Callum Metters and Danny-Lee Allen from year 9. They are all looking forward to the main event in May!



# Parent Autism Awareness



The Communication & Interaction Team (Babcock LDP) are offering their new Parent Autism Awareness programme, following their recent offer of the Cygnet programme online during the pandemic period.

The programme is for parents/carers of Devon primary and secondary school children who are currently on the autism assessment pathway, in addition to families of children and young people who have received an autism diagnosis.

Attending the Autism awareness parent programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing and supporting presenting needs.

The programme consists of four weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

- Week 1: Autism Overview
- Week 2: Communication
- Week 3: Understanding and Supporting Behaviour
- Week 4: Sensory

The four-week programmes will be starting on:

• Wednesday 27th April, 1pm-3pm  
(with further dates 4th, 11th & 25th May).

• Friday 6th May, 10am-12pm  
(with further dates 13th, 20th & 27th May).

• Wednesday 22nd June, 9.30am-11.30am  
(with further dates 29th June, 6th & 13th July).

Apply direct by email to: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com) to secure a place on any of the above programmes, or express your interest for forthcoming programmes.

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.

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

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

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:

Apply direct by email to: [LDP-LearnerSupport@babcockinternational.com](mailto: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.

# YOUNG MINDS

fighting for young people's mental health

## YoungMinds

**School Anxiety and Refusal: Parents Guide to Support.**

If your child is anxious about school, or their mental health means they are unable to go to school, YoungMinds have advice on supporting them and tips on working with school and other services:

<https://www.youngminds.org.uk/parent/a-zguide/school-anxiety-and-refusal/>



# Child Mind Institute

## Child Mind Institute

**Quick Guide to Separation Anxiety Disorder.**

A child who has separation anxiety disorder experiences such extreme distress when away from a parent or caregiver that they are unable to tolerate periods of separation that are expected for their age. Read the Guide here:

<https://childmind.org/guide/quick-guidetoseparation-anxiety-disorder/>

# HappyMaps

## HappyMaps

HappyMaps is a charity developed by GPs and CAMHS professionals with help from parents and young people. On the HappyMaps website you can find mental health resources for parents and carers, and for young people and children all in one place.

HappyMaps now also has a new 'Body Image' section. Click on the relevant age group and scroll down to the bottom of the topic sections. <https://happymaps.co.uk/>

# Vacancies

Dartmoor Multi Academy Trust

<https://www.dartmoorat.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

# 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

Help to cope with the Covid-19 crisis.  
[www.barnados.org.uk/see-hear-respond](http://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](http://www.inourplace.co.uk) access code TAMAR.

## Support for parents

[www.parent-talk.org.uk/devon](http://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](http://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](mailto:DfE.coronavirushelpline@education.gov.uk)

## Kooth online

Mental health and wellbeing support to farming families. [www.rabi.org.uk/kooth](http://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

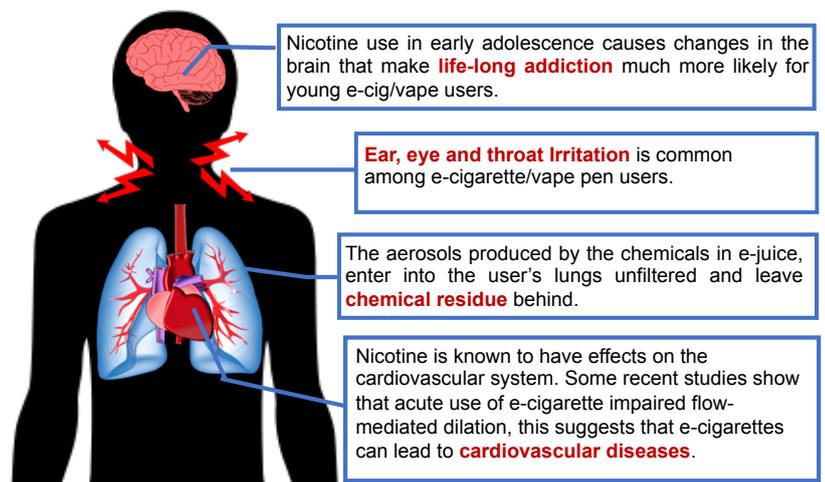
Sexual abuse in any form is unacceptable.  
Telephone 0800 136 663, or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

## Citizens Advice

Free advice: Adviceline 0808 27 87 999 webchat [www.ruraldevoncab.org.uk](http://www.ruraldevoncab.org.uk)  
Email [info@ruraldevoncab.org.uk](mailto:info@ruraldevoncab.org.uk)  
Message [www.facebook.com/TorridgeNorthMidWestCA](https://www.facebook.com/TorridgeNorthMidWestCA)

## Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescent is concerning to health professionals.



Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer and heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



Tobacco Prevention Toolkit  
Division of Adolescent Medicine, Stanford University  
For more information go to: [www.tobaccopreventiontoolkit.stanford.edu](http://www.tobaccopreventiontoolkit.stanford.edu)

# Tavistock COLLEGE