



For Students & Parents



Dear all, as we approach the mid point of this term, and I am getting it in the neck from my wife for still not clearing the old Christmas tree from the garden (surely I'm not the only one?) we start to focus on some very important upcoming events: practical exams in creative arts, physical education and design & technology, the end of the options process for Year 8 and 9 and, of course, a number of parent's evenings. We are constantly looking to improve the college, and after discussion with some of you during the autumn term parent's evenings I know that we can improve, but how is very much where we would like your input! We are reviewing teacher, parent consultation and would value your contribution, click on the link below to participate in a survey that will be open for two weeks for you to give your opinions:

<https://www.surveymonkey.co.uk/r/FVF6Z77>

The questions in the survey are deliberately open, so I invite you to consider these three questions:

- Q) What do you think the purpose of a parents evening should be?
- Q) What's the best way to achieve a meaningful and positive parents evening experience?
- Q) What one thing would improve the current parent evening procedure at the college?

Mr Forster

Fashion Show

On Wednesday 19 April at 7.00 pm a Year 9 Shopaholic Fundraising Fashion Show will be held in the main hall at the college. The main purpose of this event is to fundraise for the Year 9 rewards trip to Quay West Water Park, and to subsidise the Prom which will take place when Year 9 students will be in Year 11.

Tickets will cost £5 for the evening. Michelle Harris from Shopaholic Fundraising Fashion Shows will be there with discounted clothing which is a great opportunity to purchase some high street brand clothing at a massive discount.

I would be very grateful for some help from models and ask any of the Year 9 mums to volunteer!!!

I do look forward to seeing you all at this wonderful event. Mr Read

Student Safety

There has recently been a significant rise in the number of students being dropped off and picked up from the College. In order to ensure the safety of all students, please refrain from dropping students off between 8.20 am and 8.50 am and picking up between 3.10 pm and 3.30pm. Parents/carers are referred to the letter on the College website from the Principal which was posted on 22nd September 2015 which gives further information.

Mrs Coe, Premises Manager

LAMDA Success

In late December 31 Year 7 to 11 students took prestigious London Academy of Music and Dramatic Art examinations and we are delighted to announce a 100% pass rate. Examinations were taken across a range of areas, Public Speaking, Acting, Mime and Speaking of Verse and Prose. Students have to prepare and perform a selection of pieces, perform sight work which is given to them on the day and undertake an interview with the external examiner. Vanessa McCarty (LAMDA teacher) said 'I am absolutely delighted for the students at Tavistock College! The pass rate reflects their excellent attitude and hard work. The exams demand much of the students and they really get to focus on how they communicate and present themselves. It's fantastic that the college supports and values these crucial life skills as they will be invaluable to them as they go on in life'. Several students from Tavistock College 6th Form gained not only their LAMDA qualification, but also UCAS points which will help them secure university places. Year 13 student Zach Woodward said 'Doing LAMDA is such an enjoyable experience, doing it has given me confidence in performance and communicating in different ways, these qualifications give me a real boost and the UCAS points are a great added bonus'. LAMDA sessions are offered via the Creative Arts faculty and open to any student- please see Mrs Pearson for further information.



Duchy College Visit

Tavistock College students from Year 10 and 11 spent a fascinating day at Duchy College this week, enjoying taster sessions across a range of departments. In the Equine department students had the opportunity to try out the equiciser machines, watched the farrier at work and were introduced to all the different aspects of caring for horses, finishing with observing a riding session for the degree level students. In the Animal Care department we met a wide variety of animals, some more appealing than others - the blue tongued skink, for example, was popular with some students, rather less so to others! We then saw the cattle and pigs, where the Farm Manager explained the vital importance of farms like Duchy to the food chain in Britain. After lunch most students opted to go to the Plant department and drive the tractors and fork lift trucks "a serious piece of kit", as one student said appreciatively. Altogether it was



a really good day, introducing students to a huge range of opportunities for the future.
Mrs Harris

SCHOOL NURSE

Fortnightly Health Check

Focus on bladder and bowel

How much fluid are you drinking a day?
Do you know how much you should be drinking and why this is so important?

We've put together some helpful podcasts so you can find out more:

<https://youtu.be/WyLBntO9FQQ>

The importance of fluid intake for children and young people

<https://youtu.be/OzD6nBe-mYI>

Bladder control and potential problems

<https://youtu.be/lKh9PgzeDyg>

Bowel control and potential problems

How do I know if I have a problem?

Signs that you may have bladder or bowel difficulties include:

- Difficulty going to the toilet for a poo. It may be painful or hard
- Soiling
- Wetting (day and/or night)
- Very frequent trip to the toilet for a wee but only passing small amounts
- Needing to go to the toilet very urgently and not able to wait

If you have the following symptoms you may have a urinary tract infection and should see your GP: pain or burning sensation when having a wee; needing to wee frequently; unpleasant smelling wee; pain in your tummy, side or lower back; cloudy wee; blood in wee; or a change in your normal toilet habits e.g. wetting yourself or the bed having been previously dry.

What can you do to help?

- Eat well, move more
- Maintain good fluid intake spread evenly throughout the day with last drink 1.5 hours before bedtime
- Avoid known bladder irritants e.g. blackcurrant, fizzy drinks, caffeinated drinks (many of which are also high in sugar)
- Maintain a regular toileting routine with enough time on the toilet to allow good position and full voiding (emptying) of both bladder and bowel
- Contact your School Nurse or GP if you are worried
- You can also find more information on the ERIC website www.eric.org.uk or via their helpline on 0845 370 8008

CONFIDENTIAL DROP IN

Every Monday at lunchtime, for all year groups. In the Phoenix Suite (At the end of the music corridor, behind the hall)

No appointment necessary.
School Nurse - Nicky Freer



Tavistock College goes leadership crazy!

Tavistock Colleges Leadership programme is going from strength to strength with a wide variety of students involved, taking part in Primary athletics tournaments, Step into Sports events, Ivybridge Tennis Centre training day, Year 12 and 13 have been supporting in key stage 3 lessons. Well done to all that have been involved so far.

Mrs Doyle and Mrs Blackmore

Getting to know your staff

Mr B Turner

- 1) **What's the best part of your job?** The bonkers answers to questions I sometimes get
- 2) **When you were little, what was your dream job?** Lawyer – I was probably the most argumentative kid in the world
- 3) **If you could have one wish, what would you wish for and why?** More hours in the day – so I could actually get to the end of a to-do list.
- 4) **Football or Rugby?** Football
- 5) **If you've had a really rubbish day, how do you cheer yourself up?** I walk the dog every day and he's loopy – it's impossible to be in a bad mood when you get back from taking him out.
- 6) **If you could have a superpower for a day, what would it be?** Ability to control time – see answer to number 3!
- 7) **What is your favourite song EVER?** I love my music so this is too hard to answer.
- 8) **Who is the most inspirational person you know?** My brother – the guys is fearless
- 9) **Give us one interesting fact about yourself.** I've played basketball against (and scored on) a former Maltese international



Diary Dates

Fri 27 Jan

Holocaust Survivors Talk

Mon 30 Jan

Year 7 Science Museum Trip - Drake and Glanville

Wed 1 Feb

Year 7 Science Museum Trip - Bedford, Fitzford and Tremayne

Wed 22 Feb

Year 12 Parents Evening

Thurs 28 Feb

Founders Day

Wed 1 March

Parent Voice Forum

Half Term

Mon 13 – Fri 17

February

Easter Break

Mon 3 March – Mon 17 April inclusive

Sport Fixtures

Tuesday 31st January

Young Leaders NGB Camp @ Ivybridge College

Years 7,8,9 & 10 Netball v Okehampton (H)

Girls Rugby v Okehampton (H)

Years 7,8,9, & 10 Netball v Okehampton (H)

Thursday 2nd February

Years 7 & 8 Netball @ Liskeard (East Cornwall League Tournament)

Tuesday 21st February

Years 7,8,9 & 10 Netball v Callington @ Callington

Thursday 23rd February

Years 9 & 10 Netball @ Liskeard (East Cornwall League Tournament)

Tuesday 28th February

Year 9 & 10 Netball v Callington (H)

Thursday 2nd March

Years 7 & 8 Netball @ Liskeard (East Cornwall League Tournament)

**Tavistock
COLLEGE**