



This week has been the toughest that I can remember in twelve years working at Tavistock College.

As Mrs Jones explained "The school and our wider community were devastated to learn about the tragic loss of Hannah Bragg at the weekend. Hannah was a bright, caring and thoughtful girl, who was always seen with a smile on her face and had an eagerness for taking part in all aspects of school life. We are devastated at this loss and send sincere condolences to her family and close friends.



Dartmoor
MULTI ACADEMY TRUST

Young people will have varied reactions to the loss of a friend and peer. Any reaction is normal in the grief process and this can range from withdrawal, to crying and anger. I encourage you to openly discuss with your child their reactions and feelings regarding the death of this student. Special support services have been made available to students throughout the week and will be available for longer if needed. If you think your child needs additional counselling support, please do not hesitate to contact Ms Manning our Vice Principal.

At Tavistock College we are a close-knit family and we will continue to pull together to help everyone get through this difficult time. This week we have supported students in attending periods of peaceful reflection at the memorial to Hannah. We have organised a book of condolence for students to sign and we will plan a long lasting and fitting memorial to Hannah in time."

As well as caring for our students and staff in the immediate aftermath of this tragedy we have a crucial role in providing the support structure to allow the community to start moving forward again. Next week year 10 students have their work experience week and whilst we are encouraging all students to go ahead with their long organised plans, we are of course still available to offer support for any individuals that require it.

Can I finish by drawing your attention to page 2 where further details can be found about the wider support that can be called on for your son or daughter locally. For now, our thoughts and prayers remain with Hannah's family and friends.

Philip Ruse, Assistant Principal

5 Tips for Supporting Grieving Students

Christine Park, co-authored by David Schonfeld, MD, FAAP, director of the National Center for School Crisis and Bereavement.

First and foremost, it's important to understand that you don't need to be an expert. You can help most by simply being present with and attentive to grieving students as they express their feelings.

This doesn't mean that you need to serve as a grief counselor. Foster a supportive environment -- and refer grieving children to specialists and other support services when appropriate.

No one can prevent a child's grief, but you can serve as a source of stability and comfort at one of the most crucial times in a student's life. The following five tips are intended to help you better support the grieving students in your midst:

1. Help Younger Students Understand What Has Happened

When speaking with young children about the death of a loved one, use the words "dead" and "died." Expressions such as "eternal rest" or "passed away" may confuse children and make it harder for them to understand what has happened. Reinforcing the basic realities of death -- that it is irreversible, that everyone eventually dies, and that there are physical reasons why someone dies -- helps remove common misconceptions and can decrease feelings of worry, guilt and shame that might accompany the death of a loved one.

2. Invite Older Students to Talk

In the wake of an immediate family member's death, older children can be overlooked -- or even looked to for supporting other family members. School, then, becomes a critical place for them to receive care from trusted adults. Older students may not be ready to talk when you offer to speak with them. They may prefer time alone or talking with their friends. They might say that they don't need or wish to talk, even when they are actually feeling overwhelmed. Don't try to force the conversation. Help them identify other adults with whom they can speak when they are ready, such as a guidance counselor or mental health provider. Remain available and supportive, and continue offering to talk with them from time to time.

3. Allow Children to Express Themselves

The goal is not to take away the pain of grief, but to allow an opportunity for children to express it. Avoid comments aimed at trying to cheer up students who are grieving. (Examples: "At least you were able to spend Christmas with him before he died," or "At least he died a hero.") It is also a common impulse to share personal experiences about our own losses. But with grieving children, it's important to listen more and talk less. Give them space to express themselves rather than "turning the tables" by bringing up your own painful losses. You can also reassure students -- young children, in particular -- that they are not responsible for the death. Even when there is no reason to suspect they feel guilty, feelings of guilt are nearly universal in grieving children.

4. Reach Out to Parents or Caregivers and Offer Assistance

The grieving student's family should know how he or she is coping at school. Reach out to parents or caregivers and coordinate efforts. After the death of a family member, parents or caregivers may feel overwhelmed and unsure how to help their children. They generally welcome advice from school personnel and appreciate your concern.

5. Provide Learning Supports

Children often have difficulty concentrating or learning while they are grieving. They may benefit from tutoring, extra support, or temporary changes in their test schedules or other classroom demands. Don't wait for school problems to start before offering help. Talk to your students, their parents or caregivers, and other key people at the school, such as coaches, band directors and club sponsors. This network can help coordinate the support you provide.

The bottom line is this: during the week, kids spend as many of their waking hours in school as they do at home. Educators are literally on the "front lines" of the childhood grief issue -- and therefore have a huge opportunity to lend support. A little understanding can go a long way.

Sources of support for students experiencing challenging circumstances and in need of signposting.

All young people struggle to cope from time to time and the recent circumstances at the college have brought this into sharp focus.

Herewith is a brief list of organisations that may be able to offer help and support in times of personal struggle, challenge and difficulty. This is not, by any means an exhaustive summary, but may prove to be a helpful starting point?

Young Devon

Advice, counselling and support for young people, including those with mental health issues;
www.youngdevon.org/

Kooth

an online counselling organisation whose services are free for all young people in Devon & Cornwall ;
<https://kooth.com/>

The Samaritans

telephone help and a listening service;
01752 221 666 (local call charges apply).
National telephone: 116 123 (this number is free to call).
jo@samaritans.org

CRUSE

bereavement support;
<https://www.cruse.org.uk/>
The children's and young people's dedicated information is available at;
<http://www.hopeagain.org.uk/>

Jeremiah's Journey

bereavement support for young people in the Plymouth area (includes Tavistock);
www.jeremiahsjourney.org.uk/

Childline 1-2-1

telephone counselling;
<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

YSMART

Devon based drug and alcohol service for under 18's;
www.y-smart.org.uk/

YZUP

Young addaction for Cornwall ;
<https://www.addaction.org.uk/services/young-addaction-yzup>

FRANK

Drug support and advice;
www.talktofrank.com/

Catalyst

support for young people and others in Tavistock;
<https://www.tavistockcatalyst.com/>

Winston's Wish

Charity for bereaved children;
www.winstonswish.org.uk

RD4U (Road for You)

Website designed for young people by young people.
Part of CRUSE.
www.rd4u.org.uk

The Compassionate Friends UK

Support for siblings;
www.tcfsiblingsupport.org.uk

BALLOONS

(Bereavement and Loss Looking Onwards)
Charity covering Exeter, East and Mid Devon ;
www.balloons-devon.org.uk

FIG (Families in Grief)

Charity covering North Devon;
<http://familiesingrief.org/>

Child Bereavement UK

Child Bereavement UK
supports families and educates professionals;
<https://childbereavementuk.org>

Mind Gives information about where you can get support with bereavement;

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/effects-of-bereavement/#.WzYLdNJKiUk>

Rainbows GB

A bereavement support charity for young people ;
www.rainbowsgb.org

Safer Devon Partnership

<https://new.devon.gov.uk/emergencies/safer-devon-partnership/>

Devon Single Point of Access (SPA)

link into "pinpoint" a directory of services available for families and individuals in the county;
<https://new.devon.gov.uk/educationandfamilies/special-educational-needs-and-disability-send-local-offer/>

Ambrosia trip

As part of their legacy programme and 100 year of industry we were delighted to work with Ambrosia. Tavistock was represented by 4 A level Biologists (Tess Jordan, Becky Phelpstead, George Tucker and Prince Vilanueva).

Students were tasked to produce an essay about aseptic techniques and a subsequent presentation. The essays and presentation were graded at Ambrosia by management and chief microbial officers. Students spoke eloquently and related the presentation brief to Ambrosia such as equipment, using local river water and techniques associated with custard.



After deliberation by the judges, Becky Phelpstead was the winner from Tavistock and received a work experience package and £50 spending money. They all received a goodie bag for taking part, see photo. Tavistock College was also awarded £200 towards the Science department.

While the judges were deliberating, students got to taste some of their product ranges. This was accompanied by an introduction how these products are made such as steam sterilisation and the process of “canning” when it comes into contact with custard.

Students then got to tour the factory and one student quoted “it’s like the Willy Wonker Factory” with pipes and tubes tracking across the ceiling transporting cans from one area to another. The guided tour was informative and students could relate their understanding to industry. They also visited the microbiology laboratory where scientists were tasting samples to ensure products were not contaminated.... They were not!

Overall it was a fantastic opportunity for students to observe and learn how aseptic techniques are used in industry. The student presentations were first class, they had confident presentation skills, outstanding subject knowledge and it linked excellently to the brief.

A personally thank you to Phil Ruse for initially setting up the opportunity to work with Ambrosia. I hope this is something that continues. *Mr Stroud*

I really enjoyed the trip to ambrosia. Because of the visit I learnt new skills, considered different career pathways that I hadn’t thought about before and built my confidence. It was a great experience to present to members of the management team; I’d never spoken in a formal setting like that before. Although there were initial butterflies, we all rose to the challenge and got some great feedback afterwards. I now feel a lot more confident about undertaking a research project and presenting my ideas in a (hopefully) engaging way to others, even when those people are fairly expert in the topic themselves! It was interesting to see the factory itself in the tour, and I was surprised at how heavily automated it was. With all the skills learnt and custard tasted it was a very successful day. *Becky Phelpstead*

“The trip to Ambrosia was really interesting and it was amazing to see how complex and coordinated the factory was, and to hear about some of the processes which help ensure the products are sterile and safe to eat. Doing the presentation was really useful and good practice for public speaking and although i was a bit nervous I actually quite enjoyed it. I had a really good day and it provided an insight into the food production industry. Thanks to Ambrosia and Mr. Stroud for organising the trip, I really enjoyed it.” *George Tucker*



GreenPower!

Throughout July and August our college GreenPower team (Students from Y8 -10 who build and race electric single seat race cars) will feature as one of the local projects in the ‘Bags of Help’ scheme at TESCO in Tavistock. This means when you are given a blue token at the checkout, you would be able to vote for us as you exit the store. Being accepted in this scheme is amazing for us, as it will reward us with some much needed funding, especially if we receive lots of votes. Thank you so much for your support.

Pete Keegan and the GreenPower team



“We would be really grateful for the public to support us by voting for our project with their blue tokens in the Tavistock Tesco. We would use the money for much needed equipment and components for our car which will allow us to design the car to be faster, more efficient and become really competitive.” *Sophie Mackenzie, Y8.*



Diary Dates

Art/Photography Exhibition

2 July - 6 July

Year 10 Work Experience

2 July - 6 July

6th Form Conference

2 July @ 9:00 am - 3:00 pm

Year 7 Naturemake Workshop

2 July @ 9:00 am - 3:00 pm

6th Form Conference

3 July @ 9:00 am - 3:00 pm

Founder's Day

4 July

Year 11 Graduation

5 July

Year 4/5 Open Morning

5 July @ 9:15 am - 10:45 am

Primary Step Up days

9 July and 11 July

Sports Day

10 July

Year 13 Prom

11 July

Year 13 Graduation

11 July @ 1:30 pm - 3:00 pm

Summer Break 20 July

First Day of Term

Tuesday 4 September

Year 4/5 Open Morning

13 September @ 9:15 am - 10:45 am

& 27 September @ 9:15 am - 10:45 am

Open Evening

27 September @ 5:30 pm - 7:30 pm

Governors meetings

Chairs Committee

11 July - 5:00pm - 6:00pm

Full Committee

11 July - 6:00pm - 8:00pm

Bus Disruption

For the next week Fore Street in Bere Alston is closed due to roadworks therefore the following pick up and drop off points will apply

The Down TAV013 will now be picked up in same place by TAV014

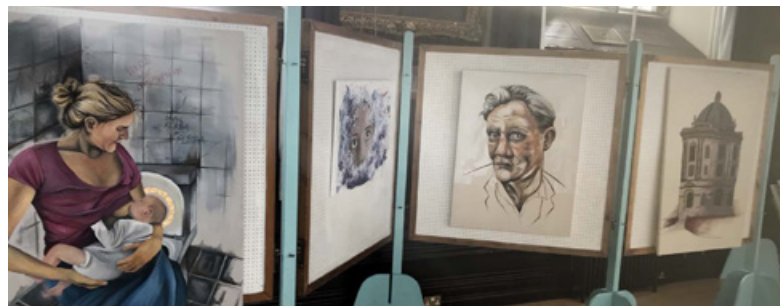
Church TAV013 will now be picked up at the cross roads Pentille Road and High Cross by TAV014

Drakes and Broad Park Road TAV014 will be picked up in same place by TAV013

Broad Park Road and Whitehill Drive will be picked up in the same place by TAV013

Fantastic Art

Fantastic work by Tavistock College artists exhibited at the Tavistock group of Artists annual show. The organisers commented on how detailed the students work was and it was of a very high standard. Work shown is by our 2017 A level students Camilla Snowdon, Beth Wilson, Daisy Trewartha-Wyatt and Sarah Coe.



Art Exhibition 2018

Thursday 5th July



Congratulations Charlie

Charlie Brownlow travelled to Nottingham recently to play hockey for the U13s in the UK hockey festival.

Charlie played for the West Panthers, an U13 team from the West of England. They competed against other teams from England, Ireland, Scotland and Wales,

The team played one game on the Friday 15th against they were from Tensworth and drew 1-1. On Saturday they played against Scotland, losing 1-0. Then they played a team from the North East and won 4-3. The last game was against Wales, they won that 4-0.

They finished the group stages in second place. In the semi finals against the North East Charlie scored the two goals that saw them go in to the finals. In the finals they played Wales, again this time Wales came back fighting, it was a very hard game but eventually they won 2-1 with Charlie scoring the winning goal.



Tavistock

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