



Issue 2 (wk 30/3/2020)

Welcome to the second issue of the weekly roundup.

In these unprecedented times we need to need to work together to provide support for our close friends and families. I have been overwhelmed with the good grace of society. This ranges from kind people delivering food packages, celebrities posting fitness videos and collaborative working between nations to fight this virus. I feel our world will change after this is over. We should focus on our health, families and keeping our mind active.

Message from the faculties

A reminder that video clips are available on our website for viewing under the learning and support tab. It has been raised by a number of faculties that students still do not know how to create their own google document and share it with their teachers.

To access the revision portal students will need to use their school login details ?????@tavistockcollege.org

Both of these can be found following the link below:

<http://www.tavistockcollege.org/learning/online-learning-help-and-support/>

FSM Information - Please be aware of scammers.

please be aware that a number of parents across the country have been targeted by unscrupulousness scammers.

They are focusing on the parents of children who are eligible for Free School Meals. Any correspondence about Free School Meals will come from Dartmoor Multi Academy Trust, so please do not reply or respond to any approaches made to you asking for bank details etc."

Dartmoor MAT

Online support

There are lots of support and resources on the internet and through social media through people's generosity. I have and will continue to post useful links.

If you are thinking about A-levels (and you should if you are in year 11) then Head Start to A-level Chemistry, Biology, Physics and Maths are now all free on Amazon for Kindle.

Chemistry: <https://www.amazon.co.uk/Head-Start-level-Chemistry-Level-ebook/dp/B00VE2NIGG>

Biology: <https://www.amazon.co.uk/Head-Start-level-Biology-Level-ebook/dp/B00VE2NIOI>

Physics: <https://www.amazon.co.uk/Head-Start-level-Physics-Level-ebook/dp/B00VE2NII4>

Maths: <https://www.amazon.co.uk/Head-Start-Level-Maths-2017-2018/dp/1782947922>



How to protect your mental health During COVID-19- Source BBC NEWS

<https://www.bbc.co.uk/news/health-51873799>

Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety and OCD. So how can we protect our mental health?

Limit the news and be careful what you read:

- Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news
- There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites

Have breaks from social media and mute things which are triggering your mental health.

- Mute key words which might be triggering on Twitter and unfollow or mute accounts.
- Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming.

Wash your hands - but not excessively

- OCD Action has seen an increase in support requests from people whose fears have become focused on the coronavirus pandemic.
- For people with OCD and some types of anxiety, being constantly told to wash your hands can be especially difficult to hear.

Avoid burnout

With weeks and months of the coronavirus pandemic ahead, it is important to have down time. Mind recommends continuing to access nature and sunlight wherever possible. Do exercise, eat well and stay hydrated.



Stay connected with people

Increasing numbers will join those already in self-isolation so now might be a good time to make sure you have the right phone numbers and email addresses of the people you care about. There is lots of excellent technology out there to facilitate connecting to your family and friends.

The current technology compared

The best video conference and chat apps for self-isolation:

- Zoom
- Hangouts
- Skype
- Microsoft teams
- Facetime

<https://www.wired.co.uk/article/best-video-conference-apps>

Children and online safety away from college

Tavistock are doing all that we can to keep our learners safe. In most cases, the majority of children will not be physically attending college. All staff who interact with children, including online, will continue to look out for signs a child may be at risk. Any such concerns will be dealt with as per the child protection policy and where appropriate referrals will still be made to children's social care and as required, to police.

To assist this, the department of education (DfE) is providing separate guidance on providing education remotely. It will set out 4 key areas that leaders should consider as part of any remote learning strategy. This includes the use of technology. Recently published [guidance from the UK Safer Internet Centre on safe remote learning](#) and from the [London Grid for Learning on the use of videos and livestreaming](#) could help plan online lessons and/or activities and plan them safely.

The starting point for online (remote) teaching will be the same principles as set out our staff behaviour policy (sometimes known as a code of conduct). This policy includes acceptable use of technologies, staff pupil/student relationships and communication including the use of social media. Our policy applies equally to any existing or new online and distance learning arrangements which are introduced. Tavistock will ensure that any use of online learning tools and systems is in line with privacy and data protection/GDPR requirements.



An essential part of the online planning process will be ensuring children who are being asked to work online have very clear reporting routes in place so they can raise any concerns whilst online. As well as reporting routes back this should also signpost children to age appropriate practical support from the likes of:

- [Childline](#) - for support
- [UK Safer Internet Centre](#) - to report and remove harmful online content
- [CEOP](#) - for advice on making a report about online abuse

We are likely to be in regular contact with parents and carers. Those communications should be used to reinforce the importance of children being safe online. It will be especially important for parents and carers to be aware of what their children are being asked to do online, including the sites they will be asked to access and be clear who from the college (if anyone) their child is going to be interacting with online.

Parents and carers may choose to supplement the colleges online offer with support from online companies and in some cases individual tutors. In their communications with parents and carers, Tavistock will emphasise the importance of securing online support from a reputable organisation/individual who can provide evidence that they are safe and can be trusted to have access to children. Support for parents and carers to keep their children safe online includes:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers



Devon Coronavirus Advice from DCC

Devon County Council has a section on its website where schools can:

- View the latest guidance about schools and school closures

<https://www.devon.gov.uk/document/schools-and-families/>

- Where to find other information and advice

<https://www.devon.gov.uk/coronavirus-advice-in-devon/>

CAHMS Mental Health Resources

Message from Sarah Lewis, Senior CAMHS Manager

- Window walk of Solidarity

<https://drive.google.com/file/d/1sEUFTSXZJ7cQ8hHGQKcEUKV6CUfErBop/view>

- Teens and Parents Pack

https://drive.google.com/file/d/1Lt2V3v_ZC1d3fjqYJ-euIgdAHNeK3pm/view

- Anna Freud Supporting Schools and Colleges

<https://drive.google.com/file/d/1cvRNYGHAE51irxq5K8XWf34-lo04rSTJ/view>

We hope this will begin to be useful over the challenging months ahead.

Guidance for parents and carers: keeping children safe online

We have updated our information for parents and carers to include a section on keeping children safe online. It provides links to online resources that will help support parents and carers in keeping their children safe online.

Full details can be found in section 6.3 of the guidance for parents and carers on the closure of educational settings:

- <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>



Handwashing advice

The most important thing individuals can do to protect themselves is to wash their hands more often, for at least 20 seconds, with soap and water. Public Health England recommends that in addition to handwashing before eating, and after coughing and sneezing, everyone should also wash hands after using toilets and whenever you return home.

The latest guidance and video on hand washing can be found here:

- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Department for Education coronavirus helpline

The Department for Education coronavirus helpline is available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:

Phone: 0800 046 8687

Opening hours: 8am to 6pm (Monday to Friday), 10am to 4pm (Saturday to Sunday)

Be safe and take care!

Mr J Stroud