



## Issue 4 (wk 13/4/2020)

Welcome to the fourth issue of the weekly newsletter that aims to keep our communication lines open between home and college.

I hope everyone was able to enjoy the Easter bank holiday weekend. Whilst we may not have been able to socialise as we would like, hopefully the glorious sunshine enhanced the opportunity to spend quality time together with our immediate families.

As in previous editions we hope that this newsletter can help provide useful links and advice. The summer term formally began on Tuesday 14th April so your children should again now expect regular communication and setting of home learning through Class Charts, with their teachers utilising platforms such as Google classroom, Seneca and Hegarty maths where appropriate. We appreciate that everyone's circumstances are different but the expectation is that all students' education should continue remotely in these challenging times. As ever, if there are specific reasons why students cannot access or complete work for a specific deadline please liaise with their subject teacher, tutor or head of year where appropriate. Clearly everyone's physical health is the number one priority at the moment, but all things being well, completing appropriate work and wider reading should really enhance students' mental health at this unprecedented time.

At the end of this edition I have also included another 'year in review' page which will become a regular feature reminding us all of the fantastic events and achievements our students have been involved in over the course of the academic year.

Take care and stay safe.

Mr Phil Ruse

Assistant Principal

## Free School Meals Information

Many thanks to all relevant families for collecting their 'free school meals' substitute food hampers. As the Dartmoor MAT are fortunately able to source and distribute food in this way, we are unable to join the government's central voucher scheme that some of you will be aware of. May we also remind families to collect their hampers on time (see emails) and from the location they nominated on the original surveymonkey communication in March. As we currently operate three delivery routes (one of which is a direct MAT drop off) we are unable to respond in situ to last minute changes of collection point as the delivery vans carry precise quantities of food and schedules of intended recipients. The drop off times are also being adhered to with relative precision. If families need to change their collection point this will need to be a once and for all choice, notified by email, to "[office@tavistockcollege.org](mailto:office@tavistockcollege.org)" and changes can now only be effected from 24th April et seq.

## Online support

The government has released an updated document that collates a range of freely available online resources. This can be accessed via the link below:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

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## Mindfulness

Perhaps one of the few positive outcomes from these challenging times is the slower pace of life that a lot of us have been forced to embrace. The website below provides some interesting links and ideas about how we can maintain our own positive mental health in these difficult circumstances. Whether that be the opportunity to read more, increase the amount of exercise we do, or simply eat a healthier breakfast some of the good habits people are now developing can hopefully be maintained once we return to more normal times.

<https://mindfulnessinschools.org/misp-sit-together/>



## World Book Night - Thursday 23rd April



## Around the World Booklist for children and young people

April 2020



It is [World Book Night](#) on 23 April. World Book Night is a national celebration of reading and books for adults and young people that takes place every year. To help children and their families join in with the celebration we have created a booklist of our favourite books about other cultures, set or written by people from across the world. We hope the booklist will help children experience a world outside of their own.

## Young Devon

Young Devon is an experienced and skilled organisation who is committed and experienced in providing support, information and advice on a wide range of subjects and issues to **young** people. Their primary objective is to enhance lives and promote opportunity for those least likely to have their voices heard. Their role has inevitably adapted in recent weeks and below is a collection of the support that they are currently offering young people across Devon.

**General enquiries:** For any general Young Devon enquiries, please email [info@youngdevon.org](mailto:info@youngdevon.org).

**Wellbeing support for Young People:** Our counsellors are still contactable, delivering our Wellbeing services over the phone or by video-call. If you are struggling, and need to talk to someone, please email [wellbeingenquiries@youngdevon.org](mailto:wellbeingenquiries@youngdevon.org) and someone will get back to you as soon as they can. For anyone already receiving support through our Wellbeing service, please email [yes.exeter@youngdevon.org](mailto:yes.exeter@youngdevon.org) or call 07935364652 and leave a message with your name and contact details.

**Skills support:** Our Skills Courses are still being run remotely. To get in touch with our tutors, please email [thechangeacademy@youngdevon.org](mailto:thechangeacademy@youngdevon.org).

**Participation enquiries:** Our Participation team are continuing to work remotely, and our Youth Council are having regular Zoom meetings. For more information on how to get involved, please email [participation@youngdevon.org](mailto:participation@youngdevon.org).

**Accommodation support:** We are keeping our Accommodation services running as usual, and our Young Devon houses are still open. For more information, please see our [Accommodation](#) page.

**YES Centre and Homelessness enquiries:** For any YES Centre questions, or Homelessness enquiries (Exeter, East Devon and Teignbridge), please email [yes.exeter@youngdevon.org](mailto:yes.exeter@youngdevon.org). If you would prefer to text, please send your name and message to 07894724610. We will get the right person to call you back.



**Young Victims of Crime support:** For any queries relating to our Young Victims of Crime service, please email [yes.exeter@youngdevon.org](mailto:yes.exeter@youngdevon.org) or call 07935364652 and leave a message with your name, contact details and a brief idea of your query. The appropriate person will contact you as soon as possible.

## The Value of Walking

During the lockdown period, walking can provide a number of benefits for those able to get outside and access the local area. The physical and mental health benefits of walking are extensive, here are just a few reminders...

1. Getting outside and walking for just 30 minutes can really improve your mood. Green space and blue skies (long may they last!) are sure to lift your mood, giving you time to think or connect with other family members.
2. Walking will burn extra calories by increasing your metabolism. Great news if you have been worried about calorie intake. Try varying your speed for 1 minute intervals to really help shift any unwanted calories!
3. Regular walking (for just 30 minutes or more) comes with serious health benefits. Risk of cardiovascular disease, stroke and diabetes falls considerably for regular walkers. Utilising core and abdominal muscles during walking can also be key to making many other activities easier and more enjoyable. Walking can also count as a rest day/recovery activity if you are training in other ways.
4. Getting outside is great for mental health. Keeping a routine and walking at set times can help to reduce the anxiety of having little structure to the day ahead. Why not start by planning tomorrow's start time and route? Waiting for the afternoon heat to subside can sometimes make an evening walk much more enjoyable.
5. Scheduled time away from our devices to connect with family members is often rare and can be really beneficial! Sharing thoughts and ideas while walking can be great. Some of our best ideas happen during exercise!

Lastly, regular exercise can have a big impact on sleep quality. Good quality sleep can also improve memory and reduce stress. Another good reason to plan your walking schedule. Why not take turns with family members to plan your routes?

*Mr Hosking*

## City College Open Day

**City College Plymouth virtual open day - Sat 25th April**

<https://www.cityplym.ac.uk/event/virtual-open-day-saturday-25-april/>

You need to sign up online ticking the subject areas you are interested in – there is information on full-time courses and apprenticeships. The day is made up of a series of 30 minute course-specific sessions conducted on Zoom (online) where guests will hear from a panel of speakers and ask any questions they have about courses at the College. Guests need to sign up beforehand so that the college can send them the relevant links to join their chosen subject area discussions on Zoom. Guests need to have access to the internet via a laptop, desktop, tablet or mobile. Contact details are available on the above weblink if you have any questions.

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## Urgent Dental Care in the South West

Since the Prime Minister announced social distancing measures to slow down the spread of COVID-19, a set of restrictions on daily activity to contain the spread of the virus were introduced. All non-urgent dental activity has stopped in line with the changes to people's everyday lives that the Prime Minister has signalled.

In light of the public health control measures and in recognition of the difficulties that dental practices face, including continuing concerns about staff safety, NHS England and NHS Improvement (NHSE/I) is making a number of immediate changes to the delivery and operation of our dental services in the South West region.

### **Developing the local urgent dental care system**

Across every NHS region local Urgent Dental Care (UDC) systems are being created to provide care for people with urgent and emergency dental problems.

The hubs are being established to meet the distinct needs of people with urgent dental care needs:

1. Those who are possible or confirmed COVID-19 patients – including patients with symptoms, or those living in their household
2. Those who are 'shielded', as being at most-significant risk from COVID-19
3. Those who are vulnerable/at increased risk from COVID-19
4. Any other people who do not fit one of the above categories

The nearest hub to Tavistock will be in Plymouth. For further information, please contact the NHSE/I dental team in the South West at [england.swdental@nhs.net](mailto:england.swdental@nhs.net) Any out of hours health concerns should use NHS111.



## ChatHealth Messaging Service

### Text your school nurse

During these unsettling times, as a young person, you may be worried about your health and wellbeing and be unsure about how to get the help you need.

Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

Young people aged 11-19 years old can send a text to:

**07520631722**

We can help young people with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking

Your ChatHealth messaging service is run by School Nurses in Devon County Council Public Health Nursing and is available from 9am to 5pm Monday to Friday.

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

## National Theatre in Your Living Room

Every week the National Theatre is releasing a show at 7pm on their Youtube channel which stays up for one week. A great opportunity to watch world class theatre from the comfort of your own sofa!



## 2019-20: The Year in Review

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It doesn't seem right to produce a school newsletter without any reports or articles about the very people that make the school what it is, our wonderful students. Clearly there is not much to report at the present time so what better opportunity than to use these weekly editions to reminisce about fantastic trips, sporting events, school productions and student achievements that have taken place during the first two terms this academic year.

This week we look back on an event from October 2019 which saw the inaugural Careers Interface 360 event. This was a unique mix of a traditional careers fair event with 'speed dating' which gave our Y8 students a great opportunity to experience snapshots of a whole host of jobs and industries.

## Careers Interface 360

This week saw the academy host its first Careers Interface 360 event, a mix between a traditional careers fair and speed dating. The event was designed to give students an opportunity to meet a variety of people from different businesses and industries and be able to find out more about the skills, qualifications and daily routines that feature in those jobs. What made this event very different was the fact it was aimed at year 8 and reflects the fact that the academy is now looking at careers education as an integral part of a students' curriculum for their entire time at school.

Nearly 20 different jobs and careers were represented at the event including construction, engineering, digital media, marine industries and healthcare services. In attracting a range of employers we paid attention to the local labour market characteristics so as well as having local businesses represented the key priority sectors identified by Plymouth City Council were also showcased. Thanks goes to all the employers and businesses who gladly gave up their time to make this event so successful.

Employers were impressed by the inquisitive nature of the students questions whilst student feedback was incredibly positive, remarking, how in the space of 1 hour they were able to meet so many different people and discover so much new information.

I would like to thank Nigel Halford who acts as our College Enterprise Advisor who co-ordinated the event. His work behind the scenes has been invaluable in the last year and enabled us to really strengthen our careers education across the curriculum and we are now in a position where we are working to a nationally recognised 'Investor in Careers' quality mark.

If any local businesses or employers are keen to work closely with the academy and assist with things such as our work experience programmes then please don't hesitate to get in touch.

*Mr Ruse, Assistant Principal*

