



## Issue 5 (wk 20/4/2020)

Welcome to the Fifth issue of the weekly newsletter that aims to keep our communication lines open between home and college. This issue is large due to a plethora of resources and links at the end.

It seems the curve is flattening in the UK but we are still a long way from this pandemic being over. Everyone is pulling together providing activities, heartwarming stories and resources for children and adults. This includes the launch of BBC Bitesize online platform. They have arranged for a host of famous and engaging passionate celebrities delivering subjects This includes Sir David Attenborough teaching conversation and Danny Dyer teaching history (as he is in line to the throne).

In a heartwarming story, Captain Tom Moore raised more than 27.5Million for the NHS including a number one single.. It has shown how most of humanity pulls together in crisis.

All teachers and Head of Year are available to answer questions or provide additional support if you require. After listening to feedback resources will be available through google software (documents, sheets etc) and PDF as some computers do have the microsoft software. If students are creating a new document, please could they put their name as the title, that way it is very easy for teachers to sort into classes and feedback.

Please take care and stay safe.

James Stroud

## Message from Mrs Greener (HoY 11)

Dear year 11, I hope this note finds you well. The year book is coming together and Miss Hastings and I are sending it off soon for a proof to be put together for us to check and look at. If you would like to say something in it or send a picture of a school event please send to Mrs Greener via email or google a link so we can begin to add these contributions. [j.greener@tavistockcollege.org](mailto:j.greener@tavistockcollege.org)

Thank You for the voting on the questions I have had 107 responses - if you are wanting to add your vote please do so soon as I will collating the data for this and sending the answers in. Many thanks to those of you who came up with the questions - I couldn't have done it without you.☺

Remember if you want information about next year - applications for 6th form etc. please do let me or Mr Galli know.

## **YEAR 11 YEARBOOKS AND HOODIES**

Please be aware there is still time to order a hoodie or a year book. All of the information is on the school gateway - so feel free to use that or contact me by email to help you sort that.

Take care everyone

Mrs Greener



## Messages from the faculties

### Performance Studies

The Nutcracker by Matthew Bourne's New Adventures Dance Company is showing at The Theatre Royal Plymouth on 21st November 2021. We gained tickets and invited parents, just prior to the current lockdown, to purchase these via Gateway. We realise that these are uncertain times on many levels but should you wish to purchase a ticket for this production they remain on your gateway currently.

### Theatre at Home

There are lots of opportunities to see recordings of theatre at the moment. We've listed a few below. Please check the recommended ages on individual shows, as whilst many are there are some not intended for the whole family.

- National Theatre (various shows) Thursdays at 7pm at National Theatre Live channel on You Tube (free with options to donate)
- Andrew Lloyd Webber Musicals, Fridays at 7pm on The Show Must Go On channel on You Tube
- The Globe (various shows), Mondays 7pm at The Globe channel on You Tube (free with options to donate)
- Le Navet Bete are a Devon based theatre company specialising in comedy are streaming several of their shows via their You Tube channel (free with option to donate)
- Sky Arts will be showing works by Matthew Bourne under the title of Reel Adventures (subscription required)
- Shrek The Musical is also currently available on Youtube for free
- Wind in the Willows the Musical is available on You Tube (payment now required)
- The RSC will soon be streaming 6 shows via BBC iPlayer

GCSE Drama and A Level Performing Arts students have also been directed towards particular channels and shows

### English - World Book Night..

I would like a few column inches to promote World Book Night on 23rd April 2020. The Stay-cation Book Club is organising a Big Family Book Quiz (which will be emailed out on the day and shared on the website) and asking all students and staff to join in a family reading hour from 7 to 8pm.



## Geography

**FREE live KS3 & GCSE fieldwork lessons with expert field tutors from**

This April the Field Studies Council have teamed up with Encounter Edu to

bring you [#fieldworklive](#). Join us live to investigate the natural systems in

our field centres and your local area **FSC**

All of our sessions are supported by a **FREE resource pack** which has been designed for you to prepare your students prior to the live session.

Weblink -

[https://encounteredu.com/live-lessons/fsc-fieldworklive-2020?ref=email&dm\\_i=65YE.10T3.N3D26.3LIZ.1](https://encounteredu.com/live-lessons/fsc-fieldworklive-2020?ref=email&dm_i=65YE.10T3.N3D26.3LIZ.1)

Contact Details - [schools@field-studies-council.org](mailto:schools@field-studies-council.org) -



During social isolation, social media is playing an increasing part of the lives of the young people of Tavistock.

Below are some of the most popular social media platforms, with some helpful advice to aid you in keeping your child safe while using these APPS.

Further help can and advice can be found at: [www.internetmatters.org](http://www.internetmatters.org)

## What parents need to know about **INSTAGRAM**



**Comment Controls:** You can limit comments to followers, Block comments from specific users, and hide offensive comments.

**Re-sharing to stories:** You can control whether other users can re-share your posts.

**Photos and videos:** You can prevent people from adding pictures of you to your timeline without your approval



## What parents need to know about **TikTok**

**Is TIKTOK safe for children?** Because of TikTok's emphasis on popular music, many videos include swearing and sexual lyrics, so it may not be age-appropriate for kids to use on their own.

TikTok requires that users be at least 13 years old to use the app. Anyone under the age of 18 must have approval of a parent or guardian, due to privacy concerns.

## What parents need to know about **SNAPCHAT**



**Set privacy settings:** Ensure your child uses the privacy setting. You can choose who is able to contact, view stories or see their location; this will limit access from strangers.

**Talk about sharing and screenshots:** Even though snaps disappear from the timeline in 24hrs, this does not stop other users taking screenshots and sharing/saving to camera roll.

**Take a timeout:** Snapchat can be a lot of fun, but social media in general needs an occasional timeout



## FOR PARENTS

### A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT [WWW.NHS.UK](http://WWW.NHS.UK)

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

### YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

#### APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

#### BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

#### BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

#### OTHER

- ▶ Bleeding from an injury, that doesn't stop after 10 minutes of pressure

### YOU SHOULD GO TO A&E IF

#### APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

#### BEHAVIOUR

- ▶ Severe constant tummy pain

#### OTHER

- ▶ Burn
- ▶ Possible broken bone

#### OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than three months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts

### YOU SHOULD CALL YOUR GP IF

#### APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

#### BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Severe tummy pain that comes and goes
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

#### BREATHING

- ▶ Wheezing/fast breathing

#### OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for more than 7 days
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress, that can't be reassured

### YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

#### APPEARANCE

- ▶ Pink eyes/red eyes

#### BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain that comes and goes

#### BREATHING

- ▶ Cough
- ▶ Runny nose

#### OTHER

- ▶ Temperature over 38°C for less than 7 days



## Free school meal eligibility

The eligibility criteria for free school meals can be found at [apply for free school meals](#).

During the coronavirus (COVID-19) outbreak, the government are temporarily extending free school meals eligibility to include some groups who have no recourse to public funds (NRPF), including:

- children of Zambrano carers
- children of families with no recourse to public funds with a right to remain in the UK on grounds of private and family life under Article 8 of the European Convention on Human Rights
- children of families receiving support under section 17 of the Children Act 1989 **who are also** subject to a no recourse to public funds restriction

All applications will still need to be made through the Devon portal;

<https://www.devon.gov.uk/educationandfamilies/school-information/school-meals>

## **New guidance on the temporary extension of free school meals eligibility**

We are temporarily extending free school meal eligibility to include children from some groups who have no recourse to public funds (NRPF). This guidance explains who is eligible and how schools can confirm eligibility and award free school meals.

The guidance can be found here:

- <https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance>



## Where to find learning resources online

There's plenty of support for parents online for everything from tools for home learning to PE:

Organisation	Contact information
<p><b>BBC Bitesize</b></p> <p>Online resource for learning and revision. Starting on 20 April, you'll also find daily lessons to support home learning.</p>	<p>Website:  <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a></p>
<p>Launch of the Oak National Academy online classroom and resource hub</p> <p>The Academy offers 180 video lessons each week for schools to use, across a broad range of subjects. The lessons cover children in Reception through to Year 10 and are free to use by both teachers and young people.</p>	<p>Website -  <a href="https://www.thenational.academy/">https://www.thenational.academy/</a></p>
<p><b>GoNoodle</b></p> <p>Movement and mindfulness videos for primary children</p>	<p>Website:  <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p>
<p><b>STEM.org.uk</b></p> <p>Free home learning resources for all ages in science, technology, engineering and maths</p>	<p>Website:  <a href="https://www.stem.org.uk/home-learning">https://www.stem.org.uk/home-learning</a></p>
<p><b>Twinkl</b></p> <p>This popular site for teachers is now offering free daily activities for home learning</p>	<p>Website:  <a href="https://www.twinkl.co.uk/home-learning-hub">https://www.twinkl.co.uk/home-learning-hub</a></p>
<p><b>English National Ballet</b></p> <p>Free ballet classes streamed daily</p>	<p>Website:  <a href="https://www.youtube.com/user/enballet">https://www.youtube.com/user/enballet</a></p>



## Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

### Mental health

Organisation	Contact information
<p><b>Mental Health Foundation</b></p> <p>Provides information and support for anyone with mental health problems or learning disabilities</p>	<p>Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>
<p><b>Mind</b></p> <p>A mental health charity</p>	<p>Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)</p> <p>Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>
<p><b>PAPYRUS</b></p> <p>Youth suicide prevention society</p>	<p>Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays)</p> <p>Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p>
<p><b>Samaritans</b></p> <p>Confidential support for people experiencing feelings of distress or despair</p>	<p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></p>
<p><b>SANE</b></p> <p>Emotional support, information and guidance for people affected by mental illness, their families and carers</p>	<p>Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a></p>
<p><b>YoungMinds</b></p> <p>A charity dedicated to children's mental health</p>	<p>Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)</p> <p>Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>





### Cruse Bereavement Care

Support for grief and bereavement

Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### Domestic violence

Organisation	Contact information
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline)  0800 1111 for children (ChildLine's 24-hour helpline)  Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline)  Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>

### Additional support through livewell southwest

Are you, your child or the child you are caring for experiencing anxiety, worry, stress? or are you experiencing Psychological or emotional distress?

Do you need to talk to someone who can offer support and advice?

Livewell Southwest, in response to the COVID-19 pandemic have now set up a 24/7 urgent mental health advice line that will enable young people, families, carers and professionals to access support when they need during this lockdown period.

The Urgent Mental health Support telephone line is open now 24 hours a day, 7 days a week on 01752 435122 for advice and support.



## Information the the Police

You may have read on the news that Domestic Violence is on the rise. I want to make you aware how to make a silent call to the police if your life is in danger.

If you're being abused at home you can alert the police with a silent call. The Silent Solution system allows victims to notify 999 operators by either pressing 55 or making a sound. The coronavirus lockdown has led to the National Domestic Abuse helpline receiving 25% more calls, according to charity Refuge.

Read more: <https://metro.co.uk/2020/04/06/make-silent-call-police-life-danger-12516742/?ito=cbshare>

Twitter: <https://twitter.com/MetroUK> | Facebook: <https://www.facebook.com/MetroUK/>

## Information: increased fraud risk during coronavirus (COVID-19) pandemic

Periods of instability, such as during the coronavirus pandemic, bring an increased risk of fraud. Fraudsters will actively exploit these difficult times and will target vulnerable areas for financial gain.

We have been informed some learners and parents have received a letter from ESFA asking for personal learner bank details in relation to the 16 to 19 Bursary Fund. We never ask for personal bank account details. This is a fraudulent letter – please do not respond.

## The week in review 5-11-2019 - Venice Trip



### Venice Trip

After a smooth and quick flight, we arrived in Venice to glorious sunshine. After taking a coach from Venice Marco Polo to Tronchetto, a water taxi took us straight into the heart of Venice, giving many of us a first glimpse at the interconnecting waterways of the city. Checked-in to the hotel, we went for our first walk around the streets and exploration of Saint Mark's Cathedral, before enjoying a delicious three-course meal Trattoria Da Bruno which divided our group (some thought the panna cotta tasted primarily of balloons, whilst others were content to eat three or four).



After a leisurely breakfast, the following day started with a fantastic few hours at the Peggy guggenheim Collection, where the modern art exhibited stole the limelight even from the picturesque view over the central canal from the gallery's courtyard. Particularly interesting were some of Ben Nicholson's pieces on display, a British artist who worked closely with Barbara Hepworth and has a wide collection on permanent display at the Tate Saint Ives. Arancini and tiramisu were enjoyed whilst walking the Basilica Santa Maria before a hearty Italian lasagne.

On day three a quick look inside the exhibition of a local church in Campo San Samuele was followed by an incredibly erudite guided tour of the Palazzo Grassi; this year's artist was Belgian Luc Tuymans, whose figurative paintings have led the Tate to describe Tuymans as "one of the most influential painters working today". We then took a boat to Murano where we had the opportunity to experience glass blowing demonstrations.

The final day was filled with sombre, all of us knowing it would be a long time before the delicious Italian food would be in our reach again. A walking tour of the flooded Saint Mark's Square was complimented by a relaxing time after in Musei Civici Venezia before a seamless journey home. *Beau Waycott*

