



Tavistock College Newsletter

Dartmoor Multi Academy Trust

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@collegetavi

02/10/2023

Child Protection

Your child's safety is of paramount concern to us. If you have a concern which involves the safety and wellbeing of a child or young person, please contact Mrs Hazel Blackmore (Designated Safeguarding Lead), Mr Jack Brokenshire or Miss Rachael Squire immediately.

If the concern is outside College hours, please contact MASH on 0345 155 1071 (email: mashsecure@devon.gov.uk) Children's Social Care Emergency Duty Team (out of hours) on 0845 6000 388 or Police on 101 (non-emergency) and 999 (emergency).

Every child should feel safe
You can get help here ...

childline
0800 1111 111
24/7 helpline for children and young people

NSPCC
0800 0283442
National Society for the Prevention of Child Abuse

FRANK
0800 011 111
Family Rights Network

Intercom Trust
0800 011 111
Drug Alcohol Services

YOUNG MINDS
0800 555 111
fighting for young people's mental health

CrimeStoppers
0800 555 111
Report a crime

YOUNG DEVON
0800 555 111
Youth Support

Whisper
0800 555 111
Report a concern

mash
0345 155 1071
Multi-Agency Safeguarding Hub

The safeguarding team, your tutor, teachers and ATs.
We are all here to help and guide you

SAFEGUARDING OUR COLLEGE

If you have any concerns about your own safety, or that of another person, please talk to a member of our team or another adult at our College

 H Blackmore Designated Safeguarding Lead	 T Forster Principal	 J Buchanan Vice Principal	 N Read Assistant Principal	 A Savage Deputy Designated Safeguarding Lead / Assistant Principal
 S Hunter HOY 7	 N Ingleby HOY 8	 L Evans HOY 9	 R Squire Deputy Designated Safeguarding Lead / HOY 10	 D Jacob HOY 11
 T Massey Deputy HOY 7	 S Marsh Deputy HOY 8	 S Fox Deputy HOY 9	 P Trimmer Deputy HOY 10	 N Murphy Deputy HOY 11
 W Stephens Deputy Designated Safeguarding Lead / Head of Sixth Form	 E Ruxton Sixth Form Pastoral Lead	 L Howard Sixth Form Pastoral Lead	 R Turner Director of SEND	 J Brokenshire Deputy Designated Safeguarding Lead

Talk to us in confidence... **Whisper it**
TAV1 [+ your message] To: 07860 021 323
Report via SMS or visit: <https://swgfl.org.uk/whisper/tav1/>

Non Pupil Day Wednesday 11/10/2023



Cost of living Help and guidance



Are you worried about the rising cost of energy bills, food and transport?

You are not alone, the cost of living crisis is affecting many of us.

You may want help accessing grants and debt advice, support getting all the money you are entitled to, or simply want to know more about the government's recent support measures. West Devon Borough Council want to reach out to residents to make sure you are aware of support available.

Free School Meals

Many people are not aware their children qualify for a free school meal. Check using this website – you do not need to tell the school yourself.

www.devon.gov.uk/educationandfamilies/school-information/school-meals

Your child will receive a nutritious two course meal each day.

School holidays can put increased pressure on finances but there are ways in which you can be supported through subsidised or free holiday clubs.

www.devon.gov.uk/educationandfamilies/family-support/haf-programme/information-for-parents

Healthy Start Card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card. The card has money on it to be used in shops to buy:

- plain liquid cow's milk;
 - fresh, frozen, and tinned fruit and vegetables;
 - fresh, dried, and tinned pulses; and
 - infant formula milk based on cow's milk.
- You can also get free vitamins.

See online to find out more and for ways to apply.

www.healthystart.nhs.uk/how-to-apply

Food Support

The cost of living crisis has made it much more difficult for many people to afford food. If this is something you are experiencing, the Council have collated a list of food hubs on their website.

www.westdevon.gov.uk/foodbanks

There is also support for your animals –

www.rspca.org.uk/adviceandwelfare/costofliving/foodbank

Household Support Fund

This will be available from April 2023 to provide short-term financial support to help meet the needs of those struggling to afford food, energy, water bills and other related essentials.

Applications can be made online.

In addition, our partners will issue food vouchers to families of children who receive free school meals so they can buy food through the school holidays. Keep an eye on our website for more information.

www.westdevon.gov.uk/household-support-fund

West Devon Support Directory

An online support directory has been created to provide information on a wide range of support available from within the Council and our external partners.

www.westdevon.gov.uk/support-directory

If you need any more information from the Council, then reach out to us through our 'Contact Us' page which will direct you to the information you are looking for.

www.westdevon.gov.uk/contact-us

Are you missing out?

More money for your school!



Nutritious meal every day!



Access to free holiday clubs!



More teachers, trips, and activities!



Check your eligibility today for Free School Meals

https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE



Contact: 0345 155 1019



JOIN US ON YOUR RUGBY JOURNEY

TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE, SPORTSMANSHIP

TAVISTOCK JUNIORS RFC
ALL BOYS & GIRLS FROM SCHOOL YEARS 1 TO 11 OF ALL ABILITIES ARE WELCOME TO JOIN

ENJOY 4 TRIAL SESSIONS BEFORE SIGNING UP
MEMBERSHIP FROM £40 PER SEASON*
SIBLING DISCOUNT & OTHER SUPPORT AVAILABLE*

OR CONTACT US ON 07500 719440
 SANDY PARK, TRELAWNY ROAD, TAVISTOCK, PL19 0JA.
 *CONTACT US FOR DETAILS

TAVISTOCK RUGBY CLUB JUNIORS AND MING

- ⚡ Energy
- £ Income
- 🏠 Home
- ❤️ Wellbeing

Important parking information and restrictions

As the new school term begins we need to make you aware of our parking policy.

To ensure the safety of children at all times and due to the number of staff and the locations of the school bus drop off points, we do not offer any parking, waiting or dropping off facilities for pupils at the start and end of the school day. This applies to Tavistock College and Tavistock Primary School students.

We ask that you drop off and collect your children from Meadowlands car park. Students can use both the front and rear entrances to the college site and safely walk to the underpass and into Tavistock Park towards Meadowlands carpark.

Families who are collecting disabled children who attend Tavistock College may use the 4 disabled bays available outside the main school.

If you have any concerns relating to your child being collected from the college site please contact your child's Head of Year.

You may use the college site to drop off and collect children during the school day for appointments from 9.00am up until 3.00 pm.

The college operates a parking permit system of identification; any vehicle parked within the college not displaying a valid permit will be treated as security risk.

Autumn Menu 2023



Dartmoor Multi Academy Trust
...everyone in our Trust.

TAVISTOCK COLLEGE • AUTUMN MENU • WEEK ONE

	Main ONE	Main TWO	Pasta BAKES	Curry BAR
MONDAY	Chicken Enchiladas with Vegetable Rice and Guacamole	Vegetable Spring Roll with Rice and Sweet Chilli Sauce	Bacon Carbonara Macaroni Cheese	Chicken or Veg Thai Green Curry
TUESDAY	Dartmoor Sausages, Creamy Mashed Potato, Seasonal Vegetables and Onion Gravy	Leek and Mushroom Crumble, Creamy Mashed Potato, Seasonal Vegetables and Onion Gravy	Beef Bolognese Quorn Bolognese	Malayan Curry
WEDNESDAY	Roast Turkey, Sea Salted Roast Potatoes, Seasonal Vegetables and Gravy	Broccoli and Cauliflower Bake, Sea Salted Roast Potatoes, Seasonal Vegetables and Gravy	Meatball, Tomato and Mozzarella Tomato and Mozzarella	Beef/Roasted Vegetable Tikka Masala
THURSDAY	Italian Meatballs, Tomato Pasta, Focaccia and Green Salad	Corriege and Vegetable, Veggieballs, Tomato Pasta, Focaccia and Green Salad	Creamy Chicken and Pesto Roasted Root Vegetables and Pesto	Roasted Cauliflower and Squash Korma
FRIDAY	Beef Burger, Chicken Bites Breaded Fish or Salmon Fingers, Chips, Mushy Peas, Beans, Curry Sauce or Gravy	Cajun Bean Burger or Breaded Haloumi Burger, Chips, Mushy Peas, Beans, Curry Sauce or Gravy	Tuna and Cheese Chargrilled Pepper and Sun-Dried Tomato	Chicken/Quorn Katsu Curry

Educating THE SCHOOLS FOOD REVOLUTION

Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

Dartmoor Multi Academy Trust
...everyone in our Trust.

TAVISTOCK COLLEGE • AUTUMN MENU • WEEK TWO

	Main ONE	Main TWO	Pasta BAKES	Curry BAR
MONDAY	Dartmoor Sausages in a Yorkshire Wrap with Mashed Potatoes and Seasonal Vegetables	Quorn Toad in the Hole with Mashed Potatoes and Seasonal Vegetables	Bacon Carbonara Macaroni Cheese	Chicken or Veg Thai Green Curry
TUESDAY	Hunters Chicken, Potato Wedges and Salad	Vegetable Omelette, Potato Wedges and Salad	Beef Bolognese Quorn Bolognese	Malayan Curry
WEDNESDAY	Honey Roast Ham, Sage Scented Roast Potatoes, Seasonal Vegetables and Gravy	Butternut Squash and Sweet Potato Bake, Sage Scented Roast Potatoes, Seasonal Vegetables and Gravy	Meatball, Tomato and Mozzarella Tomato and Mozzarella	Beef/Roasted Vegetable Tikka Masala
THURSDAY	Dartmoor Beef Lasagne, Pomme Noisettes and Mixed Salad	Pizza Bar with Pomme Noisettes and Mixed Salad	Creamy Chicken and Pesto Roasted Root Vegetables and Pesto	Roasted Cauliflower and Squash Korma
FRIDAY	Beef Burger, Chicken Bites Breaded Fish or Salmon Fingers, Chips, Mushy Peas, Beans, Curry Sauce or Gravy	Cajun Bean Burger or Breaded Haloumi Burger, Chips, Mushy Peas, Beans, Curry Sauce or Gravy	Tuna and Cheese Chargrilled Pepper and Sun-Dried Tomato	Chicken/Quorn Katsu Curry

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TAVISTOCK COLLEGE • AUTUMN MENU • WEEK THREE

	Main ONE	Main TWO	Pasta BAKES	Curry BAR
MONDAY	Brunch Grill - Sausage, Bacon, Hash Brown and Baked Beans	Veggie Branch Grill - Quorn Sausage, Tomatoes, Hash Brown and Baked Beans	Bacon Carbonara Macaroni Cheese	Chicken or Veg Thai Green Curry
TUESDAY	Dartmoor Beef Hot Pot and Sauteed Cabbage	Root Vegetable and Thyme Hot Pot and Sauteed Cabbage	Beef Bolognese Quorn Bolognese	Malayan Curry
WEDNESDAY	Roast Loin of Pork and Apple Sauce, Rosemary Roasted New Potatoes, Seasonal Vegetables and Gravy	Leek and Potato Bake, Rosemary Roasted New Potatoes, Seasonal Vegetables and Gravy	Meatball, Tomato and Mozzarella Tomato and Mozzarella	Beef/Roasted Vegetable Tikka Masala
THURSDAY	Chilli Con Carne, Coriander Rice, Sweetcorn Tortilla Chips and Dips	Three Bean Casserole, Coriander Rice, Sweetcorn and Nachos and Dips	Creamy Chicken and Pesto Roasted Root Vegetables and Pesto	Roasted Cauliflower and Squash Korma
FRIDAY	Beef Burger, Chicken Bites Breaded Fish or Salmon Fingers, Chips, Mushy Peas, Beans, Curry Sauce or Gravy	Cajun Bean Burger or Breaded Haloumi Burger, Chips, Mushy Peas, Beans, Curry Sauce or Gravy	Tuna and Cheese Chargrilled Pepper and Sun-Dried Tomato	Chicken/Quorn Katsu Curry

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LET'S TALK

about growing up in a
PORN CULTURE

Safer Devon

Let's Talk About Growing up in a Porn Culture Workshop - Parent / Carer Session

Wednesday 18th October at 7pm, If you would like to book your FREE place please scan the QR code below.

Whether we like it or not, children as young as primary age learn about sex every day in our digital age. Advertising, music, TV, movies, and the Internet constantly bombard kids with a skewed version of sex and relationships. Parents can understandably feel helpless to act in this unwelcome culture. But the truth is, they're perfectly positioned to offer children alternative, healthy messages about sex that instil respect in themselves and others. Young people need trusted adults to help them build resilience and resistance to hypersexualised media and porn. Our session will give parents and carers a framework in which to have gentle, safe conversations with kids about explicit content. And believe it or not, kids want you to have these conversations with them...even when they act like they don't. As a result, children can prepare for what to do when they see porn and know they can approach a safe adult to talk about it without "getting in trouble."

Our 90 minute session will be delivered by specialists from America on Teams and aims to stop the emotional, behavioural, and sexual harms of pornography to children and youth.



MORE INFO

Attendance Matters

Good Attendance means...

Being in school at least 97% of the time or 184 to 190 days

Remember

Education is important - don't miss out!

Did you know?
A two week holiday in term-time means that the highest attendance a child can achieve is 84.7%



Did you know?
When pupils attend school they:

- Can achieve their full potential
- Have better career prospects
- Learn how to look after themselves and be healthy
- Grow in confidence
- Keep up with work and homework
- Make new friends

There are **365 DAYS** in a calendar year
175 DAYS are NOT spent at school

On average a student at Tavistock College with attendance of 95% or above achieved a GCSE grade 5 or higher

On average a student at Tavistock College with attendance of 80.1%-90% achieved a GCSE grade 4

On average a student at Tavistock College with attendance of 50.1%-80% achieved a GCSE grade of 2.8



Year 7 Notice Board

Head of Year - Mr Hunter

Assistant Head of Year - Mrs Massey

And just like that, we're half way through our first half term! It's hard to believe how much we've managed to squeeze into so short a time, but it's wonderful to see that already, Year 7 students are finding their way around college, gaining confidence, and becoming valued members of the college community.

I wanted to use this week's Head of Year message to talk about how we care for each other. Of all of the values in our College charter - we care, we challenge, we excel - the one I've been communicating in assemblies (and noticing around site) the most, is care. I believe caring for each other is a choice, and one that I have been talking to Year 7 about in terms of its benefits: creating an environment where everyone feels safe and included, ensuring that people are always able to access support when the need it, but also the individual benefit of knowing you did the right thing - when you asked if someone was OK, or leant a hand when you sensed it was needed. I would challenge every Year 7 to look for opportunities to care for each other this week, and see how it makes them, and other feel.

I'd also like to remind everyone that one of the main forms of care and support in college comes from the tutor - please access these amazing individuals, as they can help with any concern or query, or point you in the right direction if they can't find an answer themselves.

"Your talents and abilities will improve over time, but for that you have to start." Martin Luther King. What a fantastic start our year 7s have had, they have been looking out for each other, helped each other find their classes and listened and worked well in lessons. They all look very smart in their uniforms and are wearing these with pride. Already we are seeing our year 7 students' talents shine, through achieving lots of green boards, signing up for recess and after school clubs, taking part in the college's first sport event of the year and signing up to be tutor representatives or members of the year 7 cooperative committee. Keep up the great standards you have set and you will soon be exceeding your expectations.

ENRICHMENT

A huge congratulations to our year 7 cross-country runners who all did amazingly last week.



Lillia P, Mabel M, Sasha K, Macy G, Dulcie Rose J, Nevaeh M, Lara-Mai T, Isabella J, Jack Da, Zac T, Ethan I, Adam S, Eugene G, Harrison D

CARE

Jeeho K and Arina B for being amazing while narrating our new promotional video

CHALLENGE

Olivia E for trying her hardest in the first few weeks of secondary school

EXCEL

All of the students who took part in the first Y7 student voice this week!

The cooperative committee will be holding its first event next month, selling apple juice at Goose Fair. To enable this to happen, this week the committee have picked apples from the college's orchard and these have now been sent off to be bottled up. A competition has been taking place this week for a unique design for the apple juice label, and the winning design will appear on every bottle.

The year 7 student representatives also took part in their first event this week, listening to their peers' opinions to questions about college fundraising events, what is considered acceptable as part of the college uniform and any other thoughts or concerns their group would like to voice. The representative then attended a meeting and gave their feedback to the sixth form representatives to feed back to the senior leadership team.

Many after school clubs are now running, so don't forget to read the college bulletin for full details.



Year 8 Notice Board

Head of Year - Mrs Ingleby
Assistant Head of Year - Mr Marsh

We have had a busy few weeks since the last newsletter, but what we really want to express is how well we are doing as a year group. On the whole, your uniform and Tavi 7 are on track and in-line with college expectations and it's really good to see so many of you in class learning to the best of your ability. We have just observed many tutor groups silent reading during tutor, and again this was really nice to see so many of you engrossed in your book. Just a reminder that the key stage 3 hub is there to support you and where you will find Mrs Ingleby and Mr Marsh.

Demonstrating one of our ethical values- Openness, Honesty, Social-Responsibility, Caring for others

- Kayleigh B
- Samuel G
- Joe Monk
- Jacob J
- James O



Manners. Please remember them in and around school. Think about how you come across to others in school and when you are travelling to and from school.

Keep to the left whilst transitioning lessons
Think about how you 'conduct' yourself
3-2-1 STAR behaviour - Stop talking or doing your task, as soon as you hear your tutor start the countdown.

A blazer OR school jumper must be worn, unless a teacher allows you to remove them in class.

NEW FOR THIS YEAR. Outdoor coats must be removed when you enter any school building, Shirts must be tucked in, skirts rolled down and ties worn. No excuses.

Ties, we have also noticed that more students are 'losing' their ties and coming to get a 'spare' from the Key Stage 3 hub. A tie is an important part of the uniform and moreover they cost money to replace! Please keep yours safe.

Please make sure you adhere to STAR behaviours in every lesson and demonstrate courtesy to your teachers in and around the school.

Enrichment

Sports clubs and extra-curricular clubs have started on a Tuesday & Thursday after school. Please join teams and take part in the activities that interest you. A late bus provision is provided.

Remember to let us know if you have a good trip idea in the future.

If you compete outside of school for any team or you do some fundraising or anything else that's worth a mention, please let Mr Marsh know.

Top 20 Green Boards

- Jack E
- Olivia T
- Alex C
- Sam D
- Dibeh A
- J Monk
- Elliott B
- Haleigh F
- Elouise P
- Roxy O
- Lewis S
- Harrison C
- Ruby H
- Seth P
- Milly -G C
- Mila C
- Pheobe P
- Ariah G
- Sam G
- Naoimi H
- George M





Year 9 Notice Board

Head of Year - Miss Evans
Assistant Head of Year - Miss Fox

It has been so amazing to see you all embracing the new school uniform. You are wearing it with flair and pride. Well done! It has also been a great few weeks with you all exhibiting that this is a fresh start not only for your behaviour but also how seriously you are taking your academic studies.

CARE

Eloise R for just always being so lovely.

CHALLENGE

Summer S being conscientious and caring to those around her.

EXCEL

Freddie R for pre reading class texts.



Enrichment

A huge well done to all the Year 9s who took part in the Cross Country last week. They were outstanding and "smashed it"!

Top 20 Green Boards

Megan B, Archie B, Shannon C, Lamorna C, Chris D, Candie, Alan E, Isabelle F, May G, Samantha G, Etha H-L, Grace J, Amelia J, Carson K, Liam M, Anastasiia M, Isabella N-C Olivia S, Subaru S, Harvey T.



Harold Kushner, an American rabbi and author once said: "when you are kind to others, it not only changes you, it changes the world". This is an excellent general truth to live by! Let's start small by changing ourselves - next week we can focus on changing the world!



Year 10 Notice Board

Head of Year - Mrs Squire
Assistant Head of Year - Mr Trimmer

A massive well done to the Year 10 Girls and Boys Football teams this week, who both won. The boys beat UTC 5 - 0 !!! Daniel scored 3 goals. Well done to both teams.

Girls Match report from Luana: On 25th September 2023 the Tavistock college girls team played Torpoint girls football team. It was a strong game for both halves finishing the first half drawing 2-2 and one of our strikers injured. We also had no subs and had to play 10 aside but luckily for us the other team out of respect went down to 10 players as well. We continued trying our best and ended up scoring once again making the score 3-2 to us winning the game. Laure, Lacey and Molly scored great goals and the defence and midfield did a great job. The team: Luana Pellegriello, Temisan Adjene, Isla miller, Isabel, Lauren, Molly, Courtney P, Lacey, Phoebe, Ava, Elle

CARE

We have seen a huge amount of care amongst the year group where students have been looking out for each other throughout the day and this week. It is great to see students striving to be their best in class and caring about their studies. Keep it up. We look forward to sharing more stories this term of individuals showing care.

CHALLENGE

It will soon be time for all Year 10 students to start looking to plan for the work experience week in June 2024. Speak to family and friends to start your journey.

EXCEL

Well done to Evie P who has been selected for Devon Under 15s Hockey squad.

Top 20 Green Boards

- Sofia Rose E
- Miles I
- Jamie S
- Ryan C
- Jamie C
- George G
- George W
- Anya M
- Jack R
- Imogen H
- Phillip P
- Wilson E
- Brook G T
- Isabella R
- Eleanor B
- Jessica M
- Oscar M
- Stanley F
- Patrick H
- Finley H
- Izzie G



Year 11 Notice Board

Head of Year - Mr Jacob
 Assistant Head of Year - Mr Murphy

Mock exams will be taking place between 9th-20th October. Please see the below timetable. We wish you all the best of luck with the mocks. This is a fantastic opportunity to show off and test yourselves.

CARE NOMINATION

Daisy F - who supported a friend when they were having a rough time.



Uniform - student uniforms should include:
 College blazer or college v-neck jumper
 white shirt
 college tie
 black trousers or a-line/pleated skirt

October 2023 Y11 Mocks				
These are approximate start times which may be adjusted to accommodate the individual student and may start later than times shown. There is no need for concern if exams start a little later. Further details will be shown on your young person's individual timetable.				
approx start times	9:00	11:30	14:15	
WEEK 1				
Monday 09/10/2023	Media Studies	English Language Paper 1	French LF	Japanese RF
Tuesday 10/10/2023	Biology 1H Combined Sci B1F Combined Sci B1H	History Weimar & Nazi Germany, 1918-1939	French RF	Japanese LF
Wednesday 11/10/2023	GOOSE FAIR DAY			
Thursday 12/10/2023	Maths non-calculator 1F & 1H	The Human Body & Movement Music Listening	Spanish LF	
Friday 13/10/2023	Business St: Investigating Small Business	Chemistry 1H Combined Sci C1F Combined Sci C1H	Japanese LH	Spanish RF
WEEK 2				
Monday 16/10/2023	Physics 1H Combined Sci P1F Combined Sci P1H	Computer St: Single Paper Religious Studies	French LH	
Tuesday 17/10/2023	Geography: Challenges in the Physical Environment	French WF	Japanese RH	Spanish LH
Wednesday 18/10/2023	Spanish WF Spanish RH	French WH	Japanese WF	Hospitality Part 1
Thursday 19/10/2023	Drama Written	French RH	E: Socio-cultural Influences etc French RH CLASH	Hospitality Part 2
Friday 20/10/2023	Design Technology	Japanese WH	Spanish WH	

Top 20 Green Boards

- Harriet S
- Ash N
- Rosie K
- Charlotte P
- Tobias J
- Johnny N
- Lilli M
- Evelyn Q
- Tal P
- Jordyn P
- Arlo P
- Olivia DW
- Oliver H
- Josie B
- Phoebe V
- Jessica C
- Megan G
- Jed Y
- Lola J
- Isabel LB



Leo and Ella have danced round their last ever Pony test together, finishing on a high with a 71%+ test.

Cross Country News

On the 21st of September students from across all year groups travelled to Launceston College for an early start to the cross country (XC) season. Despite some challenging weather conditions team Tavistock were awesome, claiming 5 out of possible 6 first place finishes, countless other podium places and were first in every team category.

Minor Girls

2nd - Dulcie R-J

Minor Boys

1st - Harrion D

2nd - Zac T

Junior Girls

1st - Lamorna C

3rd - Aoife S

Junior Boys

1st - Thomas H

2nd - Ollie E

Intermediate Girls

1st - Lara D

2nd - Anya M

3rd - Miley L

Intermediate Boys

1st - Fynn B

2nd - Reuben S-M

3rd - Connor D



It is important to recognize individual achievement, but Tavistock College XC community is a team that welcomes all runners and presently has over 50 runners including several sets of siblings, the new Y7 students, experiencing their first secondary school sporting event were excellent and a credit to the school. There are plenty of more opportunities to compete (see fixture list below). If you are interested in getting involved, please speak to a member of the PE department.

- Newquay - 12th October
- Wadebridge - 19th October
- Plymouth and West Devon Championships (selection event for Plymouth & WD. schools team) - 9 November
- 28th November - Liskeard





Monday 23rd - Learn to Ride x 3 sessions (Hard Court)
0900-1100
1130-1330
1400-1600

Tuesday 24th + Wednesday 25th - Bikeability Level 2 (2 day course)
1000-1500

Thursday 26th - Bikeability Level 3 (1 day course)
0900-1500

Friday 27th - Bikeability Level 3 (1 day course)
0900-1500

Tel - 07876735831
Web - [Add a subheading](#)
Facebook - [PSSP Cycle Training | Facebook](#)

Come and see for yourself...



Tavistock College
Years 4-6
Open Mornings
Tuesday 3rd, 10th & 17th October
Wednesday 4th & 18th October

Booking is essential

BOOK NOW >>

01822 614231
enquiries@tavistockcollege.org



LET'S TALK
TEENAGERS



Free support sessions for parents and carers

Have you got teenagers? Join us online for a chat about some of the challenges young people are facing today, and find out what tools you can use to support them.

Dates:
• Tuesday 19th September
• Tuesday 26th September
• Tuesday 3rd October

Weekly 90 minute sessions starting at 7.00pm

Visit www.devon.cc/letstalk to find out more about each session and book your free place.



LET'S TALK
PRE-TEENS



Free support sessions for parents and carers

Let's Talk Pre-Teens is an opportunity for you as a parent or guardian of a young person aged approximately 9 to 12 years old to hear about the challenges they are facing today, and the tools you can use to support your children and community.

Dates:
• Thursday 21st September
• Thursday 28th September
• Thursday 5th October

Weekly 90 minute sessions starting at 7.00pm

Visit www.devon.cc/letstalk to find out more about each session and book your free place.



Welcome to the annual TYC newsletter... a quick review of the busy and exciting year we've had, plus visions for year ahead. Scan the QR code below to view the latest edition.




tavistock youth cafe

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



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What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

In UK and Europe;
rest of the world 13+

...MSG ME...

WHAT ARE THE RISKS?

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message, if your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing content' – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.



THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.



CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

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