



# Tavistock College Residential Trips & Visits

Visit	Date	Year Group	Approximate Cost	Trip Leader Contact
Geneva	March 2024	12 & 13	£420	r.kelly@tavistockcollege.org
Rome	March 2024	10-12	£941	t.massey@tavistockcollege.org
Andalucia	March 2024	8 & 9	£808	k.mora-ogle@tavistockcollege.org
Brittany	July 2024	7 & 8	£685	t.mcaulay@tavistockcollege.org
Wimbledon	July 2024	8-10	£100	n.hosking@tavistockcollege.org
Canada Ski Trip	Easter 2025	10-12	£2251	n.read@tavistockcollege.org
Disneyland Paris STEM	January 2024	8 & 9	£575	r.kelly@tavistockcollege.org
Disneyland Paris STEM	January 2024	10-13	£650	e.lane@tavistockcollege.org
Paris Art	February 2024	12 & 13	£550	k.wyatt@tavistockcollege.org
London Harry Potter	May 2024	7	TBC	s.young@tavistockcollege.org
London West End Tour	March 2024	10	TBC	e.pearson@tavistockcollege.org
Disneyland Paris Netball	April 2024	9, 10, 12 & 13	£803	n.ingleby@tavistockcollege.org
UK Netball & Football Tour	March 2024	7	£300	s.hulbert@tavistockcollege.org

- Not all planned residential trips and visits are listed above, further trips will be added as and when costings are clarified by external companies
- Trip costs are approximate
- Deposit amounts and dates will be clarified in communication via email to selected groups
- We aim to run most residential trips on a yearly basis, although prices may be subject to change. Trips for the following year will be communicated via July newsletters at the end of each academic year. This is to allow families time to plan and budget
- Other non residential Tavy Promise visits will be taking place as normal throughout the academic year

## Tavistock College Endowment Fund

We are very grateful for the work of the Tavistock College Endowment Fund. The Fund is there to support wider opportunities for our young people. Applications for funding are welcome from both staff and individual families. The Trustees meet three times a year in January, May and October and prefer all applications to be submitted to them at least two weeks prior to their meeting. They do not wish to approve applications retrospectively. It is also important to stress that anyone applying for funding should, wherever possible, try to raise some funds themselves. Many groups have done this by activities such as bag packing at a local supermarket, seeking business sponsorship or holding their own fund-raising events. The Trustees do not support mainstream activities in school but do provide funding for extracurricular activities and trips where appropriate. Details can be found here - <https://www.tavistockcollege.org/our-college/tavistock-college-endowment-fund/>

# SEND Notice Board

The SEND Team has had a busy half term getting to know our new year 7 students. They have settled well and we have been really impressed by how well they have engaged with College life.

Sadly, some of our fantastic Assistant Teachers have left our team to start new jobs. We have said goodbye to Miss Greenwood and Miss Carroll as well as our administrator Miss Graham. We wanted to wish them all the best in their new roles. They will be missed by both staff and students.

Since June, we have been joined by two new Assistant Teachers and our new SENDCo. Mrs Champion, Miss Briggs and Miss Melville have been a great addition to the SEND Team.

We have made the decision to change our SEND Leadership Team model. Please see the changes below:

Staff Name	Role
Rachel Turner	Director of SEND
Sophie Champion	SENDCo
Sandy T	Assistant SENDCo - Years 7, 12 & 13
Julie Edwards	Assistant SENDCo - Years 8 & 9
Sam Biggs	Assistant SENDCo - Years 10 & 11

If you need to contact a member of the send team to discuss your young person, please continue to use the [send@tavistockcollege.org](mailto:send@tavistockcollege.org) email address.

## Upcoming events:

Date:	Event:	Description:	Who can attend:
10/11/23 9.30am- 10.30am	Educational Psychologist parent / carer forum	'Ways to support your reluctant reader / writer at home'	Open to all parents
16/11/23 9am - 11am	SEND Coffee Morning	A chance to meet the team and other parents / carers	Parents / carers of students on the SEND register
22/11/23 8am - 6pm	SEND Review Day (Virtual)	A chance to meet with a member of the team to review how your young person is doing and to discuss their ILP.	Parents / carers of students on the SEND register
6/12/23 3.30pm - 4.30pm	SEND Surgery (Virtual or face to face)	A chance to speak with the team if you think that your young person may have SEND.	For parents / carers of students not on the SEND register.
7/12/23 5.30pm - 7pm	SEND parent / carer forum	Our Graduated Response.	Open to all parents.

To book on to one of the events, please email [send@tavistockcollege.org](mailto:send@tavistockcollege.org). You will receive a separate email for the SEND Review Day so please keep an eye on your inboxes.

We look forward to seeing you this term!

The SEND Team

The parents / carers of year 7 will receive an email from the SEND Team over the next week providing you with your login to the Edukey website. This will allow you to view and comment on your student's Individual Learning Plan.



# SEND Event

Dartmoor  
Multi Academy  
Trust

...everyone in our Trust.

10th November 2023

9.30-10.30am

Educational Psychologist  
Parent / Carer Forum on:

“Ways to support your reluctant  
reader / writer at home”

To secure a place please email:

**[send@tavistockcollege.org](mailto:send@tavistockcollege.org)**

# DMAT Careers & Employment Fair

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## Our Careers and Employment Fair returns 6th and 7th December 2023

To secure a trade stand to represent your company at our second DMAT Careers Fair, in partnership with Business Information Point, please scan the QR code, follow the link or enquire via [careersfair@dmatschools.org.uk](mailto:careersfair@dmatschools.org.uk)



The Dartmoor Trust Careers Fair 2023 will be taking place on:

Wednesday 6th and Thursday 7th December 2023, at the Ashbury Hotel, near Okehampton EX20 4NA.

We are delighted to let you know that a warm welcome is extended to all students in Years 9-13, inclusive, to join us for what we are sure will be an exciting and rewarding experience.

Many exhibitors representing the world of work, apprenticeship providers, further education colleges and universities will be in attendance. The event will be a tremendous opportunity for students to hear presentations, to talk to employers and to begin to get some ideas about what they would like to do after leaving school and beyond. The Careers Fair is an integral part of our Trust's commitment to high quality careers education and independent advice and guidance for all young people. The event is free of charge and coach transport will be provided for the students attending.

For more detail on timings and dates please see the communication which was sent to Year 9 -13 families on 02/11/2023.





# Year 7 Notice Board

Head of Year - Mr Hunter  
Assistant Head of Year - Mrs Massey

Welcome back, Year 7, to your second half term at secondary school! One of the key messages I was eager to share with students during our first assembly back on Monday, was the fact that every half term offers you the chance for a reset - a fresh start.

I'd invite Year 7 students to reflect on how their first half term went, and how they might approach situations, challenges, and their attitude differently if they could start again. Would you like to change your approach to homework, perhaps by attending homework club on a Tuesday/Thursday, or would you like to try and earn more green boards by giving 11% in all lessons?

However you reflect on your education at college so far, just remember that the more you put in, the more you get out of it!

Year 7 had a great start to this half-term on Monday by hearing from Mr Stroud in assembly about careers and how it is not too early for year 7s to be considering what they would like to do in the future. They listened carefully whilst Mr Stroud explained about their further education options and he aspired them to think about the things they enjoy doing and learning about and how these may shape their future.

Please can I remind all student to remember their Tavi 7: pencil case containing pencil, pen, ruler, eraser, reading book and bare essentials. Remember that red boards will be issued for forgetting these.

The following students were amazing in the Wadebridge Cross Country event on the 19th October:

Scarlett N, Alice T, Lillia P, Dulice Rose J, Maci G, Mabel M, Zac T, Harry M, Jack C



Also, well done to the following year 7s who played in the National Cup fixture against Stoke Damerel just before half-term. You were all fantastic:

Harrison D, Josh L, Jack S, Joe A, Eugene G, Dexter N, Harry M, Rueben F, Theon V, Harry B, Ethan I



## Top 20 Green Boards

Maddison B  
Esme O  
Sophia H  
Harrison  
Edith C  
Macy G  
Lilly-Ann V  
Harry M  
Adam S  
George S  
Heidi C  
Jeeho K  
Dulcie-Rose J  
Ethan I  
Leo D  
William H  
Evie B  
Jacob N

### Care

Alisha H for always being thoughtful and thinking of others.

### Challenge

Lyra M for doing her best every day.

### Excel

Maddison B for her consistent excellent attitude to learning and behaviour.



# Year 8 Notice Board

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

We hosted and enjoyed a great STEM (Science, Technology, Engineering, Mathematics) day in our main hall. Up to 60 students attended and took part in various activities and workshops, provided by our STEM partners. We hope that many of you choose one of these subjects at the end of next year and this day has sparked an enthusiasm in these subjects for a lifetime. More about STEM can be found here, <https://www.stem.org.uk/>

We have also had some success in various sporting events with many of you representing our year and school either in our MAT wide sporting challenges or when competing against other schools in the region. (Please see more at the end of the newsletter)

You will soon receive your first year 8 reports and an invitation for your parents/carers to book an appointment with your subject teachers in the upcoming parents/carers evening. Look out for the email.

Reception duty is continuing and many thanks go to 8KIT and Mr Hulbert's tutor group for their recent stint in providing students for this welcomed task and responsibility. We now move onto 8HAW and Mrs Scott's tutor group. It's great to see so many of you completing your reception duties with a sense of accomplishment. We look forward to seeing you around the school with a smile on your face and representing our year with pride.

Just a reminder that the key stage 3 hub is there to support you and where you will find Mrs Ingleby and Mr Marsh.

A couple of gentle reminders:

STAR behaviours are now well and truly embedded into school life and have been part of your everyday routine since you started in year 7.

- S - Sit up straight and fold your arms
- T - Track the speaker (Normally the teacher)
- A - Answer and ask questions like a scholar
- R - Respect.

Uniform

Please adhere to school uniform policy. If you decide to wear alternatives, then expect to be challenged. **NEW FOR THIS YEAR.** Outdoor coats must be removed when you enter any school building.

Demonstrating one of the cooperative values- Solidarity, Self-help, Self- responsibility, Democracy, Demonstrating one of our ethical values- Openness, Honesty, Social-Responsibility, Caring for others

James B  
Daniel O  
Elliott S  
Summer W  
Casey F

Congratulations to our year 8 sports teams who have represented our school over the past month or so.

Wadebridge Cross Country 19th October  
Miri C, Eloise P, Evangline B.

Year 8 Netball

Fran H, Roxy O, Jasmine O, Saba P, Eris L, Naomi H, Eliza R, Poppy D.



Basketball

Victorious over Millbay  
winning 28 - 2



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

## Top 20 Green Boards

Nevaeh B, Jack E, Tia M, Riley H, Arthur M, James B, Samuel D, Ruby H, Daniel O,, Elliott S, Summer W, Casey F, Sam G, Oscar M, Daniel N, Saba P, Melody V, Joe M, Sujan TK, Olivia T



## Year 9 Notice Board

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

Welcome back after what was hopefully a restful half-term even if it was a little wet!

As we approach Remembrance Day, it is a time to stop and reflect on both past and present events within the world. This is also a time to think about how we honour those who have given their lives in the defence of freedoms. It is not just a matter of remembering but should also be a time to honour them with how we ourselves act. As J.F. Kennedy stated, 'As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.' In other words, it is how we behave and treat others that is possibly the greatest way to honour those who have given their lives: we show kindness, understanding and respect. This is something that we should all live by everyday, not just on November 11th.

### Reminders

Please remember that the Year 9 Remembrance Day service will be on Friday 10th November at St. Eustachius-Church. Everyone must be particularly smart in school uniform - as you always are!

### Enrichment

May G, Nell M and Lamorna C took part in the XC at Wadebridge on Wednesday 18 October!

Year 9's had a national cup football match at Plymstock. Well done to: Molly R, Imogen R, Esme K, Sunny F, Ruby H, Isabelle F, May G, Nell M, Olivia S, Lomorna C, Lilia K, Katie H-R, Scarlett K, and Ella H.

### Challenge

Katie H-R for always having high standards.

### Excel

Raith G for always being prepared and having an excellent approach to learning.

### Top 20 Green Boards

Amelia D, Samantha G, Zoey H, Tori-Paighton L, Alfie M, Sienna M, Darcy M, Anastasiia M, Archie P, George P, Eloise R, Tobias S, James S, Harvey T, Annika W, Alex W, Lamorna C, Shannon C Christopher D, Frederick D

**TAVISTOCK GIRLS CRICKET**  
**Winter Training Camp**  
Fun & friendly softball cricket  
Open to all girls  
in Years 7 & 8  
No kit, no experience required.  
Starting Sunday 12th November  
Fortnightly - 2pm to 4pm  
Mount Kelly (Prep) Sports Hall  
1st two sessions free.  
Come & give it a try!  
More information & to register:  
[www.tavistockcricketclub.com](http://www.tavistockcricketclub.com)

**To anyone doubting, it's time to believe**  
#WE GOT





# Year 10 Notice Board

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

## Top 20 Green Boards

George W  
Thalia W  
Jamie C  
Tamsyn R  
Danielle P  
George G  
Sofia R E  
Willow S  
Miles I  
Ryan C  
Anya M  
Joshua D  
Jessica M  
Jack R  
Brook G T  
Daisy Y  
Rebecca A  
Imogen H  
Esme E  
Rose O

ADMAT Central Venue event at Okehampton - Football

Luana P, Ellie J, Ava M, Courtney P, Lacy N, Temisan A, Issy K, Isla M  
- DMAT Central Venue event at Okehampton Match report as follows:  
Match report by Luana P, Issy K, Isla M.

It was a 6/7 aside tournament on a 3g sand astro. There were 4 teams including us and we had to substitute our players for every match. We won the tournament by 10 points.

We won 3 matches and drew 1, each match lasting 15 minutes.

Year 10 Photographs November 23rd for the school system. Students do not need their PE kit for this day. These photographs are important for the school system.

Work Experience link below is ready to go:

<https://docs.google.com/forms/d/1try1JgV2Arh2tgIm07KqYD7FbM4aJoN2uomPHC48wE/edit?ts=654370ec>

Work Experience will be held June 24th - 28th. The form above will need to be completed with your child as soon as you can after you have secured a placement with a family member, family friend, or any form of work that you can find for your child. Make sure they are keen to get involved with work that they are excited about. Most importantly, make sure that it will be a week where they can look forward to and know that they will make a good impression and enjoy what they are doing for that week. You never know, they may end up gaining future employment there.

## CARE

Students really showing that they care about their work with 1888 Green boards awarded for working hard and 1213 consistently meeting expectations in lessons and 653 positive points for outstanding effort in lessons Keep this up Year 10.

## CHALLENGE

George W for his huge surge of Green boards of 40. Keep this up George and well done. Your teachers believe in you and your hard work!

## EXCEL

We nominate Josh D for his commitment to and hard work in school with 29 positive green boards



# Year 11 Notice Board

Head of Year - Mr Jacob

Assistant Head of Year - Mr Murphy

We welcome the students back from October half term and hope that they all feel rested and had an enjoyable week off. We have 6 weeks until the Christmas break and we hope that the students are prepared and determined to work hard over the next 6 weeks. The effort the students put in now will see them benefit from this come exam time in the summer.

Please can we remind all parents and carers to contact our attendance officer when their young person is off school. The students' attendance this year is more vital than ever given the importance of this year. If there are any issues please contact any member of the key stage 4 team.

All the best from the year 11 team.

## CHALLENGE

Elsie M - Who recently competed at a national swimming champs achieving a PB in the 100m backstroke with a time of 1:08. We would also like to wish Elsie the best of luck for this weekend when she takes part in the Swim England regional championships.

## EXCEL

Billy S - who has been selected to represent Devon U16s rugby team.



Come and see for yourself...



## Tavistock College

### Sixth Form Open Evening

Thursday 9th November 2023

Presentations at 5.30pm & 6.30pm

[BOOK NOW](#)



01822 614231  
enquiries@tavistockcollege.org

100% Ratio of Green boards to red board points in the last 2 weeks. In year 11 we have seen 105 students achieve 100% recognition points and we'd like to congratulate them on this success.

Most green boards awarded in the last 2 weeks

Bella D	Daisy D	Monty R	Bella D
Sophia E	Charlie C	Daisy R	Sophia E
Alice G	Oliver D	Jude W	Alice G
Phoebe V	Ella W	Joseph K	Phoebe V
Jessica C	Emma G	Danny-Lee A	Jessica C
Anya J	Seth B	Thomas K	Anya J
Evelyn C	Finley B	Matthew W	Evelyn C
Megan G	Lennon M	Adam W	Megan G
Oliver C	Caitlin C	Oliver C	Miya W-B
Lucas E	Oliver M	JJ DC	Oliver C
Evelyn Q	Sebastian L	Kimberley B	Lucas E
Charlotte P	Tristan P	Isaac C	Evelyn Q
Tal P	Verona P	Olivia L	Lilli M
Harriet S	Jake W	Zoe B	Charlotte P
Finley W	Oliver H	Kara G	Tal P
Rosie K	Angel H	Noah PT	Harriet S
Sophie L	Poppy V	Ash G	Lola J
Josie B	Flo T	Leah K	Finley W
Kameron G	Joel S	Ksenia R	Rosie K
Hayden D	Maya K	Thomas C	Sophie L
Meghan S	Kirsty C	Joe A	
Jed Y	Tom C	Erin H	
Callum M	Bethan G	Milly B	
Arlo P	Jack F	Ashton S	
Milly H	Kiara B	Lucy M	
Emily S	Harold C	George H	
Johnny N	Alfie A	Alana B	
Ben G	Abigail W	Vee G	
Abigail C	Austin W	Rory C	
Isaac T	Rintaro E	Thomas B	
Thomas P	Oliver S	Rebecca B	
Jessica B	Erin F	Henry H	
Maggie P	Alex S	Elsie M	
Abigail N	Cane S	Astrid J-S	
Andrea P	Jake P	Samuel L	

**HIGH-FLYING BASKETBALL ACTION  
LIVE FROM THE PLYMOUTH PAVILIONS**

**LIVE PREMIERE LEAGUE  
BASKETBALL**

**TICKETS AVAILABLE AT  
PLYMOUTH CITY PATRIOTS.COM**

BRITISH BASKETBALL LEAGUE PATRIOTS

# WANT A NEW SKATEPARK? SHOW YOUR SUPPORT!

**WE ARE TAVI SKATE, A LOCAL STEERING GROUP, WITH A VISION FOR A NEW CONCRETE SKATEPARK TO BE BUILT IN TAVISTOCK.**

We want to start conversations to build a picture of the community's outlook for future facilities. Quality skateparks support vibrant, healthy communities. These dynamic spaces can be used for skateboarding, BMXing, scooter riding and rollerblading for riders young and old.

Our goal is to replace the current skatepark with a modern park that's quieter, safer, and more welcoming for all. To make it happen we need the support of our community - show you'd like a new skatepark by scanning the QR code and filling out our short survey.

SCAN HERE →  
COMPLETE OUR SURVEY OF SUPPORT & FIND OUT MORE.

hello.taviskate@gmail.com    Tavi Skate    TAVISTOCK YOUTH CAFE    Tavi Skate.  
www.tavistockyouthcafe.com    Tavi Skate

## What Parents & Carers Need to Know about X

**AGE RESTRICTION 13+**

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. Three years and in a host of changes to the platform, all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 330 million users of Twitter (now rebranded as 'X'). With further adjustments, especially in the platform's algorithm, it has attracted more than its usual share of controversy and caution in recent times.

**WHAT ARE THE RISKS?**

**A BLOCK ON BLOCKING**

X has announced plans to remove its blocking feature. Previously, this allowed other users from viewing your profile or sending you direct messages, which was a key feature that gave users more control over their feeds. This decision has been criticised by some members, who fear this protects them from users who harass, abuse and have a history of inappropriate content.

**AGE-INAPPROPRIATE CONTENT**

X is a less age-appropriate platform than other social media sites. While accounts are required to be verified, the platform's algorithm is still fairly easy to manipulate, which means that a user doesn't already follow a creator can still see their content and end up on a child's feed.

**BLUE TICK SALE**

**Advice for Parents & Carers**

**PROTECT PRIVACY**

Unwanted characters may try to gain access to a young person's account. To ensure that your child's posts only go to those you want them to, ensure the account has a strong password and enable the 'Protect Your Tweets' feature. In the account settings, so that strangers can't view your child's posts without first being approved as a follower.

**DON'T RISE TO THE BAIT**

To gain more views and followers, some X users post inflammatory comments on sensitive topics such as race, sexual orientation and mental health. Many users will find this upsetting. Emphasise that if your child encounters someone spreading hate on X, it's best not to give that person what they want: an online argument. Report their account and move on.

**STAY ALERT FOR IMPOSTERS**

Make sure your child understands that X has ticks to verify the identity of users on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with imitative accounts. If your child is not 100% sure that on X user actually is who they claim to be, advise them to get on the safe side and avoid interacting with that account.

**ONLY FOLLOW TRUSTED ACCOUNTS**

Using the 'Following' tab on X helps to ensure that the only content your child sees is from those they are following. This should reduce the chance of them seeing content that is harmful, abusive or otherwise inappropriate being exposed to them. Encourage your child to report any suspicious or unauthorised user's account if they're being followed inappropriately by spreading misinformation or offensive opinions.

**BE READY TO TAKE ACTION**

If your child suffers harassment on the platform or becomes the target of a scam, report the account to the platform. It's a priority feature that has been tried and tested for allegedly abusive accounts. If your child is on the platform, it might be prudent to remove them from a computer.

Meet Our Expert  
James Cummings is Editor in Chief of gaming and esports at National Online Safety. He has worked for the government, the police, and the NHS. He has also been a presenter on the BBC, ITV, and Sky News. He has been published in The Guardian, The Telegraph, and The Independent.

National Online Safety  
#WakeUpWednesday

@nationalonline\_safety    /NationalOnlineSafety    @nationalonline\_safety    @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.10.2023

## What Parents & Carers Need to Know about FIVE NIGHTS AT FREDDY'S

**AGE RESTRICTION PEGI 12**

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments sell out to well over five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing violent content, mild profanity and horror themes.

**WHAT ARE THE RISKS?**

**FRIGHTENING THEMES**

Five Nights at Freddy's (FNAF) for all intents and purposes is a horror game. It does build tension and use jump scares, which may be too intense for young players. The sinister atmosphere, characters and the sensation of being trapped in a location which could be particularly unsettling, as could the inclusion of disturbing scenarios such as murder or possession by evil spirits.

**AGE-INAPPROPRIATE CONTENT**

As a result of FNAF's popularity, a wealth of fan-made content has developed around the game, with the majority of this material in the chat function. This includes a large number of characters which are geared towards adult and disturbing themes, for example, and in some cases, age-inappropriate language.

**STRESSFUL SITUATIONS**

Due to their suspenseful tone to them, it can be extremely stressful for young players, especially if they're not used to checking that their surroundings are safe. This can lead to anxiety and could create residual stress or fears in children who are particularly sensitive. Several media reports have suggested that some vulnerable children have experienced severe nightmares or sleep problems after playing games from the series.

**PLAYING IN ISOLATION**

Young gamers will be relieved to learn that Five Nights at Freddy's is a single-player game. However, it can be a lonely experience that could also make playing that little bit more scary. However, especially if your child is spending a lot of time watching the game's spooky, shadowy environments alone in their room, for example.

**IN-GAME SPENDING**

FNAF doesn't feature in-game purchasing or in-game currency. However, in the series' gothic-noir-themed sequel, Five Nights at Freddy's: Help Wanted, it is complemented by a 'Freddy's Help Wanted' game pack called 'Curse of Breadbeard' ( costing £3.99), which unlocks new levels and mini-games.

**TRY IT YOURSELF**

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to see how your young player might cope with the series' more frightening and disturbing aspects. If they're not keen, you could spend some time playing it together - after all, it usually only lasts between five and ten minutes to complete a level.

**SPOT THE SIGNS**

If you're concerned that your child might be spending too much time on a Five Nights at Freddy's, or you've realised that the game's score is falling, it's a good idea to check in with them. People may start to practise gaming over everyday essentials like school or sleep, or if a lack of concentration could indicate that their gaming sessions are going on too long.

**TALK ABOUT THE RISKS**

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Explain that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop if they're not enjoying it. The primary of the game is making them feel uncomfortable or putting them on edge.

**Advice for Parents & Carers**

**USE PARENTAL CONTROLS**

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust their phone's parental controls to restrict access to their child's device to certain content.

**LIMIT SPENDING**

Unlike more popular titles, Five Nights at Freddy's doesn't feature in-game purchases. It's worth noting, however, that game instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

Meet Our Expert  
Carly Hoggan is an experienced technology journalist with a wealth of experience in the gaming industry. She has worked for the BBC, ITV, and Sky News. She has been published in The Guardian, The Telegraph, and The Independent.

National Online Safety  
#WakeUpWednesday

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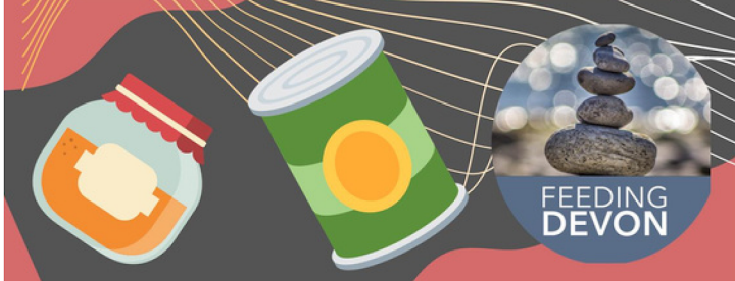
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# Tavistock food hub

## An Affordable Food Club

Feeling the pinch? Why not join our food club and save up to 60% on supermarket prices. Only £5 donation per bag!

Wednesdays 11.30am to 12.30pm at  
The King's, Pixon Lane or  
Saturdays at The Red & Black Club,  
Crowndale Road 11am to 12pm  
email [info@feedingdevon.org.uk](mailto:info@feedingdevon.org.uk)



## 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](https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE)

## 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](http://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](http://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](http://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](http://www.westdevon.gov.uk/foodbanks)

There is also support for your animals – [www.rspca.org.uk/adviceandwelfare/costofliving/foodbank](http://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](http://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](http://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](http://www.westdevon.gov.uk/contact-us)

Energy

Income

Home

Wellbeing

## Struggling to top up your prepayment meter?

You might be able to claim fuel vouchers

If you have prepayment meters and can't afford to top them up, we can help. We may be able to give you fuel vouchers, and our specialist energy team can help you find ways to save money on your household bills

Call 01237 879233, email [fuelvouchers@ruraldevoncab.org.uk](mailto:fuelvouchers@ruraldevoncab.org.uk) or scan the QR code to request a call back



citizens advice

Torrige, North, Mid & West Devon



## Award in Digital Skills: Word and Excel Level 2

FREE

Thursdays 9:30am - 11:30am  
9th Nov 2023 - 2nd May 2024  
Online

If you are already confident with Office applications but want to build on your knowledge and skills, this course is ideal for you. This is a Level 2 course and you will need to complete both the Excel and Word units to gain the Award.

For more information contact our friendly admin team on  
01822 613701, visit our website [learndevon.co.uk](http://learndevon.co.uk)  
or visit us in the Alexander Centre, Tavistock.

**learndevon**  
adult learning and skills

## Maths top ups: percentages

Tavistock Library



Funded by  
UK Government

Anybody who would like some additional support or guidance with improving their Maths skills.

10:30am - 12:30pm  
Monday 30th October

If you are aged 19 or over, don't have a maths GCSE at grade C (or equivalent) and have been resident in the UK for at least three years, Multiply is available to you!

FREE

For more information call us on 01822 613701, email  
[tavistock@learndevon.co.uk](mailto:tavistock@learndevon.co.uk) or visit our website [learndevon.co.uk](http://learndevon.co.uk)



**learndevon**  
adult learning and skills

**Devon**  
County Council **SKILLS  
FOR LIFE**  
**MULTIPLY**

IF YOU'RE 11-19 YEARS OLD  
TEXT A SCHOOL NURSE  
07520 631722

WE HELP YOUNG PEOPLE  
WITH ALL KINDS OF THINGS LIKE...

RELATIONSHIPS  
MENTAL BULLYING SELF  
HEALTH ALCOHOL HARM  
HEALTHY EATING  
DRUGS SMOKING

*Text us for confidential advice & support*

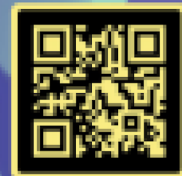
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# HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:

**07520 631722**

OR SCAN THE QR CODE FOR MORE INFO:



GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING   RELATIONSHIPS   SMOKING  
EMOTIONAL HEALTH   BULLYING   SELF HARM  
ALCOHOL & DRUGS   ANXIETY   SLEEP   PUBERTY

////////////////////  
**WWW.HEALTHFORTEENS.CO.UK/DEVON**



SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,  
AND FIND OUT THE TRUTH BEHIND THE RUMOURS

FIND US ON INSTAGRAM: @health\_forteens #HealthforTeens

Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. If you need help before you hear back from us, please contact your GP nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some numbers marking 'mobile app'). To opt-out of receiving messages from a healthcare professional, please text 'STOP' to our number. Messages are charged at your usual rates.

Staying Healthy

Illness

Feelings

Getting Help

A fun and interactive resource for learning about health



[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

## Psst! Parents!

As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.



[www.healthforkids.co.uk/Devon](http://www.healthforkids.co.uk/Devon)

Follow us:  Health for Kids: Grownups  healthforkidsgrownups  @HealthforKids1

 ChatHealth

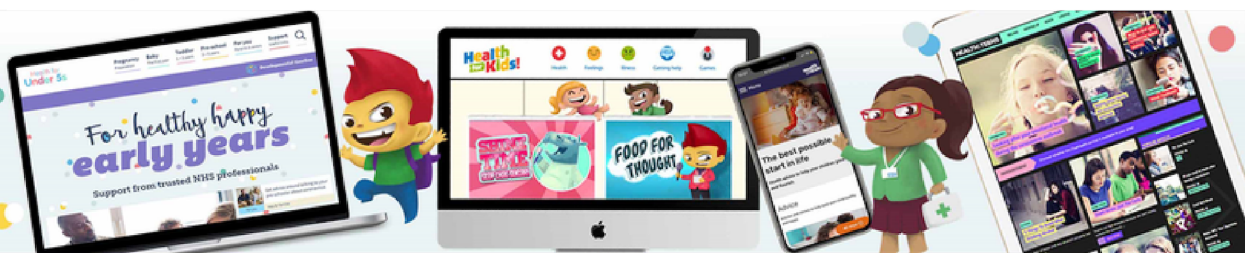
Text a school nurse for confidential advice and support

**07520 631721**

Or scan the QR code for further service contact details:



Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number 'masking' mobile apps). To opt-out of receiving messages from a healthcare professional, please text 'STOP' to our number. Messages are charged at your usual rates.



Health for Under 5s

[www.healthforunder5s.co.uk/devon](http://www.healthforunder5s.co.uk/devon)

Health for Kids!

[www.healthforkids.co.uk/devon](http://www.healthforkids.co.uk/devon)

HEALTH FOR TEENS

[WWW.HEALTHFORTEENS.CO.UK/DEVON](http://WWW.HEALTHFORTEENS.CO.UK/DEVON)