



Tavistock College Newsletter

Dartmoor Multi Academy Trust



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@collegetavi

20/11/2023

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
OPENING ON THE PHONE, ANYTIME
0800 1111 1111

DEVON CHILDREN AND FAMILIES PARTNERSHIP

TAVISTOCK YOUTH CARE

CLICK CEOP
Internet Safety

NSPCC
Dedicated to children's mental health
0800 555 111

FRANK
Family, confidential drug advice

keeth

Intercom Trust

Drug Alcohol Services

YOUNGMINDS
fighting for young people's mental health

CRIME STOPPERS
0800 555 111

YOUNG DEVON

Whisper

mash

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

Together, we care, we challenge, we excel

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/>

TAVISTOCK COLLEGE

BINGO night

14TH DECEMBER
6:30 - 8:00
AT TAVISTOCK COLLEGE
DRINK AND CRISPS PROVIDED
OTHER REFRESHMENTS FOR SALE

ADMISSION - £3.00

PLEASE CONTACT E.RUXTON@TAVISTOCKCOLLEGE.ORG IF YOU HAVE ANY QUESTIONS

The Faculty of Creative Arts proudly presents

Around the World in Eighty Days

by Laura Eason

by arrangement with Nick Hern Books

Thursday 7th December 6.30pm
Friday 8th December 6.30pm
Saturday 9th December 1.30pm (accessible performance)
Saturday 9th December 6.30pm

Main Hall Tavistock College

£8

<https://www.ticketsource.co.uk/whats-on/tavistock-college>

THE GREAT SPOTACULAR

BBC
CHILDREN
IN NEED

WE
RAISED

£1223.00





Dartmoor Multi Academy Trust

...everyone in our Trust.

Community Partnership Program

Course	Description	Date and Venue
Cooking the Classics for Less	Join us for an opportunity to work with our catering company on a cooking course based around the nation's favourite takeaways but with a twist. The session will be focused around healthy and affordable meals for all the family to enjoy. Ingredients and equipment are provided by the school. Please just bring yourself and your inner Gordon Ramsey. (Limited spaces)	Wednesday 29 th November 2023 5:30pm-6:30pm Tavistock College


BOOK NOW !!
Limited Space



There is no fee for any course, we just ask you scan the QR code to book on.

If you have any questions please contact Jack Brokenshire at j.brokenshire@tavistockcollege.org or Telephone Tavistock College on 01822 614231

The Faculty of Creative Arts proudly presents

Around the World in Eighty Days

by Laura Eason

by arrangement with Nick Hern Books

An amateur production

Thursday 7th December 6.30pm
Friday 8th December 6.30pm
Saturday 9th December 1.30pm (accessible performance)
Saturday 9th December 6.30pm

Main Hall Tavistock College

<https://www.ticketsource.co.uk/whats-on/tavistock-college> £8





FREE EVENT

Saturday 2nd December
2-5pm

Tavistock College Community Christmas

All events and refreshments are totally free.
These include wreath making, children's
Christmas arts and crafts, free mulled wine
and refreshments.

**As a college we would like to thank the
community for all their support.**



Head Lice and Nits

Head lice are tiny insects that live in hair. Nits are the empty egg cases attached to hair that head lice hatch from.

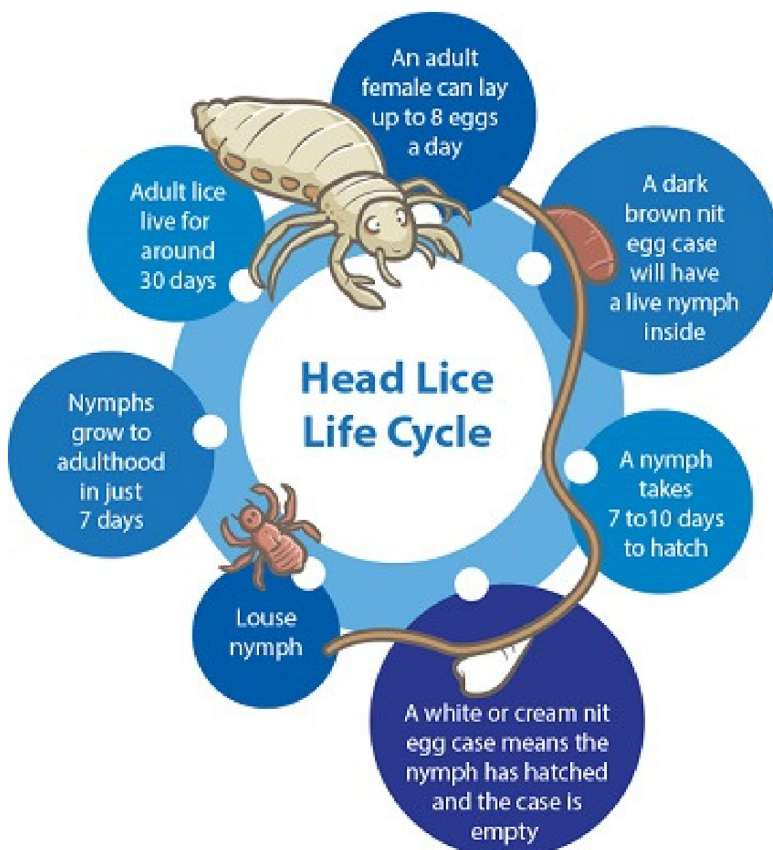
Head lice are a common problem, particularly in school children aged 4 to 11.

They're largely harmless, but can live in the hair for a long time if not treated and can be irritating and frustrating to deal with.

To use the wet detection method:

- wash the hair with ordinary shampoo
- apply plenty of conditioner
- use an ordinary, wide-toothed comb to straighten and untangle the hair
- once the comb moves freely through the hair without dragging, switch to the louse detection comb
- make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp
- draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time – remove lice by wiping the comb with tissue paper or rinsing it
- work through the hair, section by section, so that the whole head of hair is combed through
- do this at least twice to help ensure you haven't missed any areas
- continue until you find no more lice

If you find head lice, you should check the rest of your family. Treat everyone found to have head lice on the same day.



10 TRUTHS ABOUT HEAD LICE

GET THE FACTS ABOUT THIS CREEPY, CRAWLY PARASITE AND LEARN HOW TO DEAL WITH AN INFESTATION

- 1 Lice are **NOT A PRODUCT OF POVERTY or POOR HYGIENE**.
- 2 Head lice **CANNOT HOP, JUMP or FLY**. They crawl from person-to-person from direct contact, like **POSING FOR A SELFIE** or using **A FRIEND'S HAIRBRUSH**.
- 3 Sometimes, **LICE DON'T CAUSE SYMPTOMS FOR 4-6 WEEKS**. The main symptom is **ITCHING**.
- 4 Head lice **DO NOT** spread disease.
- 5 Contrary to popular belief, head lice **CANNOT BE SPREAD** by pets.
- 6 Lice **LIVE CLOSE** to the **SCALP** on the head and on the **BACK OF THE NECK**.
- 7 **LICE EGGS** – called nits – are very **HARD TO REMOVE** by hand. Use a **NIT COMB** to **SCRAPE** them off the **HAIR SHAFT**.
- 8 Adult lice usually **DIE AFTER 48 HOURS** and **NITS DIE A WEEK** or two following **REMOVAL**.
- 9 Washing clothes and bed sheets in **WATER HOTTER THAN 130 F** will kill living lice and nits. Items that cannot be washed should be **PLACED IN PLASTIC BAGS FOR TWO WEEKS**.
- 10 Head lice **CANNOT BE KILLED BY REGULAR SHAMPOO** or frequent **BATHING**. **TREATMENT** of lice may **TAKE TWO APPLICATIONS** of a medicated shampoo applied **9 DAYS APART**.

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 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. 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


D.

DMAT Careers Fair

Are you eager to explore exciting career opportunities? Are you a parent looking to support your child's pathways? Join us at this years Careers and Employment Fair.

 Date: December 6th, 2023

 Time: 4:00 PM - 7:00 PM

 Location: Ashbury Hotel,
Okehampton, EX20 4NL

What to Expect:

- Explore Diverse Career Paths
- Interactive Skills Workshops
- Meet Local Employers
- College and University Representatives



This event is **FREE** and open to students, parents and all ages of the local community!

For more information, please contact us at careersfair@dmatschools.org.uk

**The Manor
&
Ashbury
Resorts**

Spa | Sport | Craft | Golf



Year 7 Notice Board

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

This week has seen Year 7 mark two significant events in our school calendar: anti-bullying week, and Diwali.

The amazing team we have in our social and religious studies departments have gone to great efforts to celebrate the 'festival of lights'. Chief among these celebrations has been providing all students with postcards on which they could write messages of appreciation for other members of the college. Having had the chance to see some of these messages, it's so lovely to recognise how positive and warm our Year 7s are as a community.

We've also had a focus on anti-bullying all week, with our Make Bullying Extinct campaign running for another year in the college. This was obviously the focus of my assembly this week, and I made it very clear to students that bullying is not welcome at Tavistock College. I encouraged all students to work on the simple process of spot it, report it, stop it. I also took the opportunity of where we have been able to quickly intervene and stop incidents of bullying when they're reported to us.

Elsewhere, as always, we are celebrating sporting successes, and looking forward to upcoming events such as a school show.

There's a lot to be excited about here at Tavistock College.

We are all unique and everyone should treat each other with respect and kindness. This week is anti-bullying week and the theme is 'Make a Noise'. Over 80% of schools will mark this important week, reaching over 7.5 million students. Our assembly was based around encouraging students to consider what bullying means to them, how banter can turn into something more hurtful, and what they can do to stop bullying.

We are in need of 140 baubles for the Tavistock College Christmas Tree, so please do as many as you can.

Plymouth & West Devon Championships cross-country team results. An exceptional performance by the teams.

Y7 girls - 3rd team from 12
Y7 boys - 4th team from 9
There were podium finishes for
Dulcie R Y7 - 3rd
Lamorna C Y7 - 3rd



Top 20 Green Boards

- Maddison D
- Oliver H
- Sophie H
- Lilly-Anne V
- Harrison D
- Oscar C
- Esme O
- Jacob N
- Macy G
- Adam S
- Archie H
- Seren B
- Jayden W
- Sophie B
- Lillia P
- Ethan I
- Leo D
- George H
- Edith C
- Esme A

Care

Olivia T

Challenge

James S

Excel

All those who have already designed amazing baubles for Tavistock College Christmas Tree that will be in Tavistock Parish Church for Dickensian evening on 2nd December.

Congratulations to Dulcie, Lamorna and the rest of the team:

- Dulcie-Rose J,
- Mabel
- Macy G
- Sasha K
- Lilla P
- Nevaeh M
- Juno A B
- Aisla S,
- sabella J
- Scarlett N
- Belle L
- Alice T
- Hollie R



Year 8 Notice Board

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

By now you should have received your first year 8 report and some parents / carers will have attended the first progress evening with your subject teachers. Both Mrs Ingleby and Mr Marsh were able to speak to some parents and carers that booked an appointment within their specialist subject areas. It was nice to hear some of the positive feedback from a lot of teachers about the evening and we hope, for those who attend, it was as worthwhile for you as it was for the teaching team. It's always great to share what we are covering in our subjects and share with you our passion for teaching our young people.

By the time this letter goes to press you will have hopefully enjoyed Children In Need day at the college and the extra activities that some students have laid on for you to raise funds and enjoy.

It's been a busy couple of weeks for our year 8s with some sporting and academic achievements. We also have more extra curricular activities coming up starting with a visit from BAE systems on Wednesday the 22nd November, as part of our 'Team Tavi Promise'.

Reception duty is continuing and the students are doing a fantastic job. They are the first young people many visitors see when they first enter our community and they are providing an essential service throughout the school day. You make us proud to be part of Team Tavi. We always look forward to seeing you around the school with a smile on your face and representing our year with pride.

Top 20 Green Boards

- Iola S
- Ted B
- Saba P
- Connor K
- Ariah G
- Thomas H
- Riley H
- Alex C
- Carrie C
- Luke S
- Ruby H
- Summer W
- Leyton A
- Joe M
- Jack E
- Tyler C
- Arthur M
- Jack W
- Riley M
- Charlie H

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

- Ted B
- Connor K
- Iola S
- Alex C
- Ariah G



Year 8 Notice Board

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

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

Cross country

Plymouth & West Devon
Championships XC Team results.
Junior Girls - 2nd team from 12
Junior Boys - 2nd team from 12

Despite some very challenging conditions, both physically and mentally our students performed very well and we should be proud of them.

The school had some awesome results. We have 16 students qualified to take part in the Devon Championships (more than any other school) in January.



Poetry in Motion

A special mention to Kyrach H from year 8 who came second in a poetry competition she enters every year. She was very reluctant to be interviewed and congratulated on her success, but we think it deserves a huge congratulations and an achievement we think is well deserved and are proud of. (The poem was about smiling)

Kyrach also came away with 3rd place in the Impromptu storytelling section, which the judge described as one of the hardest categories and one she would struggle to do herself!



Year 9 Notice Board

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

Challenge - Sienna M for working hard to boost her green boards!

Excel - Tobias S for his fantastic performance at City of Plymouth Poetry Festival.

Care - Enya T for representing year 9 at the Remembrance Service with her reading.

It's been a very busy few weeks for Year 9; with sporting success, a poignant Remembrance Service and an exciting opportunity to work with West End actors!

The Remembrance Service was a day of immense pride for me, your behaviour was exemplary and you showed great understanding, honour and respect. It was fantastic to see the community come together to remember those who have given their lives. These themes of respect and understanding should underpin our community here at Tavistock College.

A selection of Year 9 students were given a fantastic opportunity last week to work with West End actors from Blood Brothers. Students were praised for their talent and focus throughout the session. It was fantastic to be able to go and watch the students in their element and it was incredible to see them performing throughout the day. Hopefully I will get to see some of you on West End for real in the future!

The Creative Arts faculty have been busy outside of school too. Some of our LAMDA students have been taking part in the City of Plymouth Poetry Festival. All students gave a fantastic performance of their poem and Tobias S in year 9 came in 1st in his class for Solo Verse. Well done to Aimee S, Rionna N, Daisy H for their fantastic achievements in their events too!

Our talented year 9 community did not stop there this week, the girl's football team have progressed to the next stage of the National Cup. This is a fantastic achievement and it was an incredibly exciting game with the final decision going down to penalties - a special mention to Molly R for her performance in this crucial stage.

As the days get shorter and the air gets colder, it is important that we remember to keep giving 100% in all of our lessons. The feedback from your class teachers is incredibly positive so let's keep the momentum going until the Christmas holidays (and beyond)!





Year 10 Notice Board

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

Congratulations to Anya M who came second in the Plymouth and West Devon Cross Country Championships for Year 10, facing some challenging weather conditions. Well done.

In under a month the The upper school performance of Around the World in 80 days will be on. To get tickets use the links below:
<https://www.ticketsource.co.uk/whats-on?q=tavistock%20college>

Word of the week: Radiance - Noun
1) an expression of great happiness, hope or beauty
2) an emission of light or heat
The radiance of oil lamps in Hindu households during Diwali reflects the triumph of light over darkness and good over evil.

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

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. You never know, they may end up gaining future employment there.
Work Experience link below is ready to go:

<https://docs.google.com/forms/d/1try1JgV2Arh2tgIm07KqYD7FbM4aJoN2uoomPHC48wE/edit?ts=654370ec>

Careers Fair Wednesday 6th and 7th December:
This will be an amazing opportunity for you to explore options for post-16 work or study. There will be over 50 exhibitors at the fair over the two days from a wide variety of sectors, including: engineering, leisure and tourism, financial services, health and social care (including NHS), military, construction, further education colleges, universities, etc.
You will get the chance to speak to members of staff from these organisations to ask them about what you need to access a career in that sector.
Even if you have a good idea of what kind of career you want, this will give you the opportunity to speak to actual companies who offer those job roles and to ask them what they are looking for in a new employee.
New careers resources here:
<https://sites.google.com/d/1VU1xr8rxIBvp0bENhxVaosMEoByVfLgZ/p/1xtBgyOtIkVOdWYTYcgwoDu7PNS3vwamF/edit>
This will be a one stop shop for careers of all ages at Tavistock College. It will be continually updated with resources and student/ teacher feedback.

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 801 positive points for outstanding effort in lessons Keep this up Year 10.
CHALLENGE
Holly W for her huge surge of Green boards of 39. Keep this up Holly 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

- Top 20 Green Boards
- Rebecca A
 - Jamie C
 - Holly W
 - Sofisa R E
 - Bea B
 - Jack R
 - Anya C
 - Miles I
 - Christopher G
 - Matilda S
 - Emma S
 - Isabella R
 - George W
 - Faye P
 - Josh D
 - Ksenija I
 - Sophia D
 - Ryan C
 - Thalia W
 - Anya M



Year 11 Notice Board

Head of Year - Mr Jacob

Assistant Head of Year - Mr Murphy

Careers fair

Our year 11 students will be attending a careers fair, Thursday 7th December. Please see below the timings of the day.

This will be an amazing opportunity for our students to explore options for post-16 work or study. There will be over 50 exhibitors at the fair over the two days from a wide variety of sectors, including: engineering, leisure and tourism, financial services, health and social care (including NHS), military, construction, further education colleges, universities, etc. Students will get the chance to speak to members of staff from these organisations to ask them about what they need to access a career in that sector. Even if the students have a good idea of what kind of career they want, this will give them the opportunity to speak to actual companies who offer those job roles and to ask them what they are looking for in an employee.

As year 11 is such an important year it is vitally important that students attend as much of the school year as possible; in the case of any absences please can we ask that you contact our attendance officer Mrs Shalgosky (telephone: 01822 614231 ext: 218 or email: k.shalgosky@tavistockcollege.org).

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.



100% Ratio of Green boards to red board points in the last 2 weeks. In year 11 we have seen 123 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

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
www.tavistockyouthcafe.com Tavi Skate

tavistock youth cafe Tavi Skate.

What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself from on-demand content apps like BBC iPlayer or streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Modern televisions are internet-enabled - so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

- AGE-INAPPROPRIATE CONTENT**
From Netflix to Disney+ to Amazon Prime, there's a vast array of streaming services available. While these services offer content catering for younger viewers, they also provide content that is not suitable for children. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and explicit violence.
- INCREASED SCREEN TIME**
The array of content available through smart TV is possible through your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time displace other activities such as schoolwork or exercise, but parents have also noted that children spend more time in front of the TV and less time in bedrooms, reducing quality sleep, impacting concentration, poor sleeping patterns and depression.
- REMOTE-CONTROL RETAIL**
Like many online devices, smart TVs facilitate digital purchases, buying games, apps or the latest season of a favourite show, for example. As your child has access to a bank card and isn't restricted by spending controls on the screen, they could run up an expensive bill through a smart TV purchase, especially if they're not quite old enough to fully appreciate the value of money.
- UNCONVINCING SECURITY**
As Internet of Things (IoT) devices, smart TVs are vulnerable to cyberattacks. Hackers can use the TV to support high-level security, but they can also be used to download living software programs that can be used on a phone or computer. Being targeted by hackers can be scary, so updating for your child, as well as turning their personal data on, can help.
- A SILENT SPY?**
Some smart TVs collect data on your child's viewing habits and use that data to target advertising based on their interests. Some of these data have also been reported to be shared with other companies. If you have a smart TV, you should check if it has a built-in microphone (for voice commands), and if it does, could potentially listen in on someone's home life.
- CONTACT FROM STRANGERS**
Smart TVs can be used to watch content, but they can also be used to contact your child (or vice versa). If your child connects with these functions of the TV, it could potentially expose them to more sensitive personal details, such as your home address.

Advice for Parents & Carers

- MAKE IT A FAMILY THING**
Family TV time is a great way to model the responsible enjoyment of technology. Spend time together watching shows, movies and games, but also restrict in-app purchasing, so your child can't spend money when they're not ready to do so. You could also set time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.
- CREATE CHILD PROFILES**
Much like with smartphones and tablets, apps can be downloaded and used on smart TVs. From free games to apps such as BBC iPlayer or paid-for services like Prime Video, most of these apps allow you to create a separate profile for your child, which has their own settings to your own - suggesting more child-friendly material and reducing the possibility of inappropriate content.
- SET UP PARENTAL CONTROLS**
It's likely that your smart TV has built-in parental controls, which not only restrict your child's access to inappropriate shows, movies and games, but can also restrict in-app purchasing, so your child can't spend money when they're not ready to do so. You could also set time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.
- CONSIDER THE LOCATION**
If you're concerned about the online safety hazards that a smart TV might pose to your child, the safest option would be to place the smart TV in a shared family space - as that means it's usually nearby and able to be supervised while your child is watching it - rather than in the relative privacy of a bedroom.

Meet Our Expert
NOS National Online Safety #WakeUpWednesday

What Parents & Carers Need to Know about MICROTRANSACTIONS

Microtransactions (often abbreviated as 'M-TX') are digital purchases made within an app or game to unlock extra features or additional content such as new levels. A popular sub-set of these are loot boxes, which contain a selection (usually random) of virtual items from character skins to game-changing equipment, like better weapons. Microtransactions (and loot boxes in particular) are now widespread in apps and games, but concerns persist that they normalise gambling and can foster addictive behaviours - especially among younger players.

WHAT ARE THE RISKS?

- GATEWAY TO GAMBLING?**
Microtransactions have been criticised for normalising gambling in children. Research has shown that loot boxes are similar to the slot machine, and the loot box system could affect the likelihood of young people suffering gambling harm later in life. In the first 12 months after loot boxes in the last 12 months were featured in their game, 21% of gamers gambled during the same period.
- ADDICTIVE NATURE**
Microtransactions (and loot boxes especially) could become young people's gateway to gambling. Loot boxes are similar to the slot machine, and the loot box system could affect the likelihood of young people suffering gambling harm later in life. In the first 12 months after loot boxes in the last 12 months were featured in their game, 21% of gamers gambled during the same period.
- PAYING TO WIN**
In many popular games (the FIFA series being a notable example), microtransactions make it far easier to succeed - which is a concern because children can often find it difficult to keep track of their spending. Once a child starts making an effort to keep track of their money, they may consider buying follow-up items, which could lead to more spending.
- DO YOUR RESEARCH**
It's important to have a serviceable idea of whether the games your child plays use the loot box system. Even if it goes by a different name, it's a sign of buying items. A good way to do this is to look for the word 'loot' in the game's name, or to look for the word 'loot' in the game's name, or to look for the word 'loot' in the game's name.
- STOP SPENDING AT SOURCE**
You might decide that the wisest strategy is to remove the option for spending money on microtransactions. If so, most games, apps and services will have options in their settings to help you manage what your child can spend - or to disable that function altogether, preventing them from buying additional items for their games or boosted functionality for certain apps.
- CHAT ABOUT CHANCE**
It may help to explain to your child that many microtransactions involve an element of chance: they could pay money and not get what they want in return. Emphasise that, while not usually costing much more than £1, these 'loot box' items can still be a cost to your child, and that they shouldn't feel pressured into making any purchases.
- WATCH FOR THE SIGNS**
If you're worried that your child's passion for a particular game or app may keep them into habitual spending on microtransactions, it is important to remember the indicators of excessive behaviour: irritability, a lack of concentration and prioritising recreational screen time ahead of homework or essential life tasks are signs that you need to have a conversation about a more balanced routine.

Advice for Parents & Carers

- EXCLUSIVE CONTENT**
To allow a young person to access digital content for free, many apps and game developers collect personal data such as their name, address, email, geolocation, payment details and so on. Even if this data remains secure, it can be used for marketing purposes.
- AFFECTING DAILY ROUTINE**
Online games tend to involve a regular routine of play that can affect purchasing decisions and potentially impact on children's spending patterns. This could lead to more money but also displacing their schoolwork, potentially impacting their performance at school, such as homework and family time.
- SATELLITE SPENDING**
If you've looked to payment methods like a bank card or mobile phone app, you may be surprised to find that your child has access to a bank card and isn't restricted by spending controls on the screen, they could run up an expensive bill through a smart TV purchase, especially if they're not quite old enough to fully appreciate the value of money.
- GIFT CARDS ON THE TABLE**
Investing in an in-game currency gift card can be a useful way of helping your child get to grips with budgets. If you're buying a £10 gift card, you could make it a challenge for your child to find a way to earn that money, or to look for a way to earn that money, or to look for a way to earn that money.

Meet Our Expert
NOS National Online Safety #WakeUpWednesday

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



Toy Recycling Project

We will soon be collecting preloved toys to distribute at a free pop-up event for anyone struggling to afford gifts this Christmas for their children.

Toy donations collection points are at Tavistock Library or Tavistock Carpets from 6th-30th November.

Free Pop-up event – Saturday December 2nd at the United Reformed Church Hall 10 am till 3 pm, all welcome.

We encourage you to attend the event if you can, to choose gifts for your children, but if you can't and are in need this Christmas, please email ToyRecycleProject@outlook.com

Please help us to help very child to receive gifts this Christmas time by donating. Only toys in good condition please.



TAVISTOCK CARPETS

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.

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

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

⚡ 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 or scan the QR code to request a call back



citizens advice

Torrige, North, Mid & West Devon



The HAF Programme is fully funded by the Government and enables your child to access a variety of exciting activities over the Easter, Summer and Christmas school holidays as well as receiving a cooked meal.

Children can access up to 4 sessions in the Christmas holidays and some programmes are offering family events or outings, tickets to shows or food hampers for those children that attend sessions. Additional sessions maybe available but will be charged for. Please enquire, direct with your local provider for further details.

To see what programmes are available near you, please visit:
devon.cc/haf-winter-23

You will need to enquire and book, direct with the provider, who may require sight of this letter and reference code to confirm your space. You may choose to forward this email to your provider as confirmation of eligibility or send a screen shot.

It is important that if you book onto a HAF scheme and then cannot attend any of the days, that you let the provider know and cancel your space so another child can attend. As per our non-attendance policy, if you do not notify your provider in advance, your bookings will be cancelled for the remainder of that holiday.

Please keep this email safe so that you have your code ready for future HAF sessions.
Kind regards,



Holiday Activities and Food Programme Team

KIDS XMAS CAMP

MOUNT KELLY TAVISTOCK

CELEBRATING 21 YEARS OF PROCOACHING

DEVON HAF
HOLIDAY ACTIVITIES AND FOOD

COURSE DATES
18TH DEC - 22ND DEC 2023

AGES: 5-13 YEARS

TIMES: 9:00AM - 1:00PM

FREE for children on **FREE** school meals

Our Multi-Activity Sports and Art Courses offer the opportunity to enjoy a fun packed day full of sports, activities and games.

BOOK ONLINE AND USE CODE XMASHAF23 @ WWW.PRO-COACHING.CO.UK

FREE LUNCH PROVIDED

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 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 or visit our website learndevon.co.uk



learndevon
adult learning and skills

Devon
County Council

**SKILLS
FOR LIFE
MULTIPLY**

Devon
County Council

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
HEALTHY EATING
DRUGS
SMOKING

Text us for confidential advice & support

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 making mobile apps. To opt-out of receiving messages from a health care professional, please text 'STOP' to our number. Messages are charged at your usual rates.

app.coming soon

ChatHealth

Devon
County Council

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 number making mobile apps. To opt-out of receiving messages from a health care professional, please text 'STOP' to our number. Messages are charged at your usual rates.

ChatHealth

Health for Kids! Devon County Council

Staying Healthy Illness Feelings Getting Help

A fun and interactive resource for learning about health

Games
Activities
Quizzes

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
Follow us: Health for Kids: Grownups healthforkidsgrownups @HealthforKids

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 making mobile apps. To opt-out of receiving messages from a health care professional, please text 'STOP' to our number. Messages are charged at your usual rates.

FOOTBALL FOR ALL

WINTER WONDERLAND FOOTBALL FEST

**MON 18TH
WED 20TH
DEC
9AM-3PM
TAVISTOCK COLLEGE**

REGISTRATION IS NOW OPEN

FOR KIDS AGE 5-13

ACTIVITIES
XMAS RAFFLE,
GIFT FROM SANTA, PRIZES
TOURNAMENTS, GAMES

www.FOOTBALLFORALL.ORG

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 making mobile apps. To opt-out of receiving messages from a health care professional, please text 'STOP' to our number. Messages are charged at your usual rates.

Dogberry & Finch Books
presents

A Christmas Book Signing with **Sir Michael Morpurgo**

Saturday 16th December
3pm - 4pm

Fairplace United Church
3 Fairplace Terrace,
Okehampton EX20 1DT



More Info:

www.dogberryandfinch.co.uk



Health for
Under 5s

www.healthforunder5s.co.uk/devon

Health
for Kids!

www.healthforkids.co.uk/devon

HEALTH FOR TEENS

WWW.HEALTHFORTEENS.CO.UK/DEVON