



Tavistock College Newsletter

Dartmoor
Multi Academy
Trust

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@collegetavi

19/07/2024

End of Term Arrangements

Our last College day of this academic year is Friday 19 July. On this day the College will have an earlier finish of 12.10pm. Students will attend normal lessons until the end of Period 3 and will then be dismissed and will have had chance to eat at break time from 10:45-11:10am. Buses have been arranged to pick up students at the earlier time of 12.20pm.

Public Service and College-travel Buses

Having checked each of the public service bus timetables we recommend that students catching these services leave at the following times:

Stagecoach Bus 1 (TAV 101) to Plymouth

This bus will collect from the College and depart at 12:20pm

Stagecoach Bus 87 (TAV185) to Bere Alston

This bus will collect from the College and depart at 12:20pm

Go Cornwall Bus 79 to Callington

Students will need to catch this bus from Tavistock Bus Station at 12.20pm. Timetable available at <https://www.gocornwallbus.co.uk>
Students will need to leave college at 12.00pm. Students catching this bus will receive a separate email requiring consent to be given for us to allow students to depart at 12:00pm.

Dartline 118 (TAV 118) serving

Okehampton/Lydford/Brentor/Mary Tavy
This bus will collect from the College and depart at 12:20pm

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).



Together; we care, we challenge, we excel

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

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

Holidays aren't happy for everyone

This does not
appear on
your phone
bill



<https://www.childline.org.uk/get-support/>

If you are concerned for the safety of a child, please report it on
0345 1071 1071 or call 999 if they are at immediate risk of harm

Rocket Cars

Twenty-four year seven students took part in the Southwest regional final of Race To The Line, a STEM (Science, Technology, Engineering and Mathematics) challenge. Hosted at Tavistock College, students had to design and build rocket cars in the morning before racing them in the afternoon.

The cars, all made from bio-degradable products, were powered by compressed carbon dioxide and in trials at the College's Rocket Car Club achieved speeds of over 100 km/h. Students learnt a variety of skills including understanding thrust and aerodynamics, computing for building timers, mathematics to calculate speed, helping students to see how these subjects can lead to a future in engineering and related careers. The teams from Tavistock College won first, second and third places in the races with the girls team coming first.



FARM@ DMAT is ready to name and launch but we need the children and young people's input.

The Farm needs a name and we'd love to have a logo.

Please can we ask that you ask your pupils to suggest a name for the farm and also design an A4 sized logo with a maximum of 3 colours on the design.

The farm is in Okehampton just off Simmons Way.

Entries should have the child's name, school and class name on the reverse.

All entries to Naomi Robson at Wardhayes please.
nrobson@dmatschools.org.uk

There will be certificates for entrants and some prizes for the winners.

Comms will be coming directly to schools imminently.

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA

Kids get a meal from 95p daily from 11am

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

NEW

Introducing Our New House System



Left to right, Steve Marsh, Deputy House Leader.
Niall Murphy, House Leader. Amy Powers, SIO.



Left to right, Sonia Fox, Deputy House Leader.
Laura Evans, House Leader. Vicki Piper, SIO.



Left to right, Jo Northmore, SIO. Natasha Ingleby,
House Leader. Patrick Trimmer, Deputy House Leader.



Left to right, Trudi Massey, Deputy House Leader.
Racheal Squire, House Leader. Kirstie Shalgosky, SIO.

Together: we care, we challenge, we excel.



House Leader

TOGETHER HOUSE

Niall Murphy

CARE
HOUSE

Laura Evans

CHALLENGE
HOUSE

Natasha
Ingleby

EXCEL
HOUSE

Rachael Squire

Deputy House
Leader

Steve Marsh

Sonia Fox

Patrick Trimmer

Trudi Massey

Social Inclusion
Officer (SIO)

Amy Powers

Vicki Piper

Jo Northmore

Kirsty
Shalgosky

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/half-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

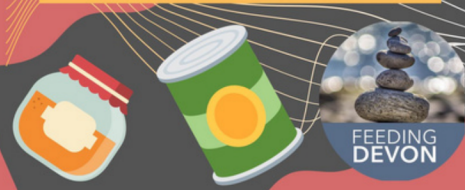
There is also support for your animals - www.rspca.org.uk/adviceandwelfare/costofliving/foodbank

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



FEEDING
DEVON

KIDS SUMMER CAMP



MOUNT
KELLY
TAVISTOCK

£15 PER
DAY!

COURSE DATES

29TH JULY - 2ND AUG 2024
5TH AUG - 9TH AUG 2024
12TH AUG - 16TH AUG 2024

Times: 9am - 1pm
Age: 12 - 16 Years

Lunch and nutritional
snack included

Our Sports Activity Camp for all offers the opportunity to enjoy and develop skills in tons of sports, activities and games. Whether you are an avid sports player or you just want to have fun and meet friends, this camp is for you!

Scan the QR code to book online today
or visit our website
www.pro-coaching.co.uk



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.

hello.taviskate@gmail.com
www.tavistockyouthcafe.com

Taviskate
Tavi Skate

TAVISTOCK YOUTH CAFE



Are you missing out?

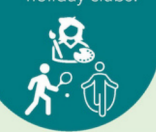
More money for
your school!



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



KIDS SUMMER CAMP



MOUNT
KELLY
TAVISTOCK

FULLY
FUNDED
for those on benefit
related free school
meals!

COURSE DATES

29TH JULY - 2ND AUG 2024
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Times: 9am - 1pm
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Lunch and nutritional
snack included

Our Sports Activity Camp for all offers the opportunity to enjoy and develop skills in tons of sports, activities and games. Whether you are an avid sports player or you just want to have fun and meet friends, this camp is for you!

Book online and use the code **SUMHAF24** at
www.pro-coaching.co.uk or scan the QR code



New Year 7 Starters

The first day at school for our new Year 7s will be Tuesday 3rd September. Students are expected to arrive to school no later than 08:30 am, in full uniform and with their equipment for lessons.

When they arrive at school, students will go to the hall for a welcome address, and then go with their tutors to their tutor bases. This room will be their tutor base for the academic year. During the morning, they will have orienteering and team building activities to reconnect themselves with the college site, their tutor, and their peers.

After break time students will have their biometric fingerprint scanned and have their college photo taken. Unless you have explicitly not given consent.

Each student is allocated a 'gateway' account upon joining the school. As we are a cashless school you will be required to "top up" your child's gateway account before they will be able to buy food. The gateway account will be live (Monday 2nd September) as soon as you register but will only link to your child once their fingerprint has been taken. If your child is entitled to free school meals (FSM) then this money will automatically be put on. Please click the links below to register for a school 'gateway' account and to learn how to use the account.

[School Gateway](#)

[How to use and top up](#)

As your child's account will only be linked to them after their fingerprint has been scanned, this means that students will not be able to buy food at break/ recess 1 (10:40-11:10), and so we recommend that they come into school with a snack to eat for break time. They will be able to purchase food, including hot food, at recess 2 (13:10-14:10) and will have a slightly longer break to facilitate this. Please be aware that, as we only have year 7 and 12 in the college on Tuesday 3rd September, there will be a reduced selection of food available.

College Equipment

Equipment Requirements - Be Prepared Tavi 7

1. Bare Essentials
2. Reading book
3. Pencil case
4. Blue/black pens
5. Pencils
6. A 30cm ruler
7. A rubber

Additional items:

- A pair of compasses
- Pencil sharpener
- Scientific calculator
- A protractor
- A set of coloured pencils
- A water bottle

Timings of the College Day

08.35 - 08.45	Morning line ups
08.45 - 09.45	Period 1
09.45 - 10.45	Period 2
10.45 - 11.10	Recess 1 - All students
11.10 - 12.10	Period 3
12.10 - 13.10	Period 4
13.10-13.40-14.10	Recess 2 then 30 minutes of PD
13.10-13.40-14.10	30 minutes of PD then Recess 2
14.10 - 15.10	Period 5
15.10 - 16.45	Tuesday and Thursday Extra Curricular Activities & Twilight Lessons (Seasonal timetable)

Devon County Council Transport

Transport passes

Passes for the start of term in September are posted in late August with a letter advising the journey details. Passes are not sent out all at once so don't worry if your child's friends receive theirs first. If you have not received your child's pass within 4 days of the beginning of term please ring 0345 155 1019.

No pass no travel policy

A "No pass, no travel" policy operates on the school transport at the school your child will be attending. This means that pupils are not allowed to board vehicles unless they can show a current pass. It is also important that they travel on the bus on which they have been allocated a seat as this will avoid overloading.

Please ensure your child has their pass each morning before they leave for school

It is a parental responsibility to accompany their child(ren) to and from the bus; though we accept that in many cases this is perhaps not possible, or indeed necessary. However, it is essential that your child knows what to do in the event they have forgotten their pass and are not allowed to travel, or if the vehicle does not arrive for some reason. This could be returning home, telephoning you as the parent/carer for assistance, or perhaps going to a neighbour's house.

If your child loses their pass during the day a temporary pass can be obtained from the school's reception. This can be used whilst you order a replacement pass for your child.

New Year 7 Starters

Class Charts

You will be able to use Class Charts to keep track of your pupil's achievements, access behaviour reports, view assigned homework tasks and track scheduled detentions. You can access the parent website and links to the parent apps at:

<https://www.classcharts.com/parent/login>

Your codes will be sent within the first two weeks of September.

School Uniform and Equipment

Please use the following link to view our uniform and via the school website.

<https://www.tavistockcollege.org/parents/uniform/>

Car Park Regulations

- There is a 5MPH speed limit on the driveway, and in the car parks around the college
- Disabled/blue badge holders' spaces are in the top car park next to reception these spaces are NOT for general parking unless registered disabled
- Do not park your vehicle on the 'triangle' because this causes an obstruction for our school buses



House Leader Introductions

Together house



I'm Mr Murphy and I will be the house leader for Together house. I teach PE and uniform protective services. I am a massive rugby fan and used to play a bit back in the day. I strongly believe that our new house system will give us the opportunity to develop a sense of belonging and one that we should be proud of. I will forever remember belonging to Tremayne house at the college and looking back with fond memories. I am highly motivated by the competitive element of the house system, and I look forward to celebrating our house and individual success'. I look forward to welcoming you to the college and working closely with you all over the coming years.

Care house



Hi Year, 7! My name is Miss Evans, and I am the House Leader for CARE House. I teach geography and strongly believe that everybody is better off knowing a little bit more about the world around them. As part of CARE House, you can look forward to being part of a strong community that looks out for one another and works together to be successful at Tavistock College. I look forward to meeting you all in September and to all the great activities that we will get to do together over the next 5-7 years.

Challenge house



I'm Mrs Ingleby, leader of Challenge House in September, I'm looking forward to seeing you. My role in school is not only a house leader but also as a teacher of Physical Education and Child Development. I'm keen on keeping fit and healthy and take part in several sports outside of school. I am part of a rowing club where we compete in the World Championships, this is a huge part of my life and vital to keeping both physically and mentally healthy. Playing netball is also one of my loves, being a part of a team is so important not only to sports but for you all to be successful in college. My motto is to be the best version of yourself.

Excel house



My name is Miss Squire, and I am the house leader for Excel. I teach A level Psychology and A level chemistry at Tavistock, and I teach Chemistry at Key Stage 4. I have been a teacher at Tavistock College for 10 years this year. Prior to this I was a criminal and prison lawyer.

I am a keen netball player, playing with Mrs Ingleby (challenge house) on lots of occasions in the past. I also have a young horse, which I am currently training for my eldest of 2 daughters. I can also play the violin and dabble at playing the piano.

To excel in anything that you choose to do, just try your absolute best.



Child Centred Policing
Devon and Cornwall Police
Police Headquarters
Exeter
Devon and Cornwall Police
EX2 7HQ

9 July 2024

Dear Head teacher,

As you are fully aware, the end of the school year is fast approaching and whilst for many of your students this welcomes the summer holidays, for year 6 students this may be a time of apprehension and anxiety as they transition to secondary schools. The summer break also gives more time for young people to be online and although generally most young people have the resilience to deal with any online issues they may face, this can also be a time where some of them looking for answers to their worries may become drawn into the darker areas of the online world including those wanting to influence vulnerable young people into extremism.

Young people are generally good at spotting things that don't look right online and having been taught in schools, can be ahead of their parents in recognising concerning signs. In respect of this the police can have a role to play in supporting parents in keeping their children safe online. We would like to take this opportunity to direct you to a number of resources available to parents and schools.

For parents



Moving to secondary school

A web site to help users understand the possible risks and benefits of going online with our resources for parents, carers and teachers to use at home and in the classroom.

<https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>



A parent's guide to: Moving to secondary school

The accompanying booklet provides a large amount of information for parents to aid them in supporting their child as they make the transition to secondary education.

<https://d1dhn91mufybw1.cloudfront.net/downloads/pdfs/z1netzrqwd/z1netzrqwd.pdf?v=1719917118>

For schools



Online risks of radicalisation for young people

This section of our professional's website provides guidance and information upon radicalisation with guidance for identifying vulnerabilities, developing critical thinking and links to useful resources

<https://dcdhub.org/the-online-risks-of-radicalisation-for-young-people/>

We would like to encourage schools to share the information for the first two resources with parents and also to take the time to consider the information about online radicalisation and how it can impact your students.

If you have any concerns upon online radicalisation happening in your school, you can speak to your local policing Prevent team on 01392 225130. Please allow this number to ring until the answerphone connects as it calls all of our offices and may not be answered immediately.

Kind regards,

Superintendent Emma Butler Jones
Head of Prevention Department

NETWORK RAIL SECONDARY SCHOOL SAFETY TALK

Learn Live

Learn Live

Simon Frazer, Principal at Guilsborough Academy said; "The tragic death of Harrison in 2017, when he was in Year 7 at Guilsborough, brought home to our community the importance of teaching our ...

Network Rail secondary school safety talk

Simon Frazer, Principal at Guilsborough Academy said; "The tragic death of Harrison in 2017, when he was in Year 7 at Guilsborough, brought home to our community the importance of teaching our children about safety on the Railways. Schools play a vital role in keeping our children safe. We will never forget Harrison and including rail safety in our curriculum will help to save lives in the future."

We urgently need you to please share the relevant 15 minute safety videos with your teachers who can watch it at class and send the link to parents who can watch it at home. Over 14 million students, parents and teachers from across the UK have already watched these videos which has led to a significant decrease in the number of incidents in their area through watching the safety videos.

Remember 15 minutes can help save lives and provide important safety information to young people.

On 31st March we launched the Rail Safe Friendly initiative. An initiative that was introduced to raise safety awareness in all schools and decrease trespassing on the railways.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as 'sexting'. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called 'sexting' (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person's reputation. This can lead to bullying, social ostracism and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be humiliating, leading to further trauma. It's crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It is vital to encourage open communication with children and young people about the dangers of sharing intimate images online. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 20 years' experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.

#WakeUpWednesday The National College

Source: See full reference list on guide page at: what-parents-need-to-know-about-sharing-intimate-images

Follow us on social media: @wake_up_weds, /www.thenationalcollege, @wake.up.wednesday, @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.07.2024

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, should they need it. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down rabbit holes that aren't beneficial to our wellbeing. As platforms grapple with managing such legal but harmful content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness, recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interests with a goal to keep you scrolling. They use a mix of factors to decide what to show you, such as what you've liked, shared, or spent time on. This means that content that you interact with more often will be shown more frequently. It's important to be aware of this, as algorithms can create a 'filter bubble' where you only see content that confirms your existing beliefs or interests. This can be helpful, but it can also be limiting, as you may miss out on diverse perspectives and information.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of content you see. Instead, use search functions to find specific content, or follow accounts that provide diverse perspectives. This helps to break the algorithm's grip and allows you to see a wider range of content, reducing the risk of getting stuck in a 'rabbit hole' of harmful or misleading information.

3. DISCUSS WHAT THEY'VE SEEN

Children often share what they see on social media with friends, family, or even strangers. This can be a double-edged sword. While it can help them feel connected, it can also lead to them sharing sensitive information or being influenced by harmful content. Encourage open communication about what they see online, and help them to critically evaluate the information they encounter.

4. LEARN HOW TO HIDE CONTENT

If your child spends a lot of time on social media, it's important to teach them how to manage their feed. Show them how to unfollow accounts that make them feel uncomfortable or how to use the 'mute' function to hide content without unfollowing someone. This gives them more control over their online experience and helps to protect their mental health.

5. SET DAILY LIMITS

Phones and most apps can tell you how much time you're spending on social media. Set daily limits to ensure that social media use doesn't become a habit that interferes with sleep, schoolwork, or other important activities. Encourage your child to take regular breaks from their phone and to engage in offline activities that promote their wellbeing.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on your child's social media activity can help you identify potential risks to their mental health. Look for signs of distress, such as changes in mood, withdrawal from family and friends, or excessive use of social media. If you notice any concerning behavior, talk to your child about it and offer support.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to spend their time and energy on their devices, often at the expense of other important tasks. Encourage your child to turn off non-essential push notifications to reduce distractions and improve their focus and productivity.

8. USE DEVICES TOGETHER

Living children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to harmful or damaging content. You could consider making a particular device a family device, where you can see what your child is viewing and (if necessary) limit their access to any potentially harmful platforms.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, healthy sleep, and social connection for our mental wellbeing. Spending hours on social media can interfere with these important activities that our brains need to keep us healthy. Encourage your child to engage in offline activities, such as sports, hobbies, or spending time with friends and family, to promote a balanced lifestyle.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's privacy settings to public, so only people they've accepted as friends can see their posts. This means that the content they post is visible to a wider audience than they might realise. Talk to your child about peer pressure and how it can affect their online behavior. Encourage them to be confident in their own choices and not to feel pressured into posting content they don't want to share.

Meet Our Expert

Shirley Barker is an executive headteacher of a specialist primary school and, as an emotional literacy coach, works with teachers to focus on the social, mental health and wellbeing of their pupils. A passionate advocate for vulnerable learners, Shirley is a Fellow of the Chartered College of Teaching and the author of the book 'Don't Worry, I'll look after you' which supports children with SEN needs.

NOS National Online Safety #WakeUpWednesday

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Session 02 The exploitation of children and young people

Grooming—what it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

Session 03 Digital Dangers

Social media, sexting and nude selfies How can we be better digital parents/carers?

Session 04 A safe place to share ideas about parenting

Parenting top tips - Practical advice and information about the support available. Communicating effectively, life parenting a teenager, support networks and working together.

The Barnardo's Exceed service is open 9am - 5pm Mondays to Fridays (not including bank holidays). We aim to get in contact with you within 1 working day after receiving your enquiry.

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TO TALK ABOUT...

ANXIETY AND SLEEP

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Year 7 Notice Board

Head of Year - Mr Hunter

Assistant Head of Year - Mrs Massey



It's hard to believe we've arrived at the end of Year 7. It seems only yesterday that we were completing transition activities, getting to know new faces, and finding our way around the site.

I'm sure students will be feeling a whole range of emotions at this time: needless to say, there will be some excitement for the well-earned break, but also perhaps butterflies about the changes to the house system next year. This is a really exciting development that I know will only serve to bring our students even closer together as a community. This does of course mean there will be some changes to the pastoral team working with your children, but I'm certain that before the end of the first half term, every student will have found their feet and be enjoying the challenges and opportunities the new year brings.

I know I can speak for Mrs Massey and the entire Year 7 pastoral team when I say it has been an absolute pleasure working with the year group, and we could not be more proud of the fantastic young people they are growing into.

Wishing you a very happy summer break, and we will look forward to seeing you all again in September.

We are delighted to share the inspiring highlights from our recent Year 7 Achievement Assembly, held on 8th July. This termly event is a cherished tradition where we celebrate the remarkable achievements of our Year 7 students, recognizing their hard work, dedication, and growth throughout the academic year.

Our assembly commenced with the presentation of awards for academic excellence. Students who have shown exceptional performance in various subjects were honoured. Our assembly also highlighted achievements in sports and extracurricular activities. Students who have excelled in athletics, team sports, and various clubs were recognized. Their teamwork, perseverance, and sportsmanship are exemplary, and we are incredibly proud of their accomplishments.

A special mention goes to students who have demonstrated remarkable improvement and resilience over the year. Their journey reflects the core values of our school, emphasising growth, perseverance, and a positive attitude towards learning.

We extend our heartfelt congratulations to all award recipients and to every Year 7 student for their contributions and efforts this year. As we look forward to the new academic year, we are excited to see how these young individuals will continue to grow and achieve great things.

CARE Ezra Y

CHALLENGE
George H for soldiering through to the finish line!

EXCEL
All our students who have received no red boards this year.



20 Green Boards

Beau B, Finley E, Leo D, Kourtney F, Molly O'T, Jacob D, Sophia B
Skye H-C, Athen A, Harry H, Theon V, William H, Oakley C
Willow S, Daisy P, George B, Tyrese B, Rupert B, Jacob K

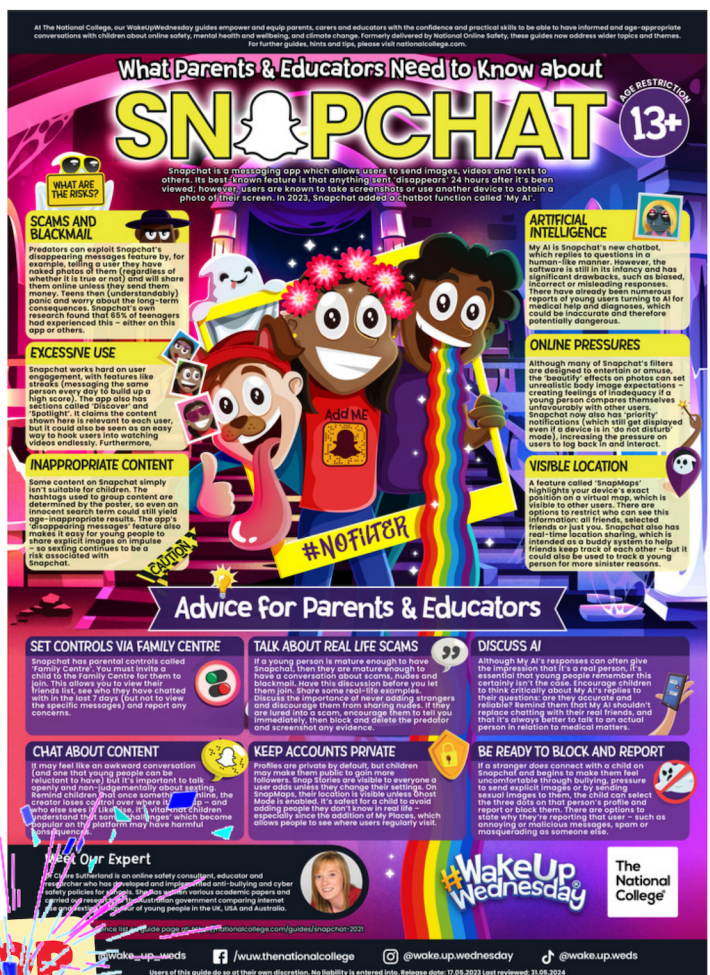
Head of Year - Mrs Ingleby
Assistant Head of Year - Mr Marsh

Thank you for all the incredible memories!



NOMINATIONS

Eloise P, Dylan F, Brendon W, Leyton A-G, Daisie H-R



20 GREENBOARDS

Eloise P, Dylan F, Brendon W, Arthur M, Milly-Grace C, Carrie C
Katie H, Kimberley P, Kourtney P, Daniel N, Phoebe P, Callum B
Mirianthi C, Ariah G, Oscar M, Caitlin M, Grace R-D, Kyra A, Charlie B, Charlotte B



Year 9 Notice Board

Head of Year - Miss Evans

Assistant Head of Year - Miss Fox



NOMINATIONS

The end of Year 9 is finally here and what a fantastic year it has been. It has been an absolute pleasure being your Head of Year, I am continually amazed by your resilience, enthusiasm and care for one another. It has been a busy year full of exciting opportunities and each of you have achieved many things that you should be incredibly proud of.

Next year is one that will be both challenging and hugely exciting as you embark on your GCSE journey, with the subjects that you have chosen. Year 10 marks a new opportunity to focus on your academic outcomes that will influence your future and enable you to achieve the personal goals you have set for yourselves. Take next year in your stride, keep being the fantastic young people you are and I look forward to seeing you grow in the next part of your journey at Tavistock College.

A massive congratulations must go to Hazel S who became an English Schools' champion on Saturday at the prestigious track and field championships which were held at Birmingham's Alexander Stadium. Hazel won gold in the junior girls' hammer championship and took the victory by more than three metres! An amazing achievement!

Year 9 worked with the Navy during the first week of July. The year group was put into two groups to enable them to have the entire day out of their normal lessons to complete a range of activities. These included building a communication tower which needed to be over six feet in height and stable - which while building on grass, even in a slight breeze, proved tricky! They also needed to guide a blind-folded team mate through a minefield consisting of ropes and cones which usually resulted in lots of rolling around the field in hysterics!

CARE

Ousman M for his support of others at Sports Day 2024

CHALLENGE

George B for his efforts in athletics this year

EXCEL

Megan B - for achieving so much throughout the year!

**DEVON
YOUTH
COUNCIL**

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Mental Health in schools!**

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We have created a survey to better understand **support for mental health**, particularly in schools and colleges.



**Scan the QR code
to take part!**

20 GREENBOARDS

Toby S, Ousman M, Logan C-P, Samantha G, Jason R, Sommer M, Theo A, Christopher D, Megan B, Philomena T, Aiden M, Annika W, Charlie G, Charlie B, Isabella N-C, Amelia J, Billy P, Eloise R, Imogen P and Anastasiia M.

Year 10 Notice Board

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



It has been an absolute pleasure seeing our students in Year 10 challenge themselves over the year, from trips to London, Wild Camping in the woods, Athletics success, Academic success, contributions to the college success, Theatre trips and Performances, to Sports Day achievements. Year 10 this year has been an exemplary year group and I look forward to their achievements next year, across the board.

It was wonderful to see an even spread of the year group recognised last week in the Recognition Assemblies for various academic excellence and contribution to the College.

All the students deserve a well earned Summer Vacation, giving them a chance to reset and rest, ready for the demanding Year 11 drive for GCSEs. So next year, we challenge our students to seek new horizons for the next academic year, grow in mind, body and spirit and work towards building your dreams!



CARE

Ethan A and Alice M for great work and hard work on the KS3 showcase.

CHALLENGE

All year 10 students, we challenge you to continue to be the role models for the rest of the school to follow now that Year 11 have departed. We nominate Orla W for being a great friend

EXCEL Year 10 3 Peaks Team.



Outstanding Athletic Success in the Schools National Championships

Teagan B- threw 49.72 metres and came 4th, being one of the youngest in her age group.

20 CELEBRITY BOARDS

Josh A, Jamie C, Thalia W, Jack D, Rebecca A, Tamsyn R, Chris G, Daisy W
Dan E, Ksenija I, Manni H, Jack R, Anya C, Jess M, Josh D
Ellie S, Isabella R, Oscar O, Sophie D, Alicia H

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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DESPICABLE ME 4 ANIMATION / 1hr 34mins / U
Gru, Lucy, Margo, Edith, and Agnes welcome a new member to the family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his girlfriend Valentina, and the family is forced to go on the run.
Directors: Chris Renaud, Patrick Delage Writers: Mike White, Ken Daurio
Stars: Steve Carell, Kristen Wiig, Pierre Coffin

Fri 19 th July	*	2pm
Sat 20 th July	11am	*
Mon 22 nd July	11am	*
Tue 23 rd July	11am	2pm
Wed 24 th July	11am	2pm
Thu 25 th July	11am	*
Fri 26 th July	11am	*
Sat 27 th July	11am	*
Mon 29 th July	*	2pm
Tue 30 th July	*	2pm
Wed 31 st July	*	2pm

NOAH'S ARK ANIMATION / 1hrs 36mins / U
A pair of mice attempt to board Noah's Ark.
Directors: Alois Di Leo, Sergio Machado Writer: Sergio Machado
Stars: Rodrigo Santoro, Marcelo Adnet, Alice Braga

Mon 5 th August	11am	*
Tue 6 th August	11am	2pm
Wed 7 th August	11am	2pm
Thu 8 th August	11am	2pm