

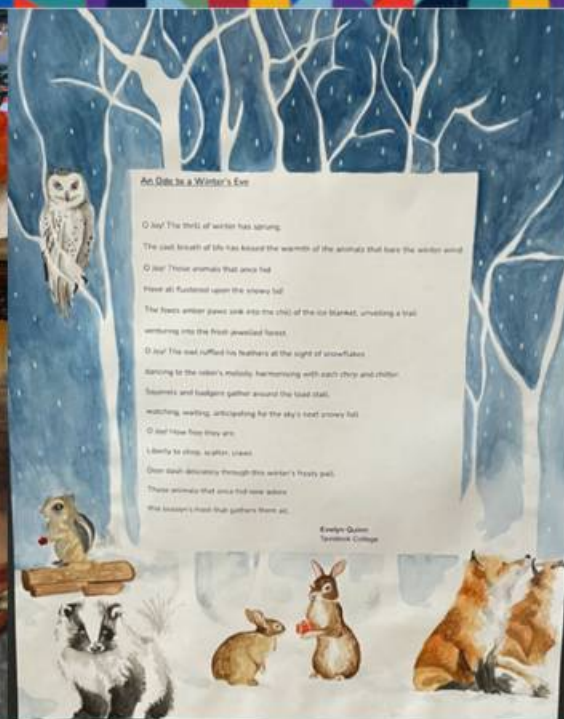


Tavistock College Newsletter

FOLLOW US



@collegetavi



We are extremely proud of our students and Art Department who all worked tirelessly to create this year's decorations for the St Eustachius Christmas Tree Festival.

The theme was based on a poem, written by one of our students, about a woodland Christmas. The decorations featured all the animals mentioned. The tree looked fantastic and had many admirers.



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



Hazel Blackmore
Designated Safeguarding Lead



James Buchanan
Principal



Jack Brokenshire
Deputy Designated Safeguarding Lead



Rachel Turner
Deputy Designated Safeguarding Lead and Assistant Principal for SEND



Niall Murphy
Deputy Designated Safeguarding Lead and Together House Leader



Laura Evans
Deputy Designated Safeguarding Lead and Cafe House Leader



Natasha Ingleby
Deputy Designated Safeguarding Lead and Challenge House Leader



Rachael Squire
Deputy Designated Safeguarding Lead and Fossil House Leader



Dan Jacob
Standards Lead for Sixth Form



Steve Marsh
Deputy House Leader



Sonia Fox
Deputy House Leader



Patrick Trimmer
Challenge Deputy House Leader



Trudi Massey
Local Deputy House Leader



Sophie Champion
SEND



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

Together: we care, we challenge, we excel.





Christmas Jumper Day - Friday 20th December

How to donate

Donations can be made via the School Gateway app from 16/12/2024.

Please note, Christmas jumpers can be worn in place of the Tavistock College school jumper/blazer. All other uniform items must be worn.



Save the Children



*Wishing our families a
Merry Christmas
from everyone at Tavistock College*

CERTIFICATE OF RECOGNITION

This school is proud to be a

Music Mark School

In recognition of a commitment to
providing a high-quality music education
for all children and young people

2024 - 2025



Bridget Whyte
CEO of Music Mark

The UK Association for Music Education - Music Mark | www.musicmark.org.uk

MUSIC
MARK

Supported by:



Find out more:



THIS IS NOT
A REHEARSAL



Music Mark's campaign
on sustainability in
music education

Friends of St Eustachius'
Tavistock Parish Church

CHRISTMAS TREE FESTIVAL 2024
WINNER BEST DECORATED SCHOOL TREE

TAVISTOCK COLLEGE

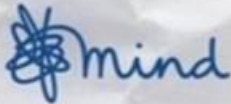




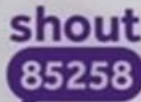
Together: we care, we challenge, we excel.

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



☎ 0300 123 3393
📞 Helpline
🌐 mind.org.uk



☎ Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org



☎ 116 123
📞 24/7 helpline
🌐 samaritans.org



☎ Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk



☎ 0800 58 58 58
📞 Helpline for men
🌐 thecalmzone.net



☎ 0800 068 4141
📞 Under 35s Helpline
🌐 papyrus-uk.org



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING CHRISTMAS 2024

moneysavingcentral.co.uk/kids-eat-free

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

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

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11.30am every day.

ASDA

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

WHITBREAD INNS

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

BEEFEATER & BREWERS FAYRE

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

TRAVELODGE & PREMIER INN

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

SIZZLING PUBS

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

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

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

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

COCONUT TREE

One child (under 10) eats free every day Monday 23rd December 2024 to Friday 3rd January 2025.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas. Niños get a main, two sides and a dessert with every adult main (or three tapas dishes) purchased.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

TABLE TABLE

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

THE REAL GREEK

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

PAUSA CAFE @ DUNELM

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

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



We support families who need help with food
We help to reduce food waste
A £5 donation fills a large bag
No questions asked - you're welcome at both of our venues

Tavistock Saturday Food Store
Saturday mornings - 11-11.45
Stannary Brewery, Pixon Lane

Princetown Food Hub
Wednesday mornings -
11.30 - 12 noon at Tor Royal Chapel

Contact Graham Parker on 07545 075942
or by email - graham@tavihelps.co.uk

Kooth's live chat hours over the holiday period

24th December (Christmas Eve) - 4pm - 8pm
25th December (Christmas Day) - 4pm - 8pm
26th December (Boxing Day) - 4pm - 8pm
31st December (New Years Eve) - 4pm - 8pm
1st January (New Years Day) - 4pm - 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm - 10pm on weekdays and 6pm - 10pm on weekends.

kooth.com



Devon Children and Families Partnership

Devon Family Hubs December newsletter-click the image below



Be a
Secret Santa
for a vulnerable child

Action for Children



Together Half Term News

Together House Newsletter - Winter Edition

As we conclude the first term of this academic year, I am delighted to share the remarkable achievements and heart warming stories from Together House.

Mani Broadway's Selection for Exeter Chiefs Rugby Union Academy

We are incredibly proud to announce that Mani Broadway has been selected for the Exeter Chiefs Rugby Union Academy. This is a testament to Mani's hard work, dedication, and exceptional talent. We wish Mani all the best as he embarks on this exciting journey and look forward to cheering him on.

Collections for Tavistock Foodbank

We are planning to arrange a collection before the festive period, and any donations would be greatly appreciated.

Festive Period: Focusing on Community, Being Selfless, and Sharing

As we approach the festive period, let's remember the importance of community, selflessness, and sharing. This is a time to come together, support one another, and spread joy. Whether it's through small acts of kindness or larger community efforts, every gesture makes a difference.

Thanking Students for a Great First Term in the New House System

We want to extend our heartfelt thanks to all students for embracing the new house system with enthusiasm and spirit. Your participation and positive attitude have made this transition a great success.

Golden Tickets and House Points

Congratulations to all the students who have been awarded Golden Tickets this term. Your hard work and positive behaviour have not gone unnoticed. As a house, we have accumulated an impressive 16,829 positive points against 4,592, maintaining our position as the leading house since the start of the academic year. Let's keep up this fantastic trend in the new year!

Stay Connected

Stay up-to-date with school news and events by following us on social media and checking our website regularly. Your involvement and support are crucial to our success.

Wishing you all a wonderful winter break and a happy new year!





Care Half Term News

It has been a very eventful term again for Care House as well as the wider school community!

This term saw the introduction of the Spelling Bee competition organised by Mrs. Elaine Ruxton from the English department. This was the first time such an event had taken place and was a huge success. A huge round of applause should go to Joe M, Ava B and Harley T who did remarkably well!

A huge well done should also go to all of those students who have done extremely well with their Sparx Reader especially those who have won prizes over the past weeks. Poppy D is in the top three for her year group and Harry R has won third place overall.

We may be a little biased but we think we can safely say that Care House dominated the Christmas Card competition. Phoebe P, with her truly outstanding design, won overall while both Adam W and Amelia J also having their designs created into stunning cards. You might even have been handed one and have them sitting on your windowsill or mantelpiece!

That just leaves us to wish you all a very merry Christmas and an incredibly happy New Year!



Novice Verse Class 1st and 2nd place to Tavistock College; Daisy P(Excel House) and Kierily B (Care House) year 8.

FOUNDATION HUBS
FASTER SESSION
TBC

TUESDAYS
7 JANUARY - 4 FEBRUARY 2025
6-5 MARCH - 2 APRIL 2025
5.15 - 6.30 PM

Open to all state school girls Years 6 - 10*

WEST DEVON GIRLS' HUB

VENUE
Heddon Academy
22 Millway Rd
Plymouth, PL3 3EG

Sign Up
For more information contact:
jack.armsby@devoncricket.co.uk
01752 362409 / 01752 362410

CHANCE TO SHINE STREET
IT'S FREE!

STREET CRICKET CLUB
DEVON CRICKET FOUNDATION

**• TAPE BALL CRICKET
• FREE COACHING
• QUALIFIED STAFF
• NO EQUIPMENT NEEDED
• WEAR WHAT YOU WANT
• ALL WELCOME**

STARTS 21ST NOVEMBER

THURSDAYS 4:45PM - 5:45PM
AGE 11-16

**MILLBAY ACADEMY,
STONEHOUSE, PL1 3EG**

TO FIND OUT MORE, CONTACT JACK ORMSBY:
JACK.ORMSBY@DEVONCRICKET.CO.UK

China Fleet
HIGH 5
Elves' Christmas Workshop
FROM SUNDAY 8TH DECEMBER 2024 ONWARDS
CHINA FLEET • THE CABIN • SALTASH
OPEN SUNDAYS + TWILIGHT SESSIONS
SCAN THE QR CODE OR CHECK ONLINE FOR AVAILABILITY

Includes...
DESIGN & MAKE YOUR OWN CHRISTMAS SAUVIS
MAKE MAGICAL REINDEER FOOD
PREPARE A NIGHT BEFORE
CHRISTMAS HOT CHOCOLATE
WRITE CHRISTMAS LIST & POST
IN OUR SANTA EXPRESS MAILBOX
Approximate price £10.00 - 15.00

HOSTED BY OUR HIGH 5 ELVES FOR EVEN MORE FUN!

BOOK NOW @
www.high5sportsamps.co.uk

6-13 YEARS OLD

TEAM BUILDING
CHRISTMAS CHALLENGE EVENT
NERF WARS • INFLATABLE RACES • ZORBING
@ MOUNT KELLY PREP SCHOOL (INDOOR EVENT)
SUNDAY 15TH DECEMBER 2024

**EXCLUSIVE HIRE FOR TEAMS AVAILABLE - 90 MINUTES SESSION
LIMITED SESSIONS PER DAY**
TEAM PRICE £140 - UP TO 12, EXTRA PLAYERS £12 PP
Enquiries to info@high5sportsamps.co.uk or call 01752 749990

BOOK NOW @
www.high5sportsamps.co.uk



Challenge Half Term News

Welcome to our December edition!

As we approach the end of the year, we would like to say a massive well done to all students on completing their 15-week term at the College. They have been working hard, consistently and persevering every day to challenge themselves to succeed. We are very proud of our students and their commitment to learning and to their community at Tavistock College.

Merry Christmas to you all. Enjoy your well-deserved holiday to rest and recuperate from this busy term.

Sports Highlights

The following were all involved as sports leaders at the primary school's indoor athletics event. They were all excellent, fully engaged and were a credit to the school.

Lamorna C, Nell M, Hazel S, Scarlett K, Joel B, Mani B, Thomas M, Thomas M, May G, Ella H, Amelia J, Katie H, Rosie K, Charlotte P, Ash N, Jake W, Esme K, Adam H, Ruby H, Philomina T.



A massive congratulations to the students listed below who all worked tirelessly to create this year's decorations for the St Eustachius Christmas Tree Festival. The theme was based on a poem about a woodland Christmas by Evelyn Q and the decorations featuring all the animals she mentioned. The tree looked fantastic and had many admirers.



Polly C, Izzy NC, Candie E, Evelyn Q, Tia M, Layla M, Tilly P, Evie C, Summer K, Mabel P, Eliza P, Amelie S, Bethany D, Emilia A.

1st place and 2nd places for Rionna N and Daisy H (both Year 10 Challenge House) in Verse Speaking for age 14-18 at the City of Plymouth Festival - fabulous effort!



Excel Half Term News

As the festive season approaches, we celebrate the achievements of Excel house with pride and gratitude. From excelling in academics to showcasing incredible sports and the arts, our students have truly embodied the College Charter. This term we have been delighted to see our Year 7 students settle into life at the college with enthusiasm and confidence. From their first day, they have embraced new routines, made new friends and become an integral part of our school community. Their energy and curiosity have shone through in lessons, extracurricular activities, and house events, where they have already made valuable contribution. Well done year 7, it has been wonderful to watch you grow in confidence and take on new challenges with a positive attitude. As we wrap up the term, let us carry forward the spirit of togetherness and joy into the holidays. Wishing everyone a Merry Christmas and a restful, Happy New Year!

Sporting

Congratulations to the following students who represented the college on the 26th November at the Plymouth & West Devon XC Championships; Mabel M (Year 8), Archie N (Year 9) Ollie Houlberg (Year 12).

Congratulations to Mabel M (Year 8), Nancy G (Year 9) and Charlie H (Year 8) who represented the College on Wednesday 20th November in the local rounds of the National Badminton Championships.

Congratulations to the following Year 11 students who represented the college on 19th November in the 3rd Round of the ESFA National Cup vs UTC. Archie S (Year 11), Isaac N (Year 11), Jack R (Year 11), Oscar M (Year 11) and Oliver Owen.

Congratulations to the following students who took part in Cross Country relays event on the Pimple on 5th December. They were amazing and our Y7 & Junior (Y8&9) teams won their categories. Oliver N (Year 7), Mabel M (Year 9) and Oliver N (Year 9).

Some wonderful artwork has been creatively and beautifully design for the college's Christmas cards by the following students;

Sophia E Year 12
Darcey M Year 10
Emily C L Year 10
Saba P Year 9
Nell M Year 9
Sofiia D Year 8

Their work is for sale in the College's Christmas card packs.

Congratulations to Iris H who has been chosen to present a reading at the Christmas Carol Service.

Congratulations to Millie T (year 7) who won a prize in the History competition around some work completed on Windrush.

Well done to:

Evie C Year 12 (Excel house) who came 1st in the Under 18s Sonnet performance and also Prose Speaking for Under 18s at the City of Plymouth Festival.

Lexi T Year 9 (Excel House) in her Silver Medal in the City of Plymouth Festival Public Speaking Personal Project.

Novice Verse Class 1st and 2nd place to Tavistock College; Daisy P(Excel House) and Kierily B (Care House) year 8



Top Green Board Students



TOGETHER HOUSE

Belle L
Edith C
Tommy S
Elliot P
Isla S
Nevaeh M
Fleur G
Haydn M
Thomas H
Junior D
Eli H
Arthur L
John V
Ezra Y
Eliza R
Rowan C
Mia H
Freddie M
Chloe M
Chloe E



CARE HOUSE

Bethany A
Scarlett W
Lucy C
Evelyn F
Sam G
Harry P
Ava B
Aoife S
Samuel D
William H
Eloise P
Scarlett-M N
Archie T
Emaa P
Briony P
Beau B
Keirily B
Joe M,
Molly P
Luke S



CHALLENGE HOUSE

Hordi M
Harry M
Evelyn C
Archie H
Emilia A
Katie C
Amilie S
Matthew P
Toby CC
Leo D
Kacie B
Max B
Chloe C
Joe H
Bethany B
Arabella G
Harriosn D
Sophie L
Amelia S



EXCEL HOUSE

Elsie D
Samuel P
Lucas M
Zac H-T
Archie H
Nell
Sophia
Millie T
Luke R
Summer
Lillia P
Emily C
Rosie W
George S
George B
Imogen M
Sujan T-K
Harry H
India M
Katie S

Together: we care, we challenge, we excel.

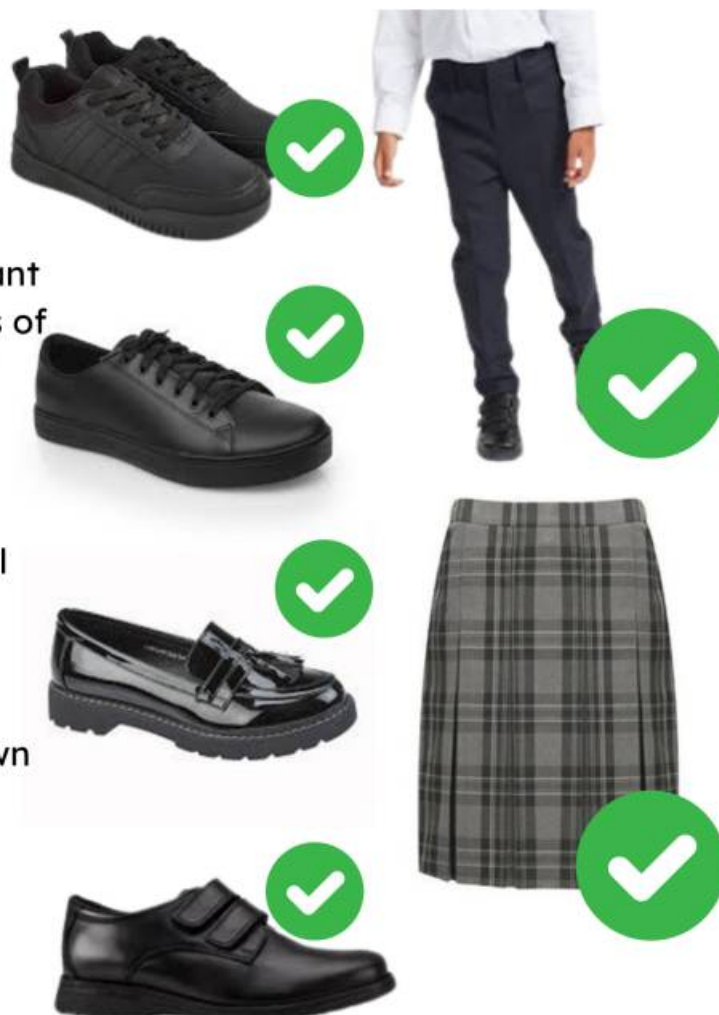
Uniform

We are Team Tavi ready and wear our uniform with Pride.

Tavistock College uniform plays an important part in contributing to the ethos and values of the College. Our uniform demonstrates our shared values and identify as part of our school and wider community.

Students who are not in correct uniform will be sanctioned through our Behaviour and Conduct Policy.

Samples of acceptable shoe types are shown on the right, other styles are available. All plain black school shoes and trainers are acceptable, other coloured soles and embellishments are not permitted.



Tavistock College Uniform

- ✓ Black sweatshirt with Tavistock College badge
- ✓ Tavistock College tie
- ✓ Plain white collared shirt – buttoned to the collar (worn tucked in)
- ✓ Plain black trousers or tailored button waist black shorts
- ✓ Tavistock College tartan skirt

Acceptable trousers	Not-acceptable trousers
Plain black full length tailored trousers, not tight around the ankles School tailored shorts with College logo only available from Fitness for Sports, online	Jeans style trousers eg. heavy cotton, studded trousers Leggings, jeggings, hipsters, tracksuit bottoms, tight skinny legged trousers
Acceptable skirts	Not-acceptable skirts
Tavistock College tartan skirt	No other skirts are acceptable
Acceptable shoes	Not-acceptable shoes
Plain black shoes, trainers with black logo and black sole only	Long boots or 'Ugg' style fur boots
Acceptable outerwear	Not-acceptable outerwear
A coat for outside wear only	Tracksuit tops, hoodies and baseball caps

Sportswear

PE kit can be purchased from Fitness for Sport and Lawsons
 Tavistock College PE Top
 Tavistock College shorts or skort or leggings
 Black sports socks
 Gum shield for contact sports
 Shin pads for football and hockey
ITEMS THAT ARE HIGHLY RECOMMENDED
 Studded boots for use on the astro and the field

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

Parental Communications

We have a number of ways to communicate with our families.



Newsletters are shared 4 times per term. These are sent via email and can also be found on our website.



Classcharts is used to communicate behaviour points, detentions and homework.



Email is used to communicate generic and bespoke information. Staff emails will end in @dmatschools.org.uk



Telephone, calls will be from 01822 614231, staff will always leave a message if the answerphone facility is available.

Time	Activity
0800	College site open for students.
0830 - 0840	Triage support available in House hubs
0840 - 0845	Morning Line-Up - equipment check, uniform check, daily messages and walk in.
0845	Period 1
0945	Period 2
1045 - 1110	Break (20 minutes)
1110 - 1210	Period 3
1210	Period 4
1310 - 1340	KS3 Lunch / KS4 Tutor session
1340 - 1410	KS3 Tutor session / KS4 Lunch
1410	Period 5
1510	End of College day

Introducing Our SEN Team



SEND Team 24/25

Assistant Principal - SEND	Rachel Turner
SENDCo	Sophie Champion

SEND Administrator	Sally York
Exams Administrator	Abii Roberts

For general SEND queries, please email:
send@tavistockcollege.org
 For enquiries relating to access arrangements, please email:
eaq@tavistockcollege.org

	Years 7, 12 & 13	Year 8 & 9	Years 10 & 11
Assistant SENDCo	Sandy T	Clare Dawe	Sam Biggs
Assistant Teachers	Eleanor Fisher Delia Hayman Andrea Robinson Jimo Siffre Kat Stride	Melissa Fieldsend-Danks Rita Melville Deb Morris Gemma Perkins Abii Roberts Jess Rose	Lucy Barratt-Love Nyssa Davis Justine Hunt Shaunna McGlade



Together: we care, we challenge, we excel.

CHRISTMAS ACTIVITY CAMPS



**MEADOWLANDS
LEISURE CENTRE**

23RD, 30TH DEC

9AM - 1PM

2ND & 3RD JAN

1PM - 5PM

5-12 YEARS



procoaching



**CHRISTMAS
CRAFTS AND
BRACELET MAKING**



**FUN SPORTS LIKE
FOOTBALL,
DODGEBALL, AND
MORE!**



**DELICIOUS LUNCHES
AND SNACKS**

**BOOK ONLINE AT PRO-COACHING.CO.UK OR SCAN THE
QR CODE. IF ON BENEFIT RELATED FREE SCHOOL MEALS
USE DISCOUNT CODE **XMASHAF24** TO BOOK FOR FREE**

**** NO COST FOR THOSE ON BENEFIT RELATED FREE SCHOOL MEALS**

10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

@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: 11.12.2024

What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at videostandards.org.uk/RatingBoard/games.

18

'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like systemrequirementslab.com can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or PlayStation games won't play on older consoles.

MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has written regularly about internet safety issues.



National
Online
Safety®

#WakeUpWednesday

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose. Instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or it turns out that you're also overusing social media. It can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-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: 18.12.2024