



Tavistock College Newsletter

Dartmoor Multi Academy Trust

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03/05/2024

Important Announcement

Although we cannot share the judgement, our recent inspection recognised significant improvements made at Tavistock College. We have much to be proud of about the transformational changes in behaviour, attitudes and culture, safeguarding and leadership and management.

We are now in a position to truly benefit from belonging to one Trust. The gains made in one school can now benefit others with a proven route map for improvement. As a result, Tristan Muller-Forster will now spend some of the week working across our schools as Executive Principal. This forms a complementary model of leadership through which we can share capacity and learning. Its initial phase will see Tristan working in Okehampton College for some of his time.

This will mean that James Buchanan will step into the role of Principal at Tavistock College. He will embed the improvements recognised, and focus on operational aspects of the College's next steps.

Tristan will continue to work closely with James and the Tavistock team so that the College accelerates the improvements made.

In her role as Lead Principal, Becca Mullins will continue to work with all Principals, to oversee the improvement work of the three secondary schools.

These new arrangements will begin next week.



'I have had the privilege to serve the community of Tavistock for 20 years and I now have the opportunity to share my knowledge and understanding of our recent journey with others in our Trust. Working across schools will enable us all to benefit from a collective drive around school improvement, and so enable transformational change for our young people.'

Tristan Muller-Forster



'I am truly honoured to have been given the opportunity to lead our College as we enter our next phase. This is a very special community that absolutely deserves the very best for its young people; in this role of servant leadership I sincerely look forward to working collaboratively with all stakeholders to continue to forge an identity of success, inclusion and high standards for the College.'

James Buchanan



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.

Designated Safeguarding Leads:

- H. Blackmore (Designated Safeguarding Lead)
- J. Cooper
- J. Buchanan
- A. Reed
- A. Gage

Other Staff:

- J. Cooper
- H. Cooper
- E. Cooper
- A. Cooper
- J. Cooper
- M. Cooper
- B. Cooper
- G. Cooper
- R. Cooper
- S. Cooper
- T. Cooper
- V. Cooper
- W. Cooper
- X. Cooper
- Y. Cooper
- Z. Cooper

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).



GOLDEN TICKETS



Golden Ticket Launch

Awarded each lesson for effort and achievement. Students can then enter themselves into the weekly prize draw.





SUMMER PE CLUBS

TUESDAY

DUKE OF EDINBURGH
YEAR 9
NHO/JNB/CTA

ROUNDERS
ALL YEARS
NIN/RDO

CYCLING
ALL YEARS
NHO
(WEEK A ONLY)

TRAMPOLINING
KS3
SBT

THURSDAY

CRICKET
ALL YEARS
JNB/NMU

TENNIS
ALL YEARS
CTA

BADMINTON
ALL YEARS
ABE

TABLE TENNIS
ALL YEARS
SHU

Please ensure you bring the correct equipment to participate.



TOGETHER: WE CARE, WE CHALLENGE, WE EXCEL

Revision ⌚ POWER HOUR

STEP 01

Choose a past paper question

Choose your subject level and exam board e.g. "Geography A Level Past Papers 2014"



STEP 02

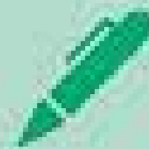
Revise
Spend 20 minutes revising what you need to know to answer your chosen question



STEP 03

Do the question

Set a timer for 20 minutes and answer the past paper question you chose



STEP 04

Get feedback

Show your teacher your work. Ask them whether your marking is accurate and how you could improve your answers



STEP 05

Mark your answer

Using the mark scheme for the past paper mark your answer. This will help you to think like an examiner!



lifemoreextraordinary.com

Cost of living Help and guidance



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

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

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

Free School Meals

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

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

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

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

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

Healthy Start Card

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

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

See online to find out more and for ways to apply.
www.healthystart.nhs.uk/how-to-apply

Food Support

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

www.westdevon.gov.uk/foodbanks

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

Household Support Fund

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

Applications can be made online.

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

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

West Devon Support Directory

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

www.westdevon.gov.uk/support-directory

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

www.westdevon.gov.uk/contact-us

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

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



WANT A NEW SKATEPARK? SHOW YOUR SUPPORT!



We are Tavi Skate, a local steering group, with a vision for a new concrete skatepark to be built in Tavistock.

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

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

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

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

Tavi.skate
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



SEN Notice Board

Director of SEND- Mrs Turner
SENDCO - Mrs Champion



Dates for your diary...

SEND Coffee Morning
Thursday 9th May 9:00 - 10:00am

SEND Parent Forum
Thursday 9th May 5:30 - 7:00pm
Topic: "Outside Agencies and Us"

ADDRESS, DIRECTIONS & BOOKING

To book a family day: email admin@wildembers.org

Cost: Donation only (minimum donation of £5 per family)

Address: Blackberry Barn, Ritson, Halwell, TQ9 7JG

Satnav Instructions:

Follow up until Totnes cross petrol station no further.

Then follow the road around to Kingsbridge (away from Totnes), you will see a sign that says Kingsbridge 6 miles, please take the left hand turn just behind the sign, follow the lane into the old farmyard, now beautiful barn conversions.

Take a slight right, drive in-between new barn conversion and an agricultural barn. The driveway leading to the parking area is directly in front of you between the house and fence. Head down the driveway where you can park on the ménage to your left.

What3words:

Wiggles.worthy.quicker

If you have trouble finding us please do contact either Mel or Richard.

Mel 07967 755357

Richard 07906 529371



Year 7 Notice Board

Head of Year - Mr Hunter

Assistant Head of Year - Mrs Massey



Hello Year 7 parents, carers, and students! I'd like to take this opportunity to talk about the standards we have for students, and how well our Year 7 students have met them since starting. This became immediately apparent to me during our recent OFSTED visit, during which I couldn't have been more proud of the conduct of our students. I had the pleasure of taking an inspector to some of our tutor sessions, where we saw silent reading sessions, and personal development sessions about St George. Each room was a little hub of positivity, and the students were fantastic. Students were demonstrating STAR behaviours, and taking part in each activity. This is when it really struck me just how well the students have risen to the challenge of secondary school, and just how much they've grown since September.

I look forward to seeing Year 7 continue to grow into the fine young people they've already started to become.

This is a shout out for all the students who participate in the Library Reading Partners Scheme supported by our community readers Ms Layland, Ms Drey, and Ms Schofield. There are too many to mention individually, but the following students have made impressive progress and rarely missed a session. Some students have been part of the scheme since September and finished two books with their reading partner. Massive well done all round - and a massive thank you to our community readers:

Molly O'T, Beau B, Olivia T, Maggie B, Caleb M, William M, Nevaeh M, Maddison C-D, Oliver H, Esme O, Oscar C-C, Sophia H, Tyrese B, Riley P, Rupert B, Cassidy W, William B, Stevie G.

Golden Tickets

Golden tickets are an innovative incentive system designed to promote positive learning attitudes and behaviour among students. Much like the coveted tickets in a chocolate factory, these golden tickets serve as tokens of recognition and reward for students who demonstrate exceptional effort, engagement, and conduct in learning and behaviour. By awarding these tickets, we aim to cultivate a culture of enthusiasm for learning and reinforce desired behaviours such as active participation, collaboration, and respectful conduct in the classroom and around the college. These tickets not only acknowledge individual achievements but also foster a sense of community within the year group. Every week in assembly tickets are drawn and prizes awarded. All golden ticket holders are also entered into an end of term prize draw, therefore, if a student does not win a weekly prize they still have the chance to do so.

Congratulations to our winners so far who are:

Lillia P, Evelyn C, Ben W, Bethan M, Keira-Lily M, James S, Lily-Anne V, Gabriel P, Harry R, Ariana B, Harrison D and John V.

CARE
Emily E for being a good friend.

CHALLENGE
Owen S for your resilience.

EXCEL
Sophia H for exceeding 350 green boards.



20 Green Boards

Maddison D, Ollie H, Oscar C-C, Sophia H, Esme O, Lilly-Anne V, Samuel P, Finley P, Cassidy W, Keirily B, Summer K, Sophia B, Seren B-W, Ariana B, Esme A, Leo D, Evelyn C, Will D, Harry R, Tyrese B.

Year 8 Notice Board

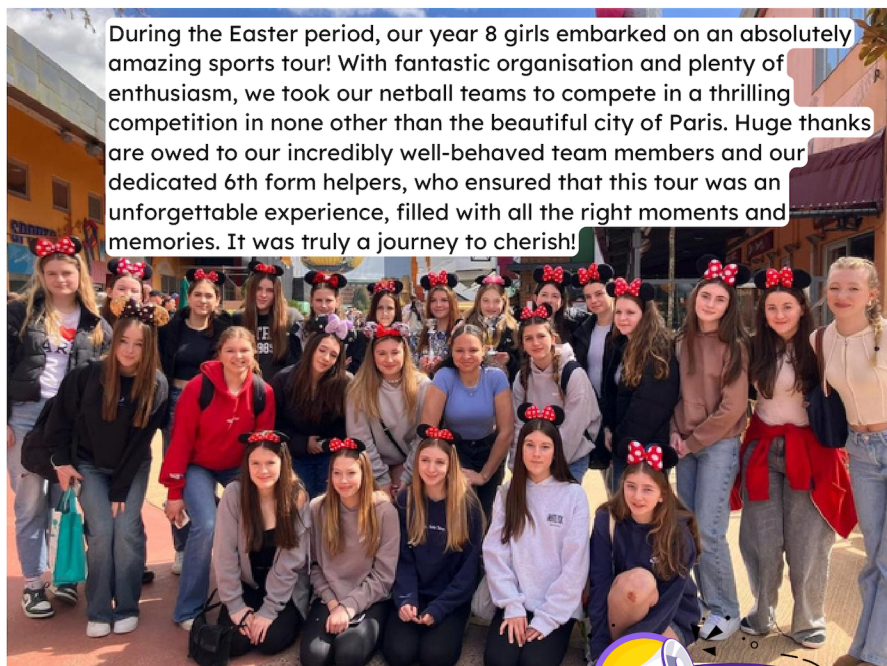
Head of Year - Mrs Ingleby
Assistant Head of Year - Mr Marsh



20 AWARDS

Alex C, Olivia T, Oscar M, Phoebe P, Iola S, Naomi H, William M
Dibeh A, Ethan D, Ruby H, Elliott S, Lexi T, Spencer E, Riley H
William K, Alexis W, Carrie C, Thomas H, Jasmine A, Jack C

It's been non-stop excitement in year 8 these past few weeks since our spring/Easter break! Our STEM day in the main hall was a smashing success, with over 60 enthusiastic year 8 students diving headfirst into designing and building a prototype water recycling system. The focus was on teamwork, with each student taking on a unique role in the task. From crafting bunkers out of cardboard to skillfully wielding hot glue guns to seal and line structures, practical skills were on full display. And let's not forget the electrifying aspect of the day, where students delved into electronics, tinkering with circuit boards, sensors, and soldering to assemble an electric pump that kept the water flowing smoothly. It was an unforgettable day of hands-on learning and collaboration!



During the Easter period, our year 8 girls embarked on an absolutely amazing sports tour! With fantastic organisation and plenty of enthusiasm, we took our netball teams to compete in a thrilling competition in none other than the beautiful city of Paris. Huge thanks are owed to our incredibly well-behaved team members and our dedicated 6th form helpers, who ensured that this tour was an unforgettable experience, filled with all the right moments and memories. It was truly a journey to cherish!



NOMINATIONS

Golden Tickets

We're thrilled to announce the incredible launch of the Golden Tickets, which has received an overwhelmingly positive response from both students and teachers! Every lesson, teachers have the joy of awarding these coveted tickets to deserving students. And the excitement doesn't stop there! These tickets are then entered into a thrilling prize draw, which takes place during our year group assembly. It's truly amazing to see the impact this scheme is having on everyone involved, with students eagerly striving to earn their own Golden Ticket!

Demonstrating one of the cooperative values- Solidarity, Self-help, Self-responsibility, Democracy,

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

William K
Samuel G
Charlotte H
Robin R
Ariah G

Year 9 Notice Board

Head of Year - Miss Evans

Assistant Head of Year - Miss Fox



It has been yet another great few weeks for Year 9! They have made a fabulous return to college after their Easter Holidays and the entire Year 9 team couldn't be prouder of them all! Not only is their uniform excellent but also their behaviour and attitude to their studies. They are extremely helpful to all but especially caring and considerate to each other. It is an absolute honour to be associated with them.

Another success appears to be the introduction of the new Golden Tickets initiative. This is where each student has the chance to be given a golden ticket in each of their lessons as well as during their tutor time. Each student then has the opportunity to win a prize but obviously the more tickets they have in the draw the greater their chance of 'winning'. So far lucky recipients have included: Katy E, Aiden M, Daisy B, Carson K, Subaru S, Summer S, Mat S, Archie M

Reminders

If any Year 9s do wish to change their options for KS4, please remember to complete the Google Form. Please also be aware however that the request might not be able to go ahead but we will try our best.

Enrichment

Year 9 has the Farmers' Union in on June the 6th. If any student wishes to take part in their workshop, they must speak to their tutor in the first instance. The Farmers' Union will also be delivering an assembly to the whole year group.



NOMINATIONS

CARE

Holly H for her excellent attitude to tutor time and always being helpful and organised.

CHALLENGE

Darcy M for working hard on her career's speech and practising before her interview.

EXCEL

Eli H for completing 7 reading books since the beginning of the Easter holidays.

20 GOLD AWARDS

Anastasiia M, Harrison R, Samantha G, Elijah H, Henry J, May G, Charlie B, Mattie B, Eddie T-Y, Molly R, Aimee S, Jaydon B, Sienna M, Amelia G, James S, Ousman M, Mimi H-S, Alan E, Freddie R and Archie B.

YEAR 9 OPTIONS

[CLICK HERE](#)



Year 10 Notice Board

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



The 3 Peaks Challenge Team 2024 has been training hard on the Moors over the last few months for the challenge which takes place on June 29th. A 26 mile hike over three Yorkshire peaks, to be completed in 12 hours. The group is made up of year 10s and 12s. The year 10s have been amazing on these training walks, showing supreme strength and resilience throughout. I have been so impressed with all of their determination to complete the training each time. We are all looking forward to the event and the first time the College has entered a team. A big thank you to Luana for the pictures. Mr Pearson the team leader has said how impressed he is with the whole team and their maturity and commitment. Really proud and well done! Team Tavy 3 Peaks Challenge! GO TEAM



The following students will be representing the school at next week's English Schools Track and Field Cup in Exeter.

Livvy W, Rose O, Orla W, Anya M, Miley L, Tamsyn R, Tanisha J, Eleanor B, Teagan B, Tallulah D.

Well done all of you!

CARE

In the words of Bill and Ted... 'Be excellent to each other.'

CHALLENGE

All year 10 students, we challenge you to continue to be the role models for the rest of the school to follow.

EXCEL Year 10 3 Peaks Team

Year 10's will be off on work experience between 24th - 28th June. Students should have decided on and contacted a work experience placement by now and should be completing the relevant paperwork including a risk assessment for the placement to complete.

All students are expected to complete work experience during this week. If a student is struggling to find a place, please contact their tutor to see the list of previous placements.

20 CHALLENGE BOARDS

Isla M , Manni H, Faye P , Molly B, Josh A , Daisy W, Thalia W , Jamie S, Eleanor B, Livvy W, Isabel K, Jamie C, Ryan C, Jack C, Layla H, Joe W, Callum P, Tamsyn R, Zoe B, Megan P

Year 11 Notice Board

Head of Year - Mr Jacob

Assistant Head of Year - Mr Murphy



With exam season starting, the finish line is almost in sight. This week has seen our creative subjects undertake their extended exam pieces as well as some of our PE students completing their GCSE moderations.

Remember to make the most of your time, revise and focus. Consider revising for shorter 30 minute periods with regular breaks, this will allow your brain time to focus and take on information.

Please remember that all the staff are here to support you during this exam period and understand that this will be stressful. Come and speak to us if you feel you are struggling or need help. We would like to wish you all the best of luck!

Sports personality of the year awards

We had several students from year 11 celebrated during our SPOTY awards. The event was fantastic and saw over 300 students and their families join us to celebrate our students' accomplishments across the year in the world of sport. We as a team would like to congratulate all of those year 11 students who were nominated for an award and give a special mention to Megan G and Fynn B who made it into the top 8 award for the sports personality of the year.

Passport to prom

Keep working hard and remember to earn those passport to prom points. A reminder of how how you can achieve these can be seen below:

- Attending additional revision gains the students 5 extra points.
- Creating subject specific revision notes gains 10 extra points.
- Completing past papers gains 10 extra points.
- Normal greenboards will also go towards passport to prom points.

Keep working hard and you will gain the points you need.

A reminder regarding attendance; it is vitally important that students attend as much school as possible in the lead up to the exam period; in the case of any absences please contact our attendance officer Mrs Shalgosky (telephone: 01822 614231 ext: 218 or email: k.shalgosky@tavistockcollege.org).

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity Young Minds estimate that a staggering 87% of people suffer from exam stress - highlighting the urgent need to reassess its impact on children's health and happiness.

- 1 PRACTISE WORKLOAD WISDOM**
The build up to an exam season is a busy time for students. It's important to ensure that they have enough time to prepare for their exams, but not so much that they become overwhelmed. Encourage them to create a study plan that allows them to manage their workload effectively, and to take regular breaks to rest and recharge.
- 2 ADVISE CLEARING THE CLUTTER**
A cluttered desk can be a distraction, and it's important to ensure that students have a clean, organized workspace. Encourage them to clear their desks of unnecessary items, and to use storage solutions to keep their materials organized.
- 3 MASTER THE MATERIALS TOGETHER**
Students often have to learn a lot of material, and it's important to ensure that they have a good understanding of the key concepts. Encourage them to work together, and to use a variety of resources to learn, such as textbooks, online resources, and practice papers.
- 4 RECOMMEND CREATIVE NOTE-TAKING**
Students often find it difficult to take notes, and it's important to ensure that they have a good system in place. Encourage them to use a variety of note-taking techniques, such as mind maps, flowcharts, and bullet points.
- 5 USE VISUAL AIDS AND MNEMONICS**
Visual aids and mnemonics can be a great way to help students remember key information. Encourage them to use a variety of visual aids, such as diagrams, charts, and graphs, and to create mnemonics to help them remember key facts.
- 6 GATHER A TECH TOOLKIT**
Technology can be a great tool for learning, and it's important to ensure that students have access to the right tools. Encourage them to use a variety of tech tools, such as tablets, laptops, and educational apps.
- 7 KEEP IT FUN**
Learning doesn't have to be boring, and it's important to ensure that students find their studies enjoyable. Encourage them to use a variety of fun learning techniques, such as games, quizzes, and role-play.
- 8 SUGGEST ACTIVE REVISION STRATEGIES**
Active revision strategies can be a great way to help students learn more effectively. Encourage them to use a variety of active strategies, such as flashcards, mind maps, and group work.
- 9 ENCOURAGE A POSITIVE MINDSET**
A positive mindset is essential for success, and it's important to ensure that students have a good attitude towards their exams. Encourage them to focus on their strengths, and to believe in their ability to succeed.
- 10 HELP THEM TO SEIZE THE DAY**
It's important to ensure that students are well-rested and healthy during their exam period. Encourage them to get enough sleep, eat a healthy diet, and exercise regularly.

Meet Our Expert
Minds Ahead designs and delivers the UK's only specialist postgraduate mental health training for schools and colleges. We're a team of experts who deliver a range of training and support for education professionals and their students. This guide has been written by our Head of Learning and Development Specialist who is also Assistant Vice-Principal for Personal Development of Postgraduate Learning School.

WakeUp Wednesday
The National College

@wakeup_weds | www.thenationalcollege | @wakeup_wednesday | @wakeup.weds

	Name of payment request on Gateway
Prom ticket is £27.50 per person	24YR11PROM
Return coach ticket per person is £6.64	24YR11PROMBU
SPECIAL OFFER - BUY A YEARBOOK AND HOODIE TOGETHER AND PAY £27.91 Please remember to state size and colour when paying	24YR11HOODBK
The price of a Yearbook is £9.64	24YR11YRBOOK
The price of a Hoodie is £21.31 Please remember to state size and colour when paying	24YR11HOODIES

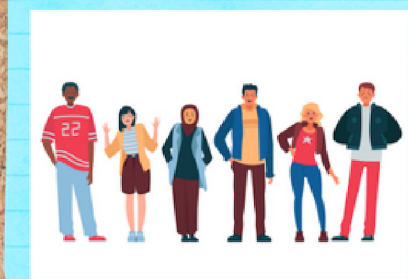
2024 AWARDS BOARDS

Oliver D, Ben P, Rosie K, Megan G, Lucas E, Harold C, Josh H, Kara G, Flo T, Bella D, Ash N, Josie B, Eva M, Sebastian L, Phoebe F, JJ DC, Finley W, Oliver C, Lennon Mo, Fynn B.



Catalyst. Youth Team

01



what is catalyst

we are a youth work charity, focused and providing and supporting young people in the community of Tavistock and the surrounding areas

How we help

We help by running the mentoring scheme in school and by listening to your current needs. We also run lots of different clubs, such as after-school youth work, Christian unions, and detached work in Horrbridge, Bere Alston and Tavistock

02



SCAN ME

03



More information

If you would like to learn more about catalyst please contact us

info@tavistockcatalyst.com
follow us on facebook or instagram at
[@tavistockcatalyst](https://www.instagram.com/tavistockcatalyst)

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday®

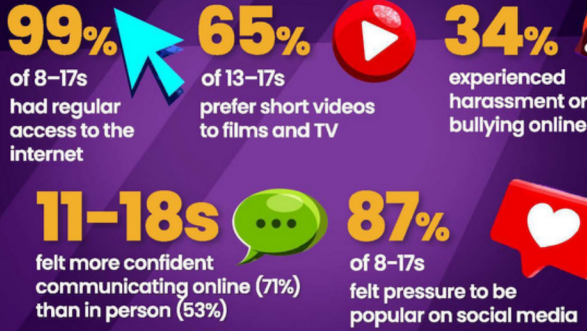
The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

What Parents & Educators Can Learn from the OFCOM MEDIA REPORT 2024

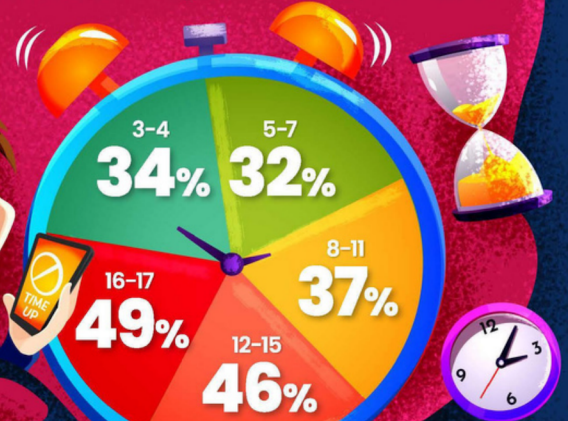
Each year, Ofcom – the UK’s regulatory body for communications – produces an overview of children and parents’ media experiences over the course of the previous year. At the time of writing, the latest of these reports, ‘Children and parents: media use and attitudes 2024’ has just been published, and we’ve plucked out some of its most thought-provoking findings regarding online safety.

ONLINE LIVES



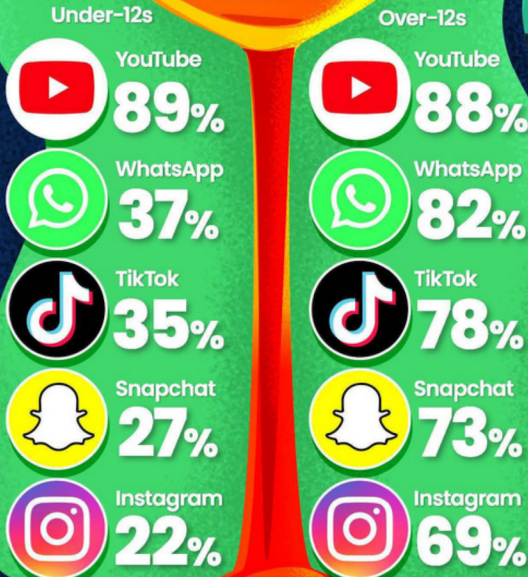
SCREEN TIME

By children’s age group, the percentage of parents who felt less able to manage their child’s screentime were ...



POPULAR PLATFORMS

Most used by children ...



ONLINE GAMING

68% of children played video games online

Who did these children most commonly play with?

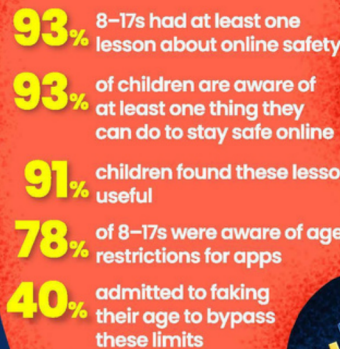


PARENTAL CONCERNS

The things that most commonly worry parents and carers about their child being online include ...



ONLINE SAFETY IN SCHOOLS



DEVICES MOST USED TO GO ONLINE



#WakeUpWednesday

The National College

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

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



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Sources: See full reference list on guide page at nationalcollege.com/guides/shopping-apps

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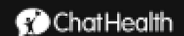
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IF YOU'RE 11-19 YEARS OLD TEXT A SCHOOL NURSE
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