



Tavistock College Newsletter

Dartmoor Multi Academy Trust

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14/06/2024

I hope this newsletter finds you and your family well.

We are nearing the end of our exam period for Year 11 and Year 13. I want to congratulate our young people on how they have taken these exams in their stride; they have made us incredibly proud and we wish the absolute best for them. Our Sixth Form numbers look to be some of our largest in a number of years and that is testament to our staff's commitment to our young people.

Having made a change to our transition calendar, we look forward to welcoming our new Year 7 families on Thursday 27 June. Our College is always open to visitors; if you wish to come and spend some time with us, or know of families who wish to come and see what we are about, please do get in touch with the reception team.

We have been busy getting the leadership team ready for September and, in light of a number of promotions, I am pleased to let you know that Jack Brokenshire will be stepping into an Assistant Principal role, leading on behaviour and attitudes and Jo Solman will be moving into the Vice Principal role. I am sure you will join me in congratulating them and, whilst their roles officially start in September, there is plenty of handover work to do in the meantime.

More staffing updates and information about our exciting transition to a House structure will soon follow.

James Buchanan
Principal

Devon Every Child

YOU'RE 11-19 YEARS OLD. TEXT A SCHOOL NURSE 07520 631 722

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

RELATIONSHIPS
MENTAL BULLYING
SELF HEALTH
ALCOHOL HARM
HEALTHY EATING
DRUGS
SMOKING

Text us for confidential advice & support

Devon Every Child

IF YOU ARE A PARENT OR CARER

You can text a Health Visitor on 07520 631 721

We can help with all kinds of things like....

CHILD HEALTH & DEVELOPMENT
MENTAL HEALTH
ADJUSTING TO PARENTING
SLEEP & FEEDING ROUTINES
TOILETING
CONTINENCE
FAMILY HEALTH

Text us for confidential advice & support

Dartmoor Multi Academy Trust

Together we care, we challenge, we excel

SAFEGUARDING OUR COLLEGE

If you have any concerns about your own safety, or that of another person, please talk to a member of our team or another adult at our College.

H. Blackmore
T. Carter
J. Buchanan
A. Reed
A. Gage

H. Gage
H. Gage
H. Gage
H. Gage
H. Gage

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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).

ALUMNI NEWS



Ruby Stacey has been selected as a reserve for Team GB artistic gymnastics squad for the summer Paris Olympics.



Luke Northmore and his selection for the England Rugby squad for the summer series.

SEN Notice Board

Director of SEND- Mrs Turner
SENDCO - Mrs Champion



SEND Event

Dartmoor
Multi Academy
Trust

...everyone in our Trust.

Wednesday 19th June 2024

09.00 - 10.00am

Please join the SEND team
for our
Parent/Carer Coffee
Morning

A relaxed opportunity to chat and
discuss SEN topics

If you wish to attend,
please email:
send@tavistockcollege.org

Together; we care, we challenge, we excel

What Parents & Educators Need to Know about

PALWORLD

In Palworld, players head out into an environment where they must craft items and survive alongside creatures called 'Pals'. In this sense, it's similar to Minecraft: fight monsters while maintaining a base. Palworld has sold more than six million copies and often has over two million people playing online simultaneously.

WHAT ARE THE RISKS?

MATURE CONTENT

18
CENSORED

While Palworld may look cute and cuddly, the game does have its more mature moments. For example, if you try to catch a Pal and don't succeed, the game displays a mild swear word. There are also minor references to inhumane acts like slavery when getting your Pals to perform certain tasks for you. While the presentation is intended to be humorous, this could still be seen as being in poor taste.

VIOLENCE

Palworld has been referred to as "Pokémon with guns" and with good reason. As the game progresses, Pals can be given firearms, explosives and other weapons, allowing them to fight by the player's side. There are several moments where cute animals use these guns to kill other Pals or fight against bosses. The violence is cartoonish and bloodless, but it's present.

SUGGESTIVE WRITING

Some of the Pals' descriptions – found in the game menu – can be very suggestive and adult in nature. The game makes a joke of balancing on the line between age-appropriate and mature content: playing on the contrast between the two while never being outright explicit. While it's possible that younger players won't notice this content, it's just as conceivable that they will.

ONLINE PLAY

Palworld can be played with other people online. On Xbox, players can only play with people on their friends list. On PC, however, up to 32 players can share in the same game, playing in a large online world, and these players may not necessarily be known to the host beforehand. It can be quite complicated to set up these servers. However, it can be quite complicated to set up these servers (online worlds) and they cost money to keep active.

DIFFICULTY

Despite its endearing visuals, Palworld is actually an extremely difficult game in places: defeating bosses, catching Pals and exploring the environment can all be very tricky. It takes a lot of skill – or working together with a friend – to be successful, which could be off-putting or even aggravating to a player expecting something more like Minecraft or Pokémon.

Advice for Parents & Educators

WATCH GAMEPLAY

Watching gameplay and reviews for Palworld on sites like YouTube is the best available means of gathering information on it, second only to playing it for yourself. Currently, there are plenty of videos showing this game off to the internet at large, along with detailed breakdowns of what can be found or done within it.

LEND A HAND

By learning the basics of the game – Pal catching, battling, crafting items and building up a base – you can help to lower the difficulty for younger players. This, in turn, decreases the likelihood that such players will need to look online for tips and tricks, where they could quite easily stumble across more violent and mature content associated with the game.

SET CONTENT LIMITS

As Palworld is available on Xbox Game Pass, it's easy for players to access it. Any player subscribed to this service can simply find the title on Game Pass and hit the download button. If a child or young person isn't allowed to play Palworld, the best way to prevent them downloading it regardless is to enable age limits on their account. Setting the limit below 12 will not allow users to install Palworld.

PLAY TOGETHER

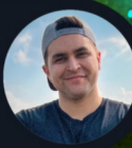
By playing Palworld yourself, you'll have the best chance of catching any content that you don't think is suitable for children, as well as getting an idea of how violence is presented in the game. The conflict is cartoonish in nature – until players and Pals unlock the ability to use guns, at which point it can become more intense. It's likely best for you to give it a look and form your own opinion.

PLACE BOUNDARIES

Limit options when it comes to online play. For players on PC, they'll still be able to cooperate with friends through the game's multiplayer option, much like Xbox users. Just because they have the option to run a dedicated server that's open to anyone doesn't mean they need to take it. The risks of interacting with strangers can be significantly lowered or even eliminated entirely by playing on servers which are restricted to friends only.

Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday

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Year 7 Notice Board

Head of Year - Mr Hunter

Assistant Head of Year - Mrs Massey



You'll notice a theme across today's newsletter all about social media and how it is being used by young people. As a parent, this is an area of great concern to me, but one that I also share for Year 7 as a whole.

Lots of research has taken place about the benefits and risks of using smartphones, and I truly believe that the college has benefitted from our ban on phones in school last year, but it is social media that presents particular challenges for young people who are still figuring out their identity and who to build healthy relationships with peers. It saddens me to say that there are still lots of incidents reported on a weekly basis of students sending unkind messages to each other using Snapchat and Whatsapp.

These incidents are so harmful because they often go unnoticed. With this in mind, I'd like to offer some advice from Young Minds about supporting young people and their use of social media: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/>

Essentially, we need to ensure that we are talking to our kids, and establishing healthy habits in communicating. And if you do have any concerns about messages your child is receiving, encourage them to talk about it.

The following students represented the school in the 1st round of the U13 Girls Devon Cricket County Cup. Congratulations to: Belle Boyle, Sophia Bellemey, Evie Coulson, Emily Edwards, Lillia Pocknell, Naomi Hill, Nell Pearce, Juno Anderson-Bickley, Edith Coldron, Macy Griffiths, Belle Lindsell.

In today's digital age, online safety and kindness are more important than ever. As we navigate various online platforms, it's crucial to protect our personal information and be cautious about what we share.

Equally important is practising kindness and respect in our online interactions. Remember, the words we choose can have a significant impact on others. By being mindful of our behaviour and encouraging positive communication, we can create a safe and welcoming online environment for everyone. Let's work together to make our online community a place where everyone feels valued and respected.

CARE
Owen S for helping with transition events.

CHALLENGE
Jacob D for excellent work in languages recently!

EXCEL
Everyone with 100% attendance at this stage in the year!

NOMINATIONS

20 GOLDEN TICKET WINNERS

Eugene G, Kourtney F, Fayre W, Ailia E, Ollie H, Sophia H, Amber M
Imogen M, Tyrese B, Ruby S, Alice T, Evelyn F

George B, Maggie B, Alistair F, Willow S, Harry B-G, Cassidy W, Lilly-Anne V, Haydn M

Golden Ticket Winners

Ezra Y, Ariana B, Ethan I, Molly O, Lillia P, Evie B, Ollie H, Reuben G, Summer K, Bethany S, Sofia H, Keira-Lilly M, Junior D, Alistair F.

10 Top Tips for Parents and Educators

FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges — like the pressure to win — and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to "win at all costs", which can be a harmful outlook in some situations.

3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest — that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/friendly-competition>

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Year 8 Notice Board

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



20 CHALLENGE BOARDS

Olivia T, Oscar M, Saba P, Luke S, Carrie C, Mirianthi C, Brendon W
Thomas H, Annabel L, Eloise P, Grace RD, Callum B, Charlotte B
George M, Daniel O, Joshua P, Phoebe P, Toby A, Belle B, Milly-Grace C

In Year 8, we're at a crossroads on a path of discovery, and part of this journey includes building healthy friendships.

Friendships are like the colourful threads that weave through the fabric of our lives, creating a vibrant and supportive tapestry. For Year 8 students, friendships provide crucial support, boost confidence, and teach essential social skills like communication and empathy. Sharing fun moments and resolving conflicts together strengthens these bonds. Being a good listener, showing kindness, and being true to yourself are key to building strong friendships. Cherish and invest in these relationships, as they enrich your life and help you grow into a confident and happy individual.

With this in mind, we encourage you to reflect on how you communicate when using social media and electronic devices. Remember, the person receiving your message is a human and a friend, so it's often wise to pause before pressing send. Consider how your message will be received and whether it's truly necessary to send it.



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:

Olivia T
Oscar M
Saba P
Luke S
Jude BT

What Parents & Educators Need to Know about ENERGY DRINKS

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. While it's understandable 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.

WHAT ARE THE RISKS?

- HIGH CAFFEINE CONTENT**: Most energy drinks contain high levels of caffeine. While these drinks may be a type of sugar-free beverage, they can lead to increased heart rate and blood pressure, anxiety, insomnia, dizziness, and tremors. In extreme cases, even more severe symptoms like chest pain and palpitations, which require medical attention, have been reported.
- DISRUPTED SLEEP PATTERNS**: Consuming energy drinks, especially during the afternoon or evening, can disrupt sleep patterns. This is a concern for adolescents, as sleep is crucial for their overall health and academic performance.
- LINKS TO SUBSTANCE ABUSE**: Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and tobacco use among young adults. Young people may use energy drinks as a substitute for alcohol, leading to increased health risks, including impaired judgment, binge drinking, and decreased academic performance.
- POTENTIAL FOR DEPENDENCY**: Frequent consumption of energy drinks can lead to physical dependency. Over time, individuals may find it difficult to function without the energy boost, leading to withdrawal symptoms like fatigue, irritability, and decreased motivation. These individuals may exhibit behaviors similar to those associated with substance dependency.

Advice for Parents & Educators

- LIMIT CONSUMPTION**: It is vital to educate young people about the potential risks related to energy drinks. Encouraging the consumption of water or natural juices instead of energy drinks and providing a supportive environment for them to make healthy choices is essential.
- PROMOTE HEALTHIER HABITS**: Adults can help with this issue by including discussions about the potential risks of energy drinks in their daily conversations. Encouraging healthy eating habits and regular physical activity can help reduce the need for energy drinks.
- ADVOCATE FOR REGULATION**: If this is something you're passionate about, you can work with local health departments and your school to advocate for regulations on energy drink consumption. Contacting your local representatives about energy drink regulation and supporting legislative efforts to restrict energy drinks in schools and community centers.
- SET A POSITIVE EXAMPLE**: Adults can model healthy behaviors by visibly choosing alternative beverages instead of energy drinks. Encouraging young people to make healthy choices and providing them with the necessary tools for limiting energy drink consumption can help them make informed decisions.

Meet Our Expert
Dr. Jason O'Connell, Head of Year of WakeUpWednesday Academy, a challenge-based educational organization, and the author of the book 'The Adolescent's Perspective: Mind, Body, and Spirit' has spoken about the need for education on energy drink health and safety. A member of the Adolescent Health and Education Research Institute, he is a frequent speaker at national and international conferences.

Source: See full infographic at <https://www.nationalcollege.edu/wakeupwednesday>

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10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



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Source: <https://www.gov.uk/government/publications/online-safety-consultation-2020>
<https://nuc.onlinesafety.com/psychology/online-safety> | https://www.research.gov.uk/publication/845648_the-online_safety_consultation_effect



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Year 9 Notice Board

Head of Year - Miss Evans

Assistant Head of Year - Miss Fox



It has been an extremely busy couple of weeks for our Year 9s with visits from the National Farmers' Union, to participating in the Duke of Edinburgh's Bronze Expedition and for some, gaining their John Muir Award from the Dartmoor National Park Authority. This, once again, shows how marvellous Year 9 truly are!

Reminders

Please remember that if you need a drink while in college to bring your own water bottle as there are no cups in the KS3 office. Ensure that your water bottle is clearly labelled with your name so that it can easily be returned if it gets lost.



CARE

Samantha G for all her volunteering these last few weeks.

CHALLENGE

Olivia S for making a great effort to improve behaviour.

EXCEL

Freddie Day for being a kind and helpful student. It is also for his excellence in a recent mountain bike competition.



Friday 7th of June saw the final session for those girls involved with Girls Do Dartmoor. This has been an amazing seven weeks and we are immensely proud of the change in all those who took part. They are more confident, resilient and generally happier having acquired a new belief in their own abilities.

The programme of events has seen them do a variety of activities from chopping kindling (Emily's favourite), making bread and toasting marshmallows to hiking on Dartmoor in not so pleasant weather! They had booklets to complete on their own and these contributed to them receiving their John Muir Award from Dartmoor National Park Authority. The sun even put in an appearance for this special occasion.

It has been a real privilege to watch them persevere, adapt and ultimately overcome their own internal obstacles. They should be extremely proud of themselves as we are of them. Those involved were: Isabella N-C, Enya T, Polly C, Izzy R-R, Megan B, Lauren M, Evie G, Holly H, Aimee S, Milly G, Emily W, Amelia D and Eloise R.

20 GREEN BOARDS

Emmie C, Anastasiia M, Finn P, Amelia D, Eddie T-Y, Archie J, Jasmine C, Thomas M, Lilia K, Sommer M, Alfie M, Aimee S, Alex W, Edward K, Amelie H, Samantha G, Sunny F, Nathaniel K, Holly H and Grace J.

What Parents & Educators Need to Know about

GROUP CHATS

On messaging apps, social media and online games, group chats are among the most popular ways that young people engage with their peers online. Involving three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they can be great for connecting with others, there are several risks posed by these tools.

WHAT ARE THE RISKS?

BULLYING

Teens are often trying to find their place in their social group. Unfortunately, group chats can sometimes lend themselves to unkind comments being shared freely, putting people down to make their peers laugh – often creating a vicious circle that encourages others to join in. Being bullied so publicly – in front of friends and acquaintances – can also amplify the hurt, embarrassment and anxiety that the victim feels.

SHARING GROUP CONTENT

Group chats can feel more private and protected, allowing children to share inside jokes and video calls with a smaller group of friends. It's important to remember that while the chat's content is private between those in the group, individual users can easily share material with others outside of the group, or screenshot what's been posted. The risk of something a child intended as private becoming public is higher if there are strangers in the chat.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: for instance, starting a new group, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one person doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss events that exclude them – for example, sharing photos from a day out that they didn't attend.

UNKNOWN MEMBERS

Within larger group chats, it's more likely for children to communicate with people they don't know. These strangers may be friends of the host, but not necessarily friendly towards everyone present. It's wise for young people to avoid sharing personal details and remember that they have no control over what others do with the material they send into the chat.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by a child if they are part of that group, whether they actively engage in it or not. Some apps have features that cause messages to disappear after they're viewed, so children may be unable to report something they've seen, as it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications they tend to generate. Every time someone sends a message, each member's device will be 'pinged' with an alert. This could result in hundreds of notifications a day. This is often highly distracting, and young people's fear of missing out (FOMO) can cause increased screen time as they try to keep up with the conversation.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for young people to compete for social status. This could cause them to do or say things on impulse which could upset others. Help children consider how people might feel if they behave in this way. If the child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being picked on.

BLOCK, REPORT AND LEAVE

If a child is in a chat where inappropriate content is being shared, advise them to block whoever sent the material, report that person to the host app or platform and exit the group. If any of this content could put a minor at risk, contact the police. Emphasise that it's OK for children to simply leave any group chat that makes them feel uncomfortable.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Ensure children understand the importance of not revealing identifiable details like their address, their school, or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their identity to gain a child's trust and serve their own ends – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure the child understands why they shouldn't add people they don't know to a group chat – and why they should never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a device bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of the group chat while disabling notifications – and that it would be healthier for them to do so, avoiding a situation where they could feel pressured to respond.

Meet Our Expert

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



#WakeUpWednesday

The National College

Sources: <https://www.britainknow.co.uk/life/lets-talk-about-socialising-online/group-chats/> | <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

Year 10 Notice Board

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



With five weeks left of this term I am reminded of the Donkey Resilience Fable where we can learn to rise above life's trials. We can choose to cry out in despair or we can choose to accept our circumstances and make the best of them. The Farmer and the Donkey's story highlights that resilience is one of the most important tools for coping with life's unexpected difficulties.

In the last five weeks of Year 10 we need to show each other resilience and work together when things get tough. When life throws dirt at us, plant seeds and grow!

A massive well done to the 3 Peaks Challenge Team who completed a 21 mile route march over Dartmoor last Saturday, looking strong for the 25 mile 3 peaks event on June 29th.

A huge well done to Teagan B and Orla W who are representing the College this weekend at the South West Schools Athletics Tournament.

Work Experience June 24th - June 28th

At the end of this week the Work Experience week will be a month away. If you have not completed the google form for this, please do so as soon as possible. All students need to be in a work placement for this week. If you have problems or need help with this please contact us in the HUB for help seeking a placement.

Make this an exceptional week for you where you expand your horizons and experience a different kind of working week. We look forward to visiting as many of you as possible during the week. Remember those of you completing the Three Peaks Challenge will need to inform your work placement that you will not be there on Friday June 28th as you will be travelling up to Yorkshire.



NOMINATIONS

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 now that Year 11 have departed. We nominate Orla W for being a great friend - Care and we nominate Josh A for receiving the most Green Boards.

EXCEL Year 10 3 Peaks Team.

TOP
20 GREEN 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 need to know about SEXTING



18+

Sexting involves sending, receiving or forwarding explicit messages, images, or videos of a sexual nature. Although mobile phones are the most common vehicle for sexting, the term can also apply to sending sexually explicit messages through any digital media such as email, instant messaging, and/or social media sites. They can be sent to or from a friend, boyfriend, girlfriend, or someone your child has met online. Sexting is often described as the new flirting for children, but it is illegal for anyone under the age of 18. Some of the main platforms it occurs on are Snapchat, Tinder, WhatsApp, Facebook Messenger, Instagram and Kik.

IT IS ILLEGAL



Sexting is illegal if you share, make, take, or distribute an indecent image or video of a child under the age of 18. It is an offence under the Protection of Children Act (1978), the Criminal Justice Act (1988), and under section 67 of the Serious Crime Act (2015). Sexting or 'youth produced sexual imagery' between children is still illegal, even if they are in a relationship and any images are shared consensually.

PERCEIVED AS 'BANTER'

Many young people under 18 see sexting as 'banter' and an easy way to show someone that they like and trust them. Whilst it is a criminal offence, the reasons for taking and sharing can be very innocent and all part of growing up, understanding their own sexuality, and establishing a relationship. However, whilst most images and videos are taken and shared willingly, there can be unintentional consequences, embarrassment, humiliation, and emotional hurt.



FEELINGS OF REGRET



Although some children willingly exchange messages, images, or videos, many may regret sharing them after they've been sent. Once it's out there, there's no going back and your child may feel ashamed, vulnerable, or anxious about the imagery resurfacing later, especially if a relationship or friendship has broken down.

NO CONTROL



Once a photo or video is out there, there's no way of knowing how many people have saved it, tagged it, or shared it. Children like to show off to their peers and, suddenly, an image has gone beyond its intended recipient to classmates, friends, and even strangers. Once an image or video has been shared online, there's nothing to stop it being archived and repeatedly shared.

ONLINE BLACKMAIL OR BULLYING

Sexting can also expose young adults to the risk of being exploited by paedophiles or sexual predators, who then use images to extort additional photos, sexual favours, and sometimes money from victims. Your child may also feel pressured into sexting so they don't come across as boring, or think it's a way to show someone they care for them. They may feel under pressure to give in to repeated requests or feel obliged to share sexual messages and imagery which could then be used against them as a form of bullying or intimidation.



Safety tips for parents



THINK ABOUT LANGUAGE USE

Teenagers often prefer to use the word 'nudes' to 'sexting'. One reason for this is the normalising of this behaviour; another is that most children always feel a sense of embarrassment when discussing any issue with the word 'sex' in it. Sexting an image could also be described as an 'inappropriate selfie'. Using this term with your child might make the discussion less embarrassing.



BLOCK & PARENTAL CONTROLS

Show your child how to use the block button on their devices and favourite apps to stop people sending them unwanted messages. You can also set up parental controls with your internet service provider or on your child's phone to stop them from accessing harmful content.



EXPLAIN THE REPERCUSSIONS

Let your child know that once they have sent a message, they are no longer in control of it and the messages, images and videos that they may intend to share with one individual may end up where the whole world can have access to them. Even if they completely trust someone, other people using their phone might accidentally see it. And, later in life, it may affect their online reputation, especially if universities, employers or future partners access the imagery.



TALK TO YOUR CHILD

Encourage open dialogue about appropriate information to share with others, both online and offline. Show that you understand that sexting can be about finding out about nudity, bodies and exploring their sexuality, but explain why it's important to think twice before sharing something. Show that you are approachable and understanding and discuss what a healthy and trusting relationship with a partner looks like.



DISCUSS THE LEGALITIES

Children and young people may not realise that what they are doing is illegal. Ensure that your child understands that when they are aged under 18, it is against the law for anyone to take or have a sexual photo of them - even if it is a selfie and even when the activity is consensual.

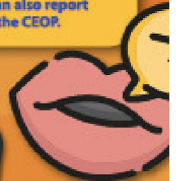


LEARN HOW TO RESPOND

If an image has already been shared, either your child or you should speak to the person that the image was shared with and ask them to delete it. You can also use the report button on a website where the image was posted. Speak to your child's school as they may be able to confiscate phones if they know that they have sexual imagery stored. If you believe the child was forced into sending the message, report this to the police. You or your child can also report the content to a child protection advisor at the CEOP.

Meet our expert

Jonathan Taylor is an online safety expert and former Covert Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.





Year 11 Notice Board

Head of Year - Mr Jacob

Assistant Head of Year - Mr Murphy



Exam season

With exam season nearing the end, the finish line is just around the corner. We would like to praise our students and the fantastic effort they have demonstrated throughout this exam period. We understand that at times this will not have been easy, but the determination and resilience that our students have displayed has been truly exceptional.

Graduation and Prom

Please see the below information regarding the year 11 graduation and prom. The dates for graduation and prom are Tuesday 9th July and prom will be Thursday 11th July. The year 11 team looks forward to celebrating the successes of our students at both events.

The Graduation Service will be on Tuesday 9th July at 2.00pm at Tavistock Parish Church (opposite the Bedford Hotel). Students will be able to be accompanied by a maximum of 2 people per student.

Plans for graduation day are as follows:

- Graduation day on site at College will start at 9:45
- Time in the morning can be spent with tutors as well as access to a bouncy castle, mocktails and an ice cream van for everyone to enjoy.
- The morning will end at 12:10 when students will then be expected to leave the site to get ready for their graduation ceremony.
- Students are expected to be at the church for 1:45, dressed smartly in formal dress (not required to wear school uniform).
- Students and families to be sat in the church by 1:50 (students with their tutor groups).
- The graduation ceremony will start at 2:00pm.
- The ceremony should take about 45 minutes.
- If students require the use of the school buses to get home they will have time to return to school to catch them.





Dear Parent/Carer,

We are pleased to announce that we will be continuing our Rainbows' provision in the new academic year. As well as being aimed at young people who have experienced bereavement, it is also targeted at students who are suffering a loss due to parents being separated either through a parental relationship breakdown or because a parent is on deployment. This offer also extends to our 6th form.

When something significant happens in a family, the entire family is affected. Even though death, divorce or other loss issues appear to be only adult problems, it has a profound effect on the children who are touched by such experiences. If a parent dies, a divorce or separation happens, or some other painful loss occurs, not only do the parents grieve but obviously the children do also. Children may find it extremely difficult to verbalise their feelings of grief because of their age and inexperience.

We have a group of extremely sensitive, caring and trained staff within college who are able to help these children put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

This will now be our third year of running such a successful and supportive programme with many students still keeping in touch with their facilitators long after the sessions have finished! Rainbows support is aimed at students who have either suffered the bereavement of a loved one, experienced a divorce or separation or whose parent goes on deployment or works away from home for periods of time for any other reason. The sessions will be held after school approximately 3:15 to 4:15 (either on a Tuesday or Thursday so that any student that needs to can use the late bus service) and will run for approximately 10-12 weeks.

If your child is part of a single parent family or a step-family, has experienced the death of a beloved family member, friend or sibling, or is struggling through a painful experience, this will be an opportunity for them to share with a special member of staff who cares about the pain they are suffering.

As a college, we care deeply about improving the lives of our young people, enabling them to achieve their goals and aspirations. We believe that this wrap around care is essential to help them overcome these emotional obstacles and therefore help them to excel.

Please discuss this opportunity with your child. If both you and your child are willing to participate in our programme, please contact me directly by emailing me.

so.fox@tavistockcollege.org

Yours sincerely,

Sonia Fox
(RAINBOWS Coordinator)





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

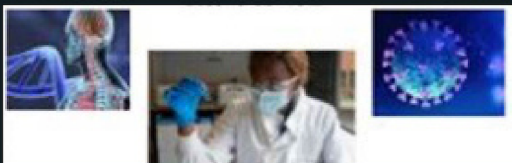
Diagnostic Radiography and Healthcare Science Careers Event

When: [Saturday 6th July 2024](#)

Where: South West Imaging Training Academy, 12 William Prance Road, Plymouth PL6 5WR

Who: Open to students (years 10 and 11), parents/guardians and teachers

How: The event is **free** but you must **pre-book** tickets to secure a place. Please select the button below for the session you would like to attend. Please note a parent/guardian must attend as well.



Morning Session



Afternoon Session



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

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



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

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



Hockey & netball season over?
Join Tavistock's newest
girls summer team.
Fast - Friendly - Fun



FALCONS
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No experience or kit needed
Give it a try - first 4 sessions free!
For more information and to register:
www.tavistockcricketclub.com



Girls in Years 7 & 8



#WE GOT

PATRIOTS

JUNIOR BASKETBALL

BASKETBALL IS BACK

AGES 11-14

U14 BASKETBALL - WEDNESDAY 5-6PM - IN THE TAVISTOCK COLLEGE GYMNASIUM
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*CONTACT US FOR DETAILS

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