



Tavistock College Newsletter

Dartmoor Multi Academy Trust

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02/07/2024

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HAVE YOU BEEN CALLED LAZY?

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#TEENSLEPMATTERS

Safeguarding our College

Together we care, we challenge, we excel!

Safeguarding our Trust

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.

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).

Family First

FREE | SUMMER 2024

NEW

KIDS
*EAT FREE
THIS
SUMMER*

**CLIMATE
CHANGE**
*challenges
with The
DadLab*

*Sizzling
summer
recipes
from
Annabel
Karmel*

*Visit
Dubai*
*A magical
family
holiday*

BEAR GRYLLS

*on outdoor adventures,
play and learning*

RIXOS
HOTELS

Building a happier, healthier family lifestyle

Here's your free copy of the UK's
largest parenting title - Enjoy!

[Click here](#) to view

Year 7 Notice Board

Head of Year - Mr Hunter

Assistant Head of Year - Mrs Massey



The end of term is so close you can almost taste it! I think it's natural for students to be feeling burnt out at this time (and some of the staff too!) so I've taken to reminding them that we are literally on the countdown now with 14 days (at the time of writing) to go. I'd also remind students to find the motivation to finish the year on a high - keep reaching for those green boards and golden tickets. We are immensely proud of all that you've achieved this year, so keep going!

Please can I remind all students to remember their Tavi 7: pencil case containing pencil, pen, ruler, eraser, reading book and bare essentials. It's obviously the end of the year, and bits have no doubt gone missing or lost, but please do everything you can to be prepared for every lesson!

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. 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.

WHAT ARE THE RISKS?

- 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 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 existing 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 drink's 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 enjoying 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 vital to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage them to opt for water, herbal tea or natural fruit juices. You can model healthy behaviour 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 in 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. Monitor your own consumption with children and young adults about the reasons for limiting energy drink consumption - and stress the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert
Dr Jason O'Keefe, headteacher of Walsingham Academy, champions food education and sustainability - and his school holds the Salt Association's prestigious Gold Catering Mark. Jason has spoken about food education at international seminars and conferences. A member of the 20+ years Parliamentary School Food, he co-founded Taste, a sensory food education charity.

source: see full report at <https://www.thenationalcollege.com/guides/energy-drinks>

The National College
#WakeUpWednesday
@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

CARE
Sadie E for looking out for a friend this week

CHALLENGE
Dillon V for making some huge improvements this week!

EXCEL
Lily-Mae P for her excellent art work

NOMINATIONS

20 GOLDEN TICKETS

Sophia B, Edith C, Belle L, Daisy P, Kourtney F, Ariana B, William B, Leo D
Alice T, Dillon V, Oscar C-C, Sophia H, Keirily B, Summer K
Amber M, Emily E, Seren B-W, Evelyn F, Alistair F, Amelie G

Golden Ticket Winners

Summer K, Daisy P, Sophia H, Oscar C, Cassidy W, Keira-Lilly, Edith C, James S, Seren B-W, Dylan N, Lev M, Keirily B, Ailia Engin, Owen S.

Year 8 Notice Board

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



20 AWARDS

Carrie C, Saba P, Milly-Grace C, Olivia T, Katie H, Oliver D, Aoife S, Belle B
Alex C, Annabel L, Eloise P, Kimberley P, Callum B, Callum M, Elliott S
Iola S, Dylan F, Cooper G, Ruby H, Daniel O.

As we approach the end of the school year, we find ourselves in a busy period leading up to the summer break. We encourage all Year 8 students to put in a final push to finish the year strong. This is the time to consolidate everything you have learned and complete any outstanding assignments. Remember, your hard work now will set a solid foundation for next year.

With the summer break just around the corner, it's also a time to start thinking about the transition to Year 9. This step up comes with new challenges and opportunities, and we are confident that each of you is ready to embrace them. Take some time to reflect on your achievements and consider your goals for the upcoming year. Even as we approach the end of the school year, it's important to stay engaged. Participate in class, ask questions, and support your classmates. Your effort and enthusiasm make a difference.

Thank you for your continued hard work and dedication. Let's make these last few weeks count.

Last weekend saw a group of year 8 students take part in a literary trip to Penzance. These students were complimented on the behaviour throughout the trip.



Congratulations to Jacob J who has been selected for the Plymouth Raiders Basketball Team.



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:

Carrie C, Brendon W, Katie H, Leyton AG, Oliver D

Year 9 Notice Board

Head of Year - Miss Evans

Assistant Head of Year - Miss Fox



NOMINATIONS

CARE

Alana E for achieving over 350 positive points

CHALLENGE

Ruben B and Logan C-P for a fantastic improvement in behaviour and effort in lessons with some fantastic results in their assessments!

EXCEL

Henry W for being such a tremendous band member. (He also has a gig in the Tavy library at the end of this month.)

Year 9 are still extremely busy and have had another amazing couple of weeks. This week they have two special assemblies - one focused on our very own mock elections with sixth formers representing each of the political parties - the second is on Thursday when they receive their key Stage 4 options followed by a celebration lesson five with games on the primary field and ice lollies! Last week, year 9s were involved with the Library Festival and created some inspiring posters. They had a great time working together to produce their posters based on their 'given' novel. Last week also saw the culmination of weeks' worth of hard work with the Key Stage 3 Showcase which was an outstanding success!

There is a carnival club which will meet in A3 after school on Thursdays starting this week. They will be making props and planning the parade performance and have chosen the theme 'Hansel and Gretel'. If any students would like to be added to the Google Classroom, please let Miss Trewartha or Mrs Wyatt know or just turn up on Thursday!

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. Just because we only have a few weeks left, please ensure that your uniform is stool perfect and that your punctuality is exceptional!

A huge thank you must go to those involved with Showcase, especially: Jemima T-Wt, Sunny F, Felicity S, Alana E, Amelia G, Rhianna N and obviously Henry W for his musical expertise!

A massive round of applause must also go to those who attended the English Schools Track and Field Cup. This was a regional final in Birmingham and all our team did fantastically well! In fact Mr. Ingleby said that, "It is difficult to describe the magnitude of their achievement." The team included: Lamorna C, Nell M, Hazel S, May G and George B.

Shannon C made an incredible discovery on a Cornish beach. She found a bone which has now been identified by the National History Museum in London. Their curators believe that it belonged to a whale and it is one of the neck (cervical) vertebrae. They also believe that it is the very first one, connecting with the skull called the Atlas bone.



20 GREEN BOARDS

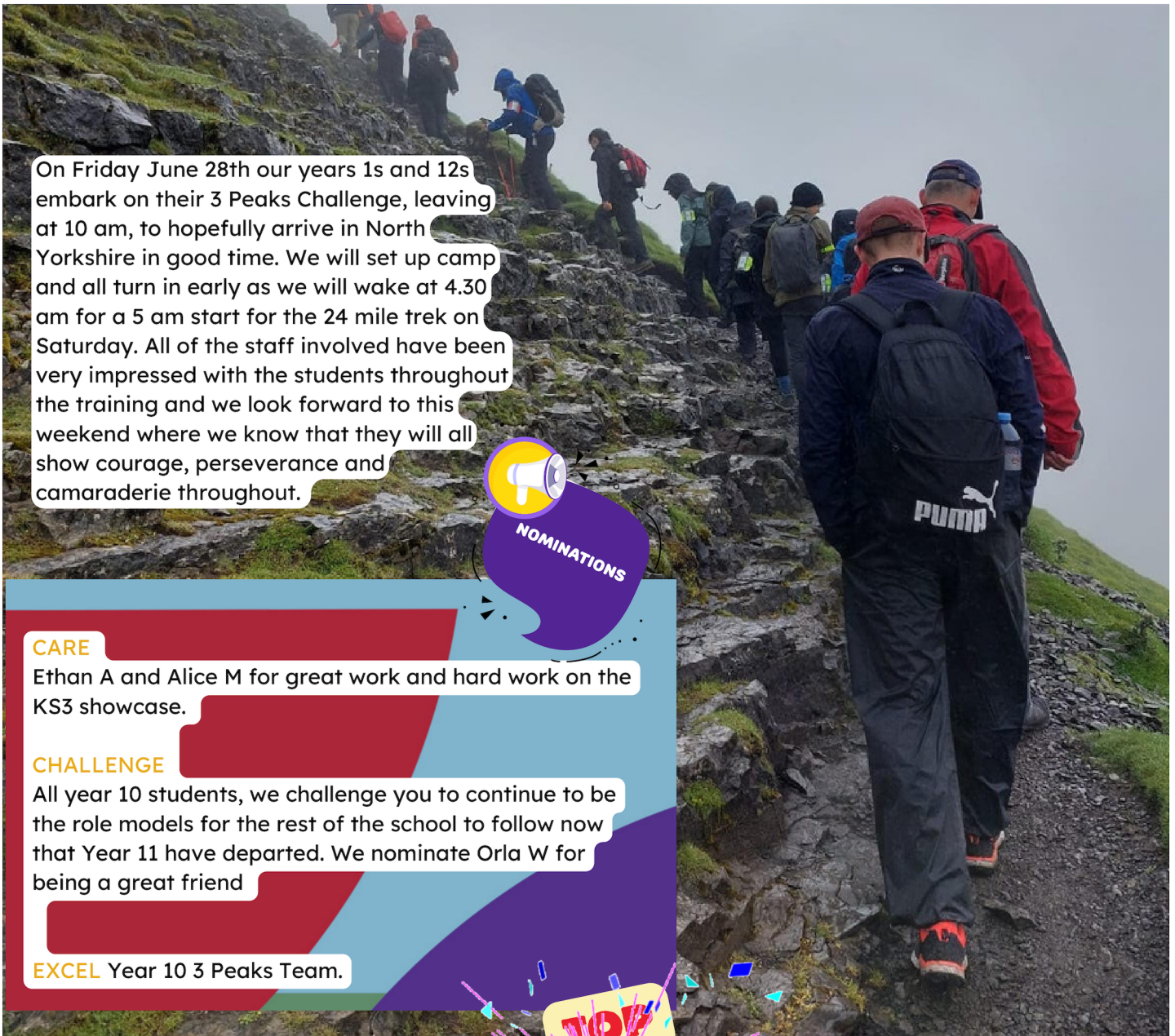
Amelia D, George P, Lauren M, Alana E, Amelie H, Sommer M, James S, Finn P, Freya R, Emmie C, Matilda G, Harry I, Sophia S, Ella H, Florence P, Jasmine C, Archie J, Tilly P, Rionna N and Harry G-W.

Year 10 Notice Board

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



We have been very proud of our Year 10 students this week working in a range of different places, showing their resilience, reliability and commitment to the week. Some of the students have been asked back for a second week! A massive well done to all of you who have shown great determination in completing the week, even when what you were doing was not for you. So many tutors and teachers have said how positive the responses have been when they have phoned work placements, so well done indeed.



On Friday June 28th our years 1s and 12s embark on their 3 Peaks Challenge, leaving at 10 am, to hopefully arrive in North Yorkshire in good time. We will set up camp and all turn in early as we will wake at 4.30 am for a 5 am start for the 24 mile trek on Saturday. All of the staff involved have been very impressed with the students throughout the training and we look forward to this weekend where we know that they will all show courage, perseverance and camaraderie throughout.



CARE

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

CHALLENGE

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

EXCEL Year 10 3 Peaks Team.

20 CELEBRATION 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



Year 11 Notice Board

Head of Year - Mr Jacob

Assistant Head of Year - Mr Murphy



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.



What Parents & Educators Need to Know about GAMBLING

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

WHAT ARE THE RISKS?

MANIPULATIVE ADVERTISING

FREE BET!!

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

GET FURTHER SUPPORT

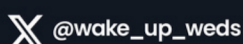
Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



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



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.06.2024

KIDS SUMMER CAMP



MOUNT KELLY TAVISTOCK

COURSE DATES

29TH JULY - 2ND AUG 2024

5TH AUG - 9TH AUG 2024

12TH AUG - 16TH AUG 2024

£15 PER
DAY!

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

Lunch and nutritional
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or visit our website
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MOUNT KELLY TAVISTOCK

KIDS SUMMER CAMP

COURSE DATES

29TH JULY - 2ND AUG 2024

5TH AUG - 9TH AUG 2024

12TH AUG - 16TH AUG 2024

**FULLY
FUNDED**
for those on benefit
related free school
meals!



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

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





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

11th June 2024
For immediate release



Devon based OnlyMums & Dads with the support of Devon County Council funds a new FREE resource for separating parents in Devon

With the support of a Devon County Council community grant, the Devon-based not-for-profit organisation OnlyMums & Dads will be providing free on-line support for separating parents in Devon.

Parents living in Devon will be able to access fortnightly webinars where any problems or concerns can be discussed.

Co- Director of OnlyMums & Dads Rebecca Giraud told us *"It is estimated that there are approximately 2.3 million separated families in Great Britain, including 3.6 million in those separated families. Divorce and separation brings with it numerous issues such as loneliness, difficulties over child arrangements and finances, housing...the list goes on. For many, knowing where to turn to for help, is confusing and unclear."*

The webinars are being held on alternate Wednesday evenings at 7pm. **The first meeting is scheduled for June 19th.** The aim of these webinars is to offer support, friendship and direction, not legal advice.

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.

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Check your eligibility today for Free School Meals

https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE



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www.tavistockyouthcafe.com

Tavi.skate
Tavi Skate

tavistock youth cafe



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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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doing

extraordinary things...



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young person's life

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