

*"Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain."*

## Principal's Update



**Sara Jacobs**

Principal



It has been a pleasure to welcome the parents and carers of our Year 7 cohort to College this week for our annual 'Meet the Tutor' evening. For those of you who were able to attend, I hope you found the experience both informative and enjoyable. Our Tutors valued the chance to meet with you, and it was lovely to see so many of you staying to enjoy some refreshments while getting to know one another. Events like this are an essential part of building our strong, inclusive College community, and we are grateful for your involvement.

This sense of connection was also evident during our 'Open Mornings' this week, where we welcomed prospective parents and carers who couldn't attend our 'Open Evening.' We received overwhelmingly positive feedback from our visitors, many of whom commented on how engaged our students were in their learning and how welcoming the atmosphere felt throughout the school. We take great pride in our students and staff for creating such a positive and enriching environment, and it was rewarding to see this recognised by our visitors.

In today's assembly, I had the privilege of awarding our Year 10 students their Duke of Edinburgh Bronze Award certificates—an outstanding accomplishment. It is encouraging to see many of these students now considering the Silver Award. Participation in the Duke of Edinburgh Award programme offers invaluable experiences for our students' personal and academic development. Through these initiatives they develop essential life skills such as resilience, leadership, teamwork, and problem-solving—qualities that will support them throughout their lives. Additionally, these activities foster independence and self-confidence, encouraging young people to step outside their comfort zones and grow in ways that classroom learning alone cannot achieve. We recognise that enabling your child to participate in such opportunities requires a great deal of support from you, the parents and carers, and we are very appreciative of your commitment as your involvement makes all the difference.

I would also like to take a moment to thank you for responding so positively to the communication sent out on Monday regarding school parking. Your cooperation in avoiding the main car park and coach park between 3:15 and 3:45 p.m., until the students are safely off-site, has been greatly appreciated.

Have a lovely weekend.

Sara Jacobs, Principal

## Ten Tors 9th – 11th May 2025: Launch Meeting: IT4 at 1:30p Tuesday 15th October



In May 2024, Clyst Vale teams participated in the annual Ten Tors challenge on Dartmoor, and now for May 2025, the Army have allocated us 2 x 35-mile, 1 x 45-mile and 1 x 55-mile team slots, for the event due to take place in May 2025. If any year 9 or 10 students are interested in taking part in the 2025 event please come along to IT4 at 1:30pm on Tuesday 15th October 2024 to find out more. We're looking for six students to form each of the teams who are able to work well together, be determined, responsible and committed throughout the training as well as the main Ten Tors event itself.

### Key Dates for next week

### Autumn Term Dates

**17 October—Year 11 Revision Evening**

**24 October—Year 11 Parents Evening**

**25 October—Non Uniform Day for Force Cancer**

## News on Former Clyst Vale Student Sara Cox...



Sara Cox (probably Clyst Vale's most famous ex-student) refereed for her 40th Test Match on Sunday 20th September. She is currently in Canada for the WXVI Tournament and refereed Ireland vs New Zealand last Sunday.

You can read the full article via the link below:

[Trailblazer Cox to officiate her 40th Test match—Guinness Women's Six Nations \(sixnationsrugby.com\)](https://www.sixnationsrugby.com/news/trailblazer-cox-to-officiate-her-40th-test-match)

It is always a pleasure for us to celebrate the achievements of our former students.

We wish you all the best Sara!



Cox takes the match ball from Jasmin Parls, another trailblazer for women.

## Post 16 News

The main news from Post 16 this week is that Y12 have had a fabulous time on the Bude residential!

With thanks to Miss Haynes, Mr Powell and Mrs Padden for leading this intrepid group on their North Devon adventures.

Fortunately, after the initial heavy rain and strong winds subsided on the Sunday, some calmer weather emerged with sunny skies and some beautiful sunsets.

Students had the chance to try lots of adventurous activities – mountain boarding, kayaking, climbing, high ropes, surfing...

Perhaps more importantly, though, this trip gave them the opportunity to get to know more about their fellow students and to bond as a year group.

Congratulations on surviving, Year 12, and for making it into your lessons on Thursday with a smile. It's great to have you back!

Students have said:

"I thought the Bude trip was super fun, I learnt a lot of new skills and to be more resilient. It was really nice to bond more with everyone and the activities were run so well."

"The tutors and instructors were all very friendly and did their best to make every day enjoyable and unique. I'm very grateful I got the chance to have such a unique experience as it's helped me to understand both myself and the other people in Sixth Form more."

"Bude was a fun and exciting week that which allowed me to push myself. I did activities which I would never consider doing like mountain boarding and enjoyed them - and even got good at them!"

"I was expecting that I'd not be able to push myself to do some of the activities, but I managed (kind of). I also like how everyone has bonded and I think we all find it easier to talk to each other now."





# Ten Tors 2025

**Want to try Ten Tors?**

**In years 9 or 10...**

**Come along to IT4**

**Tuesday 15th October 2024**

**1:30pm**

**To find out more...**





## Musical instrument Amnesty

Do you have an old musical instrument at home?

Is it taking up valuable space?

Is it sitting in the corner of a room gathering dust?

Is it in the loft and hasn't been seen in years?

Could someone be creating music with it?

If so, could you donate it to the Clyst Vale Music Department?



If you answered **YES** to any of the above questions, please drop your old instrument off at main reception or give it directly to a member of the Music Department.

If we can make use of it, we will!



## Student of the Week

NP2N 7GAW Freddie Craig 7GLBA Ashton Sloley 7RKJO Imogen Anderson 7RCMO Roxy Ovcharenko 7YDST Lashea Yedidi 7YEHA	Jess Randall 8GRTU Eoin Dart 8GTBE Hebe Pearson 8RER Cooper Holcombe 8RMCU April Tidball 8YCBO NP2N 8YCFL	Henry Girvin 9GMNA Sophia Tagg 9GLTH Mia Greenway 9RDFE Daisy Hopper 9RGWW Katie Dismore 9YGGA NP2N 9YBH
Year 7	Year 8	Year 9
Nat Kempton 10GCMC Jacob Newell 10GMTH Kate Dearden-Watts 10RBAT Ella Wright 10RNS Josh Bennett 10YMBR Isla Knowles 10YSWA	Sam Pratt 11GABR Lily Taylor 11GDH James Busby 11RZB NP2N 11RSGA George Quarrington 11YSS Will Stone 11YADA	Ray Phillips 13ZKH
Year 10	Year 11	P16 Commendation



Each week our tutors are encouraged to recognise and reward one member of their tutor group for something outstanding. This could be an academic achievement, a demonstration of resilience or an act of kindness.



If you see a familiar name above then be sure to ask them what amazing thing they've done.

## Key Contact Information

**Reception: 01392 461407 Email: [admin@clystvale.org](mailto:admin@clystvale.org)**

Sara Jacobs	Principal	<a href="mailto:Jacobss@clystvale.org">Jacobss@clystvale.org</a>
Lisa Martin	Deputy Principal (Curriculum)	<a href="mailto:martinl@clystvale.org">martinl@clystvale.org</a>
Paul Sutton	Deputy Principal (Pastoral)	<a href="mailto:suttonp@clystvale.org">suttonp@clystvale.org</a>
Ann Hopkins	College Manager	<a href="mailto:hopkinsa@clystvale.org">hopkinsa@clystvale.org</a>
Allen Bailey	Assistant Principal	<a href="mailto:baileya@clystvale.org">baileya@clystvale.org</a>
Louise Telford	SENDCo & Assistant Principal	<a href="mailto:telfordl@clystvale.org">telfordl@clystvale.org</a>
Claire Haynes	Head of Post 16	<a href="mailto:haynesc@clystvale.org">haynesc@clystvale.org</a>
Lisa Jones	Early Help	<a href="mailto:jonesl1@clystvale.org">jonesl1@clystvale.org</a>



## Year 11's Save the Date...

The Year 11 Prom is scheduled to be on 27 June 2024.

## SOCIAL MEDIA

Do you know what your child is looking at on their phone? Are you concerned about the risks associated with social media and young people? There has been a lot in the media recently about the way young people access social media and the safety around it.

We thought it would be good to give you some links and information, to help you support your child/ren.

Just a reminder, the age ratings for the most popular social media sites (Facebook, Instagram, Snapchat, Tiktok, Wink) are all 13+.

[Online Safety Videos - Knowsley City Learning Centres \(knowsleyclcs.org.uk\)](https://www.knowsleycitylearningcentres.org.uk/online-safety-videos)

This site includes setting up family link on Android and some bits around snapchat / roblox / youtube etc

<https://www.ceopeducation.co.uk/parents/articles/parents-guide-being-social-online/>

CEOPS is a national organisation dealing with child protection.

<https://swgfl.org.uk/audience/parents/>

Our very own SWGFL also has a decent set of parent pages with checklists for various platforms including Insta / Twitter / Facebook / Snapchat

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

The NSPCC has a useful section on keeping children safe online

## Year 11 Revision Programme Evening

Year 11 have made an excellent start to the academic year, illustrating both a strong attitude and commitment to their learning. The foundations were laid last year with a strong community of students who are hard working but also kind and respectful to others. We have been really impressed with their level of engagement and their understanding of the significance of this year to them as individuals.

Mrs Kilby, our Exams Officer has recently sent out a list of key information and dates for the year group, which would be useful to add to your diaries.

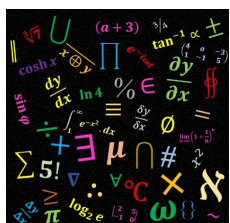
One of these dates is the Year 11 Revision Programme Evening on 17 October, from 6-7pm, which will outline our strategic revision plan for Year 11 students as well as state the extra support which will be on offer to your child in the run up to the GCSE exams. Please can you use the link below and register if you are able to attend:

<https://forms.office.com/Pages/ResponsePage.aspx?>

[id=VViTC4GfxUOIAYHbzz3WeX3wH3iPXbRPnG8GnNJSq3BURVJYMThaS1ZXNkpDRk5CRzFOUkRWUVNFWs4u](https://forms.office.com/Pages/ResponsePage.aspx?id=VViTC4GfxUOIAYHbzz3WeX3wH3iPXbRPnG8GnNJSq3BURVJYMThaS1ZXNkpDRk5CRzFOUkRWUVNFWs4u)

Thank you in advance for your continued support with your child's education and we look forward to seeing you at the above event.

## Calculators



If any student wishes to buy a Casio scientific calculator they can pay £9.85 through the school payment system.

Deadline for payment is Friday 11 October.

Mrs Barratt

# Student Services Key Updates and Reminders

## LUNCH CLUBS Autumn Term 2024

Day	Club	Time	Where	Changing Room	Teacher
Monday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Monday Week A	GCSE French Club	13:40-14:00	MF2		Mrs Theeten & Ms McConachie
Monday	Maths Set 2 Year 11	Lunchtime	MA8		Miss Barratt
Monday	Music Practice Club	Lunchtime	PA2		Mr Hawkins
Monday	GCSE Religious Studies revision	Lunchtime	HU1		Miss Brotherton
Monday	Badminton – Years 7/8/9	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Monday	Weights – Years 10/11/12/13	Lunchtime	Studio		Mr Pearce
Monday	Badminton Year 10-13	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Monday	Weights Year 10-11	Lunchtime	Dance Studio		Mr Pearce Mr Court
Monday	Dungeons & Dragons Club Week B	Lunchtime	IT3		Mr Bailey
Tuesday Week A	Science Club – Year 7 & 8 – Week A	Lunchtime	SC9		Miss Tuthill/Ms Spencer
Tuesday	Choir	Lunchtime	PA2		Mr Hawkins
Tuesday	Speedcubing	Lunchtime	HU2		Mrs Harrison
Tuesday	Dance 7/8/9	Lunchtime	Studio	Humanities	Miss Hall
Tuesday (after Oct half term)	Ten Tors – Years 9 to 11	Lunchtime	IT4		Mr Eales/Miss Barratt
Tuesday	Amnesty	Lunchtime	EN7		Miss Watt
Tuesday	Year 7 Book Club	Lunchtime	Library		Mrs Southard
Tuesday	Ten Tors	Lunchtime	IT4		Miss Barratt
Tuesday	Football 7 - 11 Girls	Lunchtime	Field	Humanities	Mr Stapleton
Tuesday	Girls Basketball – All Years	Lunchtime	Sports Hall	Humanities	Mrs Elliot
Tuesday	BTEC Enterprise Coursework Catchup	Lunchtime	IT5		Ms Jones & Ms Prance
Wednesday	Badminton – Year 10/11/12/13	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Wednesday	Rock Club- Music	Lunchtime	PA3		Mr Kidd
Wednesday	Film Club	Lunchtime	HU6		Miss Matthews
Wednesday	Fitness- Year 10/11	Lunchtime	Studio	-	Mrs Broomfield
Wednesday Week B	LGBTQ+	Lunchtime	MF1		Ms McConachie
Wednesday	GCSE Photography	Lunchtime	IT4		Mrs Wakefield
Thursday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Thursday	Geographers Club	Lunchtime	HU8		Mr Thomas
Thursday	Hospitality and Catering Catch Up Year 10	Lunchtime	IT1		Miss Collins
Thursday	History Club- All Years	Lunchtime	HU7		Miss Nash
Thursday	Indoor Football – Year 10	Lunchtime	Sports Hall	Sports Hall	Mr Stapleton
Thursday	Girls Fitness – Year 10 & 11	Lunchtime	Studio	Humanities	Mrs Broomfield
Thursday	Girls Football – Years 7 to 9	Lunchtime	Field	Humanities	Mr Stapleton
Thursday	GCSE Dance Club – Year 10 & 11	Lunchtime	Studio	Humanities	Mrs Elliott
Thursday	GCSE Art Club	Lunchtime	AR2		Mrs Walton
Friday	Year 10 Beginners German	Lunchtime	MR4		Mrs McConachie
Friday	Inter Tutor	Lunchtime	Various	Various	Mr Pearce Mr Powell Miss Hall Mrs Broomfield
Friday	Indoor Football – Post 16 & Year 11	Lunchtime	Sports Hall	Sports Hall	Mr Stapleton
Friday	Yu-Gi-Oh Club All Years	Lunchtime	SC3		Mr Moxey
Friday	Jazz Band	Lunchtime	PA3		Mr Hawkins

## After School Clubs Autumn Term 2024

Day	Club	Time	Where	Changing Room	Teacher
Monday	Homework Club	3:30-4:45PM	IT2		Supervisor
Monday	GCSE Dance Year 10	3:30-4:30PM	Studio	Humanities	Miss Hall
Tuesday	Homework Club	3:30-4:45PM	IT2		Supervisor
Tuesday	GCSE Music	3:30-4:30PM	PA3		Mr Hawkins & Mr Kidd
Tuesday	Netball Year 9	3:30-4:30PM	Courts	Humanities	Miss Hall
Wednesday	Homework Club	3:30-4:45PM	IT2		Supervisor
Wednesday	Drama- All Years	3:20-4:45PM	PA1		Miss Ruscoe
Wednesday	GCSE Revision Sport Studies/ PE Catch up	3:20- 4:30PM	IT3		Mrs Broomfield
Wednesday	Rugby Year 7/8/9/10/11	3:20-4:30PM	Field	Humanities	Mr Pearce, Mr Powell, Mr Stapleton
Wednesday	Netball Year 7 & 8	3:20-4:30PM	Courts	Humanities	Mrs Elliot, Miss Curtis
Wednesday Week B	GCSE Food Catch up	3:30-4:30PM	DT2		Mrs Crook
Thursday	Homework Club	3:30-4:45PM	IT2		Supervisor
Thursday	GCSE D&T	3:20- 5PM	DT1 & DT2		Mr Arthur & Mr Hewlett
Thursday	GCSE Spanish		MF4		Mrs McConachie
Thursday	Cooking Club Yr 8/9 (before Feb Half term)	3:30-4:30/5PM	DT3		Miss Collins
Thursday	Cooking Club Yr 7 (After Feb Half term)	3:30-4:30/5PM	DT3		Miss Collins
Thursday Week A	GCSE Food Catch up Session	3:30-4:30PM	DT2		Mrs Crook
Thursday	Netball Year 10/ 11	3:30-4:30PM	Courts	Humanities	Mrs Broomfield
Thursday	Table tennis Year 9 invite only	3:30-4:30PM	Sports Hall	Sports Hall	Mr Pearce

Colour Coding Physical = Yellow, Volunteering = Red, Skill = Blue



## Year 10 Boys Rugby—Clyst Vale 10-36 Colyton GS

Congratulations to all Year 10 lads that represented the College on Wednesday afternoon. The first game of a new season and the chance to blend a new mix of players and talent together on the pitch.

The game had two balanced sides going at it, with a strong first half wind keeping Clyst Vale pinned in their own half, however it was scoreless until around the 20 minute mark with lots of handling errors by both sides. Despite the handling issues, both sides tackled and competed well with Clyst Vale starved of possession for most of it and Colyton making them pay with two converted scores. Number 8, Dylan Carstairs dotted down on the stroke of half time with a well finished score in the corner to keep the lads in touch at the break.

A number of changes occurred throughout the match with captain, Jacob K managing this brilliantly, with his commitments on the flank! Despite a breakaway score from full back, George P, Colyton rallied and scored some very well taken tries to finish as deserved winners with their general organisation and handling.

It was certainly no shame for Clyst Vale as they had a great turn out again, with around 19 players turning out despite a couple of injuries and unavailability's. It must be said that both sides were outstanding in their attitudes and manner on the pitch with the game played in a competitive, yet friendly spirit, which is great to see.

Man of the match went to the super talented Josh B who continues to improve with some outstanding tackles and supreme handling at outside centre.

Congratulations to all of the squad who play again next Wednesday, again at home, this time to Kings Ottery, in an U15 East Devon Cup fixture: Jacob K (c), George P, Aidan L, Oliver E, Dylan C, Michael B, Finley R, James R, Archie M, Josh B, Ethan R, Oscar H, Oscar T, Nat K, Rudy S, Inti Z, Mason A and Izaak G.

Mr Pearce



## Year 7 Rugby—Clyst Vale 40-10 St Peters

Congratulations to the Year 7 squad which represented Clyst Vale for the very first time and laid down a very strong marker, comfortably beating close rivals, St Peters, by 8 tries to 2.

Mr Stapleton, who generously ran the fixture stated that all of the students were a credit to the College, both on and off the pitch with outstanding skills and attitude to match.

The result and numbers of players at our disposal really bodes well for the future, with training being every Wednesday after school.

The squad's next fixture is versus Honiton Community College next Wednesday, again at home. It was really positive to see so many parents come out to watch with staff in the sunshine and we hope to see this again soon.

Congratulations and well done to all of the squad.

# Attendance, Absence and Requests for Absence

## Reporting an Absence

Parents are expected to inform us of their child's absence before 9.00 a.m. on each day of absence providing the reason for absence. If the absence continues beyond the first day, please contact the College on each subsequent day of absence, too. To comply with safeguarding obligations, we cannot simply assume a student's sickness absence is ongoing; we need to be certain that the reason for absence is due to continuing illness. If you do not notify the College, then we will make contact with you to identify the reason for absence. This is important as it helps to reduce unauthorised absences and truancy. In addition, the College may ask you to provide medical proof if your child is absent from College due to illness.

## Lateness

The school day (first registration session) starts at 8.50 am, all students are expected to be in their classroom at this time.

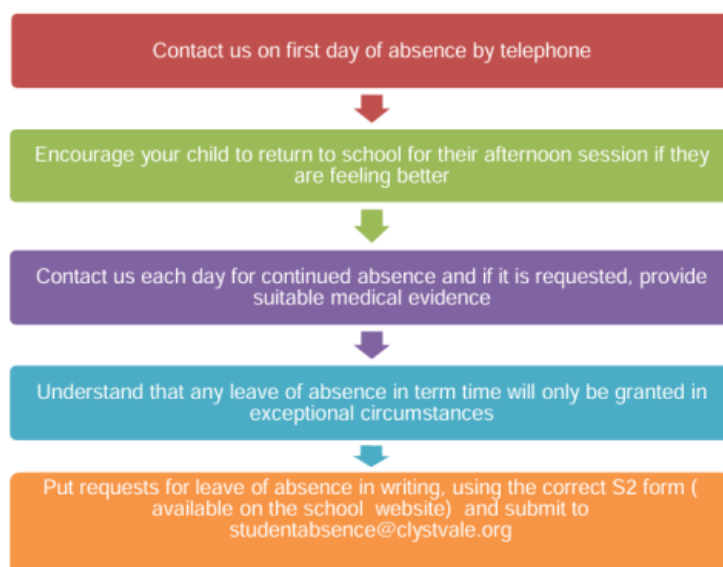
## Medical Appointments

We encourage students to maximise their levels of attendance; research indicates a direct link between attendance and examination performance. The timing of many medical appointments means that often students can attend school first and return afterwards. By doing so, students minimise missed learning whilst keeping their attendance levels as high as possible. We ask that parents/carers send their child into school for morning registration, even when a medical appointment takes place in the middle of the morning. Similarly, appointments scheduled for the afternoon should, where possible, be arranged after Period 4 - during lunchtime. Students are encouraged to return to school after a lunchtime appointment if they can.

Please give the school as much notice as possible, at least two weeks' notice is useful.

If the appointment requires the pupil to leave during the day, they must be signed out by an adult listed on the student's record at the main reception.

Please follow this process if your child is going to be absent from school:



### For Years 7 – 11 Absences

Sharon Leaman/Cath Prunty  
(Attendance Officers)

Direct line: 01392 463911

Email: [studentabsence@clystvale.org](mailto:studentabsence@clystvale.org)

### For Year 12 – 13 Absences

Sue Voysey

(Assistant to Head of Post 16)

Direct line: 01392 462697

Email: [voyseys@clystvale.org](mailto:voyseys@clystvale.org) and copy in Head of Sixth Form: [haynesc@clystvale.org](mailto:haynesc@clystvale.org)



**NASA**  
INTERNATIONAL  
**SPACE APPS**  
CHALLENGE

**SIGN UP AND JOIN US AT:**  
**THE MET OFFICE, EXETER**  
**OCTOBER 5-6**  
ALL AGES AND ABILITIES WELCOME

**CODE. INNOVATE. MAKE ART. TELL STORIES**  
**FORM A TEAM**  
**GAIN NEW SKILLS**  
**SOLVE GLOBAL CHALLENGES**

TECHEXETER.UK/NASA-SPACE-APPS-2024

Joint Centre for Excellence in  
**Environmental Intelligence**

UNIVERSITY OF  
**EXETER**

**Met Office**

TECH  
EXE  
TER

## NASA International Space Apps Challenge

The challenge revolves around using data from NASA and its partners to explore solutions to challenges we face on Earth and in space. This year's theme is "The Sun Touches Everything". Prizes will be given out to teams with engaging storytelling and artistry, alongside use of science and technology. Therefore, this event is not just for students interested in coding and STEM.

Projects this year include:

- Creating games that focus on science and environmental issues
- Using Earth observation data for making agricultural decisions
- Detecting earthquakes on Mars
- Creating classroom activities using satellite data or the UN sustainable development goals

Age Range: Aimed at students 15 years and above. Further information can be found via the link below

<https://techexeter.uk/nasa-space-apps-2024/>



## Saturday Clubs \*\* Youth Group:\*\* 11 to 17 year olds

For young adults with learning disabilities who are transitioning into adulthood, our program offers valuable support, and opportunities for personal growth. From creative arts and recreational games to life skills and social outings, we strive to provide a holistic approach to learning and development, we aim to empower our members to lead fulfilling and independent lives. From cooking classes to outdoor adventures, our clubs provide a fun and supportive environment for building friendships and expanding social networks.

In addition, Lifeworks also offers holiday programmes, which run during the Half Terms, Easter, Summer, and Christmas holidays, ages 11 - 30.

Our holiday clubs provide a safe, fun, and engaging environment for your young people to participate in various activities, make new friends, and enjoy their time during the school breaks.

**\*\*All Program Details: \*\***

- Saturday Clubs: Alternative Saturdays, 10am to 4pm
- Holiday programmes, 4 days a week during holidays, 10am to 4pm
- Meet at: Lifeworks College, Dartington, Totnes, TQ9 6JD

We believe that every individual, regardless of their abilities, deserves the opportunity to reach their full potential. We look forward to welcoming you to Lifeworks College and supporting your journey towards a fulfilling and active lifestyle.

If you would like to schedule a visit, talk to someone, request a registration pack or If you know someone who could benefit from our programs then please do not hesitate to contact us.

You can visit our website [Lifeworks Community Programmes - Lifeworks \(lifeworks-uk.org\)](https://lifeworks-uk.org) or reach out to us directly at [admin@lifeworks-uk.org](mailto:admin@lifeworks-uk.org) Tel: 01803 865075.

# Upcoming Post 16 Open Evenings



## Devon Family Hubs Parent/Carer Newsletter October 2024

Please follow this link <https://sway.cloud.microsoft/HvbBsx77dHGSJkFe?ref=email> to the Devon Family Hubs monthly digital **Newsletter** for Parents and Carers.

The Newsletter contains a wealth of information, tips and guidance on a number of themes, as well as fun things that you and your family can do in and around Devon, and much more!

### In this month's issue...

**DATES FOR YOUR DIARY** - information about upcoming events the Devon Digital Team are running.

- **TOP TIPS** - this month's Top Tip topic is saving money while raising a family.
- **HOME SCHOOLING** - In recent years, home schooling has experienced an unprecedented surge, largely driven by the pandemic-induced shift to the remote learning model. What are the advantages and disadvantages? Read on to find out more.
- **ALL ABOUT EYES... AND TEETH!** - Your child's oral and eye health is so important. We share information and tips on what steps you can take to keep your child's teeth and eyesight in tip-top shape.
- **HEALTHY PACKED LUNCHES**—Healthy packed lunches are important because they help children to get the nutrients they need to grow, develop, and learn. Stuck for ideas? We share a few...

We've also got **September Awareness days, Snippets** and much more, so get yourself a pumpkin spiced latte (yes, it's that time again!) sit back and enjoy this month's Newsletter!

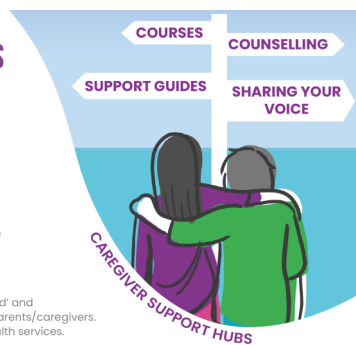


**PARENTAL MINDS SUPPORT**  
Mental Healthcare ;  
Supporting Families

Do you have a question about Family Mental Health?

Not sure where/who to turn to for Mental Health Support?

We offer a safe place for parents/caregivers to be 'heard' and somewhere to exchange ideas, hints & tips with other parents/caregivers. We share information on Local and National mental health services.



### WE PROVIDE

- Virtual Peer Support
- WhatsApp support
- Closed Facebooks
- Support calls
- Low-cost counselling

### REGULAR EVENTS

- **Honiton** - 1-2 Kings Court, New St  
2nd Thursday of the month, 19.00 - 21.00
  - **Exeter** - John Lewis Community Room  
2nd and 4th Tuesday of the month, 10.00 - 12.00
  - **Sidmouth** - All Saints Church  
2nd and 4th Wednesday of the month, 10.30 - 12.30
- i** In all **School Holidays**, please book with us via WhatsApp to attend hubs: 07907 614 516



Visit our facebook or website for our calendars.

### ONLINE EVENTS

- **Bookable 1:1 on Teams**  
Every Thursday, 13.30 - 14.30  
1st & 3rd Wednesdays of the month, 10.30 - 11.30  
Book: 07907 614 516
- **Online Peer Support Hub on Teams**  
1st & 3rd Tuesdays of the month, 10.00 - 11.00
- **Online Workshops - Zoom**  
4th Monday of the month  
19.00 - 21.00

These dates may alter during school holidays.  
1 to 1 booking also available.  
Message for more details.

### REGISTER WITH US!

07907 614 516

facebook/PPSHUB

hello@parentalminds.org.uk

www.parentalminds.org.uk



**PARENTAL MINDS C.I.C.**



**PARENTAL MINDS C.I.C.**



**PARENTAL MINDS SUPPORT**

FAMILY LIVED EXPERIENCE WITH PROFESSIONAL INPUT

# VIRTUAL PARENT SUPPORT HUB

## Teams 1:1

Unable to join an in-person hub?

Book a 1:1 with one of our peer support workers. WhatsApp [07907614516](https://www.whatsapp.com/business/contact?phone=07907614516) to book a slot, available every Thursday between 1.30 and 2.30.

**Scouts** Exeter District Air Explorers

TRY MORE SEE MORE DO MORE

New Unit Coming Soon..

Calling all 14-17 year olds

## EXPLORERS OPEN EVENT

Come and give Scouting a go. You can try some outdoor activities, crafts and more! Join the adventure and learn #Skillsforlife

**Friday 11th October**  
**18:00 - 20:30**

Find your place in the world and make memories to last a lifetime.

Join our Young Leader program and learn skills for the future.

Fly to new heights and try new activities.



Scan here to let us know you're coming!



St James Church Hall  
Mount Pleasant, Exeter  
EX4 7AH

For more details email:  
martin.stephens@scouts.org.uk



We are excited to invite your young person to join us for our October Half Term Program, packed with fun and engaging activities! Running from 10am to 4pm, each session is designed to spark creativity and adventure.

Here's what's on offer:

**Monday, 28th October: Autumn Antics at Killerton – A day of outdoor exploration and seasonal fun.**

**Tuesday, 29th October: Baking/Cooking – Get hands-on in the kitchen, whipping up delicious treats.**

**Wednesday, 30th October: Wildwood Adventure – Immerse in the animal world with exciting woodland activities.**

**Thursday, 31st October: Halloween Cooking & Crafts – Celebrate Halloween with spooky creations and themed cooking.**

Cost: £80 per session.

To reserve your spot, request a registration pack or for more information, please follow this link <https://lifeworks-uk.org/lifeworks-half-term-holiday-programme/> or call us at 01803 865075. Spaces are limited, so don't miss out!

Sponsored by **NCFE**

Supported by   **PIXL** 

Issue 12 | Sept 2024

Explore the Latest Careermag: Expert Insights & Top Companies Shaping Your Child's Future!

Are you eager to guide your child toward the best opportunities for their future? The latest issue of **Careermag for Parents, Carers, and Guardians** is packed with essential insights on education and career development, including T-Levels, minimum wage updates, and guidance from industry-leading companies.

In this issue, you'll discover:

- 🌟 **Insights and Opportunities** from top employers like Pearson, IBM, and the Advanced Mathematics Support Programme (AMSP)
- 🔍 **T-Levels and BTEC Higher Nationals**, offering structured pathways into high-demand industries and higher education
- 👤 **Youth Support Programs** like Onside Youth Zones, helping your child build confidence and skills for their future
- 📋 **Guidance on Career Progression**, minimum wage updates, and information on how your child can successfully transition into the world of work

Whether your child is considering their options or ready to take the next step, this issue is filled with practical advice to help them make informed decisions.

Don't miss out on this valuable resource – read the latest issue now!

[Click here to access Careermag Issue 12](#)

SPACE

## Welcome to 100 Club Youth Centre!

Looking for a safe space to chill with friends or make new ones? With exciting opportunities, activities and competitions, there's always something on!

**Juniors - Years 7 & 8**  
Tuesdays  
6:30pm - 9pm

**Seniors - Yr 9 - age 19**  
Wednesdays  
6:30pm - 9pm

**Inters - Years 8, 9 & 10**  
Fridays  
6:30pm - 9pm

**Online Youth Centre**  
Monday, Thursday, Friday  
6.00 - 9.00  
Can't make it to our youth club? You can access all the fun of a youth club from the comfort of your own home at our online youth centre hosted on discord!

**Our facilities**

- 🎱 Pool tables
- 🍷 Tuck shop and Kitchen
- 🎮 Games Room
- 🍴 American Diner & Arcade
- 🏐 Sports hall
- 💬 Social Space
- 🤝 Support Available

£1 entry - first time free!

Scan for more info



100 CLUB  
100clubyc@spacepsm.org  
100 Club, Wear Barton Road  
Countess Wear, Exeter EX2 7EH  
01392 662227

# DISCOVER EXETER COLLEGE OPEN EVENT

**10 October, 4-8pm**

**20 November, 4-8pm**

**23 April, 4-7pm** (*great for year 10's*)

All city centre sites, plus  
Falcon House and the Technology Centre

- Attend a variety of talks throughout the evening
- Speak to our subject specialist lecturers
- See our facilities
- Find out about the support available
- Meet our students



Scan for dates  
and to register

YOUR  
EXCEPTIONAL  
COLLEGE



exeter college 



### **Senior Exams Invigilator**

**Grade C (point 7) £15.24 per hour (pay award pending)**

As Senior Examinations Invigilator, you will be required to lead the team of invigilators conducting internal and external examinations for students, ensuring that all regulatory requirements and school policy and procedures for the conduct of examinations are strictly adhered to and met at all times. The Senior Examination Invigilator will need to be present at all exam periods and during the Summer. These months include November, December, January, March, May and June.

You will need to have previous experience as an Exams Invigilator and have an understanding of the UK Exams process. Experience in managing groups of young people would be helpful. Training will be provided. If you are calm under pressure, have a pleasant nature but a keen eye then this could be the position for you.

For full details and to apply, please visit our website: <http://www.clystvale.org/vacancies/>

Suitable candidates will be contacted to attend for interview.

The vacancy will be closed once a suitable appointment has been made.



### **Temporary Cover Supervisor**

**Grade D (point 12) £18,507**

To start as soon as possible (subject to DBS clearance), we wish to appoint a highly motivated, organised and confident Cover Supervisor who can oversee classes when teachers are absent, ensuring that learning in the classroom is maximised. The role is initially fixed term to 31<sup>st</sup> December 2024 covering long term absence and this will be reviewed at the end of term.

For full details and to apply, please visit our website: <http://www.clystvale.org/vacancies/>

Suitable candidates will be contacted to attend for interview.

The vacancy will be closed once a suitable appointment has been made.



## Science Technician

**Grade C (point 5-7) £18,443-£19056**

Starting as soon as possible, we are looking to recruit someone with a knowledge of general science and lab experience or a scientific background.

Working hours are Monday-Friday 09:00—15.:45 (Term Time)

Closing date 13 October 2024

Under the supervision of the senior technician the post holder will coordinate the use of practical resources and facilities and provide assistance and advice in meeting the practical needs of the science curriculum, including liaising with teaching staff and support staff outside the department. Duties will include: Preparation of resources, assembling apparatus, obtaining materials by local purchase and assisting in practical classes & carrying out demonstrations. To ensure the maintenance of a healthy & safe working environment To assist the team-leader / senior technician with the day-to-day organisation and development of trainee staff to ensure that essential performance standards are achieved. To contribute to the design, development and maintenance of specialist resources and/or long-term projects: constructing and modifying apparatus, setting up and caring for plant and animal collections, preparing standard solutions, purifying chemicals, treating waste. To support the team-leader / senior technician in ensuring the availability of suitable materials and equipment, helping to compile orders and liaising or negotiating with suppliers and finance departments. This will include sourcing, costing and suggesting economic alternatives to maintain stock levels. Keeping up-to-date stock records. Under the (overall) guidance of the team-leader technician, to ensure that both routine and non-routine checking, cleaning, maintenance, calibration, testing and repairing of equipment are carried out to the required standard: collecting, checking and returning equipment to stores; general laboratory cleaning of bench surfaces and fixed equipment; cleaning and repair of equipment. We can offer - A unique opportunity to work within a Rights Respecting School with a strong community ethos - A supportive CPD programme - Free on-site parking We are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. An enhanced DBS check is required for all successful candidates.

For full details and to apply, please visit our website: <https://www.clystvale.org/vacancies/>

## Job of the Week

These are provided through the MYPATH careers webpage.

### SOCIAL MEDIA SPECIALIST

A Social Media Specialist is responsible for managing and enhancing an organisation's online presence across various social media platforms.

Their role involves creating, curating and scheduling engaging content tailored to the target audience, including posts, graphics, videos, and stories.

They analyse social media metrics to assess the effectiveness of campaigns and strategies, using insights to optimise future content.

Entry-level specialists can expect to earn between £20,000 and £25,000 per year. With experience and proven expertise in managing successful social media campaigns, salaries typically rise to between £25,000 and £35,000 per year.

[JOB OF THE WEEK](#)



## Supporting Learning at Home

### What financial support can parents get?

Juggling home and school life is tough for every parent, but there are some financial support options available. Find out what you could be entitled to by following this link [Supporting learning at home | Parentkind](#)



## Clyst Vale Library

Clyst Vale Library is open to the public 3.30 to 5.30pm Monday and Wednesday and 4.00 to 6.00pm Thursday.



## Edulink & contact With the College

Please do not address emails, or replies to Edulink messages, to [Edulink@clystvale.org](mailto:Edulink@clystvale.org). It is an unmonitored mailbox and will not go to anyone. Parents/carers need to reply to Edulink messages via the app, online, or via email, as this will then be directed to the staff member who sent the message to you. Or, please contact the teacher or [admin@clystvale.org](mailto:admin@clystvale.org).

There is also a contact form and details below.

<http://www.clystvale.org/contact-us/>

## Stationery for Sale

Pencil cases are available from the Library at a cost of £4.50 per pencil case. The clear pencil cases include one pencil, a blue pen, a red pen, one highlighter, a ruler, a compass, a protractor, a rubber and a sharpener.



## Second Hand School Uniform

Thank you for supporting the community and local charity shops. The sale of preloved uniform is proving successful. If you have any items that are no longer needed but still in very good condition, please donate them to one of the local charity shops. Both shops have set aside rails designated for college uniform.

Clyst Caring Friends is located in Broadclyst village and our local Barnardo's shop is in Cranbrook.

Their opening hours are:

Clyst Caring Friends, Broadclyst (01392 467555)

Mondays—closed

Tuesday to Friday—09.30 to 15.30

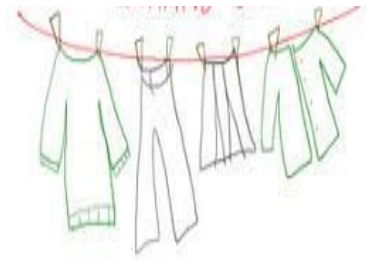
Saturday—09.30 to 12.00

Sunday—closed

Barnardo's, Cranbrook EX5 7DR (01404 514934)

Monday to Saturday—09.00 to 17.00

Sunday—10.00 to 16.00



Follow our Facebook Page via the link below:  
[Clyst Vale Community College | Facebook](#)

