



NEWSLETTER

No.803
w/c Mon 9th Oct 2023
WEEK B

“Mental health is not a dirty word — we all have mental health like we do physical health, good or ill.”

- Prince William

Dear Parents and Carers,

Year 7 Meet the Tutor Evening

Thank you to Year 7 parents and carers for your attendance at last night's event, and I trust that you found it useful. It's really important for you to be able to put a face to a name, and also cover some of the many systems and routines that we have. It 's also a good opportunity to deal with any individual problems and queries. Clearly, with 180 individual students all on their own journeys there will be exceptions, but the overall feedback from parents was that their children have settled well, made a good start, and it wasn't quite as scary coming to secondary school as they feared. (One delightful feature was the children running around our vast fields in the golden September evening sunshine, more concerned with cookies than their phones...the teenage years will follow but let's enjoy the moment.)

Year 11 Revision Parents' Information Evening (Monday 9th October)

A very brief reminder that this highly useful evening is taking place on Monday. At the risk of wearing out my tripod analogy, students do best when the three legs of school, home and student themselves are all doing their bit. So, this particular evening is to explain to parents what we are doing so that parents can support at home ! The main focus will be on the "4:1" revision countdown programme run in all subjects in the four weeks prior to the mock exams, repeated next summer. Students are both welcome and encouraged to attend; in fact, that applies as a general principle to all parents' evenings and information evenings.

Camps International Parents' Evening (Tuesday 10th October)

The assemblies this week have gone very well, and generated a lot of interest. In my case, it generated a certain amount of nostalgia for Kenya after our amazing school link a few years ago, but this isn't about me. There will be a parents' information evening next Tuesday, 10th October, in the Main Hall; again, well worth attending if your child is interested in going on the amazing expedition in the summer of 2025.

Transport News

Just a reminder that students may only travel on the CVCC coaches if they are entitled to do so. They must have a bus pass from Devon County to be able to travel on their designated bus. We can't provide extra passes for students to visit friends who are entitled to travel on one of the CVCC coaches.

Smartphones

Educationalists, including me, were disappointed that with the challenges facing education (recruitment, buildings, funding, attendance, mental health, child poverty) the headlines from the Conservative party conference were a consultation on changing A-levels in ten years' time, and some non-statutory guidance on mobile phones which over 90% of schools have in place already. On the plus side, it is an opportunity to remind everyone of our policy, which the government have now caught up with: phones are not allowed out on the school site between 08.50 and 15.20, they should be in bags, and there is a three strike system of confiscations of increasing length. It's very straightforward. Students who refuse to hand over their phone are breaking the policy, and if they become defiant or rude risk further sanctions.



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Covid Regulations

Cases of covid seem to be on the rise with a new variant. Nationally, the spread is very uneven, and we haven't been too badly affected as far as we know (obviously, it's hard to tell without the testing regime). It's widely known that the government strategy is to regard covid as just another respiratory illness, with no need for specific guidance. However, schools are super-spreading germ factories, and could really do with some clearer guidance: we follow the UK Health Security Agency guidance, which "advises" people with a positive test result to "try to" stay at home for three days (under 18) or five days (over 18). Of course, many people don't test, and the rule of thumb advice is that basically you're not fit to attend work or school if you're infectious, which generally means having a raised temperature. And hardly anyone in most schools is eligible for vaccination, but that's another issue.

Best wishes,



Kevin Bawn



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STUDENTS OF THE WEEK



RED SCHOOL

7RER	Max Hookway
7RGG	No Permission to Name
8RDFE	No Permission to Name
8RTMA	Joseph Carpenter
9RBAT	Toby Offord-Bennett
9RNS	Lucia Dollman
10RZB	George Russell
10RSGA	No Permission to Name
11RMA	Ruby Norman
H	
11RCMO	Dan Horn

YELLOW SCHOOL

7YCBO	No Permission to Name
7YCFL	Archie Williams
8YGGA	No Permission to Name
8YBHA	Phoebe Price
9YMBR	Lottie Williams
9YSWA	Remus Edmondson
10YSS	Ruby Williams
10YADA	No Permission to Name
11YDST	Harry Crees
11YEHA	Daisy Backway

GREEN SCHOOL

7GRTU	No Permission to Name
7GHE	
8GMNA	No Permission to Name
8GLT	Poppy Easterbrook-Moor
9GCMC	No Permission to Name
9GDJ	Jacob Newell
10GABR	Archie Cross
10GDH	No Permission to Name
11GAWO	Jack Woods
11GGT	Elyse Hinde

CALENDAR DATES

DATE	EVENT
Monday 9th October	Y11 Revision Information Evening (moved from 12th October)
Tuesday 10th October	Camps International Parents Presentation 6pm
Monday 23rd to Friday 27th October	Half Term
Saturday 4th November	Ten Tors Day Training Walk 1
Thursday 9th November	Post 16 Open Evening
Saturday 11th November	Ten Tors Day Training Walk 2
Week Commencing Monday 27th November	Y11 Mock Exams
Saturday 2nd/Sunday 3rd December	Ten Tors Weekend Camp 1
Thursday 7th December	Flu Immunisations & Y13 Parents Evening 4.30-6.30pm
Wednesday 14th December	Shepton Mallett Trip



Year 11's Save the Date...

The Year 11 Prom is scheduled to be on 28 June 2024.



COOL
FOOD NOT
School
FOOD



The Clever Chefs autumn menu is available on our website via the link below:

<https://www.clystvale.org/wp-content/uploads/2022/03/CleverChefs-Menu-Autumn-Term-2023.pdf>



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Y11 Boys Rugby: Tiverton 14-14 Clyst Vale

Congratulations to the Year 11 lads who played their first away game of the year, at Tiverton HS. Once again, the squad was significantly depleted with injuries but you would not have known it with the start that Clyst Vale made, racing into a 7-0 lead, with skipper, JJ Slater slicing through the Tiverton defence, from halfway, to score under the posts. Charlie Williams converted. Tiverton eventually began to grow into the game and utilised their big target runners well and drew level just before half time, with a score under the posts, following a driving maul, to level the scores at half time.

Tiverton had the majority of the play and territory in the second period, however Clyst Vale's attitude and effort was faultless with outstanding displays of both tackling in defence and handling in attack. Despite Archie Jameson's solo effort being unrewarded with the ball being placed on the 5 metre line(!), the boys finally managed to score an outstanding team score at the corner flag, through flying winger, Nick Ball. The score was reminiscent of the Uruguay, Portugal and even Fiji teams during the current World Cup in France! This meant that centre Dan Horn could level the scores on the final whistle with a successful conversion, to which he did, even with a second attempt as the Tiverton lads displayed some unsporting behaviour upon challenging the first.

Once again, these lads were an absolute credit to the College, both on and off the pitch and a true pleasure and delight to take away. Well done to the squad who reconvene with a match versus Blundells on Wednesday 18 October, with two other year groups.

Congratulations go to: JJ Slater (C), Charlie Williams, Dan, Lenny Bolt, Nick Ball, Alex Johnson, Oliver Krzemien, Archie Jameson, Max Metherell, Dan Horn, Josh Jones, Finlay, Sonny Brown, Tom Rintoul and Jaden Hooper.

Mr Pearce





October 2023

Newsletter

LET'S FACE SOME ISSUES!

Wednesday
18th Oct
18:30 - 19:30
FREE



FREE SESSION
Family Meetings:
Why and How

Monday
2nd Oct
18:30 - 20:30
£24



**Understanding
the Teenage Brain**
Why teens think, feel and behave
differently from adults

Monday
23rd Oct
18:30 - 20:30
£24



Understanding Anger
Yours and theirs - what is anger, why
do we feel it and how can we manage
it?

Thursday
26th Oct
18:30 - 20:30
£24



Supporting a Child with ADHD
interactive session explaining what ADHD is
and offering a range of interventions that can
make lasting differences.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?
Would you like to know what anxiety is and gain some
understanding on how to manage it?



A two-hour online talk delivered by
Jane Keyworth, Lead Facilitator at FACE
on 19th October (6:30pm to 8:30pm) £24

Available to book now facefamilyadvice.co.uk



PE DEPARTMENT
SPORTS CLUBS AUTUMN
TERM 2023



MONDAY				
Year	Activity	Area	Changing Room	Teacher
Y10-13	Badminton	Sports Hall	Sports Hall	Mr Powell
Y10-11	Weights	Studio	-	Mr Pearce

MONDAY- AFTER SCHOOL				
Year	Activity	Area	Changing Room	Teacher
Y8-9	Netball	Courts	Humanities	Miss Hall

TUESDAY				
Year	Activity	Area	Changing Room	Teacher
Y10-11	Blep Dance	Studio	Humanities	Miss Hall
Y7-9	Girls Indoor Football	Field	Humanities	Mrs Elliot

TUESDAY- AFTER SCHOOL				
Year	Activity	Area	Changing Room	Teacher
Y-10 invite only	Fitness	Studio	Humanities	Miss Hall

WEDNESDAY				
Year	Activity	Area	Changing Room	Teacher
Y7 & 8	Badminton	Sports Hall	Sports Hall	Mr Powell

WEDNESDAY- AFTER SCHOOL				
Year	Activity	Area	Changing Room	Teacher
All Years	Rugby	Field	Humanities	Mr Powell, Mr Stapleton, Mr Pearce
Y7	Netball	Courts	Humanities	Miss Hall
All Years	Girls basketball	Sports hall	Sports Hall	Mrs Elliot
Y10-11	OCR SS / GCSE PE Catch Up	IT3	-	Mrs Broomfield

THURSDAY				
Year	Activity	Area	Changing Room	Teacher
Y10	Indoor Football	Sports Hall	Sports Hall	Mr Pearce
Y10 + Y11	Girls Fitness	Studio	Humanities	Mrs Broomfield
Y10 + Y11	Exam Class Dance	Studio	Humanities	Mrs Elliot
Y7-9	Girls Football	Field	Humanities	Mr Stapleton

THURSDAY- AFTER SCHOOL				
Year	Activity	Area	Changing Room	Teacher
Y10-11	Netball	Courts	Humanities	Mrs Broomfield

FRIDAY				
Year	Activity	Area	Changing Room	Teacher
Various	Inter-tutor	Various	Various	Mr Pearce Mr Powell Miss Hall Mrs Broomfield
Post 16 + Y11	Indoor Football	Sports Hall	Sports Hall	Mr Stapleton

LUNCH CLUBS

Day	Club	Time	Where	Changing Room	Teacher
Monday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Monday	Tech Club – Years 7 to 9	1.30pm – 2.10pm	DT2		Mr Arthur
Monday	Badminton – Years 10 to 13	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Monday	Weights – Years 10 to 11	Lunchtime	Studio		Mr Pearce
Tuesday (after Oct half term)	Ten Tors – Years 9 to 11	Lunchtime	IT4		Mr Eales/Miss Barratt
Tuesday	Amnesty	1.30pm	EN7		Miss Watt
Tuesday	Year 7 Book Club	Lunchtime	Library		Mrs Southard
Tuesday	Dance Club – Year 9	Lunchtime	Studio	Humanities	Miss Hall
Tuesday	Girls Indoor Football – Years 7 to 9	Lunchtime	Field	Humanities	Mrs Elliot
Tuesday	GCSE Food Practical	Lunchtime	DT3		Mrs Crook
Wednesday	Badminton – Year 7 & 8	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Wednesday – Week A	GCSE Food Theory Catch Up – Year 11	Lunchtime	DT2		Mrs Crook
Thursday – Week B	GCSE Photography	Lunchtime			Mrs Wakefield
Thursday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Thursday	Yu-Gi-Oh	Lunchtime	SC3		Mr Moxey
Thursday	Indoor Football – Year 10	Lunchtime	Sports Hall	Sports Hall	Mr Pearce
Thursday	Girls Fitness – Year 10 & 11	Lunchtime	Studio	Humanities	Mrs Broomfield
Thursday	Girls Football – Years 7 to 9	Lunchtime	Field	Humanities	Mr Stapleton
Thursday	Dance Club – Year 10 & 11	Lunchtime	Studio	Humanities	Mrs Elliott
Thursday – Week B	GCSE Food Theory Catch Up – Year 11	Lunchtime	DT2		Mrs Crook
Thursday – Week B	GCSE Photography	Lunchtime	IT4		Mrs Wakefield
Thursday – Week B	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

Colour Coding – relates to DofE – Physical = Yellow, Volunteering = Red, Skill = Blue



Harvest Festival Wish List 2023



St Petrock's is Exeter's local homelessness charity. Supported by the local community, we stand with and for people experiencing homelessness, and will not give up until everyone in the Exeter area can enjoy a place called home.
Registered Charity Number: 1090765 Company Number: 04312166

Last year our teams provided **11,754 meals** and **507 sleeping bags** to people experiencing homelessness in Exeter. We couldn't do this without you.

Thank you!



Scan to Donate

Would your school/church/group/workplace like a talk about our work?
Contact Claire at info@stpetrocks.org.uk

Delivering donations:

We would be very grateful if you could deliver to us via our Petrock's Place Shop at 19 Paris St, Exeter, EX1 2JB.

11am—5.30pm, Tuesday—Saturday.

(Car drop offs at the rear of the shop.)

Rough sleeper items

Sleeping bags
Rucksacks
Trainers
Men's jeans & joggers
New boxer shorts
T-shirts & hoodies

Tinned items

Tinned vegetables (*not pulses*)
Tinned tomatoes
Tinned fruits
Rice pudding
Tinned/powdered custard
Tinned meats
Tinned fish
Tinned curries
Pasta sauce
Sweet & sour sauce
500ml bottled water

Packaged Goods

Sugar – granulated/caster
UHT/long-life milk
Powdered milk
Instant coffee
Hot chocolate
Fruit squash
Individually wrapped biscuits
Long-life bakery items (*e.g. - Croissants/pain au chocolat*)
Cereal bars
Biscuits (sweet)
Jam & honey (*not homemade*)
Cooking oil
Golden syrup
Stock cubes
Mixed herbs
Ketchup & brown sauce
Branston pickle
Mustard

Cleaning items

Anti-bac soap (liquid)
Anti-bac spray
Biological washing powder
Fabric conditioner
Washing up liquid
Washing up sponge/cloth
Toilet cleaner
Large wet wipes

Toiletries

Men's spray deodorants
Disposable razors
Shaving foam
Mouthwash (small)

Miscellaneous

Tin foil
Greaseproof paper (large)
Cling film (large)

w: stpetrocks.org.uk t:01392 422396 e: info@stpetrocks.org.uk



Ten Tors 10th – 12th May 2024

Launch Meeting: IT4 at 1:30pm on Tuesday 10th October 2023

In May 2023, Clyst Vale teams participated in the annual Ten Tors challenge on Dartmoor, and now for May 2024, the Army have allocated us 2 x 35-mile and 2 x 45-mile team slots, for the event due to take place in May 2024. If any year 9 or 10 students are interested in taking part in the 2024 event please come along to IT4 at 1:30pm on Tuesday 10th October 2023 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.





Ten Tors 2024

Want to try Ten Tors?

In years 9 or 10...

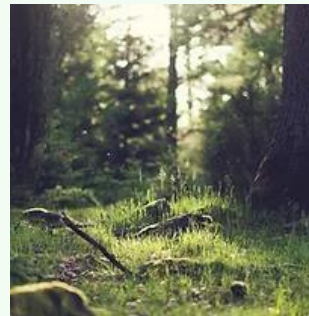
Come along to IT4

Tuesday 10th October 2023

1:30pm

To find out more...





Wild Embers Autumn Half Term SEND Holiday Club

Tuesday 24th and Wednesday 25th, October, 10am - 3pm

- The Cost? A Donation
- Where? Pondfields, Dartington
- For Who? Aimed at children with SEND & SEMH (social emotional mental health) needs, aged 6-11

Wild Embers are offering two fantastic days of fun during Autumn half term. Your child can learn new skills, connect to nature and receive support from highly skilled facilitators who can meet your child's needs. Places are available on a donation basis.

This holiday club involves a range of activities designed to promote and enhance SEMH (social emotional mental health) and support children with high support needs by fostering a community of learners through resilience building and creative projects, from fire lighting, to clay modelling, to outdoor cooking and nature identification. It is aimed at children who are finding navigation of friendships difficult, sitting still, and focusing on individual tasks, low self-esteem and unregulated behaviour.

The half term programme will allow the children to decompress and focus on self-regulated behaviour to break down the barriers of self-doubt and low self-worth and gain the confidence needed to negotiate daily tasks.

The focus will be on:

Learning to build a trusting relationship with adults

Personal growth and development through positive risk taking

Fostering problem solving skills

Independent thinking through loose parts play

Utilising the natural environment to create opportunities for exploration and discovery

Teaching skills needed to focus on the internal and external world through natural rules and boundaries.

Wild Embers pride ourselves on our small group sizes where children can forge deeper connections with adults. Places are therefore limited so book now to avoid disappointment!

To Book: Email admin@wildembers.org and let us know which days you want to book, and the name and age of your child

The facilitators are:

DBS Enhanced, Paediatric & Outdoor First Aid Level 3 Forest School Qualified, Introduction to Intensive Wellbeing and Childhood Trauma in the Outdoors and Ofsted Registered.

W

Wonder

Seeing with fresh eyes
the world around you.

I

Inspire

Letting the natural world
be part of your life.

L

Live

Follow your bliss.

D

Develop

Personal
Growth Exploration

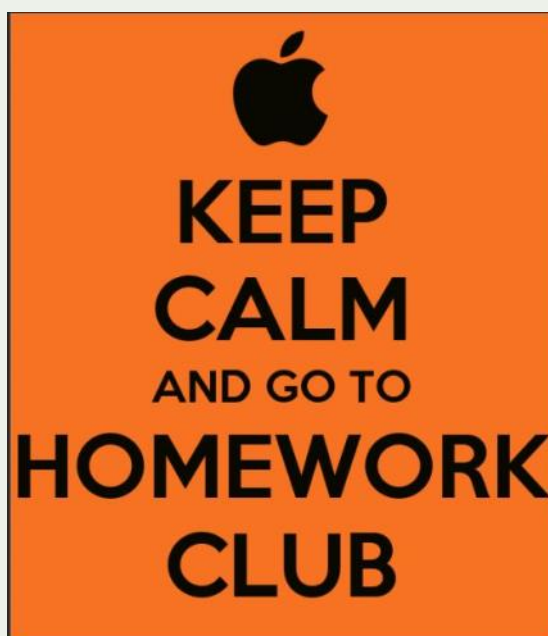
Library



Mock/GCSE pencil cases. Available from September. £4.50 per pencil case. We also sell calculators for £10- although prices may vary. What's included? A clear pencil case, 1 pencil, a blue, black, and red pen. 1 highlighter. 1 ruler, a compass, a protractor, a rubber and a sharpener. **Cash only** unfortunately.

The library does sell stationery all year round.

Homework Club in IT2
Monday to Friday Lunchtime
1.30-2pm
Monday to Thursday After-
school 3.30—4.45pm





Clyst Vale Library is a dual use library located within Clyst Vale Community College. The library is open to the public on Mondays, Wednesdays and Thursdays, and is open to the students at Clyst Vale Community College throughout the week.

The entrance to access the library is through Clyst Vale's main entrance (reception,) then turning right, from there you will see the libraries entrance.

Public opening hours; Monday **3.30 – 5.30pm**, Wednesday 3.30- 5.30pm and Thursday **4 –6pm**

EduLink and contacting the College

Please do not address emails, or replies to EduLink messages, to 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 relevant school ATHOS or the teacher.

There is also a contact form and details here: <http://www.clystvale.org/contact-us/>



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Attendance, Absence and Requests for Absence

Please let the College know of any absence on the first day it occurs.

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.

Please note, the College may ask you to provide medical proof if a student is absent from College due to illness.

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. Therefore, 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.

Thank you for your support in helping your child maximise their attendance and learning.

For Years 7 - 11 Absences

Please ring:

Sharon Leaman (Attendance Officer)

Direct line: 01392 463911