

*"Nothing great is ever achieved without much enduring."*

## Principal's Update



**Sara Jacobs**

Principal



Dear Parents / Carers

As we observe Children's Mental Health Week, we are reminded of the importance of nurturing our children's emotional well-being. This week, Mr. Bailey ran assemblies with several year groups, focusing on online safety and highlighting the significant impact social media can have on our children's mental health. Our aim to equip our students with the knowledge and tools to navigate the digital world safely and responsibly. We encourage you to engage in conversations with your children about their online experiences and support them in making positive choices. Mrs. Bennett has provided more information on how we can all support children's mental health in the student services section of the newsletter.

In my previous newsletter, I mentioned the Year 9 options process, which continued this week with the Options Fair. I want to extend my gratitude to the Year 10 students who supported this event. They were outstanding ambassadors for their subjects, speaking eloquently and passionately about the benefits of their chosen subjects. We understand that this can be a daunting task for some students. If any student feels unsure about their final options by the deadline, they can request an individual interview. Please encourage them to speak with Miss Martin if they would like to request this additional support.

Looking ahead, I want to thank the parents and carers of students studying for their final exams this year. Exam preparation for our Year 11 students starts in earnest with the launch of the 12:1 revision programme, which begins on Monday. Students and parents/carers will have been emailed an electronic copy of this booklet, but if you require a hard copy, please collect one from the College reception. It's crucial that students dedicate time beyond the classroom for exam preparation. Your partnership in encouraging strong independent study at home is invaluable and greatly appreciated. I would also like to take a moment to congratulate our Year 11 Drama students who completed their practical exam this week. It was fantastic to see them perform with such confidence and enthusiasm. Their dedication and hard work were truly evident, and it was a pleasure to witness their growth and talent.

Finally, good luck to our students who are out walking on Dartmoor for a Ten Tors training walk and camp this weekend. This is a fantastic opportunity for them to develop resilience and teamwork skills. If any parents or carers would like to get involved, please email Chris Eales at [ealesc@clystvale.org](mailto:ealesc@clystvale.org). We are always looking for volunteers, and this is a great chance to become more involved in the life of the College. To this end, a reminder that an initial PTA meeting is taking place on Monday 10th February starting at 6pm and it would be great to see you there.



Sara Jacobs, Principal

## Well done

Congratulations to Jasper Forty who competed for Devon in the South West Schools Cross Country Finals in Newquay last week. Having raced in earlier rounds and qualified against increasingly strong fields the going was even tougher. However, all the hard work and training paid off and despite a niggling injury he came home in an excellent 8th position.



If you would like to let us share your child's achievements in the Newsletter, please send a few words and pictures to [admin@clystvale.org](mailto:admin@clystvale.org). Thank you.

## National Apprenticeship Week

It is National Apprenticeship Week 10th February – 14th February

The school will be giving information and promoting apprenticeships throughout the week during tutor time.

Throughout the week there are various webinars available on different career industries, it is a chance to find out about these careers and what apprenticeships are available. Although these are during school time if students are interested in a particular webinar if they sign up using the links below they can watch the webinar at a later date. These webinars are available for students, parents, carers and teachers!

### 11th February 6pm – Warner Bros Championing Apprenticeships

[Webinar Registration - Zoom](#)

11th February 11am – Construction Industry – Galliford Try

[Build your Future with a Galliford Try Apprenticeship](#)

12th February 3pm – Energy Utility Careers & Jobs

[Skills for a Greener World: Launch Your Career with an Apprenticeship](#)

12th February 11am – Engineering Construction Apprenticeships – ECITB

[Discover apprenticeships in the engineering construction industry](#)

13th February 3pm – Network Rail Careers

All Aboard Your Career: Apprenticeships with Network Rail

### Babcock - apprenticeships in security of nuclear energy to communications in space

12th February 5pm <https://mailchi.mp/careermap/discover-apprenticeships-in-engineering-construction-join-our-webinar-on-12-february-4952313?e=75ef324e36>

### Mace - Consultancy and construction

11th February 3pm <https://mailchi.mp/careermap/discover-apprenticeships-in-engineering-construction-join-our-webinar-on-12-february-4952312?e=75ef324e36>

### Army - discover the 40 different apprenticeships on offer

12th February 1pm <https://mailchi.mp/careermap/discover-apprenticeships-in-engineering-construction-join-our-webinar-on-12-february-4952311?e=75ef324e36>

## Job of the Week

These are provided through the MYPATH careers webpage.

### CARER

A carer has an important job looking after people who need extra help with their daily lives. This could be older people, those with disabilities, or anyone who struggles to do things like getting dressed, eating, or moving around on their own. It's a job that requires patience, kindness, and a lot of compassion because they're making sure the person they're looking after feels safe, comfortable, and well cared for every day.

How much carers earn depends on where they work and how much experience they have. When they're starting out, carers usually make between £18,000 and £21,000 a year which works out to about £9 to £10 per hour. With more experience or work in a specialised area, like helping people with complex health needs, they could earn more, around £25,000 a year or higher.

### JOB OF THE WEEK

**PART OF NATIONAL  
APPRENTICESHIPS WEEK**

# APPRENTICESHIP

## EXPO 2025

**#NAW25**

**THURSDAY 13TH  
FEBRUARY**

### WHO IS THE EXPO FOR?

- **Students** wanting to explore **Apprenticeships**.
- **Adults** looking for a **career with training**.
- **Individuals** looking for a **career change**.
- **Parents/NOK** wanting to learn more to **support their child**.



**MEET EMPLOYERS** OFFERING 100+  
VACANCIES

Employers from sectors including  
**Engineering, Hospitality, Health & Care,**  
**Digital, Data, Construction, Business and more!**

### DISCOVER CAREER OPPORTUNITIES

Meet businesses and employers from across  
Devon and **discover exciting career  
opportunities.**



**EXETER COLLEGE SPORTS HALL  
THURSDAY 13TH FEBRUARY  
1 PM - 5PM**

**A**pprenticeships at  
exeter college



**REHEARSALS FOR CLYST VALE'S NEXT MUSICAL ARE ABOUT TO BEGIN!**

**DON'T MISS OUT ON BEING A PART OF THIS UNFORGETTABLE EXPERIENCE IN BRINGING THIS FABULOUS PRODUCTION TO THE BARNFIELD THEATRE IN JANUARY 2026.**

**AUDITIONS for PRINCIPAL ACTORS, SOLOISTS AND DANCERS are taking place beginning on Monday 3rd March.**

If you want to audition for a principle acting, singing role or be a part of core dancing troupe you need to collect an audition pack (available from the table outside PA1 (the main dramas studio) from Wednesday 12th February).

**There is an introductory taster workshop on Monday 24th February. Come explore the characters, plot and themes, and pick up some handy hints for your audition.**

If you just want to be a part of the chorus you do not need to audition and you may just attend the first chorus rehearsal. Rehearsals for Beauty and the Beast will begin on March 24th. Rehearsals for Spring and summer term will be: Mondays afterschool for dancers, chorus and principles, Wednesdays afterschool for some of the chorus and principals, some lunchtimes for principal characters. See Miss Ruscoe for more information.

# Post 16 and Get Involved

## Living on a Budget

We were pleased to welcome Pete Offord from the University of Exeter on Wednesday. He met with our Year 13 students during Tutorial to talk to them about 'Living on a Budget' – relevant to all young people as they move towards an independent future.

## Hampton Court Palace

Next Wednesday, Ms Jenkins and Mr Powell are taking our Y13 historians to Hampton Court Palace for an immersive study opportunity. They will visit the historic home of Henry VIII and experience talks from subject specialists, of key relevance to their A-level syllabus, as well as having the chance to tour this famous stately home.

## HPV vaccinations

Exeter Vaccination Service is visiting our Tutorial slot on Wednesday 12th February to see Post 16 students who missed out on their HPV vaccinations in lower school. Thank you to Post 16 parents for letting us know which students need this catch-up jab.

## Mock Exam results

Wednesday is going to be a very busy day! Also during Wednesday's Tutorial, Y13 students will receive their mock exam results. These will be distributed in sealed envelopes – like a real results day. With good luck wishes to all students receiving envelopes – we hope they contain the outcomes that you deserve.

### ARE YOU ABLE TO HELP?

## WE ARE LOOKING FOR ADULT VOLUNTEERS FOR OUR PRODUCTION TEAM FOR DISNEY'S BEAUTY AND THE BEAST JR.

We are on the cusp of beginning our CVCC Beauty and the Beast journey. We will return to the Barnfield Theatre in January 2026 to stage our college production of Disney's Beauty and the Beast Jr. We are looking to recruit a team of volunteers to assist in all aspects of the shows technical preparations. WE ARE LOOKING FOR...

- Scenic artists, designers, painters and builders.
- Prop makers, sourcers and prop coordinators.
- Costume makers, sourcers and costume coordinators.
- People to help with marketing, publicity and photography.
- Chaperones for some Rehearsals.



If you would feel you are able to give us some of your time and skills and you would like to be a part of our team in bringing this fabulous production into fruition then please get in touch with Anna Ruscoe ([ruscoea@clystvale.org](mailto:ruscoea@clystvale.org)).

# Student Services Key Updates and Reminders

## Vaccinations DTP/ MenACWY

Year 9- any parents who missed the initial consenting process for the DTP/ Meningitis vaccines but still wish their child to have the vaccine, can now consent via the link which has re-opened today. Or call Kernow Healthcare to complete a consent form they can do so on 01392 342 678.

Kernow Healthcare will be revisiting again on our agreed mop up date, 26/06/2025, when we hope to catch the majority of missed vaccinations during this time. Anyone in Year 9 who has already completed a consent form and did not get the vaccine for any reason will automatically be put on our list to be seen in school, during this visit.

Year 10 & 11 who missed their vaccinations will be sent an invite to book a clinic appointment due to exams when the mop up session is scheduled.

Please click the following link to access the online consent form <https://www.kernowimmunisations.co.uk/Forms/DTP.aspx> Please quote the unique school code which is DV136638.

## Use of Social Media

Please can parents remind their children about the importance of keeping safe online. We are aware a large number of students regularly use online applications such as what's app and snap chat. There have been some concerns raised about some of the content shared between students on these platforms, it is important that children are aware that sharing inappropriate content can lead to them committing a criminal offence or causing harm or distress to themselves or others. Further advice regarding how to help your child keep safe online can be accessed here

[Keep Children Safe Online: Information, Advice, Support - Internet Matters](#)

[www.internetmatters.org](http://www.internetmatters.org)

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

<https://www.barnardos.org.uk/blog/online-safety-parents-questions>

Thank you for your support.

## Year 11 Leavers Events

School Gateway is now open for purchasing attendance for the Prom and also the Yearbook. An email was sent to Year 11 parents/ carers today with the full information. Prices are Prom £45 and Yearbook £20.

Hoodies are now available to buy with the online shop from Leavershoodies.com. The shop link is <https://www.leavershoodies.com/clyst-vale-community-college-2025-leavers>. Please be aware that the shop closes on Friday 28th March. After this date you will not be able to purchase a hoodie.

## Parents' Evenings 2025

Year 8 Parents' Evening- 06/03/2025

Year 10 Parents' Evening- 20/03/2025

Year 7 Parents' Evening- 05/06/2025

## Key Dates for next week

## Spring Term Dates

10 February—Initial PTA Meeting 6pm

14 February—Non Uniform Day in aid of Devon Air Ambulance

17 to 21 February —Half Term

4 April—Last day of Spring term

## Mental Health and Wellbeing Updates for Children's Mental Health Week

You may be aware that this week is Children's Mental Health Week which provides us with an opportunity to remind the whole school community about the importance of wellbeing for students, staff and parents.

The theme of this week is 'know yourself, grow yourself' and focusses on young people being able express their emotions, recognise when they are struggling and ask for help. We know that our young people can struggle with this so being open and making time for discussion at home is important. Asking your child about how they felt about things rather than actions can help them to begin to build their vocabulary around feelings. You may find watching 'inside Out 2' with your child a valuable starting point.

Please also take some time to look at the attached information sheet about social media and mental health. We have seen the negative impact phone addiction and inappropriate use of social media can have on students. Having conversations about this at home is invaluable to support your child to use technology in a healthy way.

Each year groups will be looking at wellbeing and use of technology through the C42 / CPS programme but your support with modelling healthy relationships with technology and open conversations at home could have a significant impact on their wellbeing.

You may find the following links interesting

[CMHW - tips for families](#)

[Here4You - Support for parents](#)

Nicola Bennett - Wellbeing and Mental Health Lead





## Student of the Week

NP2N 7GAW NP2N 7GLBA NP2N 7RKJO NP2N 7RCMO NP2N 7YDST NP2N 7YEHA	NP2N 8GRTU NP2N 8GTBE Owen Whitmarsh 8RER Toby Ebdon 8RMCU NP2N 8YCBO Dakota Tucker 8YCFL	Layla Boyce 9GMNA 9GLTH 9RDFE NP2N 9RGWW NP2N 9YGGA Wiktoria Jankowska 9YBH
Year 7	Year 8	Year 9
Rosie Davis 10GCMC Shai Blackmore 10GMTH Ethan Thomas 10RBAT NP2N 10RNS 10YMBR NP2N 10YCHW	NP2N 11GABR Eloise Hughes 11GDH Erin Byrne 11RZB Ava Martin 11RSGA NP2N 11YSS Reuben Harries 11YADA	Samuel Hannaford 12HP
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>

# Modern Foreign Languages

¡Hola! Salut!

## COMPETITION CORNER

Find or write a poem/song in a foreign language. Include a short paragraph in English that explains its significance to you.

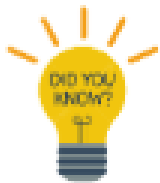
*Submit it to your MFL teacher for a chance to win.*

Competition closes: Fri 28<sup>th</sup> Feb at 4pm

## MONTHLY QUIZ

1. In which country do secret admirers send funny poems called gaekkebrev to their love interests?
2. In which country do women hide items in rice to declare their intent? Two chopsticks mean love, but a clove of garlic means the romance is over before it even started.
3. In which country do women make the first move on Valentine's Day and men respond on March 14<sup>th</sup>?

*Email your answers to your MFL teacher to win P1s.*



### Longest word with only four letters

Senseless! This is the longest word in the English language that uses only 4 letters.

### Revision tip

Revise in the same place to use what cognitive scientists call context-dependent memory. The best place to remember something is where you first learned it.

So in your exam, do a mental walk around the area where you practised for your exam.



### Reason to learn a language

Make yourself indispensable. If you bring something extra to the table, like being the only one to speak Japanese or Portuguese, you're more likely to get hired and less likely to be fired.

## SPANISH TONGUE TWISTER

Sounds easy? Try repeating it over and over...

**Como poco coco como, poco coco compro.**

*Since I only eat little bit of coconut, I only buy a little bit of coconut.*

## FRENCH TONGUE TWISTER

Sounds easy? Try repeating it over and over...

**La nuit réduit le bruit de la pluie sur les tuiles.**

*Nighttime reduces the sound of rain on tiles.*

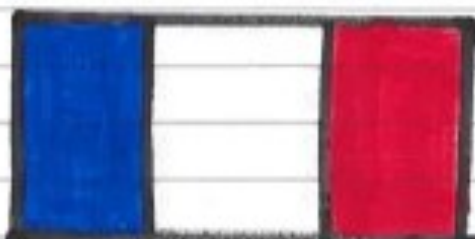
## STUDENT WORK

Congratulations to Emily Gibson who researched how Valentine's Day is celebrated in different countries around the world!

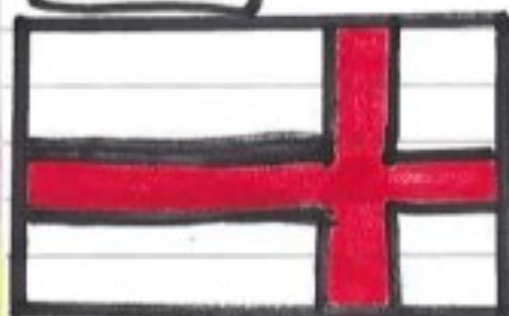
### Emily Gibson Valentines Celebrations in different Countries



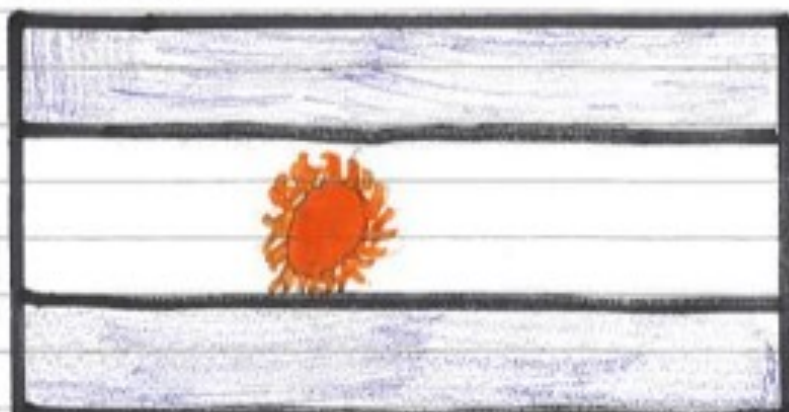
In South Korea it is traditional for the women to give chocolate to men as a sign of affection. Then men that have received these gifts will return the favour by giving chocolate to that same woman on White Day.



On the 14<sup>th</sup> of February the French exchange chocolates, flowers, jewellery and a special little romantic meal. The French don't give each other cards as couples would in most countries.



For Valentine's Day the English exchange ~~the~~ cards and gifts. They then share a romantic meal together.



In Argentina on Valentine's Day they celebrate by exchanging little gifts like flowers and chocolate. They then go out for a meal to celebrate their love and relationship.

## County Badminton Finals

Well done to the boys and girls who travelled to face the best of Devon in Paignton on Tuesday. The students were in awe as they were greeted with the 16 court sports hub and soon got to work warming up ready for their opposition. The Key Stage 3 boys were all from Year 8 and therefore a year young, but led by Harvey they battled well, beating Paignton, narrowly losing to Ivybridge and losing more heavily to the eventual winners Exmouth. Dexter put his power serves and use of angles to good effect and Archie was a super front court asset putting pressure on his opponents. Tristan and Edward rotated through the doubles matches with Edwards low serve a highlight and Tristan's net play also of high quality.

The Key Stage 4 girls were marshalled by Bethan with long time partner Shola along side her in the doubles. In the best fixture of the day the girls met Tavistock first up and the games swung back and forth. Bethan's depth and backhand, normally so effective were overpowered by the Tavistock number 1, before the doubles with Shola and Vanessa went our way. Sophia, battled hard and out classed her opponent to win her singles before a doubles loss. It all rested on the Year 10's shoulders as Vanessa and Sophia took the match to the wire, steeling the game and the match 21-18. Winners Uffculme came out on top in match two and progress to the South West Finals. Then the girls demolished a hard working, but less able Paignton side. Second in the county is a good end to the year.

The Boys from Key Stage 4 were led as always by Mikey with the second ranked player Andrew close on his heels in terms of performance. They met Paignton in match 1 and won all five games with a highlight being Joe and Guy's doubles where both boys showed fabulous changes in depth and power. Match two was against the eventual winners again Exmouth and the squad found the going very tough with wall to wall county players in the opposition. Every great shot played by Andrew and Mikey in the singles seemed to come back and challenge them further. A great reality check for the best in our school. Their final match was cracker against Ivybridge. Two closely matched teams demanded the best from Mikey and team and although it was tight, Mikey's guile, Andrew's court coverage and the team work and skill shown by Guy and Joe won though. Second in the country for the older boys was a great result to finish with.

An additional mention for the students who were commented on by other staff as being incredibly polite, knowledgeable on the rules and sporting in their behaviour. A super day out enjoyed by all.





## Year 10 Netball League Game v Exmouth

Year 10 travelled to Exmouth Wednesday evening to kick off their first league game.

We started off playing a bit erratic and making it hard for ourselves. We netted some nice goals but Exmouth took the lead in the first quarter.

After a good team talk we settled back into the court and moved better for each other into space, making more use of the width of the court and slowing down our game with accuracy passes to take the win at half time.

We were in the lead and with Sophia making our centre passes work well, Grace made good interception cutting out mid court and passing towards our attack Holly, Yasmine, Charlotte and Esme.

Kate and Vanessa worked hard 2nd quarter to keep Exmouth out the defence and blocked the space well.

Allowing Clyst Vale to attack to take the convincing win of 18 to Exmouth 10.

After an unsettled start, Clyst Vale pulled it back to take a strong win, with some nice netball played. This is a good promising start to the league. The player of the match was Grace.

Next week Tuesday 11th Feb v Colyton game.



# 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.

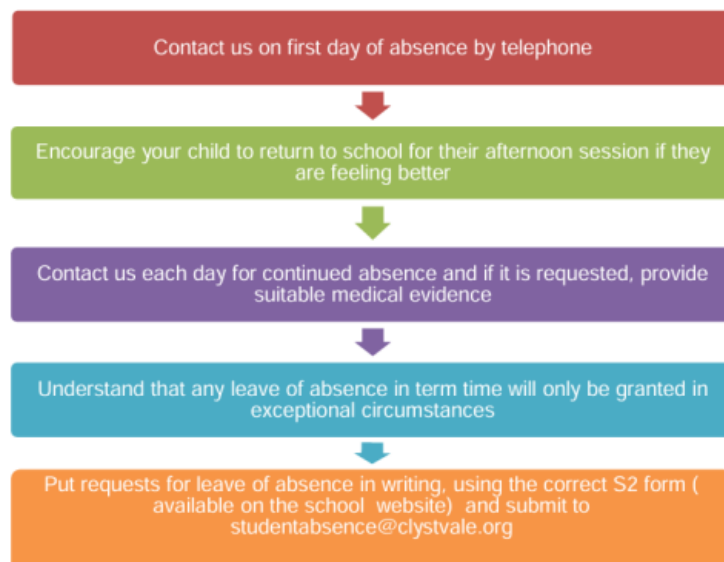
## Medical Appointments

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)

## **Broadclyst Church**

Open Gardens, Flower Festival and Veitch Celebration.

6th, 7th, 8th June 2025



A very special three-day event with an opportunity to visit local gardens and enjoy beautiful flower displays, listen to a nationally acclaimed speaker on Veitch, plant collector and Killerton garden designer, and view specialist displays on Orchids, Fuchsias and pelargoniums.

**There will be a meeting on  
Tuesday 11<sup>th</sup> February  
in Broadclyst church at 7pm.**

We hope very much you can join us, if you are either interested in the church or just gardens, we would be love to see you.

Please pass the word round and bring a friend.

The money raised from this June event will go directly to  
St John the Baptist Broadclyst Church.

## **Half Term Cricket at Broadclyst Leisure Centre**

Friday 21st February 2025

- 6 to 10 year olds, Soft ball: 09:00-11:00

- 10-14 year olds, Hard ball: 11:30-13:30



£15 per session

Boys & Girls



Email [dylan@dph-coachingcamps.co.uk](mailto:dylan@dph-coachingcamps.co.uk)  
or WhatsApp Dylan on 07778864686 to  
book your child in!



Please follow us on  
Social Media -  
DPH Coaching Camps

Growing a love for cricket one  
session at a time!

## **Kids Eat Free, February Half Term 2025**

**Les Iguanas:** Download the app and join 'My Las Iguanas' for free meals for mini-Iguanas. Kids get a main, two sides and a dessert with every adult main (or three tapas dishes) purchased.

**ASDA Café:** Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required. The offer has been extended until the end of 2025. In addition, children will receive a free piece of fruit such as an apple, pear or banana when purchasing the hot kids £1 meal deal. Freebie: Asda also provides FREE Ella's baby food pouches for children under 18 months old with any purchase.

**Morrisons:** Kids eat free all day, every day in Morrisons cafes nationwide, daily with every adult meal over £4.50. This offer includes half terms.

**Beefeater:** Two children get free breakfast with one paying adult!

**Sainsbury's:** Sainsbury's Cafes offers one child hot meal or lunch bag for £1 with any adult main meal purchased over £5.20. This offer is on every day from 11:30am. Kid's mains include one main, 3 sides a drink and a piece of fruit.

**Bella Italia:** Kids Eat Free all day every Thursday and for £1 between 4-6pm, Sunday to Wednesday. Kids can enjoy three delicious courses & a drink! Meals are suitable for 2-11-year-olds.

**Ikea:** Kids can enjoy Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50 every day from 11am. Also, on Friday's kids get tomato pasta, a drink and a piece of fruit for just 45p.

**Premier Inn:** At Premier Inn, you can enjoy their all-you-can-eat Breakfast for just £9.99 and up to two kids under 16 eat for free.

**Travelodge:** At Travelodge, you can enjoy their all-you-can-eat Breakfast for just £9.75 and up to two kids under 15 eat for free.

For more information please visit: ([moneysavingcentral.co.uk](http://moneysavingcentral.co.uk))



## February 2025 Newsletter

Thursday  
20th Feb  
19:00 - 20:00  
FREE



**FREE SESSION**  
**Supporting Healthy Screen Use**  
A range of steps that can help minimise the harms from screens

Monday  
3rd Feb  
10:00 - 11:30  
£24



**Supporting a Child with ADHD**  
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
11th Feb  
19:00 - 20:30  
£24



**Facing Defiance**  
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday  
18th Feb  
19:00 - 20:30  
£24



**Cannabis & Ketamine Awareness**  
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday  
25th Feb  
19:00 - 20:30  
£24



**Understanding the Teenage Brain**  
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

### Programme Details:

**Dates:** 17th–20th February 2025

**Time:** 10:00 AM – 4:00 PM

**Ages:** 11–30

### Activities:

**17th February:** Social Club & Cooking

**18th February:** Mask Making in Exeter

**19th February:** Music & Drumming

**20th February:** Winter Spotters on the Greenway Trail

Join us for one day or all four -

Cost per session £80 for 1:4 support  
or £135 for 1:1 support.

Places are limited, so make sure to book your spot soon.

### How to Register:

email

[admin@lifeworks-uk.org](mailto:admin@lifeworks-uk.org)

or contact us at 01803 865075  
by 10<sup>th</sup> February 2025

We can't wait to see you there!



**Our dedicated team is here to ensure your experience is enriching and fulfilling. We believe in celebrating each individual's unique strengths and talents, creating a community where everyone shines brightly.**

Socialising

Art, Craft,

# FEBRUARY HALF TERM PROGRAMME

Cooking & Baking

Trips Out

Sports

Gardening

LET'S GO  
ADVENTURE

**and much, much more!!!!**

For a registration package and booking sheet contact:  
Lifeworks Community,  
Dartington, TQ9 6JD  
Tel: 01803 865075 or email [admin@lifeworks-uk.org](mailto:admin@lifeworks-uk.org)



# 1ST JOIN WHIMPLE CUBS & SCOUTS



We meet weekly during term time:  
Cubs - Mondays - 6.30 - 8.00  
Scouts - Tuesdays - 7.00 - 8.30

To find out more or join us, email:  
Cubs (age 8 - 10½) - [rosemaryhilling@gmail.com](mailto:rosemaryhilling@gmail.com)  
Scouts (age 10½ - 14) - [cat.culshaw@gmail.com](mailto:cat.culshaw@gmail.com)

in partnership with  
**Devon**  
County Council

0800 538 5458

DEVON FAMILY HUBS

**ADVICE**  
**HELP**  
**SUPPORT**  
**INFORMATION**

**0800 538 5458**

Our new Devon Family HUBS  
**Advice & Guidance Line - open Monday to Friday 10AM until 4PM**

**CALL US**  
We're here to help...

Family HUBS Advice & Guidance Line  
0800 538 5458

## Save up to £500 towards your energy bills.

No selling, just free advice to keep your home warm for you and your family.

- Award winning support
- Personalised advice to you and your home
- Income maximisation
- Financial assistance or fuel vouchers for energy debt



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The YES Advice Line is here to help you.

**Call: 03330 914 198**  
**Text: 'ADVICE WSchool'**  
**plus your postcode to 82228**



## 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

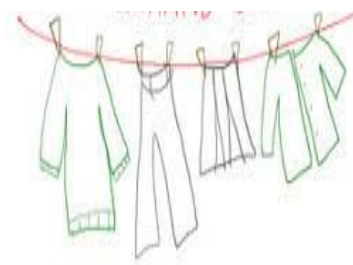
Saturday—09.30 to 12.00

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](#)

