

*"Education is the most powerful weapon we can use
to change the world".—Nelson Mandela*

Principal's Update



Sara Jacobs
Principal

Dear Parents and Carers,

As we approach the end of another busy and rewarding academic year, I'd like to take a moment to reflect on some of the wonderful events that have taken place across the College in recent days.

Next week marks the beginning of Year 10's Work Experience, a key part of our careers provision and one that plays a vital role in preparing our students for life beyond school. As many of you will know, schools are assessed on their Work Related Learning through the Gatsby Benchmarks, and I'm proud to say that Clyst Vale continues to score highly in this area. This reflects our commitment to educating the whole person and supporting our students to become confident, capable young adults. I'd like to publicly thank our Careers Team, Mrs Bennett and Miss McConnachie for the enormous amount of work that goes into organising these placements and to all the local businesses who have generously agreed to host our students. If you think your workplace could offer a placement in future, please do get in touch with our Careers Coordinator, Sally Trump trumps@clystvale.org

We're also thrilled to be launching our first ever Activities Week, a brand-new initiative that promises to end the year on a high. While Clyst Vale has always offered a rich extracurricular programme this is the first time we've been able to deliver something on this scale. Coordinating with external providers has been a learning curve and we've had to navigate a few bumps along the way. Despite some setbacks and the disappointment of a few providers withdrawing their availability, we're confident the students are on track to have an absolutely brilliant time. I'd like to thank all of my staff for finding the energy and enthusiasm for one final push as we approach the end of term, and I'm also incredibly grateful to our parents for their patience and support throughout the process.

On Wednesday we hosted our annual Sports Day and Festival on the Field. This was, as ever, a highlight of the summer term. It was wonderful to see so many students taking part and earning points for their new houses. Entertainment was provided throughout the day by a range of musical acts including the College Jazz Band, the Staff Band the Student Choir and numerous other group and individual performances. The whole College was able to enjoy a wonderful day. [Congratulations](#) to Mr Sutton's Hembury House who are the first winners of our new House Cup. Huge thanks to the PE and Performing Arts departments for all of the work they put into making this event so successful.

This week also saw the culmination of our Gifted and Talented programme, led brilliantly by Miss Brotherton. Families were invited in to celebrate the achievements of our G&T students and to see first-hand the exciting work they've been doing. My thanks to Miss Brotherton for her dedication in raising the profile of this important area. We've also been delighted to host our first ever Multi-Agency Café, thanks to the efforts of our Deputy Principal, Mrs Telford. Parents were invited in to enjoy tea and cake while meeting representatives from a range of support services, a fantastic opportunity to strengthen the links between home, school, and wider support networks. The feedback was incredibly positive and we look forward to hosting more of these next year. Finally, a quick reminder that the last day of term will be a non-uniform day with an early finish. Buses have been rescheduled accordingly.

This is our final newsletter of the year, and I'd like to take this opportunity to thank you for your continued support. It's been a privilege to serve as Principal throughout this academic year, and I remain immensely proud of our students, staff, and families. Clyst Vale is a truly special community, and I wish you all a restful and enjoyable summer break. We look forward to welcoming students back in September, in full uniform and ready to go!

Community Coffee Morning

On Tuesday 8th July, we held our first ever Community Coffee Morning for parents and carers. A wide range of different agencies attended including Exeter and Bicton College, YSMART, DIAS, the Department of Work of Pensions, Mental Health Support Teams and Balloons. All of the agencies provided valuable advice to parents and carers about the services and support that they offer. Everyone was treated to some delicious cakes and hot drinks and were spoiled by the range of cakes on offer! We will hold another coffee morning next academic year, so watch out for the date which we will share with you soon.



CVCC Amnesty Group—Fundraising for the Children of Gaza

Over the past few weeks, the Clyst Vale Amnesty Group has been actively fundraising in support of children in Gaza.

Events have included a fun-filled “Sponge the Teacher” challenge, a brave teacher leg-waxing session, and cake sale at lunchtime today.

A heartfelt thank you to everyone who donated cakes and to the teachers for being such great sports!

The total amount raised for this important cause is yet to be confirmed.



ETON X

On Thursday Year 8 MAGT students and their parents gathered to celebrate the completion of their Eton X course on creative thinking. Students involved in this project have worked extremely hard this year independently, and have been a delight to work with. Well done!

Ms Brotherton

More Able gifted and talented lead.

Welcome to the Eton X Graduation
2025
Year 8 MAGT

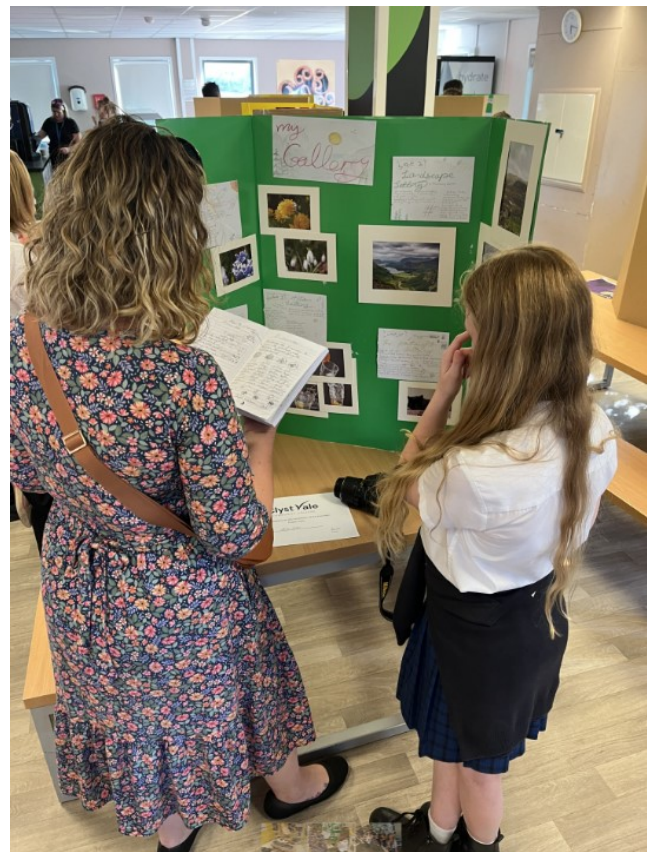


Extended Project Programme 2025.

On Monday 7th July we welcomed the parents, carers and friends for the graduation of our Year 7 More Able Gifted and Talented students who had participated in this years Extended Project Programme 2025.

A fantastic range of projects have been undertaken this year including photography, a novel, 3D printing, a jewellery business, and animations to mention a few.

All the students have worked extremely hard over the last year, and we are extremely proud of their achievements. Well Done!



Romeo and Juliet – Exeter Northcott Theatre, Thursday 10th July 2025

Year 10 students arrived to the Exeter University campus brimming with excitement and enthusiasm as they prepared to consolidate their English Literature revision with a viewing of 'Romeo and Juliet'.

Exeter Northcott Theatre was the perfect venue for students to develop their understanding of the poignant story of two lovers from warring families and the sad fate that awaits them. The play powerfully highlighted the significance of key themes and the disastrous consequences that hatred and vengeance can have in society.

During the interval, it was wonderful to see the students sharing their thoughts on the opening Acts, before eagerly settling back into their seats for the play's dramatic climax.

The students seemed to thoroughly enjoy the production and represented the school in exemplary fashion. Towards the end of the evening, the students asked intuitive questions about the acting performances, links to their GCSE studies and the nuances of this adaption, showing that they had really immersed themselves in the production.

Thank you to the English team for providing the students with such a valuable cultural experience. Well done to the Year 10 students who showed maturity and curiosity on a warm evening at the Northcott Theatre!



Sports Day & Festival on the Field 2025

Wednesday was a hot but enjoyable day for our Sports Day and Festival on the Field.

Tug-of-war was the first event with tutor groups competing against each other, followed by rounders and the usual array of track and field events. Other events throughout the day included mountain biking, live music from students and staff on the stage, a group dance session and a BBQ.

Thank you to all of the staff and Post 16 helpers for ensuring the day run smoothly and to the canteen staff for manning the BBQ in the heat and to the PTFA for their sweet and ice lolly stall.

The results are below—well done to Hembury who were the winners overall.



Year 7 Results

Tutor Group	Points
7YEHA	111
7YDST	96
7GLBA	96
7GAWO	88
7RKJO	77
7RCMO	76

Year 8 Results

Tutor Group	Points
8RMCU	140
8YCFL	104
8GTBE	103
8YCBO	99
8GRTU	63
8RER	55

Year 9 Results

Tutor Group	Points
9GLTH	123
RGWW	104
9GMNA	101
9RDFE	87
YGGA	75
YBHA	74

Year 10 Results

Tutor Group	Points
10YCHW	131
10RBAT	117
10YMBR	103
10GCMC	102
10GMTH	86
10RNS	77

Overall Results

House	Points
Hembury	739
Danes	762
Ashclyst	733



Pizza!

On Tuesday, as part of their Enrichment programme, Year 12 learned how to make tasty pizza from scratch, using a recipe mainly involving flour and yoghurt. The base was topped with a freshly made tomato sauce – (this recipe had been mastered in a previous session), along with two types of cheese and fresh basil to garnish.

Here are some of the end results, which looked, smelt and tasted fantastic. Naomi even created a cheesy stuffed crust to take her pizza to the next level!

Well done Y12 for your excellent cheffing and thank you to Mrs Padden for leading the session with your usual skill and aplomb.



Sports Day

An enormous thank you to our Year 12 students who stepped up on Wednesday to help with the huge variety of activities taking place throughout Sports Day. Despite the scorching heat, students explained, assisted, measured, recorded and generally mucked in to ensure that events ran smoothly and all bases were covered. Congratulations also to Heidi, Joshua and Ed (plus an honorary Post 16 student from current Y11), who represented Sixth Form in the whole school relay – Heidi borrowed trainers to put in her speedy leg of the race, having not expected to be running! Post 16 notched up a respectable 2nd place. You were brilliant, and your efforts were much appreciated. Well done everyone.

More Y12 Geography fieldwork!

Year 12 Geographers were out and about again at another beautiful Devon coastal location on Monday – this time they took their measuring and data-gathering equipment to Dawlish Warren, where they were greeted with beautiful blue skies and sunshine for their day's work. Thank you to Mrs Klampfer-Hall and Mr Thomas for leading the visit.

Gold Duke of Edinburgh expedition

Good luck to Y13 students Ray, Joel and Lewis and CVCC alumnus Annelise, who will spend all of next week in the Brecon Beacons (aka Bannau Brycheiniog) on their Gold DofE expedition, which spans 5 days and 4 nights. The weather is set fair – perhaps a little on the warm side – so the team is no doubt looking forward to the 'waterfall' leg of the route! Thanks to Miss Barratt and Chris Eales for leading the trip, we look forward to hearing all about your adventures when you get back on Friday.



A huge THANK YOU to everyone who has been involved with PTFA and an equally big thank you to parents who have supported us by sending in uniform, buying uniform through us and providing students with money for our recent cake, sweet and ice cream sales. What a term it's been!

Our team are all doing this around jobs and family life but the enthusiasm they have to help is clear to see. It really does take a team so from us as Co Chairs, we are very grateful.

We've learnt a lot and feeling really positive about the future. We might take a little break over the summer but have lots of ideas for the next academic year and hope we can continue to build this lovely community.

Some of the PTFA met with the student board this week to hear what they think our raised funds could support to further improve College life. We have encouraged them to talk to other students too so we hope to further foster this partnership next term and hopefully we can start supporting initiatives.

Of course none of this could have been possible without the support from the school, the Principal and in particular several staff who have been so helpful and friendly. The reception staff have been taking in donations and passing out uniform without question, the student services officer has helped with uniform and valuable information, the caretaker coped with our many asks on a very hot day earlier this week and finally the Principal's PA who has facilitated many, many things and all with patience, humour and a lovely smile.

We hope you all have a well deserved rest over the summer!

Emma and Rachel

Modern Foreign Languages

¡Hola! Salut!

COMPETITION CORNER

Create a word cloud about your future in either French or Spanish.

Give it to your MFL teacher for a chance to win.

Competition closes:

Fri 18th July at 4pm

MONTHLY QUIZ

1. What is Bastille Day called in France?
 2. What day is it celebrated?
 3. The Bastille was a fortress in Paris used as what?
 4. Who was King at the time?
 5. How can you wish a French person a happy Bastille Day?
 6. How do the French celebrate Bastille Day?
 7. Why do the French celebrate Bastille Day?
 8. When was Bastille Day declared a bank holiday?
- Email your answers to your MFL teacher to win P1s.*



Spoken languages become extinct

When there is no one to speak or record a particular language, it dies out. There are approximately 241 languages that have now become extinct.

Revision tip

It's important to develop positive associations with the target language. If people have negative stereotypes about the language/culture they are learning, it can really slow them down. Learn more about the culture and try to find things you like.



Reason to learn a language



Enrich your travel experiences. You'll get so much more out of your trip if you communicate with people beyond ordering food or buying souvenirs.

SPANISH TONGUE TWISTER

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

Me han dicho un dicho que han dicho que he dicho yo.

I've heard a saying which they say I said.

FRENCH TONGUE TWISTER

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

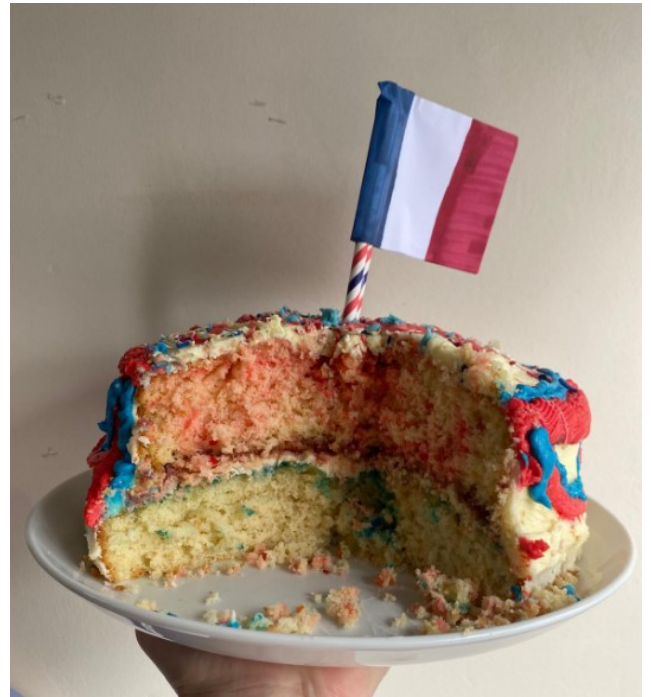
Voilà trois mois qu'il boit moins que toi.

He has been drinking less than you for three months already.

STUDENT ACHIEVEMENTS

Congratulations to a year 7 student for winning the MFL Bake-Off.

Students were encouraged to bake a cake or make some cupcakes with a European theme. She did a fantastic job and the cake tasted delicious too!



Student of the Week

<p>Anna Doe—7GAW 7GLBA Ivy Hunt—7RKJO Stanley Ford—7RCMO Mason Williams—7YDST No Name Permission—7YEHA</p>	<p>No Name Permission & Amelia Roberts—8GRTU 8GTBE Max Hookway—8RER Elijah Fofana—8RMCU Tobias Hancock—8YCBO 8YCFL</p>	<p>9GMNA 9GLTH 9RDFE Rosalind Le Breton—9RGWW Elle Hemment—9YGGA William Askew & Wiktoria Jankowska—9YBH</p>
<p>Joe Vince—10GCMC George Guerin—10GMTH Kate Dearden-Watts—10RBAT Mia Priddis—10RNS 10YMBR Luka Rice & Harry Barton—10YCHW</p>		<p>Naomi Hosea—12HP</p>



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

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

Important Online Safety Notice for Parents and Carers

We would like to make our school community aware of a concerning issue that has recently come to our attention.

A large group chat has been identified on social media platform **WhatsApp**, involving young people from multiple school settings in Devon. We have been advised that some of the content being shared within these groups includes **explicit imagery** and **harmful content**.

We are urging all parents and carers to please speak with their children about the importance of **online safety** and the **responsible use of social media**. Please encourage children to be open and share with you their Social Media usage in particular ensuring your awareness of group messaging. These conversations are vital in helping young people understand the risks and consequences of sharing or viewing inappropriate content online.

Please be assured that the **police are aware** of these groups and are currently conducting enquiries.

For guidance and support on how to talk to your child about online safety, please visit the following trusted resources:

- [ThinkUKnow](#) – Online Safety Advice
- [NSPCC](#) – Keeping Children Safe Online
- [Childnet](#) – Helping Young People Stay Safe Online

Thank you for your continued support in keeping our young people safe.

LIFEWORKS

SUMMER PROGRAMME

★ Welcome to Our Summer programme!

28-29-30-31 July

4-5-6-7 Aug

11-12-13-14 Aug

18-19-20-21 Aug

10am to 4pm

Ages 11-30

Cost per session

£80 1:4 support

£135 1:1 support

Detailed daily programme to follow

The poster features a central title "SUMMER PROGRAMME" in large, white, outlined letters. Surrounding the title are various illustrations and speech bubbles representing different activities: "Cooking & Baking" (a person at a stove), "Socialising" (a group of people), "Art, Craft," (a person at a desk), "Trips Out" (a bus), "LET'S GO ADVENTURE" (a signpost), "Music/Sound Therapy" (a drum), "Lego Robot Wars" (a robot), "Gardening" (a person with a shovel), and "Sports" (a pile of sports equipment). A starburst in the bottom right corner says "and much, much more!!!!". In the top right corner, there is a circular logo with a stylized infinity symbol.

For a registration package and booking sheet contact:
Day Services,
Dartington, TQ9 6JD
Tel: 01803 865075 or email admin@lifeworks-uk.org

Attendance, Absence and Requests for Absence

Reporting an Absence

If your child is absent due to illness or a medical appointment, please report their absence, along with the reason, via the My Child at School **desktop browser**. Alternatively, you can complete the Absence Notification Form using the link below or email :

studentabsence@clystvale.org.

[Absence Notification Form](#)

If your child is in Year 12 or 13, please report their absence to voyseys@clystvale.org.

Absences must be reported daily for the duration of your child's absence.

If you know in advance that your child will be away from school, please inform us at your earliest convenience.

Additionally, kindly notify us of any lateness or scheduled appointments.

The school actively follows up on unexplained absences. If your child is absent for an unauthorised event, the details may be referred to the Educational Welfare Service which could result in a fixed penalty notice. Please be aware that the College may request supporting documentation for any absence.

Typically, work is not provided for students during their absence, as our priority is to ensure they recover fully and return to school as soon as possible.

Lateness

Attendance is formally recorded twice daily: in the morning at 8:50am and in the afternoon at 2:10pm. It is essential that students are prepared to begin their tutor period promptly at 8:50am and are punctual for each subsequent lesson.

As required by law, registers must be taken in a timely manner, and there are consequences for lateness. Students who arrive after registration closes will be marked as late, and those arriving after 9:25am will receive an unauthorised mark.

If a student is absent without prior notification, we will inform parents/carers as soon as possible if your child has not arrived at school in the morning. To ensure prompt communication, parents/carers are strongly encouraged to keep their contact details up-to-date via the Bromcom App.

Attendance is recorded during every lesson to monitor internal truancy and comply with safeguarding regulations. Students are required to sign in upon late arrival or sign out if leaving during school hours. Parents/carers must notify the school and provide a valid reason for their child's departure.

No student may leave College without authorisation from staff under any circumstances.

Students feeling unwell must report to reception and are not permitted to contact parents directly through phone calls, texts, or messaging apps to request collection.

Medical Appointments

We encourage students to maximise their attendance, as research highlights a strong correlation between regular attendance and examination success.

Many medical appointments can often be scheduled in a way that allows students to attend school both before and after their appointments. By doing so, they can minimise missed learning opportunities while maintaining high attendance levels.

We kindly ask parents/carers to ensure that their child attends morning registration, even if a medical appointment is scheduled later in the morning. Similarly, where possible, afternoon appointments should be arranged after **Period 4**, during lunchtime. We also encourage students to return to school following lunchtime appointments, if feasible.

Thank you for your continued support in helping your child achieve maximum attendance and academic success.

Supporting Learning at Home

BROMCOM

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](#)



Please do not address emails, or any replies to Bromcom messages, to bromcom@clystvale.org.

It is an unmonitored mailbox and will not go to anyone. Parents/carers need to reply to Bromcom 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. There is also a contact form and other details below:

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

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.



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.



Summer Term Dates

Wednesday 23rd April to Friday 18th July 2025 (half term w/c Monday 26th May)



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



PTFA NEWS

USED UNIFORM DONATIONS WANTED



Pre-Loved Uniform Shop Coming Soon!

An easy, budget friendly way to buy school uniform.

We're collecting uniform in good condition that your child no longer needs.

**Drop off donations at
Reception/Student Services or
the donation point**



THANK YOU

SUMMER 2025

Activate Camps

at Clyst Vale School

Sports & Games

Challenges

Creative Arts

Free Healthy Lunch

Fun Activities



Activate Camps are running our multi activity camp near you this holiday!

The Holiday Activity and Food (HAF) programme provides local authority funding for funded holiday places at our multi activity camp, including a healthy lunch, for eligible benefits related free school meal (FSM) children. The camp is open to both paid for places and HAF funded places. **Funded places are limited.**

Venue

Station Road, Broadclyst
EX5 3AJ

Funded Places

Fully funded for all
benefit related
free school meal
eligible children

Cost

£30 per day
including lunch

Times

10am-2pm

Dates

29 Jul-1 Aug
5-8 Aug
12-15 Aug

Learn More



All camp places must be booked in advance



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKDAYS
	1 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.00-11.00	2 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	3 Parental Minds Support Hub BOOKING 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6
7 BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00 Family Wellbeing Hub Exeter Library/ 13.00-16.00	8 Parental Minds Support Hub Exeter Exeter Library/ 10.00 - 12.00	9 Parental Minds Support Hub Sidmouth Hub All Saints Church / 10.30-12.30	10 BOOKABLE 1:1 Online Hub Teams / 13.30-14.30 Evening Hub, Honiton Kings Court/ 19.00-21.00	Telephone and WhatsApp support available daily 10 - 6
14 Parental Minds Workshop Expressing Emotions Zoom / 19.15 - 20.45	15 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.00-11.00	16 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	17 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6
21 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	22 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.00-11.00	23 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	24 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6
28 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	29 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.00-11.00	30 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	31 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6

Looking for support? Telephone and WhatsApp support calls are bookable evenings and weekends.

Exeter Library, Room 4 , Castle St, Exeter, EX4 3PQ
All Saints Church, All Saints Rd, Sidmouth, EX10 8ES
1-2 Kings Court, New Street, Honiton, EX14 1HG

For all **School Holiday** hubs, or for a virtual **1:1 session**
please book with us via WhatsApp
07907 614 516



All events are shared via Parental Minds, and Parental Minds Support social media pages

Online Peer Support Face to Face Peer Support Online Workshop School Holiday Bank Holiday

DiAS (Devon Information Advice and Support) provides information, advice and support about special educational needs and disability (SEND). We support parents, carers and young people with SEND. The service is free, confidential and impartial. You can book onto events using the link below:

[Buy tickets – DiAS \(Devon Information Advice and Support\)](#)



EXPRESSING EMOTIONS

Skills Workshop with Parental Minds

An interactive online workshop exploring how we experience and express our emotions. We'll delve into what supports healthy emotional development, and how to respond in ways that build trust and resilience. Discover practical tools, and thoughtful strategies to better understand and support the emotional lives of our loved ones and ourselves.

Parental Minds Community Interest Company:
Developed through families' experiences, with
input from professionals & researchers.



PARENTAL
MINDS C.I.C



PARENTAL MINDS
SUPPORT

Online, Zoom

Monday 14th July 2025
7.15pm - 8.45pm

Sign up here:

bit.ly/PMSWEmotionsJuly25





Silverton Twinning's Treasure Hunt

+ BBQ Bash! 🔍 🔥

Saturday 12 July 2025

🕒 4PM - Treasure Hunt kicks off at the *Book Swap (Little Rec)*

💰 £2 per team - cash only, brains included!

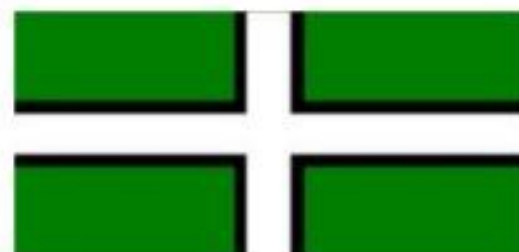
🍔 6PM - BBQ & Boules bonanza!

🔪 £5 pp (cash) - *Bring your own booze, seat, and picnic vibes*

🎁 Raffle + juicy prizes!

📱 RSVP for BBQ - 07976 539 061 (*text/call/WhatsApp*)

Everyone's welcome - come for the fun, stay
for the feast!





Rugby community

YR9

U14'S - 25/26

COACH



BEN MITCHELL

COACH



ANDY MACLEOD

MANAGER



ABI WHITE
07484610588



**PRE SEASON
STARTS 6TH JULY
2025 @ 9AM**

**TRAINING - WEDNESDAYS @7PM & SUNDAYS @9AM
OIL MILL LANE, CLYST ST MARY, EXETER EX5 1AF
NEW PLAYERS MEETING 16TH JULY 2025 @6:30PM
ALL PLAYERS WELCOME!**

WWW.EXETERATHLETICRFC.CO.UK

EXETER SARACENS RFC GIRLS SECTION



Recruitment 2025-2026

Sarries Summer Sessions

6:30 PM – 8:00 PM

Starting: Thursday May 15th

Every Thursday over the summer

(RFU Summer activity guideline compliant)

All Welcome – U12s to U18s (Current Yr 6- Yr 12)

**Never a better time to start rugby
It's a Women's Rugby World Cup Year!
Come join us & give rugby a try**



#UTS #AsOne

Just Drop In or contact us on:

Email: exetersaracensrhc@outlook.com

Location: Exhibition Fields, Summer Lane, EX4 8NT



August Timetable

All sessions delivered live online via zoom £24 each
or **FREE** with School Membership - 90 minutes long

Book online at facefamilyadvice.co.uk Recordings available for 48 hours

Anxiety Explained	4th 10am
Cannabis & Ketamine Awareness	4th 7pm
What is ACT?	5th 10am
Introduction to OCD	5th 7pm
Raising Self Esteem	11th 10am
Decreasing Depression	11th 7pm
Supporting Healthy Sleep	12th 10am
Understanding the Teenage Brain	12th 7pm
Improving Family Communication	18th 10am
Autism: Improving Communication	18th 7pm
Understanding Addictive Behaviour	19th 10am
Supporting a Child with ADHD	19th 7pm
Understanding Anger	25th 10am
Supporting Healthy Screen Use	25th 7pm
Facing Defiance	26th 10am