

*"You cannot get through a single day without having an impact on the world around you" – Jane Goodall*

## Principal's Update



**Sara Jacobs**  
Principal

Dear Parents and Carers,

This week, we had the pleasure of welcoming prospective families to what was probably our most well attended Open Evening to date. The impressive turnout is a reflection of the continued demand for places at the College, which led us to increase our PAN (Published Admission Number) last year. Visitors spoke very positively about the breadth of our curriculum and the knowledge and warmth of our staff. I was especially proud of our Head Students, Kate, Harley and Daisy, who truly stole the show with their welcoming address and set a wonderful tone for the evening.

I would also like to extend my thanks to the PTFA for providing refreshments throughout the event. Their ongoing support is invaluable to our community, not just at events like this, but all year round. I hope families took the opportunity to say hello and learn more about the important work the PTFA does to help create such a welcoming atmosphere and support so many aspects of College life. If you would like to find out more about how you can support our PTFA please email Chris Faulkner at [Faulknerc@clystvale.org](mailto:Faulknerc@clystvale.org)

It has also been noticeable this term how well students are respecting our rule of no eating on the field or tennis courts. This positive behaviour helps keep these teaching spaces clean and tidy for everyone. Staff and visitors have commented on the difference this makes, and I would ask parents and carers to pass on our thanks to students for supporting us in maintaining high standards across the College. I would also like to take a moment to praise students for the smart way they are wearing their uniform, although please can I take this moment to also remind parents and carers that nose studs are not part of our College uniform and therefore should not be worn to school. We would appreciate your support in helping us uphold our expectations.

This week, I and other members of the Senior Leadership Team have had the opportunity to visit a range of lessons. It has been a pleasure to see just how well students are engaging with their learning, with high levels of participation and focus evident across the College. These visits have been a very positive experience and reflect the commitment of both students and staff to making the most of every learning opportunity.

Finally, a polite reminder to parents and carers: please do not drive into the College car park at the start or end of the day. This is to ensure the safety of students and staff, as the car park is particularly busy at these times. In addition, please be considerate to our neighbours by not parking over driveways or blocking access to properties near the College. Your cooperation is greatly appreciated and helps us keep the site and surrounding area safe and accessible for everyone.

Thank you for your continued support – have a good weekend.

## Mental Health Ambassadors

On Friday we had an amazing morning training this years new Mental Health Ambassadors. This was run by the Mental Health Support team, who work with groups and individuals in the school to promote well-being.

The students spoke about what they liked about the school, how to promote positive mental health in class and around the school site. The students have come up with some brilliant ideas of how we can promote wellbeing and peer support students in the school. Our first steps will be working on posters around the school and assemblies for students.

The group will be talking to students about what they think we can do to help our student body so watch this space!

Well done to all the year 9 and 10 students involved!



We are really excited that, next week, a group of Y13 students will be participating in the final of Imperial College's national 'Science in Medicine School Teams Prize'.

This competition challenges teams to choose one of the 5 available categories and "design an ePoster, which illustrates an idea for combining science and technology with health research to improve lives".

We had fabulous participation in this competition across the year-group, with 2 teams entering their posters.

One team has been shortlisted for the final on Wednesday next week, having entered the 'British Heart Foundation Cardiovascular Prize' contest. The remit here was centred around diet and nutrition as a science in the prevention of cardiovascular disease. Students were briefed as follows "Posters should outline the scientific foundations for a general or specific dietary plan for actively promoting cardiovascular health and provide strategies for evaluation, dissemination and public adoption."

The poster is shown below, which is incredibly professional in design and full of fascinating detail. We wish Eliz, Ella, Heidi, Lucy, Millie and Nina lots of luck when they go head-to-head with around 10 schools on Wednesday afternoon, presenting their poster idea in the nail-biting live, online final. Prizes up for grabs include: First Prize - £3000, Second Prize - £2000 and Third Prize - £1000 – for supporting science-related activities in the winning schools.

Finally, of course, a big shout out to Mrs Shillingford, for spearheading the competition here in school and providing the help, mentoring and support required to enter this excellent piece of work. Good luck, team! We are already very proud of you all.



## Cardiovascular Disease (CVD)

Clyst Vale  
COMMUNITY COLLEGE

### Factors contributing to development of CVD:

- High LDL prevents (polyunsaturated)
  - damages blood vessels and promotes plaque buildup
- High Cholesterol (hypercholesterolaemia)
  - leads to plaque formation
  - increases strain on the heart
- Lack of Physical Activity
  - causes physiological changes that weaken the heart and blood vessels



## Statistics:

- Heart and circulatory diseases cause nearly 1 in 3 deaths globally; an estimated 20 million deaths in 2021 - an average of 65,000 people each day (one death every 1.5 seconds).
- Estimated that heart failure affects at least 64 million worldwide.



### Risk Factors of CVD:

- **Ayurvedic**
  - CVD puts extra strain on the heart (existing in organs...)
  - direct blood flow to the heart (muscle...)
- **Heart attacks**
  - direct blood flow to the heart (muscle...)
- **CVD causes sudden blockages of blood flow to the heart muscle**
  - where the heart struggles to pump blood effectively
- **Stroke**
  - causes a lack of blood supply to the brain

### Lifestyle Changes: Reducing Risk of CVD

### Maintaining a Healthy Diet:

- A heart healthy diet lowers LDL (low density) lipoprotein cholesterol in the blood which if high, is a major risk factor for the development of atherosclerosis (the building of fats and cholesterol in and on the artery walls) which can lead to CHD.
- A heart healthy diet also promotes the control of blood pressure.

### Committing to Regular Physical Activity

- **Helps lower blood pressure** – steady exercise (walking, cycling, or swimming) can decrease both systolic and diastolic blood pressure.
- **Has an anti-inflammatory effect** – reducing levels of inflammatory markers in the body
- **Helps protect the blood vessels and lowers the risk of cardiovascular event** – improves endothelial function.
- **Promotes the release of nitric oxide**, a substance that helps dilate blood vessels, improving blood flow and **reducing the risk of blood clots and atherosclerosis**.

### Quitting Smoking

- Improves blood pressure
- Decreases blood clotting risk
- Reduces inflammation
- Improves endothelial function

### Recommended Diets



### The Mediterranean Diet



### The DASH Diet:

- 
- Leafy green vegetables
  - Fruits
  - Whole grains
  - Protein
  - Fish
  - Low-fat dairy
  - Beans
  - Nuts

**eat2beat**

An App to Prevent Cardiovascular Disease

## Our Solution: Cardiovascular Disease App

#### Our Solution:

[illegible]

### AI Integration:

- [illegible]

### How will it work?

- The user is going to take a picture of their food.
- This image will be sent back to the model.
- The model will evaluate against the parameters and the trained data and send a prediction to the app.
- This prediction will contain if whether the food is nutritional or not. If the food is not nutritional, it will explain why and how.

### Sociology: Social and Cultural Factors

**Factor 3: Academic Pressure and Secondary Lifestyles**  
During A-levels young girls are under pressure to

- [illegible]

### Impact on Heart Health

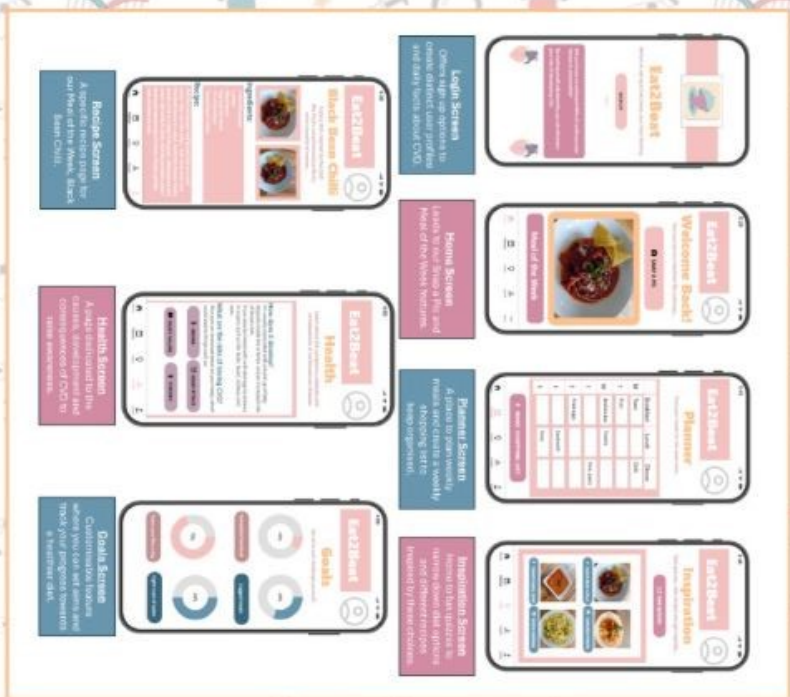
Both still have been linked to decreased risk of death from CHD. Congenital Heart Disease (CHD) and CVD.

We know this because of research into:

- Each blood component
- Psychological health
- Physiological pathways such as inflammation, oxidative stress, hypertension, and atherosclerosis and endothelial dysfunction.

### Things to Avoid:

- Food waste
- High fat dairy products
- Artificially added sweeteners in products
- Cheese consumption



### Effects of our App on Social Structures

- Using an Age-Independent Test Comparison** *—* We used age as a potential confounder in our analysis, but we did not age as a primary outcome. We used age as a covariate in our multivariate analysis, but we did not use age as a primary outcome. We used age as a covariate in our multivariate analysis, but we did not use age as a primary outcome.

## Meet the Team:

**Bob:** The all-inclusive hotel I visited before the trip. As we were the last group of students to finish my school south from St. George, we're going to go out with a bang and make our trip home.

**Ellie:** I'm a teacher and I thought... first, employees on task and helped a great group in order to keep us organized. Also, we have a lot of research projects linked to different units, presentation materials and this a recognition for us.

**Ella:** Sociologists and local architect... Came up with our idea for teacher and how exposure the local project would have.

**Heidi:** First and Douglas... I used my creative skills to design the artwork and aesthetics of our project, as well as creating the sign for Edgemoor.

**Larry:** An all-developer and Strategical... Combined a lot for aesthetics, numbers and problem solving to create the framework behind our app and researched the statistics behind CO<sub>2</sub>.

**Malia:** Cook and Researcher... Considerations of *in-situ* research, uses the values of professional studies and the flexible factors behind it.

**Allie:** Also considered what we saw earlier than to create a new structure and delivered request for an architect.

**Nina:** Also Geopara and Researcher... At the top of the name and found where our app as well as a key researcher into the issues surrounding cardiovascular disease, also worked with her team to create and strengthen our infrastructure.

## PTFA UPDATE

As a PTFA, we welcome the Year 7 families. It has been lovely to meet many of you at our pre-loved uniform pop up shops in July and over the holidays.

Sales in the uniform shop have been good and we really hope it's helped many of you source very affordable uniform. Thanks to some donations at the beginning of term, we've been able to help more parents. Things are literally flying off the shelf as soon as they are put on. One of our uniform volunteers, Niki, has not only juggled settling her second child into year 7 this year, and existing work commitments, but also managed to fit in processing many new donations and packaging orders. Huge thanks to Niki!

The donation point is in reception so please send in any good condition, clean uniform as and when you no longer need it as it really does help others and enable us to keep the shop going.

Now we have started to get some initial funds raised, we can start to plan some other local activities and are looking at some bids etc that we could apply for. Being part of PTFA is very rewarding. It's been lovely to talk to parents and students at events and we've built a lovely, friendly and respectful group of volunteers. Please consider if you could offer some time to become part of PTFA. How involved you are is up to you. Some come to evening meetings and offer ideas and help us plan, others attend events on the day and support that way, others lend their skills such as designing leaflets, help us with a bid application or bake cakes! Some do all of these things because they enjoy the social aspect and reward! Niki comes in during the school day to help us process uniform orders (she would welcome some help!). We share this out and work around commitments but it would really be great to welcome a few more members to help us!

If you can help, or want to have a conversation, please contact [clystvaleptfa@gmail.com](mailto:clystvaleptfa@gmail.com)

If you've not signed up to our PTFA app where you can ask questions of other parents in a supportive environment and access our shop please join!

<https://classlist.page.link/YrQnejExMBT3b3uEA>

Thank you from the PTFA.

## Student of the Week

7GABR Phoebe Winsor 7GDH Nell Fermor 7RAT Theo Hole 7RJK Lola-Mai Wakeham YMRO Logan Gwyther 7YADA Penny Matthews 7YRKE William Colbourne-Laight	8GAWO No permission given 8GLBA No permission given 8RKJO Oscar Richards 8RCMO No permission given 8YDST Oscar Nute 8YIM Jake Bennett	9GRTU 9GTBE Cora Lewis 9RER Chris Toze 9RACU 9YCBO 9YCFL Cody Disley
10GMNA 10GJIH Bella Bidder 10RDFE 10RGWW Aiden Smith 10YGGA Ewan Darbey 10YBHA Bea Marshall	11GCMC Harley Ewings 11GSSF Bradley Crew 11RBAT Kate Dearden-Watts 11RNS Sam Hop kins 11YMBR Ellen Somerwill and Lottie Williams 11YCHW Immy Woollam and Zoe Troop	Y13 Martha Glen



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

Lisa Martin

Paul Sutton

Ann Hopkins

Allen Bailey

Louise Telford

Claire Haynes

Lisa Jones

Principal

Deputy Principal (Curriculum)

Deputy Principal (Pastoral) & DSL

College Manager

Assistant Principal

SENDCo & Assistant Principal

Head of Post 16

Early Help & DDSL

[Jacobss@clystvale.org](mailto:Jacobss@clystvale.org)

[martinl@clystvale.org](mailto:martinl@clystvale.org)

[suttonp@clystvale.org](mailto:suttonp@clystvale.org)

[hopkinsa@clystvale.org](mailto:hopkinsa@clystvale.org)

[baileya@clystvale.org](mailto:baileya@clystvale.org)

[telfordl@clystvale.org](mailto:telfordl@clystvale.org)

[haynesc@clystvale.org](mailto:haynesc@clystvale.org)

[jonesl1@clystvale.org](mailto: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

## Cake Sale

**Where:** HU7

**When:** Monday 22<sup>nd</sup> September @breaktime

**Why:** Raising money for the RNLI (Lifeboats).  
Harry's favourite charity.

**Cash only**

### Who was Harry Patch?

Last surviving WW1 soldier. Harry died in 2009 at the age of 111. On the 22<sup>nd</sup> September 1917, an explosion killed three of his best friends and seriously injured Harry.

He was a pacifist (campaigns against war) and promoter of peace and friendship between countries.

He wrote a book called 'The Last Fighting Tommy'.

He was a volunteer Firefighter during the Second World War.

We have a garden at Clyst Vale to remember him and promote peace.

## Harry Patch Day

Monday 22<sup>nd</sup> September 2025



# Lifeboats

# 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](mailto:studentabsence@clystvale.org).

### [Absence Notification Form](#)

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



## Autumn Term Dates

Thursday 4th September to Friday 19th December 2025 (half term w/c Monday 27th October)



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



# LUNCH CLUBS Autumn Term 2025

Day	Club	Time	Where	Changing Room	Teacher
Monday	Badminton – Years 7/8/9	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Monday	GCSE Dance	Lunchtime	Dance Studio		Miss Hall
Monday	Homework Club	Lunchtime	IT2		Supervisor
Monday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Monday Week A	GCSE French Club	13:40-14:00	MF2		Mrs Theeten & Ms McConnachie
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	Dungeons & Dragons Club Week B	Lunchtime	IT3		Mr Bailey
Tuesday	Homework Club	Lunchtime	IT2		Supervisor
Tuesday	Choir	Lunchtime	PA2		Mr Hawkins
Tuesday	Speedcubing	Lunchtime	HU2		Mrs Harrison
Tuesday	BTEC Ent Course work	Lunchtime	IT5		Miss Jones
Tuesday	Dance 7/8/9	Lunchtime	Studio	Humanities	Miss Hall
Tuesday	Basketball Year 9/10/11	Lunchtime	Sports Hall	Sports Hall	Mr Ingham-Hill
Tuesday	Netball Year 10/11	Lunchtime	Courts	Humanities	Mrs Elliot, Mrs Broomfield
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	Games Club- Year 7-9	Lunchtime	HU5		Ms Jenkins
Tuesday	Ten Tors	Lunchtime	IT4		Miss Barratt
Tuesday	BTEC Enterprise Coursework Catchup	Lunchtime	IT5		Ms Jones & Ms Prance
Wednesday	Badminton – Year 10/11/13	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Wednesday	Weights-Year 10/11/13	Lunchtime	Studio	-	Mr Ingham-Hill
Wednesday	Girls Football Year 7-11	Lunchtime	Field	Humanities	Mr Stapleton
Wednesday	Rock Club- Music	Lunchtime	PA3		Mr Kidd
Wednesday	Film Club	Lunchtime	HU6		Miss Matthews
Wednesday	Homework Club	Lunchtime	IT2		Supervisor
Wednesday	GCSE Photography	Lunchtime	IT4		Mrs Wakefield
Thursday	Homework Club	Lunchtime	IT2		Supervisor
Thursday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Thursday	Geographers Club	Lunchtime	HU8		Mr Thomas
Thursday Week A	Food GCSE- Practical	Lunchtime	DT3		Miss Crook
Thursday	History Club- All Years	Lunchtime	HU7		Miss Nash
Thursday Week B	Science Club- Year 7&8 Week B	Lunchtime	SC9		Miss Tuthill and Miss Hadley
Thursday After XTerm	Games Club- All Years	Lunchtime	HU5		Miss Jenkins
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	Homework Club	Lunchtime	IT2		Supervisor
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
Friday Week B	LGBTQ+	Lunchtime	MF1		Ms McConnachie

## After School Clubs Autumn Term 2025

Day	Club	Time	Where	Changing Room	Teacher
Monday	Homework Club	3:30-4:45PM	IT2		Supervisor
Monday	GCSE Dance Year 11	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 Elliott, 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 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



# **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**

# Girls' Rugby at Exeter Athletic



## Join Exeter's Newest and Fastest Growing Girls' Rugby Section!

- Welcoming girls in Year 7 and above to join our new section.
- Supportive junior teams for younger players.
- No prior experience necessary.
- Qualified and dedicated coaching team.
- Clear player development pathways.
- Training Thursday evenings.
- Fixture or training Sundays.
- Clubhouse open to everyone.
- Club shop with new and pre-loved kit.

Join us in shaping  
our future together!



For more information, email us,  
use the QR or link below.

[girlsrugby@exeterathleticrfc.co.uk](mailto:girlsrugby@exeterathleticrfc.co.uk)

Bravelands, Oil Mill Lane,  
Clyst St Mary, Exeter, EX5 1AF

/// ledge.typically.proudest

Follow us on social media:



Click Here >>



# Discover Diagnostics

## Careers in Radiography & Healthcare Science

South West Imaging Training Academy  
Saturday 20th September 2025

Join us at a careers day and be inspired.

From patient-facing roles to cutting-edge technology, explore the many diagnostic professions which make a difference, specifically radiography, healthcare sciences and pathology.

**Who:** Age 14+ students, parents, teachers, and careers leads.

**Where:** 14 William Prance Rd, Plymouth, PL6 5WR.

**How:** The event is **free** but you must pre-book a ticket for each person attending, to secure your places.

**Book now:** Scan the QR code for either the morning or afternoon session below, or visit:

[peninsuladiagnostics.nhs.uk/  
discover-diagnostics](https://peninsuladiagnostics.nhs.uk/discover-diagnostics)



Morning (9-12)  
tickets



Afternoon (1-4)  
tickets



# Broadclyst Youth Club

YMCA EXETER

Thursdays @ Broadclyst Sports Pavilion

4.30pm- 6.00pm for school years 6-8

6:30pm - 8:00pm for School Years 9-13

Holly Close, Broadclyst, Exeter EX5 3JB

£1 entry

Say hi!



@ymcaexeteryouthworkers



youthservice@ymcaexeter.org.uk



# Westclyst Youth Club

YMCA EXETER

Tuesdays @ Westclyst Primary school

6.00pm- 7.30pm- School years 6-11

Maddick Road, Westclyst, Exeter, EX1 3YG

£1 entry

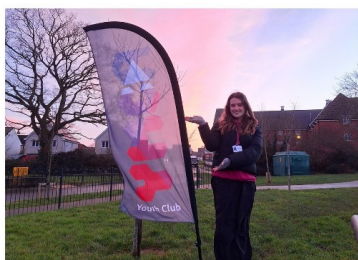
Say hi!



@ymcaexeteryouthworkers



youthservice@ymcaexeter.org.uk





# EXETER SARACENS RFC

## EXETER'S HOME FOR GIRL'S RUGBY!



**Recruiting Now! - Sarries Girl's U12's - U14's - U16's**

**School Years 7 - 11 (Ages 11-15)**

Do you want to get fit, build confidence, make lifelong friends,  
and be part of an amazing team?

Exeter Saracens RFC, with its long-established and thriving girls' section,  
is on the lookout for new players to join their successful girl's teams!  
All experience levels welcome - Whether you're a seasoned player looking for a  
new challenge or completely new to rugby, we'd love to have you.

**Learn - Live - Love - Rugby!**



**Come Join Us - Try It Out!**

An Inclusive Club - Friendly Atmosphere - Great Social Events - Special Friendships  
Memories For A Lifetime. - Rugby For All.

One Big Sarries Family



**For more information - Contact Us**  
[exetersaracensrhc@outlook.com](mailto:exetersaracensrhc@outlook.com)

**#UTS**



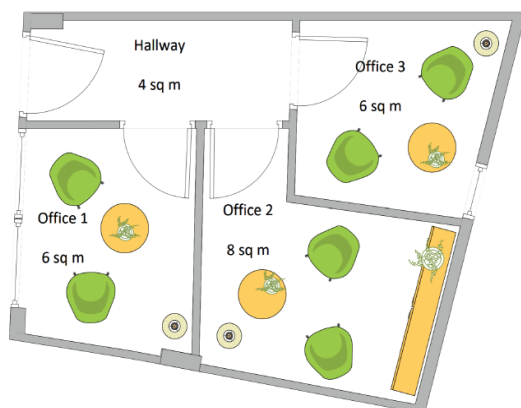
**PARENTAL  
MINDS C.I.C**

# COMMUNITY HUB PARENTAL MINDS

Whether you're a counsellor looking for a calm, private space, or simply need a quiet room for meetings, support groups or reflective work, our rooms are available to hire. Located within secure, gated premises, each room is warm, welcoming and thoughtfully set up, with tea and coffee making facilities available to help create a relaxed atmosphere.

Get in touch to check availability or arrange a viewing.

- 3 Counseling Rooms £9.50/hr (available from September)
- Group Room £11.50/hr (available now)
- Minimum 1hr booking
- Coffee & tea making facilities available



\*We will be allowing 15 minute either side of block booking

Inspiring self-care  
whilst supporting the  
mental wellbeing  
of others



**INTERESTED?  
GET IN TOUCH**

07907 614 516

hello@parentalminds.org.uk

www.parentalminds.org.uk



Parental Minds Community Interest Company

Developed through families' experiences, with input from professionals & researchers





CRANBROOK  
COUNTRY PARK  
JUNIOR PARKRUN!



# CRANBROOK COUNTRY PARK JUNIOR PARKRUN

JOIN US EACH SUNDAY THROUGHOUT THE YEAR FOR A  
FUN TIMED WALK, RUN OR JOG FOR CHILDREN AGED  
4-14 YRS OLD.



## When



Sundays @08:45

## Where



Cranbrook Country Park  
Tillhouse Road

Find out more and register at: <https://www.parkrun.org.uk/cranbrookcountrypark-juniors/>