



Issue 59 26th January 2018

Academic Year 2017/18 Term Dates:

Half Term -12th-16th February

Inset Day - Monday 19th February
(return Tuesday 20th February)

Easter Holidays - 30th March-13th April
(return Monday 16th April)

Upcoming Events

Year 11 Exam Results Evening - 30th January

Mufti Day—9th February

ARD Evening - 26th March

ARD Day - 27th March

Foodbank Collection

Students from Tregonhawke and Tregantle Houses have recently contributed items for the local Foodbank to help feed local people in crisis. A massive 106.5kg was collected which roughly equates to a week's worth of food for up to 12 people.



A big well done to TKDRE for being the most supportive tutor group and bringing in the most items.

Ten Tors Training

A big well done to the students and helpers who were out training on Dartmoor for Ten Tors on Sunday 7th January.

The bitter winds brought temperatures down to well below zero but the walkers successfully completed the altered route around the Okehampton military ring road.



Headstart Conference – London

On the 11th January, I went up to London to a national conference at the Amnesty International UK Headquarters. This conference was for a programme called HeadStart Kernow. Headstart is a partnership programme to develop resilience and mental well-being in young people. HeadStart focuses on young people aged 10 – 16 as evidence clearly demonstrates that half of diagnosed lifetime mental ill-health cases begin before the age of 14, and 75% before the age of 18.

I am the Chair of the HeadStart Kernow Young People's Board and have been involved for between 4 and 5 years now and have had the opportunity to attend multiple national conferences, of which I spoke at. I have been a part of the interview process for new recruits and I have done so much more. Back in 2016, HeadStart applied for the Big Lottery Fund to award us with £7 million to get the project going. Thanks to the Big Lottery we walked away with £8.9 million, far more than we had hoped for. I had the opportunity to talk with the CEO and other members of Big Lottery in our interview for the funding and I also wrote part of the bid. I would like to thank them for their generosity; we wouldn't be where we are now without this funding.

At the conference, we started our day at 09:30 with a welcome speech from Dr Jessica Deighton, Associate Professor in Child Mental Health and Wellbeing, and Dawn Austwick, the CEO of the Big Lottery Fund. Dawn Austwick said "...nothing without us, about us, is for us" - a powerful message for the young people at the conference.

We then had the pleasure of meeting Professor Michael Ungar, the Director of the Resilience Research Centre at Dalhousie University, Canada. He spoke about the nine things all young people need which are structure, consequences, parent-child connections, lots of strong relationships, a powerful identity, a sense of control, a sense of belonging, right and responsibilities, safety and support. He also gave what he called "A Practical Definition of Resilience" which he said was "in the context of exposure to

significant adversity; resilience is the capacity of individuals and groups to navigate their way to the physiological, social, cultural and physical resources that sustain their wellbeing and their capacity to negotiate for these resources to be provided in culturally meaningful ways".

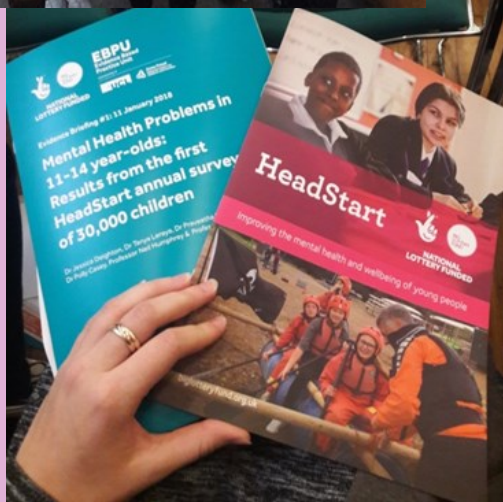
Then, at 11:20, Her Royal Highness the Duchess of Cambridge arrived and was escorted to a room with all the young people. I had the pleasure of having an in-depth conversation with her about the visible work that HeadStart has already done and where we see it progressing to in the future. She seemed really intrigued about what HeadStart is and what we plan to do.



HRH then proceeded to stay for the next talks by Richard Head – the Programme Lead for HeadStart Kernow, Dr Simon Munk, the Programme Lead for HeadStart Newham and Professor Neil Humphrey, Professor of Psychology and Education. Some of the young people from different HeadStart areas also spoke. She then left, as I expect she was tired out from all that listening. At this point, all of the HeadStart Kernow representatives left so that we could catch our train home.

HeadStart Conference Continued

It was an amazing experience to be in a room with HRH Kate Middleton and numerous intellectuals and Professors, and for HeadStart Kernow too as we got to talk with these people over lunch and make ourselves known to them.



I cannot stress enough how fantastic HeadStart is as a programme and all I can say is that if you ever need it, the project will be there to help and support you no matter what the circumstances.

@AFNCCF @EBPUnit @Big LotteryFund
@hskyouth #HeadStartLearning
#headstartkernow
www.biglotteryfund.org.uk
www.cornwall.gov.uk/headstart

Amy Pearton

Careers Exhibition

TCC would like to put on a Careers Exhibition on Wednesday 28th March between 9.10am and 1.30pm. This will benefit all students by giving them the chance to find out more about the career opportunities available to them in the future.

If you work for a Company or have your own business, and could set up a display in the College's main hall and talk to young people, your support would be hugely appreciated and it would offer a fantastic insight for our students.

Please e-mail Mrs Bray, our Careers Coordinator, at **bray.d@torpoint.cornwall.sch.uk** if you are able to help. Thank you.

Year 11 Mock Results Evening - Tuesday 30th January 2018 - 6.00-7.30pm

The Mock Results Evening will be an opportunity for students to collect their recent mock examination results as well as gain valuable tips and Information on what they should be doing next to ensure they are fully prepared for the summer examinations.

The schedule for the evening will be:

6.00-6.05 Welcome address and overview of pastoral support offered to students

6.05- 6.45 Revision, managing time, managing stress and some practical generic examples of revision strategies. Talks from core subject leads on revision in English, Maths and Science

6.45 -7.30 Mock Results collection- parents will be able to speak with teachers about any concerns they may have regarding the mock results.

We look forward to seeing you on 30th January.

Science Department Plea

Please could you save all your 2 litre clear plastic bottles for a Science Department project that will take place in the Summer Term. We are going to build a plastic bottle greenhouse during Activities Week in July and need as many bottles as possible.

Bottles can be sent in with your child and given to the technicians in the Science Prep Room or dropped off in the Library.

Thank you in advance.

The Science Department.



STUDY CAFE

YEAR 10 & 11

SIXTH FORM COMMON ROOM

EVERY WEDNESDAY

3.30PM–5.30PM

- Free Tea and Coffee
- Computer Access
- Quiet Place to Work
- Space for Group Work
- Stamp for Your Intervention Passport.



Year 11 Revision Resources

Miss Lockett has created a Google Drive and teachers have started to put lots of useful English and Maths revision resources onto it for Year 11 students.

In order to access the Drive all you need to do is copy and paste the link below into Google Chrome. You will then have access to numerous resources and guides to support your independent revision:

https://drive.google.com/drive/folders/1a4Bhza8C71BlyExyQWjiUs0bflfi_oND?usp=sharing

Please take a minute to go through the 'Getting Started' PowerPoint as it contains some useful links and advice.

If you need support/ advice in addition to your independent revision with ENGLISH, Room 2 is open every Thursday from 3:20-4:00 and Miss Lockett will be available to answer all of your questions.

If you need support/ advice in addition to your independent revision with MATHS, Room 34 is open every Thursday from 3:20- 4:00 and Mrs Bates will be available to answer all of your questions.

These will not be teacher led sessions – only come along if you have already completed revision independently and have a clear focus of what support you need.

Message from TCC Marketing

Do you have any good news stories you would like to share? We would love to hear from you so we can share them, if appropriate, with the wider College community.

Please e-mail the details to:
TCCMarketing@torpoint.cornwall.sch.uk