



# NEWSLETTER

No.784  
w/c Mon 13th March 2023

**“Let us pick up our books and our pens, they are our most powerful weapons.”**

**- Malala Yousafzai**

Dear Parents and Carers,

Apologies for the brevity of this week’s offering. I’ve been laid low by one of the many bugs doing the rounds.

## **Strike Days Next Week**

I have written separately about this. I suppose the surprise might be that we are bringing in Year 10 on Wednesday and Year 8 on Thursday when the “obvious” thing might have been to bring in Year 11 as on the two previous strike days. The thinking behind this was that Year 11 have just finished exams and have plenty of independent work to do, so it is perhaps less critical that they attend; on the timetable for the two days it will be more straightforward to supervise the other years; Year 10 are also an exam year; and it may help some families if the year groups affected were “shared around” a little.

We also thought long and hard about expecting the Sixth Form to attend. However, knowing the teachers who might potentially strike, more than half of Sixth Form lessons would be cancelled and, depending on a student’s individual timetable, they could come to College for literally no lessons. As with Year 11, there is plenty to be getting on with independently.

The National Grid power outage in Broadclyst next week caused some excitement as Thursday – the strike day – was mentioned. However, National Grid assure me that any outage will be on Friday, so students will have normal access to wi-fi, tablets, computers, and the like. Clyst Vale is being provided with a generator for the day; looking forward to an injection of energy.....

## **International Women’s Day**

CVCC's Amnesty group took the time this week to celebrate International Women's Day. This year's focus is about embracing equity and ensuring women are given the opportunities needed to be successful. This ties in beautifully with our RRS ethos and promoting equity. Students did some learning about the issues surrounding women around the world. Photos in the back of this bulletin.



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[Clyst Vale Community College | Facebook](#)



## Period Products Update from Mrs Bennett

After completing a training session run by City to Sea in collaboration with South West Water we have now received an education box full of period products. This includes- moon cups, washable pads and underwear. We will be using this to supplement our resources in our puberty lessons in c42.

Many of our students are keen to consider more environmentally friendly alternatives to traditional disposable pads and tampons and we are aware that parents may not be aware of the wide variety of products on the market which have rapidly changed over the last few years.

Please take a look at the following video should you be interested in finding out more.

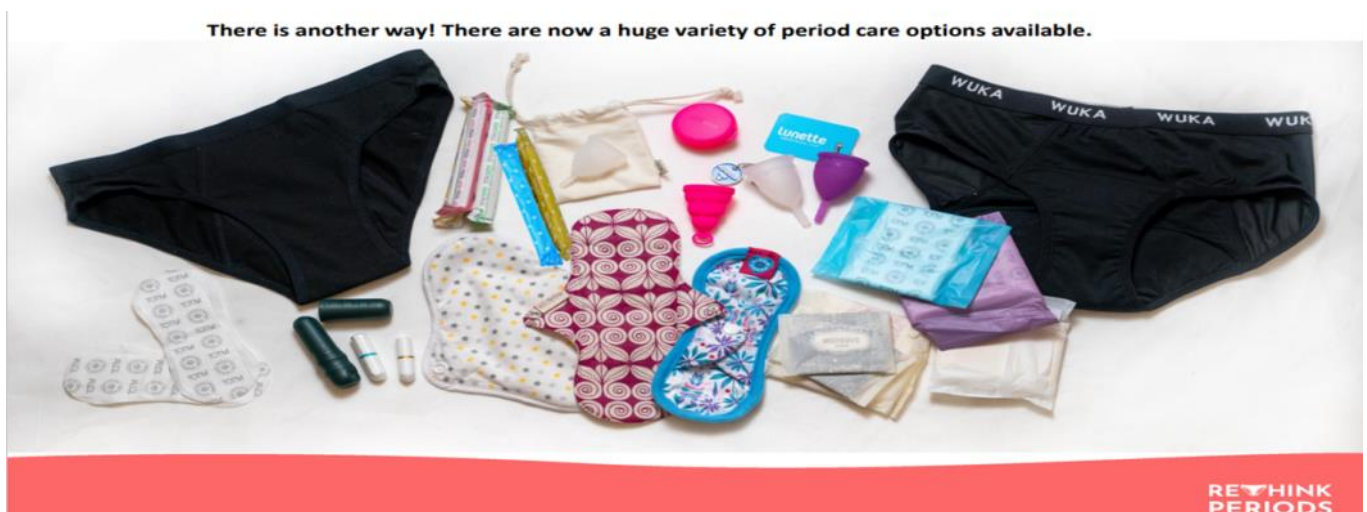
[Four Women Try a Plastic-free Period! - YouTube](#)

We have also been given discount codes from a number of different organisations which we are able to pass onto parents so the students can benefit (vouchers at the back of the bulletin). If your child would like any advice on any of these products they can discreetly come and ask me to see the sample box. These codes have also been sent out via Edulink.

We will also be offering our usual period product giveaway should student want pads or tampons before the Easter break.

Please use the link to find out more about the period education programme.

[Rethink periods - City to Sea - Our free, nationwide schools programme](#)



Mrs Bennett- Course 42 & CPS lead

Best wishes,



**Kevin Bawn**



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# **STUDENTS OF THE WEEK**



## **RED SCHOOL**

7RDF	Leyton Simpson
7RTM	Lyra Lang
8RBAT	Charlie Lewis
8RHSP	Ella Wright
9RSGA	-
9RZB	-
10RAO	-
10RMAH	Daisy Mitchell
11RER	-
11RGG	-

## **YELLOW SCHOOL**

7YBH	Annea Cecherlan-Richards
7YGG	Marley Patterson
8YMBR	-
8YTZI	-
9YPNE	No permission to publish name
9YSS	-
10YDST	Sonny Brown
10YSP	-
11YMPR	-
11YNS	Jazmine Parke

## **GREEN SCHOOL**

7GLT	Zoe Grant
7GMN	-
8GCMC	-
8GIM	-
9GABr	No permission to print
9GDH	-
10GAW	Lauren Burns
10GGT	Molly Gill
11GHE	No permission to print
11GSW	Freddie Fenner

# CALENDAR DATES

DATE	EVENT
8th March—13th March	Y11 Mock Exams
15th & 16th March	NEU Strike Days (3&4)
23rd March	Year 12 Parents Evening
25th & 26th March	Ten Tors Training Weekend No 5
30th March	Y8 HPV Vaccines & Y8 Parents Evening
31st March	Last Day of Spring Term and Talent Show
3rd April to 17th April	EASTER HOLIDAY/Italy Ski Trip
Monday 1st May	Bank Holiday
Monday 8th May	Additional Bank Holiday—King Charles Coronation
15th May to 28th June	GCSE & A LEVEL EXAMS
31st May to 3rd June	HALF TERM
20th to 27th June	Y12 Mock Exams
3rd & 4th July	Post 16 Taster Days for Y10
21st July 2023	LAST DAY OF SUMMER TERM ( Note Early finish 2pm)



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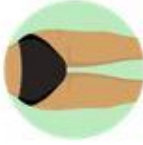


## International Women's Day







CVCC's Amnesty group celebrating International Women's Day.



# RETHINK PERIODS



Product	Company	Website	RRP	Discount-code
<ul style="list-style-type: none"> <li>1-x-reusable-pad</li> <li>1-x-pants</li> </ul>	 <ul style="list-style-type: none"> <li>Cheeky Wipes</li> </ul>	<ul style="list-style-type: none"> <li>Cheekywipes.com</li> </ul>	<ul style="list-style-type: none"> <li>£4.50-for-1-pad</li> <li>£20.95-for-5-pads</li> </ul>	<ul style="list-style-type: none"> <li>Use 'cheekyschools' for 25%-discount</li> </ul>
<ul style="list-style-type: none"> <li>1-x-reusable-pad</li> </ul>	 <ul style="list-style-type: none"> <li>Dame</li> </ul>	<ul style="list-style-type: none"> <li>Wearedame.co</li> </ul>	<ul style="list-style-type: none"> <li>From-£6.99</li> </ul>	<ul style="list-style-type: none"> <li>Rethink20-gives-20%-off-all-DAME-products-site-wide</li> </ul>
<ul style="list-style-type: none"> <li>1-x-reusable-pad</li> </ul>	 <ul style="list-style-type: none"> <li>Ecofemme</li> </ul>	<ul style="list-style-type: none"> <li>ecofemme.org</li> </ul>	<ul style="list-style-type: none"> <li>£13.50-for-twin-pack</li> <li>£23-for-starter-pack</li> </ul>	<ul style="list-style-type: none"> <li>Use 'CITYTOSEA15' for 15%-discount</li> </ul>
<ul style="list-style-type: none"> <li>1-x-cup</li> </ul>	 <ul style="list-style-type: none"> <li>Lunette</li> </ul>	<ul style="list-style-type: none"> <li>uk.lunette.com</li> </ul>	<ul style="list-style-type: none"> <li>£24-for-1-cup</li> </ul>	<ul style="list-style-type: none"> <li>'RethinkPeriodsLunette' for 20%-discount</li> </ul>
<ul style="list-style-type: none"> <li>1-x-period-pant</li> </ul>	 <ul style="list-style-type: none"> <li>Modibodi</li> </ul>	<ul style="list-style-type: none"> <li>modibodi.co.uk</li> </ul>	<ul style="list-style-type: none"> <li>£19.50-per-pair</li> </ul>	<ul style="list-style-type: none"> <li>Use 'RETHINK15' for 15%-discount</li> </ul>

1 x cup	Mooncup		mooncup.co.uk	£20.50 per cup	15% discount using: CITYTOSEA15
2 x tampon, 2 x pad	Natracare		Natracare.com	£3.49 for 16 tampons	Available from various retailers
1 x reusable pad	Nora		livebynora.com	£6.95 for 1 pad	RETHINK20 for 20% off all products
1 x cup	Organicup	 OrganicCup	Organicup.com	£20.99 per cup	Use code: OC20 for 20% discount
1 x day pad, 2 x liners	Organic Mondays		Organicmondays.co.uk	£12.85 for any combination of 25 pads	Use code: RETHINK for 50% off first order
1 x Organic Cotton Sample Pack	TOTM (Time of the Month)		Totm.com	£2.60 for 10 tampons	Use: TOTMSCHOOL50 for 50% off first subscription (valid until 1st Jan 2023)



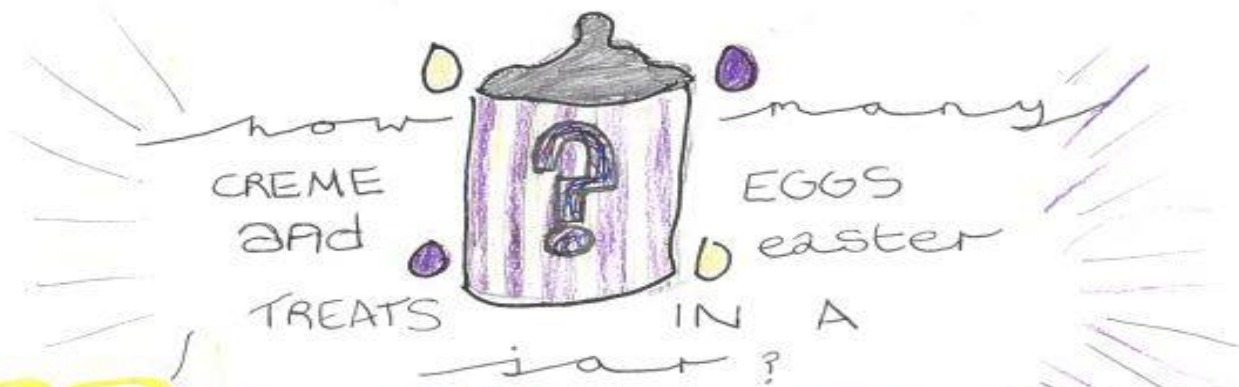
Win a jar of Creme eggs in time for Easter!

7GLT and 7GMN are raising money for Macmillan and Balloons. Students and staff will have the opportunity to guess how many chocolate eggs are in a jar in time for Easter.

50p a guess (maximum 3 guesses).

The winner will be announced on Thursday 30th of March.

7GLT and 7GMN are running a fundraiser



In Aid of :  
MacMillan  
and  
Balloons

50p a guess  
maximum 3 guesses

Winner gets to keep the jar!

Winner announced :  
THURSDAY 30<sup>TH</sup> MARCH





## Badminton Fixture Report

A very well done to the badminton squads from Key Stage 3 and 4 who played in a great fixture against St Peters on Thursday. With few teams willing to play the strong Clyst Vale squad we were very grateful for this match and the repeat fixture in two weeks time. Sophia Blum captained the younger girls to a good win 6 rubbers to 4. Supported by the power of Kate, Vanessa and Dulcie and the subtlety of Daisy they took the first 4 rubbers unchallenged. Sophia ended the evening unbeaten in under the gallery of supporting parents. The Key Stage 3 boys were led by Jacob and Aiden ranked 1 and 2. The team won 8 out of 9 rubbers but this did not reflect how close some of the games were. Marlon worked well with Aiden and Owen stepped in with his clever drop shots along side Jake who had adapted his game well from tennis. Two great sets of students coached by Post 16 student Harry Thompson who was both supportive, demanding and helpful with some of the more complex rules.

Key stage 4 had two teams of boys this time around and the boys who have been starved of matches were up for the fixture. Year 11 boys James and Steven were supported by the Year 10 players Archie, Alex and Will. The level of play here was great to watch and with the added power and a few more years of practice it was clear what the younger students should aspire to. The power of Archie, Alex and Steven pushed the opposition players around and opened up opportunities to finish the rallies. Alex and Will showed deft touch around the net and hit some superb angles tight to the front court to complete an 8-2 win for Clyst Vale. The other squad had Finn at the helm and as rank number 1 he has his work cut out against the top seeded St Peters player. Finn rose to the challenge as he made every serve and every point a battle. Eventually he ran out victor in a game applauded by those watching. Ty and Patrick stepped up and linked well in doubles showing how practice really does pay off. Tommy was the singles rank number 2 player and was narrowly pipped by a very strong St Peters player. In the end the polished and practiced power and disguise of the Clyst Vale boys paid off and the evening finished with an 8-1 win.

The return match is in two weeks when there will be some personal change in the Clyst Vale ranks, but those that represented tonight did so with sportsmanship and respect and a good deal of energy and enthusiasm. Well done to all those who took part and helped pack away in record time at the end.



**Tuesday 7th March 2023**

**Clystvale B vs St Peters B—8 vs 8 round robin**

Clyst vale took 16 players off to St Peters for an 8 vs 8 tournament. For some of the students this was their first time representing the college in such fixture. Playing on St Peters Astro on a cold but calm evening.

The first team lined up with:	The second team lined up with:
1. Jacob Evans C	1. Connor Kendall C
2. Noah Powell	2. Joe Carpenter
3. Ollie Paine	3. Josh Plank
4. Charlie Pankiewiez	4. Ethan Tagg
5. Oscar Greenslade	5. Josef Card
6. Henry Gervin	6. Daniel Murphy
7. Freddie Morrish GK	7. Kingsley Mitchell
8. Milan Hunyadvari	8. Noah Keatley

With Mr Powell as assistant manager he suggested a 2-3-2 formation for team 1, possibly going off of the advice of 2<sup>nd</sup> manager Isaac Sheriff . The first match was an exceptional start to the game with Jacob and Henry linking up well in midfield. Noah Powell was clinical in front of goal scoring 2 goals in quick succession. Freddi Morrish was a rock in goal keeping the St Peters striker at bay with a wonderful block. Milan, Oscar and Ollie were solid at the back, proving a difficult line to get passed. Henry made it 3-0 with a lovely finish in the corner of the goal. The 2<sup>nd</sup> game vs the other St Peters team started the same as the first with a dominant display from Clystvale. Noah Powell again contributed two goals before a cheek overhead kick that stuck the bar from Henry who calmly slotted the ball home for 3-0. Freddie was finally beaten by a great finish from St Peters to make the final score 3-1.

With Isaac Sheriff as manager, team 2 lined up in a 2-3-2 formation. The first match was closely fought, both teams having a number of chances in the game. The Clyst Vale breakthrough came just before the final whistle with Ethan winning the ball back in his own half, driving down the left wing and cutting the ball back into Connor’s path who confidently struck the ball into the top left corner of the St Peters goal. The man of the match within this game was the centre back Kingsley who battled hard all game to ensure the clean sheet. The 2<sup>nd</sup> game against a different St Peters outfit was even more impressive. Noah scored a brilliant first half hattrick, with Connor again also getting on the score sheet. However, the players of the match of this game were the two midfielders Josh and Joe as without their penetrating through balls the two strikers would have had a lot less chances. The final score for the second match was 5-0 which concluded 2 brilliantly deserved wins for team 2 and Isaac leaving them unbeaten and ready for the next challenge.

A great display from both teams, they played with great spirit and tenacity throughout the games and thoroughly enjoyed the experience. Well done to everyone involved a credit to the school and thoroughly deserved the win.

## **Year 10 Boys @ U15 Exeter & East Devon Rugby 7s:**

Congratulations to the U15 lads which put on a great show at Blundells on Tuesday afternoon in the area 7's. The boys were placed in a group with Uffculme, Tiverton, Kings Ottery and Exmouth with the small sided version of the game being a welcome change for the lads who many soon go to London for the Rosslyn Park National School 7s and the sports trip to Milan, respectively.

The first game versus Tiverton was a tight affair with many handling errors and a more agricultural approach to rugby 7s, with Clyst Vale running out 14-7 winners. Uffculme were the opponents for the second game with the strong side being pushed all the way by our lads with a score of the tournament in the corner by Max Metherell following outstanding link play by Captain, JJ Slater and Charlie Williams. Despite this, the boys ended up beaten 21-12 with a late Uffculme score but a marked improvement of the 50-point drubbing in the 15 a side version of the area cup in December!

The third and final fourth pool games versus Exmouth and Kings were relatively straightforward with 39-7 and 35-7 victories bringing some great scores for the squad, with tries shared right across the squad.

The three wins from four pool games meant a straight semi-final shootout for the final and qualification for the Devon finals, versus host Blundells School. Clyst Vale were outstanding, with a half time lead of 14-12 being finally overturned by the hosts with their organisation and huge winger! Truly outstanding tries from Oliver Hargreaves, Jack Bauer and JJ Slater made the score 31-19 to Blundells and Clyst Vale left with their heads held high knowing they had left their mark.

Well done to all of the squad, with notable mentions for outstanding performances from Jack Bauer, Daniel Baker, JJ Slater, Alex Johnson, Charlie Williams, Daniel Horn and Oliver Hargreaves plus the rest of the squad of Lenny Bolt, Nick Ball, Rhys Smith, Jake Ferris, Archie Jameson, Tom Rintoul, Max Metherell and Tom Mackay.

Mr Pearce



Spring Concert

# The Devon Youth Orchestras

Conducted by Paul Painter and Mel Orriss

with guests  
The Devon Youth Choir

Exeter Cathedral

Friday 17th March - 7.30

Tickets £10 (children/concessions £3)

[www.exeter-cathedral.org.uk/whats-on](http://www.exeter-cathedral.org.uk/whats-on)



Devon and  
Torbay Music  
Education  
Hubs

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



# LUNCH CLUBS

Day	Club	Time	Where	Changing Room	Teacher
Monday	Film Club – commencing 3 <sup>rd</sup> October	Lunchtime	HU6		Miss Matthews
Monday	Yr 7/8/9 Tech Club	Lunchtime	DT1		Mr Arthur
Monday	Chess Club	Lunchtime	Library		Mrs Crawford
Monday	Yr 9-13 - Badminton	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Monday	Yr 10-13 - Weights	Lunchtime	Dance Studio	Humanities Block	Mr Pearce
Tuesday	Trailblazers	Lunchtime	HU7		Miss Nash
Tuesday	Ten Tors/DofE – commencing after Hal Term	1.30pm to 2.10pm	MA8		Miss Barratt/Mr Eales
Tuesday	KS4/KS5 Work Experience & Careers Drop In	Lunchtime	Careers Base		Miss Bennett
Tuesday	Yr 10/11 - Lacrosse	Lunchtime	Top Field	Humanities Block	Miss Hall
Tuesday	Yr 7-9 - Girls Football	Lunchtime	Top Field	Humanities Block	Mr Stapleton
Tuesday	Yr 10/11 - Btec Dance	Lunchtime	Dance Studio	Dance Studio	Mrs Elliot
Tuesday	Week B – Yr 7/8/9 - Science Club	Lunchtime	SC4		Dr Odunlade/Mrs Spencer/Mr Ferret
Tuesday	GCSE Art & Photography Catch-Up	Lunchtime	AR2/IT4		Mrs Walton
Wednesday	Week B - LGBTQ+ Group	Lunchtime	HU4		Mr Zimble
Wednesday	Week A – Eco Committee	Lunchtime	HU4		Mr Zimble
Wednesday	Yr 11 Theory Catch Up	Lunchtime	DT3		Mrs Crook
Wednesday	Yr 7/8 - Badminton	Lunchtime	Sports Hall	Sports Hall	Mr Powell/Michael Bothery
Wednesday	Yr 7-9 - Dance	Lunchtime	Dance Studio	Humanities Block	Miss Hall
Wednesday	Yr 8/9 - Netball	Lunchtime	Courts	Humanities Block	Mrs Elliot
Thursday	History Club	Lunchtime	HU7		Miss Nash
Thursday	Yr 7-9 Games Club	1.30pm to 2.00pm	HU6		Miss Jenkins
Thursday	Week A – Yr 10/11 Practical Catch UP	Lunchtime	DT3		Mrs Crook
Thursday	Week B – Yr 1/11 Practical Catch Up	Lunchtime	DT3		Mrs Crook
Thursday	Hooks & Books	Lunchtime	Library		Mrs Crawford
Thursday	Yr 11 – Indoor Football	Lunchtime	Sports Hall	Sports Hall	Mr Stapleton
Thursday	Yr 10/11 – Dance	Lunchtime	Dance Studio	Dance Studio	Mrs Elliot
Thursday	Yr 7-9 – Boys/Girls Rugby	Lunchtime	Field	Humanities Block	Mr Pearce
Thursday	Yu Gi Oh! Club	Lunchtime	SC3		Mr Moxey

Friday	Inter-Tutor	Lunchtime	Various	Various	Mr Stapleton/Miss Hall/Mrs Broomfield/Mr Pearce/Mrs Elliot
Friday	Post 16 – Indoor Football	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Friday	Week B – Yr 9/10 – Science Club	Lunchtime	SC2		Dr Odunlade/Mrs Spencer/Mr Ferret
Friday	Drama Club	Lunchtime	PA1		Miss Buscoe

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

## **Edulink and contacting 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 relevant school ATHOS or the teacher.

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



UK Health  
Security  
Agency

**NHS**

# Should I keep my child off school?

## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

## **Attendance, Absence and Requests for Absence**

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

If the absence continues beyond the first day, please contact the College on each subsequent day of absence, too. To comply with safeguarding obligations, we cannot simply assume a student's sickness absence is ongoing; we need to be certain that the reason for absence is due to continuing illness.

If you do not notify the College, then we will make contact with you to identify the reason for absence. This is important as it helps to reduce unauthorised absences and truancy.

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

### **Medical Appointments**

We encourage students to maximise their levels of attendance; research indicates a direct link between attendance and examination performance. The timing of many medical appointments means that often students can attend school first, and return afterwards. By doing so, students minimise missed learning whilst keeping their attendance levels as high as possible. Therefore, we ask that parents/carers send their child into school for morning registration, even when a medical appointment takes place in the middle of the morning. Similarly, appointments scheduled for the afternoon should, where possible, be arranged after Period 4 - during lunchtime. Students are encouraged to return to school after a lunchtime appointment, if they can.

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

### **For Years 7 - 11 Absences**

Please ring:

Sharon Leaman (Attendance Officer)

Direct line: 01392 463911

Email: [studentabsence@clystvale.org](mailto:studentabsence@clystvale.org)

### **For Year 12 - 13 Absences**

Please ring Sue Voysey—Assistant to Head of Post 16

Direct line: 01392 462697

Email: [voyseys@clystvale.org](mailto:voyseys@clystvale.org)

Copying in Head of Sixth Form: [haynesc@clystvale.org](mailto:haynesc@clystvale.org)

## COLLEGE DRESS

Clyst Vale aims to maintain a simple pattern of College dress to promote a clear sense of identity and enable students to come sensibly dressed, at reasonable cost, for a range of learning activities. If a student is improperly dressed, correct uniform will be provided for that day or the student may be sent home to change his/her clothing, at the discretion of the Principal. **If parents are in any doubt about the suitability of an item of uniform they should check with the College before buying it.**

### Uniform for all students in Years 7 to 11

- White collared shirt
- School colour tie
- Clyst Vale V-neck jumper with College logo.
- Boys trousers - Banner Slimbridge (Black)/Banner Falmouth (Black).
- Girls trousers - Trutex GTN (2 pocket black)/David Luke DL965 black).
- Skirts - Blue Tartan and knee length
- Trutex Senior stitched down/Taylor Tartan (blue) skirt and may be worn no more than 2" above the knee. Knee length black tailored shorts may be worn.
- Black sturdy shoes or **all black** trainers.
- White socks or black tights with skirts.
- Clyst Vale reversible jacket or other outdoor coat.

*All uniform and PE Kit can be purchased from Thomas Moore, Exeter. Thomas Moore offers both a personal service in their shop and also the opportunity to order on line at [www.thomasmooretoymaster.co.uk](http://www.thomasmooretoymaster.co.uk)*

- Eyebrow jewellery, facial, tongue, nose and lip studs are not permitted.
- Leather jackets, all denim garments and all hoodies are not permitted.
- Hats should not be worn indoors.
- Outer coats should be predominantly plain in colour and without large logos.
- A plain white t-shirt or vest may be worn under the shirt.
- On health and safety grounds, shoes should be appropriate for a work place. Flipflops, open toes, Uggs, Dr Martens (or equivalent) are not permitted.
- Jewellery may be worn, providing it is not excessive or potentially hazardous. However, it is a legal requirement that all jewellery must be removed before undertaking sporting activities. It is the responsibility of the wearer to do this.

The Principal, in consultation with the Governors of the College, will decide on the suitability of the appearance of a student attending the College - extreme hair styles, of either cut or colour, are not permitted.

## CONTACT INFORMATION

**Principal:** Kevin Bawn, BA PhD

**Address:** Clyst Vale Community College, Station Road, Broadclyst, Exeter, Devon  
EX5 3AJ

**Tel:** 01392 461407 **Email:** [admin@clystvale.org](mailto:admin@clystvale.org) **Web:** [www.clystvale.org](http://www.clystvale.org)

**Library:** 01392 464010

