

Principal's Update



Sara Jacobs

Principal



Dear Parents and Carers,

As a Rights Respecting School it is important we celebrate the diverse community within our College. This week several of our students participated in one of our Youth Cultural Champions workshops in which students from different backgrounds and ethnicities came together to share information about their heritage and celebrate their diverse cultures. The workshop provided students with the confidence to talk openly about their traditions and celebrate their individual identities. On the theme of enrichment, this week we held our second Deep Learning Day of the year. Whilst the preparation and delivery of activities on this day adds significantly to teacher workload, this is a valuable opportunity for students to participate in a range of activities designed to enhance our taught curriculum. All of the students I have spoken with thoroughly enjoyed the opportunity to apply their learning in a different context, especially the Year 7 students who fiercely competed in a STEM challenge involving the development and racing of 'bottle rocket' powered vehicles.

In addition to providing opportunities for students we are also keen to find ways to welcome our parents/ carers into the College and to work with them to address many of the shared challenges that we face. This week we ran the first in a series of 'Parental Minds' workshops, an initiative which connects parents whose children may be struggling with similar issues. Thank you to all who attended to share their experiences and insights. You can read more about this later in the Newsletter.

On the 19th February the Government published guidance on mobile phones in schools which backs headteachers in prohibiting the use of mobile phones in schools. At Clyst Vale this ban has been in place for many years, however in recent weeks we have noticed some students starting to push the boundaries on this, therefore it seems timely to remind all of our smartphone policy. Please would you reinforce to your child that no smartphone should be visible on the school site between 08.50 and 15.20. Phones should be switched off and in bags, not in pockets where they are a potential temptation and easily accessible. If a phone is seen, any member of staff is entitled to confiscate it. There are many good reasons for why the Government have supported schools in reinforcing this ban, not least of which is the fact they are an unwanted distraction and because of the nature of social media can have a detrimental impact on student wellbeing. We would therefore very much appreciate you reinforcing the importance of compliance with this policy.

Thank you for your continued support, have a lovely weekend.

Best wishes



Sara Jacobs, Principal

What's on Next Week

Thursday 21 March—Year 12 Parents Evening 4.30 to 6.30pm

Successful Parents Workshop

We welcomed parents to meet a representative from Parental Minds on Thursday of this week. It was great to be able to offer support to parents whose children may be struggling with mental health issues. The discussions were open and supportive and parents were keen to engage in the array of face to face and virtual workshops, and hub meetings. They also offer a WhatsApp and telephone support service.

Parental minds are there 'to stand beside parents and hold their hand through difficult times.'


One of our parents who attended the workshop said:

'It was amazing to find out all of the support that Parental Minds offers and how easy it is to access. To be able to meet, in a safe space, and share with other parents/carers is so invaluable. It was also really reassuring to hear that the people working at Parental Minds all have lived experience of child mental health issues'.

Please take a look at the attached timetable for support sessions running through March. We will continue to signpost their sessions in the newsletter and through our social media channels. We intend to offer another workshop for parents next term.

Mrs Bennett

Mental Health Lead



**PARENTAL MINDS
SUPPORT**
Mental Healthcare;
Supporting Families

MARCH 2024

07907 614 516

facebook/PPSHUB

hello@parentalminds.org.uk

www.parentalminds.org.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Telephone and WhatsApp support available daily 10 - 6
4 First Steps Virtual Support Hub Online Hub Teams / 10.00-11.00	5 Parental Minds Support Hub Online Hub Teams / 10.00-11.00	6 Parental Minds Support Hub Online Hub Teams / 10.30 - 11.30	7 Online Hub Teams/ 13.30-14.30 Expressing Emotions Zoom / 16.00 - 18.00	8 Telephone and WhatsApp support available daily 10 - 6
11 First Steps Hub Teams / 10.00-11.00 Meltdowns & Shutdowns Zoom / 16.00 - 18.00	12 Parental Minds Support Hub Exeter John Lewis/ 10.00 - 12.00	13 Sidmouth Hub Port Royal/ 10.30-12.30 Avoiding Burnout Zoom / 10.30 - 12.30 / 16.00 - 18.00	14 Online Hub Teams/ 13.30-14.30 Monthly Hub, Honiton Kings Court/ 19.00-21.00	15 Telephone and WhatsApp support available daily 10 - 6
18 First Steps Virtual Support Hub Online Hub Teams / 10.00-11.00	19 Parental Minds Support Hub Online Hub Teams / 10.00-11.00	20 Online Hub Teams / 10.30 - 11.30 Self Harm Part 1 Zoom / 10.30-12.30	21 Online Hub Teams/ 13.30-14.30 Supporting a Loved One with an ED Zoom / 19.00 - 20.00	22 Telephone and WhatsApp support available daily 10 - 6
25 First Steps Virtual Support Hub Teams / 10.00-11.00 Self Harm Zoom / 19.00 - 21.00	26 Parental Minds Support Hub Exeter John Lewis/ 10.00 - 12.00	27 Sidmouth Hub Port Royal/ 10.30-12.30 Self Harm Part 2 Zoom / 10.30-12.30	28 Parental Minds Support Hub Online Hub Teams/ 13.30 - 14.30	29 Telephone and WhatsApp support available daily 10 - 6

John Lewis Community Room, Sidwell St, Exeter, EX4 6NN
Sidmouth Sailing Club, The Port Royal, The Esplanade, Sidmouth, EX10 8BG
1-2 Kings Court, New Street, Honiton, EX14 1HG

In all School Holidays, please **book** with us via **WhatsApp** to attend hubs
07907 614 516

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

Online Peer Support
 Face to Face Peer Support
 Online Workshop
 School Staff Workshop

British Science Week

This week saw Clyst Vale joined schools across the country to celebrate the 30th Anniversary of British Science Week with a range of fun activities.

40 students joined in with the STEM (Science, Technology, Engineering and Maths) challenges across Monday and Tuesday lunchtimes to try some exciting science. On Monday we made spectacular towers and Tuesday was the very popular bouncing custard slime balls! Prizes went to the teams whose slime balls bounced highest!

Year 7 have enjoyed a science treasure hunt round the school, trying to find members of staff wearing themed badges that they have to identify, winners will be announced next week!

Despite the slime mess pupils had a great time developing their communication and practical skills. While in lesson they have found out about a range of science careers from AI and video games to cosmetics, which has prompted some thoughtful discussions about how science can be relevant to everyday life and their interests.

Thank you to all the pupils (and staff) who joined in this week and remember; if you are in Year 7 Science club is on a Week B Tuesday lunchtime – See you there!



Go well, Jasper!

The very best of luck goes to Jasper Forty of 10YSS who is representing Devon Schools' at the English Cross Country Championships at Pontefract, this weekend. Jasper, fresh from competing in the UK Clubs event last weekend in Nottingham, is in great form and hopes to place well at the national event along with 300 other runners.

It is a great achievement for Jasper to get this far and we are very proud of your achievements as a school. Congratulations!

Ella Coward Netball Officiating at the Devon Schools Games

Congratulations and well done to Ella Coward of 10GDH who has been selected to officiate as a Netball umpire next week at the Devon Schools Games High 5s tournament in Paignton. This is a great opportunity for Ella and celebrates her efforts and attitude as a young leader within the sport. Very well done, Ella!

Key Dates for Spring Term

Thursday 28 March—Non Uniform day
Thursday 28 March—Clyst Got Talent
Friday 29 March to Sunday 14 April inclusive—Easter Holiday

Key Dates for Summer Term

15 April - Non Pupil Day
16 April—Students Return
27 to 31 May —Summer Half Term
24 July—Summer Holiday Begins

Year 8 Fundraising



Year 8 are fundraising for Force Cancer Charity in the last two weeks of term. The following events will be running:

Project Creme Egg again will run from 18th-28th of March.

Penalty shootout against the teachers on Monday 25th of March. (50p a go)

Throw a sponge at the teachers on Tuesday 26th of March. (£1 a go)

Cake sale on Thursday 28th of March.

Attention Year 11's

The following apprenticeships are currently available to start in September 2024:



Woody Park holiday lodges, near Willand - looking for an apprenticeship grounds maintenance and gardening contact - woodypark@hotmail.co.uk

Echoes Childcare, various locations Exeter - Nursey Apprentice - contact joechoes@gmail.com

Puffins Childcare, various locations Exeter - Childcare Apprenticeships - contact train@puffinsofexeter.com

Military & Emergency Services Work Experience Week at Bicton College

Are you interested in a uniformed service career? If you would like to join the Armed Forces or Emergency Services and would like to see what life in the services would feel like then you could join Bicton College for a unique 3 day service work experience. Please follow this link to find out more and for an application form [Work Experience Application Form – Bicton College](#).

Deep Learning Day

Year 12 had a very full day on Wednesday's Deep Learning Day, kicking off with a 2-hour visit to the UCAS exhibition at Westpoint. Students were able to visit various higher education providers, talk to representatives and pick up literature on the institutions and courses that interested them.

Back at school, the 'future plans' flavour continued with seven Clyst Vale alumni waiting to meet Year 12 for a carousel session. In small groups, students met with each of the former students to find out what subjects they had studied here at Post 16, what they had gone on to do afterwards and a brief run-down of their current role. We are really grateful to our alumni for coming in to visit us, some from as far away as Burnley! We had representation from roles ranging from civil engineering to PR to social work, with very different accounts of routes into the workplace.

Finally, Devon County Council presented to students on apprenticeships in the Finance sector.

All in all, this was a really busy day with a broad range of input, leaving Year 12 with plenty of food for thought!

Year 13 spent a very studious day on structured revision with exams now appearing on the horizon; they will have Adam Williams, expert on strategies for alleviating exam stress and anxiety, visiting on Friday during Period 5.



“Seven of our Clyst Vale Alumni came in to meet with Year 12 students”

Student Services Key Updates and Reminders



SPEAKERS
for schools

Join us to sound out their options!

DISCOVER!
creative careers

18th April 2024
6.30 to 7.30pm

Our 1-hour virtual open evening for parents & carers...

CLICK HERE >> TO BOOK YOUR PLACE

Did you know that the British creative industries are booming? We can help your child to find creative career opportunities and feel inspired to go after them!

Together with Discover! Creative Careers Week 2024, 18th – 22nd November, we will be delivering a week of FREE virtual sessions to state schools and colleges – including face-to-face opportunities in some regions – to showcase careers in creative tech, film, animation, design, music, fashion, publishing, architecture, crafts, heritage, museums, galleries and more!

Young people will be able to access 3-5-hour insight days and longer work experience placements, 1-hour industry spotlight career talks and inspirational talks with speakers – all advertised on the Speakers for Schools website.

Join us to find out more...

The Discover! Creative Careers 2023 – 2025 programme is funded by the Department for Culture, Media and Sport with additional support from Arts Council England



HM Government



Supported using public funding by
ARTS COUNCIL ENGLAND



SCHOLASTIC TRAVELLING BOOKS

COME TO THE BOOK FAIR

and earn **FREE BOOKS** for our school!

TAYLOR SWIFT THE ERAS TOUR! READ BEFORE THE ERAS TOUR! 2 SONGS - HER STORY £9.99 £7.99

BLOOD FLOWERS YA DEBUT FROM JAY MCGUINNESS £8.99

HEARTSTOPPER ALICE OSLER & MAM £12.99 £8.99

SIGNED SEALED DEAD CYNTHIA MURPHY £8.99

MARCUS RASHFORD HEROES HOW TO TURN INSPIRATION INTO ACTION £9.99 £7.99

A Good Girl's Guide to Murder READ BEFORE THE NEW TV SERIES! HOLLY JACKSON £8.99

THE BEST NEW BOOKS FROM ONLY £2.99!

COMING SOON! 18TH OF MARCH - 25TH OF MARCH

Please help



The Council has launched a questionnaire and published a press release encouraging and inviting families, professionals and community groups to help shape what the new Family Hubs support network will look like in Devon. Please could we ask for your support in responding to this questionnaire

[Families invited to help shape future support services - News \(devon.gov.uk\)](https://www.devon.gov.uk/news/families-invited-to-help-shape-future-support-services)

The consultation is available by visiting our [Have Your Say](#) webpage.

There are questions for Parents and Questions for Professionals and community services. The questionnaire is open until the 23rd March.

Lost Property



In Student Services we have a huge amount of lost property, especially coats and water bottles. If your child has lost anything, please ask them to come down during break or lunch to look for their lost items. At the end of each term, we will dispose of any left over items, this maybe to charity shops if in good condition.

Who should I contact?



If you are struggling with the online messaging or catering please see below who to email.

EduLink queries- please direct these to studentservices@clystvale.org

School Gateway queries- please direct these to financepsf@clystvale.org

Student of the Week

Jack Chalet 7GRTU Jenson Wassall & NP2N 7GHE 7RER Cooper Holcombe 7RGG NP2N 7YCBO NP2N 7YCFL	Charles Travers 8GMN 8GLT 8RDF Chloe Voysey 8RTMA Zoe Clarkson 8YGGA Dani Turnbull 8YBH	Finley Fleming 9GCMC Charlize Graham 9GDJ Mason Allway 9RBAT Aidan Lea 9RNS NP2N 9YMBR NP2N 9YSWA
Year 7	Year 8	Year 9
NP2N 10GABR Eloise Hughes 10GDH Alex Martin 10RZB Josh Hovell 10RSGA Violet Newbury 10YSS Gethin Rees-Lee 10YADA	Bethan O'Dell 11GAW 11GGT Amelie Quinnell 11RMAH 11RCMO Charlie Ebdon 11YDST 11YLH	Ted Harrison 13AT
Year 10	Year 11	P16 Commendation



Each week our tutors are encouraged to recognise and reward one member of their tutor group for something outstanding. This could be an academic achievement, a demonstration of resilience or an act of kindness.



If you see a familiar name above then be sure to ask them what amazing thing they've done.

Key Contact Information

Reception: 01392 461407 Email: admin@clystvale.org

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

Monday 11 March U16s East Devon Cup: Clyst Vale vs St Peters

This being the final group stage game for the U16s in this years East Devon Cup. On the back of two fanatic wins of 7-1 vs Axe Valley and 6-1 vs Kings, Clyst Vale looked to win this one to clinch top of the table. Bitter rivals St Peters stood in their way which in previous competitions have been a tough hurdle to get over. The whistle went and Clyst Vale were on the hunt for an early lead. Ethan received the ball on the left-hand side and cut in onto his favoured right foot to unleash a piledrive that cracked the bar but fortunately fell at the feet of poacher Charlie W who slotted it into an empty net. 1-0. The midfield dominated the game with intricate passes and great determination to win the ball back. The three defenders were tight and always on call to deal with anything thrown at them. Half way through the first half Clyst Vale got another. A lofted delivery from the corner from Charlie E saw an unmarked Rhys at the back post to nod it in for 2-0. Half time arrived with Clyst Vale dominating the first half. St Peters started the second half well putting the defensive line under more pressure through their press. A scramble in the box fell to the St Peters striker who fumbled it in to make it 2-1. Clyst Vale were calm in their approach after conceding and continued to play their game creating opportunities to score. A lofted through ball over the top saw Charlie W heading on goal with the St Peters defence behind him. The pacey Jack B alongside him, Charlie calmly passed the ball across the box for Jack to run onto an finesse the ball into the goal to make it 3-1. A nery ten minutes remained. A free kick to St Peters 20 yards out was flying into the corner of the net but Lewis dived to his right to get a solid hand on it and parry it away to safety. Final score 3-1 Clyst Vale. An excellent and controlled performance all round from the U16's who now progress to the Semi-Finals of the East Devon cup where they play 2nd place of one of the other groups.



Wednesday 13 March Friendly Double header: U15s/U16s vs Blundells U16s & U18s

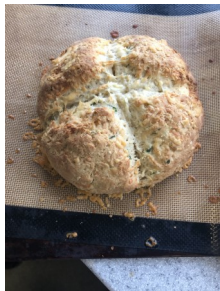
After lots of rearranging we finally made the fixture happen with Blundells making the trip across with both post 16 and Year 11 teams to face an inform u16s and U15s Clyst Vale team.

U16s lined up with some unfamiliar faces due to many absentees from the game on Monday. Leo, Oliver and Isaac came into the line up for the game. The game was very close to start and Clyst Vale dominated the possession but struggled to get the ball into the final third to create chances. A few half chances arrived but nothing to test the keeper. Blundells went 1-0 up through a corner that fell to the midfielder who fired it home. With Max and Rhys needed for rugby 7s training, changes were made at half time. Harry B, Theo and Harry M were borrowed from the Year 10 game to try and change the deficit. Clyst Vale continued to press and a clumsy challenge from the Blundells centre half in the box gave the ref an easy decision to give the penalty. Max was back for the last 15 minutes and stepped up to slot the penalty home to make it 1-1. More chances were created, and the ball was down the right-hand side and played across by Lucas who found Harry B who fired it home to make it 2-1. A last-ditch goal line sliding block by Theo kept Clyst Vale ahead for them to win 2-1 in a well fought and battled game.

The Year 10s playing on the adjacent pitch got off to a flyer scoring within the first 8 minutes with a lovely through ball from Rhys to Harry M to make it 1-0. More goals followed soon after with Rhys with 2 goals after a lovely passage of play in the middle and a good cross from wide areas to make it 3-0. Charlie added to the score to make it 4-0 before half time. An excellent display from the boys with nice flowing football and balls being played through to the strikers to latch onto. After Theo, Harry B, and Harry M needed on the older pitch the three substitutes were needed. The Year 10s continued the onslaught scoring early in the second half by a lovely strike by Shaidon. Blundells got one back before Rhys scored to make it a hatrick. An excellent display from the Year 10s playing a year above.

Cooking Club

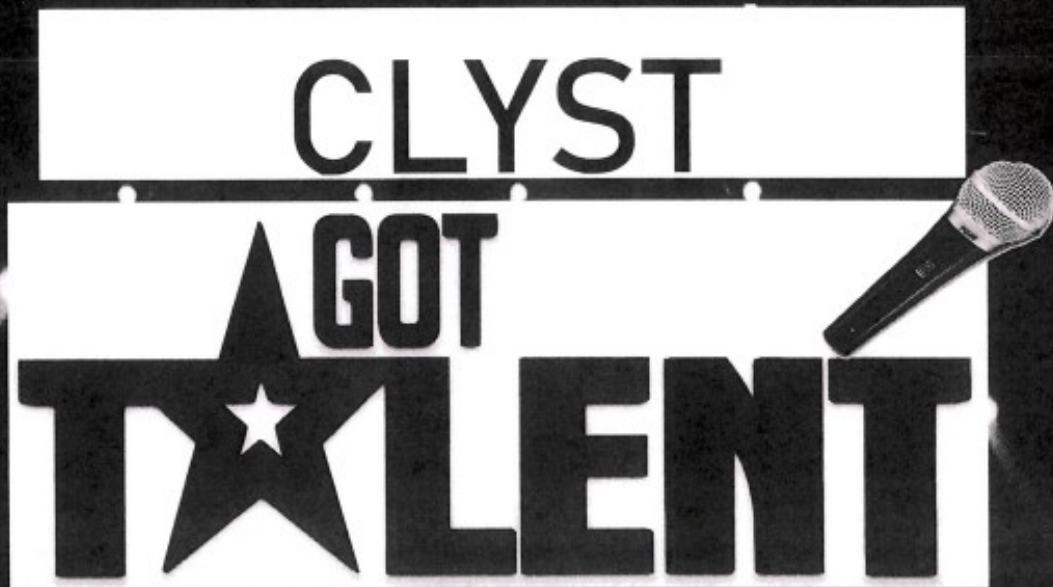
“We had a super time making Cheese and Chive bread rolls yesterday in our food club. Here are some of our impressive results.”



CLYST GOT TALENT

Many thanks to the wonderful students who turned up for the auditions for the talent show yesterday. We had a great turn out and there is no doubt that Clyst Vale has got talent! We are having another audition next week in case anyone missed it. Slight change of date though due to Deep Learning Day. It's now on Thursday 14th at 1.30pm in EN7. Please come along if you want to try out for the show.

Miss Watt and The Talent Show Crew



It's time again...

The Talent Show is back.

Are you CVCC's next big winner?

1st auditions Thursday 7th March

2nd auditions Wednesday 13th March

Lunchtime in EN7.

Talent show:

Thursday 28th March 2024



Attendance, Absence and Requests for Absence

Reporting an Absence

Parents are expected to inform us of their child's absence before 9.00 a.m. on each day of absence providing the reason for absence. If the absence continues beyond the first day, please contact the College on each subsequent day of absence, too. To comply with safeguarding obligations, we cannot simply assume a student's sickness absence is ongoing; we need to be certain that the reason for absence is due to continuing illness. If you do not notify the College, then we will make contact with you to identify the reason for absence. This is important as it helps to reduce unauthorised absences and truancy. In addition, the College may ask you to provide medical proof if your child is absent from College due to illness.

Lateness

The school day (first registration session) starts at 8.50 am, all students are expected to be in their classroom at this time.

Medical Appointments

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

Please give the school as much notice as possible, at least two weeks' notice is useful.

If the appointment requires the pupil to leave during the day, they must be signed out by an adult listed on the student's record at the main reception.

Please follow this process if your child is going to be absent from school:



For Years 7 – 11 Absences

Sharon Leaman/Cath Prunty
(Attendance Officers)

Direct line: 01392 463911

Email: studentabsence@clystvale.org

For Year 12 – 13 Absences

Sue Voysey
(Assistant to Head of Post 16)

Direct line: 01392 462697

Email: voyseys@clystvale.org and copy in Head of Sixth Form: haynesc@clystvale.org

Maintenance Caretaker

Salary The position is offered at a salary of CVCC grade D £24,109 actual salary (pay award pending).

Job Type Permanent

Location Devon

Clyst Vale is a thriving and vibrant 11- 18 Community College situated five miles from Exeter. Visitors to Clyst Vale usually comment on the friendly, orderly atmosphere, the courtesy of our students, and the purposefulness in lessons. We have clear expectations and systems, but far more important are the excellent working relationships we establish between staff and students, as well as staff and parents. We remain the only Secondary school in Devon to be accredited Gold Rights Respecting School status.

The Role Starting as soon as possible, we are looking to recruit a good maintenance allrounder. Ideally you will have a range of maintenance skills including carpentry, plumbing, plastering etc. A trade background would be desirable but not essential.

Hours of Work: Term Time 33 hours 45 minutes per week x 39 weeks 11:30 – 19:00 Monday - Friday 45 minutes unpaid break per day Holiday Time 33 hours 45 minutes per week x 13 weeks 09:30 – 17.00 Monday – Friday 45 minutes unpaid break per day

We are looking for Experience of general maintenance - Ability to undertake a range of maintenance tasks, including carpentry, - Good computer skills. - GCSE grade C in Maths or English or equivalent - Trade qualification or equivalent is desirable but not essential

We can offer A unique opportunity to work within a Rights Respecting School with a strong community ethos - A supportive CPD programme We are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. An enhanced DBS check is required for all successful candidates.

To apply please visit our website <https://www.clystvale.org/vacancies/> and click on the 'apply' button or send your CV to recruitment@clystvale.org and we will send you a paper copy of the application form. Closing date for all applications is Sunday 17th March 2024. Interviews will take place on Tuesday 26th March 2024.

Job of the Week

These are provided through the MYPATH careers webpage.

HOTEL PORTER

A hotel porter works to ensure guests receive the best experience possible whilst staying in a hotel.

Hotel porters may greet guests and help to carry luggage to their room.

They may also help to park a guest's car, make dinner reservations and suggest things to do whilst staying in the hotel.

New, full time hotel porters earn an average of £14,000 per year.

[JOB OF THE WEEK 8](#)



BRITISH BASKETBALL LEAGUE

PATRIOTS

SOLD OUT

~~24/3 PLYMOUTH CITY PATRIOTS VS LEICESTER TIGERS~~

29/3 PLYMOUTH CITY PATRIOTS VS CHESHIRE PHOENIX

05/4 PLYMOUTH CITY PATRIOTS VS MANCHESTER GIANTS

10/4 PLYMOUTH CITY PATRIOTS VS CHESHIRE PHOENIX

12/4 PLYMOUTH CITY PATRIOTS VS LONDON LIONS

VISIT PLYMOUTH-CITY-PATRIOTS.COM AND BOOK TODAY!

LIVE BASKETBALL

HOLIDAY HOOPS COMING YOUR WAY

WANT TO BECOME AN ELECTRICAL APPRENTICE?

OPEN EVENING

EXETER

20TH MARCH 2024
4.30-5.30 OR 5.30-6.30



COME IN AND TRY IT YOURSELF

Meet with our qualified assessors

Take a tour of our training centre

Our team will talk to you about a future in electrical and what it involves.

Join our electrical lectures in the workshop for a chance to have a go.

If you would like to attend please email: josh.r@tftg.org



TIVERTON PANNIER MARKET PRESENTS...

A CHANCE TO SHINE

A SHOWCASE OF OUR BEST YOUNG MUSICIANS

Tiverton Pannier Market

- Open to all up-and-coming singers, bands, pianists and instrumentalists
- Up to 30 minutes of performance time
- Sound and stage equipment provided
- We'll promote you on social media
- Running alongside Easter Egg Hunt

SAT 30 MARCH

FROM 10AM

INTERESTED? WANT TO RECOMMEND SOMEONE?

E-mail Jim Bray at jbray@middevon.gov.uk



THE GREAT BROADCLYST ABSEIL

Raising money for local churches & Clyst Caring



11 & 12 MAY 10AM - 4PM

- £30 per spot (early bird rate £20)
- Raise as much sponsorship as you can
- Food and fun for all the family

MORE DETAILS:

cranbrookchurch.org/abseil

Broadclyst Church, EX5 3EL

SIGN UP NOW





Autism and Us programme for parents and carers, Devon County Council, summer term

Support for parents/carers of Devon's primary and secondary children who are either on the autism waiting list or who have received a diagnosis of autism.

Our free Autism and Us programme and themed workshops are for parents/carers of Devon primary and secondary school children, pre or post-diagnosis. We offer access for families of children and young people who are currently on the autism assessment pathway, as well as families of children and young people who have received an autism diagnosis.

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Attending the Autism and Us parent programme gives you an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs.

There are two types of support on offer:

- A four week programme of sessions, each around two hours long
- Additional themed workshops around specific topics

To book your place on the programme or workshops, or to express your interest in forthcoming programmes, please send an email to educationlearnersupport@devon.gov.uk. We will confirm your booking and provide you with a direct link to the event.

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Our 'Autism & Us' programme delivered this academic year will once again be offered during the forthcoming Summer term of the 2023-24 academic year for parents/carers of Devon DCC primary and secondary school children, pre or post diagnosis.

We are delighted to announce that we are offering access for families of children and young people who are currently on the autism assessment pathway, in addition to families who have received an autism diagnosis.

Attending the 'Autism & Us' parent programme gives you an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs, whilst also connecting with other parents/carers.

A different approach to supporting Anxiety, Anger, OCD & Neurodiversity



What is ACT?

Acceptance & Commitment Therapy (ACT)
Jane Keyworth gives a two-hour online talk

TUESDAY 19th March 7-9pm

Book Online £24 facefamilyadvice.co.uk

SELF HARM SUPPORT

Zoom Workshop with Parental Minds

This workshop is designed to provide guidance and support for parents whose young people hurt themselves when overwhelmed by their emotions. Join us as we explore practical techniques and navigate the complexities of support.

Parental Minds co-produce mental health support guides from family lived experience with input from professionals and researchers. These guides have been used to develop this skills workshop, which is for parents and those who support other's mental wellbeing.

Sign up here: bit.ly/PMSelfHarm24

Monday 25th March
19.00 - 21.00
Online, Zoom

PARENTAL MINDS C.I.C.
Mental Healthcare - Exploring Pathways

PARENTAL MINDS SUPPORT
Mental Healthcare - Supporting Families

EHCP Lifeworks Community Easter Holiday Programme



**Lifeworks
Community**



**EASTER
PROGRAMME**

8TH - 11TH APRIL 2024

HAF Eligibility - Code from education provider - 11- 16 yr
Paid places available 11-30 yr

Monday 8th - Crafts, Tennis & Bowling
10am - 3pm

Tuesday 9th - Snow Tubing, Tobogganing
10am - 3pm

Wednesday 10th - Castle Drogo
10am - 3pm

Thursday 11th Mount Batten Water Sports
11am - 4pm



For more information or a registration pack
please contact:
lifeworkscommunity@lifeworks-uk.org
Tel: 01803 865075

Are you looking for an action-packed Easter holiday programme that promises fun, adventure, and unforgettable experiences? Look no further than Lifeworks HAF Easter Holiday Programme! We are thrilled to announce our exciting lineup of activities tailored for young people, featuring a mix of crafts, sports, and thrilling adventures.

Here's what's in store for the week of April 8th to April 11th:

****Monday, April 8th: Crafts, Tennis & Bowls (10am - 3pm)****

Unleash your creativity with engaging craft activities, followed by a friendly game of tennis and some strikes at the bowling alley. It's a day filled with fun and camaraderie!

****Tuesday, April 9th: Snow Tubing, Tobogganing (10am - 3pm)****

Experience the thrill of the slopes with snow tubing and tobogganing! Whether you're a seasoned snow enthusiast or trying it for the first time, this day promises exhilarating adventures and laughter.

****Wednesday, April 10th: Castle Drogo (10am - 3pm)****

Step back in time and explore the historic Castle Drogo. With its stunning architecture and picturesque surroundings, it's a day of discovery and wonder that's not to be missed.

****Thursday, April 11th: Mount Batten Water Sports Centre (11am - 4pm)****

Dive into a day of aquatic excitement at Mount Batten Water Sports Centre! Bell Boats, Beach combing, Archery so there's something for everyone to enjoy.

****How to Participate:****

****Free Places:**** Young people with a valid HAF code are eligible for free participation in the programme. Simply contact us with your code to reserve your spot.

****Paid Places:**** For those without a HAF code, paid spots are available. Contact us to book your place today!

To reserve your place or inquire about our programme, please reach out to us via email at lifeworkscommunity@lifeworks-uk.org or give us a call at 01803 865075. Spaces are limited, so don't miss out on this opportunity for holiday fun and adventure. Join us for a week of excitement and camaraderie at Lifeworks HAF Easter Holiday Programme!

Teenage Life Skills Group

**SPECIAL
OFFER**

We currently have spaces in our Teenage Life Skills Group! This group is open to 11-17-year-olds and runs on alternate Wednesday (6 pm to 8 pm) at our centre in Pinhoe. The group costs usually costs £20 per session, payable monthly. **We are currently promoting the group with 50% discount off current prices - £10.00 per session!** If you would like to register your teenager or would like more information, please email us at infoswautism@gmail.com.

Here's some feedback from a lovely parent whose son recently joined this group:- "X really enjoyed it! He was thoroughly relaxed when he came out and said it was good which is high praise from him! He's always enjoyed all of the time he has spend with you guys. It always astounds me just how much of a difference the right environment and some understanding makes! Followed of course by frustration that more places can't get it right!"

Supporting Learning at Home

Learning for exams.

Exam time can be stressful for every home. But with a few strategies we can help you guide your child through the revision stage, exam day and then through results day and onto their next steps.

Read more by following this link <https://www.parentkind.org.uk/for-parents/home-and-school/supporting-learning-at-home#heading138457>

(Above copied from the Parentkind website)

The website also contains a link to the BBC Bitesize revision app for 14-16 year olds which they can download to their tablet and/or mobile phone (iOS and Android), for study on the go!



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.



Library Competition!

Redesign the front cover of your favourite book.

Winner wins an Easter egg!

All redesigns to be handed in to the library.

Competition ends on Friday 22nd March

Winner announced on Monday 25th March.



Stationery for Sale

Mock/GCSE pencil cases are available from the Library at a cost of £4.50 per pencil case. The clear pencil cases include one pencil, a blue pen, a red pen, one highlighter, a ruler, a compass, a protractor, a rubber and a sharpener.



Second Hand School Uniform

Thank you for supporting the community and local charity shops. The sale of preloved uniform is proving successful. If you have any items that are no longer needed but still in very good condition, please donate them to one of the local charity shops. Both shops have set aside rails designated for college uniform.

Clyst Caring Friends is located in Broadclyst village and our local Barnardo's shop is in Cranbrook.

Their opening hours are:

Clyst Caring Friends, Broadclyst (01392 467555)

Mondays—closed

Tuesday to Friday—09.30 to 15.30

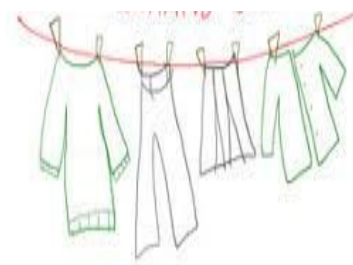
Saturday—09.30 to 12.00

Sunday—closed

Barnardo's, Cranbrook EX5 7DR (01404 514934)

Monday to Saturday—09.00 to 17.00

Sunday—10.00 to 16.00



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