

*"Just believe in yourself. Even if you don't, pretend that you do and, at some point you will"*  
- Venus Williams

## Principal's Update



**Sara Jacobs**  
Principal



At Clyst Vale we are fortunate to have staff who actively seek opportunities to provide curriculum enrichment for our students. This week we welcomed the Doorstep Arts Outreach group to the College. This was the start of a series of free workshops run by the Northcott Theatre who will be working with our Year 9 students over the coming weeks. Throughout the year various opportunities, like these workshops, are run across multiple subjects and foster a love of learning in specific subject areas. These are highly valued by both staff and students contributing to our aim of creating truly memorable learning experiences for our students.

For parents and carers of Year 9 students, the upcoming weeks signify the start of the options process. This began on Wednesday with an options assembly which provided all students with the key information they need to consider when making their choices. In addition to this I hope you were able to attend the Year 9 Parents Evening last night to discuss your child's progress with individual subject teachers. Next week we look forward to welcoming you on site for the Options Evening. The evening runs from 4.30pm–7pm and provides parents, carers and students with the opportunity to gain more information about the broad range of courses on offer at Key Stage 4. Please note there will be two presentations by Ms Martin, one at 4.30pm and one at 5.30pm in which she will explain the options process, we would strongly recommend you attend one of these talks as well as speak with subject teachers.

As a College we recognise the importance of working with our families to support our students. Societal changes mean that parents and carers today face many challenges and that these can, at times, put a strain on family life and relationships. 27th January 2024 is Parent Mental Health Day which is an opportunity for parents and carers to acknowledge and discuss their struggles. The focus for this year is on creating positive relationships, if you are interested in finding out more, please go to their website: <https://stem4.org.uk/parentmentalhealthday/>



### Parent Mental Health Day - stem4

Parent Mental Health Day (PMHD) on 27th January is an awareness day that encourages understanding and awareness of mental health in parents.

[stem4.org.uk](https://stem4.org.uk)

I would like to finish this week with a reminder that the College's policy on students riding their bikes to College is that they must wear a cycling helmet. The safety and well-being of our students are of paramount importance, therefore please support the College by reinforcing this message at home. On that note, may I politely remind you not to use the staff carpark for drop off and pick up. Please use the designated drop off and pick up area.

Sara Jacobs  
Principal

## What's on Next Week

Thursday 1 February— Options Evening 4.30 to 7.00pm for Year 9 Parents

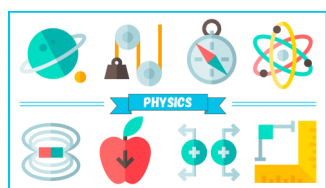
## Key Dates for Spring Term

## Key Dates for Summer Term

Monday 5 February—Year 11, 12 and 13 Parliament Trip  
 Monday 5 & Tuesday 6 February —Year 10 History Trip  
 Thursday 8 February—Post 16 Hampton Court Trip  
 12 to 16 February—Spring Half Term Holiday  
 Friday 29 March to Sunday 14 April inclusive—Easter Holiday

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

### KS4 Physics Challenge



Congratulations to the Y11s who attended the KS4 Physics Challenge yesterday, hosted by Exeter Maths School at the Future Skills Centre. They competed against schools from across Devon in the challenge, completing three rounds—the Estimation Round, the Practical Round, and the Very Hard Question Round. The team did brilliantly, working together to apply creative problem-solving skills and physics knowledge, and won a prize for the best answers in the Estimation Round! Well done to Jack Woods, Sofia Levchenko, Lucy Grabham and Sam Greenaway.

### Bronze DofE



Just a quick update on the Bronze DofE Award.

We will be meeting with the students next Thursday, 2nd February, at 1.30pm in IT4 to check that they have completed at least one of the sections of the award and that they have uploaded their assessor's comments. (Vicky, the SW Area Coordinator, went through this process with the students in our meeting on Monday 8th January.)

We then plan to use the Deep Learning Day on Wednesday 13th March to go through the following with the students: navigation, route cards, first aid, equipment, packing a rucksack, tent erection and stoves.

We will be doing a short training walk in the afternoon session (whatever the weather) so students will need to wear:

Walking trousers/leggings, layers, walking boots/wellies, waterproof coat and trousers. They will also need to bring in a packed lunch.

We are going to be supported with this by some of the Ten Tors support team.

We will be meeting with the students before the DLD to confirm what is happening on the day and to sort them into groups.

Chris Eales and Michelle Barratt

DofE Coordinators

## Congratulations



Firstly, congratulations to Year 13 student Charlie Harrison who earlier this week secured an offer from Queen's College, Cambridge to read Maths!

Many of our students are receiving really exciting offers for their courses next year, now that the majority of UCAS applications have been submitted.

Well done to Year 13 on making it to the end of their mock exams this week! Although these can be stressful, it is invaluable preparation for final exams in the summer.

## Thank you



Thanks go to Gina Dunn of Cardiff University's outreach team, for visiting Year 12 during Wednesday's Tutorial to talk about further education options and university life.

This was an interesting session giving students some useful insights into possible next steps after Clyst Vale – particularly relevant as after half term, we will start introducing the UCAS Hub.

Our next visiting speaker in February will continue the 'what next?' theme, with a session all about Gap Year opportunities.

## Final Reminder



Year 11, please note that Friday 26<sup>th</sup> January is the deadline to apply to Clyst Vale Post 16! The form can be found here, for those of you who have left it to the last minute! <https://forms.office.com/e/KitjF7Jr5u>

A promotional banner featuring a group of five students (three boys and two girls) standing outdoors and looking at a book or brochure together. The background is a blurred outdoor setting. Overlaid on the image is text in a white box.

**Have you submitted your  
Post 16 application?**

**Deadline - Friday 26th January 2024**

**[www.clystvale.org/post16](http://www.clystvale.org/post16)**

## School Transport News



We keep close track of Clyst Vale buses which arrive late at either end of the day, and report persistent problems to Devon School Transport. However, parent power is highly effective, too. If your child takes school transport, and you're not happy with the service provided, please contact them yourself in addition to us using email [studentservices@clystvale.org](mailto:studentservices@clystvale.org). The number for Devon School Transport is 0345 155 1019, e-mail [schooltransportservicequeries-mailbox@devon.gov.uk](mailto:schooltransportservicequeries-mailbox@devon.gov.uk).

## The National Apprenticeship Show 2024



The National Apprenticeship Show—South West, is the perfect event for school and College leavers, as well as young adults, to discover more about Apprenticeships across the South West.

Taking place at Sandy Park in Exeter, this event welcomes visitors and Exhibitors from across Devon, Cornwall and Somerset.

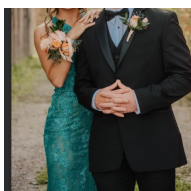
The Dedicated Open Evening for parents and carers only is 3.30 to 6.00pm Tuesday 6 February 2024. Please follow this link to find out more [South West - The National Apprenticeship Show](#)

## Can you help?



Our Year 10 BTEC Enterprise students have started their coursework and are currently searching for small and medium sized businesses (11-249 employees) in the following sectors: Business to Customer, Catalogues, professional Services and Leisure. They would need approximately 45 minutes of the Entrepreneurs time to complete a questionnaire to help them with their coursework. The business can be anywhere in the UK and must be for-profit.

If you know of anyone who may be able to help (friends or family), please could you get in touch on [jonesk@clystvale.org](mailto:jonesk@clystvale.org) so I can pass on their details to our students. Many thanks!



We are looking for clothing donations for our Prom attendees, if you have any prom dresses or formal wear to donate, please bring in to reception or contact Student Services via our email, [studentservices@clystvale.org](mailto:studentservices@clystvale.org), or phone 01392 463910. Thank you!

## Reminders...

Year 9 Options Evening being held on Thursday 1 February 4.30 to 7.00pm.

Year 8 Parents Evening is being held on Thursday 29 February. Bookings will be available shortly. Please note that Miss Keen's Year 8 Drama Groups Parents Evening will be on the evening of Tuesday 27 February due to Miss Keen being unable to attend on 29 February.

## Student of the Week

NP2N 7GRTU NP2N 7GHE 7RER 7RGG Isla O'Mahony 7YCBO NP2N 7YCFL	Daniel Murphy 8GMN Isla Durston 8GLT 8RDF Sienna Northcott 8RTMA NP2N 8YGGA NP2N 8YBH	George Southard 9GCMC Ben Russell 9GDJ Jasmine Hutchings 9RBAT Millie Smith 9RNS 9YMBR Luka Rice 9YSWA
Year 7	Year 8	Year 9
NP2N 10GABR Cleo Symons 10GDH Harry Bownern 10RZB Alfie Smith 10RSGA NP2N 10YSS Jak Gould 10YADA	Tom Rintoul 11GAW Lacie Walkey 11GGT D'arcy Pearce 11RMAH 11RCMO 11YDST Toby Brooks 11YLH	Jamie Beuscher 12ZK
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](mailto:admin@clystvale.org)**

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

# Extra-curricular Clubs & Activities

## Dungeons & Dragons Club

This year's seen the launch of CVCC's first DnD club (Dungeons & Dragons). The club runs on Monday lunchtimes in IT5. If you're an experienced player or perhaps just think you might be interested then you're welcome to come along. Our current campaign is full but there are likely to be some spaces later in the year. Following on from the success of both Stranger Things and the Dungeons and Dragons Movie TTRPG (Table Top Role-Playing Games) have enjoyed something of a renaissance with new players both old and young enjoying teamwork, problem solving and 'theatre of the mind' that the game involves. Part storyteller, part referee, the DM (Dungeon Master) designs and runs the sessions. Our resident GM Callum says:

"In our current campaign our brave party of adventurers have been hired to deal with a troublesome dragon that's been terrorising the locals. This week their quest led them to the mysterious 'Lightning Keep' where the party successfully battled against packs of wolves."

Founder members of the club are:

Callum, Charlie, Ella, Alex, Fin, Zac & Ewan. Please feel free to speak to them if you'd like to find out more.

Two popular Y11 students Kian and Toby came along briefly this week to find out a bit more about the club.



## Spring Term Clubs

The Club List for the Spring Term is being finalised and will be shared next week. Watch this space! In the meantime, why not attend Homework Club?

Are you interested in making some fun and interesting dishes, desserts and treats? Are you creative and enjoy cooking and baking?

**Cooking Club**

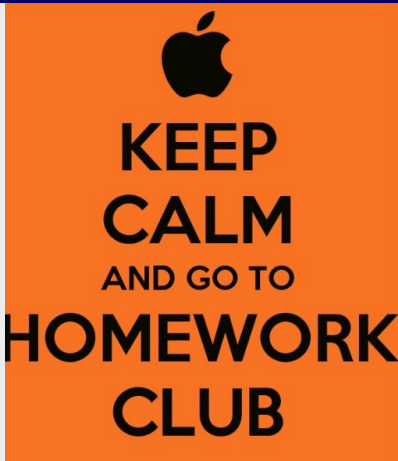


Email : [collinse@clystvale.org](mailto:collinse@clystvale.org) if you are interested.

Limited numbers. First come, first serve. Available to year 7/8 and 9 from after half term until the summer.

Every Thursday after school  
3:30 -4:30/5pm in DT3

Homework Club in  
IT2  
Monday to Friday  
Lunchtime 1.30-2pm  
Monday to Thursday



**KEEP CALM AND GO TO HOMEWORK CLUB**

Girls Cricket

If your daughter is interested in this great opportunity for girls cricket, please ask them to see Mrs Broomfield.

# GIRLS' CRICKET HUBS



TASTER SESSION  
5 FEBRUARY 2024

EVERY MONDAY  
19 FEB 2024 - 25 MAR 2024

5 PM - 6:30 PM

Open to all state school girls aged 11-14\*

*\*Players in the Devon Performance Pathway are **not** eligible.*

**Sign Up**



For more info  
**01392 262509**  
or visit [www.devoncricket.co.uk/DCF-girls-hubs](http://www.devoncricket.co.uk/DCF-girls-hubs)

## EAST DEVON GIRLS' HUB

**VENUE**

Bicton College  
East Budleigh  
Budleigh Salterton  
EX9 7BY

## FOOTBALL ROUND UP

### County Cup 2nd Round - Year 7 Boys A Team vs St Peters, Thursday 18th January

A cold and frosty day saw the Year 7s take on St Peters away. With a strong 12 players travelling the squad looked to progress into the next round against a tough St Peters side who reached the 6th Round Nationally.

The squad was as follows: Will W, Caleb V, Charlie N, Jack D, Sonny M, Thomas H, Harry C, Ruben T and Elijah F with Deigan HM, Sam T and Archie W making up the substitutes. An even start saw a few chances at either end. A strong St Peters side opened the scoring, with another goal close behind it that took the Year 7s off guard. A penalty was awarded to Clyst Vale that Ruben took but was saved. The ever alert Harry C was at hand to tap the ball in to make it 2-1. Unfortunately that was the only goal that Clyst Vale scored as they were on the end of a heavy 5-1 defeat. Credit to the boys they did not give up through out the game and worked hard to reduce the deficit but to no prevail. This result did not dampen the teams enthusiasm and it is great to see so many of them working hard during training on a Wednesday after school. Keep up the hard work and the results will follow. I look forward to the next game.

### Friendly— Year 7 Boys B Team and Year 7 Girls team vs Matfordbrook, Monday 22nd January

A more typical winters evening with high winds and showers saw Matfordbrook come across for the schools first ever football fixture. A great chance for the boys not representing the school in the cup games to have a run out and show what they were capable of. The game being played alongside the girls who have shown great commitment to the lunchtime club on a Thursday. The boys had plenty of players and a squad of 16 were ready to give it their all. Unfortunately, they conceded in the first half and despite a few chances this was the only goal of the game. The group worked well together and really enjoyed playing against another school. Ellis C being the man of the match with great composure and skill through out. A mention must go out to the whole squad for their commitment to the game and to training after school on a Wednesday. Keep it up everyone as there will be a few more opportunities for games against other schools.

With high winds it made for a difficult game which the girls dealt with really well. Some new faces arrived in the squad with Belle D and Jessica M added the team at short notice due to injuries. The girls worked really well together as a team and look promising for the future. With 5 goals scored from the team. A solid performance all round with only 1 goal conceded showed how organise the girls were. Communication and teamwork were evident through out with the girls backing up on another through out the game. Credit to the girls for the result and this is evidence of the hard work they are doing in and out of school. Keep up the work and remember training on Thursday lunchtimes.

### U13s New Team Girls Cup vs ISCA, Thursday 24th January

Following the game on Monday some of the Year 7 girls were required to team up with the year 8s to face ISCA in the first round of the New Team schools cup. A more calmer afternoon weather wise, with Clyst Vale full of spirits following the 5-1 win on Monday. Daisy and co welcomed the year 7s to top up the solid year 8 squad who have linked up with some of the Year 7s previously in the Utilita Girls Cup in which they had great success. The squad line up as followed. With the injured Kodey, Annea stepped in goal, with a back three of Betty Avery, Sophie W and Sophia L, Lily E, Sophia T and Leona W made up the midfield, with Daisy H and Kacey S as the two strikers. Connie S, Isla L and Tiana T made up the squad.

A great start to the game with Clyst Vale on top and creating plenty of chances. Sophia T went on a lovely run taking it past 2/3 defenders leaving herself a very tight angle. But with her weaker left foot calmly rolled it in to the far corner. Sophia was at it again soon after with a great left footed strike that was too powerful for the keeper to even consider getting in the way of. The half finished 2-0 Clyst Vale. A change in goal as Annea came outfield and Tiana went in goal, Leona swapped for Connie. ISCA decided to put there solid CB in goal which made it more easier for the girls attack the ISCA net. Some great high pressing saw Lily pressure the keeper and intercepting it before it being placed in the corner of the goal. The girls kept on attacking with the defence being solid and dealing with anything that came their way. Daisy was at hand to make it 4-0 and it wouldn't be a result if Annea did not get on the scoresheet and she made it five. Isla came on to swap with Betty and Sophia and Daisy were rested towards the end. A great result and effort from the girls who are looking very good with lots of talent and skill on show. Daisy and Sophia.T were instrumental in creating chances with the defensive line of Sophie, Sophia and Betty were solid and intercepted everything that came their way. A second round fixture AWAY follows vs Bridgwater. More information will follow when the game is arranged. Keep up the good work girls and ensure you remember to attend training on Thursday Lunchtime.



## Rugby Report:

### Year 11 Boys Rugby— Clyst Vale 19-31 Cullompton

Congratulations to the Year 11 lads which represented the College in the latest of their rugby matches and sadly, one of the last they will represent at this form of the game. Once again, they were impeccable in their attitude and approach to the game both on and off the field. This was reinforced with some non-rugby related students coming out to view the game with Ethan B doing a wonderful job running touch with injured Tom M and JJ S having a coaching role as he is still yet fit to play.

It was the second time the sides have met this academic year with Cullompton just edging out the hosts at the back end of 2023, despite Clyst Vale missing several regular and key players. Captain and lock, Dan B, won the toss and opted to play down the slight slope towards the school in the first half, with Cullompton opting to receive the ball.

In pleasant and mild conditions, both sides flew into the game with some big carries, collisions and metres made. There were plenty of handling errors throughout this first period, with Clyst Vale struggling to gain field position because of this. Cullompton eventually made inroads with their heavy and well drilled pack battering away at the Clyst Vale line, with the home side's defence being outstanding at times. This could not relent for long, with Cullompton managing to get over three times in the half and to lead at the break, 0-17. Clyst Vale regrouped at half time and discussed how to get around the heavy pack, with them successfully managing this in the second period. Keeping the ball alive at the breakdown and getting the passing and offloading game to stretch the visitors defence seemed to work really well and this led to scores from skipper Dan B, Charlie W at fly half and Oliver H scorching in at the left touchline. Full Back, Josh J converted two from three without a kicking tee which was very impressive!!

Powerful Jack B on the right wing and then at outside centre performed brilliantly in his first game this year for the school, after injury, with Dan H at inside centre once again showing his powerful traits with strong tackling and turning over several balls. His restarts were also very impressive and relieved pressure on us as the home side. Lenny B at scrum half brought lots of chat as he was playing against his regular clubmates of Cullompton RFC and provided an excellent link between forwards and backs with good service of the ball. Alex J was his regular, physical and imposing self in the back row and made several big tackles in the game. Max M played his second game at hooker and was relieved to hear that uncontested scrums were to be played! He did really well with some strong runs and tackles. Jake F on the left wing was very unlucky not to score in the second half and played one of his strongest games in the jersey. Finlay W, Reggie C and Sonny B made up a strong pack against the physical visitors and secured good ball for Clyst Vale, with Rhys S and Jasper F making several strong tackles to repel the visitors pressure on the line in the first half. Two other Year 10 lads really helped out the cause during the game, with winger, Kieran G making some good carries out wide and back rower, Harry B being outstanding in his first rugby game for the school!

Congratulations to all of the squad with the focus now mainly turning to the 7s format of the game after the half term break.

Mr Pearce



## Year 7 v Year 8 Netball

Thank you to the players in the Year 8 Netball club for coming to give us a practice game this week. It was really good fun and they were really considerate to the fact we haven't really played many fixtures yet. Thank you to some of our guest players who allowed us to keep the scores more even and to the older students who umpired so well!

Thank you again from the Year 7 Netball Club

## Year 7 Netball dates for your diary:

Tuesday 30th January v Tiverton - AWAY - sorry only 14 players will be able to go. Names will be on the PE board.

Thursday 8th February v Uffculme at HOME - all squad players

I have lots of photos to share with you on the newsletter however many of the students do not have consent - could you please look at your Edulink account and allow permission if you are happy for a photograph to be published in the newsletter.

Many thanks

Mrs Elliot



# Parental Guide to Mental Health

At Clyst Vale Community College we focus on the emotional wellbeing of our students and are aware of the challenges faced by our students as they develop into young adults.

Parents have a huge role to play and to help parents to understand their child's wellbeing we have put together a guide to resources which are aimed at parents to equip them with the tools to help to understand challenges your people may be facing.

This will be updated on the website with additional information.

We will regularly share short clips about wellbeing and mental health in the newsletter.

## **Resources aimed at Parents:**

### **Talking to your child about mental health—Guides**

[secondary-parents-leaflet-final-proofed-april-2020.pdf \(d1uw1dikibnh8j.cloudfront.net\)](https://d1uw1dikibnh8j.cloudfront.net/secondary-parents-leaflet-final-proofed-april-2020.pdf)

[Mental-Health-UK-Conversation-Guide-Talking-young-people-about-mental-health-1.pdf \(exactdn.com\)](https://exactdn.com/Mental-Health-UK-Conversation-Guide-Talking-young-people-about-mental-health-1.pdf)

### **Parental Minds**—Local based Charity <https://www.parentalminds.org.uk/about/>

Parental Minds gives support to families who are struggling with their mental health. We believe that the parental voice is vital when families are living with mental health issues; this underpins all our work. We help parents and caregivers tackle a range of mental health struggles, including self-harm, anxiety, and school refusal.

### **In person events**

Join Parental Minds for advice and support.

Sharing knowledge and insights. Answering your questions. Helping to make informal choices about your loved one.

- Honiton—Zest Café, 2nd Thursday of the month, 19.00—21.00.
- Exeter—John Lewis Community Room, 2nd and 4th Tuesday of the month, 10.00—12.00

### **Virtual Events**

Join us on Teams too! Please visit the website to see sessions available.

### **Young Minds Parents' Hub and Helpline**

If you are a parent needing help with your child's emotional wellbeing you can contact the Young Minds Parent Helpline, or visit their website, which has lots of excellent advice and information.

Phone: 0808 8025544

<https://www.youngminds.org.uk/parent/parents-helpline/>

### **Parental Guide to CAMHS**

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/parents-guide-to-camhs/>

### **Self harm related parental group**

<https://www.joinspeak.com>

### **Dove Self-Esteem Project: FREE Resources for Parents**

The Dove Self-Esteem Project is all about boosting children and young people's self-esteem and body confidence—and supporting parents to start important conversations at home. The free parent resources from Dove UK and Parent Zone include:

- Uniquely Me Parent's Guide—a 40 page booklet full of guidance and practical checklists for families to use together
- Podcast, which dives deeper into some of the issues covered by Uniquely Me
- Expert information and advice on Parent Info

To access these resources please visit: <https://www.dove.com/uk/dove-self-esteem-project.html>

## Specific Parental Guides

Anxiety— <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

Depression and Low Mood— <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/depression-and-low-mood/>

Self harm & suicide— <https://www.papyrus-uk.org/wp-content/uploads/2020/08Supporting-Your-Child-A-Guide-for-Parents.pdf>

<https://www.charliewaller.org/mental-health-resources/managing-difficult-feelings/help-for-parents-worried-about-children-self-harming>

Exam Stress— <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

School Anxiety and school refusal— <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>

Guide for parents to support children anxious about finances—

<https://euc7zxtct58.exactdn.com/wp-content/uploads/2023/05/16161006/Parent-and-Carer-Guide-Financial-Anxiety-in-young-people/1.pdf>

A self-care plan that can be used with Secondary school Children —

<https://d1uw1dikibnh8j.cloudfront.net/media/18660/my-self-care-plan-secondaryfe.pdf>

Information about mental health for adoptive parents and foster carers —

<https://www.annafreud.org/resources/family-wellbeing/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/>



## Student Wellbeing



Kooth is available for our Students to use. Kooth is a free, safe and anonymous online wellbeing service for children and young people. Young people using the site are able to access a range of support services including one-to one counselling sessions, discussing issues with their peers through online discussion boards, reading and contributing to self-help content and recording their feelings via journals and goal trackers. The online nature of Kooth means that young people can access help in a way that is most suitable for them, at a time that is convenient for them, 365 days of the year.

Kooth.com offers a wide range of therapeutic tools to help children and young people and support their mental wellbeing.

Follow this link to find out more: <https://www.kooth.com/>

# 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.

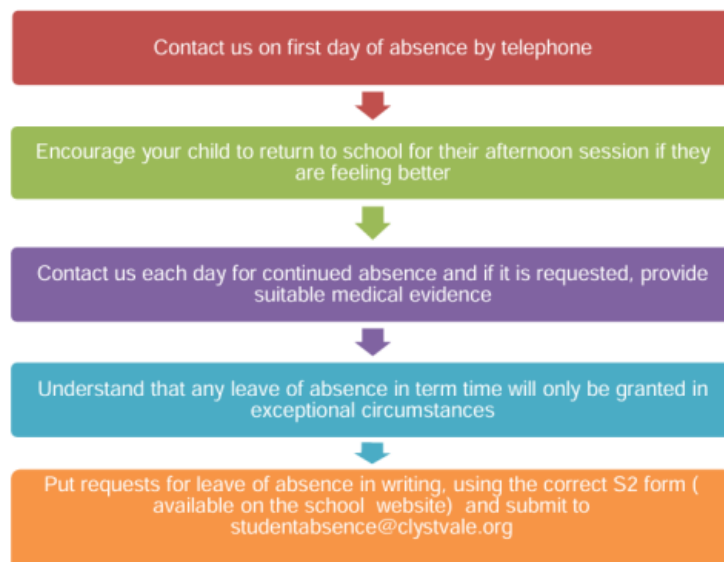
## Medical Appointments

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](mailto:studentabsence@clystvale.org)

### For Year 12 – 13 Absences

Sue Voysey

(Assistant to Head of Post 16)

Direct line: 01392 462697

Email: [voyseys@clystvale.org](mailto:voyseys@clystvale.org) and copy in Head of Sixth Form: [haynesc@clystvale.org](mailto:haynesc@clystvale.org)

**“THIS MORNING, HE  
HAD A STOMACH  
ACHE...BUT LOOK  
AT HIM NOW!”**

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



**HM Government**

Search NHS school illness guidance to find out more.

**NHS**

# Vacancies

## Invigilator

**Salary** £12.35 per hour including holiday pay

**Job Type** Casual

**Location** Devon

### Description

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.

Each academic year we require a team of responsible people to invigilate for a variety of exams. The main exam period is in May and June but we also run mock examinations at other times of the year. We are recruiting some additional members for our existing team of exam invigilators. The hours are flexible and varied and will suit someone who is looking to make a difference and can offer their time on a casual basis. All hours are agreed in advance each year and can fit around other commitments. You do not need previous examination experience, although an understanding of the importance and formality of the examination procedure and/or experience in managing groups of young people would be helpful. Training will be provided. If you are calm under pressure, have a pleasant nature but a keen eye then this could be the position for you.

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.

The financial reward is £12.35 per hour to include holiday allowance.

For more details and to apply, please visit our website <https://www.clystvale.org/vacancies/> and click on the 'apply' button.

Closing date for all applications is Tuesday 6th February 2024. Interviews will take place on Tuesday 20th February 2024. You will need to be available to attend for the whole interview day.

## Job of the Week

These are provided through the MYPATH careers webpage.

### CARDIOLOGIST

Cardiologists are doctors who specialise in working with the heart.

Cardiologists work with patients to treat ongoing illnesses or respond to emergency, potentially life-threatening situations.

When you get your first paid doctors' job, you can expect to earn around £28,000 per year. When you finish your training, you can earn anywhere between £41,000 and £77,000 per year.

[Job of the Week 3](#)

## Supporting Learning at Home

Sometimes, we need a little help understanding teenage minds in order to support their mental health. "Stem4's mental health podcast, Understanding Teen Minds, aims to provide insight into the world of teenage mental health, looking at everything from signs and symptoms to early intervention."

Please follow this link to the podcasts <https://stem4.org.uk/podcasts/#series2>. Episodes include Helping Your Young Person to Manage their Anxiety, for Parents/Carers and Talking about Resilience and Early Signs of Eating Disorders and First Steps Forward, for Parents/Carers.



## 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.



## Edulink & contact With 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 teacher or [admin@clystvale.org](mailto:admin@clystvale.org).

There is also a contact form and details below.

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

## 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

We understand that the cost of school uniform can be a burden to parents, yet many children grow out of uniform long before it reaches the end of its life. We would therefore request that uniform no longer needed but still in very good condition be donated to one of our 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



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

