

Bulletin: Updates and information from your Heads of Year



Mrs Hachipuka
Head of Year 7

Hello Year 7,

Well done all of you for adjusting so far to your first year at Okehampton College. Your efforts and commitment to your remote learning will be so beneficial to you on your return. The need to continue with your learning and engagement in your lessons is so important to your progress and development. I know it has been tough but hang in there, we will hopefully be back in school together again.

I have very much enjoyed speaking to you all during assembly and PSHE and if you haven't managed to attend these live sessions, please ensure you do after half term.

I hope you are managing to stay healthy and active each day. This is the perfect opportunity to learn a new skill or develop a love of an old one. Thank you for those of you who shared the ways you have relaxed during our assembly.

Those of you in school, it has been great to see and speak to you every day.

I hope you all have an enjoyable half term. Make sure you find time to relax, to be active and to do the things you enjoy doing by yourself or with your family.

Take care, stay safe and see you all very soon. 😊

Mrs Hachipuka



Mr Lindley
Assistant Head of Year 7



Mrs Proudfoot Smith
Head of Year 8

Year 8 - have a restful, screen free Half Term with some fresh air- YOU DESERVE IT!

I am so proud of you all.

Tutors have kept me informed and I have heard many stories of how you are supporting each other, helping your family and the community. You make me immensely proud.

You are a resilient bunch of young people. I know things have been tough for many of you at home but remember to stay in touch about how you are feeling and contact College if you need help or advice.

I have enjoyed seeing a range of impressive work from you all and marvelled at your problem-solving skills!

A few of my highlights have included catching up with students in College - it is great to speak to you all in person. Also, there have been tutor quizzes and events like 'bring your pet to tutor time'. I want to know the outcome of the vote deciding the name of that lamb, 8AD!

There are many tales of kindness I could share so I am including just one of the many positive stories I have heard:

Alice West 8KA and her sister have upcycled old beads and copper wire stripped from electrical cable to make earrings. They have been selling these since before Christmas and have raised £85 and donated it between the Blue Cross and North Devon Hospice.

I am looking forward to seeing you all soon.

Mrs Proudfoot-Smith



Mrs Teixeira
Head of Year 9



Mr Wilson
Head of Year 10



Mrs Clarke
Head of Year 11



YOUR YEAR 9 TUTOR TEAM and I would like to congratulate you on your engagement and attitude this half term. You have made a real effort to attend and participate in live lessons, you have kept in touch with your tutors through Teams, Check in Tuesday and emails. Also, a massive well done for the way in which you tackled the Options process, you have done a really good job in submitting your choices to meet the deadline.

We have enjoyed seeing your contributions to 'Express Yourself' and you continue to make us feel proud of how hard you are working to keep happy and well. Enjoy your well-deserved half term break!

MRS TEIXEIRA

AND THE YEAR 9 TUTOR TEAM

Dear Year 10,

I hope this message finds you all well.

I wanted to take this opportunity to say how proud I am of you all for the way that you have got to grips with your remote learning this half term. Life has certainly not been easy, but everyone has done their bit and more besides.

I have thoroughly enjoyed seeing and reading about the work that you are undertaking at home. You'll recall in my virtual Assembly last week where I talked about 'investing in yourself' and 'making the most of the situation' that we find ourselves in. Resilience, determination, and adaptability are just three of some of the many characteristics that I have seen in abundance from you this last half term. It has been great to hear these important traits develop in you and I know that it will be the continued personal development of these skills that will serve you well in later life alongside your academic achievements.

It is great that we have been able to continue with our Rewards programme this half term as well. I know Mr Lindley will be sharing an update with you via the college website on the last day of this half term.

Please keep in touch through the 'Tuesday Check-In' and weekly Tutor Teams sessions as it is important that you share your concerns with us so that we can support you over the coming weeks. Your well-being is key! Here's some useful tips:

Be active. There are many benefits to an active lifestyle. Some level of physical activity will undoubtedly have a wide range of positive effects.

Be curious. The best type of curiosity to promote your well-being goes beyond being interested and engaged in your environment. Mindfulness, in which you deliberately pay attention to what you're sensing, feeling, and thinking, pays off in a heightened sense of self-determination over your behaviour.

Keep learning. I've already mentioned that your well-being can be enhanced by curiosity, or mindfulness, and physical activity. Mental stimulation through learning, formal or otherwise, adds several important components to the mix.

Give. Going beyond your own personal desires or self-interests is one of the best ways to enhance your feelings of well-being. It does feel good to obtain reinforcement in the form of personal rewards, but your overall well-being is more enhanced when you do something for someone else!

Your Tutors and I would very much appreciate hearing some of your successes here over the coming weeks.

On a final note, thanks for letting me join some of your Tutor Quizzes recently! I have been amazed at the breadth and depth of some of your subject knowledge - not that I'm competitive of course....

And so, we look ahead to another half term. Take good care of yourselves.

Mr Wilson

Happy Half Term Year 11 you have earned a well deserved rest!

Things have been pretty pants for you and the lack of knowledge around exams has added to the pressure and anxiety that many of you are feeling. However, you have been amazing! In general, your engagement and willingness to work hard has been amazing this half term – your tutors and I are very proud of you. We don't know what is going to happen next half term or with your exams, but please remember that we are here to support and guide you regardless. Stay safe and enjoy some relaxation!

Mrs Clarke

A couple of things:

- **Hoodies** – order your leavers hoody via Gateway if you wish to get one, before the **19th February** – YOU DON'T WANT TO MISS OUT!
- **Careers and next steps** – if you have not had a careers appointment with **Ms Harvey** then get in contact with your tutor who will put you in touch. It is important that you get the right advice. If you are looking to stay at Okehampton College for Post-16 or move to Exeter College, Bicton, Duchy or an apprenticeship then Ms Harvey will be able to support you with your next steps.
- Two students in Y11 are sorting out your yearbook! Please email photos to okeleavers2021@gmail.com
- **NCS** – please see message below from NCS – it is a fantastic opportunity for the end of your Y11 year, and after this year it would be a good opportunity to socialise and gain some extra skills and experiences.

“Designed especially for 16 and 17 year olds, the NCS experience will give your teenager a clearer idea of what they want from their future to help them focus on their career and education paths. During the last 12 months we have faced new challenges due to the pandemic whether it be social distancing, missing school, missing face to face contact with friends or being physically inactive . NCS offers a two week or three week summer programme where your teen can build skills in leadership, communication and problem solving. NCS will help your teen to meet new people and be ready to face new challenges. NCS is run by Young People Cornwall in Truro and they have limited spaces. You can pre-register your teenager to take part by going to the website <https://wearencs.com/what-is-ncs> or watch our video https://www.youtube.com/watch?v=MX7_VKqh6x0 to find out more.”

"10 - a - Day"
Choices towards
Balancing Our Mental Health

1. Talk about your feelings 
2. Do something you enjoy and are good at 
3. Keep yourself hydrated 
4. Eat Well 
5. Keep active in mind and body 
6. Take a break 
7. Stay connected to those you care about 
8. Ask for help 
9. Be proud of your very being 
10. Actively care for others 

Mental Health



Rewards Programme

Although this has been an incredibly difficult time for many of our students, one thing that won't be changing is our Rewards Programme! Throughout the year, we have seen an incredible attitude towards learning from students and a passionate commitment to our 'CORE Values' (Community, Opportunity, Respect and Equity). We believe that students have shown an outstanding resilience in the current situation and have worked harder than ever to maintain their learning from home - with an extraordinary amount of help from parents too! This spirit is truly appreciated by everyone at Okehampton College.

As usual, each Key Stage 3 and Key Stage 4 Tutor has been asked to nominate one student from their tutor group that has shown the above 'CORE Values'. The nominated students will each receive a canteen pass for the next half term, 10 Achievement Points, a praise postcard sent to their home address, and an entry into the end-of-year prize draw. All of the nominations will then be collected from each half term at the end of the year, and one lucky student from each year group will be selected at random to decide who wins a very special prize. As most students haven't been able to attend school this half term, the decision was made this time to ask the Tutors to nominate an additional student from the previous half term before Christmas. We felt that this was the most equitable way to ensure all students had a fair chance to be nominated.

As we would in usual circumstances, we have sent a request to all parents of the nominated students for this half term, asking for permissions regarding advertising student's names on our website for our Rewards Programme. If you would like to see if your child has been nominated though, you can go to our Rewards Page on our Okehampton College website - simply select 'Rewards Page' from the 'Student' drop-down menu at the top of the page if you wish to view the nominations. You can also check all previous nominations as well for this academic year. Well done to all of the new additions to the list - your commitment to our 'CORE Values' deserves celebration!

In the last newsletter, we also revealed the winners of the Tutor Group League Table for the last half term in each year group: the tutor groups of Mr Martin, Mrs Atkinson-Sporle, Mrs Wheeleker, Ms Nielsen and Miss Hawkins respectively. Although we weren't able to reward the groups with their promised breakfast at the start of this half term, we can assure you that they will not be forgotten - they will still receive their free breakfast buffets when we all return to school too!

We will also continue to offer special Okehampton College Pin Badges to students that earn Achievement Points throughout the year:

- If a student earns 250 Achievement Points, they will receive a Bronze Pin Badge
- If a student earns 500 Achievement Points, they will receive a Silver Pin Badge
- If a student earns **750** Achievement Points, they will receive a Gold Pin Badge

The target for the Gold Pin Badge has now been lowered to 750 from 1000, in light of the recent school closure period. This should hopefully still be achievable until the end of the school year for a range of students that really demonstrate our CORE Values across the school!

In addition to a whole host of other rewards that will be happening throughout the year, we believe that we are rewarding students that strive to be the very best that they can be - something that is even more impressive right now.

Thank you and stay safe



Mr Lindley

Physical Activity - Advice from Miss Redstone Head of PE Faculty

The Chief Medical Officer for the UK suggests that children up to the age of 18 should carry out 60 minutes of Moderate to Vigorous Physical Activity every day. This will maintain good health and reduce the strain on the NHS. Physical activity has multiple benefits including:

- Reduced risk of Diabetes
- Reduced risk of certain Cancers
- Reduced risk of Heart Disease
- Reduced risk of Obesity
- Improved self esteem
- Good Mental Health benefits
- Improves bone health
- Improves brain function and memory
- Improves sleep quality

Physical Activity can be sports, but can also include walking, cycling, swimming, jogging, dancing, gardening, home workouts, and exercise classes.

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a **moderate** intensity level is if you can still talk, but not sing.

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

Community • Opportunity • Respect • Equity

Child Protection

Our Safeguarding Team: If you have any concerns regarding the safeguarding of children please speak to any of the safeguarding team members listed below



Mrs Edwards
Asst. Principal
& Designated Senior Lead



Mr Strawbridge
Deputy
Designated Senior Lead



Miss Wicken
Deputy



Mrs Hoggins



Mr Freeman



Mr Sproats



Mrs Teixeira



Mrs Weir



Mr Rossiter

Contact: extension 222 or 269 or external line 01837 650914
Or mobile 07791 683523

Additionally the Senior Leadership Team and Heads of Year are also level 3 safeguarding trained to support both staff and students.

Other Senior Contacts:

MAT CEO - Dan Morrow

MAT Vice CEO - Hazel Fox



Chair of Trustees - Tania Skeaping **MAT Director of Safeguarding** - Jane Lake

Federation Chair of Governors - Marilyn Livingstone **Federation Safeguarding Governor** - Gavin Jordan



For more information please see the Safeguarding page of our website, which also has a copy of our Safeguarding policy.
www.okehamptoncollege.devon.sch.uk

If you have any immediate, significant concerns about the safety of a child and it is out of hours, please phone the Police on 101 or 999



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