

### NEWSLETTER

No.796 w/c Mon 26th June 2023

"Lifelong learning is no longer a luxury but a necessity for employment."

- Jay Samit

**Dear Parents and Carers** 

### **Strike Action Update**

You'll have seen in the media that the NEU will hold two further strikes on Wednesday 5th July and Friday 7th July. I will be writing to all parents and carers early next week to confirm the detailed arrangements.

However, we know some things already. The organisers have indicated that the Year 10 discovery day is going ahead at the moment. However, the Exeter and District Athletics on 5th July has been cancelled, which is obviously a big disappointment for students competing. Also, we have reluctantly reduced Year 6 transition to just one day, Thursday 6th July, as the second day is a strike day; pupils from "non-feeder" schools, those who have attended our enhanced transition days, and those signed up for Big Step in the summer will at least have had a bit more time in Clyst Vale before September.

The four major teachers' and school leaders' unions are all balloting their members about strike action in the autumn. The NASUWT ballot closes on 10th July, NEU on 28th July, NAHT and ASCL on 31st July. Until these results are known, anything written in the media will be speculation and possible scenarios.

### **Principal Appointment Update**

It's a bit odd writing about this, but I have only myself to blame.... Also, I have almost nothing to do with the process of recruiting my successor. Applications close on 25th June, with interviews to be held on 3rd and 4th July; the strike days managed to avoid the interviews that week. Students will have seen me with various people who might have looked like a new Principal this week; however, these were people who requested a visit and look round Clyst Vale prior to making their application; they are not my replacement!

#### **Kick-Boxing Success**

Congratulations to Skye Strudwick in Year 9 on an amazing achievement – Skye picked up two silver medals in two weight categories at the recent European Championships in Budapest, Hungary. Skye has only been competing for a year or so, making this even more impressive. There are photos later in this Newsletter...



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#### Lots Going On...

It's always the same when exams finish, there's an explosion of activities. Year 10 Geographers have been on fieldwork this week, studying longshore drift at Dawlish Warren (like their parents and grandparents before them...!). Next week Year 10 Drama students have rehearsals, a performance and an assessment, and selected Year 10s have a Navy activity day on Thursday. There are TWO Proms next week, for Year 13 on Monday and Year 11 on Friday. Year 9 draw the short straw, with HPV vaccinations. For what Sixth Formers are up to, please see the next section. My serious point is that all these activities are an indication of a good school with committed staff, who put in a lot of time and effort to provide these opportunities.

#### News from Post 16

The last A2 exam is on Monday, so most of Year 13 are metaphorically on the beach, to use a football cliché; meanwhile Year 12 students have been enjoying their internal end of year exams, also concluding on Monday.

On Tuesday, Year 12 Geographers will be heading to the River Otter for a day's fieldwork.

As ever, there is a strong focus on higher education for Year 12 students at present. Accordingly, there is an all-day visit to Plymouth University on 29th June for students to consider all aspects of higher education and life at university. A week later, on 6th July, there will be a UCAS information evening for parents/carers (also valuable for students to attend !).

A Sixth Form Taster Day has been organised for Year 10 students to experience A\_level lessons; this is being held on Monday 3rd July.

### Parental Update and Advice on Vaping-

As part of Course 42 and CPS in Years 8 and 10, we have been highlighting the growing concerns over young people vaping. Nationally increasing numbers of students are choosing to vape. Data from Action and Smoking and Health (ASH) showed there has been an alarming 50% rise in the last year in Great Britain in the proportion of children trying vaping. It is now thought that 14% of 15 year old boys and 21% of 15 year old girls vape regularly. This is also a growing issue in Clyst Vale, so we have decided to hold a whole school education campaign through posters, lessons and assembly programme. We will continue to ensure all students are given factual and clear messages about the risks for young people of vaping and your support will be invaluable to help our students make the right decisions. Thank you Alissa in Year 10 for the fantastic poster (see back of the newsletter) created in her C42 lesson this week.

The following NHS update gives you an overview of the concerns:

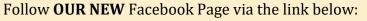
While vaping can help smokers quit, it is not harmless and is not for young people under 18. It is especially important to protect young lungs and brains.

That's why it is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.

If you find a retailer selling either nicotine vapes or tobacco products to under-18s, you can report a retailer to local authority Trading Standards via the Citizens Advice online portal.

Talking to young people about vaping

It's important for young people to know the facts so they can make an informed choice. Young people can find out more on the FRANK website. <u>Vapes | FRANK (talktofrank.com)</u>



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Parents, carers and anyone working with children can make sure young people understand the health facts about vaping and know about vaping and the law.

Facts to tell young people about vaping:

Vaping is a way for adults to stop smoking – not something for non-smokers, especially children and young people to try.

Vaping is less harmful than smoking but that does not mean it is harmless.

In the UK, it is against the law to sell nicotine vaping products to under-18s or for adults to buy them on their behalf.

Vaping exposes users to some toxins, and we do not yet know what the risks might be in the longer term. There is twice the safe level of lead, for example.

Some vapes contain nicotine, a highly addictive substance

Nicotine is more risky for young people than for adults

Some disposable vapes on sale are illegal and do not meet UK standards

The following leaflet gives detailed advice to parents on talking to their children about vaping:

<u>11435 SFS – A5 4pp vaping Parent and carers 2.2.indd (smokefreesheffield.org)</u>

### **News of Former Students**

I was thrilled to bits that ex-student Sara Cox was awarded the MBE in the King's Birthday Honours List last week, for services to rugby. Sara completely deserves this, as she has done a phenomenal amount for women in rugby as well, breaking several glass ceilings. Sara was the first-ever female professional referee; the first woman to referee a men's top-flight game, and the first woman to referee a Gallagher Premiership match. Very proud of her !

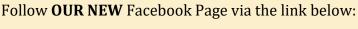
On Wednesday this week, in Krakow, ex-student Abbie Brown was the flagbearer for the 177 athletes in Team GB at the European Games. This is a real honour, and a milestone in a sporting career. Abbie is captain of the Great Britain rugby sevens team, and was selected as flagbearer (with canoeist Joe Clarke) because she exemplifies Olympic values and upholds the Team GB values of pride, responsibility, respect and unity.

(The European Games occurs every four years; there are 6,500 athletes from 48 countries competing in 18 Olympic sports).

If I think back, I can still picture Sara and Abbie in their CVCC uniform in the Giraffe House with their mates. They both had incredible talent, but also focus and determination. Sara and Abbie remain superb role-models for other Clyst Vale students; if they can be so successful, then so can you !

Best wishes,

Kevin Bawn





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### **STUDENTS OF THE WEEK**

### **RED SCHOOL**

7RDF	Lottie Ash
7RTM	Vicky Gundidza
8RBAT	No permission to print
8RHSP	James Rainton
9RSGA	Isaac Laramy
9RZB	Sofia Lemay-Palmer Tye
10RAO	Joel Wilson
10RMAH	Edie Long
11RER	-
11RGG	-

### **YELLOW SCHOOL**

7YBH	Sam Humphreys
7YGG	No permission to print
8YMBR	Alicia Woodward
8YTZI	-
9YPNE	Karly David
9YSS	-
10YDST	-
10YSP	-
11YMPR	-
11YNS	-

	GREEN SCHOOL
7GLT	-
7GMN	Josh Plank
8GCMC	Harley Ewings
8GIM	-
9GABr	-
9GDH	Tristian Drake
10GAW	No permission to print name
10GBA	-
11GHE	-
11GSW	-

### **CALENDAR DATES**

DATE	EVENT
15th May to 28th June	GCSE & A LEVEL EXAMS
20th to 27th June	Y12 Mock Exams
Monday 26th June	Y13 Prom
Tuesday 27th June	Y12 River Otter Trip
Wednesday 28th June	Y7 Space Day @ Exmouth CC
Thursday 29th June	Y6 Non Feeder Schools evening Post 16 Trip to Plymouth University D of E Gold Practice, Exmoor Rounders National, Leicester
Friday 30th June	Y11 Prom
Sunday 2nd—Tuesday 4th July	DofE Gold Y12, Exmoor
Monday 3rd & Tuesday 4th July	Post 16 Taster Days
Wednesday 5th July	Exeter College Discovery Day Y10
Thursday 6th July	Transition Day Y12 UCAS Information Evening
Wednesday 12th July	Sports Day (13th July Reserve Sports Day) New Intake Parents' Evening
Week Commencing 17th July	Y10 & 12 Work Experience Woodlands Trips: Tues 18th—Y7 Weds 19th—Y9 Thurs 20th—Y8
Friday 21st July	LAST DAY OF SUMMER TERM ( Note Early finish 2pm)
Thursday 17th August	A & AS Level Results Day (9-11am)
Thursday 24th August	GCSE Results Day (9-11am)

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#### RE: Year 9 students who will be taking GCSE PE / Sport Studies - Polo & Squad Tops

If your child has chosen to study GCSE PE or Sport Studies in Year 10. During the course he/she has the option to purchase a course polo shirt and/or Squad Top.

The polo shirt/squad top will be worn for practical GCSE PE or sport studies lessons and when students officiate or umpire tournaments within the College. The polo shirt and Squad tops are of a high quality, light-weight breathable material and will be printed with the student's last name on the reverse, both tops will have the Clyst Vale Community College Crest on the front left.

This optional Polo shirt will cost £21.00 whilst the Squad top costs are £21.50.

If you would like to purchase a polo shirt for your child, please make payment by Monday 3rd July 2023. Payment can be made online through the online payment system www.schoolgateway.com. This can be accessed via the Clyst Vale website at http://www.clystvale.org/

These polo shirts will be personalised with your child's surname. We cannot send them back if the size ordered is incorrect.

You will receive an email regarding more information and sizes this week.

Any further questions please let me know.

Mrs Broomfield





Clyst Vale Library is a dual use library located within Clyst Vale Community College. The library is open to the public on Mondays, Wednesdays and Thursdays, and is open to the students at Clyst Vale Community College throughout the week.

The entrance to access the library is through Clyst Vale's main entrance (reception,) then turning right, from there you will see the libraries entrance.

Public opening hours; Monday 3.30 – 5.30pm, Wednesday 3.30- 5.30pm and Thursday 4 –6pm

### Edulink and contacting the College

Please do not address emails, or replies to Edulink messages, to <u>Edulink@clystvale.org</u>. 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: <u>http://www.clystvale.org/contact-us/</u>





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### Hungarian Kick Boxing World Cup Budapest, Hungary 2023



















https://oneonline.devon.gov.uk/CCSCitizenPortal\_LIVE



Contact: 0345 155 1019







### Attenborough's Army There is no planet B!

Attenborough's army are selling reusable water bottles, buying a reusable water bottle will help our planet by using less plastic.

The money made from the water bottles will be for the wildlife garden here at Clyst Vale. The money will allow students to buy wild bird seed, plants, bird boxes and more, to help our wild garden flourish.

You can purchase a bottle via school gateway, at £5's each, proof of payment will need to be seen when collecting the bottle from the library, a screen shot of the receipt would be perfect, or alternatively, £5 cash to the librarian when collecting. Thank you for your support!



### What is Vaping?

A vape is a device that allows you to inhale a nicotine based or nonnicotine based substance in vgpour rather than smoke. Vapes do not burn tobacco and do not produce tar or carbon monoxide, two of the most damaging elements in tobacco smoke.

They work by heating a liquid (called an e-liquid) that typically contains nicotine, propylene glycol, vegetable glycoctine, and flavourings.

# Why do People Vape?

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When people around you do certain things, it can make you feel pressured to also do those things, so you feel that you fit in. When people around us do things which are risby, there can be pressure to also join in. Sometimes, this pressure may come from other people, or it may come from yourself because of wanting to fit in. It's obsy to make a choice that's right for you, and this may mean doing something different to the people around you. It can be difficult to say no but remember what's right for you!

# vaping

### How to stop vaping?

Local stop smoking services are free, friendly and can massively boost your chances of quitting for good.

These services staffed by expert advisers provide a range of proven methods to help you quit.

They'll give you accurate information and advice, as well as professional support, during the first few months you stop smoking.

They also make it easy and affordable for you stop smoking such as:

One-to-One group stop smoking sessions

XXX

Bupropion (Zyban)

## Laws around vaping

Vaping and e-cigarettes come under the same law as smobing. This law says that it's illegal to sell any tobacco products to someone under 18. It's also illegal for someone else to buy them for you if you are under 18. It would be important to think carefully about why you want to try this and the effects it might have on you.

This law exists to prevent young people from getting addicted to nicotine and to protect your health. The longterm effects of smoking show that it increases your chance of getting lung cancer. The health effects of vaping and e-cigarettes are less known but you should be careful as they contain nicotine which is highly addictive. It would be illegal for someone to sell you e-cigarettes, vape liquid or normal cigarettes at the age of 13. It isn't technically illegal for you to carry an e-cigarette but if you are caught in public the police can confiscate it from you. They are allowed to do this under the age of 16 in England and Wales or under 18 in Scotland and Northern Ireland.



### MONDAY

# TOPPED FOCACCIAS

Cajun chicken & Caramelised peppers.

BBQ beef & roasted onion petals.

Baby spinach, chickpea & goats cheese.

House salad & wedges served with



Pizza pepperoni pasta Roasted pepper penne. MONDAY

Carbonara fusilli Roasted mushroom fusilli WEDNESDAY TUESDAY

Puttanesca conchiglie THURSDAY

FRIDAY

Pizzn. Pizzn. Pizzn

CLEVERCHEFS (rent ure Minute

Mac 'n' cheese

*<b>UESDAY* 

No.

CHICKEN

FISH & CHIPS

FRIDAY

THURSDAY

WEDNESDAY **ROAST TURKEY** 

SRI-LANKA

Freedory

NET OF

GOURM-YAY)

ROAST

Bubble coated pollock fillet

Chicken kukul mas curry

Crispy chicken burger, iceberg, mayo.

Korean glazed chicken pots.

QVN Quorn vegan nuggets.

Potato rosti bites & corn on cob Served With

### **AVAILABLE** SPUD BAR. DAILY

FOOD ALLERGENS & Intelerances

WE GOT

Chip shop curry sauce

Served With

Not fish fingers

Red lentil & vegetable

dal curry

Mini garlic naan

Fragrant rice

Chefs homemade stuffing Roasted root vegetables

Crispy roast potatoes

kachumber salad

Rich homemade gravy

DESSERTS &

PUDDINGS

Roasted quorn fillet.

Served With

Minted peas

Served With

Garden peas

Chips

Oven baked jacket potatoes, topped with.

affor cake brownie

MONDAY

reely correct cake

TUESDAY

WEDNESDAY

Boywomen Long

HEINZ BAKED BEANS CHEDDAR CHEESE

SALAD BAR.

DRESSED CUCUMBER BALSAMIC BEETROOT TOMATO SALAD. SCHOOL SLAW.

Sticky Porsnip Coke

THURSDAY

courgette Coke

FRIDAY



ORDERING AND WE WILL BE HAPPY TO GUIDE

YOU THROUGH OUR INGREDIENTS.

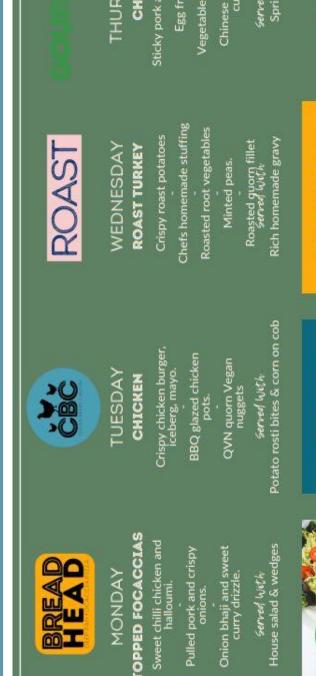
Week ore

THEN PLEASE MAKE US AWARE PRIOR TO

INTOLERANCE.

HAVE AN ALLERGEN OR FOOD







Oven baked jacket potatoes, Topped with

SPUD BAR.

HEINZ BAKED BEANS CHEDDAR CHEESE

SALAD BAR.

Pizza pepperoni pasta. Roasted pepper penne. MONDAY

TUESDAY

CHILLED CRUNCHY WEDGE SALAD BALSAMIC BEETROOT CRISPY MARMITE SHARDS.

SCHOOL SLAW

Carbonara fusilli Roasted mushroom fusilli WEDNESDAY

Puttanesca conchiglie THURSDAY Mac 'n' cheese

FRIDAY

CLEVERCHEFS (real) un Munity

# Pizza, Pizza, Pizza

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CLEVERCHEFS (real; ure Pluefs

ORDERING AND WE WILL BE HAPPY TO GUIDE

YOU THROUGH OUR INGREDIENTS.

THEN PLEASE MAKE US AWARE PRIOR TO

INTOLERANCE.

HAVE AN ALLERGEN OR FOOD

### DESSERTS & PUDDINGS

**AVAILABLE** 

DAILY

Inffer coke brownie reely correct coke WEDNESDAY Hoan houses TUESDAY MONDAY THURSDAY

























THURSDAY

Vegetable chow mein Chinese vegetable curry. Egg fried rice CHINA

Served With Spring rolls

Bubble coated pollock fillet Garden peas Chips

FISH & CHIPS

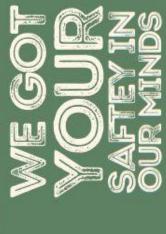
FRIDAY

She Inwlord

WPU To NEI Not fish fingers

Chip shop curry sauce

# FOOD ALLERGENS & Intelernmeet







### LUNCH-CLUBS¶

Dayt	Club¤	Time#	Where¤	<b>Changing</b> ·Room¤	Teacher#
Monday¤	Film-Club#	Lunchtime#	HU2¤	Ħ	Mrs-Harrison#
Monday¤	Chess-Club¤	Lunchtime#	Library¤	¤	Mrs-Crawford¤
Monday¤	Year-9-13Badminton¤	Lunchtime#	Sports-Hall¤	Sports-Hall¤	Mr·Powell¤
Monday¤	Year-10-11Softball¤	Lunchtime#	Field¤	Ħ	Mr-Pearce¤
Monday¤	Year-7,8-&-9Cricket#	Lunchtime#	Top·Field¤	Ħ	Mr·Stapleton#
Monday¤	D-&-T-Club¤	Lunchtime¤	DT1¤	Ħ	Mr·White¤
Tuesday¤	Trailblazers	Lunchtime#	HU7#	1	Miss·Nash¤
Tuesday¤	Ten·Tors/DofE·commencing·after· Half·Term¤	1.30pm·to·2.10pm¤	MA8¤	Ħ	Miss-Barratt/Mr-Eales
Tuesday#	Amnesty-Club#	1.30pm-to-2.10pm#	EN7#	)H	Miss-Watt#
Tuesday¤	Choir¤	Lunchtimes¤	PA2w/c-6th-Feb#	<b>X</b>	Mr·Hawkins¤
Tuesday¤	KS4/KS5-Work-Experience-&-Careers- Drop-Ing	Lunchtime¤	Careers-Base#	ц	Miss-Bennett#
Tuesday¤	Year-8-&-9Tchuckball	Lunchtime#	Sports-Hall¤	Sports·Hall¤	Mr.Powell-&-Miss-Hal
Tuesday¤	Week-BYr-7/8/9Science-Club¤	Lunchtime¤	SC4#	Ц	Dr·Odunlade/Mrs· Spencer/Mr·Ferret#
Tuesday¤	GCSE-Art-&-Photography-Catch-Up-¤	Lunchtime#	AR2/IT4¤	Ħ	Mrs-Waltong
Wednesdaya	Week-BLGBTQ+-Group#	Lunchtimen	HU4¤	ц.	Mr-Zimbler#
Wednesday#	Week-AEco-Committeen	Lunchtime#	HU4¤	Ħ.	Mr-Zimblent
Wednesday¤	Yr-11-Theory-Catch-Up#	Lunchtime#	DT3¤	<b>X</b>	Mrs-Crook¤
Wednesday¤	Year-11-GCSE-PE-Revision/Catch-Up#	Lunchtime#	IT1but-PE5-from-Feb#	Ħ	Mrs-Broomfield#
Wednesday¤	Year • 7•&•8⊷•Badminton¤	Lunchtime¤	Sports-Hall¤	Sports·Hall¤	Mr·Powell-&-Michael- Rothery¤
Wednesday¤	Year-11-GCSE-PE-Workshop#	Lunchtime#	PE5¤	<b>X</b>	Mrs-Broomfield¤
Thursday¤	History-Club¤	Lunchtime#	HU7¤	a a a a a a a a a a a a a a a a a a a	Miss-Nash¤
Thursday#	Week-AYr-10/11-Practical-Catch-UP#	Lunchtime#	DT3#	ц Ц	Mrs-Crook#
Thursday#	Week-BYr-1/11-Practical-Catch-Up#	Lunchtime#	DT3#	ц Ц	Mrs-Crook#
Thursday¤	Debate-Society¤	Lunchtime¤	HU2¤	¤	Mrs·Harrison¤
Thursday¤	Year-11Indoor-Football¤	Lunchtime#	Sports-Hall¤	Sports-Hall¤	Mr-Stapleton#
Thursday¤	Year-10-&-11Softball¤	Lunchtime#	Field¤	¤	Mr·Pearcex
Thursday¤	Year-10-&-11Dance-Exam-Class#	Lunchtime¤	Studio¤	Studio¤	Mrs·Elliot¤
Thursday¤	Year-10-&-11Boxing-Club-¶ INVITE-ONLY¤	Lunchtime¤	Studio¤	Studio¤	Mrs-Rogers¤
Thursday¤	Year-9Rounders¶ INVITE-OLNLY#	Lunchtime¤	Field¤	Humanities¤	Mrs·Broomfield¤

Thursday	Yu Gi Oh! Club	Lunchtime	SC3		MrMoxey
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	MrPowell
Friday	Week B – Yr 9/10 – Science Club	Lunchtime	SC2		Dr Odunlade/Mrs Spencer/Mr Ferrett
Friday	Drama Club	Lunchtime	PA1		Miss Ruscoe
Friday	Jazz Band	Lunchtime	PA3 - w/c 6 <sup>th</sup> Feb		Mr Hawkins

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

### 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 call the Attendance team Direct line: 01392 463911 Email: studentabsence@clystvale.org Catherine Prunty (Lead Attendance & Admissions Officer) Sharon Leaman (Attendance Officer)

### For Year 12 - 13 Absences

Please ring Sue Voysey—Assistant to Head of Post 16 Direct line: 01392 462697 Email: voyseys@clystvale.org Copying in Head of Sixth Form: haynesc@clystvale.org