



Inspiring Optimistic Learners

NEWSLETTER



22nd May 2015 Issue 20

HEADTEACHER'S MESSAGE

From the 11 – 15th May the College held our first annual **Healthy Eating Week** and joined with the national campaign by Jamie Oliver, the Food Revolution

We are all too aware of the rising obesity levels within the UK amongst our children and at Torpoint Community College we wanted to stand up to this and to ensure that all our students have the right to an education on making the right food choices, for now and their future. Getting the right balance now has been scientifically proven to increase attendance at school as well as achievement. Furthermore, as a College we felt it was imperative that learners had the skills to choose healthy foods, but at the same time we wanted to ensure that we embedded in their minds that food can be both healthy and fun.

During this week Bruce Cole, chef from River Cottage, made a sustainable cod fish cake, Daisy, from The Cornish Seaweed Company showed students how to make a healthy alternative to crisps, Jane Hutton from Trinity Holistic's made a rich chocolate brownie using unrefined sugar and raw cocoa beans and Vix at the Family Foraging Kitchen showed students how our hedgerows contain edible plants and free food. Students made Jamie Oliver's 'Squash it Sandwich'. Assemblies during this week focused on the importance of eating healthily for the development and nourishment of their brain and body, and there were PE gym inductions and fitness classes for students and staff.

There have also been a raft of other activities where TCC students have shone: our brilliant girls' choir the Torpettes performed in the Hub Showcase at the Hall for Cornwall, teams of TCC students competed and completed the 35 and 45 mile courses of the Ten Tors Challenge and a superb exhibition of Year 11 art work in the on-site Kensa Gallery.

The Year 11 final assembly was a fantastic affair with students being awarded for their learning achievements as well as various character traits! We wish them all every success for their future. We hope the Year 13s, who mark their leaving with a special breakfast, will stay in contact and look forward to welcoming scores of Year 11 students into our superb Sixth Form.

Happy half term and see everyone for the second half of the summer term on Monday 1st June.

FORTHCOMING EVENTS

9th & 10th June – Year 6 Open Mornings

16th June – Year 7 Parents' Evening

18th June – Year 6 Transition Evening

Academic Year 2014/15 Term Dates

Summer Term 13th April – 17th July

(Half term 25th-29th May)

Torpettes perform at the Hall for Cornwall

On May 1st TCC's Torpettes performed at the Hall for Cornwall as part of the 'Hub Showcase', an evening of some of the South West's finest musical talent from 6-20 years of age. The girls left for a gruelling day of sound checks, rehearsals and finally a performance. They absolutely captured the audience's hearts with their emotional renditions of three numbers that really tested the girls' harmony and performance skills. Led by the fantastic Rhiannon Hardie, the Torpettes proved they were an outstanding group of performers and that their professionalism off and on stage was beyond compare. The Director of Education has even congratulated them at a recent meeting and they deserve it. Go girls!

The Torpettes travel to London in July to perform at Covent Garden and rehearsals are underway. They will also be part of a workshop from the coval coach of the west end production of the Lion King.

Photograph by kind permission of Pete Glaser



GCSE ART Exhibition Private View

On Monday 11th May we had the amazing artwork of this year's GCSE Year 11 art students displayed in our Kensa Gallery. There was a good turnout at the private view with students, parents and staff attending. There were so many positive comments made about how skilled our art students are and how diverse the artwork is! There were paintings, ceramic work, wire sculpture and printing to name just a few of the types of artwork on display!



A message from TCC's Amnesty Youth Team

We are the TCC Amnesty Youth Team and we are a group of young people who meet at lunchtime every Friday to stand up for men, women and children where their justice, freedom, truth and dignity are denied. We get involved with events such as the 'Give it up' campaign or the 'Write for Rights' campaign to make a difference and stop people's human rights from being broken around the world, wherever this may be happening.

We do this because we believe that all humans should be treated equally and we are passionate about making a stand against oppression in the places where equality is not practiced.

During the 'Give it up' campaign on Friday 6th February we also gave up one of our human rights for a day to empathise with those less fortunate than ourselves and to raise money for Amnesty (because they are a charity). Of the many rights we had to choose from some people gave up Article 13 of the Universal Declaration of Human Rights, the right to freedom of movement, and others gave up Article 19, the freedom of opinions and expressions.

It was a challenging yet fun way to raise awareness across the College about the very tragic experiences faced by some people every day. We are proud to announce that we raised a grand total of £229.47. Not bad for our first event! Watch this space for more action by the Amnesty Youth Team. Many thanks.

Written by Tom Lancaster – Year 10 Student at TCC and member of the TCC AIYT



Jamie Oliver's Food Revolution Week 11th May-15th May

The campaign, which fights for learners rights to a food education in school, aims to tackle childhood obesity and related health illnesses, by teaching students how to prepare and cook healthy meals, as well as providing pupils with a good understanding of making the right food choices and living a healthy life.

The week was jammed packed with a range of different events, which included both the PE and Food Technology departments incorporating this initiative into their SOL, as well as the PE working closely with the YMCA gym, by offering free exercise classes both during and after college to both students and staff. Furthermore, each day a nutritionist was in college to deliver assemblies to students about making the right food choices, which had a massive impact on students as it highlighted the dangers and consequences of a diet rich in processed and refined foods.



On the final day of the campaign, Year 7 students were involved in a two hour workshop where they watched cooking demos from local chefs such as Bruce Cole, from River Cottage, who made a sustainable cod fish cake served with a pesto and garlic dressing. This was a huge success and Tina even recreated it and served it in the canteen that lunchtime, which proved a real success!! Daisy, from The Cornish Seaweed Company, showed students how to make a healthy alternative to crisps by frying raw seaweed with paprika and Jane Hutton, from Trinity Holistic's, made a rich chocolate brownie using unrefined sugar and raw cocoa beans. The students also got to taste some wild edibles from Vix at the Family Foraging Kitchen, as well as making Jamie Oliver's 'Squash it Sandwich'. All in all the day was a huge success, with nearly all students trying something different for the first time and actually enjoying it. They also took away with them that not only is healthy food tasty, it's also very simple to create.

A big thank you to Tina Crago and Debbie Thorpe for making this day the success it was.



TEN TORS

Well done to all students who took part in the Ten Tors Challenge. Conditions at the start were bleak but the weather improved over the weekend, with only the occasional spot of mist. Three teams took part with all walkers from Torpoint Community College.

First in were St Johns Youth club, 35mile route (managed by Ian Andrews & Jen Hicks):

Will Lumbard
Lance Deardon
Jake Burns
Adam Welch
Will Puddephatt

Torpoint Community College 35 miles (managed by June Porter & Colin Parton):

Jake Corner
Noah Rees
Katie Harvie
Jack Charman
Ollie Rickard

Torpoint Community College 45 miles (managed by June Porter, Colin Parton & Matt Davey):

James Fortt
Matthew Jenkins
Sam Thomas
Ruan Hallett
Laura Harvie
Tyler Smith

Training began last October and a huge thank for all the help and support given to the students by the adult volunteers.

MOONLIT CYCLE

St Luke's sportive cycling event, the Moonlit Cycle is coming back to Cornwall for its second year on Saturday 4 July 2015, proudly sponsored by Tom French & Associates. This is your chance to join hundreds of road cyclists throughout the moonlight hours as you take on the 50km or 100km cycle (minimum age of 14 and 16 respectively) along South East Cornwall's iconic coastal pass.

Departing from Torpoint Community College at 8pm you will travel around the stunning Rame Head coastal headland across to Dobwalls, Looe, and Seaton, depending on your chosen route. Register today for only £20.

www.stlukes-hospice.org.uk/z_archive/moonlit-

