



**TORPOINT  
COMMUNITY  
COLLEGE**

Inspiring Optimistic Learners

**NEWSLETTER**



Issue 41 20 October 2016

**Academic Year 2016/17 Term Dates:**

Half Term 24th-28th October  
Christmas 19th December-2nd January (College  
reopens 3rd January)

**UPCOMING EVENTS**

Academic Review Day Evening—7th November  
Academic Review Day Morning—8th November  
Sixth Form Open Evening - 15th November

**Learning for Life Day**

The Learning for Life Day on 4 October was focused on student wellbeing. The normal College timetable was collapsed and Key Stage 3 students took part in a range of activities organised by English, Art, Performing Arts and PE department leads. Students found out a variety of ways in which to combat stress from making stress balls, mindfulness colouring, finger painting, sensory walks, creative writing and exercise.

Year 10 took part in a series of sessions with visiting speakers such as Brook, Devon & Cornwall Police (Prevent), Headstart, LGBTQ Cornwall and Addaction. Once again our external visitors gave praise about the students' attitude to learning and how well-behaved they are. Well done to all students and staff on a successful day.



**Cornwall Careers Show 2016**

On Thursday 13th October Year 10 and 12 students attended the Cornwall Careers Show held at the Royal Cornwall Showground Exhibition Centre. Students were able to view a wide range of interactive, hands-on exhibits from local and national employers and higher education institutions as well as finding out about apprenticeships.

We plan to visit the Plymouth Careers Show in March so if you didn't go to Wadebridge watch out for this to ensure your place! Mrs Bray, Careers Coordinator.



## Year 10 Eden Trip

Year 10 Food Preparation and Nutrition students have been studying fruit and vegetables this term so we organised a visit to the Eden Project on Monday 3<sup>rd</sup> October to see first-hand how different fruit and vegetables are grown. They had a talk all about the foods that are grown at the Eden Project and how nearly everything we consume is linked back to plants. The students then explored the biomes to see for themselves the different foods that are grown, how they are grown and the different conditions in which they need to grow. A thoroughly enjoyable time was had by all.



## Open Hearts Open Borders Concert

A massive thank you, and congratulations to the student community of TCC, for turning out in droves to enjoy the musical talents on offer last Friday lunch time and to show great support for the displaced, homeless and vulnerable refugees of Syria and North Africa.

We are overjoyed to say that in a very short, very sweet half hour mini gig, we raised £107 and put together several jam packed boxes of food and essential baby care items to donate to the Plymouth-based refugee aid charity, 'Open Hearts Open Borders'.

This is a massive result and something which everyone at TCC can be very proud of.

Keep it up!

## Food Technology and Catering

### Curried mince

250g lean steak mince  
1 tin of chopped tomatoes  
2 apples  
50g raisins  
1 tbsp of oil  
1 onion  
2 tbsp of mild curry paste

Chop your onions into small cubes and lightly fry for 3 minutes until soft. While this is cooking peel and chop your apple and then add to the pan along with your mince. Cook until all the meat is brown. Add curry paste, chopped tomatoes and raisins. Bring to the boil then reduce heat and simmer for 20 minutes.

Serve with an oven baked potato and salad.

Enjoy!

### Message from TCC Marketing

Do you have any good news stories you would like to share with the College? We would love to hear from you so we can share them, if appropriate, with the wider College community. Please e-mail the details to:-  
[TCCMarketing@torpoint.cornwall.sch.uk](mailto:TCCMarketing@torpoint.cornwall.sch.uk).

### Police - Hate Crime Awareness/Holocaust Competition

On Wednesday 21st September, Geoffrey Turner- Moore of Devon and Cornwall Police visited 8.1A PSHE and Ethics lessons to talk to students about Hate Crime/ Holocaust.

Students were then tasked to produce art work or creative writing about the issue. Year 8 have produced some great quality work.

Well done to all involved.

HEALTHY

WEALTHY

& WISE

## THINKING CHRISTIANLY ABOUT EVERYDAY ISSUES

JOIN US FOR THIS YEAR'S ROADSHOWS

October 5  
Marazion Community Centre, Health

October 17  
St Petroc's Bodmin, Wealth

October 11  
Launceston Town Hall, Health

November 8  
St Erme Community Centre, Wisdom

October 13  
Penryn College, Wealth

November 15  
Liskeard Public Hall, Wisdom



FREE ENTRY 7PM-9PM MORE INFORMATION [WWW.TRURODIOCESE.ORG.UK/THINKING-CHRISTIANLY](http://WWW.TRURODIOCESE.ORG.UK/THINKING-CHRISTIANLY)

### Gwitthi

Lions student volunteers recently took part in a Beach Clean at St. John's Lake, Torpoint. The Gwitthi team meet every Wednesday after College from 3.30-4.30pm in The Gwitthi, Room 50.

New members are welcome.



### Medication in College

Please note that medication, including Paracetamol, should not be carried by students in the College. Paracetamol is a high risk medication that can cause long term damage if taken incorrectly. It should never be shared amongst students.

Any medication should be accompanied by a consent form which has been signed by a parent/carer and taken to the College's Medical Room from where it will be dispensed. The medicine forms can be found on the College website or collected from the College's main reception.

Thank you.

### Ten Tors Introductory Walk

Well done to those who took part in the Ten Tors introductory walk last Sunday.

The weather turned out to be ideal for the students and the volunteers who supported them on the circular walk around Princetown on Dartmoor, covering around 11 miles.

Those unable to attend the introductory walk, or the Ten Tors meeting that took place yesterday, should contact Mrs Porter if they are interested in taking part in this great event.



## Great opportunity for Challenge Week July 2017 or 2018!

As you will be aware, the College is no longer running the Duke of Edinburgh's Award. However, we would like to offer students (not open to those taking part in work experience) the opportunity to take part in an expedition in the Slovenian Dolomites and Jura Alps. The expedition will be run by Dynamic Adventures, who we have used previously, to assist with the Duke of Edinburgh's Award expeditions; they are extremely experienced and trained to the highest standards.

Mrs Trotter would also be in attendance to help supervise together with another member of College staff. This trip would also be open to other schools so it may not just be TCC students in attendance.

This is an amazing trip in one of the world's most beautiful places. The expedition would be for 6/7 days and would involve such things as:

- White water rafting
- Rock climbing
- Abseiling
- Spending an evening in the mountains for a BBQ
- Canyoning (the sport of jumping into a fast-flowing mountain stream and allowing oneself to be carried downstream at high speed)
- Swimming in Lake Bled (which is warm)
- A day in Venice.

Opposite are just a few images of this beautiful region.

Further details and costs about running this trip, together with an Expression of Interest Form can be found on the College website or Facebook page; the **deadline for expressing your interest in this trip to Mrs Trotter is Thursday 17<sup>th</sup> November 2016. Please indicate on the Expression of Interest Form whether you would like to see the trip take place in either 2017 or 2018.**

