



**TORPOINT
COMMUNITY
COLLEGE**

*"INSPIRING
OPTIMISTIC LEARNERS"*

NEWSLETTER

Wednesday 10th November 2021



UPCOMING EVENTS

Thursday 11th November - Sixth Form
Open Evening

Monday 22nd November – Year 11 Mock
Examinations start

Monday 29th November – Post 16 Mock
Examinations start

ACADEMIC YEAR 2021/2022

AUTUMN TERM: 6th September – 17th
December

HEADTEACHER'S MESSAGE

Dear Parent/Carer,

Over the last week there have been a small number of Year 12 students sitting their GCSE English and Maths examinations. This is the first time they have completed examinations in a formal sitting due to the COVID-19 pandemic, and we wish them well.

Under 'normal' circumstances we arrange for students to experience two sittings of mock exams, once in Year 10 and again in Year 11. This year we start to return to this arrangement with our Year 11 students sitting their mock exams in the week commencing 22nd November, with a further sitting provisionally planned for the week commencing 14th March. For our Year 10 students, they will be sitting their first mock exams in the week commencing 9th May. This is an important process to familiarise students with the examination requirements and for them to experience what it's like to undertake examinations in a formal setting. It also helps us, and the children, to determine their knowledge and understanding in the different subject areas and to formulate a plan to achieve the best possible outcomes from the actual examinations themselves.

On Thursday we have our Sixth Form Open Evening. We would like to welcome any prospective students, and their parents, to come and take a look at what we have to offer. The College has a small Sixth Form which provides a dedicated learning environment for our Post 16 learners, and a fantastic learning experience with small class sizes for those who wish to complete their Post 16 studies with us. Please come and take a look if you are interested and meet both staff and students to discuss what we have to offer. Session A starts at 5.30pm and session B at 6.45pm. Two sessions have been put in place to allow for social distancing. Please contact Mr John Golding for any further information

PARENTS AND CARERS NOTICE

If you have an enquiry or need to see a member of staff in person, please book an appointment in advance.

Please do not enter the reception area unless you have booked an appointment.

Otherwise, you can use our enquiries email

enquiries@torpoint.cornwall.sch.uk

Thank you





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Headteacher message continued...

with regard to our Post 16 provision.

It is also Armistice Day on Thursday 11th November. The College will be observing a two-minute silence at 11am to pay its respects to the Armed Forces community, past and present, and to remember those who have sacrificed so much for us to enjoy what we have today. On both Armistice Day and Remembrance Sunday I will be joined by our students to lay wreaths in Torpoint which is always an honour and a privilege.

A reminder that on Monday 15th November, the Kernow Health Schools Immunisation Team will be visiting the College again to complete COVID-19 vaccinations for 12-15 year olds for whom parental consent has been given. If you haven't already given consent, you can do so online up to midday Thursday 11th November. Details have been sent to you on SIMS Parent App. Can you please continue to encourage your children to complete twice-weekly lateral flow tests, on Wednesdays and Sundays, and to have a PCR test if they are displaying any COVID-19 symptoms.

Finally, there have been a number of e-safety concerns that have come to light over the last week or so with inappropriate use of social media platforms by students. For what may appear to be harmless fun by some, can have a serious impact and consequence on others. I would therefore be grateful for your support in ensuring your child uses such platforms in a responsible and appropriate manner, and that they also review their privacy settings to ensure they are protected as best possible.

Yours sincerely,

Dr Jeremy Plumb
HEADTEACHER



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ONE KIND WORD

This **Anti-Bullying Week**
we are holding

Odd Socks Day

MONDAY 15TH NOVEMBER
COME TO SCHOOL WEARING YOUR ODD SOCKS TO
CELEBRATE WHAT MAKES US ALL UNIQUE

#OddSocksDay
#AntiBullyingWeek
#OneKindWord

Odd Socks Day marks the start of Anti-Bullying Week and this year it's taking place on Monday 15th November. Odd Socks Day is designed to be fun! It's an opportunity to express yourself and celebrate your individuality and what makes you unique!

TCC is determined to be a safe, friendly, and caring place that does not tolerate bullying. If you experience bullying or see someone else experience bullying, please report it to the HUB, your tutor or at WORRIES@torpoint.cornwall.sch.uk

The theme for this year's Anti-bullying Week is 'One Kind Word'. What kind words could you use to make someone's day better?



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Headteacher's Award – Maddy, Year 12

Massive congratulations to Maddy who was nominated for and awarded the Headteacher Award for the first half term of 2021-2022.

She has received this award due to her motivation and dedication to sport within the College and her contribution to the school community.

Maddy has shown herself to be a talented and highly motivated sports person at the College. She shows determination and dedication to improve further and is committed to assisting the PE department in lessons, coaching, and umpiring at the netball clubs.

Maddy is a conscientious student who always tries to be her best. She is a fantastic role model for all students at Torpoint Community College and is truly deserving of the Headteacher's Award, for her commitment and drive as she strives for excellence daily.

Congratulations Maddy!



Message for Year 9 Students – Option Open Run Form

Please can you return your Option Open Run Forms to reception or to Miss Bell by Friday 12th November.

Many thanks. Miss Bell



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Attendance reminder

At Torpoint Community College we believe that the greater the attendance, the greater the achievement. We aim for an environment which enables and encourages all members of the community. For our students to gain the greatest benefit from their education it is vital that they attend regularly and be at College, on time, every day.

If your child is absent please contact the College as soon as possible on the first day of absence, and on each subsequent day of absence. If it is a planned absence, please complete an Absence Request Form. Please note that the law does not grant parents/carers an automatic right to take their children out of school during term time. Parents/carers can commit an offence if they fail to ensure regular and punctual attendance of their child at the school which the child is registered, unless the absence has been authorised by the school.

If your request for absence is refused and you still take your child out of school on holiday in term time then we will refer the matter to Cornwall Council and they may decide to issue a Penalty Notice. Penalty Notices for absences of 6 days or more are £60 per parent per child

GCSE ARTWORK AND DT PRODUCT/TEXTILES READY FOR COLLECTION

Last year's Year 11 Art and DT students can now pick up their artwork! If you are no longer a student at the College, please book a slot beforehand. You can do this by ringing reception on 01752 815211 or contact the Art Department directly by using extension number 217. Your work will be dropped off at reception ready for collection.

If you have a folder to put your work in that would be ideal.

Thank you!





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MUSIC News

RYAN JONES SONGWRITING WORKSHOP



On Tuesday 2nd November three Year 9 Music classes had the privilege of meeting professional Cornish singer songwriter Ryan Jones who is now working for the Cornwall Music Education Hub. Ryan worked with us to start off a Christmas song writing project and gave some interesting tips on writing lyrics with a Christmas twist, as well as the starting process of finding a top line melody. He has kindly offered to pick the best top three Christmas songs from all in Year 9 before the end of term. Watch this space for the results before we break up for the Christmas holidays!

INSPIRING TALK FOR GCSE MUSIC STUDENTS BY FORMER TCC PUPIL JASON CARTER - PROFESSIONAL MUSICIAN AND FILM DIRECTOR



On Thursday 4th November we had the great pleasure of welcoming back Jason Carter, a former student of Torpoint School - class of 1985. Jason is now a professional musician and film director, and has worked in more than 100 countries and is currently based in France. Jason spent time talking with our Year 11 GCSE Music students and playing a few of his own wonderful compositions on guitar. One of the things that greatly impacted Jason's life in his early teens was hearing stories from people who had lived, travelled and achieved extraordinary things. Jason has always been someone who loves to give back, so decided to get in touch with us while in the locality to see if he could come in to share with us the wonderfully inspirational story about his journey through life as a professional musician and film director. Everyone was definitely captivated from start to finish with what he told us, and his fine musicianship on the Classical guitar, and we very much hope he will stay in touch.

Miss Hamilton - Curriculum Leader of Learning for Music



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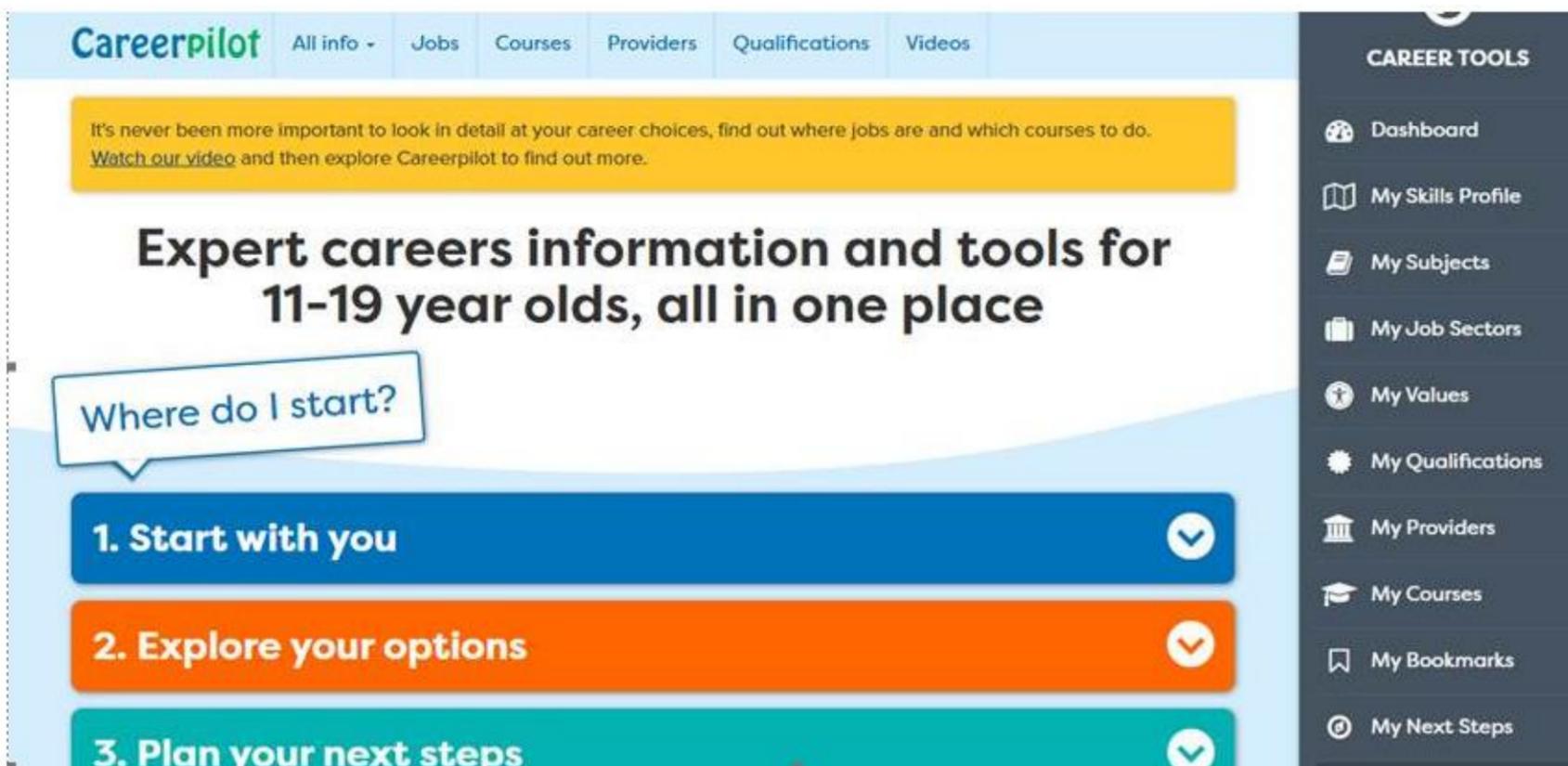
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Careers News:

We were pleased to welcome Next Steps South West (NSSW) – a collaborative outreach project from our local universities - back in to TCC to deliver a presentation and workshop to each Year 9 PSHE class to introduce Year 9 students to the CareerPilot website.

This is a fantastic careers research website where students can find out more about different careers and the steps required to get there. This is particularly relevant with their option decisions to make with regard to the subjects they choose to study at Key Stage 4. Please have a look at the Career Pilot website <https://careerpilot.org.uk/>



All students at TCC can also use the Unifrog Careers Platform <https://www.unifrog.org/> and log in using their College email address. Both websites will help students find out about their next steps, potential careers, higher education and apprenticeships.





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Torpoint Community College
**Sixth Form Open
Evening**

Thursday 11th November 2021



An opportunity to come and find out about the courses on offer at Torpoint Sixth Form. The evening will have two sessions:

A - From 5.30-6.45pm

B - From 6.45-8.00pm

Please book in which session you would like by email on golding.j@torpoint.cornwall.sch.uk or by contacting reception on 01752 812511

There will be refreshments available and a presentation by Mr Golding Head of Sixth Form.

Post 16 Subject leaders will be available to share course materials and to discuss the options and courses on offer. Careers advice from a range of organisations will be there to help too.

There will also be opportunities to speak to current post-16 students and ask them about their courses.





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Every Wednesday

Lunchtime

Room 67

RAINBOW ALLIANCE

Year 7 & 8

12.40-13.20

Year 9,10,11

13.40-14.20

All Welcome



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Choose health

Know what affects your child, what makes them grumpy, hyper, disconnected...

Do they need snacks throughout the day?
Do they need lots of sleep?
Do they need to get out and about and do exercise?
Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

Work together

Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely

Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Be calm

Try to stay calm whilst your child is feeling distressed. Your child may show:

- highs and lows
- melodrama
- anger
- blame
- self-centredness

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world

Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home

Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside

Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day

YM Parents Helpline
0808 802 5544
youngminds.org.uk
Mon-Fri 9.30am-4pm

Ten Ways for parents to help children cope with change

ASDA foundation
Transforming Communities, Inspiring Lives

Find Your Feet
YOUNGMINDS
stepping up, moving up, growing up

Post 16 Trip to Falmouth University - 3rd November 2021

On Wednesday 3rd November all of our Year 12 and 13 students visited Falmouth University for a valuable insight into student life on a campus site. We had a full tour of the Tremough site where we could see the accommodation on offer and the amazing facilities and courses that are based there.

Our students also had an informative talk from Falmouth's excellent student ambassadors and outreach coordinator. Tips and advice about writing Personal Statements was also really useful and informative.

After a lunch provided in the student cafeteria we had a final round of questions and answers before heading back to Torpoint.

Thankyou to all of our students who attended this trip; we look forward to further university visits with you.

Mr Golding and Miss Bell





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EMOTIONAL, MENTAL HEALTH & WELLBEING



Mocks are on their way. Here are some tips for managing your time:

1. Make plans, score goals

Set out a list of what you want to achieve. Make it manageable and achievable. The idea is not to freak yourself out, but to chart a course to where you want to be. As you work through the list, you'll see yourself approaching and reaching your goals.

2. Write it down

Write down appointments, notes and ideas in a diary, notebook, or calendar app, and use a wall planner and stick it somewhere prominent, like next to your bedroom door, so that important dates (or just planned fun times) don't pass you by.

3. Limit distractions

Technology is pretty great but it also provides a heap of ways to procrastinate and distract yourself. Limit your social media scrolling to your breaks and shut down these distractions while you're studying. If you're really struggling to log out, use a program like [SelfControl](#) to block social media sites for set periods of time.

4. Take breaks

If you cram study into every single minute you've got, you'll probably end up stressed and unhappy. Make sure you take time to relax and do things you enjoy. Whether it's sports, video games, music or anything else, don't let it go just because you're studying. Figure out the method of breaking up your study sessions that works best for you - many people swear by the [Pomodoro technique](#), which recommends working in 25-minute intervals with short breaks in between, but you might find that longer study sessions work for you. Whatever you decide, try not to go any longer than an hour without taking a break.

5. Set a time to finish everyday

It can be so easy to just read one more chapter or write one more page. It's important that you give yourself some time to recharge and relax. This is especially the case if you're studying at night, as your brain might need time to unwind before falling asleep. Set an alarm each day to let yourself know it's time to finish for the day.

6. If you need back up, ask for it

Time management for students is a skill. Like any skill, some people are better at it than others. If you're struggling with it, talk to someone who can help – teachers, friends, family, lecturers and counsellors. You might find that a strict schedule works best for you, or you might find that changing things up helps keep you energised and on your toes. Whatever time management strategy works for you, there will be a person or a website ready with advice and wisdom to share.

7. Remember develop a positive mind set:

- Keep calm or Breathing techniques (check out the SMHW notice board)
- Believe in yourself, recognise, meet or exceed your own potential.
- Don't compare yourself or compete with your friends

*Best wishes,
Miss Pine*