



# NEWSLETTER

Wednesday 8<sup>th</sup> February 2023

**ACADEMIC YEAR 2022/23**

SPRING TERM 3<sup>rd</sup> January – 31<sup>st</sup> March



## UPCOMING EVENTS

Half Term – Monday 13<sup>th</sup> to Friday 17<sup>th</sup> February

Thursday 23<sup>rd</sup> February – Face to Face Year 8 Parents' Evening

Thursday 30<sup>th</sup> March – Face to Face Year 7 Parents' Evening

### 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](mailto:enquiries@torpoint.cornwall.sch.uk)

Thank you



### Headteacher's Message

Dear Parents and Carers,

As we approach the February half term, it is interesting to look back over the last 6 weeks or so and see how much has been going on in the College. As the summer exams are fast approaching, there has been a real focus on the outcome of the Year 11 and 13 mocks and ensuring the time remaining before Study Leave is utilised as best possible to ensure individuals are as well prepared as they can be for their GCSE and A Level exams. There has also been a focus on the Year 9 Options process as we continue to work with students in helping them decide what GCSEs they will study for from September.

Our sports teams have achieved some outstanding results, not least from this week's football and netball fixtures. Our Year 9 boys football team played Liskeard in a tough County Cup game which kept both players and spectators on their toes, and was ultimately won by Torpoint 1-0. Well done boys and we look forward to Round 2 of the County Cup competition. We hosted Looe Academy to a number of excellent netball matches in which 32 of our very talented Year 7 and 8 students participated. With 4 wins, 1 draw and 1 loss, Torpoint performed brilliantly. The students were a real credit to the College not only for the results they achieved but also for the great sportsmanship that was shown. Well done girls and thank you to the PE Team for their support with both fixtures.



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In the next half term we have Year 7 and 8 Parents' Evenings in which we look forward to meeting with parents to discuss their children's progress. We are also continuing to work hard in securing work experience placements for our Year 10 students in the Summer Term.

A reminder there are further teacher strike days planned for 2<sup>nd</sup>, 15<sup>th</sup> and 16<sup>th</sup> March. Further details will be shared with you nearer the time, but it is possible the College may have to close again if the numbers planning to strike are similar to what we experienced last week. If this is the case, a Support School provision will be put in place for our most vulnerable students.

I wish you all a restful, enjoyable and safe February half term. The College reopens on Monday 20<sup>th</sup> February which is officially half way through this academic year.

Yours sincerely,

Dr Jeremy Plumb  
Headteacher



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## Maths News - A Taste of University Life!

On the 26<sup>th</sup> January, 15 of our Year 10 students got to experience a little bit of university life! The students were taken to Plymouth University to participate in a Mathematics Taster Day. They were split into two groups and then they participated in three different mathematical workshops which were based in different buildings around the university campus so that they could get a feel for what studying mathematics at university is like.

One of the sessions helped students devise a formula that can be used to estimate population sizes from samples. The students were then given a jar full of beads and they then had to use this formula to estimate how many beads were in them and the estimates got very close to the true amount!

In another fun session we looked at magic and mathematics. The students watched a card trick and then worked out how to do the trick themselves by thinking about the maths behind it. The maths revealed the secrets behind the trick!

We also took part in a mini gameshow which looked at 'The Monty Hall Problem', and we looked at how probability could help us give us the best chance to win the car ..... as none of us wanted to win the goat!

The workshops were really interesting and at the end of the day we finished with a session in a lecture theatre which gave the students a lot of information regarding studying maths at a higher level. They talked about and showed us the different mathematical courses you can do, the opportunities and jobs that you can apply for and the higher average wage (around 10% higher) that you can get if you successfully study and gain a Mathematics A-Level.

It was a really great and interesting day, the students participated brilliantly in the sessions, they all behaved impeccably and were a real credit to the College.





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## Year 13 Mock Interviews

On Tuesday 24<sup>th</sup> January all of our Year 13 students took part in mock interviews with local employers. Each student had a 30-minute interview to give them valuable experience of presenting themselves to someone new, making a positive first impression and talking about their achievements and aspirations. All students prepared for the event and dressed for the part. They also had the opportunity to grill the employers about what they are looking for in potential employees and pick up vital tips for successful interviews.

The feedback from the employers was fantastic and we look forward to repeating the event in the Summer Term with our Year 12 students. We would like to thank the employers who generously gave their time and expertise to support the students: Lynne Nobes, Torpoint Chair of Governors, Leuan Jones, GA Solicitors, Dwain Morgan, Plymouth Argyle Community Trust and Sophie Jarvis, Waitrose.

Wednesday 25<sup>th</sup> January also saw the deadline for this year's UCAS application for students applying for university. Sixteen students have made applications for courses ranging from Sports Therapy, Nursing, Marine Biology and Criminology. Some have already received offers whilst others are preparing for interviews in the next few weeks.

We would like to wish all of our Year 13 students the best of luck with their applications.





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## Netball News!

On Monday 6<sup>th</sup> February, Looe Academy travelled to the school to play and compete against Torpoint Community College in Netball matches. We had 32 talented students across Years 7 and 8 taking part, meaning we had a total of 4 teams competing in the fixtures. This meant that the Year 7 tournament was held in the sports hall and the Year 8's out on the hard courts in the sunshine.

Poppy S, Lily H, Amy J and Romily as team captains delegated the teams' positions, allowing for smooth transitions between each half. Each team commanded the flow of the games, working effortlessly together to dominate the attacking thirds and get the ball to the shooting third. Our strong defenders continued to prevent the ball from reaching the oppositions shooting third and they made some lovely interceptions and several key passes throughout the game.

Unbelievable results across the board with four wins, one draw and one loss. The students were a true credit to the school. Not only for their performance but for their amazing sportsmanship; this was commented upon by Looe school. Looe also commended the students for their talent, considering for some students this was their first match and especially to the Year 8's for playing up and winning against Looe's Year 9 team.

They should all be so proud and please congratulate the girls if you see them! Well done to Amy J and Penny W-F in Year 7 for getting player of the match and to Beau and Isla in Year 8 for getting player of the match in their games. Please see the results below:

- TCC 7-1 vs Looe Y7 – Won 3-0
- TCC 7-2 vs Looe Y7 – Lost 2-0
- TCC 8-1 vs Looe Y9 – Won 8-3
- TCC 8-1 vs Looe Y8 – Won 19-0
- TCC 8-2 vs Looe Y8 – Won 8-0
- TCC 8-2 vs Looe Y9 – Drew 4-4

A special thank you to Year 12 Sixth Form student Holly T for umpiring the Year 7 matches alongside Miss Milford and to Olivia B and Lola in Year 9 for helping to score the matches. Everyone appreciated your help and the event could not have been done without you all. Another thank you to all parents, carers and staff who showed their support by watching the matches and cheering on the students - it was a lovely atmosphere throughout!

If anyone is interested in joining Year 7 or 8 Netball, please come along to training after-school on Tuesdays. All abilities are welcome and please speak to Miss Pearson if you have any questions. 😊



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## Netball News

Well done to the Year 9 and 10 netball squad who organised a sponsored netball event to raise funds for their team dresses. The girls did an incredible job of raising over £1000 and were very grateful to gain Hedway as a Year 9 team sponsor and Field Fresh as a Year 10 team sponsor.

The girls have now designed their dresses and look forward to wearing them in the rest of the year's fixtures.

### Year 9 and 10 Netball vs Liskeard

Our older teams played Liskeard at home last week.

Year 10's hard work has paid off with them showing excellent team work to win 27-9.

Year 9 Blue team won 15-0 and Year 9 red team won 5-4. Both teams playing with much better positional play and control.

Well done! We look forward to playing Looe this week.

Thank you to Maddie and Alice in Year 11 and Maddy J Year 12 for helping to umpire the courts and Poppy and Aliza Year 9 for time keeping. Without these girls volunteering it wouldn't be possible to have so many games playing on one evening.

Miss Milford





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## Ten Tors training – Sunday 5<sup>th</sup> February

The weather conditions were ideal for the latest Ten Tors training walk. The teams set off from Leeden Tor car park early Sunday morning and headed across the South Moor to finish at Postbridge. The sun shone on both students and volunteers who enjoyed the slight rise in temperature, with all the teams completing ahead of their planned time.

Well done to all who took part.





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## TCC Student Success at the Annual Awards Ceremony of Torpoint Sea Cadet Unit!

Well done to Emily who won 3 awards at this prestigious event :

Best Cadet in her rank  
Best Attendance  
Runner up Corps of Drums .

Here are some of the citations that went with the awards:

'2022 also saw this cadet become one of the most active within the unit, too. Since joining us during the lockdown period, this cadet has shown real eagerness to get involved in the full range of activities and courses on offer and is the first to put their name down for nearly every event. Their dedication to the unit, their fellow cadets, and their commitment to always deliver on their word is highly commendable. 2022 also saw them attend a voyage on the tall ship, TS Royalist; showing courage to go alone without other cadets from the unit. Since joining the band, they have also grown in strength within the corps of drums, being selected to play in the Massed Bands of the Sea Cadets at the National Trafalgar Parade. For showing unfaltering core values and dedication to the unit, the winner of the Best Ordinary Cadet of the Year award is Emily A' Barrow'

We are very proud of you Emily!





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## HMD 2023 at Exeter Cathedral with Robert Rinder MBE & Bernie Graham

Mrs. Lane was honoured to be able to speak alongside barrister and TV personality Robert Rinder and third-generation survivor and psychologist Bernie Graham at the Holocaust Memorial Day event on Friday 27<sup>th</sup> January. Whilst this day was a day of remembrance of lives lost in the Holocaust and subsequent genocides, Holocaust Memorial Day at Exeter Cathedral, attended by over 700 people, was a day of stories about family, resilience, survival, love, hope and courage.

Bernie Graham shared the story of his family and spoke of the #HtFMeUs 'The Holocaust, Their Family, Me & Us' project that our young people here at TCC are participating in. Bernie spoke proudly of our young people here at TCC and the 'ordinary' young people across the country, who have shown that they are capable of truly 'extraordinary' things – this was evident when Bernie shared the work of our young people and that of the other 160 schools participating in the #HtFMeUs project via a powerful and thoughtful video, created by Mrs. Lane and Nic Wetherall MBE of Royal Wootton Bassett Academy. The video can be viewed by clicking on the link here: <https://youtu.be/k6Bwcbk2UPw>

Mrs. Lane then spoke to the congregation and to BBC Spotlight & ITV News about our young learners and how they have responded to this innovative, creative and unique Holocaust Education project, devised by Nic Wetherall and inspired by the BBC/Wall to Wall Media documentary, 'My Family, The Holocaust & Me', directed by David Vincent. Following Bernie's Journey, our students have shown that they are nothing less than 'extraordinary'.

In his address to the congregation, Robert Rinder spoke of hope and courage. He reminded us of the theme for this year's Holocaust Memorial Day – 'Ordinary People' and the uncomfortable truth that atrocities such as the Holocaust and subsequent genocides in Cambodia, Rwanda, Bosnia & Darfur involve 'ordinary people' in society. Not just those 'ordinary people' who were victims, but also those 'ordinary people' who perpetrated the genocide, 'ordinary people' who collaborated in the discrimination and violent acts and 'ordinary people' who stood by. Robert emphasised the importance of 'courage' to not 'stand by' and to stand up to hate. With projects like #HtFMeUs, and as a proud UCL Quality Mark Beacon School for Holocaust Education, we have hope that students have the courage, as 'ordinary people' to do something 'extraordinary' and honour Robert and Bernie's request; 'to safely stand up to prejudice and discrimination in all its forms'.





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## HMD 2023: An 'Ordinary Man', an 'Ordinary House', an 'Ordinary Family'

As a UCL Quality Mark Beacon School for Holocaust Education, we are proudly committed to supporting students' understanding of the Greenman family 'thread' that is woven through all of our work – his narrative inspires us as a College and that, as 'ordinary people', we are capable of extraordinary things.

At the beginning of our 'Ordinary People, Extraordinary Stories' project in Religious Studies, Year 7 students were introduced to the Greenman family story, by watching a short film of Ruth-Anne Lenga of UCL Centre for Holocaust Education in the house of Leon Greenman.

Leon was born into a Jewish family in London's East End on the 18<sup>th</sup> of December 1910. When Leon was young his family decided to live in Holland. During a musical evening held at a club for young Jewish people Leon met his future wife Esther (Else) van Dam – a Dutch girl living in London. He moved back to London, the town of his birth, to be nearer to her and the romance blossomed. Leon and Else were married in London in the Stepney Green Synagogue in June of 1935. They honeymooned in Brighton. Shortly afterwards they went on a visit to Rotterdam in Holland to see Else's grandmother. While there, she persuaded the young couple to settle in Holland to look after her.

On the 17<sup>th</sup> of March 1940 Else gave birth to a boy named Barney. The happiness was short lived. Nazi Germany invaded Holland just two months later. Leon entrusted his British passports and money to non-Jewish Dutch friends for safe keeping. He was worried that these important documents and all the money he had may be confiscated. Later one night in October 1942 Leon, Else, Barney and Else's elderly grandmother were forcibly taken from their home by Dutch police working for the German occupation forces.

After students had watched Ruth-Anne talk about Leon, they wrote words & information about what they knew about the 'Ordinary House', 'Ordinary Man' and 'Ordinary Family', putting the story 'into Ruth-Anne's hands', creating a striking collage of their findings. Students then learned more about the Greenman family, by undertaking a range of activities to build a narrative, in a creative form.

Leon, Else, Barney and Else's grandmother were taken to Westerbork, a transit camp for Dutch Jews. Whilst there Leon tried many times to explain his British citizenship, but it was all to no use. They were deported to Auschwitz-Birkenau on the 18<sup>th</sup> of January 1943. On arrival Leon was separated from Else and Barney. Leon, having been selected for 'work', survived the Nazi concentration camp and was forcibly moved to Buchenwald, where he was eventually liberated by the allies in 1945. He never saw his wife or son again.

During his time in the camps, he had made a 'covenant' with God: if he survived, he would dedicate his life to bearing witness to the Holocaust so that the despicable acts might never happen again. The last sighting Leon had of Else and Barney was of them crowded in a wagon waiting to be taken away – their matching red velvet hats peeping out from the group of the others facing the same fate. This tragic picture would play heavily on Leon's mind and remain with him for the rest of his life.





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**Following Leon's story students created a 'Window on Leon's Life' to demonstrate their understanding.**

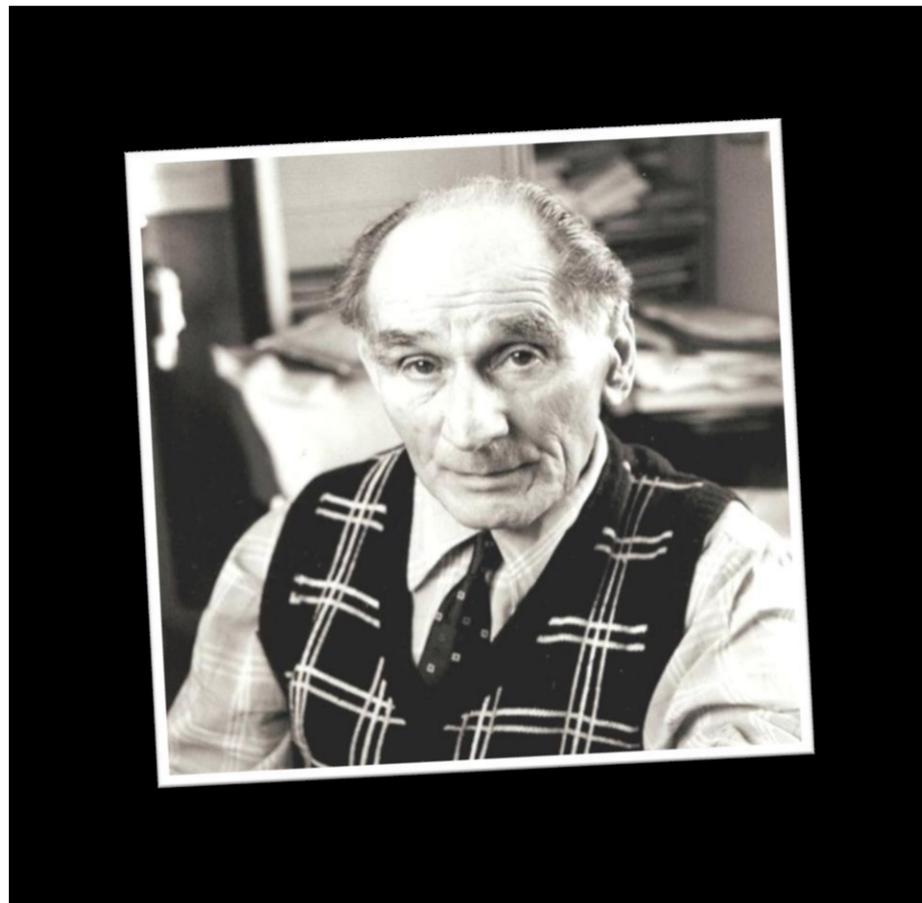
Despite this torment, he began a life-time mission to tell the world about what happened. Leon began touring schools, universities, and various faith groups to tell his story to anyone who would listen. On retiring he was able to pursue his lecturing with greater voracity. He also became a human rights activist and campaigner with the Anti-Nazi League, standing up against far-right groups in spite of being in his 80s. In spite of all of the intimidation, hatred, threats, violence and antisemitism, that Leon was a victim of during his life, Leon held on to his covenant with God. If anything, the antisemitism he experienced meant he fought harder to educate people about the Holocaust and more determined to stand up to hatred and discrimination in all of its forms.

**Year 7 students gathered what they had learned about the Greenman family and wrote them in to the image, placing the Greenman family story back 'into Leon's hands.'**

Leon spent his life speaking to thousands of school children, students, police cadets, nurses, fire fighters and teachers about his experiences during the Holocaust. His work was honoured by the Queen in 1998 when he was awarded an OBE for services to education.

**Our Year 7 students then designed a new medal, which could be presented by the Royal Family to an 'Ordinary Person', with an 'Extraordinary Story', who has done 'Extraordinary Things'.**

We are extremely proud of all of our Year 7 students and their hard work, effort and respectful nature with which they approached this project. They demonstrated creativity, an abundance of emotional literacy and extremely thoughtful work, all of which has been shared with UCL Centre for Holocaust Education. A selection of &y work, along with the winning entry for the UCL CfHe #Leon111 competition, was also exhibited at Truro Cathedral, as part of the Holocaust Memorial Day event held on 27<sup>th</sup> January and student work featured in the Kehillat Kernow: The Jewish Community of Cornwall Newsletter: <https://kehillatkernow.com/>





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## 'Hands' Up to Highlight Prejudice & Discrimination

To support their learning about this year's theme for Holocaust Memorial Day, 'Ordinary People', Year 7 students at Torpoint Community College studied six stories of 'ordinary' people, families, or groups, who were among the marginalised in society and persecuted by the Nazi Party.

After studying the stories from the UCL Centre for Holocaust Education publication, 'Understanding the Holocaust' for KS3 in their home learning tasks, students selected one that they felt was particularly memorable, or 'extraordinary'.

They then wrote the story of their chosen 'ordinary person' or 'ordinary family' on to a piece of paper shaped like a hand, with outstretched fingers. Many students drew around their own hands.

These hands symbolise that our students are 'putting their hands up' to highlight stories of prejudice and discrimination and to draw attention to the 'extraordinary stories' of the 'ordinary people' or 'ordinary families'.

We were overwhelmed with the creativity, talent and innovation displayed by our young people in creating this work. As a result, we created an exhibition piece which formed part of the HMD2023 gallery exhibition held in Truro Cathedral from 23<sup>rd</sup> – 27<sup>th</sup> January, of which we are extremely proud.





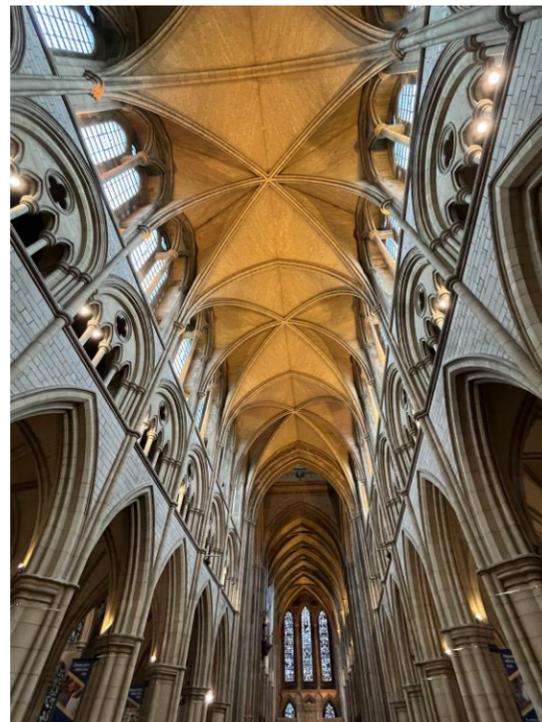
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## HMD2023: Student Ambassadors Visit Truro Cathedral

On Friday 27<sup>th</sup> January, Mr. Golding & Mrs. Lawrence took a group of students who had been invited to attend the Holocaust Memorial Day candle-lighting service at Truro Cathedral, in recognition of their exceptional effort, outstanding commitment and high-quality work in Holocaust Education here at TCC. As a UCL Quality Mark Beacon School for Holocaust Education, in recent weeks all Year 7 students have been working on the 'Ordinary People' project to gain a greater understanding of the life and achievements of the renowned Holocaust survivor and activist, Leon Greenman. A fantastic display of the stunning work created by our students has been set up in the Cathedral by Sarah Treeby & Geoff Turner-Moore of Devon & Cornwall Police Diverse Communities & Youth Team and the students were delighted to see their own work and to receive compliments and praise from both visitors and staff at the Cathedral. As part of their visit, the students were treated to a tour of the Cathedral which included visiting the crypt and being taken up onto one of the balconies giving them a superb view of the whole Cathedral. They also received small tokens of appreciation from Devon & Cornwall Police Hate Crime Division, as a 'thank you' for their hard work. Students then attended a moving and poignant service remembering victims of the Holocaust and subsequent genocides in Cambodia, Bosnia, Rwanda & Darfur. The students were a credit to the College and a pleasure to work with.





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## HMD2023: Cornish Stories of Survival: Cynthia's Story

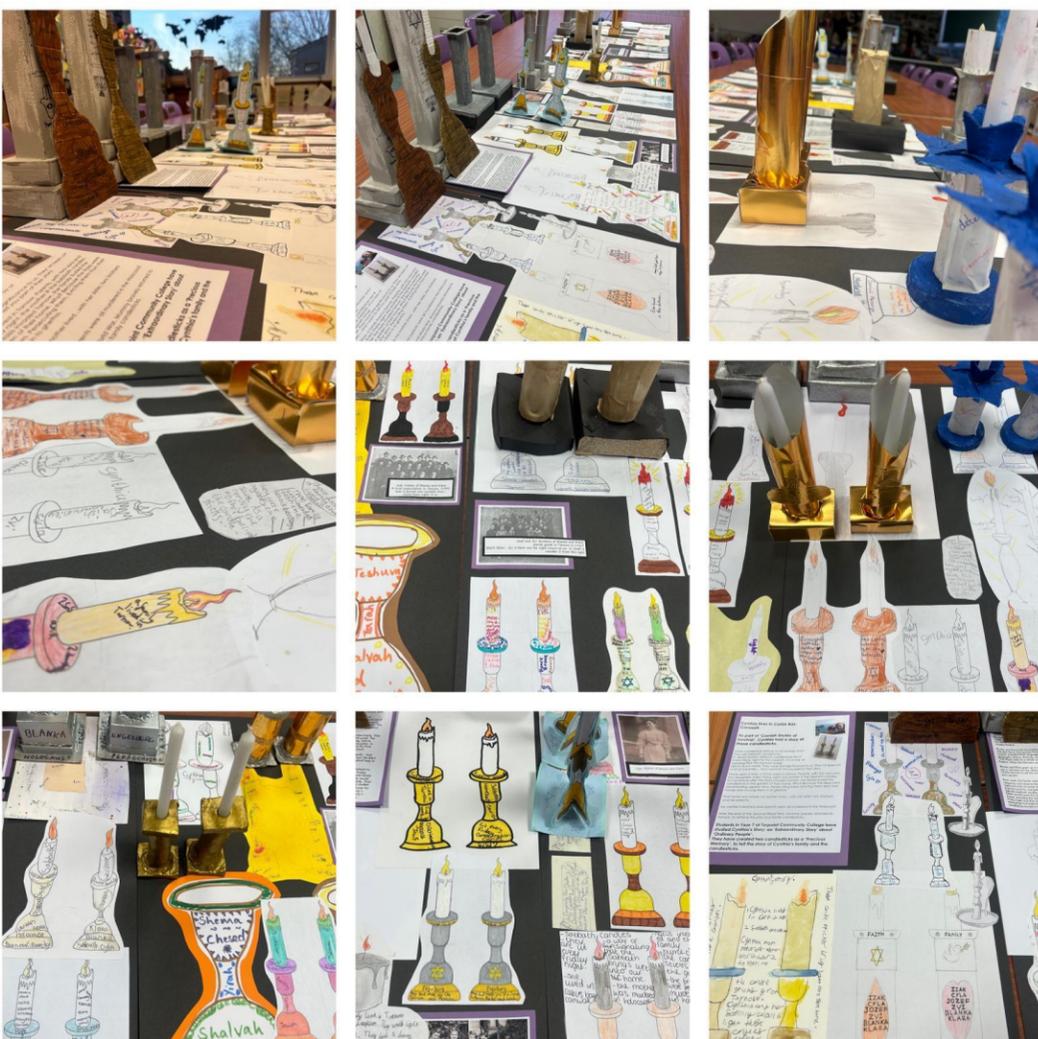
Students in Year 7 have studied Cynthia's Story as part of their Religious Studies curriculum; an 'Extraordinary Story' about an 'Ordinary Family'. As part of the story, Cynthia told students about these candlesticks.

*My name is Cynthia. I live in Carbis Bay in Cornwall. I wanted to tell you a story about these candlesticks. These candlesticks belong to my brother and I. They are Sabbath candlesticks. In Jewish homes, Sabbath candlesticks are lit every Friday night for the Sabbath. It's a way of signalling that the Sabbath brings light into our home. They have real significance to us. They've been on a bit of a journey... and I want to tell you part of their story. Once upon a time, a family lived in Tarnow. Parents, with two sons and two daughters. Every Friday night, the mother lit the Sabbath candles. But sometime after the Nazis invaded Tarnow, the family buried the candlesticks in the garden of their home. Why? Because the Nazis were discriminating against Jews. Persecuting them. Evicting them from their homes and moving them in to ghettos. That home was where my mother lived...with her sister, two brothers and her parents. My mother's brothers and parents were all murdered in the Holocaust. After the end of the Second World War, Mummy bravely returned to Tarnow, to retrieve the precious family candlesticks. A precious memory from her family home.*

Having read and/or watched Cynthia's 'Extraordinary Story', Year 7 students created two Sabbath candlesticks as a 'precious memory', by writing words and/or phrases on to them, telling the story of Cynthia's family and the candlesticks. We were delighted with the commitment of our young people in telling Cynthia's 'Extraordinary Story' and so grateful to those parents and carers who supported their children in the creation of some phenomenal pieces of work. We had a very difficult task of choosing examples of work to feature in the Holocaust Memorial Day Exhibition at Truro Cathedral, so we chose to create a large-scale collage piece, highlighting the incredible range of high quality work. We shared the student's work with Cynthia, who wrote, "...it looks amazing! Absolutely remarkable! Thank you for sharing with me! It is so rewarding to see how the students have been so inspired to be creative and express their feelings in response to the subject. Extremely moving."

You can watch Cornish Stories of Survival: 'Cynthia's Story' here:

<https://www.youtube.com/watch?v=mAw-INiOi-Q> an 'Extraordinary Story' about an 'Ordinary Family'.





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# Attendance Policy Summary

## We have 3 basic expectations of all students:

- ✓ Attend school regularly
- ✓ Attend school punctually
- ✓ Attend school prepared for learning

## What is the role of Parents/Carers in maintaining good attendance?

Make sure their child attends every day on time

Call or email the school to report their child's absence before 8.45am ([absence@torpoint.cornwall.sch.uk](mailto:absence@torpoint.cornwall.sch.uk))

Where possible make appointments for your child outside of the school day

Contact the school if they have any concerns about their child which will impact on their attendance

To support the college's attendance policy and to actively promote and encourage good attendance.

For any term time absence to complete an Absence Request Form— the headteacher will only authorise absence in 'exceptional circumstances'

## What does good attendance look like?

**>97%**

Students are actively encouraged to aim for attendance of 97% or above.

As a college we aim to support all students and will tailor our provision to meet student needs where there are additional factors which are a barrier to attendance

## Who are the key staff I should contact if I am worried about my child's attendance?

Tutor

Head of year / Assistant Head of year

College Attendance Officer

The designated senior leader responsible for attendance: [howard.j@torpoint.cornwall.sch.uk](mailto:howard.j@torpoint.cornwall.sch.uk)

<90%

Persistent Absentee

<50%

Severe Absentee

Attendance	Attendance Actions
99-100%	Learning maximized. Students will receive reward certificates in termly assemblies
97-98.9%	Very few learning opportunities missed. Students will receive reward certificates in termly assemblies. Tutors will speak with student around absence and any support needed.
93-96.9%	<u>Risk of underachievement.</u> The College will write to all parents and inform them when attendance drops below 93%. HOY will look at data and identify any patterns of absence or causes for concern. Previous academic years attendance data will also be consulted.
90-92.9%	If attendance continues to fall the college may request medical evidence. Where students are a cause for concern and are at risk of becoming a <b>persistent absentee</b> , Parents/ Carers will be invited to meet with staff.
<90%	If a student's attendance continues to be a concern, at this stage, the college will seek advice from the Education Welfare Officer on legal procedures which may include penalty notices or court proceedings. Personal Attendance Plans will be used to support students whose attendance is a continued cause for concern.

**Safeguarding:** Children may be at risk of harm if they do not attend college regularly.

Safeguarding the interests of each child is everyone's responsibility



Trevol Road  
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PL11 2NH  
Tel: (01752) 812511

 **TORPOINT**  
COMMUNITY  
COLLEGE  
"INSPIRING  
OPTIMISTIC LEARNERS"

[www.torpoint.cornwall.sch.uk](http://www.torpoint.cornwall.sch.uk) email: [enquiries@torpoint.cornwall.sch.uk](mailto:enquiries@torpoint.cornwall.sch.uk)

## 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.



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# EARTH DAY CONCERT

Join us in a showcase of Music, Readings  
and Drama which celebrate  
Earth Day 2023: Invest in Our Planet.

Featuring our peripatetic music  
teachers and their students.



**Friday**  
**23<sup>th</sup> March**  
**6-7 pm**

Tickets:  
Adults- £3  
Students- £2

Available from Reception  
after February half term.





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# EMOTIONAL, MENTAL HEALTH & WELLBEING

## What is loneliness?

### Loneliness is a common human experience

Loneliness is something we can all experience from time-to-time, throughout our lives, and will be unique to each individual.

Loneliness is the negative feeling we have when there is a difference between the relationships we have and those that we want.

A [YouGov poll \(2020\)](#) of 13-19-year-olds, found:

**69%**

said they felt alone "often" or "sometimes" in the last fortnight.

**59%**

feel like they "often" or "sometimes" have no one to talk to.



Best wishes  
Miss Pine



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# EMOTIONAL, MENTAL HEALTH & WELLBEING



Loneliness is something we will all likely experience at some time in our lives.

Some people are more likely to experience loneliness due to their circumstances or experiences. It is important to remember that everyone can experience loneliness, for different reasons.

It is not always easy to spot signs of loneliness, and it can be hard for people to reach out and share how they are feeling.

Here are some changes to look out for:

- Social withdrawal: have there been changes that are out-of-character? Remind the person that about the connections and activities they enjoy.
- Trouble sleeping: are they more tired than usual? Loneliness can increase stress and difficulty sleeping. Help them to understand and improve their sleep patterns.
- Low self-esteem/confidence: has their enjoyment of things changed? Connecting with others can be challenging, but encouragement helps.
- Feeling frustrated: Do they react differently? This person may be struggling with patience and getting frustrated.

We can help people who feel lonely – by putting aside time for activities together, modelling healthy emotional behaviours and being mindful about the behaviour and the feelings behind it.

**There is lots of support at the following:**

**ChildLine 0800 1111**

**Samaritans 116 123**

**Text 'Shout' on 85258**

"We can reduce feelings of loneliness by talking to someone we trust or doing something we love. This could include talking to your parents and friends or planting trees or cooking."

**Peer Educator  
Peer Education Project**

*Best wishes  
Miss Pine*



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# SAFEGUARDING YOU

[worries@torpoint.cornwall.sch.uk](mailto:worries@torpoint.cornwall.sch.uk)

Our main priority is that students feel safe and happy.

Email any worries to the above email address OR leave a note in our

*worry box.*

You can find it outside the library.

**Dr Plumb**



*If you have any concerns or worries, please speak to one of the child protection team.*

Or speak to a member of staff you trust and feel comfortable with.



**Mrs Lear**

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