



TORPOINT
COMMUNITY
COLLEGE

"INSPIRING
OPTIMISTIC LEARNERS"

NEWSLETTER

Friday 31st March 2023

ACADEMIC YEAR 2022/23

SPRING TERM 3rd January – 31st March

UPCOMING EVENTS



Monday April 17th Non Pupil Day -
Staff Training (INSET Day)

Virtual Tutor Support Evening
Thursday 27th April 2023
(Details to follow)

Headteacher's Message

Dear Parents and Carers,

As we approach the Easter break, the longer days and lighter evenings are certainly very welcome – we just need some dry and warmer weather to lead us nicely into the start of the summer term!

Last Friday we had our Earth Day Concert run in conjunction with Carbeile Junior School. This was a thoroughly enjoyable evening showcasing music, readings and drama to celebrate Earth Day 2023: Invest in Our Planet. I would like to congratulate all the children who participated, and Ms Hamilton for organising and coordinating this event.

Our Ten Tors team and students have certainly endured some challenging conditions on their recent visits to Dartmoor, but this is excellent preparation for the event itself that is taking place 28th-30th April. The teams for the event are taking shape and Mrs Porter's efforts and hard work, along with all the adult volunteers, is greatly appreciated.

The Year 7 and 9 boys football teams have had a busy schedule this week. On Monday both teams played their respective County Cup fixtures at Penrice Academy. Year 7 played Fowey River Academy in the quarter finals and won 4-0, and then played Bodmin yesterday in the semi-finals winning 3-2. These were fantastic results and they now play Truro School at Callywith College in the final on Wednesday 19th April. The Year 9 boys team sadly lost their quarter final match 2-1 against a very strong Penrice Academy, but they acquitted themselves very well. Well done to all the boys, and good luck to the Year 7 team in the final.





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A letter was sent out to all Year 11 students this week providing information to help support them with their planning and arrangements for the forthcoming examination period in May and June. There will be a final assembly for Year 11 on Wednesday 17th May, after which they can start their Study Leave. During Study Leave they are still expected to attend College for lessons or subjects they have yet to take their exams, or where portfolio work has still to be completed, as well the exams themselves. There is a 'Sixth Form Welcome Day' on Tuesday 4th July for students who have been offered a place in our Sixth Form, and the Year 11 Prom is planned for Friday 14th July.

At the end of this term we say farewell to our Head of History, Mrs Lane. I would like to thank her for all that she has contributed to the College and wish her the best of the luck for the future. I would also like to welcome Mr Truan, who has been appointed as the new Head of History and joins the College on 17th April.

Finally, I would like to wish you all a happy Easter and I look forward to welcoming students back at the start of the Summer Term on Tuesday 18th April.

Yours sincerely,

Dr Jeremy Plumb
Headteacher



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10-19 March
**British
Science
Week
2023**



Students had the opportunity to take part in a variety of activities for British Science Week in March, during a 10 day celebration, with a theme of 'connections'. We had some fantastic students attend lunchtime workshops where they were able to explore the connection between metallic ions and crystal growth, dusting for fingerprints and making connections between patterns, as well as exploring how chemical substances are connected to the colourful displays we see in fireworks.





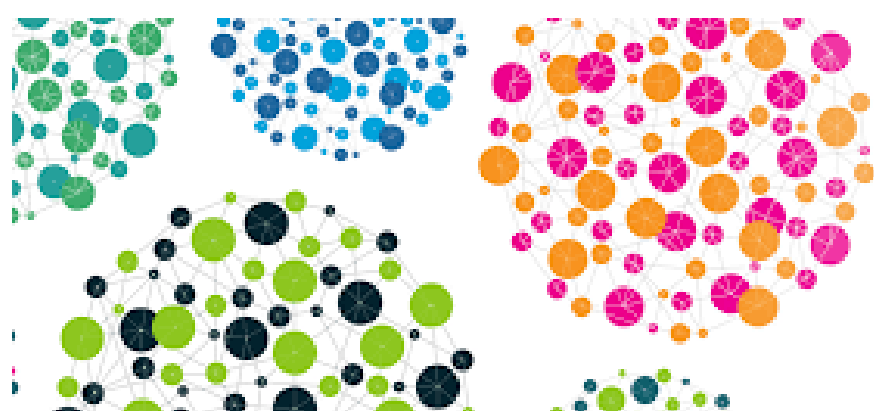
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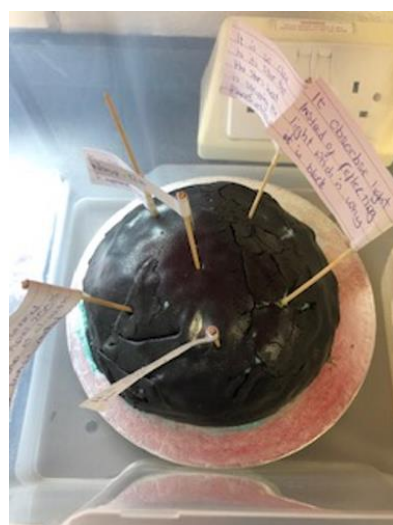


10-19 March
**British
Science
Week
2023**

The highlight of the week was the TCC Scientific Bake Off! We had the most amazing entries and it was lovely to see contributions from students in all years. Judging was really difficult because they were all so good and all we wanted to do was eat them! In joint first place was Jessica's 'Lung's and Katie and Daisy's 'Marie Curie's Radiation Barrel' We thought the scientific detail in the lungs was superb, especially the ring shaped cartilage in the trachea and the tiny alveoli. The Radiation barrel was a first for TCC and we were impressed with the story telling – how her belongings are still radioactive today because of the intense exposure to radium over her scientific career!



We also had two second place winners: Cody's 'Plant Cell' was perfection and he impressed us with his attention to detail – all of the plant organelles were included. Hazel and Ella's 'Planet Wasp 12b' – a planet you can't even see because it absorbs all of the light from the sun rather than reflect any. Luckily we were able to see the cake and were blown away by the level of scientific information.





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BRITISH SCIENCE WEEK

Special mention must also go to our Year 10 student's Robin and Imogen whose 'Human body' cake really delighted us due to the organ detail - particularly the "face-off" revealing the brain surrounded by meninges and the spotty pants! Great detail.

All of the entries were fantastic and you can see them all here and judge for yourselves. Well done to all involved – your creativity knows no bounds!





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EARTH DAY CONCERT

MUSIC News

On Friday 24th March we came together to celebrate Earth Day 2023: Invest in Our Planet in a wonderfully successful evening of performances by a wide variety of students from our Drama group; Creative Writing Group; TCC Singers and Carbelles singers from years 5 and 6 plus all of our visiting instrumental teachers: Nathan Austin with his electric guitar group plus his professional singer wife Jo, Mike Osborne our drum teacher, Petya Hase with her keyboard and wind ensemble and Louise Parker our singing teacher with her vocal group. The theme of Investing in Our Planet was at the heart of each performance from The Forces of Nature through to Pollution and how we can work together to reduce it and finally join together to celebrate our Wonderful World.

Every performer gave of their very best to a full audience in a tightly packed programme with something for everyone to enjoy. Well done to all staff and students who took part in this Earth Day Concert and who supported it.

I look forward to working with you on our next one! Have a lovely Easter holiday.

With best wishes,
Miss Hamilton Curriculum Leader of Learning for Music





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MUSIC
News



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KS3 Students Visit Shakespeare's Globe, London to watch a production of *The Tempest*

On Friday 10th March, 44 TCC students across Years 7-9 had the exciting opportunity to travel to Shakespeare's Globe Theatre in London to watch a production of *The Tempest*, a play we learn about in the Summer term of Year 7.

The trip involved a 7 hour coach ride in each direction which were made to feel like a breeze thanks to students being kind and respectful to each other, well-needed stops at service stations to stretch our legs and get some refreshments and a driving tour of some attractions in London with our wonderful coach driver tour guides.



On arriving at the theatre, students got to see exactly what a theatre would have looked like in Shakespeare's time – both outside and in – and we had the wonderful news that we had been upgraded to seated tickets instead of standing. We had a great view and our students made the perfect audience.

It was a brilliant trip thanks to all involved. The students were a credit to the school, and I thank them for making it such an incredible day. Thanks also go out to all staff who supported this trip, and those who attended with me on the day – Mr Lowe, Mrs Hodgetts and Miss Booth.

Photos can be found on the next page – have a look!

- Mrs Hodgkinson, Teacher of English



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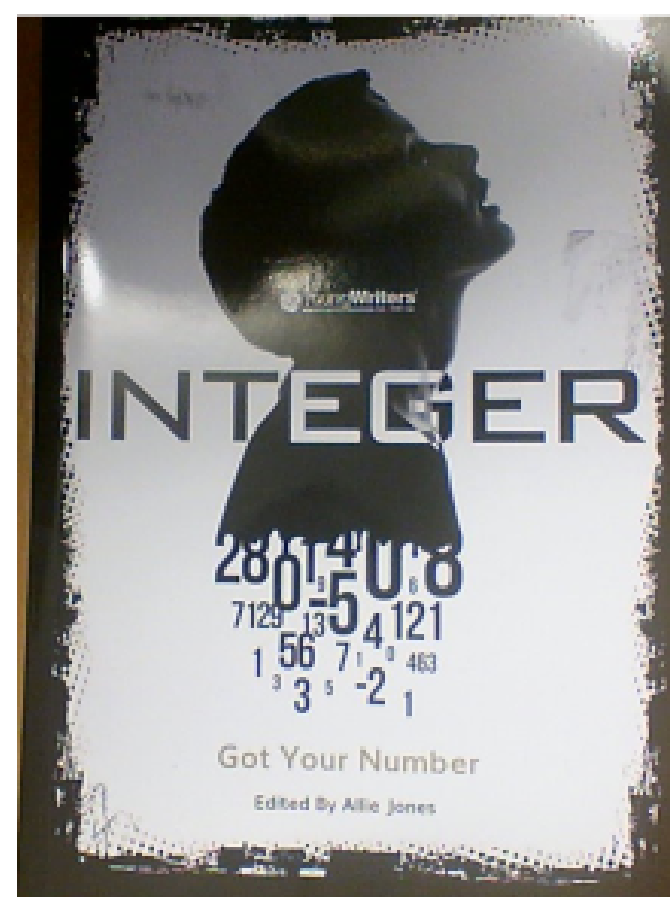
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Students' Work Published in Young Writers' *Integers* Anthology!

Back in December 2022, a large number of students in Years 7 and 8 submitted entries to the 'Integers' competition run by Young Writers – and of all who entered, a record 32 of our students have had their 100-word mini sagas published and can now call themselves published authors!



Congratulations to all those involved!

UCAS Discovery Fair – Y12 Exeter Westpoint Tuesday 21st March 2023

On Tuesday 21st March a group of 23 Year 12 students went to Exeter to visit the UCAS Discovery Fair there. It proved to be a very useful and insightful experience for our students who were able to ask questions directly to the universities and find out information about specific courses they have on offer.

There was also advice from student finance and the opportunity to speak to students currently on some of the degree courses that our students are interested in.

Thankyou to Mrs Peach for accompanying us on the trip and well done to Year 12 who were a pleasure to take out for the day. We look forward to our next trip to Falmouth University on Thursday 20th April. Please make sure that you have returned your letters and consent forms asap.

Miss Bell

UCAS



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Mock Ten Tors 2023

Well done to all students who took part in the mock Ten Tors training last weekend, and particularly to those who successfully completed it all.

There were a few incidents of broken boots and rucksacks, and the weather was particularly challenging during the overnight wild camp. After a night of torrential rain and strong winds, the sun came out on the Sunday morning as the teams set off from Princetown.

After a small detour off the moor due to the Walkham River being impassable, the teams finished at Willsworthy car park and were rewarded with a lovely Easter Egg!

A big thank you to the volunteers for their continued support.





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PE Department Sports News Spring Term 2023:

We have had an excellent few months of sporting activity and fixtures since Christmas. Over 180 students are regularly attending our netball, football, basketball, cross country and volleyball clubs with many taking part in competitive SE Cornwall and County inter-school matches and races this term.

Some of our current clubs will continue into the summer term such as volleyball, girl's football and lacrosse. Several boys football teams have important County Cup matches this week with possible semi-finals after Easter. Girl's football tournaments are planned at TCC for our feeder primary schools and for our College teams in time to build towards the excitement of FIFA Women's World Cup in Australia and New Zealand. We are looking forward to better weather and the start of **athletics, rounders, tennis and cricket clubs**. Timings for summer clubs will be announced just before Easter.

Please find below some of our fixture results, I'm sure you will join us in congratulating all of our students who have worked really hard and showed incredible team spirit throughout this season.

Netball News and Results:

Year 10 County tournament - Bodmin



Well done to the Year 10 Team who really stepped up a gear and played their best netball at the County tournament in March showing incredible team spirit throughout. With a few players absent, some of our Year 9 squad stepped in and did themselves and the team proud.

Results for first round

Vs Mounts bay Won 8-3
Vs Richard Lander Lost 12-4
Vs Brannel Won 9-4
Vs Penrice Lost 9-3
Vs Launceston Won 8-1

Results for second round

Vs Hayle Won 11-1
Vs Falmouth Drew 8-8
Vs St Ives Lost 6-5
Vs Cambourne Won 6-2
A fantastic set of results for such a committed squad of players!



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Combined Year 11/ 6th form team:

After having been some time since playing together, the combined senior team really enjoyed playing against Tavistock this month. The game started very evenly with the girls taking their time to get used to each other's play again. Once settled their teamwork, timing and support for each other was excellent. In the second half they pulled away. It was great to watch them play again and we look forward to our fixture against DHSB after Easter. Maddy J nominated player of the match by Tavistock.

Final score – **TCC vs Tavistock 24-10**

Team – Mia, Holly T, Kate, Maddy J, Maddie N, Rosie, Maddy T, Holly B, Alice , Isobel, Sky.

Thank you to the Carbeile netballers who came to cheer the teams on, selecting your own players of the match. We look forward to arranging a coaching session for you with our players after Easter. Thank you to Olivia and Molly, Year 9, for scoring.

Year 7 and 9 vs Saltash



Year 7 and 9 players travelled to Saltash earlier this month. The students, as always, conducted themselves incredibly well and were a credit to the school. Both teams dominated the play, resulting in some fantastic results and meaning that TCC are still undefeated across East Cornwall!

The final scores were: **Year 7 vs Saltash 9-1** **Year 9 vs Saltash 14-3**

Year 7 – Romilly, Coa, Amy, Sage, Eliza, Elsa and Leah

Year 9 – Olivia, April, Teagan, Nia, Ebby, Saskia, Thea and Emily

Year 7 and 8 vs Callington

14 talented students across Year 7 and 8 competed in the East Cornwall Netball fixture at Callington. They did amazingly well! The girls represented the College brilliantly with how well prepared they were and should be so proud.

The final scores were: **Year 7 vs Callington 20-1** **Year 8 vs Callington 26-2**

Year 7: Evie, Ruby, Poppy, Maisie, Daisy, Penny, Siri

Year 8: Lilah, Scarlett, Poppy, Molly Hall, Lilly, Mia , Michaela

The Year 7 and 8 County netball tournaments have been rescheduled for after Easter due to poor weather.



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Cross Country News

Well done to our cross-country runners who ran in awful weather conditions at Liskeard last week for their final race of the year but showed good spirit throughout.

Year 7 girls Amy 4th

Year 7 boys Finley DNF

Year 8/9 boys Josh 1st, Oliver 2nd, Jack 3rd, Charlie 8th, Harry 12th, Reubyn 15th, Finlay 20th

Year 8/9 girls Bella 14th, Mia 19th, Lily 24th, Isabelle 25th



National Cross-Country selection

Congratulations to Jack and Josh who ran really well at County this term to be selected for the team of 8 runners to represent Cornwall for their age group at the National Cross-Country finals in Nottingham last weekend. With nearly 350 runners they had an incredible experience that they won't forget.



Swimming news

Plymouth Schools Swimming Gala

16 students represented the College at the Life Centre in Plymouth, hosted by Devonport Royal Swimming Club.

Every single student swam their heart out, despite varying levels of experience (some had never swum in a competitive situation before!)

- The KS3 girls "A" Team: Evie, Emily, Essie & Aliza B – finished in 6th place.
- The KS3 girls "B" Team: Isabella, Florence, Ella & Bella – finished in 4th place.
- The KS3 boys team: Charlie, Finlay, William & Thomas – finished in 2nd place and each picked up a silver medal!!
- The KS4 boys team: Lucas, Jan, Leo & Seth – finished in 3rd place and each picked up a bronze medal!!

Well done swimmers! And thanks to Mrs Porter for her help as always with the swimming students.



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TICKETS ON SALE SOON!

**FASHION
GOES
POP!**

2023

29th JUNE

**Dance and Music rehearsals
are well under way for this
year's Fashion Show!**





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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.

Good News – Football Trial for Y7 Student at Plymouth Argyle Football Academy!

Congratulations to Oscar M from in Year 7 who has been selected for an 8-week trial with Plymouth Argyle Football Academy.

Well done Oscar, we are very proud of your achievement!



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EMOTIONAL, MENTAL HEALTH & WELLBEING

News from Kidscape

Ahead of Autism Acceptance Week (27 March – 02 April) Kidscape have launched: [Support for Autistic Children Experiencing Bullying: A Guide for Parents and Carers](https://www.kidscape.org.uk/media/134848/2023-support-for-autistic-children-experiencing-bullying-1.pdf)
<https://www.kidscape.org.uk/media/134848/2023-support-for-autistic-children-experiencing-bullying-1.pdf>

Tips to avoid the mid-afternoon slump!

So many of us are all too familiar with the afternoon slump! That feeling when your concentration starts fading, your eyes feel heavy and motivation starts to wane! So what do we do? We reach for a coffee or sugary snack to try and get us through the next few hours before we can end our day and relax!

Our circadian rhythm is our body's internal biological clock which dictates our sleep-wake cycle. Although we may think our circadian rhythm only kicks in after the sun goes down, it can also occur naturally in the afternoon causing the afternoon slump! A drop in body temperature increases the sleep hormone, melatonin, which is the primary reason for this but factors such as working at a desk may also contribute as our body associates stillness with sleep.

If you feel your energy levels dropping in the afternoon, try some of these tips to help you feel more energised

Head outside. Daylight and if possible a little sunlight, can brighten our mood, boosting our energy and productivity.

Take breaks and get moving! Taking regular breaks helps you to stay focused on your goals.

Take a 'power nap' Taking a short power nap can help you to feel energised but be careful not to nap for too long as it can then have a counter effect!

Take a caffeine curfew after lunch! For those with caffeine sensitivity, drinking too much coffee during the day can have an impact on their sleep. It can take up to 10 hours to completely clear caffeine from your bloodstream.

Keep hydrated. One of the most common signs of dehydration is fatigue.

Go easy on the sugar and choose healthy snacks! Unfortunately, foods that are high in sugar or refined carbohydrates can actually end up making you feel even more sluggish!

Interact with others. Having some social interaction can give your mind a rest from what you are doing by having to focus on someone else

Schedule low-stress work for early afternoon (where possible!) Scheduling lower capacity or less demanding work for the afternoon may help you to get through the afternoon energy dip!

Get enough quality sleep (at the right time!) Unfortunately, poor sleep can have a profound effect on productivity and if you are already struggling with sleep deprivation, getting through the day can be a difficult task!

And last of all and probably the most important thing you can do for your overall health is **Regular Exercise!** Exercising regularly will give you more energy everyday!

[Read the full blog here>>](https://www.wellbeingpeople.com/2023/02/20/tips-to-avoid-the-afternoon-slump/)

<https://www.wellbeingpeople.com/2023/02/20/tips-to-avoid-the-afternoon-slump/>

*Best wishes
Miss Pine*



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The ultimate
Breakfast
Boost

Crunchy Peanut Butter & Banana Pots

Ingredients

300g porridge oats
2 tsp cinnamon, plus extra for sprinkling
2 medium bananas, finely chopped
500g pot fortified soya yogurt
80g crunchy peanut butter

Method

STEP 1 Put the oats and cinnamon in a large pan with 1.3 litres water, then bring to the boil. Reduce to a low heat and simmer until the oats are cooked and the mixture has thickened, stirring occasionally. Stir in the chopped bananas, cook for 1 min, then remove the pan from the heat. Leave to cool for a few minutes, then stir in 6 tbsp of the soya yogurt.

STEP 2 Beat the peanut butter into the remaining yogurt until well combined. Divide half the oat mixture into the base of six glass tumblers and spoon in half of the nutty yogurt. Top with the rest of the oat mixture, then the remaining yogurt mixture to create layers.

Will keep covered and chilled for up to four days. To serve, dust with a little cinnamon, if you like. (<https://www.bbcgoodfood.com/recipes/crunchy-peanut-butter-banana-pots>)

Wellbeing Fact

A daily quality conversation with a friend can help boost your daily wellbeing

A recent study showed that **talking** and **listening** to a friend **increased happiness** and **reduced stress** levels. It highlighted that a **face-to-face** conversation was the **most effective** rather than communicating via an **electronic device** or **social media**.

Source: www.sciencedaily.com/releases/2023/02/230202135217.htm



Best wishes
Miss Pine



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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)

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

<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 persistent absentee , 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



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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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