

# Principal's Post

Thursday 8th May



As we move into a particularly busy and exciting time in the school calendar, I'm reminded of how our values, **kindness, curiosity** and **resilience**—shine through in everything our students do.

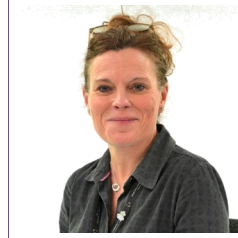
Over the Bank Holiday weekend, our Year 9 students demonstrated great curiosity and enthusiasm during their trip to Paris, which was a tremendous success and a memorable experience for all involved. Meanwhile, our Ten Tors teams are making their final preparations for this weekend's event, showing real resilience and teamwork as they prepare for the challenge ahead.

We are also taking time to wish our Year 13 students the very best ahead of their A- Level exams with a Good Luck BBQ—an opportunity to celebrate their hard work and the strong community they've built over the years.

Next week marks the start of the GCSE exams for Year 11, and we know they will face the coming weeks with determination and strength. We understand that this can be a particularly stressful period for both students and their families, and we are here to support you every step of the way. Please don't hesitate to get in touch if you need any guidance, reassurance, or practical help during the exam season.

Thank you, as always, for your continued support.

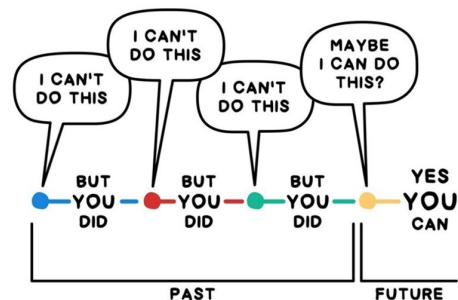
*Mrs. C Brothwood, Principal*



Let's hope the sun continues to shine as we hold our Good Luck Year 13's BBQ and Staff vs Students Rounders match on Thursday. In all my time, the Staff team have never won so on our last opportunity – wish us luck!

The Year 13's have shown bucket fulls of resilience this term with their 1<sup>st</sup> exam being on Monday.

Wishing them all the luck and that all of their hard work gives them the success they deserve.



*Mrs S Burroughs, Director of Post-16*



The exam season has now started, and students are busy in preparation for their upcoming exams. Wishing them lots of luck and hoping that their continued work and effort affords them the success that they deserve. Students will no doubt be getting nervous,

and it is important at this time that students get plenty of rest in order to not burn out. As a school we will be adding in pre-exam sessions and exam briefings within the school day to support our students. Revision classes after school are also ongoing for those that wish to attend.

Information about the Year 11 Prom, Thorpe Park and shirt signing day will be out shortly.

It is an exciting time ahead, and I look forward to helping the students achieve their very best.

*Miss K Knight, Head of Year 11*



**The whole School will be switching to an earlier lunchtime break during the exam period.**

Year 11 and Year 13 Exams are well underway now. Students are impressing us with their hard work and resilience.

From **Monday 12<sup>th</sup> May**, lunch will be **12:30 – 13:05** for the whole school. This is to ensure the swift start and quiet needed for the afternoon exams.

The pattern of the day will otherwise remain the same: Period 1, Period 2, **Breaktime**, Period 3, **Lunchtime**, Period 4, Period 5.



As we step into the final term of the year, I want to take a moment to talk about something simple but powerful: curiosity. Students will know from our assembly that I have a new puppy — Cosmo. Like all puppies, Cosmo is full of energy, wonder, and a desire to explore everything. He sniffs every corner, chases every sound, and approaches the world with excitement and a thousand questions (even if he can't ask them in words!).

Cosmo reminds us of something very important — that when we're young, we're naturally curious. We want to know how things work, why things happen, and what lies just around the corner. That's a wonderful thing. And the best part? We don't have to grow out of it.

So, as we go forward into this final term of Year 7, let's carry that same puppy-like curiosity with us. Be excited about the unknown. Try something new in a lesson. Join a club you haven't joined before. Ask more questions. Explore the world around you — whether it's through books, experiments, conversations, or simply noticing the little things you've never stopped looking at before.

**Let's not be afraid to wonder, to imagine, and to discover.**

**Let's go forward with curiosity — and see where it leads.**

*Mrs. B Dupré, Head of Year 7*



I continue to be so proud of the kindness Year 8 are showing in school and the number of Year 8 students who have been receiving golden tickets since we returned from the Easter Holiday. We are now well into the last term of Year 8 and this is an opportunity to showcase all the amazing achievements throughout the year.

I am already starting to work on our Year 8 Celebration Assembly for the end of term and would be really keen to celebrate some of the achievements students have made outside of school this year as well, if you are willing to share and medals awards or certificates with me I can then celebrate these in our end of year celebration.

*Mrs E Meek, Head of Year 8*



It's wonderful to see our Year 9 students back in school, and it sounds like they had an incredible time on their recent trip. For some, it was their first time abroad; for others, their first visit to Paris, and for many, their first experience up the Eiffel Tower. While not every student may have fully appreciated the Mona Lisa (though many did!), we're confident they'll look back in the years to come and recognise just how special and well-organised this experience was.

A huge thank you to Miss Cooper and the dedicated team of staff who took more than 70 students to Paris and made this unforgettable opportunity possible.

We now turn our attention to those taking part in the Ten Tors Challenge. Best of luck in this demanding and rewarding two-day event!

To all of Year 9: keep embracing these opportunities to broaden your horizons, you're doing brilliantly. Well done!

*Mrs L Roberts, Head of Year 9*



Year 10 have an exciting time ahead with work experience from 19th May - a fantastic opportunity to build confidence, gain real-world skills, and to start thinking about their future beyond school.

This is a busy time of year with sports fixtures and trips – a huge number of children went on their Geography trip this week and many have been at the East Devon Athletics event. There have also been successes in dance competitions and gymnastics too. We are really proud of what they are all achieving both academically and in their extra-curriculars.

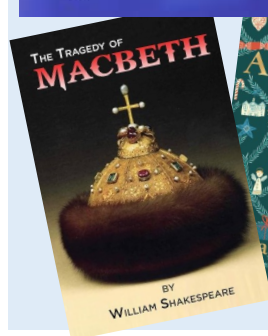
There are only eight teaching weeks left of year 10 so it's really important to make them count.

*Miss E Lindsay, Head of year 10*





Sparx Reader



## Year 11 Reminder from English Team

Both 'Macbeth' and 'A Christmas Carol' are now available on Sparx Reader. This means they can re-read the texts at their own pace and check their understanding as part of their revision.

Students can log in using their school email. As well as the full original versions, there are also Easy Reader editions available. These versions stay true to the original texts and include key quotes, but they are written in a more accessible way to help with understanding. Students have been emailed information about how to access the platform.



During the first half of the Summer Term students will be doing Athletics in Core PE lessons and can earn stars for their House (Bronze, Silver, Gold and participation). Students will add their stars to the Athletics notice board outside the PE Office. Winning House will be announced at Sports Day, via tutor teams and celebration assemblies.

Athletics Club – Thursday's 15:05-16:00 College Field. Lovely to see over 50 students attend the first session.

Sports Day – Friday 20<sup>th</sup> June  
(reserve date Friday 27<sup>th</sup> June)

*Mr Taylor, Head of Sport & PE*



We are fortunate to have Exeter Chiefs in this term on

Wednesdays as part of the Maddy's Mark. Maddy's Mark is a charity that supports the mental well-being of girls and young women by building resilience, confidence and camaraderie. They are also running a girls rugby club for us on Wednesday at lunchtimes.

<http://12s:t.Lmaddysmark.comL>





## New Musical Clubs



Monday Lunchtime – House Band (Mu1)  
 Tuesday breaktime – Balalaika Ensemble (Year 7 – Mu1)  
 Tuesday lunchtime – Singing Group (Mu1)  
 Wednesday lunchtime – Guitar Group (Mu1)  
 Thursday lunchtime – Song Writing Club (Mu2)  
 Friday lunchtime – Taiko Drumming Group (Mu2)

Balalaika

Taiko Drums

### Peripatetic Instrument lessons (fees apply)



You can sign up for lessons and find out further information through the following link or by scanning the QR code.

Apply for Instrumental lessons—

<https://forms.office.com/e/n8AJsdJSyb>

Interested in hiring an instrument from the Devon Music Hub? – please see the link below!

<https://www.musiceducationhub.org/site/parents-carers/hiring-an-instrument/>

### Any musical instruments you no longer use?

If you have any musical instruments you no longer play or are using, then think of us! We are keen to have a wide range of Instruments at the College for students to experience and use. They will be put to good use! If you do have any instruments you can donate, click on the link below or scan the QR code to let us know and we will be in touch!

Thank you.

<https://forms.office.com/e/9qmFTXPRux>



## Next Fortnightly Events

### WEEK B

#### Monday 12 May

A-LEVEL EXAMS BEGIN

Year 10 Rounders @ Uffculme (13:00-16:00)

#### Tuesday 13 May

East Devon Year 3/4 Trigolf @ Honiton Golf Club  
(11:30-15:30)

#### Wednesday 14 May

Duke of Edinburgh's Award map reading session  
(15:05-17:00)

### WEEK A

#### Monday 19 May

Year 10 Work Experience (whole of the week)  
Super 8 Athletics Year 7 @ King's School (15:05-18:30)

#### Tuesday 20 May

Bikeability (end on Friday)  
Devon School Games 5k Neon Run @ Okehampton  
(09:00-15:30)

#### Wednesday 21 May

Duke of Edinburgh's Award route planning session  
(15:05-17:00)

#### Thursday 22 May

Exeter vs East Devon Athletic Trials @ Exeter Arena  
(14:00-17:30)

#### Friday 23 May

Year 8 Jurassic Coast Challenge

**College Half-term holiday**  
**Monday 26 May-Friday 30 May**

## Activities week

**14-18 July 2025**

**We are excited to remind you that  
Activities week is coming up soon!**

**Please take a moment to check MCAS for any  
standing payments and make them as quickly as  
possible to ensure your child's participation.**

# NAVIGATING CHANGE

## Skills Workshop with Parental Minds

An interactive online workshop exploring the journey of our young people transitioning from primary school to secondary school. Together we'll discuss practical strategies and highlight effective ways to offer meaningful support while our loved ones navigate this exciting new chapter in their lives.

Parental Minds Community Interest Company:  
Developed through families' experiences, with  
input from professionals & researchers.











**Online, Zoom**

**Monday 19th May 2025  
19.15 - 20.45**

**Sign up here:  
[bit.ly/PMSWChangeMay25](https://bit.ly/PMSWChangeMay25)**

Inspiring self-care  
whilst supporting the  
mental wellbeing  
of others

## ONLINE SUPPORT

-  Phone calls
-  Text messages
-  WhatsApp messages
-  WhatsApp groups
-  Drop-in online hubs
-  1:1 support online
-  Low cost counselling
-  Monthly skills workshops

## ONLINE SKILLS WORKSHOPS

- Expressing Emotions
- Managing Emotions
- Meltdowns & Shutdowns
- Being Curious around Communication
- Caregiver Burnout
- Supporting someone who causes harm to themselves
- Navigating Change (Year 6-7)
- Supporting a Loved One with an Eating Disorder
- The Teenage Brain
- Children Not Engaging in School
- Elective Home Education
- Listening Well

## SIGN UP WITH US

-  07907 614 516
-  [facebook/PPSHUB](https://facebook.com/PPSHUB)
-  [hello@parentalminds.org.uk](mailto:hello@parentalminds.org.uk)
-  [www.parentalminds.org.uk](https://www.parentalminds.org.uk)



Parental Minds Community Interest Company  
Developed through families' experiences, with input from professionals & researchers



# Supporting Mental Health Awareness Week in the school Dining Room:

**12<sup>th</sup> - 18<sup>th</sup> May 2025**

## 4 STEPS TO HELP TAKE CARE OF YOUR MENTAL HEALTH

**1**

### TRY OUR FREE PORRIDGE

Loaded with B vitamins, magnesium, and iron - some of the MVPs for good mood regulation.

we  BREKKIE!



**2**

### STAY HYDRATED

Water = brain fuel! It helps your brain use amino acids to make serotonin - a chemical that keeps your mood balanced.



**3**

### SNACK SMART

Banana bread, anyone? Bananas contain tryptophan, which helps produce serotonin to boost mood and reduce stress.

TRY ME  
IN THE RESTAURANT!



**4**

### MOVE FOR YOUR MOOD

Boosts confidence, improves sleep, and floods your brain with feel-good vibes. Exercise is pure gold for mental health!

