

Today we say farewell to some of our colleagues;

**Ruth Sorenson** - Ruth has worked at THS since November 2012 as a partnership administrator and co-tutor. Often the specific work Ruth does gets absorbed into facilitating meetings/TCLP events such as two rivers/lantern procession as well as lettings. Ruth has been instrumental in the community involvement within THS and for that we are extremely grateful. Ruth returns to DCC from whence she came and we wish her all the very best in her new ventures.

**Ann Venn** - Ann has been a TA within our communication and interactive resource base as well as a co-tutor for 6½ yrs. The support she has provided our young people with complex needs has been outstanding and her involvement in the wider aspects of the school will be sorely missed but we of course send her on her way with our best wishes.

**Jamie Crook** - Jamie has been supporting the Maths and Science departments over the last year. He has provided consistent and considered support for our young people. However, Jamie has decided that at some point he wants to pursue a career in teaching. This is fantastic news and we hope to see him return as a teacher to THS in the future.

We send them all of our best wishes for a happy and successful future.

## Year 11

A number of years ago the government removed the formalisation of study leave for year 11 students. This year, due to the significant increase in terminal papers Year 11 are expected to sit, students will remain in school for all lessons/interventions until they sit their final exam on their exam timetable.

In addition, due to safeguarding and examination regulations, students will be expected to wear normal uniform for their exams.

We have a full and intensive intervention programme planned to support our year 11 students through this stressful and demanding time.

Parents will receive a letter outlining full details on the first day back after Easter.

## Ambassadors

This morning I announced the 2018/19 Ambassador team. It was an incredibly strong field of our fine year 10 students and there were some very heated discussions among the Heads of House at a meeting last night.

Of course, when you put yourself forward for any form of leadership there is a risk that you aren't appointed. We are, as always very proud of all of the students who applied for the posts.

Congratulations for those who have been appointed.



Barle	Culm	Dart	Exe	Lowman	Otter	Interact
Jessica Harper	Ben Langabeer	Thomas Symonds	Max Fournier	Amber McCalliskey	Polly Cockbain	Louie Bond
Sophie Fallon	Natalie Fitch	Grace Gunn	Libby Syers	Cameron Berryman	Libby Gollop	Sports Captains
Lily Campbell	Kai Burton		Max McDermott	Rosie Werring	Gemma Snow	Adam Chamberlain
Toby Edmonds						Zoe Davies

Sammy Crook

## Fairtrade winners



Fairtrade Fortnight has been upon us again this spring and students have risen to the challenge of creating posters which promote the importance of buying products which give farmers the opportunity to support themselves, invest in healthcare and enable their children to access education. There were an overwhelming number of entries this year and the standard was very high giving the judges a difficult decision to make. The runners up were Demi Williams and Sophie Mullins and Mary-Ann Hill was awarded first place; all three had catchy and thought provoking messages included in their designs. Well done ladies. All of the posters entered have now been passed on to The Soroptimist Society who will be putting our entries, along with others from Uffculme, Cullompton, Broadclyst and Blundells on display in the Pannier Market. The overall winner will receive a £25 gift card prize. Good luck to all



THS students who took part. Special thanks again to Mrs Leitch for her support in encouraging students to have a go, and Mrs Pritchard and Mrs Gratton for taking on the hard task of judging the entries.

## Year Nine GCSE Drama Workshop - 'The Black Eyed Theatre Company'



On Thursday 22nd March, year nine Drama GCSE students took part in a workshop delivered by an inspiring theatre company called 'The Black Eyed Theatre Company'. The company were due to perform in the evening their production of 'Jekyll and Hyde' and many of our THS students attended enjoying a wonderful evening of theatre at TCAT. The workshop was centred around performance analysis to inform the Section C component of the new GCSE Drama exam and students were enthusiastic about the work they took part in. It is always wonderful to have 'visitors' to enthuse the students and give them a new audience. A great afternoon!

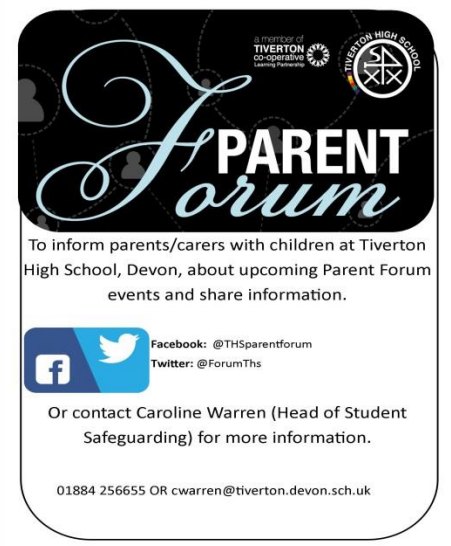


Miss Timms

## ClassCharts

Well done to the students below on receiving the highest amount of positive ClassChart points during the period 19<sup>th</sup> to 23<sup>rd</sup> March.

	MALE		FEMALE	
Y7	Ben Squire (OtCOG)	7	Sophie Thomas (OtSTB/NB)	16
Y8	Robertas Kazlauskas (OtHET/KC)	7	Elizabeth Brameld (CuLDC/KD)	7
Y9	Ben Martini (OtNLS/MM)	6	Daisy Paton (OtNLS/MM)	8
Y10	Jack Aldridge (DaSCH/KM)	8	Tess Broadhurst (OtSTB/NB)	9
Y11	Finn Stoneman (OtSTB/NB)	8	Chloe Gulliver (OtSTB/NB)	7



To inform parents/carers with children at Tiverton High School, Devon, about upcoming Parent Forum events and share information.

Facebook: @THSparentforum  
Twitter: @ForumThs

Or contact Caroline Warren (Head of Student Safeguarding) for more information.

01884 256655 OR cwarren@tiverton.devon.sch.uk

**Year 8 Parents' Evening - Online booking is now available for the Yr 8 Parents' Evening on Tuesday 17<sup>th</sup> April <https://tiverton.parentseveningsystem.co.uk/>**



## Development Day #4

Thursday 29<sup>th</sup> March



Our fourth **Development Day** of the new academic year is today.

The **Development Day** programme is driven by our THS values to create **confident, resilient, respectful** and **cooperative** young men and woman who are treated **fairly** and treat others **fairly** and are given a **voice**.

Our curriculum is built around 5 core themes of **PSHE**:

*Living in the wider world; Becoming an active citizen; Relationships; Healthily Living; Aspiration, Ambition and Resilience.*

The topic for each year group and workshop titles for our **Development Day** include:

**Year 11: Healthy Relationships** *Exam preparation, consent, pornography and relationships*

**Year 10: Becoming a global citizen** *Young People and politics*

**Year 9: Living in the Wider World** *Employability, progression & understanding money*

**Year 8: Aspiration, ambition & resilience** *Developing a growth mind-set*

**Year 7: : Health and Wellbeing** *Puberty - The emotional changes*

Targeted **Year 11** students will also be working with MADE on the following workshops:

- *Exams MADE Easy*
- *Power Hour: Goals and Aspirations*

To find our more visit: <http://www.made-training.com/exams-made-easy/>

**Year 9** will also be working with:

**Next Steps Southwest** on digital literacy and Higher Education pathways – want to know more about NSSW? Click here: <https://nextstepssw.ac.uk/>

**Steve Bennett**, a financial advisor from Rathbones, on 'Money Matters'

**The Money for Life** charity. Click here <https://www.moneyforlife.org.uk/>

**Ruth Forster**, a **Careers Coach**. Click here <https://uk.linkedin.com/in/ruthforster>

### What else is going on?

Our Year 9 and Year 10 **Uncover Higher Education** students will also be working with our Exeter University Mentors exploring access to Russell Group universities and Higher Education.

## Devon Sports Championships

Yesterday, the PE department took 10 teams of students that had progressed from their season to the annual Devon Sports Championships at St Luke's in which they participated to a high standard in a range of sports finals; although the teams did not outright win any competitions, THS were competitive and did themselves proud.



U13s Boys Football - 3rd Place; Outstanding performers; Connor Heard/Corey Groover.

U14s Girls Football - 2nd Place; Outstanding Performers; Murrion Humphrey, Maddie Walker and Connie Pengelly

U12s Girls Football - 2nd Place; Outstanding performers; Ruby Stevens, Mollie Chidgey

U13s Girls Netball - Outstanding performers; Darcy Coles and Jess Tourle

U15s Girls Netball - Outstanding performers; Sophie Fallon

U14s Boys Basketball - 3rd Place; Outstanding performers; Ben Sumner, Davidas Zylis and Dan Cole

U13s Boys Rugby - 3rd Place; Outstanding performers; Callum Finley, Henry Sellick

U15s Boys Rugby - 2nd Place; Jack Eastleigh, Dan Hancock, Frankie Broadhead

U13s Girls Rugby - 4th Place. Outstanding performers; Sarah Baker and Lily-Rose Cawsey

## SAM learning is a great way for all students to:

- Practice skills and revisit learning independently that they need extra support with outside the classroom
- Keep fresh previous learning from last week, last month and last year
- Challenge themselves, to find out more and to learn outside the classroom



TOP 10 STUDENTS FOR OUT OF SCHOOL HOURS USAGE ON SAM LEARNING THIS HALF TERM						Special congratulations to the Y7 and Y8 students for going above and beyond with their independent literacy learning on SAM learning as part of our Literacy programme:	
BOYS			GIRLS				
Yr	Hours		Yr	Hours			
7	86:05	Kripaal Pradeep Kumar	11	81:15	Jasmine Partridge	06:26	Cory Woodberry
7	59:19	Jayadev Korasseril Soj	7	55:15	Rosie Webber	05:29	Courtney Saunders
7	50:55	George Hobson	11	54:10	Tyler Pike	05:05	Courtney Sellick
7	45:43	Dominik Stankiewicz	11	48:30	Cealie Aitchison	04:55	Angelica Westacott
11	32:45	Josh Turner-Strange	11	40:45	Michaela Mihalisinova	04:10	Grace Hopkinson
11	26:55	Daniel Angell	11	34:25	Jessica Fitch	04:05	Alanna Luxton
11	25:10	Connor Broom	11	31:00	Hannah Flanagan	03:25	Mary-Ann Hill
8	23:30	Janio Cazzamalli	7	27:56	Chantelle Meidou Nya	01:55	Freya Musgrove
8	22:33	Cory Woodberry	7	23:59	Sophie Thomas	01:45	Rio Moore
11	19:40	Jonathan Barnett	8	23:29	Candace Hill	01:30	Casey Townsley

If parents and carers want to find out more, watch this short video about the benefits for your child:  
<https://www.youtube.com/watch?v=z3p5RfvDW7g>

## YEAR 11 EXAM PREPARATION REVISION

The Year 11 exam preparation attendance for the period 26<sup>th</sup> to 28<sup>th</sup> March is as follows:

141 students have attended at least one session this week which is **62%** of the Year 11 cohort.

The percentage of spotlight students attending one or more sessions is **56%**.

### Highest attending students

Adam Lake	6 sessions
Florence Day	5 sessions
Mabel Day	5 sessions
Benjamin Kettleborough	5 sessions

Well done everyone – keep it up!

**REMEMBER ..... High awareness + high action = exam success**

## Creative Writing Club

Tuesday  
Lunchtimes



Ever wanted to write but not sure how to start?

Written something and not sure if it's any good?

Then come along to THS Creative Writing Club

A safe place to share your work

A creative space to work in

Guest authors for inspiration

**Tiverton High School Creative Writing Club!**

## Easter Revision Sessions for Year 11 Students

	Monday 2/04/18	Tuesday 3/4/18	Wednesday 4/4/18	Thursday 5/4/18	Friday 6/4/18	Monday 9/4/18	Wednesday 11/4/18	Thursday 12/4/18
Period 1		History	English 11Y3 RPS	GCSE German	History	History	RPS	
Period 2		History	English 11Y3 RPS	GCSE German	History Maths Mr Blaxland	History	RPS	Dance
Break		GCSE Music	English 11Y3 RPS	GCSE German	Maths Mr Blaxland		RPS	
Period 3		GCSE Music	English 11Y3 & 11Z4 RPS	GCSE German	Maths Mr Blaxland		RPS	Dance
Period 4		GCSE Music	English 11Y3 & 11Z4 RPS	GCSE German			RPS	Dance
Lunch		GCSE Music	English 11Y3 RPS	GCSE German			RPS	
Period 5		GCSE Music	English 11Y3 RPS	GCSE German			RPS	Dance
Period 6		GCSE Music	English 11Y3 RPS	GCSE German			RPS	
After Sch								

## Top Tips for Year 11: This week we look at 'Ways to fall asleep' and 'Revising to music'

### 6 SCIENTIFICALLY PROVEN WAYS TO HELP YOU FALL ASLEEP

by @inner\_drive | www.innerdrive.co.uk

- REGULAR BED TIMES / WAKE TIMES**  
 Keeps your body clock consistent and helps you avoid distractions.  
**Bedtime**
- EXERCISE FOR AN HOUR A DAY**  
 Exercise tires you out, increases the blood flow in your arteries and raises your body temperature.  
**1 Hr** **Bedtime -2 Hrs**
- TURN DOWN BRIGHTNESS OF YOUR PHONE**  
 The sleep hormone melatonin gets released when it is dark. The bright light on your phone stops this happening.  
**Bedtime -2 Hrs**
- EAT A TURKEY AND CHEESE SANDWICH**  
 Turkey, cheese and bread all contain Tryptophan, which helps you fall asleep; it's the perfect sleepy sandwich.  
**Bedtime -90 min.**
- DRINK CHERRY JUICE**  
 Cherries are natural source of the sleep hormone melatonin. Cherry juice drinkers fall asleep quicker and for longer.  
**Bedtime -1 Hr**
- TAKE A HALF HOUR HOT BATH**  
 Your body temperature drops when you sleep. You can prompt this sleepy state by stepping out of a hot bath.  
**Bedtime -45 min.**

### STUDIES THAT EVERY TEACHER NEEDS TO KNOW #17

#### THE ONE ABOUT REVISING TO MUSIC

@inner\_drive | www.innerdrive.co.uk

#### WHY THIS STUDY

Many students do their homework and revision whilst listening to music. Many of these students will swear that listening to their favourite songs helps them study. But does it actually help or hinder learning? And interestingly, does it matter what type of music you listen to whilst revising?

To answer this question, researchers assigned students of a range of ages to one of four groups; the first revised in silence, the second revised whilst listening to music with lyrics they liked (which included songs from One Direction and Katy Perry), the third group revised to music with lyrics they did not like (which comprised of very heavy thrash metal bands), and the fourth group revised listening to music that did not have lyrics.

The participants then took a test on the passages they had been revising, rating how distracting their environment had been, as well as writing down their predictions for how well they thought they had done.

#### THE MAIN FINDINGS

- Students who revised in **quiet environments performed over 60% better** in an exam than their peers who revised listening to music that had lyrics.
- Students who revised whilst **listening to music without lyrics did better** than those who had revised to music with lyrics.
- It made no difference if students revised listening to songs they **liked or didn't like**. Both led to a **reduction in their subsequent test performance**.
- Students who revised in **silence rated their environment as less distracting** and accurately predicted that this would lead to better performances in subsequent tests.

Ref: Behnam and Curran, 2014, Applied Cognitive Psychology