

The Royal Institution Physics Masterclasses come to KCC

The Royal Institution is a prestigious organisation dedicated to scientific research and education; having been founded in 1799, it is one of the most well-known, and definitely oldest, institutions for scientific education in the world. The Royal Institution's (RI's) annual Christmas lectures are one of their most famous, and ongoing, educational programs – with such people as Michael Faraday presenting them. Sixth Form students from Kingsbridge College, mostly those pursuing Physics and Maths, have decided to take part in the RI's primary masterclasses. These sixth formers, working in groups, are delivering 90-minute classes on a topic of their choice (related to Physics and Maths) to Yr5 students from our feeder primary schools.



These masterclasses aim to be engaging; incorporating a variety of experiments and demonstrations, and even providing an aspect of competition in some masterclasses, as teams of children compete to build the furthest flying projectile.

The Sixth Form ambassadors took part in a training day in October (together with Sixth Form students from our Ogden Partnership Schools) to start to prepare for the Masterclasses. They have also been working with Mr Atherton on Wednesday afternoons to plan and refine the classes.

The first of the Masterclasses took place on Wednesday 29th January and our 20 Yr5 students from Thurlestone, East Allington, Charleton, Kingsbridge and Stokenham Primary schools had a fantastic time learning about the history of astronomy. They even managed to use techniques invented by the Greeks to estimate the size of the Earth.

Over the coming weeks we have 5 more inspiring Masterclasses which will be delivered by our Sixth Form ambassadors.

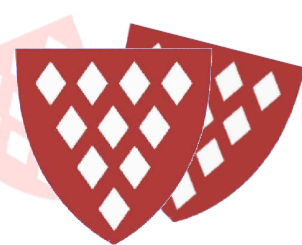
Phil Atherton
Head of Physics



Supporting Children's Mental Health: 10 Conversation Starters for Parents Online Safety Guide

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

Find the guide here: <http://tiny.cc/antmjz>



Sports News

Silver Medals for KCC at Devon Ability Games - congratulations to the KCC Team who attended the Devon Ability Games last week. Eight students travelled to the Plymouth Life Centre where they took part in Archery and New Age Curling competitions against schools from across the county. Games focused on teamwork, honesty, respect, self belief, passion and determination. Students were also given the opportunity to trial Tennis, Netball and Badminton. All students had a great day and were delighted with their Silver medals! A huge thank you to Mrs Wotton and Mrs Hartley for organising and accompanying the team.

It was a busy week for Girls Hockey at KCC last week!

On Wednesday, the U15 side travelled to Torquay Girls' Grammar School for a nail-biter of a match. Connie Eastwood made some fantastic saves to keep the Year 10s in the match in the first half, and there were some fantastic tackles by Megan Gidley and Freya Murgatroyd. Attacking play and runs from Safiya Asharaf and Niamh Finnegan put Torquay on the backfoot and some great team play led to the KCC goal. Well done to all who played!

On Thursday, the U13 side travelled to Torquay for the Central Venue League matches v Newton Abbot College, TGGs, Stover and Cuthbert Mayne. Alice Gray was a force to be reckoned with in Defence making some key tackles and some great decisions to turn defence into attack. Scarlett Murgatroyd, Laura Herajarvi and Hannah Bond drove the attack and the team as a whole played better and better as the night drew on. The girls won 2, drew 1 and lost 1. Well done to all who played!

Hockey Club takes place on Monday nights 3.30-4.30pm on the Astro -open to all years - girls and boys welcome!

Update on Fencing and Gates

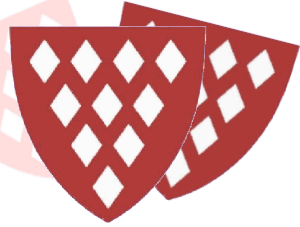
We have now completed the fencing project around the site. The safety of our young people is always our highest priority, and much as we might regret its necessity, good site security is nowadays a key part of ensuring this. We are now compliant with the expectations of external agencies, and have been able to fund this from capital monies. The gates close at 8.50am, and any student who arrives after this time is deemed as arriving late. If you are visiting us after this time, please come to the main pedestrian entrance where you will be welcomed by our receptionist. All community activities on the site take place after 3.20pm as usual, and we intend to remain at the heart of our community – as usual!

Social Media - Random Chat Apps

Using any random chat app or website is extremely risky for children and young people due to the unknown content they could be exposed to. The majority of reviews given to these apps complain of pornographic material, drug taking, self-harm and extreme language. Previously these were only available on desktops with webcams but now many are available on apps compatible with mobile phones making them easily accessible. The randomness of the chats makes users who commit offences difficult to trace. Some of the apps offer a reporting tool for unwanted content.

Many of the logos used by the apps feature bright colour and cartoons which could be appealing to young users and appear harmless to parents and guardians.

Most of these apps are recommended to users aged 18 and over, those who do not have a recommended age should not be used by anyone under the age of 18 due to the risks they pose.



Sleep – it's vital for learning, well-being and coping with life...

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful.

We all need a good night's sleep to get through a busy day and interact with the people and tasks we meet in a positive frame of mind.

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.

Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural for many teenagers to be unable to fall asleep before 10:30 pm.

Teens need about 8 to 10 hours of sleep each night to function best.

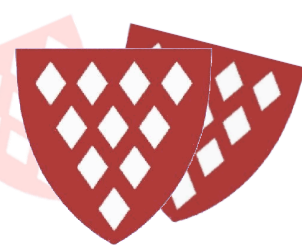
Most teens do not get enough sleep; one study found that only 15% reported sleeping 8.5 hours on school nights. (**National Sleep Foundation www.sleepfoundation.org**)

Supporting young people to get into healthy routines for a good night's sleep makes a real difference to the way they experience the next day at school. It is really challenging to focus on learning in the classroom and outside if you are really exhausted from lack of quality sleep!

Some strategies for helping our young people of all ages to sleep well:

- Agree a set time for heading to bed and then 'lights out' on school nights; agreeing beforehand reduces the likelihood of arguments later
- Try a regular reading slot before bedtime; it's much more effective at quietening a busy mind than looking at a phone / tablet / laptop / games console which can make it very difficult to unwind your mind. Read with younger children; older children can get ready for sleep and improve their literacy skills with a good pre-sleep read
- Agree to switch off Wi-Fi at a certain time to avoid hidden late night online activity or agree a strategy of leaving digital devices downstairs before sleep time

Talk about strategies which work for your young person; talk about sleep – it's really important.



Key Dates:

February	3rd-11th 6th 17th-21st 24th-28th	Year 11 PPEs Year 12 Parents' Evening Half Term KCC Apprenticeship Week
March	3rd-7th 10th 11th-13th 12th 17th 18th-19th 18th-19th 18th 19th 26th 30th March - 13th April	Sixth Form Art & Photography Exhibition at Harbour House Year 11 Revision Evening Year 13 Biology Trip Year 9 Options afternoon and Year 9 Parents' Evening BTEC Music Performance Year 9 Students – Immunisations Gym and Dance Show Year 12 UCAS Exhibition BTEC Music Performance Year 10 Parents' Evening Half term Students return to College on Tuesday 14th April