

Friday Focus

Friday 2nd October 2026



Thank you to everyone who came to our Year 5 and 6 Open Evening this week. It was lovely to see many returning faces to the school. What impressed me the most however, were our student helpers who guided visitors around the school. They demonstrated how well they know our school, inside out, and were able to communicate our values to prospective students and visitors. If you would like to visit the school, we will be holding open mornings over the next two weeks. Please contact reception on 01837 650910 to book a place.

Year 11 have thrown themselves straight back into working hard and preparing for their GCSEs. There are only three school weeks left until the mock examinations start. We are holding our Key Stage 4 Success Evening on Wednesday 14th October. More information about this event will follow.

Thank you to those of you who have spoken to your children about uniform expectations regarding Jewellery. Since my request in last week's Focus, we are noticing fewer instances of needing to speak to students about this. It is important to us that students wear their uniform with pride around school and this means wearing it correctly. Students are expected to wear their jumpers at all times in the school day, apart from social times. Students will be given permission to remove jumpers in lesson and tutor times. Students must also ensure that skirts are worn at the correct length. If a skirt is rolled up to adjust the length we will ask them to unroll so that they are worn at the length that they are designed to be worn. If they do not then this could lead to a sanction. This should not be a surprise to students as we have been clear with them over the last two years that they need to follow all reasonable requests from members of staff, if they do not then behaviour sanctions will be put in place.

Attendance to school continues to be high, so thank you to everyone for supporting us with our drive to have children in school more often. There is a real link between attendance to school, achievement and enjoyment at school. Being at school is more than being in lessons, it's about seeing friends at social times and checking in with key members of staff.

Principal's Breakfast

Congratulations to the students listed below. To celebrate they are invited to have breakfast with the Principal next Friday.

Ash: Erica Friend - Erica has made an excellent start to



Dartmoor
Multi Academy
Trust

...everyone in our Trust.



the year, consistently demonstrating a positive attitude and clear potential for continued success.

Beech: - Joe Woolnough and Annalise Marrison for an exceptional start in the roles of Head Boy and Head Girl. Their speeches at Open evening were fantastic.

Elm: Billy Evans for consistently meeting expectations

Oak: Evie May for being an awesome student and really pushing herself this week

Year 9 Life Saving Skills

Year 9 have been developing vital life-saving skills with Mrs Wiegiersma as part of their PD lessons this week.



Students have been learning how to place someone safely into the recovery position and have explored where defibrillators can be found in Okehampton and the surrounding villages. The aim is to help our young people feel more confident about how they could respond and seek help in an emergency.

The recovery position is used when someone is unresponsive but breathing normally. It helps to keep their airway open while waiting for emergency help.

We have included a short St John Ambulance video demonstrating the recovery position, which parents and carers can watch with their child. It is a great opportunity for students to share and reinforce what they have learned in school.

Watch: [How to put someone in the recovery position | St John Ambulance](#)

A brilliant lesson from Mrs Wiegiersma, giving our students practical knowledge, confidence and skills that could make a real difference in an emergency. Well done, Year 9!

How to put someone in the recovery position

Use the recovery position if someone is unresponsive but breathing normally. It helps to keep their airway open and allows any vomit to drain away.

For a safer, healthier, happier world.

- 1 Check for a response**
Gently shake their shoulders and speak to them. If they do not respond but are breathing normally, put them in the recovery position.
- 2 Prepare**
Kneel beside them and straighten their legs. If they are wearing glasses, or have any bulky items in their pockets, remove them.
- 3 Position the nearest arm**
Place the arm nearest to you at a right angle to their body, with the elbow bent and the palm facing upwards.
- 4 Bring the other arm across**
Bring their other arm across their chest and place the back of their hand against the cheek nearest to you. Hold it there.
- 5 Bend the far knee**
With your other hand, pull their far knee up so that their foot is flat on the floor.
- 6 Roll them onto their side**
Keeping the back of their hand pressed against their cheek, pull on the far leg to roll them towards you onto their side.
- 7 Adjust and open the airway**
Adjust the top leg so it is bent at a right angle. Gently tilt their head back and lift their chin to keep their airway open.
- 8 Call for help**
Call 999 or 112 for emergency help if it hasn't already been done. Continue to monitor their breathing and level of response. If they remain in the recovery position for 30 minutes, roll them onto the other side.

The recovery position

- ✓ Keeps the airway open
- ✓ Allows vomit to drain away
- ✓ Helps them to keep breathing

Do not use the recovery position if:

- ✗ They are not breathing normally (start CPR instead).
- ✗ You suspect a serious spinal injury (unless they cannot maintain an open airway).
- ✗ You are not sure if they are breathing.

Watch the video
Scan the QR code or visit:
[sja.org.uk/recovery-position](https://www.sja.org.uk/recovery-position)

There is also a short St John Ambulance video on what to do in an emergency, covering the key steps to take if you find someone unresponsive. Visit: [sja.org.uk/first-aid-advice](https://www.sja.org.uk/first-aid-advice)

Remember
• Stay with the person until help arrives.
• Keep checking that they are breathing.
• Be calm and reassure them if they become responsive.



House Competition Winners!

A huge congratulations to the winners of our Science House Competition where students created artwork inspired by the Periodic Table. We were incredibly impressed by the creativity, effort and scientific inspiration shown in all the entries and the standard was incredibly high, making it very difficult to choose our winners!



Joint 1st place: Francesca Raines (Ash) and Adasu Kehayovlova (Oak)
2nd place: Freya Wilmott (Ash)
3rd place: Maddie Sizmur (Beech)

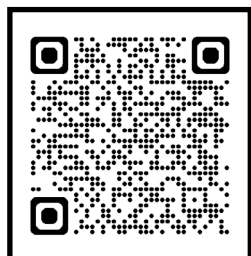
Well done to everyone who took part and earned valuable points for their House. It was fantastic to see science and art come together in such creative ways.



SEND Clinics:



If you would like a conversation with a member of the Okehampton College SEND Team please book an appointment at one of our SEND Clinics. They take place every other Thursday. You can book an appointment, using the same procedure we use for parents' evenings. Please follow [this link to book an appointment](#). [SchoolCloud - Okehampton College](#) or use the QR code.



Dressage Win

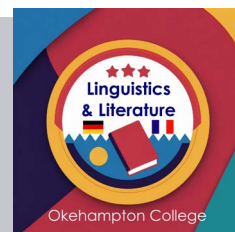
This weekend Year 7 student Eleanor Beardon competed and won the first part of this years winter dressage series! What a great start to this years series and proof that her hardwork effort and training are resulting in success.

Congratulations Eleanor!



French-up Your Pet!

We recently held our first French house competition of the academic year. This was for Yr7s. The objective was to create a photo or PowerPoint slide of your pet (real or imaginary!), but with a French twist. Students were encouraged to research French culture, then add famous monuments, traditional French foods, books, paintings and other props.



Congratulations to our winners: first place Orson Braund (Ash), second place May Bickle (Oak), and third place Alice Speirs (Beech). Here are their images for you to enjoy!



Well done to all the Year 7s who entered, we had a fantastic time looking at your entries, and there was a lot of French cultural knowledge!

1st



2nd



3rd

MHST WEST DEVON NEWSLETTER



SEPT
2026

Welcome Back

Hello and welcome, or welcome back. The new year can bring on different feelings for children and young people. So we thought it might be a good time to reintroduce ourselves to those of you who have been part of the school in previous years, and to introduce ourselves to new families.

We are the Mental Health Support Team (MHST) and we provide evidence-based Low-intensity Cognitive Behavioural Therapy (Li-CBT) interventions through:

- 1to1 support
- Small group work
- Assemblies
- Workshops
- Support for parents/carers
- Staff training

Please watch this video to find out more about what we do.



If your child/young person is experiencing worries, behavioural difficulties or low mood, please talk to their class teacher about a referral into our service for some short-term support.



Get instant access:
luminova.app/devon

Your West Devon Team!



Debbie
Newman



Abbie
Supervisor



Jenna
Supervisor



Leanne



Sapphira



Jamie



Emma

Educational Mental Health Practitioners

Recent Events

To improve accessibility to our service we will be running regular online interventions for parents to support children aged between 5 and 10 with either anxieties/worries or behavioural difficulties. To be part of one of our groups please ask a member of school staff for a referral into MHST.

LumiNova

LumiNova provides free digital therapy in a game-based format for 7 - 12 year olds. Luminova is a great option if your young person is starting to show signs of being anxious, but you're unsure that they need a referral for intervention.

Use the QR code to find out more.

Friday Focus





Barnardo's Exceed Service

DICE - Group Sessions Torbay

Upcoming Dates

Please note this is a 4-week course, therefore please ensure you are able to attend **all 4 dates** listed.

Group Sessions At Parkfield House, Paignton
10am - 12 noon

Tuesday 3rd November
Tuesday 10th November
Tuesday 17th November
Tuesday 24th November

Sessions will be run in a group within The Library Room
@ People's Parkfield CIC - Parkfield House,
Paignton TQ3 2NH

FREE PARKING & Refreshments

01752 256339

exceed@barnardos.org.uk

www.barnardosexceed.org.uk



Please contact our email to receive a referral form to get signed up or scan our QR Code.

Registered Charity Nos. 216250 and SC037605





Barnardo's Exceed Service

Tackling Child Exploitation across Cornwall & Devon

Session 01 Introduction and talk about the life of a Teenager

The teenage brain, why teenagers might take risks and the pressures they face in the modern world.

Session 02 The exploitation of children and young people

Grooming—what it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

Session 03 Digital Dangers

Social media, sexting and nude selfies How can we be better digital parents/carers?

Session 04 A safe place to share ideas about parenting

Parenting top tips - Practical advice and information about the support available. Communicating effectively, life parenting a teenager, support networks and working together.

The Barnardo's Exceed service is open 9am - 5pm Mondays to Fridays (not including bank holidays)
We aim to get in contact with you within 1 working day after receiving your enquiry.

For all enquiries, further information or a referral form please contact - exceed@barnardos.org.uk





DICE Parenting Programme

DICE is a **4 week free universal support for parents/carers of pre-teens and teens** who are worried about parenting in the modern world, with the risks and challenges this presents.

DICE provides families with **information, advice and support** to help them provide a **safe and protective environment** for their child or young person.

The programme is running on a **regular basis throughout the year, online and face to face**.
Contact details overleaf for further information or a referral form.

01752 256339

exceed@barnardos.org.uk

[Online referral form](#)

www.barnardosexceed.org.uk



You can email us to be sent a referral form, or follow the link/scan the QR code for our online referral form.

Registered Charity Nos. 216250 and SC037605





DICE Upcoming Dates

Please note this is a 4-week course, therefore **please ensure you're able to attend all 4 dates listed**.

Online sessions are run on Teams.

Face to face

Green Ark, Devonport
Plymouth

🕒 1pm-3pm

Tues 13th Oct
Tues 20th Oct
Tues 27th Oct
Tues 3rd Nov



Face to face

Dell Family Hub,
Highview School, Efford
Plymouth

🕒 12.30-2.30pm

Tues 12th Jan '27
Tues 19th Jan '27
Tues 26th Jan '27
Tues 2nd Feb '27



Online daytime

Microsoft Teams

🕒 10am-12pm

Weds 11th Nov
Weds 18th Nov
Weds 25th Nov
Weds 2nd Dec



Online evening

Microsoft Teams

🕒 5pm-7pm

Mon 9th Nov
Mon 16th Nov
Mon 23rd Nov
Mon 30th Nov



OPEN EVENTS

Discover Exeter College

exeter college

October 8th	4-8pm	All city centre sites, plus our
November 18th	4-8pm	Construction Centre and Technology Centre
April 20th*	4-7pm	(Engineering, Automotive and Aerospace)
*(Suitable for Year 10s)		

Attend a variety of talks throughout the evening
Speak to our subject specialist lecturers
See our facilities
Find out about the support available
Meet our students

Scan for dates and to register



Okehampton Hockey Club Junior Hockey



Saturday Mornings

STARTING on SEPTEMBER 12th 2026

Okehampton College All Weather Pitch

Years 4 to 7 - 10am to 11am

Years 8 to 10 - 11am to 12pm

Just £3 per session

All standards welcome

Shin pads and mouth guard required

Contact - okejhc@gmail.com

www.okehamptonhockeyclub.co.uk



#THRIVEhive

Visit our THRIVEhive
A signposting hub
for advice
& support



www.okehamptoncollege.devon.sch.uk/Thrivehive/



KEY DATES

- **Tuesday 6th October** - Open Morning 9.15am
- **Wednesday 7th October** - Open Morning 9.15am
- **Thursday 8th October** - Open Morning 10.15am
- **Monday 12th October** - Open Morning 9.15am
- **Tuesday 13th October** - Open Morning 10.15am
- **Friday 23rd October** - Non-Pupil Day

HOW TO CONTACT US:

Please do get in touch if you have any questions.

Telephone: (01837) 650910

Email: ash@okehamptoncollege.devon.sch.uk

beech@okehamptoncollege.devon.sch.uk

elm@okehamptoncollege.devon.sch.uk

oak@okehamptoncollege.devon.sch.uk



USEFUL LINKS—CLICK TO VIEW

Term Dates



Enrichment Programme



Okehampton College



Attendance

How to use



Arbor