

# The Tamar Weekly

4th  
September  
2020



Mount Tamar  
Aspire - Adventure - Achieve



Mount Tamar School and  
Drake's View House  
Part of the Quay Partnership  
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Find us on  
**Facebook**

## Word from the Headteacher

Welcome back to a new term to you all. It is great to be back to something like normality and to see so many smiling faces. We have heard a lot about all that you have been doing over the last few weeks. The Covid plans are on our website for you to see as we try to keep everyone safe.

Please have a look at the school website as here you can easily see the weekly newsletter and a link to the facebook page. The new Red Ticker at the top of the page links to important News where you can click to gain more information.

Years 9,10 and 11 are all getting use to their new timetables which now include many option subject, placements, Farm and Wolseley visits and work experience. Two new subjects named 'Project Based Learning' and 'Employability' are on most KS4 timetables. These subjects have been added following discussion with local business leaders to develop the skills they need in an employee. Both subjects are accredited through BTEC GCSE equivalents.

As always please contact us at school if you have any questions or ideas  
Brett Storry

## Notices...

Welcome back to all our pupils- it's great see you all again!

## Did you know?...

- Cats can run up to 30mph
- The Pyramid of Khufu at Giza is the largest Egyptian pyramid. This incredible structure weighs as much as 16 Empire State buildings!
- The Amazon rainforest in South America is so big that if it were a country, it would be the ninth biggest in the world.

**Tomorrow**

is the first blank page  
of a 365 page book.

**Write a good one.**

-Brad Paisley-

Thought  
of the  
week

## Term Dates

### October Half Term

Last day of term: Friday 23rd October 20

First day back to school: Monday 9th  
November 20

### Christmas Holidays

Last day of term: Friday 18th December 20

First day back to school: Tuesday 5th January  
21

### February Half Term

Last day of term: Friday 12th February 21

First day back to school: Monday 22nd  
February 21

### Easter Holidays

Last day of term: Thursday 1st April 21

First day back to school: Monday 19th  
April 21

### May Half Term

Last day of term: Friday 28th May 21

First day back to school: Monday 7th June  
21

### Summer Holiday

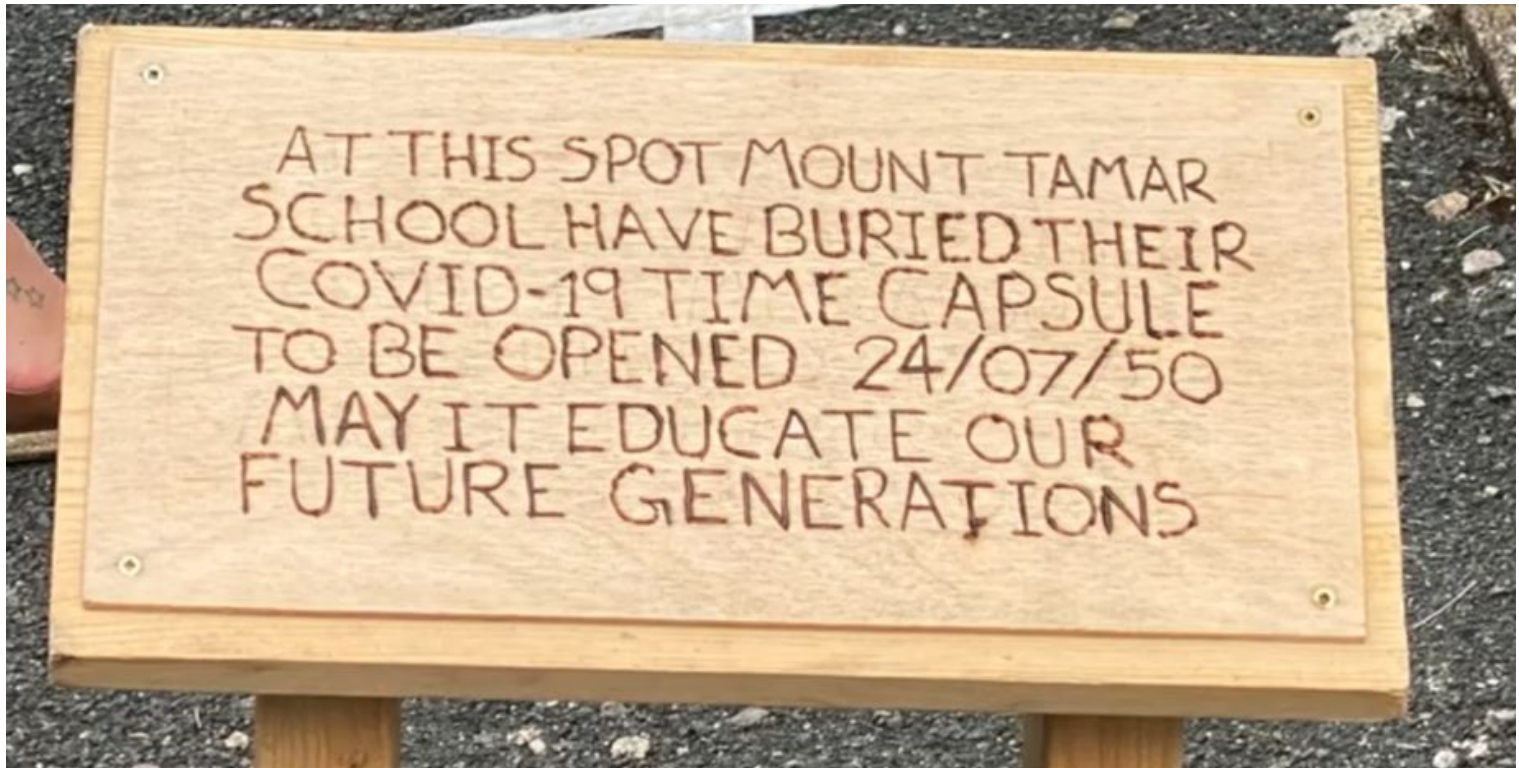
Last day of term: Monday 26th July 21

## Covid 19 Time Capsule

We were so excited to hear that Our Lord Mayor had accepted our invitation to come and help us bury our Covid-19 Time Capsule. Our pupils and staff have spent the last few weeks collecting items to go into the capsule as a reminder of this time.

The Mayor was pleased to hear how our pupils have been enjoying their time in school over the past few months. He praised the staff working at Mount Tamar for their hard work and dedication, ensuring that the school remained open during the last term. He spoke to the pupils and told them they would remember this time always and would, if not now but in the future, be grateful to the staff for the opportunities that have been made available to them, both at school or for home learning.

Well done to the staff and pupils - the Capsule opening day will be 24th July 2050 - put the date in your diaries! See you there!?



# Exam Results Success!

We were pleased to see some of our students proudly collecting their superb exam results today - these included record GCSE results in Science and English, BTec's, Functional skills, Entry Levels and ASDAN Awards.

A huge well done to our Year 11 pupils - some of whom have been with us for all of their school life.

Thank you to the staff, past and present who have worked with them over the years!



## ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



### MONDAY



7 Remember it's ok not to be ok. We all have difficult days

14 Talk kindly to yourself like you would to someone you love

21 Remind yourself that you are loved and worthy of love

28 Accept your mistakes as a way of helping you make progress

### TUESDAY

1 Remember that self-care is not selfish. It's essential

8 Notice the things you do well today, however small

15 Find a caring, calming phrase to say to yourself when feeling low

22 Look at photos from a time with happy memories

29 Write down three things you appreciate about yourself today

### WEDNESDAY

2 Be willing to share how you feel and ask for help when needed

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice what you are feeling today, without any judgment

23 Let go of other people's expectations of you today

30 You matter. Remember that you are enough, just as you are

### THURSDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages for yourself to see regularly

24 Ask a trusted friend to tell you what they like about you

### FRIDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Release yourself from inner demands and self-criticism

### SATURDAY

5 Plan a fun or relaxing activity this weekend and make time for it

12 Let go of being busy. Allow yourself to take some breaks today

19 Get active outside and give your mind & body a natural boost

26 Find a new way to use one of your strengths or talents today

### SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Make time today to do something you really enjoy

20 No plans day - make time to slow down and be kind to yourself

27 Take your time. Make space to just breathe and be still



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/self-care-september](http://www.actionforhappiness.org/self-care-september)

Keep Calm · Stay Wise · Be Kind

# Recipe of the week: Banana & Apricot Bagels

Each week we would like to feature a recipe or ideas of activities for you to try with your family at home, we would love to see any photos of how you get on!

## Ingredients:

Serves four:

- 4 wholemeal bagels, sliced in half
- 80g low-fat soft cheese
- 40g ready-to-eat dried apricots, chopped
- 2 bananas, sliced



## Method:

1

Preheat the grill. Lightly toast the cut sides of each bagel.

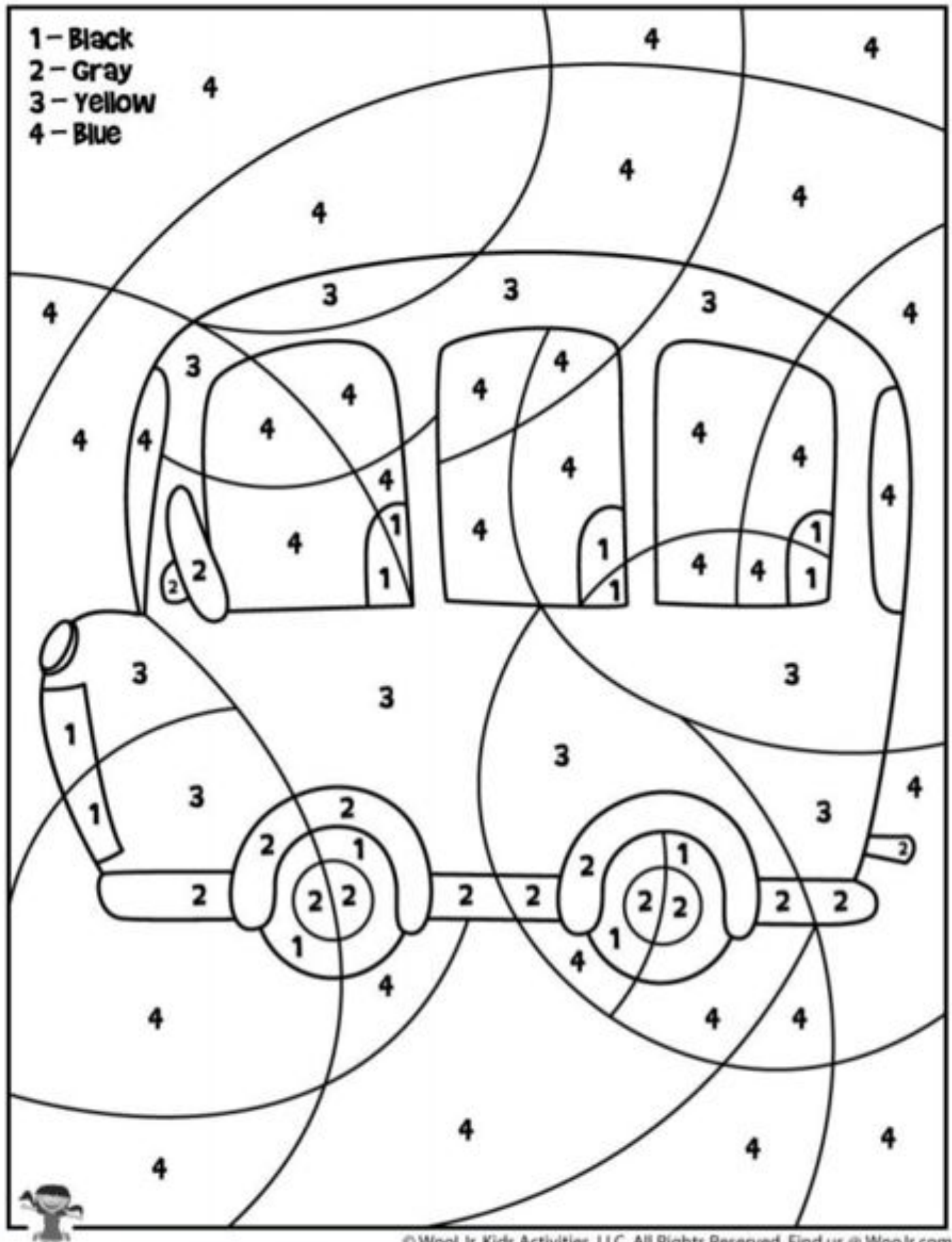
2

Mix the low-fat soft cheese and apricots together and spread over the bagel bases. Top with sliced banana and sandwich the bagel tops in place.

*If you can't eat dairy products, leave out the soft cheese. Mash the banana and spread over the toasted bagel, then sprinkle the chopped apricots on top.*

# Puzzle Page:

## Back to School Colour by Number



# EMOTIONAL WELLBEING AND MENTAL HEALTH

Key services for children, young people and families to contact in PLYMOUTH



## CAMHS

### FOR: CHILDREN AND YOUNG PEOPLE UNDER THE AGE OF 18 / PARENTS / CARERS

All children and young people struggling with their mental health can call the helpline for advice and support.

Parents, carers and families or professionals with concerns about a young person's mental health can also call the number.

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

### FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

[www.kooth.com/index.php](http://www.kooth.com/index.php)

or search for Kooth on a search engine

(this service provides web based information and advice along with chat based conversations and forums)

## YOUNG DEVON

### FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Someone to talk to for young people concerned about their mental health or emotional wellbeing.

Available remotely through video calls, phone calls, messaging or email at flexible times to suit young people.

- ◆ Wellbeing – confidential and safe conversation with one of our Team to share any concerns you may have and consider further support

- ◆ Counselling – receive counselling support
- ◆ Wellbeing café – where a group can share issues, concerns and develop coping skills /strategies helped by one of our Team

CONTACT:

Call: 08082 810 155  
(Monday to Friday 9am to 5pm)

Email: [wellbeingenquiries@youngdevon.org](mailto:wellbeingenquiries@youngdevon.org)

Website: [www.youngdevon.org](http://www.youngdevon.org)



### Key websites

POD	<a href="http://www.plymouthonlinedirectory.com">www.plymouthonlinedirectory.com</a> (includes SEND local offer)
Young Devon	<a href="http://www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit">www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit</a>
Kooth	<a href="http://www.kooth.com/index.php">www.kooth.com/index.php</a>
Progeny*	<a href="http://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny">www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny</a>

\*Progeny is a whole school approach to supporting emotional health and wellbeing across school communities by working with schools and key partners.



## **Autumn Update**

After a strange start to this year, we are pleased to be back up and providing a full service provision as of September. Despite the COVID-19 restrictions, Summer sessions have been continuing where it has been safe to do so. Adventure Breaks have made the most of our beautiful surroundings and enjoyed canoeing, gorge walking and moorland walking. All whilst developing imperative life skills such as teamwork and communication. Our 16-24's have started to give the city centre's old animals a significant makeover and they have been entirely responsible for the design and planning aspects of this project. At Beckly, sessions have included under the sea themes, exploring culture and they have even created their very own Beckly festival to celebrate the summer.

We are entirely grateful for all of your continued support over what has been a challenging and unpredictable time. We are looking forward to welcoming you all back as we begin the Autumn term and can't wait to hear what you have all been up to!

### **Returning to full service**

As of September we will be returning to a full service provision at both our Beckly and Devonport park sites. We endeavour to maintain the safety and welfare of our staff and young people so our COVID-19 precautions will remain in place.

On arrival please follow allocated signs and adhere to social distancing as much as possible.

Temperature checks for young people will be done on arrival as well as 2 further times throughout the day.

The adult responsible for the young person on drop off will be asked to sign to say the young person has no symptoms or been exposed to anyone with symptoms.

Face masks must be worn by staff and young people whilst on the minibus travelling to and from an offsite activity. If you have a mask at home that your son/daughter has got used to wearing then please bring that along. Where that is not the case we have masks to use. Although I understand children/adults with disabilities are exempt from this, where possible this will help minimise the risk in the enclosed space.

Hand washing/ hand sanitiser will be used regularly throughout the day.

All equipment used will be cleaned between uses/ regularly throughout the day to reduce the risk.

Some sessions will be limited on numbers.

Please also follow government guidelines and do not bring your young person to a session if they are showing any of the symptoms.

# Please find below the planned session timetables and details of how to book.

## Radford Rascals:

- 8th/10th September - Autumn art
- 15th/17th September - Acting/Dress up
- 22nd/24th September - Music & Movement
- 29th September/1st October - Boats & water
- 6th/8th October - Celebrating friends/family
- 13th/15th October - Stomp around the woods
- 20th/22nd October - Sweet Treats
- 27th October (half-term) - 9:30-12:30pm. Booking essential.

These sessions are for pre-arranged clients only. Please contact Vicki or Lucy to book these sessions.

## Rooted:

*Rooted is an inclusive social group for those aged 8-14 with additional needs.*

- Saturday 19th September - BBQ & Welcome back
- Saturday 26th September - Celebrating Sir Francis Drake
- Saturday 3rd October - Sea scape art
- Saturday 10th October - Celebrating friends & family
- Saturday 17th October - Gardening & outdoor play
- Saturday 24th October - Sweet Treats
- Saturday 31st October - Halloween celebrations

Sessions are priced at £10 each and are available to book via

[www.bookwhen.com/routeways](http://www.bookwhen.com/routeways). 10am-1:30pm at Devonport Park Activity Centre.

## In Other Words:

*Social group for young people with an experience of mental health or wellbeing. These sessions offer a safe place to share ideas and thoughts with others who have similar experiences. For young people aged 16-24.*

The first session will take place on the 2nd of September via zoom. The following session on the 16th of September will take place at Devonport Park. Please contact Ali or Lucy for further details regarding these sessions.

# **Please find below the planned session timetables and details of how to book.**

## **Beckly:**

- **Saturday 5th September - Autumn Art**
- **Saturday 12th September - Photography & films**
- **Saturday 19th September - Music & movement**
- **Saturday 26th September - Celebrating Sir Francis Drake**
- **Saturday 3rd October - Sea scape art**
- **Saturday 10th October - Celebrating Friends & family**
- **Saturday 17th October - Central park visit**
- **Saturday 24th October - Sweet Treats**
- **Monday 26th October - International Artist day**
- **Wednesday 28th October - Welly walk & gardening**
- **Friday 30th October - Frankenstein Friday**
- **Saturday 31st October - Halloween celebrations**

**Please contact Vicki or Lucy to book these sessions.**

## **Youth Club:**

***An inclusive social group for those aged 14-24 with additional needs.***

- **Thursday 10th September (DPAC) - Pizza and campfire**
- **Thursday 17th September (Beckly) - Wii & games night**
- **Thursday 24th September (DPAC) - Fitness night**
- **Thursday 1st October (Beckly) - McDonalds visit**
- **Thursday 8th October (DPAC) - Movie night**
- **Thursday 15th October (Beckly) - Music & movement**
- **Thursday 22nd October (DPAC) - Cooking up a stir fry**
- **Thursday 29th October (Beckly) - Halloween party**

**Sessions are priced at £6 each and are available to book via [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways). 7pm-9pm at alternative sites.**

# **Please find below the planned session timetables and details of how to book.**

## **Children's Minds - Families Matter:**

**This a free parent/carer and family support project for those who have a family member aged up to 18years with an experience of CAMHS. Each session is supported by Plymouth Parent Carer Voice and CAMHS. Activities will be provided by Routeways staff for the young people to enable free discussions.**

**We aim to empower families to ensure their experience of CAMHS is positive by giving them a voice. We can support families and young people by signposting to different services where necessary.**

**Please contact Ali or Lucy for further details about these sessions. The first session will be on the 12th of September.**

## **Growing Together:**

**Sessions will run from 10:30am- 4:30pm every Friday at Devonport Park. These sessions are for young people aged 16-24 and aim to develop a variety of life skills through projects led by the young people.**

**Please contact Vicki or Lucy for further details about this group. Sessions will be available to book via [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways). The first session will be the 11th September. Sessions can be booked for 10:30-3:30pm or 10:30-4:30pm.**

## **Contact Details:**

**Vicki - [veastman@routeways.org.uk](mailto:veastman@routeways.org.uk) - 01752 856704**

**Ali - [aroberts@routeways.org.uk](mailto:aroberts@routeways.org.uk) - 01752 856725**

**Lucy - [lclarke@routeways.org.uk](mailto:lclarke@routeways.org.uk) - 01752 856702**

**Main office - 01752 300700**





# Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?

FREE online courses for all residents

## Understanding Pregnancy, Labour, Birth and Your Baby

**Online** course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

## Understanding Your Baby

**Online** course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

## Understanding Your Child (0-19 yrs)

Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

## Understanding Your Teenagers' Brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.



The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

[solihullapproach@heartofengland.nhs.uk](mailto:solihullapproach@heartofengland.nhs.uk)  
(+44) 0121 296 4448

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) [www.inourplace.co.uk](http://www.inourplace.co.uk)



## Welcome to Our Place

The place to unearth all your potential as a parent or carer  
er, learn, understand. Fascinating online courses for everyone who wants to be an  
even better mum, dad, grandparent or carer.

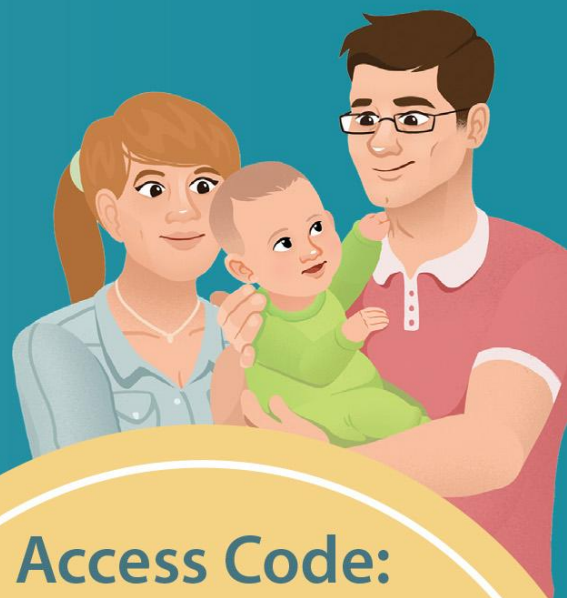
From bump to 18 years, lifetime access, one off payment, prices start from £19.

Look at courses →

Start now. Buy courses

apply code →

Already have an account? Sign in →



Access Code:  
**TAMAR**

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)

Apply the 'access code' for FREE access!  
Fill in some details to create an account  
To return to the course(s) go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
and sign in!

For technical support contact  
[solihullapproach@heartofengland.nhs.uk](mailto:solihullapproach@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

## Information for parents and carers

### What are these free access codes for?

They are for enjoyable and popular online learning courses for parents and carers, called: 'Understanding your pregnancy, labour, birth and your baby'; 'Understanding your baby'; and 'Understanding your child'. The courses have been written by the Solihull Approach, which is a well recognised NHS provider of information and courses for parents. The online courses normally cost between £19-£39 each. You may have been given an access code giving you access to one or all of the courses completely FREE of charge.

### Who are these courses for?

For ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years. You don't need to be struggling. This course is relevant to parents of all children, including those with special needs, autism, ADHD etc.

### What is the evidence supporting these online course?

Research shows that this online course helps reduce conflict in families and increase closeness. Families tell us these course help with managing children's strong feelings, family communication, understanding each other and behaviour. We are actively involved in evaluating all our groups. 'Understanding your child' and 'Understanding your pregnancy...' are accredited by the DfE.

### What will I need to complete the online course?

All you need to get started is your access code, an up-to-date internet browser on a computer, laptop, tablet or smartphone (the local libraries or your school may be able to provide access to this), and an email address. Go to the website [www.inourplace.co.uk](http://www.inourplace.co.uk) and apply the code when prompted. You will be asked for your email address and a password of your choice. This is so that you can return to the site, sign in and your account will remember that you have access to the course(s) and will resume from where you last left the course.

### How much time do the courses take?

They have between 9 and 11 sessions which take about 20 minutes each. We recommend you do about one session a week. There are activities for you to try between your online sessions which can enhance your learning.

### How do I get started?

Go to the website [www.inourplace.co.uk](http://www.inourplace.co.uk), apply the access code, and register for an account. Then take the course of your choice. Your account resumes the course at the point you last left it. You will not receive any marketing emails. Your details will not be passed to any third party. Your responses to the monitoring questions will be strictly anonymised. You may receive very occasional emails with updates about the courses. You will receive congratulatory emails as you progress through the course.

### Do my access codes expire?

Your coupon may have an expiry date, depending on where it came from. However you only need to use the code the first time you enter the course, after that your log-in details will NOT expire and you can access the course for years to come, as your child grows. So get going ASAP and continue at your leisure!

### Can I get more codes for friends or other family members?

Yes it is possible to buy a coupon code as a gift. Go to [www.solihullapproachparenting.co.uk](http://www.solihullapproachparenting.co.uk)

### More questions, or technical queries ? Contact the Solihull Approach

On 0121 296 4448 Mon-Fri 9am-5pm or email [solihull.approach-parenting@heartofengland.nhs.uk](mailto:solihull.approach-parenting@heartofengland.nhs.uk)