

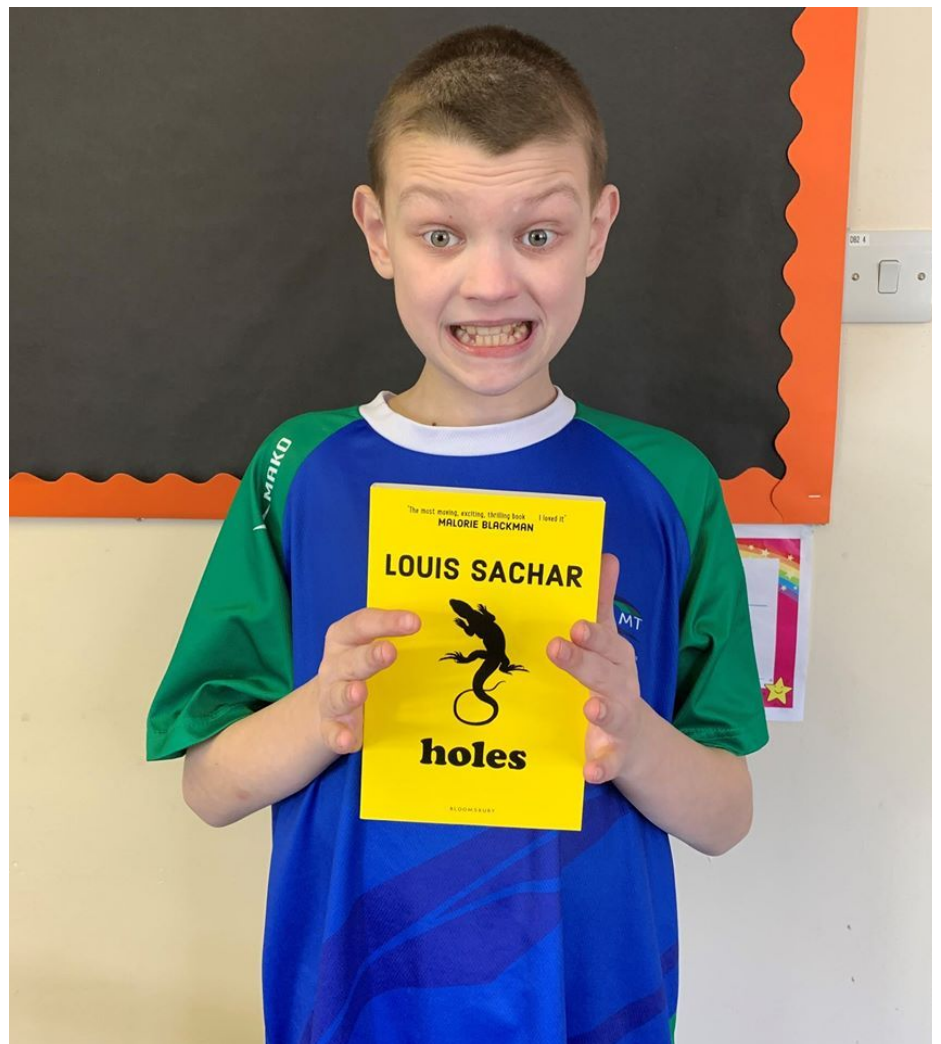
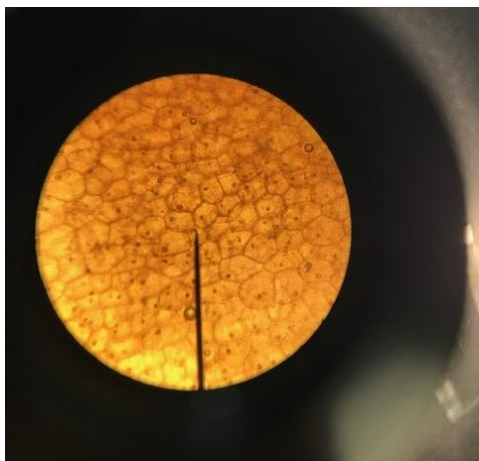


Mount Tamar
Aspire - Adventure - Achieve



20th March
2020

The Tamar Weekly - Achieving



Mount Tamar School and
Drake's View House
Part of the Quay Partnership
Tel: (01752) 365 128
www.mounttamar.org.uk/
Email: admin@mounttamar.org.uk

Update from the Headteacher

Dear Parents, Carers and Pupils,

I would like to thank you all for your cooperation during this difficult time and also to those staff who are still working with the pupils in school. We do have a fabulous team of staff who are still working to support our young people.

As a school we are taking daily guidance from the Government and the local authority about what to do and how to support our pupils. We are updating on facebook if there are any changes and also emailing out to all.

I have listed below some key points:

- Do your best with the work that has been sent home, however do not worry about it. Email your teacher for help if you need it.
- Free school meal vouchers will continue to be sent out to homes for you to use
- The government states that the best place for all is at home
- If both parents/carers are key workers and you do not have any other child care please contact us
- Email w_pannell@mounttamar.org.uk or Hayley Lee through the Contact Us form on the website
- Please email us your lovely smiley photos so that we can share on our social media - socialmedia@mounttamar.org.uk
- We will be keeping in touch when we have further updates via email and our social media places so please check these regularly. There are some great resources and links which we have shared on our Facebook page.

Most importantly for us during these uncertain times is to stay home and stay safe.

Covid-19 Advice

We would like to keep you updated with measures and actions we are taking regarding the Covid 19 virus.

We have introduced use of hand gel across the school, including at our reception desk where we request that all visitors use the hand sanitiser provided.

The situation is changing daily and we are updated regularly by both the local authority and the government with information and guidelines.

We hope to be able to keep all of our sites open, this can only happen if it is safe to do so, it is likely that there may be some staff absence so we will be reviewing this daily.

To support us in managing this and to minimise the impact on all of our families we would ask the following:-

1. If your child is unwell, and showing signs of a temperature, cough or cold then we would ask that you please do not send them to school. This is to minimise the risk of further infection and to ensure safety and wellbeing of all our young people and staff.
2. We would ask that you keep yourself up to date with the information and guidance around Covid-19 and please inform us if your child has been in contact with someone who has a confirmed case – in this situation we would ask that your child does not attend school as they could be a potential carrier of the virus.
3. If you have recently, or are planning to travel to an affected area, please let us know and again, we may request that your child does not attend school in accordance with current health advice.

All communications will be sent out via our normal email service and newsletter, so please continue to check these regularly.

Please be assured that we are doing all we can to minimise any disruption to your child's education. Brett Storry Headteacher

The websites we recommend for current information are www.nhs.uk
<https://www.gov.uk/government/organisations/public-health-england>



Tips for starting the difficult coronavirus conversation with your child



Start somewhere

As a parent, there are always conversations you'd prefer not to have with your children. And when something as out-of-the-blue and unknown as the coronavirus strikes, it's hard to know where to begin. Especially as it's clear that the scientists still don't have the answers.

But children need you to talk to them. They're relying on you for information and, more importantly, support.

Open the conversation as soon as possible. It doesn't matter if you don't get far. They'll know it's OK to come back to it when something worries them - when someone they know starts feeling poorly, for example.

It doesn't matter either that you don't have all the answers, as long as you reassure them that people across the world are doing amazing things - coming together, staying apart - to try to combat the virus. And you are following all the advice and doing all you can for them.

Be prepared to listen

There's information everywhere. Your children have access to the knowledge and opinions of the rest of the world via the internet. It can be difficult to distinguish truth from misinformation. Listen to what your children have picked up.

The tech platforms are making a big effort to take down false stories about coronavirus - but they can't control private messaging. So it's still possible for children to have access to information that may worry them but simply isn't true.

Of course, it's a good thing that there's so much expert knowledge available. We can all listen to different scientists and compare countries' responses, and we can see what seems to be working in real-time.

That doesn't mean you have to sift through all this and work out the answers: you'd need a degree in microbiology for that.

What children mainly want to hear from their parents is that they're on their side. Make sure they know that you and all the people who care about them are doing what they came to protect them, and look after each other.

If they think they're not being listened to, kids turn off. So your job is mainly (at least initially) to hear what they have to say. Let them know you're ready to engage with their opinions and concerns.

Trust yourself

As a parent, you're one of the leading experts on your child.

Reassure them that children are much less affected by the virus than older people. They may be worried about people they know - grandparents, or people with underlying conditions. They may have asthma or other complicating conditions themselves. Make sure you know what the advice is, so you can promise them that everything is being done. Reassure them that everything will be done to protect and look after children.

Use the opportunity to start good habits of hand-washing, which will stand them in good stead long after this is all over. For younger children, you can make a game of it, singing songs while they wash.

Involve older children in planning for self-isolation. What food do you need? What films and games and activities will keep you occupied if schools have to close?

It's easy to feel you don't know enough to be authoritative. It's fine to be honest about your own uncertainties, as long as you are calming and positive. Reassure them that this will pass, and we will all pick up the pieces - and, yes, they will have to go back to school.

You know how to be a parent – that's skill enough to be going on with.

Information about Coronavirus



How can I talk to my autistic relative about what is happening?

You can download [Carol Gray's social story](#) to help explain the current situation or use [Mencap's EasyRead information](#).

Over the coming days and weeks we will be producing more information about what you can do to support yourself or your relative during this time of disruption. We know that changes to routine, the sensory challenges of increased handwashing and the general anxiety of the situation can have a big impact for autistic people; we'll be sharing some ideas and resources to help manage these as soon as possible.

10 ways to safely entertain your children at home



1. Become an Internet Legend

It's quite possible that your child will have been sent home with a robust lesson plan, in which case it's only the downtime you need to think about. But if their school hasn't been able to organise that, look no further than Google's Be Internet Legends.

Developed in partnership with Parent Zone, it's a multifaceted programme designed to teach seven to 11-year-olds the skills they need to be safe and confident online.

There's a downloadable family pack, stuffed with fun activities plus a link to Interland – an exciting online game which brings Be Internet Legends to life. Why not play it together – and see who can get the highest score?



2. Get creative in Minecraft

Minecraft barely needs an introduction – after all, it's the best-selling video game of all time, a sort of Lego for the digital age in which you can create your own adventures and play any way you chose.

Despite its popularity, though, plenty of parents have yet to experience the thrill of joining their kids in this virtual world. And that's a shame, because it's an easy and hugely enjoyable thing to do: just create your accounts and, so long as you're all on the same network connection, you can play together on multiple devices.

What's more, it's generally a safe game to leave them alone with, if you aren't able to play alongside them. As with any online game, you need to take a few precautions – and our expert guide to Minecraft has plenty of pointers for you on that front – but it can be a wonderfully creative way for them to spend a few hours.



READ MORE: [Staying safe on Minecraft](#)

10 ways to safely entertain your children at home



3. Get coding

The idea of learning to code can seem daunting, but there are plenty of online resources that make it easy and fun for kids – and even their technophobe parents.

Scratch is our favourite: you create programs by dragging and dropping colourful icons and following simple logic, with no need for pages of code. It's aimed at eight to 16-year-olds and is surprisingly powerful, with some users turning out amazingly advanced games on it. There's also a simpler version, ScratchJr, for five to seven-year-olds.

Parents should be aware that there's a big social element, with users able to follow each other, comment on projects and send direct messages, but there are robust parental controls and a zero-tolerance moderation system that make it a generally safe environment for teens and tweens.

4. Spend some time in Digiworld

Developed by Telenor Group in partnership with Parent Zone, Digiworld is an interactive curriculum to help five to 16-year-olds develop digital resilience, so they can be safer online.

It's available in 13 languages and includes a fun game plus downloadable worksheets and supporting guides to help parents, carers and teachers play and learn alongside their children.

READ MORE: [Digiworld](#)



10 ways to safely entertain your children at home



5. Train your kids to spot fake news

The internet can be a wonderful source of information, but clearly you can't always trust everything you read on it – particularly if it's on social media. Children are more susceptible than most to fake news, so why not use your time at home to give them a primer?

You could talk to your kids about how a situation like coronavirus can be misreported, discuss how you go about finding the most reliable information and debate which sources are most trustworthy.

READ MORE: [Fake news: a parent's guide](#)

6. Do some digital meet-ups

Being cooped up with your children for a week or two might be tricky at times, but being left entirely isolated from human contact is surely worse. That's the situation potentially facing many older people during the current situation.

So, if you can't visit grandparents, great-grandparents or other older family members and friends, why not meet up with them digitally instead?

Google Hangouts, Skype, FaceTime, WhatsApp, Facebook and many, many other services have video-calling facilities, so give the grandparents a call and let them see a friendly face.

10 ways to safely entertain your children at home

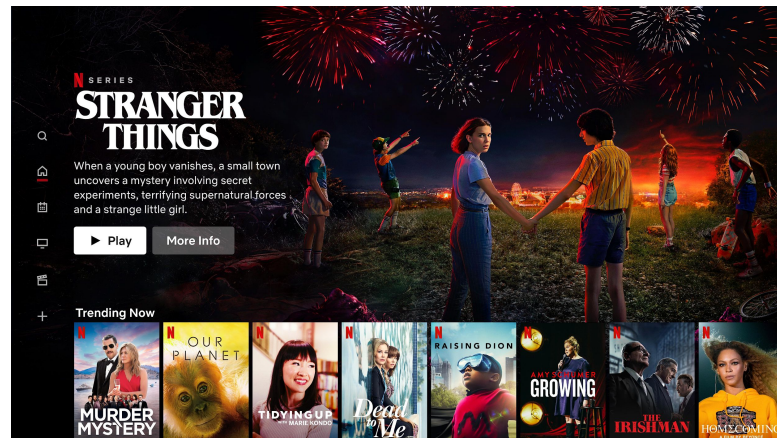


7. Watch some movie and TV classics

We suspect Netflix, Amazon Prime Video, iPlayer and the other streaming platforms will see plenty of traffic over the next few weeks.

Fortunately, there's plenty of great content available across the platforms – including lots that you could consider at least vaguely educational. For instance, you could sit the kids down with a David Attenborough nature documentary, or the wonderful Horrible Histories.

Every platform has parental controls, but we'd still recommend that you keep an eye on what they're watching – or better still, watch with them – because many of the filters are easy to circumvent if your child knows what they're doing. And they will do.



READ MORE: Netflix – everything you need to know about the streaming service

READ MORE: Amazon Prime parents' guide

8. Get board not bored

Before computer games were even a twinkle in Atari's eye, board games gave generations of children hours of entertainment – and there's no reason why that should change now.

Scrabble, whether in Junior or full guise, is a brilliant tool for improving vocabulary and spelling, chess and draughts are good for logic and reasoning, and for younger kids even something as simple as ludo or snakes and ladders can help with numeracy.

Charades – though not a board game – can teach self-expression and creativity and if you want a fun game without any obvious educational value, we recommend the amazing Exploding Kittens (so long as you're OK with fart jokes).

10 ways to safely entertain your children at home



9. Cook up a lockdown feast

Most children love cooking – particularly if it involves sugar and chocolate! There are plenty of good recipe sites online, including many that are aimed specifically at kids. BBC Good Food, for instance, has an extensive section for children.

To increase the creativity, suggest your kids hunt through the cupboards and make a list of what they find; Supercook and All Recipes are just two of the sites that will let you search for recipes based on ingredients.

For maximum fun, you could give one of Roald Dahl's famous Revolting Recipes a try. But be warned – most of them could never be described as healthy!

10. Get some exercise

Spending a week or longer inside would leave most people a little stir-crazy, and kids in particular have lots of energy to burn off. If you've got a garden and the weather is good, then you're sorted on that front – just give them a ball or a bike and let them loose. If not, you could take them to a park or playground, so long as the official advice currently allows that wherever you are.

Failing any of those options, you can at least encourage your children to get active indoors.

There are countless videos and guides to yoga and other exercises online – but you should always make sure you use a trusted source that's specifically geared towards the right age group and monitor that they're doing it correctly.

Dates for your Diary

Please note that coffee mornings have been cancelled until further notice

- Friday 27th March- Last day of term



Word of the Week

w/c: 23/3/20



Upbeat

Definition: to be cheerful and optimistic

School Uniform Details

School Uniform can be purchased from
Trutex Schoolwear and More, Unit 3 Sugar
Mill Retail Park, Billacombe Road, Plymouth
PL9 7HT

Tel 01752 491353 email:
plymouth@trutex.com

List of prices:

Blazer	£29
Bookbag	£7
Fleece	£18
Tie	£7
Polo Top	£9-£10
Sweatshirt	£12

PE Kit Details

PE Kit can be purchased from
<https://kitworld.uk/product-category/mount-tamar/>

Or you can go in to the shop at Unit
319-320 Faraday Mill, Plymouth PL4 0ST

Phone: +44 (0) 1752 265533

List of prices:

PE Top	£15 or £18
Mid Layer	£26.50
Tracksuit Bottoms	£24
Leggings (for girls)	£24

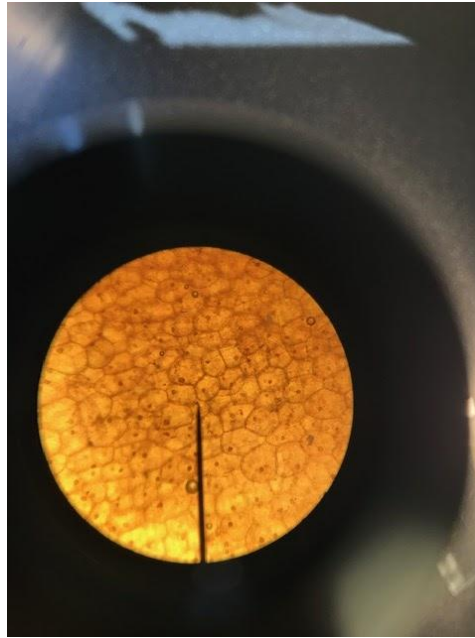
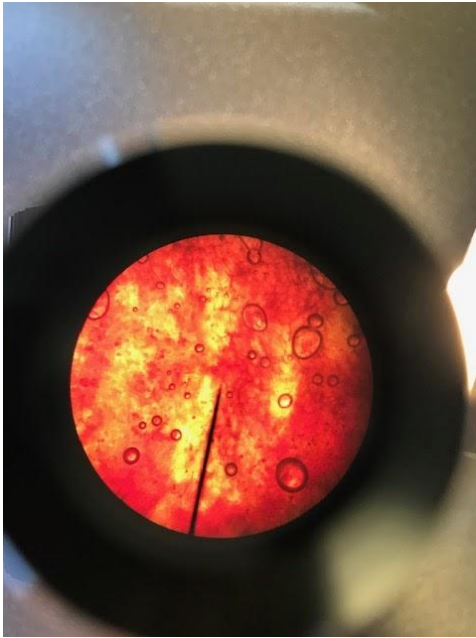
Y10 Science- Microscopes

Year 10 investigated fruity plant cells in Science as part of the 'Human Body' Unit.

The pupils planned the lessons themselves, made their own slides , dissected the fruit, slicing finely to gain thin cells, then used iodine and cover slips, for onion, tomato and grape cells.

Great to see them making such good use of the new microscopes and lamps!.

Thanks to Mandy



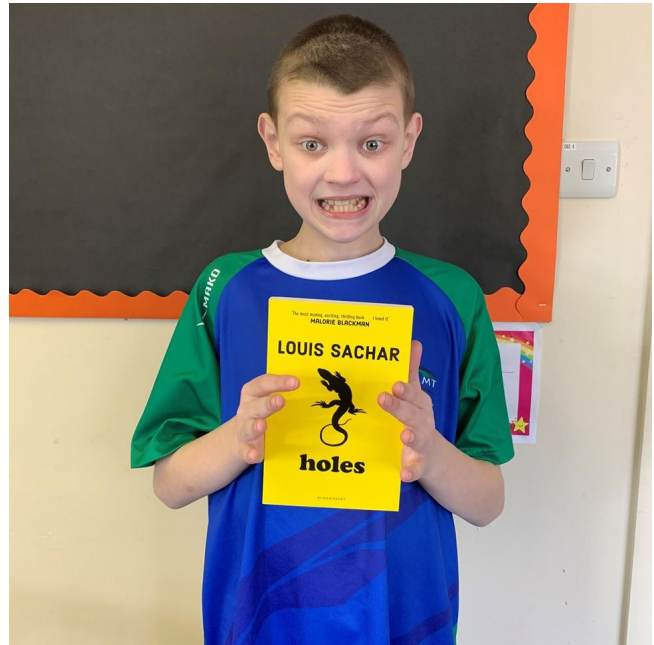
Parent / Carer trip to our Granary Farm

Please note this trip will now be postponed in accordance with Government guidelines. It will be rearranged when safe to do so.

The Book Fairies!

The Book Fairies have officially delivered books to a us!!

Claire Ritchie, teacher at our Prospect Centre, shared an image of one of her students who was "very excited about finding one of the books" and that his "favourite characters are Zero and X-ray" he "can't wait to read more about Stanley's no good dirty rotten pig stealing great grandfather!"



Thought of the week

When it ***rains***, look for
rainbows.

When it's ***dark***, look
for ***stars***.

Thought
of the
week

Term Dates 2019/2020



Easter Holidays

- Last day of term: 27th March 2020
- First day back to school: 14th April 2020

May Bank Holiday

- **Friday 8 May** - this marks the 75th anniversary of VE Day which takes place on **8 May**

May Half Term

- Last day of term: 22nd May 2020
- First day back to school: 1st June 2020

Summer Holiday

- Last day of term: 24th July 2020
- First day back to school: 3rd September 2020

October Holidays

- Last day of term: 23rd October 2020
- First day back to school: 9th November 2020

Christmas Holidays

- Last day of term: 18th December 2020
- First day back to school: 5th January 2021

February Half Term

- Last day of term: 12th February 2021
- First day back to school: 22nd February 2021

Positive Behaviour Support - Pippa Fields Therapist

At Mount Tamar we are always looking to develop our practice with the aim of improving the support we provide for the children who attend the school.

We are currently developing Positive Behaviour Support which is a practice supported by BILD, OFSTED and Nice guidelines. It is recognised worldwide as one of the best ways to support those with learning disabilities, learning difficulties and or Autism. The aim of this support is to enable the user to lead a meaningful life and learn new skills without unnecessary restrictions. It is not simply about getting rid of problematic behaviour. It also provides support for parents/carers and school staff.

What is PBS?

1. Positive Behaviour Support is a person-centred approach to people who may be at risk of displaying challenging behaviours.
2. It is backed by evidence from behavioural science
3. provides support based on inclusion, choice, participation and equality of opportunity

What are the key principles?

1. PBS seeks to understand the reasons for behaviour so that unmet needs can be met
2. Considers your child as a whole - their life history, physical health and emotional needs
3. It is proactive and preventative, focusing on the teaching of new skills to replace behaviours that challenge
4. Combines perspectives from different professionals

How can PBS be delivered?

1. A functional assessment should be carried out to help understand the reasons behind
2. challenging behaviour
3. PBS plans should be produced in partnership with your child and you
4. A focus on teaching new skills rather than containing behaviours described as challenging

We have already started with training for the staffing team which will continue over the coming months and the children will be asked to help with the design of their support plans.

Further information can be found on:

The Challenging Behaviour Foundation

www.challengingbehaviour.org.uk/understanding-behaviour/keymessagespbs.html, BILD
www.bild.org.uk/positive-behaviour-support-pbs/ and in the Mount Tamar Behaviour policy.

How to support your child if they are feeling anxious about coronavirus

It's understandable for children and adults to feel concerned or anxious about this virus and it is natural for parents to want to support and protect their children. You might do this in many different ways – giving them a hug, playing a game or having a chat. The most important thing is for your child to know that you are there for them, ready to help them if things get hard. We hope these tips help you support your child at this time.

1. **Talk** to your child about what is going on. You could start by asking them what they have heard about coronavirus.
2. **Try** to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
3. **Explain** to your child that it is natural to worry sometimes and everyone does it. This feeling, like all feelings, will come and go.
4. **Don't** try to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
5. **Be aware** that your child will often copy your behaviour, so if you are feeling anxious or overwhelmed, you may need to limit how much you express this in front of them.
6. **Reassure** your child that it is unlikely they will get seriously ill, and if they do feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
7. **Give** some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
8. **Keep** as many regular routines as possible, so that your child feels safe and that things are stable.
9. **Spend** time doing a fun activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. For activities ideas, visit our starting a conversation with your child guide.
10. **Encourage** your child to think about the things they can do to make themselves feel safer and less worried. Help them find things that distract or relax them.
11. **Be aware** that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
12. **Remember** to look after yourself too. If you are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.



How to support your child if they are feeling anxious about coronavirus

YOUNGMINDS
360°
schools

Helplines and Resources

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.
- If you need urgent help text YM to 85258.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, Three, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



Parents Helpline

- Our Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.
- Call our free helpline for confidential, expert advice on 0808 802 5544.
- Available Mon-Fri from 9.30am to 4pm- available in England, Scotland, Wales and Northern Ireland.
- Out of our operating hours, you can contact the Parent Helpline via our online contact form.



Childline

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours).
- Chat 1-2-1 with a counsellor online.



The Mix

- Information, support and listening for people under 25.
- Phone 0808 808 4994 (24 hours).
- Get support online.



Samaritans

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- jo@samaritans.org
- Phone 116 123 (24 hours).

SAMARITANS

CLOTHES LABELS



15 Iron On Name Labels £ 1.99
25 Iron On Name Labels £ 2.99
50 Iron On Name Labels £ 4.99



10 Sew On Labels £ 1.99
20 Sew On Labels £ 3.50
30 Sew On Labels £ 5.00



15 Plain Name Labels £ 0.99
25 Plain Name Labels £ 1.60
50 Plain Name Labels £ 3.00



Peel & Stick Shoe Labels – 5 pairs for £1.50

Order From - www.labelcreating.co.uk

Email - labelcreating@gmail.com

Tel - Marion - 07754 515586

FOR STUDENTS AGES 10-22 ON THE

AUTISM

SPECTRUM

ANIMATION SUMMER WORKSHOP

10AM - 3PM

1ST SESSION: AUGUST 3RD - 7TH

2ND SESSION: AUGUST 10TH - 14TH

Explore the exciting world of
Animation, Writing, Storyboarding,
Voice Acting, and so much more

with

Dani Bowman, Joe Westlake
Andrew Pearson, & Patrick Eidemiller

For more information and to enroll call, email, or sign up at:

DaniMationEntertainment.com/camps

0777 431 6868

joe@danimationentertainment.com

£295 per Session (Advanced, Ends July 1st)

£350 per Session (Standard)

Scholarships Available

SPACE IS LIMITED!

DANI-MATION[®]
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Promotes autism animation talent development
programs throughout the community to help
students with autism transition into the workforce.
DaniMation also produces original and contracted
animated works made by a neurodiverse team.

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