



Mount Tamar
Aspire - Adventure - Achieve



11th January
2019

The Tamar Weekly



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

A word from the Headteacher...

What a lot of great work happening again in classes this week across all of our sites! It was lovely to see such enthusiastic learning following the return from Christmas and the pupils getting straight back in focus.

We have changed things around a little this term with our Leadership Team: Jackey Cook will be dealing day to day with the pupils, therefore she will be the person who you will be having the most communication from. Tania Sargent, our Deputy Head will be in charge of timetables and more curriculum support.

We were finally given the keys of our newest centre which is on North Prospect Road, you may know this as the ex council offices and then Routeways building. This great building will be home for a small number of pupils from next week. Our new staff James and Ryan have settled in very well at the Wolseley Vocational Building with some great feedback from the pupils. I hope to bring news of our expansion to a larger building very soon as this option goes from strength to strength. Also very soon we will be able to let you know about the Careers fair so just keep the date clear for the 29th January.

Please keep up to date with all that is happening through our Facebook and Twitter pages and if you have any suggestions for how we can improve come in and have a chat to Hayley or Sandra.

Drake's View Cooking

The next cohort of pupils on our independence scheme began on Monday in Drake's view. They began by making a 2 day meal plan consisting of breakfast lunch and dinner, and then went in two groups to Lidl and shopped for their groceries.

Jake decided that he wanted to cook a meal from the Jamie Oliver 5 ingredient cookbook (Not strictly 5 as we came to find out!). He chose to attempt working with basil and balsamic tomatoes. In all honesty we did not think that this was going to be very successful, but wow, what a job he did. The picture shows his cooking next to the cookbooks. Great job Jake!



EW Class Science Lessons

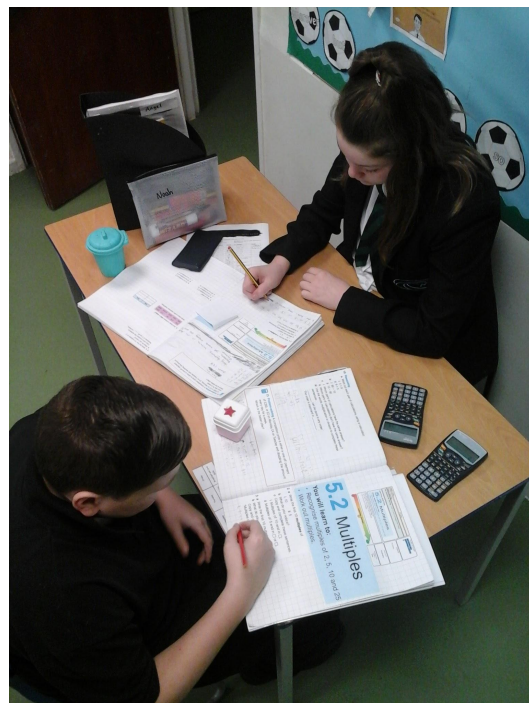
Class EW have been making homemade lemonade as part of their Science lessons this week. The class made the lemonade by scratch and then completed a sampling session, the students also asked the GCSE catering class to taste their drink.

'If life gives you lemons, make lemonade'.



EW Class Maths

Jack and Angel have been working hard together this week on problem solving in Maths.



Forest School

Students have been enjoying planting a selection of bulbs in the woodland area, getting it ready for spring. Thank you to the students- we will look forward to seeing them bloom in the Spring!



CR Class

CR Class have been playing 'The sleep creeper' game in drama. The students had to use techniques to try to get to the person on the chair without them seeing or hearing them.



They have also been designing their own sensory room using art...

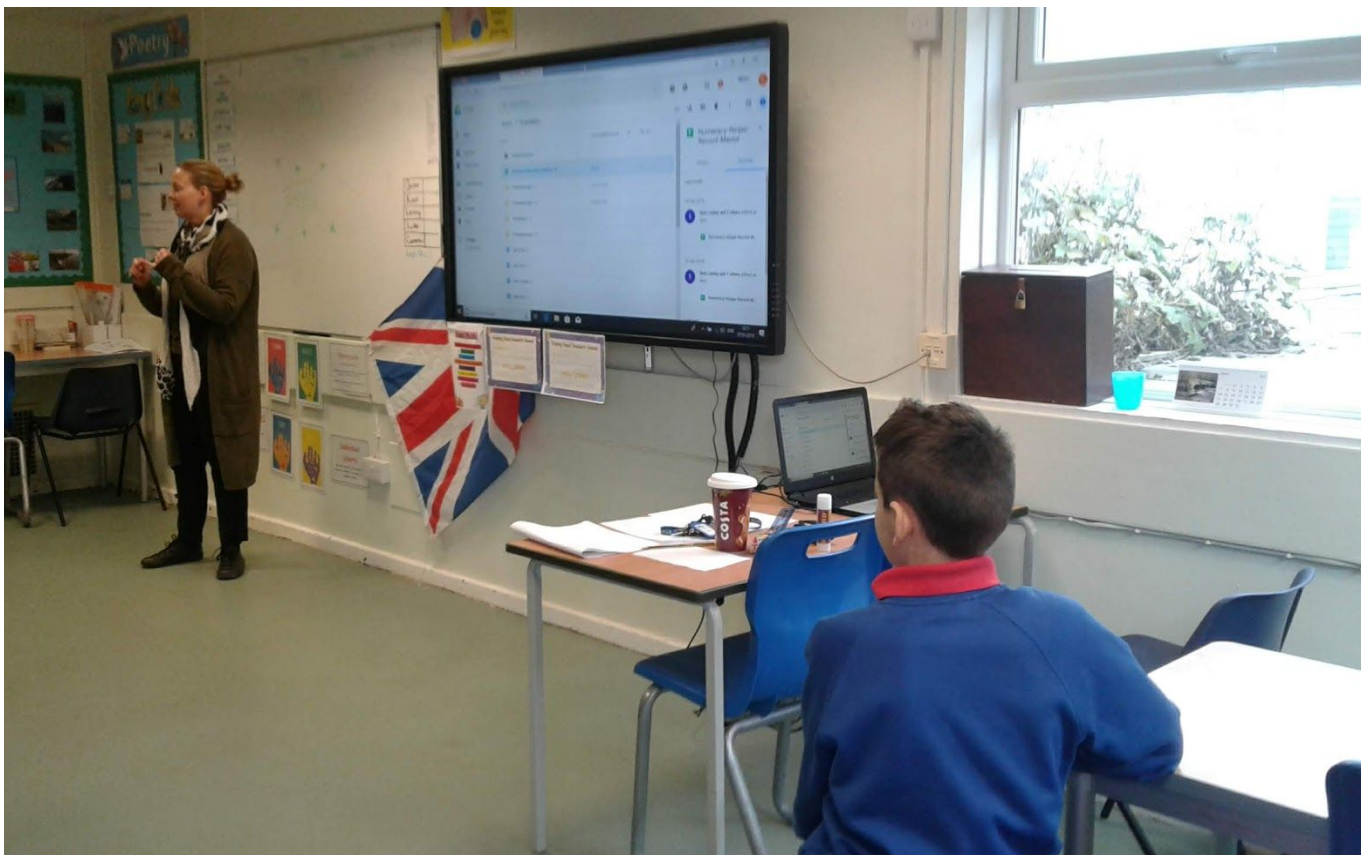


CR Class

This week CR Class have been learning about clocks and how they look. Quinn and Luke have been making their own.



They have also been discussing new Pupil Based Learning Ideas for the term...



Owl's Class Reading

Owls have been enjoying their five minutes silent reading each morning and working hard on choosing adjectives to describe characters in our story.



Dates for your Diary

Thursday 17th January 10am-12 noon- PSA Coffee Morning

Thursday 31st January 10am - 12 noon- PSA Coffee Morning

Thursday 14th February 10am- 12 noon- PSA Coffee Morning

Friday 15th February- Last day for pupils and staff before February half term

Monday 25th February- Pupils and staff return to school



Term Dates 2019/2020



February Half Term

- Last day of term: 15th February 2019
- First day back to school: 25th February 2019

Easter Holidays

- Last day of term: 5th April 2019
- First day back to school: 23rd April 2019

May Bank Holiday

- 6th May 2019

May Half Term

- Last day of term: 24th May 2019
- First day back to school: 3rd June 2019

Summer Holidays

- Last day of term: 26th July 2019
- First day back to school: 4th September 2019

October Half Term

- Last day of term: 18th October 2019
- First day back to school: 5th November 2019

Christmas Holidays

- Last day of term: 20th December 2019
- First day back to school: 6th January 2020

February Half Term

- Last day of term: 14th February 2020
- First day back to school: 24th February 2020

Term Dates 2019/2020



Easter Holidays

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

May Bank Holiday

- 4th May 2020-

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

Great Morning, Great Breakfast, Great Company!

A lovely morning was had when the parents of new children came in to school for a "Full English Breakfast" and to meet some of the support & therapy staff. An added bonus was to see some of the children during break time. Parents said how pleased they are with the school and their child's transition to Mount Tamar.

We look forward to seeing some more new faces at Coffee Morning on Thursday 17th January at 10 am.





Coffee Morning Dates Next Term: -

17th January

31st January

14th February

10am - 12 noon

Please come along to this informal get together. It's a lovely opportunity to meet other parents and carers.

Successful trip to China Blue

These lovely ladies had a great trip to China Blue in Totnes. We all took the train up, had some lovely chats and made some great items. We had a fab lunch and the whole day was an absolute tonic!



We will be having a trip to Looe for the day in the coming months - keep a look out for further details.

Hayley

Progeny

Parent and Carer Workshops Mental Health Awareness and Young People

| Location | Date and Time |
|---------------------------|---|
| Courtlands Special School | Wednesday 27th February 9:30am-11:30am |
| Courtlands Special School | Wednesday 12th June 2019 9;30am-11:30am |

These workshops are split into a 1 hour information session with the second hour providing an opportunity for Parents and Carers to ask questions/gain information from a panel of professionals comprising of The Zone, CAMHS and Young Devon.

Please contact The Zone for further information and to book these sessions.

The Zone

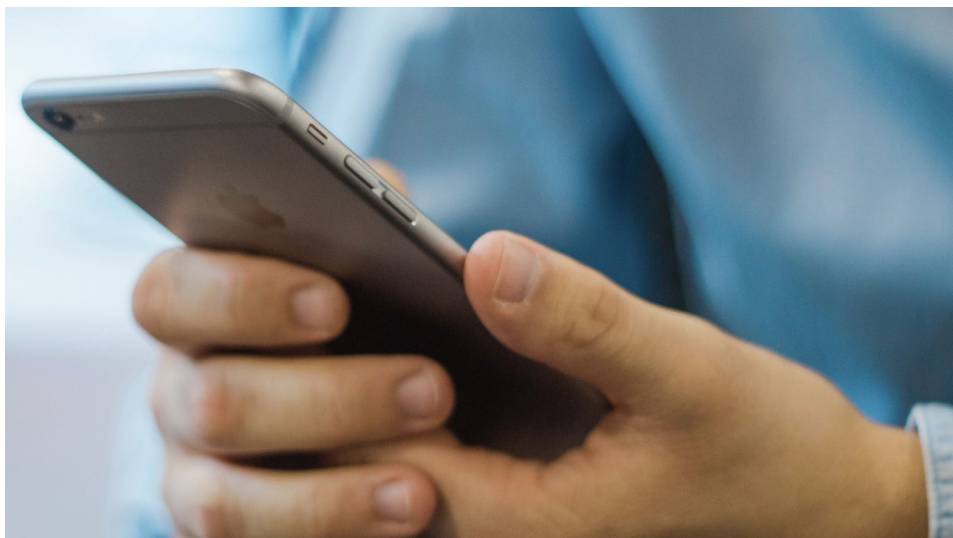
Registered office: Youth Enquiry Service (Plymouth) Ltd,
14-16 Union Street,
Derry's Cross,
Plymouth
PL1 2SR

T: 01752 206626 M: 07837066484 W: www.thezoneplymouth.co.uk

The following article from Parent Zone has some information which may be helpful about your child's screen time.



5 things parents should know about screen time



This week, the Royal College of Paediatrics and Child Health released their [report](#) into screen time. The good news is that they haven't found any compelling evidence that screen time is harmful - but unfortunately for the many confused parents out there, there's no definitive line on what a 'safe' amount of screen time looks like, either.

But there are sensible, evidence-based ways to think about screen time limits - and, by getting your kids involved, you can find a solution that really works for your family.

Here's where to start.

1. Remember that not all screen time is the same

Not all online activities are equal: doing something creative or learning new skills are very different from mindless scrolling on social media. Being online might be allowing them to socialise in a positive way - or maybe they're just doing something that they really, really enjoy. If there are real benefits, then the amount of time they spend doing it becomes important.

You know your child better than anyone: as long as screen time isn't interfering with schoolwork or other activities, and isn't having a noticeable effect on their mood, then try not to obsess over the numbers -there's probably no need to panic.

2. How long should kids spend online per day?

That said, most parents will want to set some kind of limit. The ['Goldilocks theory'](#) put forward by academics from Oxford and Cardiff universities suggests that a certain level of screen time can be beneficial, helping children develop their creativity and build their communication skills. Around 1 to 2 hours daily during the week and a bit longer at the weekends is considered 'just right' for teens - after that the benefits gradually taper off, and the negative effects increase. Younger children, aged 4-7 years old, should probably spend no more than an hour a day online - this can go up to around an hour and a half as they get older.

3. Boundaries really do work if you stick to them

The important thing is to get your child involved in the process so that they understand *why* you're setting limits. Be very clear about your reasons and ask them what they think - getting buy-in at this stage will really help to avoid arguments later on. Remember that teens might need to spend longer online to complete their homework.

Once you've agreed the limits, stick to them! It's always tempting to give up in the face of pester power or teenage sulks, but it will get easier every time you stick to your guns. Honestly.

4. Look out for signs that screen time is having a negative effect

Keep an eye on how your child's screen time may be affecting other areas of their life. If they're spending time with friends and getting enough sleep and exercise, then it's likely that they already have a healthy balance. Talk to your child about what they're doing online and get them to think about how it makes them feel when they spend time doing these things. You never know, they may actually agree that staying up late gaming is making them too tired for school the next day, or admit that constant scrolling through social media is starting to affect their self-esteem.

5. Have quality family screen time together

Although it is good to set aside time when the family is not using screens - outdoor activities, chats at meal times, day trips at the weekend - this doesn't mean that you can't also get involved in using screens together. If you know that your child enjoys playing games online, organise a family gaming night or let them plan something for the whole family to get stuck into. If you take a real interest in what they like to do online - whether it's the influencers that they rate, or the latest downloadable content (DLC) on their go-to game, they're more likely to come to you if something goes wrong, or they make a mistake along the way.

Polar Bear Explorer

Become a Polar Bear Explorer & find 20 Polar Bear cubs across Plymouth's Waterfront. Each cub has a Bear fact with them, telling us about the Arctic & the oceans, how plastic is affecting their home & how we can all help. Follow the link below for the Polar Bear Trail map:

https://www.visitplymouth.co.uk/dbimings/PBE%2012pp%20Booklet_for%20web.pdf



ARE YOU A CONFIDENT PARENT?

TV PRODUCTION COMPANY MONKEY KINGDOM ARE
LOOKING FOR FAMILIES WITH CHILDREN AGED BETWEEN
5 & 13 FOR A BRAND NEW PARENTING EXPERIMENT!



ARE YOU
CONFIDENT IN YOUR
PARENTING ABILITY?

DO YOU HAVE A
PARTICULAR PARENTING
STYLE?

ARE YOU PROUD
OF YOUR
PARENTING?

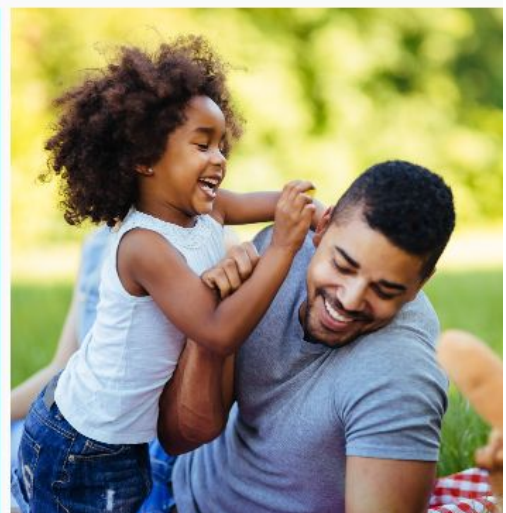
WOULD YOU LIKE TO
SHARE YOUR APPROACH
WITH OTHERS?

WHETHER YOU'RE A COUPLE OR A SINGLE PARENT, WE
WANT YOU TO GET IN TOUCH AND TELL US WHAT
MAKES YOUR PARENTING STYLE SO GREAT!

CONTACT
PARENT@MONKEYKINGDOM.COM



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FOR MORE INFO ON HOW MONKEY KINGDOM LTD AND NBC UNIVERSAL GROUP COMPANIES HOLD,
STORE AND PROCESS YOUR INFORMATION PLEASE GO TO [HTTP://WWW.NBCUNI.COM/PRIVACY](http://WWW.NBCUNI.COM/PRIVACY)





For Your Interest Newsletter (FYI)

We keep in touch with parents through our **For Your Interest** newsletter. At Plymouth Information, Advice and Support for SEND we regularly receive lots of useful and interesting information that is highly relevant to parents. Once we have a good amount of information we send it out in 'magazine form' to our FYI Mailing list.

Information in the mailing includes:

- Participation Opportunities
- Local Events
- Parent Groups and Coffee Mornings
- Surveys and consultations
- Workshops
- And much more!

You can access the newsletter via the link below:

<http://www.plymouthias.org.uk/information-support/for-your-interest>

FOR YOUR INTEREST
December 2018
Please take a copy

Schools Out... for December Holidays!
There are lots of activities and events in the Plymouth area scheduled over the school holidays and beyond for families.

Take a look and see what's on offer... there's lots to see and do and many activities are **FREE!**

YOUTH ASCENDS
A voice for a positive future

My Voice My Choice

PLYMOUTH'S SEND YOUTH FORUM

The Youth Forum (YFF) aims to give young people in Plymouth a voice and platform to share and discuss ideas around Special Educational Needs and Disabilities (SEND). It is open to any young person aged 10-25 years old with SEND.

The YFF Steering group will feed information up into council meetings and back into schools and agencies that work with young people.

Next Meeting: Monday 7 January 2019, 5pm-7pm
Join us for Pizza! Taxi's available, just call us to book.

For further information see [Youth Ascends](#) or contact Nicole Gallagher on 01752 305197 / 07833048700 or email: YFForum@plymouth.gov.uk

Connect with us on Facebook

Stay up to date with information, activities and events happening in the Plymouth area by liking us at facebook.

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND

If you would like to be added to our mailing list to hear about future editions of our newsletter, please contact: suzanne.davey@plymouth.gov.uk

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www.plymouthias.org.uk
Email: pias@plymouth.gov.uk

Plymouth Parent Carer Voice

Plymouth Parent Carers Voice are holding family fun days and Behaviour Toolkit workshops in January and February 2019. Please see below for details and follow the links if you wish to book.

Fun days

Dates: Friday 4 January and Wednesday 20 February

These are 2 two hour sessions on each day. They run from 10-12 and 1-3pm. These are available to families with children and young people with SEND. This includes siblings.

We will have 2 bouncy castles, a smaller enclosed bouncy castle, sumo suits, a princess and a hero. There will be music and games as well as face painting and arts and crafts. Refreshments will be available. The tickets cost £5 per family but the price is refundable when you attend or cancel. Please only book 1 ticket per Family. Please be aware that parents and carers are responsible for the children and young people while at this event.

These events are being held in the Guildhall in the city centre.

<https://www.eventbrite.co.uk/e/ppcv-plymouth-send-family-funday-040119-tickets-53109511980>

<https://www.eventbrite.co.uk/e/ppcv-plymouth-send-family-funday-200219-tickets-53163095249>

Behavioural Toolkit workshop

Dates: Monday 28 January and Monday 4 February

These are all-day sessions that run from 9.30 - 2.30 (please bring your own lunch). The sessions have been devised by James Cook from the CDC with input from ourselves. These are very popular sessions. Parents will leave the session with a personalised behaviour plan for the young person. The cost of this event is £5 which is refundable when you attend the session or cancel. This event is being held in the guildhall in the city centre.

<https://www.eventbrite.co.uk/e/ppcv-developing-your-behaviour-toolbox-280119-primary-tickets-53163459338>

<https://www.eventbrite.co.uk/e/ppcv-developing-your-behaviour-toolbox-040219-secondary-tickets-50504022892>

AGE RESTRICTION
13+

Twitter is a social networking site where users can post 'tweets' or short messages, photos and videos publicly. They can also share 'tweets' written by others to their followers. Twitter is popular with young people, as it allows them to interact with celebrities, stay up to date with news, trends and current social relevance.



What parents need to know about Twitter

TWITTER TROLLS

A 'troll' is somebody who deliberately posts negative or offensive comments online in a bid to provoke an individual for a reaction.

Trolling can include bullying, harassment, stalking, virtual mobbing and much more; it is very common on Twitter. The motive may be that the 'troll' wishes to promote an opinion or make people laugh, however, the pragmatics of what they post could be much more damaging, posting anything from racial, homophobic to sexist hate. Trolling can lead to devastating consequences for some victims.

INAPPROPRIATE CONTENT

Twitter gives users the opportunity and freedom to post their personal thoughts and opinions, meaning they can pretty much post anything they want despite restrictions on the platform. Swearing and inappropriate language is allowed if it does not violate the rules. If your child sees any inappropriate content, they might feel the need to replicate it at home or amongst their peers. Additionally, there are also a number of unofficial pornographic profiles on the platform that can easily be found and viewed without restrictions.

FAKE PROFILES

Fake Twitter accounts are made to impersonate a person, celebrity or public figure. As the accounts are not endorsed by the person they are pretending to be, they can often be used to scam or take advantage of young people who think that they're the real deal.

FAKE NEWS

The speed in which 'tweets' are shared on Twitter can be unbelievably fast, meaning that fake news can often be circulated across the platform very quickly. Fake news articles and posts can often be harmful and upsetting to young people and those associated with the fake news. In addition to this, it's very easy for people to quickly and unexpectedly retweet a tweet posted by your child, meaning there is no going back.

HIJACKED HASHTAGS

One of the most commonly used aspects of Twitter is the hashtag (#) - these allow users to easily search for specific trends, topics or subjects. However, due to the astronomical number of Twitter users, many hashtags can have different intentions. One person may use a seemingly innocent hashtag, and before you know it, hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to. This is common with 'trending' tweets, as people know that their tweet will be seen by a greater number of people.

MEMES NORMALISING RACISM, SEXISM AND HOMOPHOBIA

Twitter is a popular platform for sharing Internet memes, helping to make concepts or ideas go viral across the Internet. However, despite most meme's being innocent and harmless, some often include sexist, racist or homophobic messages. Although they are typically sent as a joke, this type of content is contributing to the normalisation of topics including racism, sexism and homophobia.

PROPAGANDA, EXTREMISM & RADICALISATION

Social media offers a continuous stream of real-time coverage of extremist activity. Twitter is one of the many platforms that is exploited by extremist groups to help promote violence, radicalise and recruit people to support their cause. These groups cleverly target vulnerable victims, often young people, and find a way to manipulate them into supporting their beliefs.

EVERYONE HAS ACCESS

Twitter has over 335 million monthly active users across all age groups. When a user signs up, tweets are public by default, meaning anyone can view and interact with posts instantly. Your child may change their mind about a tweet they have posted but even if they delete it, there's always a chance that someone can screenshot, retweet it or post it onto another platform.

Top Tips for Parents

CHECK ACCOUNT SETTINGS

We strongly advise that you thoroughly check your child's privacy settings. To take away some of the fear of your child's tweets being shared by anyone, you can always make their account protected. This means that anyone who wants to view what your child has posted, it requires approval from them. In addition to this, you can change the settings so that they cannot receive 'direct' messages from anyone on the platform and that their location is not shared.

BLOCKING & REPORTING

If a particular account is causing your child trouble on Twitter, whether it's cyberbullying or upsetting content, you can simply block and report them. Blocking them will help to prevent them from viewing, messaging or following your child, and vice versa. Reporting an account will alert Twitter to investigate the profile.

MUTING ACCOUNTS

The 'mute' feature allows your child to remove an account's tweets from their timeline without unfollowing or blocking them. This means your child will stop getting notifications about a particular conversation but can still view it in their timeline. This can be useful if they are friends with someone but don't really like what they share. The other user will not know that they have been banned.

TWITTER TROLLS & THE LAW

From 2016, the CPS were able to exercise new laws that could see those who create 'derogatory hashtags' or post 'humiliating' photoshopped images jailed. They also announced the launch of a hate crime consultation, issuing a series of public policy statements centred on combating crimes against disabled people, as well as racial, religious, homophobic and transphobic hate crime. It's important your child knows about building a positive online reputation, as well as showing respect for others online and offline.

SENSITIVE CONTENT

By default, if Twitter has found a tweet that 'may contain sensitive content', Twitter will hide the content in the news feed and you will be shown a warning that states the content is sensitive. You then have the option to view it or not. This gives a chance for you to moderate potentially harmful images/videos before your child sees them. Unfortunately, some content may slip through the cracks and will be shown in the news feed. So, if you do see any sensitive content, you can report it. Twitter should then inspect the tweet and decide whether they deem it to be 'sensitive'.

MUTE HASHTAGS & PHRASES

Within the account settings, you have the ability to block certain words, hashtags or phrases from your child's timeline or notifications (e.g. swear words, inappropriate phrases, emojis, etc.)

TURN OFF VIDEO AUTOPLAY

'Autoplay' is a feature that automatically starts playing a new video seconds after another one ends on the platform. To avoid your child going from watching something innocent and harmless to something much more graphic or disturbing, you can turn this feature off in the settings and easily moderate the videos your child watches before they see them.

CONVERSATION & MONITORING

We always promote that you have regular open conversation with your child about their online activity, ensuring that they understand what healthy relationships are, what respect is, and how to be sensitive towards others' feelings. It's also important to monitor what they're doing online, including what they use the platform for, who they are talking to, and if they are viewing/taking part in anything that they shouldn't be. Discuss the dangers of the online world, such as fake news and online bullying - why do people involve themselves in these activities and what your child can do to prevent them.

TWITTER LISTS

Twitter lists allow your child to create other feeds besides the main timeline that only include certain accounts - this is a great way to segment followers based on common topics and interests.

SOURCES: Sources: <https://help.twitter.com/en/using-twitter/blocking-and-unblocking-accounts> | <https://help.twitter.com/en/safety-and-security/twitter-location-services-for-mobile> | <https://help.twitter.com/en/managing-your-account/two-factor-authentication> | <https://help.twitter.com/en/using-twitter/advanced-twitter-muteoptions> | <https://help.twitter.com/en/safety-and-security/how-to-make-twitter-private-and-public> | <https://help.twitter.com/en/safety-and-security/public-and-protected-tweets> | <https://www.statista.com/statistics/493795/twitter-most-retweeted-posts/> | [Smallbiztrends.com: 'What is Hashtag Hijacking?'](https://smallbiztrends.com/2013/08/what-is-hashtag-hijacking-2.html) | <https://smallbiztrends.com/2013/08/what-is-hashtag-hijacking-2.html> | [Christiededman.com: '5 things you should know about hashtags and your kids.'](http://christiededman.com/5-things-you-should-know-about-hashtags-your-kids/) | <http://christiededman.com/5-things-you-should-know-about-hashtags-your-kids/>



How to spot

FAKE NEWS

Free
item every
Wednesday

Issue: #MakeUpWednesday

WHAT IS 'FAKE NEWS'?

Fake news can be false information, photos or videos purposefully created to confuse or misinform. It can also be genuine information that has been manipulated to deceive. It is important that we learn how to distinguish between real news and fake news.

DOES IT SOUND REAL?

Many fake news stories are written with appealing headlines and have content designed to create 'click value' in order to spread like wildfire. Typically, fake news will include topics such as the 'death' of a famous person, company giveaways, news relating to supernatural events, or terror related posts that provoke a reaction. Have a look at other news sources to see if a story has been widely reported before sharing unsubstantiated claims. You can also check facts at websites, including snopes.com and factcheck.org.

CHEK 4 SPELIN AND GRAMMATICAL MISTKS

Not always, but poor spelling, grammar and vocabulary on articles may indicate that an item is not from a reputable source. Be wary!

National
Online
Safety

Check the comments!

Have a read through the comments on a news story – either at the bottom of the article or on a social media share. Reactions and comments can often show if other people don't believe the story is true, or whether someone has confirmed it is fake news. Of course, you can't always know if a comment is real!

How long has the page existed?

Be wary if a story comes from a news organisation you have never heard of. Some hackers will set up a quick website to spread fake stories and so-called 'breaking news'. So, if a story with bold claims originates from a website that has only just launched, you would be wise to doubt its authenticity. There are online tools, such as the Internet Archive, that display the approximate age of a website on the Internet and allow you to view how it looked before.

Who wrote it?

Make sure that the website that published the story is a credible source, i.e. a major news network or local paper which has the resources to fact-check published stories. If you get your news primarily via social media, always check the source and are cautious if the story comes from a news organisation you have never heard of. If the article has a byline, you should be able to research to see if the writer is a genuine reporter by searching for them on Google.

Read more than just the headline!

Some news sites will post stories with 'click bait' headlines to grab your attention and make you click on them. These headlines might not even be relevant to the story. Studies show that almost 60% of links that people have shared on social media have never actually been clicked before sharing, so it's really important that you read the article first before you share it to make sure the news is real.

Have you checked the URL?

https://

Does the website address at the very top of the page look real? One of the easier ways to spot suspect stories is if they're located on a news site with an odd domain name. So, check the URL. Some dodgy websites will try to incorporate a legitimate news source into its URL, such as www.therealtho.co.uk, or will slightly mispell a popular website domain, e.g. www.bbc.co.rp.



Is it a joke?

While most fake stories are designed to make you believe them, it's important to know how to spot when the content has been written as a joke on purpose. Articles from joke news websites (such as 'The Onion' or 'The Daily Mash') are hugely popular on social media but some people may think their stories are real. Always read joke articles with a pinch of salt.





Free Information Event

For parents/ carers of year 9 and year 10 students
with Education, Health and Care Plans

Supported Internships

Post 16 Education
Options

Supported Employment

Work Experience
Opportunities

Mentoring

Personal Development

Pre -employment
Programmes

Apprenticeships

Volunteering

Find out more about the Post 16 options and pathways
for students with EHCP.

At City College Plymouth on:

(Limited places available)

Monday 28th January, 10:00-11:30am

Tuesday 12th February, 13:30-15:00pm

Wednesday 20th March, 19:00-20:30pm

To book a place or for more information
contact an adviser by emailing
parentsevent@cswgroup.co.uk

or phone Kate: 07786334616/ Sherri: 07786126330

11 am until 1pm

Would you benefit from information regarding : -

- Helpful strategies
- Hints and Tips
- Awareness
- Support and Guidance
- Therapist Input

Invaluable information surrounding Attention Deficit Hyperactivity Disorder.

Please do join us for this invaluable session.



Contact Information

Signposting, Parent Support, Local Services, Advice & Guidance

Hayley Lee

Parent Support Adviser

Telephone: - 01752 365125

Email: - h_lee@mounttamar.org.uk



Programmes for Parents At Mount Tamar School

Name: _____

Contact Number: _____

I would like to attend the session for:



ADHD Awareness 22nd January 2019

Please return completed reply forms to Reception at Mount Tamar School as soon as possible.