



Mount Tamar
Aspire - Adventure - Achieve



18th 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...

We are having a focus on careers even more than normal this term as it is an important time for year 9 choosing options and our year 11 are coming up to exams and moving onwards and upwards. All classes are working through a 'Health Service' scheme and having visits offsite and speakers coming into school. Our Careers Fair is next **Tuesday 29th January** at the Plymouth Aquarium. This is a great time to support your child, even from year 1, to be thinking about the future and the world of work. More serious discussions are needed between us all at the key times and many providers, employers and colleges will be at the Fair. It will be best if you can visit at the same time that your child is going, if you have not already been informed please contact your child's tutor to confirm timings. We were very pleased last week to have two of our older students starting work experience placements for 11 weeks at Tescos in Transit Way. If you see them there maybe give them some support and praise, they will be experiencing all departments including the secrets of back of the store. Other work experience placements are happening at YGS landscaping, the Aquarium and the Incinerator to name just a few.

Brett Storry

Please keep up to date with all that is happening through our Facebook and Twitter pages, we use social media daily to update and inform carers and parents of what has been going on in and around school and future events. If you have any suggestions for how we can improve come in and have a chat to Hayley or Sandra.

Downham

James has been working on simplifying algebra equations, he enjoyed this and is now really starting to understand the methods behind it. He is also wearing his new Mount Tamar t-shirt that the Downham students have chosen themselves.



Careers page

Following on from our successful year 11 parent careers meeting last year, we are extending this type of event to our year 10 and year 9's. All parents are being invited to this lunchtime event

Year 10 Event – Thursday 7th February 11-1pm

The year 10 event is all about the students' preparation for the very important next academic year. We will be focusing on their post 16 provision, right from the start of the next academic year.

It is important to us that both parents and students feel fully supported throughout this process. Our aim is to ensure a successful transition for every student.

Year 9 Event – Tuesday 12th February 11-1pm

The year 9 event is to ensure that as we embark upon the exciting Options journey with every student! We want to make sure that parents and carers know about the key dates and events we are planning and ensure that we give you as much of the information as you need to make good decisions when choosing GCSE courses.

At the end of this month, we will be publishing the options prospectus. The prospectus will give both pupils and parents the opportunity to see the courses on offer (subject to numbers) for June 2019. We will be able to spend some time looking through the prospectus in readiness for discussions with your child and start to discuss the options.



Black History Fortnight

We are celebrating Black History for the next two weeks. Students have been asked to choose an important contributor to Black Rights and produce a digital story on their chosen figure.

We also have a competition happening. The first student to be able to tell Mrs Vincent what the following people contributed will win a small prize and house points.



Fred Douglass



Harriet Tubman



James Baldwin



Maya Angelou



Rosa Parks



Sojourner Truth

The Pirates Are Coming!



February 28th will see the launch of the Commando

Joe curriculum in Primary. As far as the students are concerned it is a Pirate theme day. Primary will be behaving like Pirates for the whole day. They will be spending the day at Wembury Point in teams completing challenges to collect treasure. The end of the day they will pool their ill-gotten gains and negotiate with a fierce some pirate to exchange their booty for the Co-Jo box.

Anybody who is friends with Keira Knightly or Orlando Bloom please invite them!

Donkey Sanctuary

Lee, Harley and Toby from Eagle's class visited the donkey sanctuary this week.

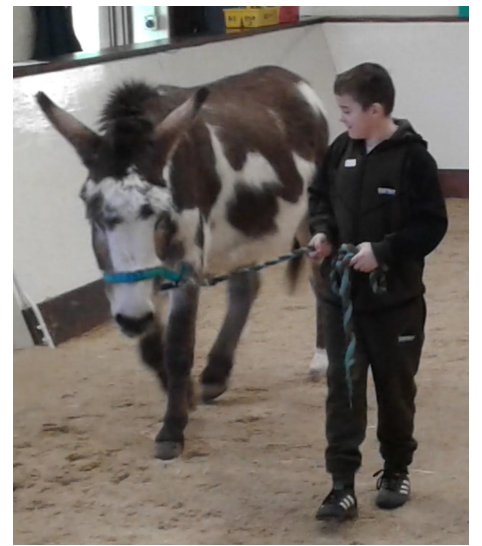
First of all Monty, the donkey, had a lovely grooming and massage session by Toby. Lee and Harley, were taught by Joss the donkey at one point, they learnt how to put a harness on Joss and Simon. The pupils then swapped activities.

Next, the pupils made snack boxes for the donkeys. Before they could give the boxes out the children cleaned the stable.

The donkeys got very excited waiting, knowing what lovely snacks were waiting for them! It was funny watching the donkeys working out how to open the boxes.

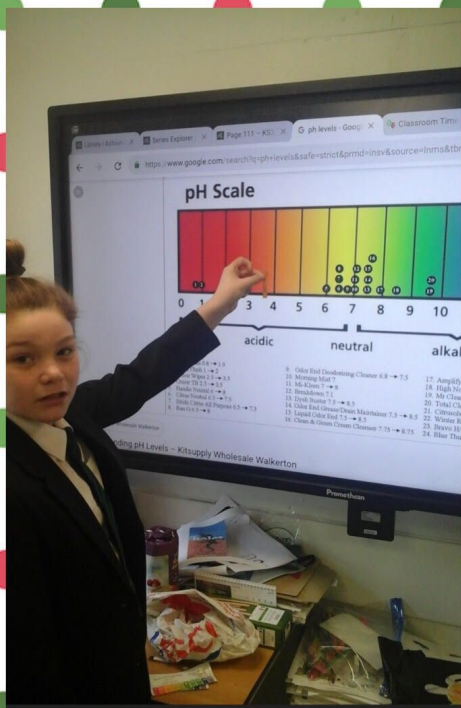
It needs to be noted that the children had exemplary behaviour and this was noted by the staff. Well done Eagle's it was a pleasure taking you.



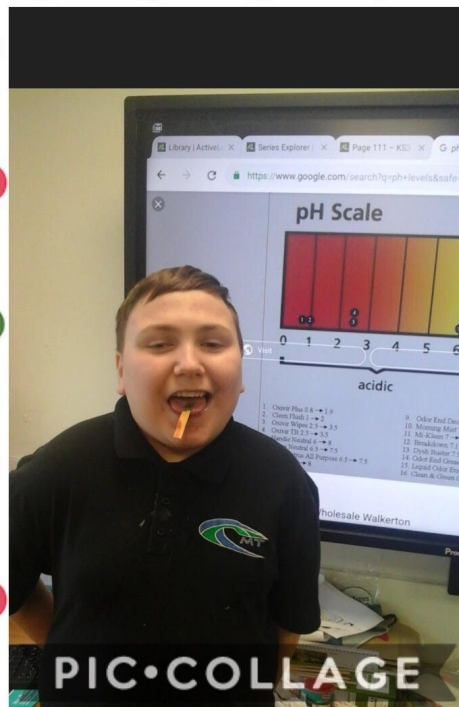
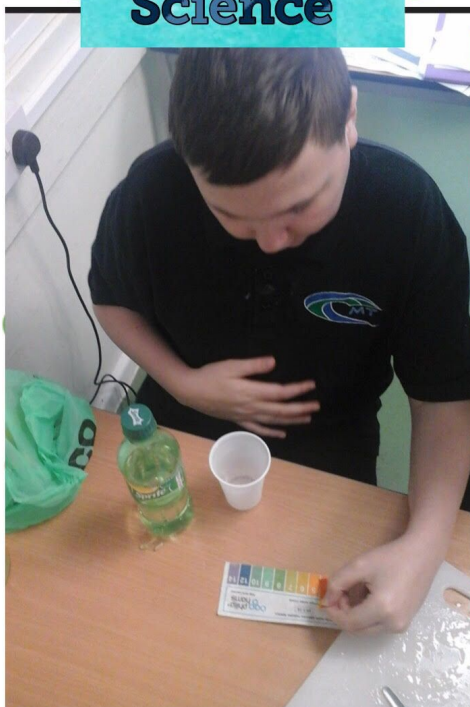


EW Class Science

Yesterday class EW tested PH levels of their own homemade lemonade against shop bought fizzy lemonade. Students were shocked at the results when finding out how much acid they put in their bodies.



**Class
EW
Science**



PIC•COLLAGE

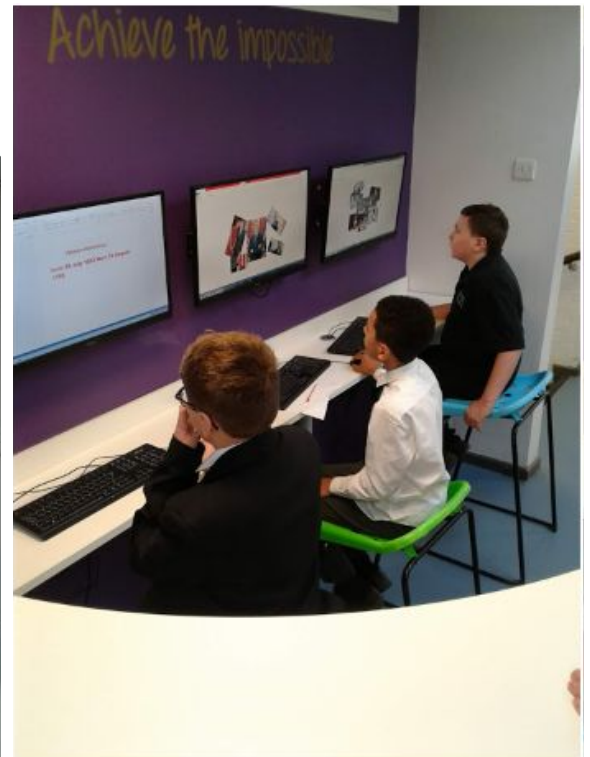
Food Technology

KS4 Btec have been learning all about knife safety and finished their morning with some homemade chilli nachos! They were deliciously spicy! How good do they look?



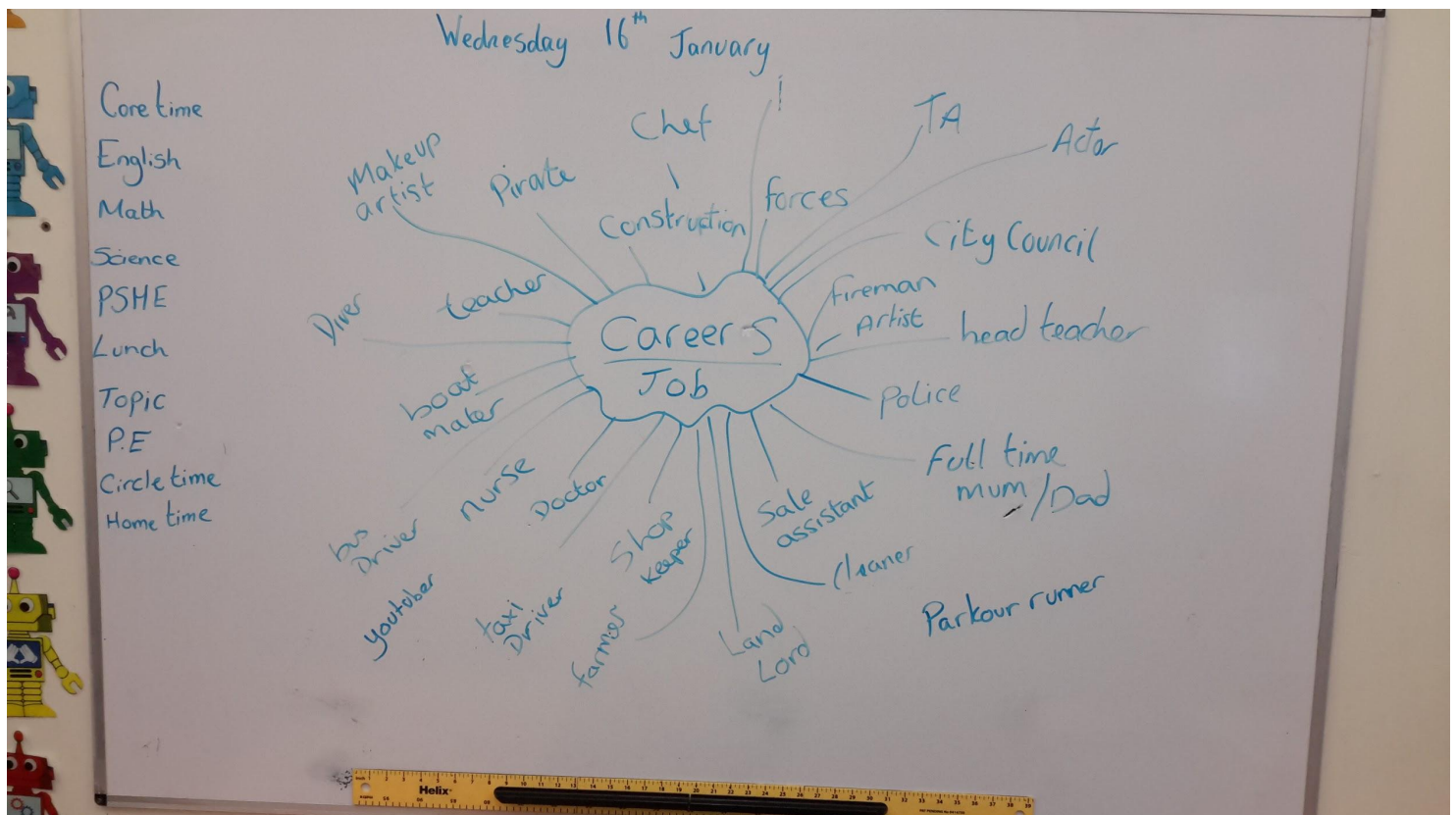
Black History

Class EW have been completing independent work about Black History in preparation for their digital video. What amazing concentration!



Hawks Class

Hawks class were talking about careers in class today, they listed some interesting jobs for the future.



Mood Boards

Students created some fantastic mood boards this week ready for their 3D model chill out room designs.



Certificates

Lots of certificates in primary this week for kindness, star of the week, worker of the week and some special certificates for 100% attendance last term. Well done all!



Eagle's Class

Eagles helped to spray paint some recycled flowers made from plastic bottles.



The Quay Schools



In Partnership with the



Careers Fair 2019

on

Tuesday 29th January

At the

National Marine Aquarium

Plymouth

9.30 am to 3.00 pm



THE PIRATES ARE COMING!

Watch this space for more information about an exciting event coming up.

Dates for your Diary



Tuesday 29th January 9:30am- 3pm- Quay Partnership Careers Fair at the National Marine Aquarium

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

Year 10 Parent / Carer Careers Event – Thursday 7th February 11-1pm

Year 9 Parent / Carer Careers Event – Tuesday 12th February 11-1pm

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



Coffee Morning Dates : -

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.



ROUTEWAYS-SHORT BREAKS

For young people 8 - 18 years
with a SEND diagnosis

Full details, and booking at www.bookwhen.com/shortbreaks

"Escape from the Moors"

Tuesday 19th February

10 am - 4 pm

£10 per young person

Orienteering, clue solving,
rock scrambling, moors walking,
shelter building, adventurous fun.



Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU
Charity Registration Number 1080543. Company Registration Number 3420867 www.routeways.org.uk

Escape from the moors Tuesday 19th February 10am - 4pm

Book your place and download the consent form at

www.bookwhen.com/shortbreaks



Short Breaks is for children

with Autism or ADHD, aged 7-14.

Enjoy football games and
other fun activities.

www.bookwhen.com/shortbreaks

or contact 01752 562561 ext.4



Sessions run from 10am - 1pm on Monday and Tuesday

Just £5 per session

Open to children aged from 7 - 14

Held at Home Park, Plymouth, PL2 3DQ

For more information call the Trust on 01752 562561 ext. 4
or e-mail josh.grant@paac.co.uk

Monday 18th February and Tuesday 19th February.

Book at www.bookwhen.com/shortbreaks

Short Breaks activities run during all school holidays, make sure
you keep up to date on forthcoming activities by following our facebook
page

www.facebook.com/DevonportParkActivityCentre

Spaces need to be pre-booked through www.bookwhen.com/shortbreaks

Please email devonportpark@routeways.org.uk or telephone 01752

300700 if you have any queries.

Bookings now being taken for Half Term sessions at the Beckly Holiday Playscheme. Please email beckly@routeways.org.uk or telephone 01752 484433 and leave a message for full terms and conditions, any enquiries or to book on to sessions.



THE BECKLY CENTRE



Situated in beautiful Radford Park, our accessible Beckly Centre offers supportive, fun social activities for children and young people aged 6 upwards with a disability.



Beckly Holiday Playscheme



Monday 18th February Random Acts of Kindness Day



Friday 22nd February Summer in Australia



Registered Office: Routeways Centre Limited, Devonport Park Activity Centre, Five Dials Plymouth, PL1 4BU
Charity Registration Number: 1030943 Company Registration Number: 3408861 www.routeways.org.uk

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

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

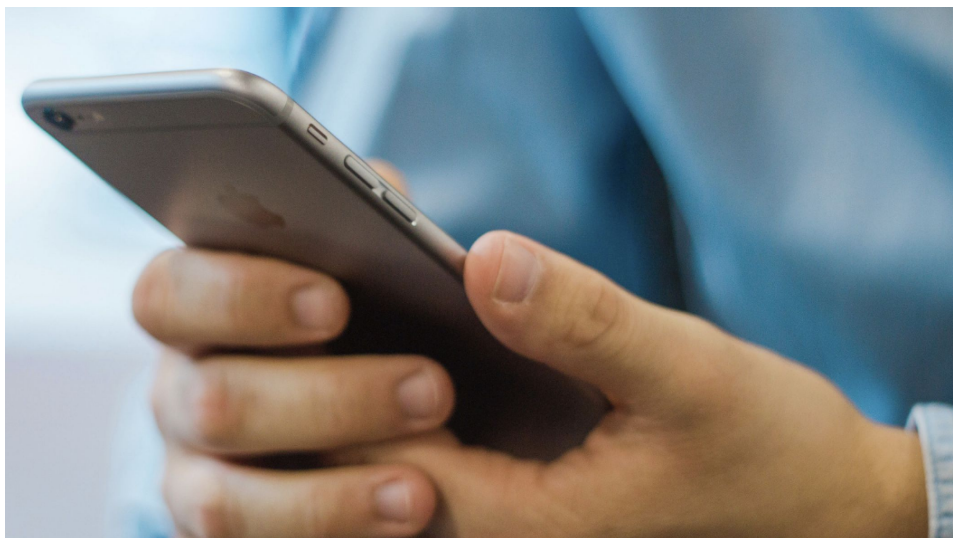
Registered office: Youth Enquiry Service (Plymouth) Ltd,
14-16 Union Street,
Derry's Cross,
Plymouth
PL1 2SR

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





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 [Nicollie 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>



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.



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.