



Mount Tamar
Aspire - Adventure - Achieve



25th 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...

I have very much enjoyed this week. The highlights for me have been giving the Head's Award to a very special student pictured below, listening to Stephen Seki our very inspirational speaker and hearing all about the amazing students who went to the Plymouth Youth Parliament. Well done to all. I am expecting even more next week with the bigger and better Careers event that MT are hosting for all the Quay Special Schools at the Aquarium. I hope to see you all there. Our top students for January enjoyed a 'Hot Chocolate Friday' today well done to them.

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.

Head Teachers Award



Our Hot Chocolate Friday winners for January

Brett came out and met CG this week and gave him a head teachers award for great work.

Mount Tamar Parliament

Mount Tamar Parliament took part in the Plymouth Youth Council meeting at the council chambers. The agenda included work on Plastic Free Plymouth and how schools can best support young people suffering bereavement or caring for a terminally ill member of the family. These photos show our students working on their responses to the various questions.



Stephen Seki

How could we not be inspired or motivated by the great Stephen Seki - we are all buzzing from his assemblies this week. Check him out online!



Seki @StephenSeki · 3h

What amazing speaking to the students at [@MountTamar](#) school this morning. I've never heard students scream so loud after my talk. I felt their belief in their dreams. Thank you [@BrettStorry](#) and the amazing teachers for the invitation. [#stephenseki](#) [#inspiration](#) [#motivation](#) [#RISE](#)

Stephen Seki

We received a lovely email from Stephen giving feedback from his visit to Mount Tamar, this is what he wrote:

"I spoke to students from 5 years old to 16 and I spoke for over 1 hour. I felt comfortable in this school because I knew that every single students knew how I felt about the challenges I faced. Whether it's being bullied, being laughed at, being pointed at for being different or told that you are not good enough and therefore you will not be successful in future.

The students in that school were HUNGRY. They screamed "I CAN DO THIS" louder than any school I've ever visited. I felt the emotion behind every single word. They are hungry for success. They are hungry for their dreams. I was reminded how it felt to be written off and I reminded the students to keep working. I shared with them that hard work will always beat talent. The key was not to give up no matter what challenges they faced.

I would like to thank every single student at Mount Tamar School. You listened to me and took home the message. Never stop striving and most importantly never listen to the people tell you that you can't do it.

YOU CAN DO ANYTHING".

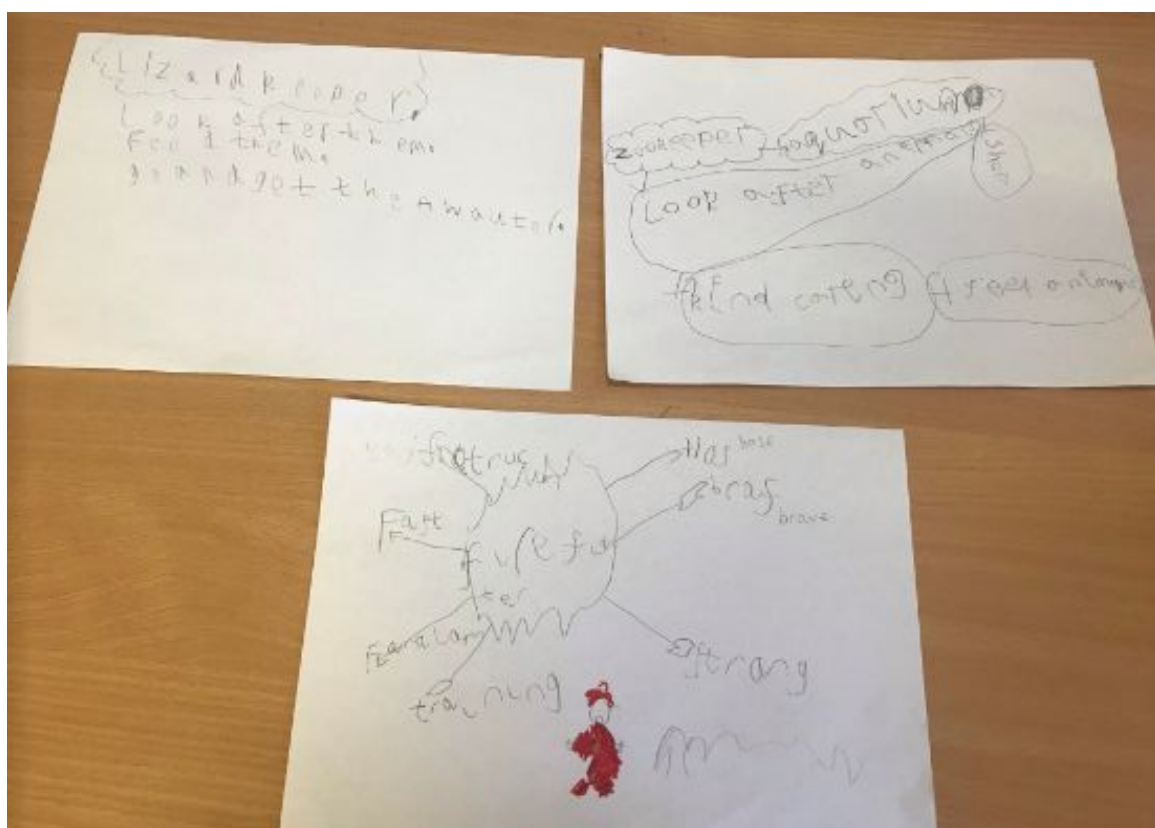
Hot Chocolate Friday

It's our second Hot Chocolate Friday - a huge success again, with 3 of our pupils having an outstanding January! All were invited to join the headteacher in a hot chocolate creation! Marshmallows, cream and sprinkles galore!



Owls Class

Owls have been thinking about their potential future careers. We've got a future zookeeper, firefighter and even an astronaut amongst us! We thought about what these jobs need and how to get there.



Wolseley

Here are a few shots from some projects we have completed at Wolseley this week. Brandon has made a key holder, recycling old bits of wood and seat belts. Macauley has built his first wall and added a window to it, which Akira, Shannon and Dre are helping him with in a photo. Ben and Josh began to build a wall and Josh finished it with the help of Tyler M. Casey managed to build a plaque which he used the NBA design and added LED lights to. Finally Bailey, Adam and Eli are beginning to build a sustainable bench using old pallets.



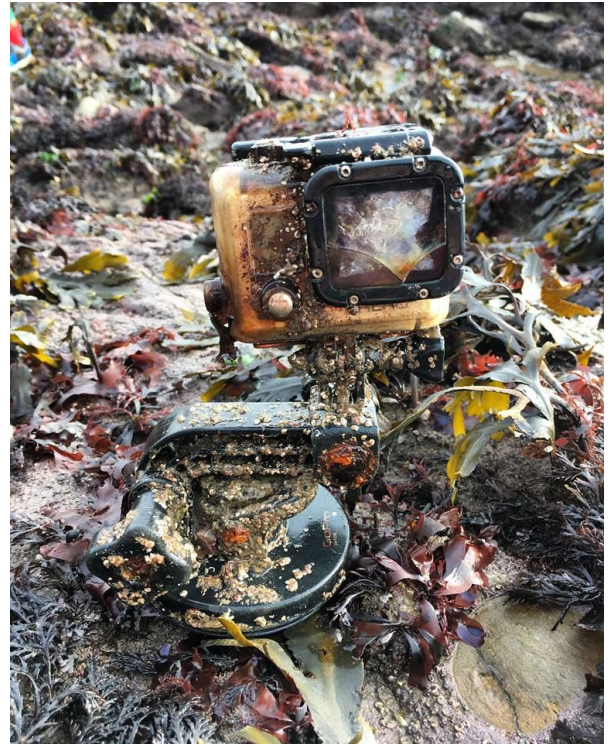
CR Class

Class CR working hard together on their times tables and social skills. One activity was boardgames. Mathopoly is the class favourite.



Beach Clean

A group of students have been on a beach clean this week. They found a washed up old gopro - probably around 5 years old!



Donkey Sanctuary



Two of our young people enjoying their time in the sensory room at the Donkey Sanctuary.

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

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.



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

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

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

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.

AGE RESTRICTION
18+

What parents need to know about

GRAND THEFT AUTO (GTA)

**grand
theft
auto**

Grand Theft Auto is an action-adventure video game series where players control criminals and wreak havoc in order to complete missions and progress through the game. During the early stages of the game, it solely focuses on completing missions to go up a level. However, as the game grew more popular the makers of GTA decided to introduce a narrative to each edition of the game. The aim of this was to increase user engagement, making gamers believe that they were not just playing as the character, but they became the character. Grand Theft Auto is accessible on a number of devices including: PlayStation and Xbox, desktop computers, PSP, Nintendo DS, and Mobile.



Top Tips for Parents

THE RISK - PLAYING WITH STRANGERS

When buying GTA V you automatically have access to Grand Theft Auto Online, a version of the game that allows players to play online. They can play alone, invite players to a game, or be involved in public 'sessions' where people will be picked at random to play. When you first load into a game you are automatically placed into an open lobby, meaning you play with random people. The 'social club' is GTA's very own social platform where users can bet money, share in-game photographs (which users can like and comment on), and even message other users directly.

What parents can do

To prevent your child playing with strangers on the game, you can change the settings to ensure they only play with their approved friends list. Upon signing up to the 'social club', it automatically sets a player's visibility settings to 'everyone', meaning their name and profile information is made public. Parents can alter this by changing the visibility settings to 'only me'.

WARNING!

Due to the nature of the game and the age restrictions, GTA includes content that is inappropriate for anyone under the age of 18, including sex, nudity, violence, profane language, and substance abuse. These are the main components that make up the game - you have to do certain things and witness certain things in order to move on in the game. Exposing your child to this type of content could affect their morals and understanding of right and wrong. Additionally, your child could become desensitised to similar situations, reinforcing the fact they would find it hard to differentiate between right/wrong and good/bad.

THE RISK - ONLINE HACKERS

Hackers can make money by helping users cheat in the game. They can do a number of inappropriate things, including killing people, stealing weapons, spawning money into the game, and even raping other characters. Spawning money tends to be a gamer's most popular choice, being able to buy \$100,000,000,000 (of in-game currency) for as little as five US dollars.

What parents can do

Actively monitor your child's online activity. These websites are very easy to find, meaning children and young people can easily navigate their way to these websites and pay for hackers. Not only is this an illegal activity, but you have the risk of giving your personal information to someone who may misuse it.

THE RISK - ADDICTION

Addiction is a risk with any game. Game developers use persuasive design techniques to force users to invest their time, and often money, in a game. Within GTA, your character is able to progress through the game for completing missions within a certain time frame, encouraging children to keep returning to the game. Gaming addiction is now a recognised health condition and the side effects are concerning, including sleep deprivation, decreased attention span and erratic emotional behaviour.

What parents can do

There are a number of things you can do if you are concerned about your child's screen time, including setting time limits within the home, especially during meal times and before bedtime. Talk to your child and ask why they are spending so much time on the game, and encourage healthy alternatives such as outdoor activities and spending quality time with friends and family.

THE RISK - LIVE CHAT

When playing GTA online, players have the option to use a microphone to broadcast their voice live to other players involved in the 'session'. These live voice chats are not moderated, meaning anything could be said, including inappropriate language, as well as verbal forms of bullying.

What parents can do

Talk openly with your child about not giving away personal information. Also remind them that conversations can be recorded, which could damage their online reputation. Depending on the device/platform, there will be ways to mute conversations. Make yourself aware of the device's/platform's individual settings and ensure that your child knows how to block and report.

THE RISK - MICROTRANSACTIONS

By completing missions and partaking in certain activities you earn in-game currency. This allows you to buy things such as prostitutes, vehicles, weapons, ammo, new outfits, cars, apartments and more. However, the items that are available to buy often have a high price that require a lot of game time, meaning the items are pretty unrealistic to buy.

What parents can do

If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest purchasing a pre-paid gift card for your child. These can be purchased in specific amounts which will allow you to limit how much your child spends and removes the need for a credit or debit card to be used with their account.

SOURCES:

<https://www.imdb.com/title/tt2103188/parentalguide>
<https://www.telegraph.co.uk/gaming/news/grand-theft-auto-v-has-made-money-film-history/>
<http://www.techaddiction.ca/addiction-to-video-games.html>



**National
Online
Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

IT TAKES TWO

BUILDING A LASTING MARRIAGE



INVEST IN WHAT'S GOOD AND MAKE IT BETTER

Juggling work, family life, finances and a host of other issues means that building a vibrant and lasting relationship can sometimes be challenging.

It Takes Two is an event for anyone who wants to invest a little more in their relationship. Whether your marriage is in good shape or things are difficult right now, whether you've been married for many years or you've just got together, this event will strengthen your relationship.

DURING THE EVENING WE'LL COVER THE CORE BUILDING BLOCKS



COMMUNICATION

The power of positive words
Learning how to listen
5 words that make all the difference



CONNECTION

The secret to meaningful connection
5 ways to say 'I love you'
Sex and intimacy



CONFLICT

Conflict can be your friend
Being courageous
Discovering a better way



COMMITMENT

Calling in the vows
The 10 second rule
Choosing to love

**"HAVING AN EVENING INVESTING
IN THE MOST IMPORTANT THING TO US
- OUR MARRIAGE"** @GCH2NEWTON



SPEAKERS

KATHARINE HILL

UK DIRECTOR OF
CARE FOR THE FAMILY

Katharine is a well-known speaker, author and broadcaster and regularly presents events across the country. She is married to Richard and they have four grown-up children.



PHILIP JINADU

SENIOR LEADER OF WOODLANDS
METRO CHURCH BRISTOL

Philip is part of the national speaking team for Care for the Family. Philip is married to Kate and they have two adult daughters.

There is no group sharing or audience participation to put you on the spot. Simply come along and take some time out together. It's a great opportunity to invest a little more in your relationship.

EVENT TOUR 2019

BICESTER • TUES 5 MARCH

Emmanuel Church, OX26 3HA

PLYMOUTH • TUES 19 MARCH

Plymouth Christian Centre, PL4 9HP

CLAPHAM COMMON • WED 6 MARCH

St Barnabas Church, SW4 9SW

CHELTENHAM • WED 20 MARCH

Cheltenham Elm Church, GL50 3ED

LISBURN • THURS 7 MARCH

Lagan Valley Vineyard, BT27 5OB

NEWPORT • THURS 21 MARCH

Care for the Family, NP10 8BA

All events 7.30 pm - 10.00 pm

Tickets

Standard ticket £7 • Concession* ticket £4

*If you are a Care for the Family Partner, unemployed, on a low income or a student, then you are welcome to buy a Concession ticket.

To book: cff.org.uk/littakestwo 029 2081 0800



Please note that we do not have the facilities to accommodate babies and young children at this event.

Care for the Family - a Christian response to a world of need. A registered charity (England and Wales 1069036, Scotland 30004871). A company limited by guarantee no. 3382802. Registered in England and Wales. Registered office: Trinity House, Clappes Park, Farnham, SP10 8BZ.

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.



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, Fines Street Plymouth, PL1 1BU
Charity Registration Number: 1057545 Company Registration Number: 1425551 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



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>