



Mount Tamar  
Aspire - Adventure - Achieve



28th June  
2019

# The Tamar Weekly



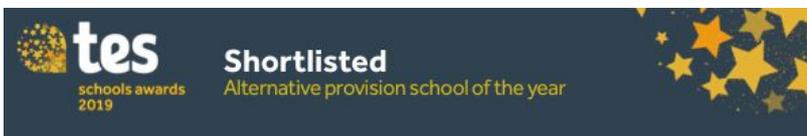
Mount Tamar School and  
Drake's View House  
Part of the Quay Partnership  
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# A word from the Headteacher...

Sports Day Preparations were made this afternoon with staff visiting Brickfields which is where we are holding the event this year. Last year was very successful with an amazing amount of families supporting the day so we thought - how can we do it even better? Hopefully you will enjoy seeing your child participate on the running track whilst you watch from the grandstand. Please see our Facebook page for more details of the morning which will run from 10am to 12.15.

Open day and parents evening is this Tuesday. Please do come along and share the time with your family. There will be hands on activities in classes followed by our usual BBQ and then an end of year presentation. You will also be introduced to your child's tutor for the new year.

Street Factory end of year performance is at their building on Friday 19th July. I hope to see you all at these great events



## Dates for your Diary

**Monday 1st- Friday 5th July- Diversity Week**

**Tuesday July 2nd- Presentation evening, BBQ and parents evening**

**Thursday 4th July 10am- 1pm- Jewellery Workshop for Parents & Carers**

**Friday morning 5th July- Sports Day at Brickfields**

**Friday 19th July- Street Factory Performance**

## Word of the Week

w/c: 1/7/19

Excel: to achieve a high standard in something.



# Mount Tamar share good practice with City College Support staff

As part of our continuing development. Mount Tamar invited the cross college Learning Support team from Plymouth City College to the school to review our good practices.

The team were invited in for an informal discussion and then taken around the whole of the site to see how our teams and support staff work with all of our students.

On the back of this visit we hope to enhance this working relationship further and help to improve transitions for our learners into the College's vocational and academic programmes.

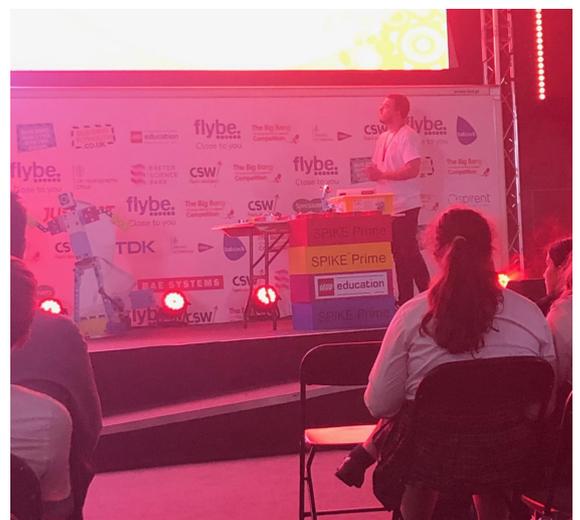
CCP staff were able to see first-hand - learning in and out of the classroom, and were hoping that some of the techniques seen on site could be taken back and used immediately with some of their existing learners.

Further discussions will now take place with the head of learning support so that a programme can be developed in the future to support transitioning through sharing good practice and effective CPD.



# Big Bang Event Exeter

12 children were selected to take part in this event - they had shown an aptitude for STEM in the past few weeks. STEM (science, technology, engineering and maths) They were given the opportunity to go to the Big Bang Event in Exeter. This event educates children in careers and opportunities in the STEM field as well as giving them lots of hands on practical experience. The students enjoyed getting to use VR, Lego, making planes, programming robots, The medical Mavericks as well as many more activities. Well done to all the students for once again showing how great Mount Tamar can be, especially at such a busy event. Thanks to all the staff who make these trips possible.

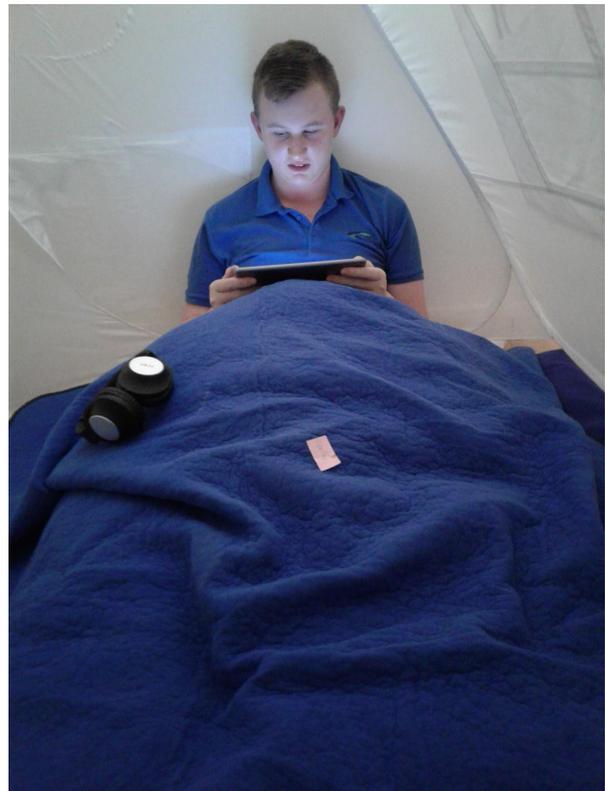


# Downham

Josh decided he wanted to plant some carrots this week and is even thinking of starting to grow things at home. Well done Josh you really seem to have green fingers.

Bradley has been using the sensory space to listen to some relaxing music in his lunch time.

Mason is spending his lunch time searching for Pokemon pictures he can colour during mindfulness to complete our Pokemon Mural. Gotta catch 'em all!!!



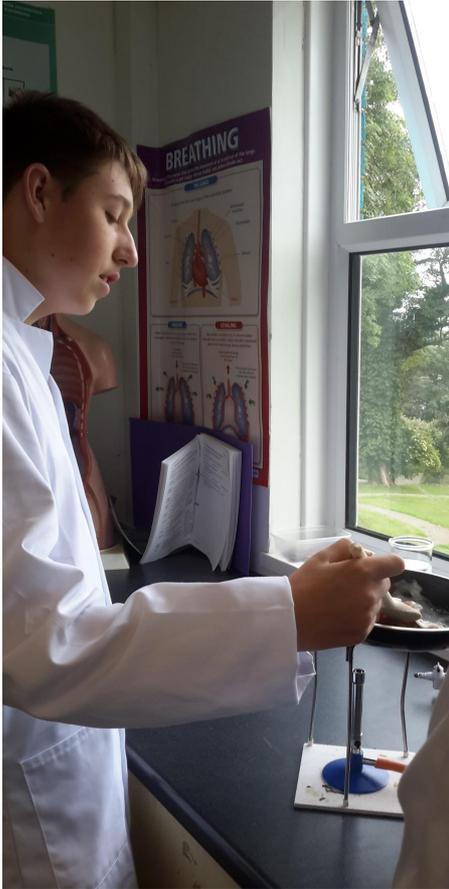
# CR Class at Wolseley

Thanks to Mount Tamar's Wolseley Centre, class CR's students got to learn a few carpentry skills and start to put together their Technology project.



# Science- Denaturing Proteins

This week the Year 11's have been denaturing proteins in Science with Sian Storry. The pupils enjoyed eating the bacon sandwiches!



# CR Class Plants

Plants are looking great, can't wait to replant them into our new raised flower beds.



# New Nest Swing

Thank you to Tesco Transit Way, Plymouth for helping to fund this sensory swing in our Forest School. What a difference this will make to our students, helping to regulate and calm. Thank you to Jody our Forest School teacher for building it for us!





We want to make sure that every child in our school reaches their potential and does their best.

One way we are going to do this is by taking part in School Diversity Week, along with hundreds of thousands of pupils across the UK. The focus of the week is celebrating lesbian, gay, bisexual and trans (LGBT+) equality in education.

Students will have the opportunity to wear a rainbow ribbon like the one below to show their support.

Our school community is diverse in many ways, and this is just one of them. Growing up is really difficult for LGBT+ young people: 40% have thought about suicide, 52% have harmed themselves and 86% still hear homophobic comments. This has a potentially life-long impact on how well they do in school and in life. We want to make sure that pupils in our school are not bullied, and we include everyone.

It's also important to prepare young people for the world beyond school, which is a very diverse place. Teaching young people about being LGBT+ is included in the Equality Act 2010, the new PSHE curriculum, and how well we do it is measured by Ofsted.

School Diversity Week, organised by the charity Just Like Us ([justlikeus.org](http://justlikeus.org)), was launched with the support of the Department for Education. This year's week is sponsored by Facebook, The Daily Telegraph and JP Morgan with around 1,000,000 pupils and school staff due to take part. If you have any questions or want to find out more, get in touch with Mrs Vincent.



# Term Dates 2019/2020



## 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

## Easter Holidays

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

## May Bank Holiday

- The early **May bank holiday** in **2020** will move from Monday 4 **May** to Friday 8 **May** to mark the 75th anniversary of VE Day which takes place on 8 **May**, and enable people to pay tribute to those who served in one of the most significant events in our country's history, Business Secretary Greg Clark announced

## 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

# Jewellery Workshop for Parents & Carers



**Hayley Lee our Parent Support Advisor will be holding a jewellery workshop on Thursday the 4th July 10am -1pm for Parents and Carers to attend.**

**Please come along to this session as it is a lovely opportunity to meet other parents & carers and to make something special to take home.**

**For more details please contact Hayley on  
01752 355018**

# Coffee Morning for Parents & Carers



**Next coffee morning dates:**

**4th July**

**18th July**

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

# Reminder



We have recently received a lot of feedback from parents and carers that children are "misplacing" items of school uniform. We appreciate that this can be costly and want to try to help as much as possible.

As such, we now have a new system in place in school.

We now have a lost property "container" that will be stored in the kitchen next to reception. Cleaners and hostel staff will place any items found in this bin. Hopefully, this will make it easier for children, staff and parents to find any missing items.

**Please note that the container will be emptied at the end of each term.**

Also be aware that you can always give me a call to have a look for you.

Kind Regards  
Hayley  
01752 355018

# Online safety tips for parents of teenagers

## 14+ Year Olds

### Checklist

#### ✓ **Adjust controls**

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

#### ✓ **Keep talking**

Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

#### ✓ **Privacy matters**

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends



#### ✓ **Manage their online reputation**

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

#### ✓ **Stay safe on the move**

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

internet  
matters.org

## Learn about it:

Teach your child some simple rules

- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

## Talk about it:

Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, privacy and identity theft, your child's online reputation, online pornography and child grooming.

## Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online - find out more about the latest apps at [internetmatters.org/apps](http://internetmatters.org/apps)

**internet  
matters.org**

# Online safety tips for parents of 11-13 Year Olds

## Checklist

- ✔ **Put yourself in control**  
Make use of the parental controls on your home broadband and any internet-enabled devices, including your child's mobile phone. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](https://www.google.co.uk/safetycentre).
- ✔ **Agree boundaries**  
Have a family agreement about where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.
- ✔ **Have a conversation**  
The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

62% of 11 year-olds and 69% of 12 year olds have a Facebook profile despite the minimum age of 13

13

- ✔ **Check if it's suitable**  
The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.
- ✔ **Get them clued up about social networking**  
Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

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internet  
matters.org

## Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family on social media sites and in chatrooms
- Use privacy settings wherever they exist to keep their information private
- Don't arrange to meet people in real life that they've only talked to online
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Don't post things online that they wouldn't want you to see

## Talk about it:

Tips for a meaningful conversation

- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- Make sure they know how to block abusive comments and report content that worries them
- If your child comes to you with an issue, stay calm and listen without judging them
- Tackle peer pressure by explaining that if they are talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use



## Deal with it

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On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, your child's online reputation and online grooming.

## Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online - find out more about the latest apps at [internetmatters.org/apps](http://internetmatters.org/apps)

**internet  
matters.org**

# Online safety tips for parents of primary school children

## 6-10 Year Olds

### Checklist

- ✔ **Put yourself in control**  
Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting [internetmatters.org](http://internetmatters.org).
- ✔ **Search safely**  
Use safe search engines such as [swiggle.org.uk](http://swiggle.org.uk) or [kids-search.com](http://kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at [google.co.uk/safetycentre](http://google.co.uk/safetycentre).
- ✔ **Agree boundaries**  
Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online\*



- ✔ **Explore together**  
The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.
- ✔ **Check if it's suitable**  
The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

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internet  
matters.org

## Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

## Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

## Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared - find out more with our pre-teens age guide at [internetmatters.org/ageguide10-13](http://internetmatters.org/ageguide10-13)

**internet  
matters.org**

# Summer Short Breaks Sessions

## Horizons Sailing



Friday 16th ,23rd and 30th August 16

10 - 4pm

Horizons, Mayflower Marina,

Richmond walk,

Plymouth,

PL1 4LS



A days sailing form  
Mayflower Marina, with  
Horizons Plymouth.

Full details and booking at  
[bookwhen.com/shortbreaks](http://bookwhen.com/shortbreaks)

Horizons Plymouth is a charity that provide educational opportunities for ages 8 - 19, to increase self-confidence and practical skills through water based activities.



Summer 2019  
**SHORT BREAKS**

booking now open : [www.bookwhen.com/shortbreaks](http://www.bookwhen.com/shortbreaks)

TEL: 01752 300700

**Tuesday Sessions**  
**Out and About**

**30TH JULY**  
**ROCK SCRAMBLING**

**6TH AUGUST**  
**ROCK CLIMBING**

**13TH AUGUST**  
**BODMIN MOOR**

**20TH AUGUST**  
**GORGE WALKING**

**27TH AUGUST**  
**VISIT TO THE**  
**ARBORETUM**

**Thursday Sessions**  
**On Site**

**1ST AUGUST**  
**WOODWORKING**

**8TH AUGUST**  
**SURVIVAL DAY**

**15TH AUGUST**  
**ART WORKSHOP**  
**JUNK &**  
**CLAY SCULPTURES**

**22ND AUGUST**  
**TRAINS, BOATS**  
**& PLANES**

**29TH AUGUST**  
**TREASURE HUNT/**  
**ORIENTEERING**

All sessions 10 am -4 pm Cost £10.00 per session.  
Open to young people 8-18 yrs, with a SEND diagnosis,  
who do not currently receive a care package,  
& struggle to access mainstream provision.



**Argyle Community Trust**

Learn . Play . Succeed

# SHORT BREAKS

Running during school half terms and summer



**Short Breaks is for children**

**with Autism or ADHD, aged 7-14.**

**Enjoy football games and  
other fun activities.**

**[www.bookwhen.com/shortbreaks](http://www.bookwhen.com/shortbreaks)**

**or contact 01752 300700**



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 01752 300700  
or e-mail [josh.grant@pafc.co.uk](mailto:josh.grant@pafc.co.uk)