



Mount Tamar
Aspire - Adventure - Achieve



13th September
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

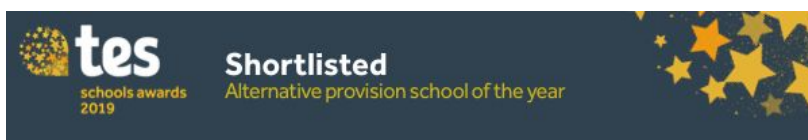
A word from the Headteacher...

I have really enjoyed seeing all the exciting learning going on around our schools this week. The Prospect Centre is looking great with their new garden and kitchen area, the students at Wolseley were very busy and at the Farm we were looking at how to expand our provision so that more pupils are able to access it regularly.

Seymour House in Mount Wise will be our newest centre as from next week which is great news for Mount Tamar. The site is perfect - with spacious grounds, large rooms and it's close to the city centre so all the facilities can be easily reached.

Our partnerships with the Zoo and Aquarium are now underway for another year. I met with Stuart and Karen from the PMA to look at plans to expand what we provide for the pupils, we are looking at ways that they can bring their expertise into the school this year.

Our drive for a healthy school continues with the salad bar being very popular at lunch times, and more active lunch clubs. The after school clubs start this week, please contact school for more information, however the details will be available here next week.



Dates for your Diary

Thursday 19th September- Parent/ Carer Coffee Morning

Tuesday 24th September 10am-12pm- Healthy Eating on Budget Course (1st session)

Tuesday 1st October 10am-12pm- Healthy Eating on a Budget Course (2nd session)

Thursday 3rd October- Parent/ Carer Coffee Morning

Thursday 17th October- School Photographs



Term Dates 2019/2020



October Half Term

- Last day of term: 18th October 2019
- First day back to school: TUESDAY 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**,

May Half Term

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

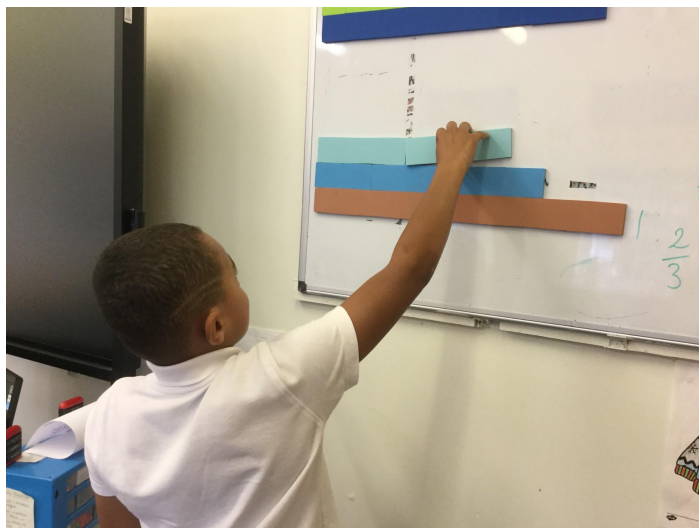
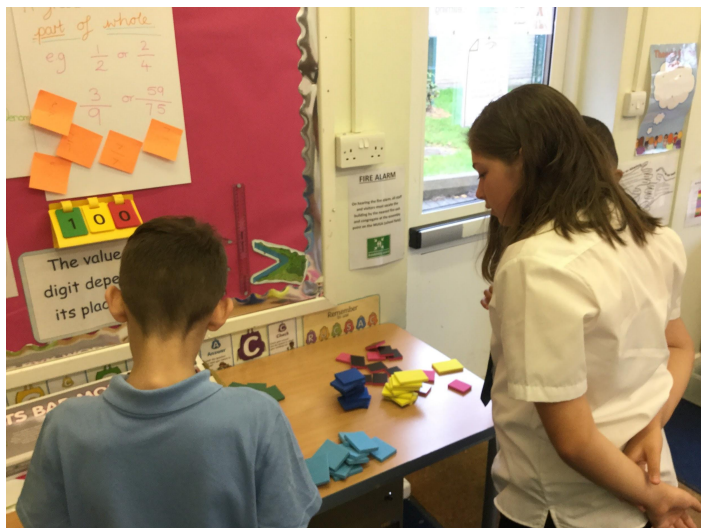
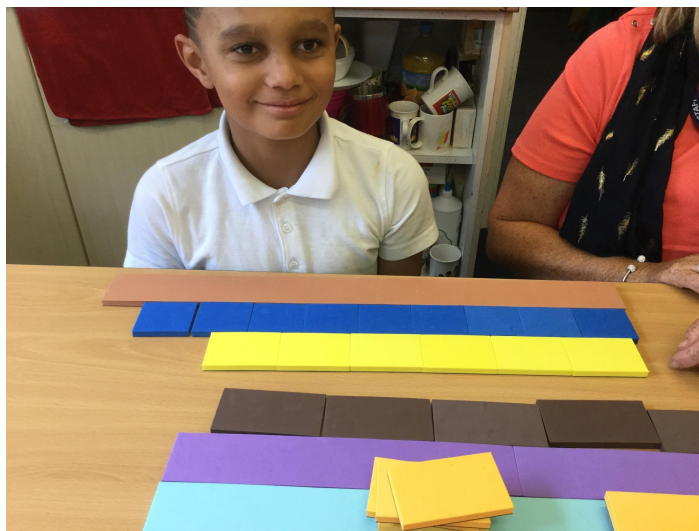
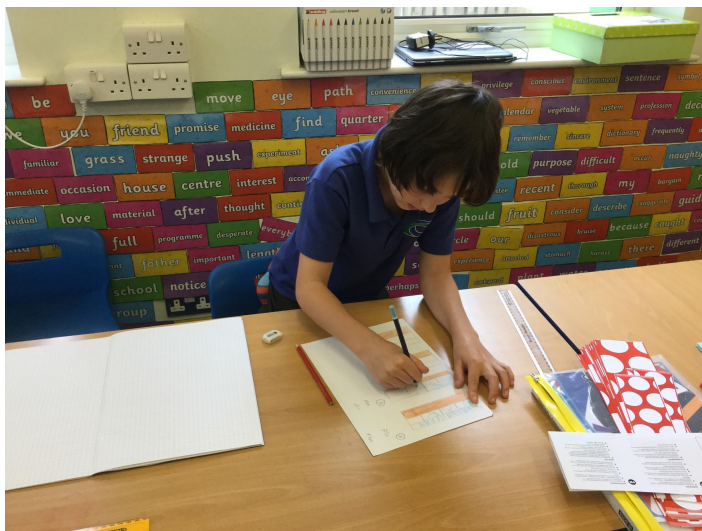
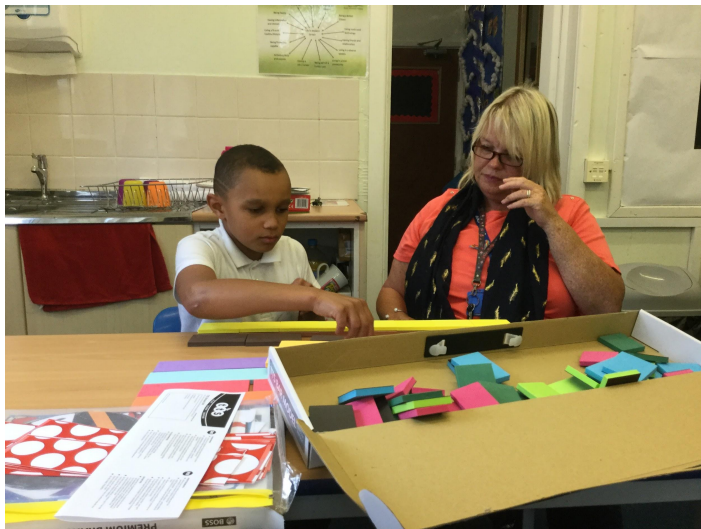
Summer Holiday

- Last day of term: 24th July 2020

Mobile Phones - We have a clear policy on mobile phones where pupils are not allowed them in class but are allowed to use them outside in the playground. Staff met last week to discuss this, as it has been causing too many issues around school. It was felt that too much time is being wasted asking pupils to concentrate and put the phones away at school. You may have seen in the national press recently that many schools across the country are looking at this issue. Phones are becoming an addiction - not only to young people but also to adults. They are very useful but, as with everything, this must be at the appropriate time and in small sessions. Staff have decided that they would like phones to be banned completely as from October 1st and that we will be very strict in this rule. I would like your opinion on this. Please can you contact us to let us know your views

CL Class Fractions

Class CL have been using the bar model to order and compare fractions. Some brilliant learning going on and great perseverance shown by all.



Animal Poems

KP Class have been writing some fantastic animal poems in class this week- here are two of them written by Callum and Nathan.

by Callum McEwing

I am a chameleon
I am scaly and brown
I wriggle around when I go up-side down.

I am a chameleon
I live in a tree
I camouflage so you can't see me.

I am a chameleon
I like to eat crickets
Look close you might see a snippet.

By Callum McEwing

I am a fish,
I live in a bowl,
When I'm dead,
Down the toilet I go.

I am a bulldog,
People think I look sad,
But if people judge,
They make themselves look bad.

I am a cat,
I am very lazy,
I have quite a nice name,
I think it is called Daisy.

I am a tortoise,
I am very slow,
But when I raced the hare,
Straight past him I go.

I am a lizard,
I like the nice heat,
But I start to die,
When there is sleet.

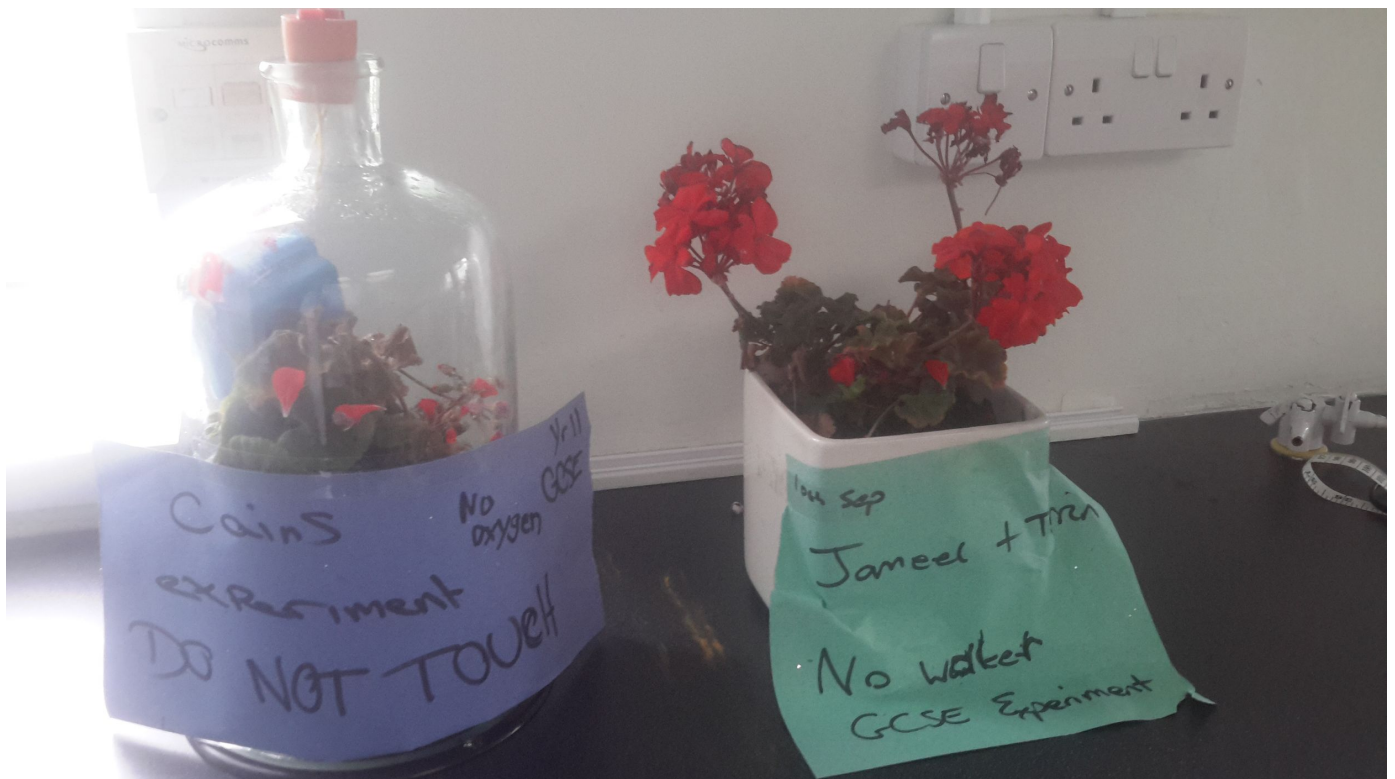
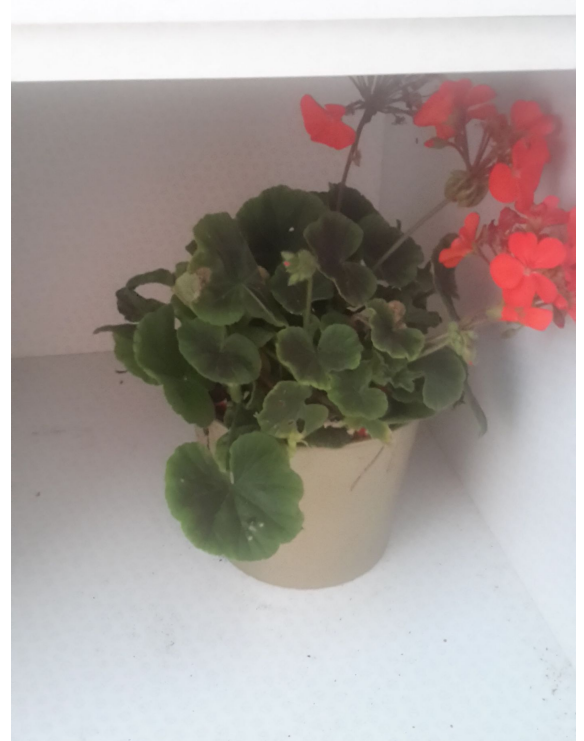
By Nathan Macmanus

Yr 11 Photosynthesis Investigation

Yr 11 are required to do certain investigations as part of their GCSE Biology, as questions will be asked in the exam.

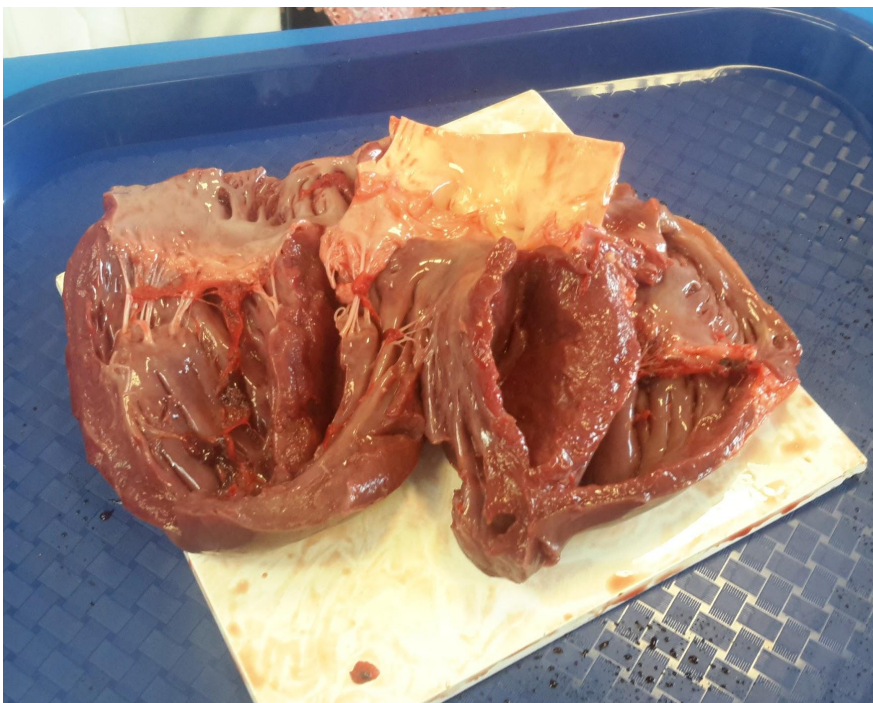
These 3 photosynthesis investigations were planned by the Year 11 class, to observe what would happen to geraniums if deprived of either water, sunlight or carbon dioxide.

Results next week.....

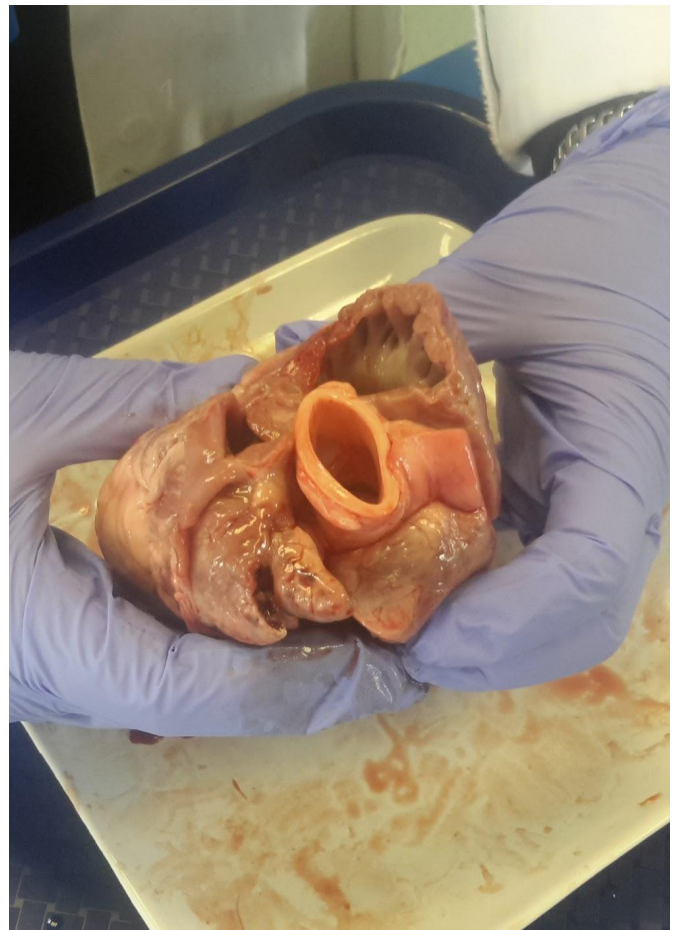
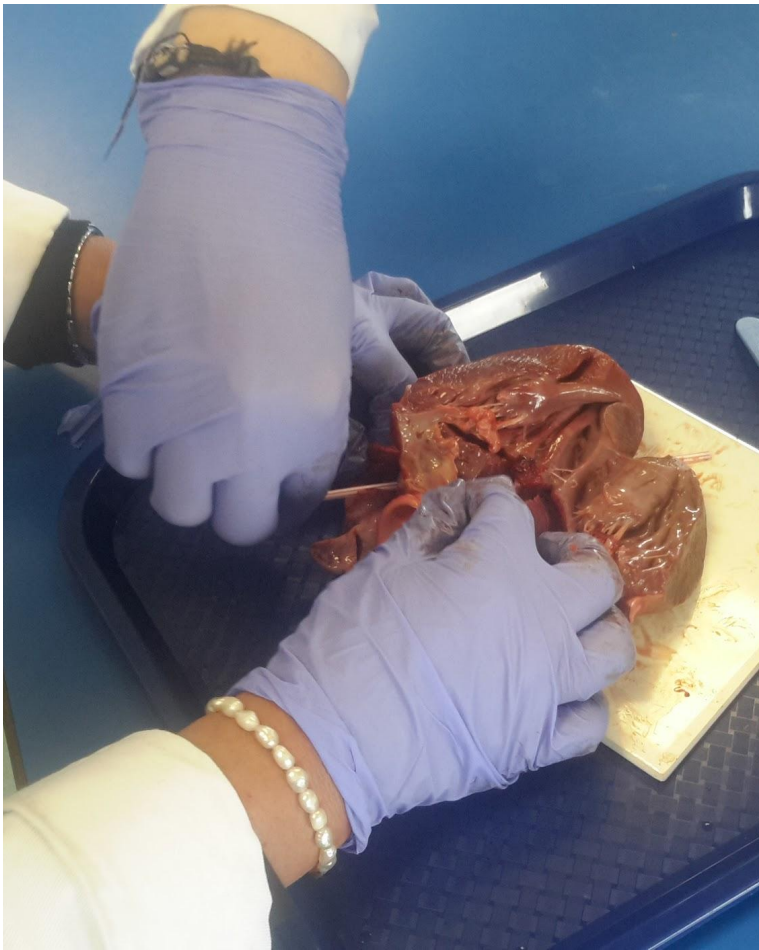


Year 11 Heart Dissection

The Year 11 students have been dissecting hearts in their science lesson this week as part of their *GSCE* course.

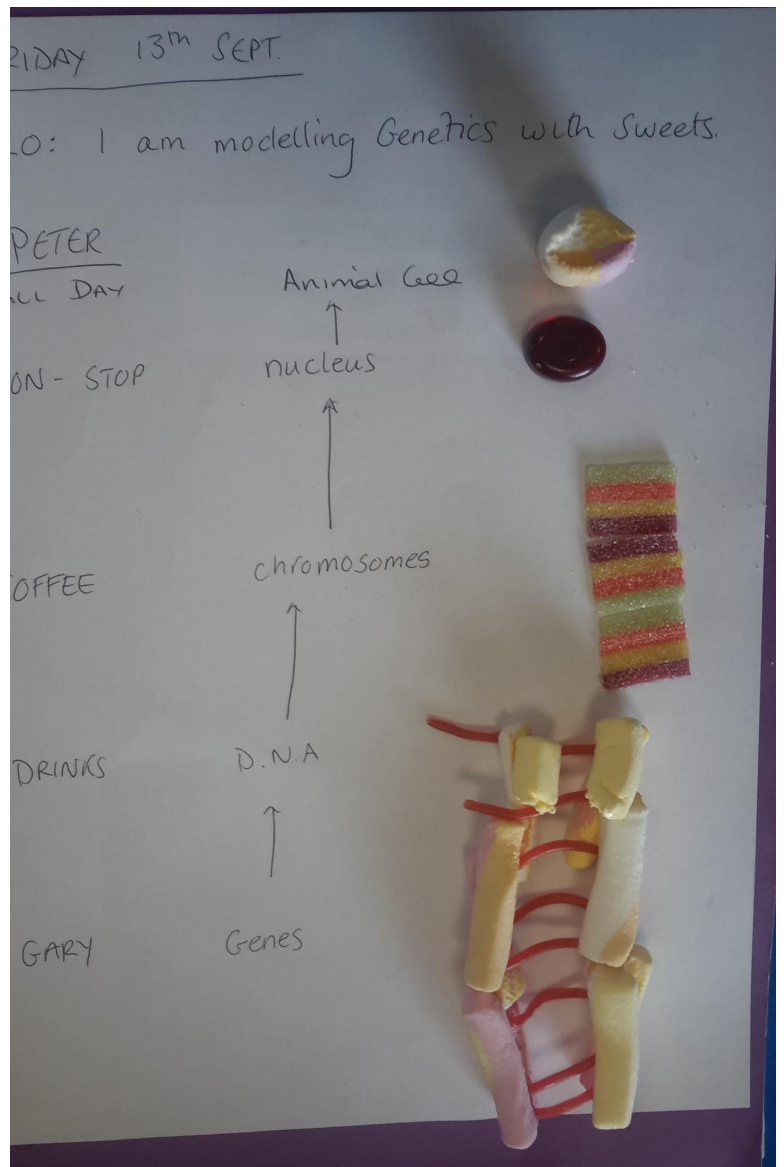
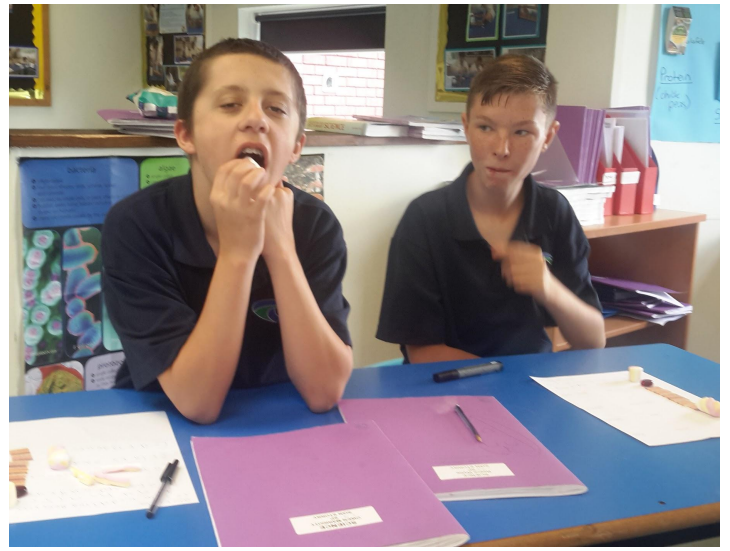


Year 11 Heart Dissection



Year 9 Science Genetics Models

Year 9 have been making some tasty models of genes, chromosomes, DNA and nucleus for their variation topic in science.



Year 10 Science Molymod Kits

Year 10 have been using molymod kits in science this week to model compounds.



News from Downham

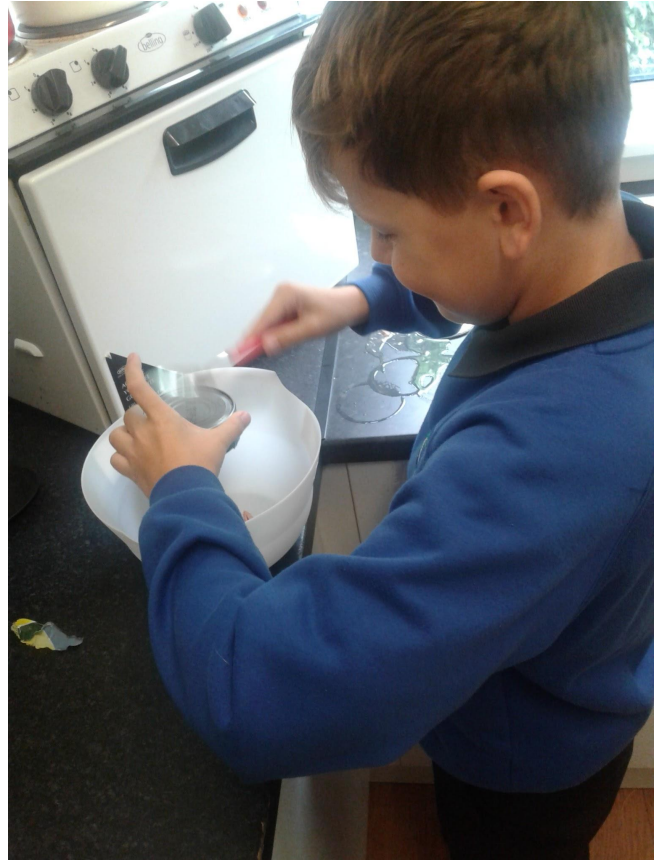
Josh and Cameron have been tidying up the garden - clearing and preparing the area to make room to grow food. Well done boys you have done a fantastic job.

As Downham is a therapeutic centre we end the day with yoga and meditation concentrating on our breathing and self regulation this is something we are focusing on this term to help the students regulate and promote self awareness. As you can see they look very relaxed and are taking the time to focus on themselves. Josh became so relaxed he nearly fell asleep!!



Cameron's Cooking

Cameron from the Downham centre wanted to make his own lunch today so with some help he managed to make his own tuna pasta, well done Cameron you did a great job!



CR Class Forest Foods

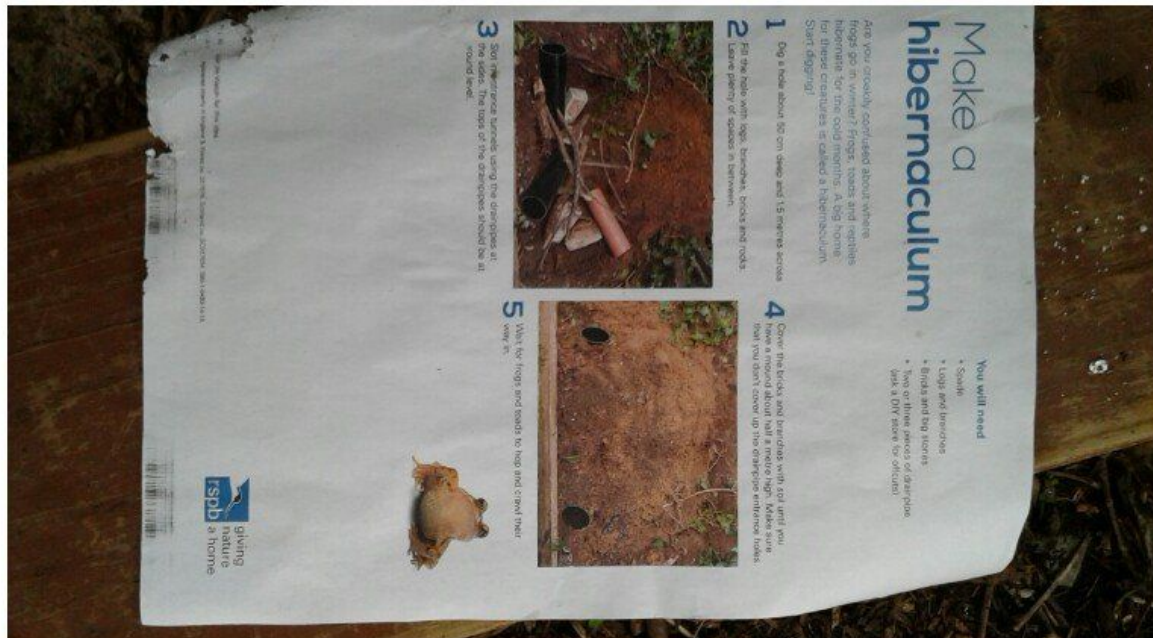
Class CR put on their wellies and headed down to the woods this week to try some new foods.



Frog Hibernaculum

Class KP made a frog hibernaculum in the forest today, all students worked really well to build it.

Well done to the students for making a great area for the wildlife!



School Meals

Plymouth City Council have increased the cost of school dinners by 10p. From Monday 16th September school dinners will cost £2.20 per day and are payable via SchoolMoney either online with a debit or credit card or at any PayPoint. Please let Reception know asap if you need a PayPoint slip or password reset.

REMINDER - Universal Free School Meals are only available for pupils in year 2 and below. If your child has just moved up to year 3, they will NOT receive a free school meal. You can apply for Free School Meals online:

<https://www.plymouth.gov.uk/schoolseducationchildcareskillsandemployability/freeschoolmeals> . Please note that FSM cannot be backdated and any meals received before your application has been processed will need to be paid for. Do not hesitate to contact the school if you need any assistance.

Tellonym App

Concerns have been raised by a number of agencies over an APP that is becoming popular with young persons,

Tellonym marketing states that it 'allows you to receive anonymous and honest feedback from everyone who is important to you'.

In reality it is increasingly becoming a source of cyberbullying. Below are two weblinks to articles that outline the dangers and provide advice.

<https://mashable.com/article/tellonym-cyberbullying-teens/?europa=true>

https://finance.yahoo.com/news/why-monitor-kids-apos-phones-170218690.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xILmNvLnVrLw&guce_referrer_sig=AQAAABPEmXhDjwNPcuvCs1t3KGfFSq6YNO_syrhz52WNP2sgy26mb42CBXDyQuVZI5vRRDHu-H4cmAc1aFUxt1YXqe49JcxlOOFQqp3DxoEpn5M4CBpqMLTDNLzt4cCNvwnuDclZJb7DtBIift_ieN90GDFgjobJTeOnQhuXrRcBHI3

Tania Sargent
Deputy Headteacher

Healthy Eating on a Budget Course



Let us help you to prepare four tasty and healthy meals and desserts on a budget with this free course run by Hayley our Parent Support Advisor.

There will be four sessions in total running from 10am until 12pm on the 24th September, 1st October, 8th October and the 15th October.

For more details please contact Hayley on 01752 355018

School Uniform Details

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

Tel: 01752 491353 Email: plymouth@trutex.com

Blazer- £29

Bookbag- £7

Fleece- £18

Tie- £7

Polo Top- £9 (increasing to £10 for adult sizes)

Sweatshirt- £12

PE Kit Details

PE Top- £15 or £18 for larger sizes

Mid layer- £26.50

Tracksuit Bottoms- £24

Leggings (for girls)- £24

Coffee Morning for Parents & Carers



Next coffee morning dates:

3rd October

17th October

7th November

21st November

5th December

19th December

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



**HEALTH &
DISABILITY**

JUNIOR ABILITY COUNTS

TUESDAYS 5.30 - 6.30PM



**LEARN.
PLAY.
SUCCEED.**

FOOTBALL FOR YOUNG PLAYERS WITH A DISABILITY

Play and train in a fun and inclusive environment for children aged 5 - 16 years old (term time only).

- * Casual and tournament play
- * Player of the week prizes
- * Argyle match day ticket giveaways
- * Argyle First team and Pilgrim Pete appearances

£4 PER SESSION
FREE TASTER SESSION

GOALS PLYMOUTH, PL2 3DE
JOSH.GRANT@PAFC.CO.UK | 01752 562 561

POWERED BY:



Office

01803 862320

Mobile

07483 334474

Website

SouthWestInterventionServices.com

Facebook

[/SouthWestInterventionServices/](https://www.facebook.com/SouthWestInterventionServices/)



SWIS Intervention programmes:

Emergency Crisis / Respite Support

Family Support Services



SWIS Intervention programmes can help with:

- Re-engaging children who are vulnerable, depressed or anxious
- Strengthening children's ability to manage their behaviour
- Equipping children to improve their academic achievements and prevent exclusions whilst ensuring that the interventions support their English, Maths and Science attainment
- Supporting children who are struggling with their family circumstances improving children's psychological and emotional well-being
- Helping families to support their children in school and the community
- Minimising the impact of children with conduct problems on their peers
- Enabling and respite support – our staff are experienced in supporting children and young people with disabilities

SWIS Emergency Crisis / Respite Support

- Offering bespoke support to meet all needs including 'Out of hours' emergency fast response. We offer overnight and 24-hour staffed services which includes waking/sleeping night support staff and on call Manager.
- We can also offer support to foster placements, hospitals, emergency temporary placements, supportive living accommodation and transportation in and out of County.

SWIS Family Support Services

- Work with children, young people, parents, carers and the wider family to ensure the family is able to realise its full potential whilst feeling supported and heard.
- Our work supports families when they face complex needs and challenges including domestic abuse, substance misuse and mental health issues. We also provide supervised contact both at our contact centre in Buckfastleigh or out and about in the community.

**'The Hive' Ground Floor,
Buckfastleigh Football Club,
Duckspound Road, Buckfastleigh, TQ11 0NL**



Southwest Intervention Services

- Young people are referred to us from Primary and Secondary Schools, PRUs, and Children and Family Services. Young people and parents are able to use their direct payments for our services.
- This is usually because young people need to access their education/personal development needs within an environment that can meet their needs working with them therapeutically.
- Our aim is to work with existing schools, involved agencies, parents & carers to help them reintegrate back to mainstream or other suitable provision by offering therapeutic interventions delivered by a team of qualified and experienced practitioners.
- Young people can also access vocational qualifications and work placements with SWIS.



As we begin the new academic term, we wanted to share some amazing feedback and successful outcomes for our young people from last term.

Feedback From Commissioners

'Your service has provided invaluable support for many of our students when they most needed the support'

Paul H - North Devon Academy

'D has made some great steps forward. Huge thanks'

Rachel S- SENDCO/Safeguarding officer - Cullompton Primary School

'Thank you for your swift action in setting up the provision it is much appreciated'

Dan W - Schools Company

'The support you have delivered to K has been amazing; his attendance at school has improved as has his ability to deal with difficult situations'

Kate R - Family Practitioner

1

• ATTENDANCE

- Our Students average attendance was 85.1%.

2

• Student Voice

- 'Thank you for helping me grow'. KH

3

• Parents Voice

- 'Without your help we didn't think T would ever go back to school, thanks so much!'

- ✧ 'K can now express how she is feeling and as a consequence her relationship with Dad has greatly improved'

Jenna W - Social Worker

- ✧ 'I have noticed a significant change with my son, he is now much calmer at home and it is so nice to see him speaking so positively about himself'.

Parent

- ✧ 'I've been able to try so many new things and I have made some great friends, I'm looking forward to going to my new school in September thank you for helping me'.

CJ - Student

- ✧ 'I just wanted to say thank you for all the support you've given me these past few months it really means a lot'.

SJ - Student

Our Intervention Programmes

- **Turnaround**
- This intervention is aimed at young people who are at risk of exclusion from education, their family and the wider community and/or involved in, or at risk of, anti-social behaviour. It aims to support young people to develop strategies by enabling a better understanding of the impact of their behaviours; increasing positive aspirations and confidence and improving their self-image. This is achieved through 1:1 support and engagement in positive activities.
- **What's life**
- This intervention is aimed at young people who need additional support and input in relation to health personal safety and well-being issues. It focuses on safeguarding, drug and alcohol use, sexual health, self/body image and healthy eating/lifestyles. This is achieved through; 1:1 support, small group work sessions, project and special interest work.
- **Protective Behaviours**
- Safety awareness interventions for children and young people which aim to build self-esteem and increased confidence and assertiveness relating to feeling and being safe.
- **Anger Management**
- A programme aimed at enabling young people to develop skills and strategies for dealing with anger. It focuses on the difference between anger and aggression, raising awareness of personal anger/stress relating to transitions, reducing destructive behaviours and identifying early warning signs.
- **Friends – Emotional resilience**
- An emotional resilience programme that incorporates physiological, cognitive and behavioural strategies aimed at assisting children and young people in coping with stress and worry.

Every
Thursday
7pm -
9pm



For
ages
14+



YOUTH CLUB

Devonport Park Activity Centre & The Beckly Centre

September 5th - Beckly

Make your own keep sake box
to store your favourite
memories

September 19th - Beckly

Join us for our monthly trip to
Mcdonalds

September 12th - Devonport Park

Make your own pizza in the outdoor
pizza oven

September 26th - Devonport Park

Sport day, including drinks and snacks

Contact us:

beckly@routeways.org.uk

01752 484433

SATURDAY ROOTED SESSIONS

DEVONPORT PARK ACTIVITY CENTRE



AUTISM & DISABILITY FRIENDLY SOCIAL ACTIVITY GROUP

For ages 8-14 yrs
£5 PER CHILD
10-1 PM



SEPTEMBER SESSIONS

7TH ART - Clay leaves
14TH OUTDOORS-Forage
walk photography
21ST MUSIC-Creating giant
Instruments
28TH COOKING -Ocean
themed celebrating Nelson
and Drake.

OCTOBER SESSIONS

5TH ART - Turner art & ships
in bottles
12TH OUTDOORS- Meet at
the Hoe to go on the warships
boat trip, exploring our
maritime history
19TH MUSIC-Diwali music
and dance
26TH COOKING -Pumpkins
and all things spooky.



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 text

Autism and disability friendly Games and Movie Night



Devonport Park Activity Centre



FOR YOUNG PEOPLE AGED 14+

Take part playing your favourite board games or relax in our quiet cinema space. we will supply a variety of films, food and juice.

You are welcome to bring games from home to share with others.

£5 per session 2nd Friday of every month

Contact: 01752 856719 for more information.



15-24 yrs

MENTAL
HEALTH



In Other Words

1st & 3rd Friday Month
5-7:30

Devonport Park Activity Centre

Safe, supportive, non judgemental

What? Supportive emotional wellbeing & mental health participation group for young people.

When? Every 1st and 3rd Friday of the month.

Where? Devonport Park Activity Centre, Fore Street, Plymouth, PL1 4BT.

Who? Rose Taylor at Routeways

Text/call 07920558543

Call 01752 500496

Email rtaylor@routeways.org.uk

Facebook: <https://www.facebook.com/DevonportParkActivityCentre/>

Time for YOU!

A small, supportive group for Mums of children with additional needs



Use Creative tools + COACHING to:

Take time and space for YOU

Share how being a mum of a child with additional needs transforms us

Re-fuel, play with words and images and say what needs to be said

Listen to what YOU need and how this fits into your life



Could this be for you?

Book a place on our

Taster Sessions

30th September or

7th October

Text 07855 529582

jo@mums4achange.org

- A small, safe and supportive group for mothers
- Take time for you without your children
- We will use words, images & coaching tools
- No need to be 'creative' just willing to give it a go
- Your child doesn't need an official diagnosis

"For me the course was life changing. I'm now so much stronger, happier and looking forward to the future."

WHEN: Monday 10-12 midday from 14th October

WEEKLY: 8 weekly meetings, term-time only

WHERE: Routeways, Devonport Park Activity Centre

COST: Free **BOOKING ASAP ESSENTIAL** - (priority given if you are in receipt of means tested benefits)

INTERESTED? email jo@mums4achange.org

RUN BY: Jo Ball - life and career coach, mum of 2, with a background in Arts Therapy. SUPPORTED BY: Clare Gale whose son has complex medical needs. Clare did the group and loved it so much she wanted to help share it.

funded
through



Routeways



Saturday 7th September Autumn Art

Embrace Autumn using natural materials collected to create our own pictures.

Saturday 14th September Outdoor Photography

Capture some of the natural changes using our new ~~lenses~~ ~~lenses~~.

Saturday 21st September Music at DPAC

Join in with our friends at Devonport Park to create giant wind chimes and sing along to some autumn songs.

Saturday 28th September Sir France Drake

Celebrate Sir Frances Drake and cook up some treats.

Saturday 5th October Sea Scape Art

Create our very own sea scape art using Turner as
A guide.

Saturday 12th October Celebrating Grandparents

Create family cards to celebrate Grandparents day and reflect on different generations.

Saturday 19th October Music at DPAC

Start the beginning of our Diwali celebration with a musical celebration at Devonport Park.

Monday 21st October Song writing

Continue with the Diwali celebration and using the music techniques learnt we will create our own Beckly Diwali song.

Wednesday 23rd October Explosion of Colour

Come in your old clothes as we celebrate the celebration of light with our own colour party.

Friday 25th October Diwali Craft

Create our own Diwali lights and have a lights parade.

Saturday 26th October Halloween Celebration

Start of Halloween with our very own Beckly party. Halloween games, hunt, dress up and crafts. Trick or treat?



Reestablishing routines and coping with change.



Hosted by Routeways & Plymouth Parent Carer Voice
with Ruth Houghton CAMHS Community team
James Cook Child Development Centre

Free activity, support & participation group for families
supporting young people with mental and emotional health issues

Saturday 14th September
2-4 pm

Devonport Park Activity Centre,
Fore Street
Plymouth PL1 4BU



Contact Rose Taylor at Routeways 01752 856719



SHORT BREAKS

In partnership with the Sports Development Unit

FREE FAMILY FUN DAY

Plymouth Life Centre

Sunday 20th October 1pm to 5pm



If you are the parent or carer of a disabled child aged 6 to 18 years, this free event will enable your whole family to enjoy a range of activities.

Activities include climbing, trampolining, dodgeball, archery, table tennis, soft play, arts & crafts board games, followed by an hour's swim.

To be eligible to access this event your child must live in Plymouth and have a diagnosis of a disability and attend a special school or support centre, although they may still be eligible if they attend a mainstream school and are supported by an EHC Plan.

Booking is essential please contact the
Sports Development Unit on 01752 307008
Email nyrene.dudley@plymouth.gov.uk