



Mount Tamar
Aspire - Adventure - Achieve



20th July 2018

The Tamar Weekly



Mount Tamar School and
Drake's View House
Part of the Quay Partnership
Tel: (01752) 363 128
www.mounttamar.org.uk/
Email: admin@mounttamar.org.uk

A word from the Headteacher...

Well what a year it's been. We have had residential trips locally and abroad, open evenings, careers fairs and so much more. I am extremely proud of all the pupils this year, with all that has been going on, our young people have coped extremely well.

I would like to take this opportunity to wish you all a great summer and look forward to seeing you all after the summer holiday. (Pupils return on Thursday September 6th)

Stay safe, have fun and enjoy your break, You deserve it!

Merlins

Charlie in Merlin class has been busy this week creating some fantastic artwork.

Well done Charlie, amazing work!

Payments

Can parents/carers please ensure that all dinner money arrears are cleared by the end of term. Dinners should be paid **IN ADVANCE** and online via SchoolMoney. Reminders are sent via text on a weekly basis. Please contact the school asap if you are experiencing difficulties accessing your child's online account.

It is also important that outstanding payments for School Trips/Residential's etc are made by the end of term. Again, these can be paid online via SchoolMoney. If you are experiencing difficulties or are receiving reminders to pay but don't know why, please contact the school admin team who will be happy to help.

Holiday Clubs have been added to your SchoolMoney accounts - please ensure any clubs your child has been booked on is paid asap. Again, please contact the school if you need any assistance.



Sports Day

Last Friday was our annual Sports Day. We were blessed with fantastic weather for the event and it was lovely to see so many parents and carers come along and support the children (and even take part!). The children had a great day as you can see in the photos below...





Hawks Class Farm Visit

As harvest time approaches on the farm, the students have been busily helping out wherever they can. They have been pressure washing the cow barn ready for grain storage, learning about servicing the combine harvester and tractors, as well as checking on the last few calves of the calving season.

Last week the Buzzards primary class visited the farm and this week it was the Hawks turn. They enjoyed getting their hands dirty and having a go at all of the activities. We could have some future animal carers, horticulturalists, carpenters or construction workers in the making! The farm students cannot be praised enough. They were great leaders and role models. Well done all!

Remember to Like the Granary Farm School Facebook page if you want to see more photos of our students at work on the farm.



Declan's Woodwork

This week Declan has made a wooden bookshelf for his comic collection. Declan has worked really hard on this and is very proud of himself. Good work Declan!



Will's Asdan Success!

William has just completed his bronze in Asdan. He has worked really hard to achieve this, which has shown in the challenges he has completed. Will is now working towards silver, and is very keen to complete.

Below is a photo of Will dog walking at Woodside, he has completed an hour and a half on this challenge.



Help from Babcock Apprentices

Babcock have 32 apprentices coming in over the summer holidays to do some work in the forest school area, they are putting in a pond and a hose pipe. Best of all they are building a pizza oven. The apprentices will be in for three days.

I would like to say a big thank you to YGS Landscapes for donating most the materials that were needed.

Street Factory End of Year Performance

At the end of last week our young people who have been participating in the Street Factory Workshops at school took part in an end of term showcase at Street Factory Premises in Plymouth. All of our young people showed respect to the others who were performing and joined in supporting them when it was their turn.



Book Corners

Staff and students worked hard to make their own book corners over the last few weeks, with some stunning results! Well done to all that embraced this and congratulations to the 3 classes that won the Best Book Corner - yes 3! - Mr Storry couldn't choose between classes CR, CL and Downham



Holiday Tips for Parents

What to do next if your child tells you they're struggling:

1. Thank them for sharing and acknowledge how they're feeling
2. Ask them how they would like you to help and explain any next steps
3. Visit youngminds.org.uk/parents for our help and advice including our Survival Guide
4. If you're really worried about your child, call our Parents Helpline on **0808 802 5544**
5. Talk to your GP as they are the route in to mental health support services (you can go with or without your child.)

#Take20

Keeping Cool at Night

Top tip for keeping cool at night - use hot water bottles in the opposite way you would think - put them in the freezer, then use them to cool your bed!

Uniform

Following last weeks article about the new options for school uniform, we have had some information regarding where to purchase the uniform, and also the costs.

School Ties - with Mount Tamar transfer on them - £7.50

School Blazer including School badge - £29

If anyone would like any of these items, they can either order them from Trutex on 01752 491353 or leave a message for me and I will get back to them with details.

Awards and Achievements

This section is dedicated to achievements from the pupils within the school. An achievement can be anything from receiving an award in the local paper, to someone using their manners well in the playground. Achievements are individual, and Mount Tamar will celebrate them in any way they can. Here's a photo of the award winners with week.



Term Dates

Academic year 18/19

Autumn term

School starts: Thursday 6th September 2018

Non Pupil days: 4th and 5th September and 19th October 2018

Half term 22nd October- 2nd November 2018 (2 week break)

Term ends-21st December 2018

Spring term

School starts: Friday 4th January 2019

Half term: 18th February- 22nd February 2019

Term ends: 5th April 2019

Summer term

School starts- 23rd April 2019

Bank holiday- Monday 6th May 2019

Non pupil days- 29th and 30th July 2019

Half term-27th May-31st May 2019

Term ends- 26 th July 2019

Fit and Fed Plymouth

RECLAIMING THE SUMMER

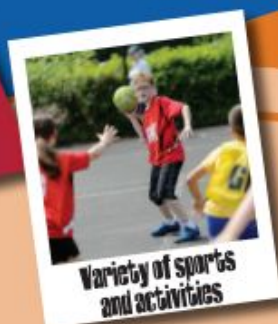
Fit and Fed is an affordable holiday programme where children can get together, play games, socialise and learn new skills whilst also receiving a healthy meal.

The programme will be delivered three days a week between 10am to 2pm in six different areas of Plymouth

DATES	LOCATION	VENUE
25, 26, 27 JULY	North Prospect	Mayflower Academy
31 JULY, 1, 2 AUGUST	Whitleigh	Sir John Hunt Sports Centre
7, 8, 9 AUGUST	St Budeaux	Mount Tamar School
14, 15, 16 AUGUST	Devonport	Brickfields Sports Centre
21, 22, 23 AUGUST	Lipson and Efford	Lipson Vale
28, 29, 30 AUGUST	Estover	Tor Bridge High

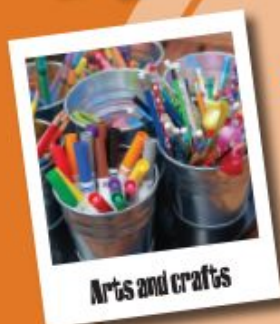
For more information, please call Plymouth City Council's Sports Development Unit on 01752 307008

Fit and Fed Plymouth



What is Fit and Fed?

Activity programme that tackles holiday hunger, isolation and inactivity



Free, safe and anonymous online counselling and support

"I don't think I could've spoken
to someone face-to-face."



Chat to our
friendly counsellors



Read articles written
by young people



Join live
moderated forums

kooth

www.kooth.com



FEELING LOW

Being
abused

87% of our users
prefer online
counselling

Self harm

RELATIONSHIPS

Eating disorder

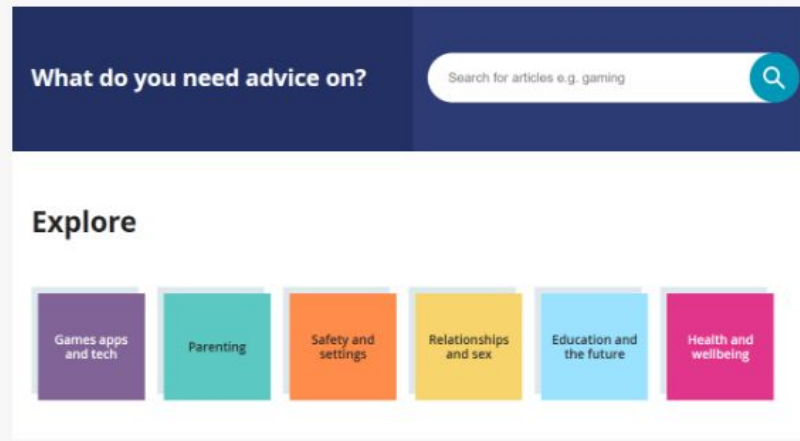
BULLYING

Sexuality; gay, lesbian
or just confused



KOOTH.COM is a
FREE, ANONYMOUS, CONFIDENTIAL
website where young people
can go for help.

Thank you to all of you who offered us your valuable feedback. We hope you find the new and improved [Parent Info website](#) easier to navigate. If you're already subscribed, keep an eye out for your Parent Info newsletter today with more details on the 3 quick steps to set it up on your own website.



Parent Zone released a report into online gambling



Our report looks into the world of virtual currency betting, where children as young as 13 are spending pocket money to gamble online. [Read the full report here.](#)

Get ready for September with our FREE resources...

Check out our [free resources hub](#) and order yours now so they're with you by September.

Free resources include:

Copies of [Digital Parenting](#) magazine

[Be Internet Legends](#) (KS2 internet safety curriculum)

[Body confidence PSHE workshops](#) from the Dove Self-Esteem Project



Aquarium family passes

All the aquarium family passes have now been taken, I hope everyone who managed to get a free aquarium pass from us has a lovely time.

New to Mount Tamar School.....

"One to One" drop in sessions with your Parent Support Adviser - Hayley

As you know, my role is to support and advise all parents and carers. Our Coffee Mornings are now up and running well, together with various other events that run throughout the academic year. However, I thought that it might be nice for you to have some allocated time, whereby you know you can pop in to school to see me, for a chat, on your own, about anything that might be concerning you. I have therefore made arrangements to make myself available on the second Tuesday of every month. You can make appointments at the following times: -

9am, 10am, 11am and 12 midday; simply call reception and Karen will book you in.

Future dates of the drop-ins are as follows: -

9th October

13th November

11th December

PLEASE remember that these times are simply to give you some allocated "you time". I am more than happy to come and see you at different times, here at school, at home or indeed anywhere else that you feel comfortable.

Kind Regards,

Hayley Lee - Parent Support Adviser

We have had several cases of head lice in school in the last week. If you think your child has head lice please follow these helpful guidelines.



Northamptonshire Healthcare **NHS**
NHS Foundation Trust

School Nurse Top Tips **Head Lice Advice for Parents**

Are Head Lice and Nits the same thing?

Head lice are the tiny grey or brown insects that are found in the hair. The lice are about the size of a small seed (e.g. sesame seed) and cling to the hair staying close to the scalp which they live off. These lice lay eggs which take from 7 to 10 days to hatch. Each new hatchling can take up to 10 days to be fully grown.

Nits are the empty shells left after lice have hatched. It looks very much like dandruff but as it clings to the hair it makes it very difficult to brush out.



How can my child catch head lice?

Head lice are spread by head-to-head contact where lice climb from the hair of an infected person to the hair of someone else. Head lice only affect humans and cannot be passed on to animals or be caught from them.

- Have a look under a good light, such as a lamp or the natural sunlight by sitting at a window or going outdoors.



- Wash the hair using ordinary shampoo and apply plenty of conditioner, before using a wide-toothed comb to straighten and untangle the hair (this makes it easier to divide the hair into sections and fasten off the hair that is not being worked on.



- Use a 'nit' comb to detect the presence of lice and nits, (you can pick one of these up from your local chemist). Using the comb, go through each section of the

hair. Make sure the teeth of the comb slot into the hair at the roots, with the bevel-edge of the teeth lightly touching the scalp.



- Draw the comb down to the ends of the hair with every stroke, and check the comb for lice. Clean the comb after each stroke by dipping the comb in a cup of water, or use a paper towel to remove eggs, lice and/or nits.



- Work methodically through the hair, section by section, so that the whole head is combed through. Look through each section of the hair for attached nits (lice eggs) and live lice.
- Nits are always oval-shaped. While usually greyish-white they can vary in color. Nits are generally laid close to the scalp but can be found anywhere on the hair shaft.



- Rinse out conditioner and repeat the combing procedure.

- If using lice killing products it is important to remember that these are pesticides. If you choose to purchase an over-the-counter treatment, follow the directions carefully. Consult your pharmacist or doctor if your child has allergies, asthma, epilepsy, pre-existing medical conditions or has lice or nits in their eye brows or eyelashes. **Never use an over-the-counter treatment on or near the eyes.**



- According to NICE Guidelines, (2016) there is no need to treat (wash at high temperature or fumigate) clothing or bedding that has been in contact with lice, as the lifespan of a head louse is very short (12–24



hours) once it is detached from a human head. However, washing pillows and stuffed toys could help in the prevention of your child getting head lice/nits again.

- Repeat the procedure on days 3, 6, 9, 12 and 15, so that you clear young lice as they hatch, before they have time to

reach maturity (and start laying new eggs).

- Even under the best of conditions, a few lice or nits may be missed. Use a comb to check the hair every day; it can take up to 14 days for one infestation to clear, and then check regularly afterwards. Seeing a nit or two the next day does not necessarily mean and re-infestation. However, be sure to remove them immediately.

Please Remember:

A regular check of your child's hair will help to control head lice. If additional nits are discovered at least 3-5 per day, this may be a sign that live lice may still be on the head. When you brush your child's hair in the morning or at night always have a quick check.

Screen safely and regularly

Detect lice and nits as early as possible

Remove lice and nits immediately and effectively

Avoid panic and unnecessary use of chemicals

Keep children in school lice and nit free

If you have any concerns regarding head lice please contact your pharmacist/chemist.

If you have any concerns regarding your child's health please contact
01933 235360- many thanks from your Children and Young Peoples
Nursing Team

Working together, with you, to keep your child healthy.

Short Breaks Family Fun Days



The Short Breaks Service and the Sports Development Unit are working together to provide families with disabled children the opportunity to use the excellent facilities at the Plymouth Life Centre and to take part in a range of sports and activities. If you are a parent or carer of a disabled child aged 6 to 18 who lives within Plymouth, this free event allows your whole family to take part in an afternoon of various activities.

- Sunday 22 July
- 1pm – 5pm
- Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG
- Cost: FREE!
- Climbing, Trampolining, Archery, Tennis, Table Tennis and Swimming

For more information and to register your interest please call the Sports Development Unit on 01752 307008 or email Ben Kerswell at ben.kerswell@plymouth.gov.uk

These events are part of the Plymouth City Council Short Breaks offer for disabled children. To be eligible to access these events 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.



OFFICIAL



With '**Fortnite: Battle Royale Season 5**' launching tomorrow, the National Online Safety has developed a guide for parents and carers on how to keep their children/ young people safe using the game. There is also a helpful video from 15-year-old Lucas to get a teenager's insight into the game sweeping the nation. Valuable insight for parents and teachers alike!

If you haven't already, you can also download our free 'Fortnite: Battle Royale Guide' for parents & carers here: <https://nationalonlinesafety.com/fortnite-battle-royale-parents-guide/>

Below is the timetable for next year Parents and Carers Workshops being delivered at The Zone.

This sessions will be 2 hours long and be split into an information session followed by a Q&A session with practitioners available from; The Zone, Young Devon and CAMHS.

These sessions are for information only and so are not a route into CAMHS nor can we discuss specific Children and Young People or their cases.

There is a limit of 12 spaces per session and these will be booked on a first come first serve basis. To book a place please contact Jodie Frost using the contact details below:

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

Progeny

Parent and Carer Workshops Mental Health Awareness and Young People

<u>Location</u>	<u>Date and Time</u>
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 20 th September 2018 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 18 th October 2018 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 15 th November 2018 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 13 th December 2018 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 10 th January 2019 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 7 th February 2019 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 7 th March 2019 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 4 th April 2019 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 2 nd May 2019 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 6 th June 2019 6pm – 8pm
The Zone, 14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR	Thursday 4 th July 2019 6pm – 8pm

ACTIVE TOGETHER FAMILIES REFERRAL FORM

What is ACTIVE TOGETHER FAMILIES?

It is a free family focused healthy lifestyle programme funded by Sport England as part of their national strategy - Tackling Inactivity and Economic Disadvantage. This programme is aimed at families who have low income and parents/carers not taking part in physical activity.

In three parks there will be an 8 week (4 weeks at Astor Park) programme for families with a child/children aged 6-13 years. Each week parents and children will take part in a variety of different activities which may include: team challenges, fun games, exercise and advice sessions from lifestyle coaches. All will be welcoming, friendly, include refreshments and social activities. The project is being delivered in partnership with Argyle Community Trust.

Please note there is a limit of 4 people per family joining the programme. Please contact us if this presents difficulties for some families as we do have some flexibility.

The programme:

**Induction and find out more free family activity session
PLYMOUTH LIFE CENTRE 14th JULY 10.15 – 12.00**

(It's not compulsory to attend the induction but a good opportunity to find out more for families)

Followed by attendance at one of the following:

Victoria Park	Thursdays	4-5:30pm	26/7/18 – 13/9/18
Devonport Park	Tuesdays	4-5:30pm	24/7/18 – 11/9/18
Astor Park	Tuesdays & Thursdays	1-2:30pm	24/7/18 – 16/8/18

The programme is targeted at families who have:

- Children aged 6 to 13 years (parents may bring younger children too)
- Parents carers currently doing no/very little physical activity each week
- Parents/carers must attend the sessions with their children
- Low household income/unemployed (see below)

Receiving any of the following support payments:

- Income Support (IS)
- Income Based Jobseekers Allowance (IBJSA)
- Support under Part VI of the Immigration and Asylum Act 1999
- Child tax credit only, (not in receipt of working tax credit), and an annual income as assessed by the Inland Revenue not exceeding £16,190
- Guarantee element of state pension credit
- Income Related Employment and Support Allowance (ESA (IR))
- Working Tax Credit 'Run-On' - Where the claimant has stopped working, or their hours have dropped below 16 hours per week and their Working Tax Credit has ended, this will grant a four-week entitlement
- Families that have been identified as having complex lives and would benefit from an informal targeted programme

If you know any families you think would benefit from Active Together Families, please complete the form below and return to me. Please speak to the family about taking part before making a referral.

For more information contact Adrian Cable on 01752 307128 or adrian.cable@plymouth.gov.uk

Please feel free to pass on my contact details to families who would like to talk with someone about the programme.



ACTIVE TOGETHER FAMILIES REFERRAL FORM

Free family activity session & induction PLYMOUTH LIFE CENTRE 14th JULY 10 - 12			Please tick if attending
Chance to find out more about the programme and to join in with some great fun activities			
Venue	Family group activities Dates	Time	Please tick preferred venue
Victoria Park	26/7/18 – 13/9/18 Thursdays	4-5:30pm	
Devonport Park	24/7/18 – 11/9/18 Tuesdays	4-5:30pm	
Astor Park	24/7/18 – 16/8/18 Tuesdays & Thursdays	1-2:30pm	

Parent/Carer's Details					
First Name			Carer's Last Name		
Relation to Child	Mother	Father	Grandparent	Brother/Sister	Other
Home Phone			Mobile		
Email (please print)					
Address					
Postcode					
Occupation					
Parent/Carer's Details					
First Name			Carer's Last Name		
Relation to Child	Mother	Father	Grandparent	Brother/Sister	Other
Home Phone			Mobile		
Occupation					
Children's Details					
Name of Children (first name & surname)	Gender		Date of Birth		

Additional notes		
Please give any other information that you think we may need to know. For example, any family medical history?		
Please provide the contact details of any other professional/worker that should be contacted:		
Referrer's Details		
Referrer's Name		Job Title
Organisation		
Telephone		Mobile
Email		

I have spoken to the parent/carers above and they give consent to this referral form being completed:

Signed (referrer) _____ Date _____

Signed (on behalf of family) _____ Date _____

Please forward this form to:

Adrian Cable, Sports Development Unit, Plymouth City Council, Windsor House, Tavistock Road, Plymouth PL6 5UF or email to: adrian.cable@plymouth.gov.uk

PRIVACY NOTICE

The information above will be used in the organisation and delivery of the Active Together Families programme. The personal information that you provide will be held securely and will only be shared for planning the provision of services, providing a service to you, informing you about Council services, seeking your views and to enable auditing of Council activities. Anonymous statistical information may also be passed to other organisations to assist in the planning and monitoring of services. In addition Plymouth City Council must cooperate with the prevention and detection of crime which may result in information about you being passed to others. If this form is completed on behalf of someone else, or personal details, or contact data about a third party are provided, then it is your responsibility to make sure that you have informed the other person

Poole Farm Woodland Rangers Holiday Club

Nature
Plymouth

Poole Farm

Set in Poole Farm woodlands
for 7-11 year olds

6 sessions filled with forest
school inspired activities

Run by a qualified Level 3
Forest School Leader

Thursday
mornings
9am-12pm



£15 per child per session,
£10 for additional siblings



Holiday Club

Dates & Activities

Nature
Plymouth

Pool's Farm

- 26th July - Tree cookies & clay jester sticks.
- 2nd August - Spider webs & nature mobiles.
- 9th August - Fire lighting & potion making.
- 16th August - Boat & raft making.
- 23rd August - Shelter building & nature art.
- 30th August - Whittling & mini dens.

Each session will include opportunities for child led play such as den building, mud pies & games!

Booking essential

For enquiries or to request a booking form please contact us on:

DerrifordCP@plymouth.gov.uk



PLYMOUTH
CITY COUNCIL



We have collated all of the Short Breaks offer for the Summer Holidays

If you would like your child to attend please book on www.bookwhen.com/shortbreaks, if the activity is fully booked you will be placed on a waiting list and will be contacted by email if a place becomes available. Please remember to complete and bring in the consent form attached to the booking page.

These activities are part of the Short Breaks Holiday Activities for disabled children. This activity can be used as part of the 10 day allocation managed through Inclusion Works. To be eligible your child will have a diagnosis of a disability and attend a special school or Support Centre or attend a mainstream school and have a severe or moderate learning disability with ASD or a complex physical disability.

July, 2018

30th Mon

10am - 1pm

Plymouth Argyle Football & Multi Sports Programme

10am - 4pm

Routeways - Survival Day

31st Tue

10am - 1pm

Plymouth Argyle Football & Multi Sports Programme

10am - 4pm

Routeways - Gorge Walking

August

6th Mon

10am - 1pm

Plymouth Argyle Football & Multi Sports Programme

10am - 4pm

Routeways - Wonderful Wildlife

7th Tue

10am - 1pm

Plymouth Argyle Football & Multi Sports Programme

10am - 4pm

Routeways - Moorland Survival Day

13th Mon

10am - 1pm

Plymouth Argyle Football & Multi Sports Programme

10am - 4pm

Routeways - Woodwork Fun

14th Tue

10am - 1pm

Plymouth Argyle Football & Multi Sports Programme

10am - 4pm

Routeways - Moorland Survival Day

17th Fri

9:45am - 3pm

Horizons Sailing

20th Mon

10am - 1pm

Plymouth Argyle Football & Multi Sports Programme

10am - 4pm

Routeways - Pirate Training Academy



Book now for Rooted Summer Sessions



Monday Rooted group is now closed for the Summer, but we've just opened bookings for the Saturday Summer sessions.

We will be open every week EXCEPT the 18th August.

We know you are all busy booking holidays and activities for your young people which is why we've opened bookings now for the whole of the Summer period.

Book online now at www.bookwhen.com/routeways

There are still some places left on the direct access specialist activity sessions(short breaks), but they are filling up quickly. Please contact Routeways for further information and booking or follow the link above:

01752 300700

enquiries@routeways.org.uk

<http://www.routeways.org.uk>

Shop Well
For Less?

BBC One
Shop Well For Less?
Is back for a 4th series
and a Christmas Special!

IS YOUR
Household spending out of control?
Do you spend a fortune at Christmas?
We can help YOU to save a packet!

To take part
Call
0117 970 7670
or Email

shopwell@rdftelevision.com

Any information which you give us will be processed in accordance with our Privacy Notice, a copy of which is available on request.

Hello there!

**We are looking for families and households to take part in the new series of
Shop Well For Less?**

This prime time series shows viewers how to spend without the splurge, helping to rein in spending but retain the lifestyle we all want. With a few simple tricks, we can all learn to buy better and spend less. When should you save your money? And, just as crucially, when should you invest in spending a little bit more? This fun, surprising and perfectly practical series teaches us all the tricks of the trade we need to SHOP WELL... FOR LESS.

Smart spending is an issue which we believe affects most of us and we'd be really grateful if you could help us **spread the word** about the new series.

This series, we're also making a Christmas special and are on the hunt for a family who LOVE Christmas. Steph and Alex will show a family how to stuff that Christmas stocking, bejewel their entire home and choose the present that'll never be re-gifted and still leave them change for a mince pie and a glass of mulled wine.

Get in touch to apply or find out more!

0117 970 7670

Or e-mail: shopwell@rdftelevision.com

www.facebook.com/ShopWellForLess

Twitter: @ShopWellForLess

Summer Mix 2018

From 30 July to 24 August 2018, the Council's Community Connections Youth Team has organised and funded hundreds of fantastic free activities to young people in Plymouth to liven up their school summer holidays.

Limited to eight courses for duration of the four weeks, but will have a reserve list for any unfilled spaces.

Summer Mix 2018 - Going local is:

- Open to young people living in Plymouth (your home address must receive services from Plymouth City Council)
- Completely free
- For young people aged 11 to 19 years - some courses are available for those aged up to 25 years if you have a disability
- Allocated on a first come, first served basis

If you would like your child to participate in this year's summer mix, please contact Carrie King at the school as soon as possible to get him/her signed up. This is such a fantastic opportunity for the young people to take advantage of, with £1000s worth of activities for free.

Please get in touch by phoning the school on 01752 365128

Something to look forward to.....



I am looking to organise a train trip, next term, for parents/carers to China Blue in Totnes. This will be on a school day, whilst the children are in school. We will meet at Plymouth Train Station, take a trip to Totnes, enjoy some lunch, paint some pottery and then make our way home. A lovely opportunity for you to have the day to unwind. If you are interested in going, could you please let me know.

Hayley

01752 355018

young people's

health *and*
wellbeing
drop in



friendly, confidential
health and wellbeing advice
for young people



fridays 1-3pm
@midland house

01752 398 200