

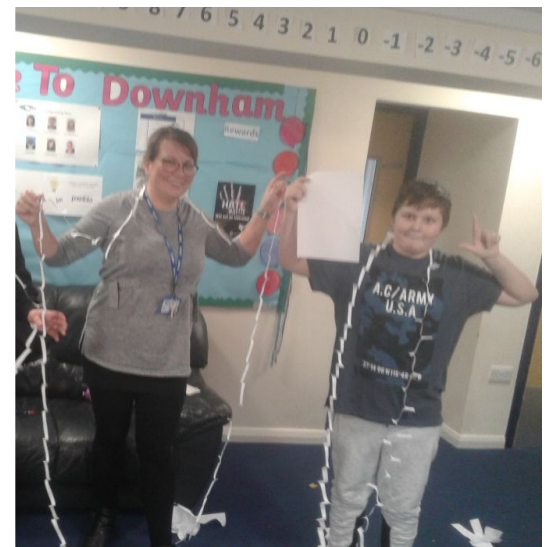


Mount Tamar  
Aspire - Adventure - Achieve



14th December  
2018

# The Tamar Weekly



Mount Tamar School and  
Drake's View House  
Part of the Quay Partnership  
Tel: (01752) 365 128  
[www.mounttamar.org.uk/](http://www.mounttamar.org.uk/)  
Email: [admin@mounttamar.org.uk](mailto:admin@mounttamar.org.uk)

# A word from the Headteacher...

It's been a busy week in school this week! Have a look at our Facebook and Twitter pages for more photos and news.

Each week from now on I will be awarding a 'Headteacher's' Certificate for exceptional effort or achievement - I hope this will ensure that our pupils gain the recognition they deserve.

Also, once a month pupils who make consistently good effort will be invited to a 'Hot Chocolate Friday' in Drake's Cafe.

Please keep up to date with all that is happening through our Facebook and Twitter pages and if you have any suggestions for how we can improve come in and have a chat to Hayley or Sandra.

## Christmas Lunches

**Tuesday 18<sup>th</sup> December** - Christmas Lunch and Christmas Jumper Day for Primary and Aspire

**Thursday 20<sup>th</sup> December** - Christmas Lunch and Christmas Jumper Day for Secondary

## Christmas Fayre

The Mount Tamar christmas Fayre is on Friday 21<sup>st</sup> of December - parents are invited to come in from 10am-12 noon.

## Angel's Christmas Cushion

Angel is very proud of the Christmas Cushion that she designed - and so she should be, it's fab!





# Hot Chocolate Friday



Our first Hot Chocolate Friday was a success! Sprinkles, cream and marshmallows were a big hit. These young people have all had an excellent month in school so were invited to have hot chocolate with the headteacher.



## This Week's Certificates

Certificates for kindness and workers of the week were given out in assembly this morning. Well done to all who received certificates!



# Owls Class Nativity



Owls Class have been busy rehearsing their Nativity, this will be held before the Christmas Fayre on Friday 21st December at 09:45am. Parents of children of Owls Class who are taking part in the nativity are welcome to come along and watch.

# Staff Christmas Panto

The staff at Mount Tamar have been busy putting together their staff christmas panto, the children will be able to look forward to watching this in their Thursday Assembly.

# Mount Tamar Oscars

Good luck to all the nominees for this years Mount Tamar School Oscars! The winner will be announced at the end of term on Friday after the Nativity.



OSCARS  
NOMINATIONS

The nominations for this term's Outstanding Achievement in Drama Award are:

- H.J.
- A.J.
- B.B.
- H.R.
- C.M.

Well done to everyone nominated, Good Luck!



Mount Tamar School  
Outstanding achievement in drama



*Drama  
Achievement  
Award*



Awarded to

Winner to be announced at the end of term!



Congratulations! You have been nominated for the Mount Tamar Oscar Award for achievement in Drama and reaching a high standard during lessons.





# Exercise Trail Opening

A big thank you to Mark Ormrod for opening our new exercise trail last Friday. The trail was built by Angel Trails and funded by North Yard Community Trust, it will certainly be enjoyed by all! Mark also presented the primary School pupils with a really inspiring assembly. Thank you Mark Ormrod for sharing your story and inspiring not only our young people but our staff too!

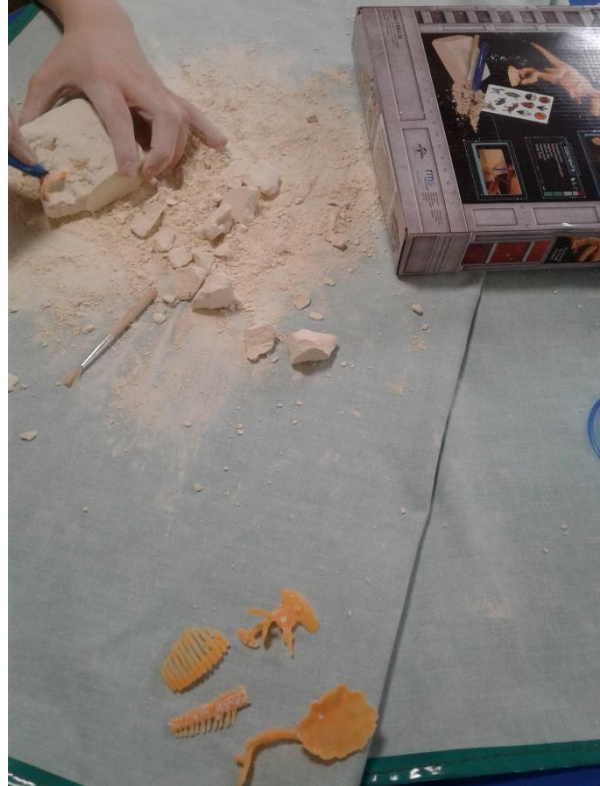


Mark Ormrod posted on twitter- "This is the kinda Friday I like. Hanging out with the students at Mount Tamar this morning whilst they open their new sports track."



# News from Downham

At Downham our yearly topic is Time Travel and our first stop is the prehistoric era, we are learning about dinosaurs and fossils. Darnell has been digging for dinosaur parts to be able to rebuild the skeleton good work Darnell.

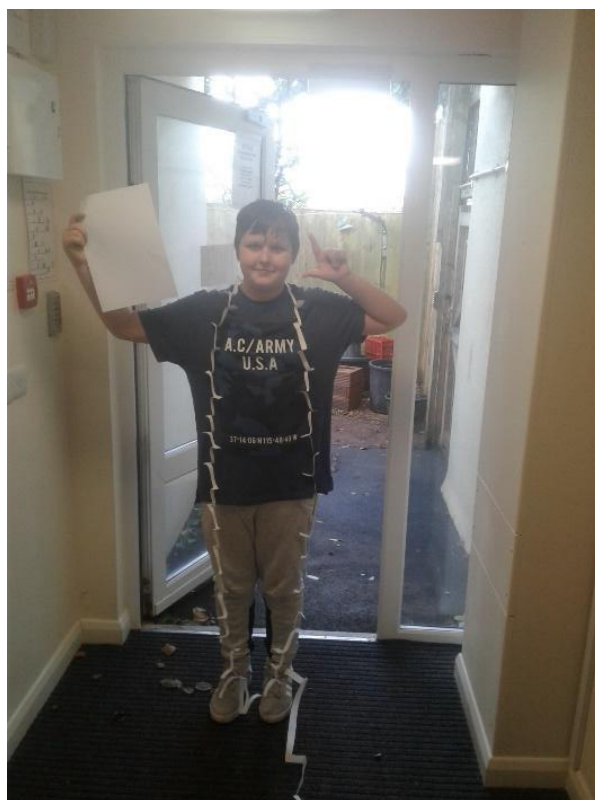
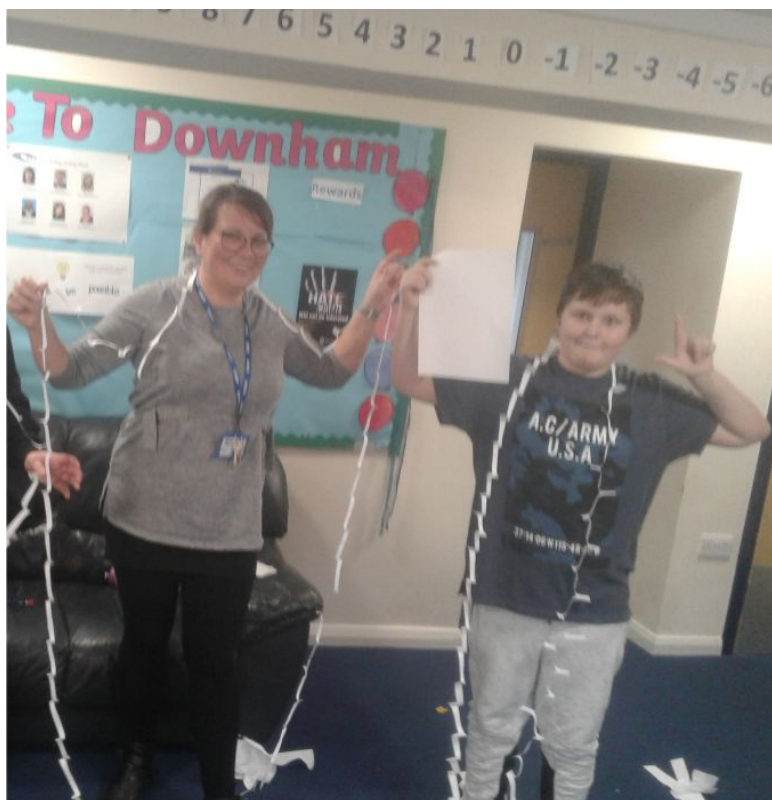


The students have decorated the tree in preparation for Christmas and we also had Buddy arrive at Downham we will have to see what he gets up to on his visit!!



# News from Downham

We had a go at cutting A4 paper in a way that we could walk through. All the students had great fun working this out and as you can see we managed it.



## #EndPeriodPoverty

Parents / Carers of Girls

#EndPeriodPoverty have sent us an amount of Always sanitary wear for use in school for pupils when they need it. Please make your daughter aware that they can come to reception and ask Karen at any time or speak to any member of staff they feel comfortable with who can ensure they have access to this when needed.



# Big Big Bang Event

Class CR particularly had a fantastic time at Mount Tamar's Big Bang Event.

Students had worked hard preparing all their treats and ensuring they were pleasing to the eye as well as being incredibly tasty. Students took turns serving students and staff from schools across Plymouth.

Our students were amazing, they were polite, friendly organised and supportive throughout the event. The class managed to raise a whopping £110.00 which they will get to spend on themselves at Mrs Browns Bakery and then the remainder will be donated to the school charity (to be decided by School Parliament).

We would like to say a great big thank you Mrs Browns Bakery for delivering the bakery workshops to the class, they have enjoyed every moment of it. They have learnt so many new skills in the art of creating beautiful edible treats.





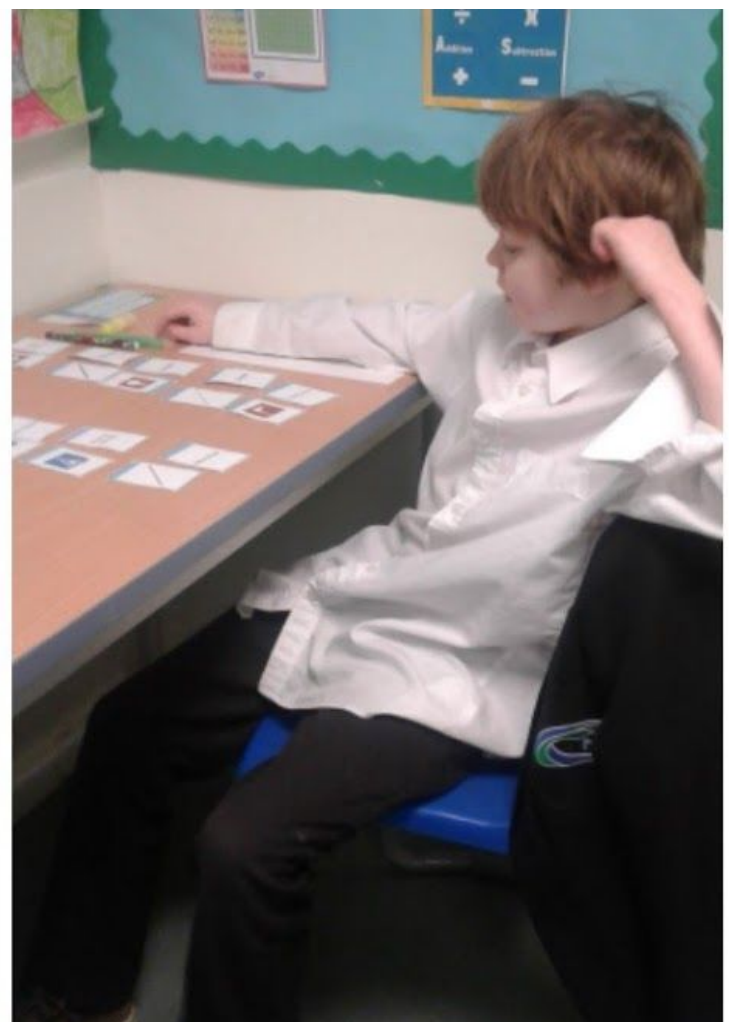
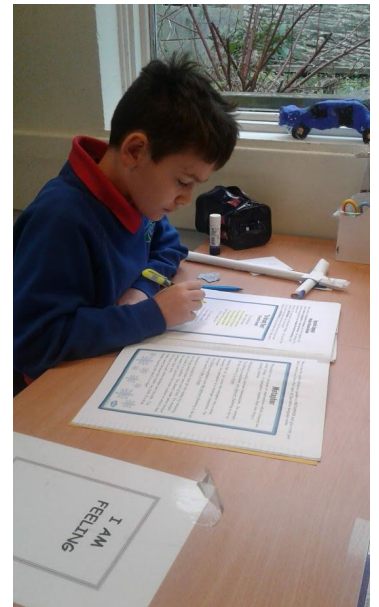
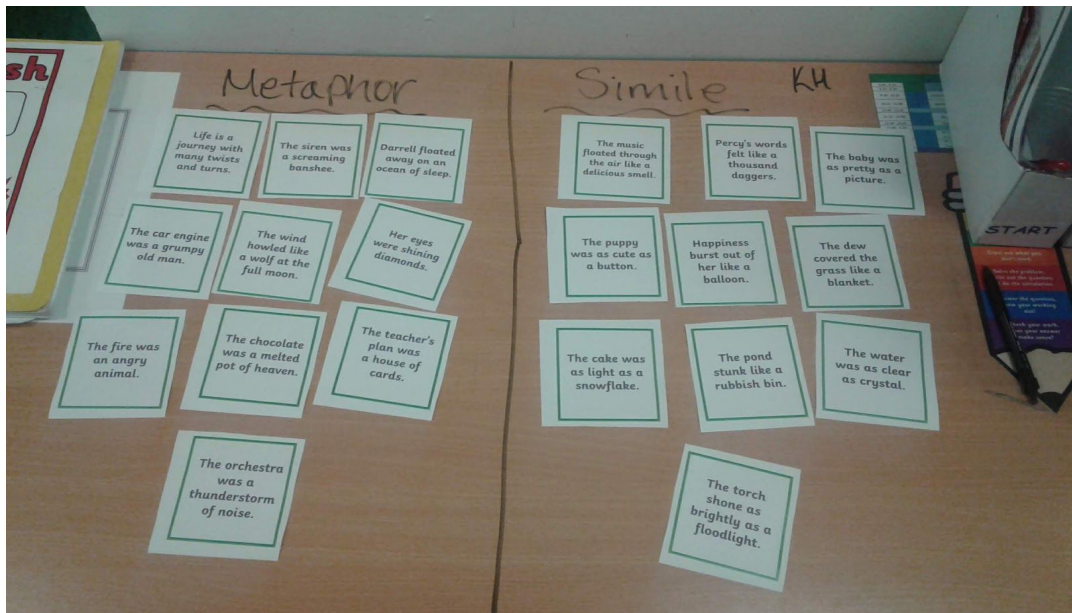
# Big Big Bang Event





# CR Class

Here are some pictures of the work that CR Class have been doing this week. They have been simile and metaphor sorting and learning about maps and map symbols.





# Kindness Coupons

This week Key Stage 3 classes, EW, CR, SL, SP, had their assembly on kindness and how kindness can shape a person's character.

At school, children can earn Kindness coupons by helping staff and peers. We then began to discuss how Christmas sometimes is more about receiving gifts and how much money is spent. I suggested the idea that we could give the gift of kindness especially during this busy period. How would our children make folks at home feel by just a very small act of kindness or doing something for someone else?

With this in mind, I have created a Kindness Coupon to be used at home. Please encourage children to participate in this idea as it will create a positive mindset and also, it might help all you folk at home.

Next week I will be carrying out my own act of kindness.

Thank you kindly for your support and I would like to take this opportunity to wish you a Merry Christmas.

Rachel Hayes

<p>Kindness Coupon</p> <p>At home _____ has been kind (or helped) by</p> <p>_____</p> <p>_____</p> <p>Signed _____</p>	
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Here are some kindness coupons for you to use at home...

Kindness Coupon



At home \_\_\_\_\_ has been  
kind (or helped) by  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

Kindness Coupon



At home \_\_\_\_\_ has been  
kind (or helped) by  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

Kindness Coupon



At home \_\_\_\_\_ has been  
kind (or helped) by  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

Kindness Coupon



At home \_\_\_\_\_ has been  
kind (or helped) by  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

Kindness Coupon



At home \_\_\_\_\_ has been  
kind (or helped) by  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

Kindness Coupon



At home \_\_\_\_\_ has been  
kind (or helped) by  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_



# Dates for your Diary



**Tuesday 18<sup>th</sup> December** - Christmas Lunch and Christmas Jumper Day/mufti for Primary and Aspire

**Thursday 20<sup>th</sup> December** - Christmas Lunch and Christmas Jumper Day/mufti for Secondary

**Friday 21<sup>st</sup> December 9.45am** - Owls Nativity - Owls Parents invited

**Friday 21<sup>st</sup> December 10am -12 noon** - Christmas Fayre

**Friday 21<sup>st</sup> December-** Last day of term

**Friday 4<sup>th</sup> January-** Children and staff return to school

# Coping with Christmas

**Young Minds** have some great information and advice on how to deal with christmas as this is can be a difficult emotional period for young people.

<https://youngminds.org.uk/blog/what-to-do-if-you-find-christmas-difficult/>

<https://youngminds.org.uk/blog/how-to-handle-the-pressure-of-being-happy-at-christmas/>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-at-christmas/>

The **National Autistic Society** and **Ambitious about Autism** have some good tips and advice on how to manage the christmas period to make it less stressful for young people with autism.

<https://www.autism.org.uk/about/family-life/holidays-trips/christmas.aspx>

<https://www.ambitiousaboutautism.org.uk/understanding-autism/at-home-with-the-family-10-tips-for-an-autism-friendly-christmas>







## ADHD Awareness

22<sup>nd</sup> January 2018

11 am until 1pm

Conference Room, Main Site, Mount Tamar School

Would you benefit from information regarding : -

- Helpful strategies
- Hints and Tips
- Awareness
- Support and Guidance
- Therapist Input

Invaluable information surrounding Attention Deficit Hyperactivity Disorder.

Please do join us for this invaluable session.



### **Contact Information**

Signposting, Parent Support, Local Services, Advice & Guidance

Hayley Lee

Parent Support Adviser

Telephone: - 01752 365125

Email: - h\_lee@mounttamar.org.uk



### **Programmes for Parents At Mount Tamar School**

Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

I would like to attend the session for:

☐

Managing Sound on 13<sup>th</sup> March 2018

Please return completed reply forms to Reception at Mount Tamar School as soon as possible.



# **Eat Well**

## **For Less?**

**'EAT WELL FOR LESS?' IS BACK AND BBC ONE ARE LOOKING FOR **HOUSEHOLDS** TO TAKE PART!**

***Is the cost of your weekly food shop spiralling out of control?***

- Perhaps you're desperate to save but under pressure to keep providing the household favourites?
- Do your health requirements affect your diet? Are you in need of some new inspiration?
- Are you battling with fussy eaters, repetitive uninspiring meals and food shopping chaos?
- Or maybe you are just bored of buying and cooking the same foods every week?

**We're looking for households who want to find out when to spend on food and when to save...**

**Get in touch to apply or to find out more!**

**Call: 0117 970 7670**

**Email: [eatwell@rdfttelevision.com](mailto:eatwell@rdfttelevision.com)**

**Facebook - [www.facebook.com/EatWellForLess](http://www.facebook.com/EatWellForLess)**

**Twitter - [@EatWellForLess](https://twitter.com/EatWellForLess)**

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