

The Beacon

Academic Year 2021/22

Issue No: 14

Date 17th Dec 2021

Hello from Mr West

Christmas (in my opinion) is definitely the most wonderful time of the year. The anticipation of what is to come has been building for many weeks. The pandemic we are navigating has tried to stop us, but we have adapted, changed our plans and carried on regardless (in a responsible manner I may add). I have no doubt that the children will leave us this afternoon with a sense of joy and excitement in their hearts.

I have to say that I am so incredibly proud of everyone connected to our school. This term has been fraught with challenges, but we have risen to them. I will share that there have been times of frustration, frustration that we could not share the full Montpelier Christmas experience with you, frustration that we are still guided by COVID restrictions almost two years later, but your support and understanding has been greatly received.

Throughout recent weeks the place has been full of laughter and smiles and as we say goodbye to 2021, I would like to wish you all a very Merry Christmas and a Happy New Year. See you in 2022.



School Term Dates for 2021/2022

Mon 20th Dec 2021 – Mon 3rd Jan 2022 Inc. – Christmas holidays

Tues 4th Jan 2022 - non-pupil day

Tues 15th Feb – Parent's evening

Thurs 17th Feb - Parent's evening

Mon 21st – Fri 25th Feb – half term

Mon 11th – Fri 22nd Apr Inc. – Easter holidays

Mon 2nd May – Bank holiday

Monday 30th May – Bank holiday

Tues 31 May – Fri 3rd June Inc. - Half term

Mon 6th June - non-pupil day

25th & 26th July - non-pupil days

27th July – start of the summer holidays

ACTIVE MUMS



Our Active Mums programme offers a variety of gentle exercise classes for pregnant and new mums led by qualified instructors.

■ Block book - 6 weeks for £12 ■ Classes start week beginning 10 January 2022 for 6 weeks

Pregnancy Classes*	Day and time	Venue	Activity	Description	How to book
	Tuesday 1.30pm to 2.15pm	Green Ark Children's Centre, Devonport, PL1 4DW	Yoga	A gentle yoga practice using well established tools and techniques to help you during pregnancy, birth and beyond. Hot drink included.	Call Green Ark Children's Centre 07921 491876
	Tuesday 7pm to 7.45pm	YMCA, Honicknowle, PL5 3NG	Yoga	A gentle yoga practice using well established tools and techniques to help you during pregnancy, birth and beyond.	Call YMCA 01752 201918
	Thursday 12pm to 12.45pm	Four Greens Community Trust, Whiteleigh, PL5 4DD	Core Stability	This program offers physical activity that is specifically structured for women in preparation for birth, both physically, mentally and emotionally. Hot drink included.	Call Empower 07817 707324
	Thursday 7pm to 7.45pm	Brickfields Sports Centre, Devonport, PL1 4NE	Yoga	A gentle yoga practice using well established tools and techniques to help you during pregnancy, birth and beyond.	Call Brickfields Sports Centre 01752 563320
	Friday 6.45pm to 7.15pm	Derriford Hydrotherapy Pool (Zone C, Level 3), PL6 8DH	Aquanatal	Delivered in the comfort and warmth of water these classes focus on preparing your body for birth, whilst teaching you techniques to use throughout pregnancy to alleviate pregnancy symptoms.	Call Waterbumps 01752 874500
	Friday 7.45pm to 8.15pm	Derriford Hydrotherapy Pool (Zone C, Level 3) PL6 8DH	Aquanatal	Delivered in the comfort and warmth of water these classes focus on preparing your body for birth, whilst teaching you techniques to use throughout pregnancy to alleviate pregnancy symptoms.	Call Waterbumps 01752 874500

*Classes suitable for women 12 weeks pregnant and beyond

Adult and Baby Classes**	Day and time	Venue	Activity	Description	How to book
	Monday 11.45am to 12.30pm	YMCA, Honicknowle, PL5 3NG	Pilates	Improve your muscle strength, stability and pelvic floor and reconnect with your body after giving birth. Hot drink included.	Call YMCA 01752 201918
	Tuesday 9.30am to 10.15am	Brickfields Sports Centre, Devonport, PL1 4NE	Studio Cycling	Bring your buggy or car seat and exercise with your baby by your side in this indoor cycling class.	Call Brickfields Sports Centre 01752 563320
	Tuesday 9.30am to 10.15am	Manadon Sports and Community Hub, PL5 3FD	Yoga	This gentle yoga class will help to build your strength and release muscle tension. Incorporating massage and songs for your baby and relaxation for you both.	Call Satya Birth and Yoga 07500 439670
	Tuesday 10.30am to 11.15am	Four Greens Community Trust, Whiteleigh, PL5 4DD	Core Stability	Improve your fitness, core strength and pelvic floor function. Meet other likeminded women on a journey to feel strong and confident. Hot drink included.	Call Empower 07817 707324
	Tuesday 1.45pm to 2.30pm	Nomony Children's Centre, Cattedown, PL4 0PA	Pilates	Improve your muscle strength, stability and pelvic floor and reconnect with your body after giving birth in a small and friendly group.	Call Nomony Children's Centre 01752 261844
	Wednesday 9.30am to 10.15am	Sure Start Community Room (rear of Ham Drive Nursery), PL2 2NJ	Yoga	This gentle yoga class will help to build your strength and release muscle tension. Incorporating massage and songs for your baby and relaxation for you both in a small and friendly group.	Call LARK Children's Centre 01752 313293
	Wednesday 1.30pm to 2.15pm	DELL Children's Centre, Efford, PL3 6JD	Pilates	Improve your muscle strength, stability and pelvic floor and reconnect with your body after giving birth in a small and friendly group.	Call DELL Children's Centre 01752 788992
	Thursday 1.30pm to 2.15pm	The Barn, Barn Barton, PL5 1EJ	Circuits	A circuit based class helping to safely re-introduce you back into fitness. There will be toys to keep your little one entertained whilst you work out around them.	Call Barnardos 01752 362320
	Friday 9.30am to 10.15am	The Jan Cutting Healthy Living Centre, Beacon Park, PL2 2PQ	Circuits	A circuit based class helping to safely re-introduce you back into fitness. There will be toys to keep your little one entertained whilst you work out around them. Hot drink included.	Email Active Mums Plymouth jess@activemumsplymouth.co.uk

**Classes suitable for women 6 weeks postnatal or 12 weeks post c-section and for newborns to confident sitters. Please check with a health care professional before attending if you are unsure.





Summary of top tips

- ## Don't wait for the crisis.

- ## Don't mention it once and think that's enough.

- ## Don't scare them with 'the big talk'.

- ## Don't punish them before listening and understanding.

- ## Don't pretend these issues don't exist

- Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.**

THE THINGS I WISH MY PARENTS HAD KNOWN

YOUNG PEOPLE'S ADVICE ON TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARASSMENT

**Our full guide shares information
on each of these topics:**



Pornography

"I feel like the best time for parents to have a conversation about porn is a bit earlier for boys than girls. From my experience of male friends, they definitely see porn earlier than my female friends. I mean like early: year 4, year 5, year 6."



Sharing nudes

"A lot of parents might just blame the child instantly instead of trying to support them."



Sexualised bullying

"A lot of my male friends feel like they can't do certain things as they feel like they will get bullied, or even worse than bullied... they feel like they're in danger if they don't do a certain thing."



Editing photos and body image

"It is still as damaging ... you know it's edited, you still wanna look that way. It is hard to get over the fact you don't look that way. It's hard to navigate through that."



Peer pressure

"You see people like those comments and get lots of likes. It makes you think to post more comments like that, you see people like them so you start posting more hateful comments."

All quotes from young people aged 16-21