

The Beacon

Academic Year 2020/21

Issue No: 05

Date 16th October 2020

Hello from Mrs Hunter

Today I am choosing to count my blessings. I am grateful that while we are not able to welcome you into school next week for Parents' Evening, we are in a position to have a good go at trying it through Zoom. I am grateful for a school family that continues to work together as we attempt to work our way around problems that we never thought we would be facing. I am grateful that my staff remain positive and committed and so much fun to be with each day despite the battle of doing their best job amidst a range of exhausting restrictions. I am grateful that our children are a joy to teach and learn with. I am glad the sky is blue today. I am blessed that I have people in my life who make me smile and make me feel cared for. I am excited about Christmas popping its head over the horizon and that it is only one more sleep until Strictly starts. And while I love my job, the blessing of the upcoming half term break is just wonderful!

These are difficult times. I would encourage us all to count our blessings as and when we can to help us stay well and peaceful in the days ahead.

Mrs Hunter 😊

Is your child interested in learning a musical instrument?

Please check your email (at around 4pm) for a letter from Miss JR with details of music lessons available to Year 3 – Year 6 from November. If your child is entitled to Pupil Premium/Free School Meals we may be able to subsidise/fund lessons for them. Enquiries to Miss JR: jessrowe@mpsplymouth.net. **Deadline for applications and payment is Friday 23rd October 4pm.** Thank you

School Term Dates for 2020/2021

(In light of the current situation dates might be subject to change)

Tues 20th Oct - Parents Evening via Zoom

Thurs 22nd Oct - Parents Evening via Zoom

Mon 26th Oct - Non-Pupil Day

Thurs 22nd Oct – KS1 individual photos (Foundation to Yr2 Inc.) – no family groups at this time

Mon 26th – Fri 30th Oct - Half term

Mon 2nd Nov– KS2 individual photos (Yr3 to Yr6 Inc.) – no family groups at this time

Fri 27th Nov - Non-Pupil Day

Fri 18th Dec – last day of term

Mon 21st Dec – Thurs 31st Dec – Christmas Holidays

Fri 1st Jan 2020 – Bank holiday

Mon 4th Jan – Non-pupil day

Mon 15 – Fri 19th Feb Inc. – Half term

Fri 2nd Apr – Bank holiday

Mon 5th Apr – Bank holiday

Tues 6th – Fri 16th Apr – Easter holidays

Mon 3rd May – Bank holiday

Fri 31st May – Bank holiday

Tues 1st – Fri 4th June Inc. – Half term

Fri 25th June – non-pupil day

Fri 23rd July – Last day of term (**1:30pm finish for Year 6 / 2:15pm finish for Foundation through to Year 5**)

Mon 26th July – start of the summer holidays



Identifying and supporting young carers at Montpelier

Dear parents,

At Montpelier Primary School we are aware that some of our pupils are young carers. A young carer is someone under 18 who is caring unpaid for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. Here at Montpelier we know that many of our young carers have siblings with additional needs. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. Research suggests there are at least 700,000 young carers in the UK but many do not realise they are a young carer.

A young carer can find helping someone very rewarding and it may help them to develop positive life skills. These children have the right to be looked after and may need a little extra support to enjoy and do well at school.

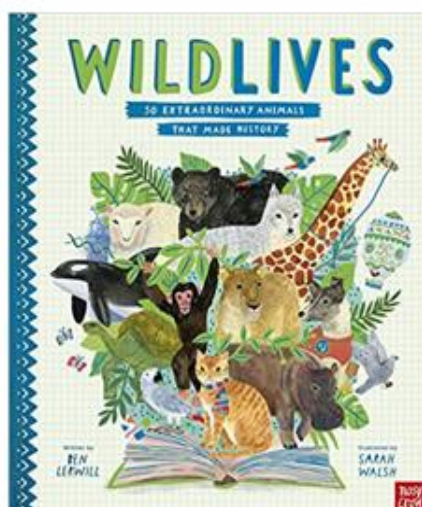
Since 2019, Montpelier Primary School has been committed to ensuring that all pupils who are young carers are identified, and supported effectively. We run a group during the school day for identified young carers to provide them with an opportunity to have fun in a relaxed environment and meet other young carers who have similar experiences.

If you think your child might be a young carer, or could be affected by any of the issues we have highlighted, please contact us on youngcarers@mpsplymouth.net or call on 01752 216160 to speak directly.

Yours sincerely

Jane Gilbert and Sarah Green

Book of the week

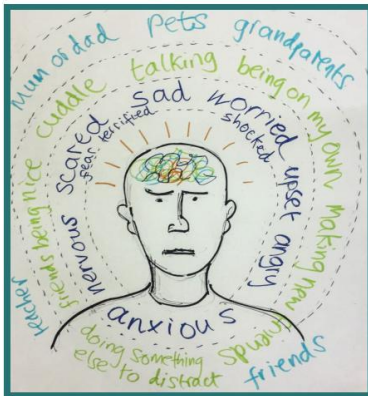


In this fascinating and touching book, children can learn about 50 courageous creatures from around the world and throughout history. This captivating collection gathers heart-warming, surprising and often emotionally powerful stories of bravery, discovery and friendship.

I particularly enjoyed finding out more about Keiko, the whale from the film Free Willy.

If you have shared a book with your child and would like to recommend it, please email me. daniellejones@mpsplymouth.net

Speak to Jane Gilbert or Sarah Green if you would like any further information on
KIDSTIME



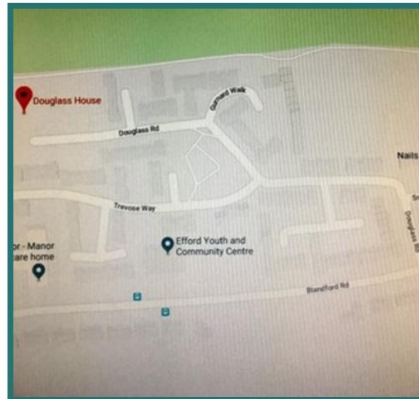
What our families say....

Kidstime helps us to learn about mental health in really fun ways."

"We use art and drama to help us figure out our own thoughts and feelings about our parent's difficulties."

"Kidstime makes it easier for us to express things in a way that is interesting and easy to understand."

"Kidstime is never boring!"



KIDSTIME Douglass House Douglass Road Efford Plymouth PL3 6NP

Multi Agency Support Team
Tel: 01752 240562

Email:

stthomas@plpcic.co.uk

MAST is the provider of targeted Early Help services that support children's social, emotional and mental health needs.

MAST is not an adult mental health service

KIDSTIME

Group work to support children who live in families with mental illness



- ◆ Groups are fortnightly, for families who have a parent with a diagnosed mental illness
- ◆ The groups include age appropriate explanations of mental illnesses for the children, a family activity, an open discussion group for parents and an art or drama based activity for the children.
- ◆ At the end of each evening we sit down together to see what the children have created and share pizza together
- ◆ Sessions are run every other Wednesday during term time 4.30pm - 6.30pm. There is no charge for the families

Our aims:

- ◆ To help children to understand the mental illness of their parents
- ◆ To support parents to understand the impact their mental illness might have on their children
- ◆ To enable families to find and develop language to describe and understand mental health
- ◆ To remove the stigma and social isolation of living in a family with mental illness

It's a safe place where children and parents can have fun, learn, and get support from people who understand what might be going on in their lives.

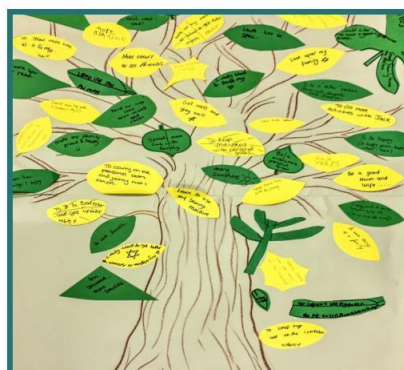
Kidstime often uses creative activities, such as drama, so that young people can explore things they may be worried about and begin to develop new ways of coping with difficult situations at home, in school, or in their daily lives.

This approach helps to reduce anxiety and avoid uncertainty and myths, allowing fears and concerns to be better understood and communicated.

Our team:



Our facilitators are professionals from a wide range of subject areas working within the field of mental health, all with relevant qualifications and current DBS checks. We are supported by the National Kidstime Foundation who have 11 other Kidstime programmes across cities in England.



Benefits:

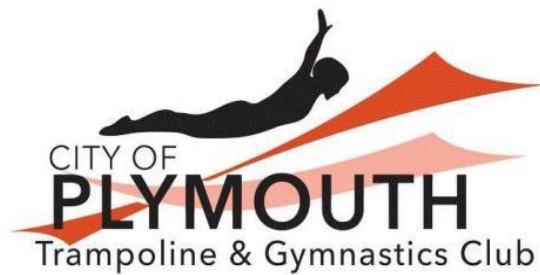
These sessions have been shown to significantly diminish children's levels of distress and disturbance and to improve the caring approaches adopted by the parents.

By helping to open up conversations, sharing factual information and working through resources and activities, we can support children, young people and their families to find ways of talking about mental illness that can be acceptable to everyone

We never ask anyone to do something they are not comfortable with. We do encourage and support family involvement.

- ◆ Improved knowledge and understanding of mental illness
- ◆ Improved communication about mental illness within the family
- ◆ Reduced anxiety and improved family resilience
- ◆ Reduced sense of isolation within family, school and wider community





Dear Parent/Guardian

City of Plymouth Trampoline & Gymnastics club has linked up with your child's school with the multipurpose aims of encouraging young people back to fitness and searching for individuals to join our latest Talent Identification squads.

Trampoline & Gymnastics has been proven to severely improve physical and mental attributes of participants that take part. Providing a fun and exciting way to regularly take part in fitness each week.

In past years, we have run successful Talent Identification sessions within Plymouth schools, highlighted individuals with great potential for Trampoline or Gymnastics and worked with them to be part of South West Squads, England Squads and even working within the Great Britain Teams and having the chance to attend events around Europe and the rest of the world.

We would like to offer the following opportunities to you and your child

1. Trampoline & Gymnastics for all - Once weekly participation sessions focusing of active enjoyment whilst taking part in Trampoline or Gymnastics sessions.
2. Talent Identification trials – We are holding open trials where your child will get the opportunity to try out our trampoline and gymnastics equipment, to potentially gain a place within this year's Talent Identification Program.

Contact us at admin@cityofplymouthgymnastics.com with your name, school, child's age, and whether or not you would like Talent ID Trial information or participation classes information before **MONDAY 26th OCTOBER 2020**.

Anyone booking through this drive for participation classes or talent ID will be eligible for a **FREE CLUB MEMBERSHIP for the 2020/21 year**.

We look forward to seeing you at the next trial stage.

Regards,

City of Plymouth Trampoline & Gymnastics Club



Tue 20th Oct

Tue 24th Nov

Tue 15th Dec

Plymouth Dads Project– Conversation Cafes

Where? The Barn, Kit Hill Crescent, Barne Barton, PL5 1EJ

AND online via zoom... (open to anyone)

Who? For dads/father figures (sorry no children at this event but if childcare is a barrier please get in touch)

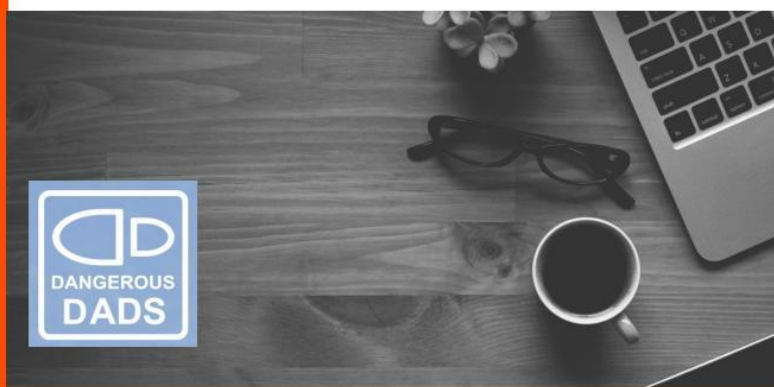
What? Tuesday evenings 7-8.30pm

A rare opportunity in our society, to come together as men to discuss what it is really like being a parent/care giver to our children. Share with a community of other dads, facilitated by professionals who specialise in supporting parents. Relaxed evening of conversation over FREE Pizza if you can come in person...sorry we can't provide virtual pizza for those joining online.

Calling all dads and male carers (step dads, uncles, grandads...) come meet other dads, make new friends, enjoy fun FREE activities with your children on Saturdays and discuss the challenges and successes of being a dad at our Tuesday Conversation Cafes– a safe space to talk all things dad & eat pizza...

Please book your FREE place through
info@dangerousdads.org.uk **OR**
call/text 07934739098.

Limited places to ensure we can provide safe, socially distanced events and the right amount of refreshments so booking is essential...



FREE Events for Dads-Autumn Series 2020