

If there is anything that we can help with please contact the Beechwood office on:

[beechwood.office@discoverymat.co.uk](mailto:beechwood.office@discoverymat.co.uk)

**01752 706360**

**DISCOVERY**  
Multi-Academy Trust

Discovery Newsletter week beginning: 27.4.20

## Welcome

We have been so impressed with your help in participating with our newsletters. We would like you to continue to share your children's art work, family photos, recipes etc. All three of us are also available via email, if you have any worries, queries or wish to make any of the below referrals.

**The winner of last weeks art challenge:** SAMUEL! We look forward to receiving your photos and updates and any ideas or information that you would like to share.

ONLY IN THE  
DARKNESS  
CAN YOU  
SEE  
THE STARS.  
- MARTIN LUTHER KING JR.

[r.dent@discoverymat.co.uk](mailto:r.dent@discoverymat.co.uk)

[j.oliver@discoverymat.co.uk](mailto:j.oliver@discoverymat.co.uk)

[c.wilkinson@discoverymat.co.uk](mailto:c.wilkinson@discoverymat.co.uk)



## BIRTHDAYS

### Oakwood

#### Key stage 1:

Cyrus, Zachary

#### Key stage 2:

Ollie

Miles

Charlotte



### Beechwood

#### Key stage 1:

Harper-Rose

Billy

Mickey

Logan



#### Key stage 2:

Christian

Angelina

Alfie

### Weston Mill

#### Key stage 1:

Lilly-Mae

#### Key stage 2:

Ella

Lewis

Urte



**Next weeks challenge:** Can you share any photographs of food that you have created. Why not share the recipe?

Is your child or the child you are caring for experiencing anxiety, worry or stress? Are they experiencing psychological or emotional distress? Do you need to talk to someone who can offer support and advice?

This service is open to Children, Young People, Parents, Carers and Professionals. The **Urgent Mental Health Support Telephone line** is open now 24 hours a day, 7 days a week on 01752 435122 for advice and support.



**On Course South West Support:** On Course South West has made a wide range of online qualifications free until further notice. Over 40 professional accredited, nationally recognised qualifications are available within Health and Social Care, Business and Industry and Essentials. View the full list of courses online at: [www.onscoursouthwest.co.uk/e-learning](http://www.onscoursouthwest.co.uk/e-learning)



The **North Plymouth Food bank** has now re-opened.



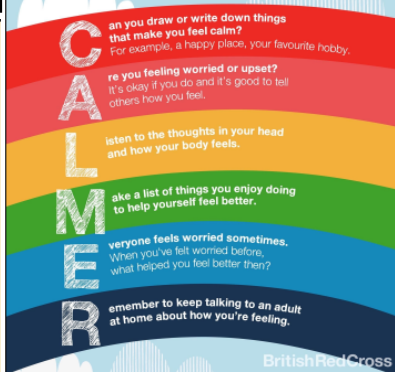
Opening times are: 10.00-12.00 on a Tuesday and Thursday as before. There are restrictions in place, as they are practicing safe social distancing, and keeping with their drive through operating model. If any of our families are in need of an emergency food parcel, this can be done through your schools Family Support Worker.

**Class teachers can be contacted via Eschools.**

## CALM DOWN WITH TAKE 5 BREATHING

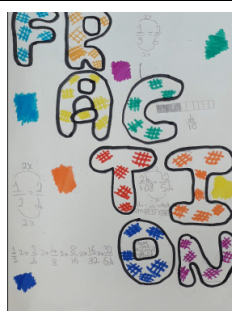


1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly - slide down the other side.
4. Breathe in through your nose - out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.



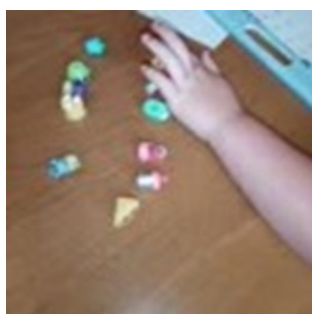
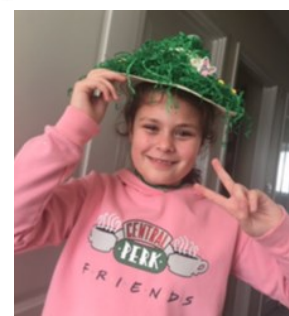
[www.youtube.com/watch?v=mb0g](https://www.youtube.com/watch?v=mb0g)

# Page of Pride!



A breeze whistled past me, ricocheting off the trees covered in a blanket of frost. It was the only noise in this icy and desolate area. Around me, deserted and crumbling boats were being perched on by a cluster of scarred, black birds. Cold and tired, shivering and drowsy, I continued to wander through the icy barren lands of Norway. I had long passed any human contact, it felt like I had been walking for months, but it had only been a week.

A rumble of thunder passed over my head. I had to find cover. Snow blinding me, I continued to march through. That's when I saw it. A cave. Letting out a deep sigh of relief I staggered into what I would call home till the storm passed. I stopped dead in my tracks. There it was. The sword. The legendary sword. It was beautiful. 11 inches of pure silver and a handle carved out of teak with a glistening ruby in the centre, stealing the show.



15th Workshop April  
 1) I have finally found more around. Sliding one on the other and bumping one another.  
 2) This is where there is a lot of other stuff.  
 3) Some are for the water and some are for the water, I'm not sure.  
 4) The magnitude and intensity of shaking is a report on "using the Richter scale". This scale takes the earthquake's violence and is a very goodly, but it is not a very goodly and clear statement.  
 5) There are a lot of things that are not very goodly and clear statement.

