



Discovery Special Academy

Autumn 1 B Newsletter

Half term

Hello again. A quick message to say a huge thank you for all of your continued support for Discovery Special Academy this half term. It is an unusual time we find ourselves in and sometimes we need to remember to look after ourselves.

Meditation

Meditation can be a great way to switch off. The Let's Meditate app has a lot of free meditations. There are lots of other apps too, complete a quick google search.

https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en_US

Physical Activity

In addition, exercise is a great way to support wellbeing. Walking is free, helps you get much needed daylight and is a great way to see friends and family out of doors at the moment. Lucy Wyndham-Read videos are also free and easy to use, you can do anything from 4 minutes to 30 minutes. Why not challenge someone in your family and keep a chart where you can record each day you complete a workout – no matter how long or short!

<https://www.youtube.com/user/LWRFitnessChannel?app=desktop>

Look at the 5 steps to wellbeing:

Connect
Be Active
Take Notice
Learn
Give

You can find more information at

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Explore Mindfulness

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better.

When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted.

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Advice from Middlesbrough Local Authority

We have received a letter from Middlesbrough Local Authority asking for our support in helping prevent the spread of infection.

Therefore, if you drop your child off at the academy, please can you wear a face covering and socially distance from other parents. The full letter from the Local Authority can be found on our website:

<https://www.discoveryspecialacademy.org.uk/parents/coronavirus-update/>



Tier 2 restrictions

To try and help everyone understand the current restrictions, please find a reminder of the tier 2 restrictions below:

- You cannot have people you do not live with over to your house (unless they are part of a support or childcare bubble for under 14s)
- You cannot visit or stay at anyone else's house
- You cannot socialise with anyone outside your household in pubs, restaurants or any other indoor setting
- You can still meet up with people in a private garden or public outdoor setting, such as a park, in groups of 6
- Social distancing and the 10pm curfew will be maintained

We must all remain alert and follow recommended guidelines to ensure we are all safe.

Please contact the academy after half term if you have any questions

01642 248333

Library

Some of our children have started to use the new academy library. This means they can bring books home to share with you. Below is a social story home for you to read with your child so they understand how to use the library.




















 Taking books home.

1  On  a Monday  I can  take  a book  home  from  the school  library.

2  When  I  take  the book  home  I  must  look after it.

3  I can  read  the book  to  my family.

4  On  a Thursday  I  must  return  my  book  back to  school.

5  On  a Monday  I can  choose  another  book  to  take  home.

Look at how hard we are working

The children continue to work incredibly hard. Here is another gallery snapshot of what they have been doing so far.

