

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

beechwood.office@discoverymat.co.uk

01752 706360

DISCOVERY
Multi-Academy Trust

Discovery Newsletter week beginning: 18.5.20

Welcome

THE WINNER of last weeks challenge to share their Thursday clap for keyworkers are... Miles and Chloe!

We look forward to receiving your photos and updates and any ideas or information that you would like to share.
Stay safe— Claire, Jenny and Ros



Next weeks challenge: This week is Mental Health Awareness Week. The tag line is 'Be kind' Can you share any pictures of you being kind, or write about what being kind means?

r.dent@discoverymat.co.uk

j.oliver@discoverymat.co.uk

c.wilkinson@discoverymat.co.uk

Now that we're in lockdown, sadly home is more dangerous than ever for some children. That's why we're supporting the @NSPCC who are still here if you need advice or support, or you're worried about a child or young person. Please call their helpline on 0800 800 5000 or email help@nspcc.org.uk. **NSPCC**

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

Thank you to the Real Ideas Organisation for the donation of art packs to the three schools.

RIO

NEVER ALONE

NSPCC 0800 800 5000 (24hrs)

National Domestic Abuse Helpline 0800 2000 247 (24hrs free)

Mind 0300 123 3393 (Mon-Fri 9-6)

Victim Support 0800 168 1111 (24hrs)

Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)

ChildLine 0800 1111 (24hrs)

Action on Elder Abuse 0800 808 8141 (Mon-Fri 9-5)

Respect - Men's Advice Line 0800 801 0327 (Mon-Fri 9-5 or 8pm)

Samaritans 116 123 (24hrs free)

National Centre for Domestic Violence 0207 186 8270

The things that are hard for our children are often the same things that are hard for us as a parents...



There will be no Home Learning/Eschools set over half term. Please enjoy the break.

eComics

We are very excited about a new online service that has just been launched with Plymouth Libraries. You can now download digital comics. Choose from over 1500 comics including Spider-Man, Thor, X-men, Judge Dredd, Donald Duck, Mickey Mouse and many more! You can find out more on our website: www.plymouth.gov.uk/libraries/freemagazinesandcomics

PLYMOUTH LIBRARIES



BIRTHDAYS

Oakwood

Key stage 1

Oscar, Lewis

Hollie

Key stage 2

Wyatt

Freddie

Isaac, Riley



Beechwood

Key stage 2:

Olivia, Macey

Benjamin, James

Jazmyne-Leigh



Weston Mill

Key stage 1:

Eli, Robert, Carina

Benjamin,

Dakoyta

Key stage 2:

Poppy, Philippa

Alfie, Mason



Domestic abuse can affect anyone and takes many forms

Such as... **child to parent abuse**

Physical violence, emotional and psychological manipulation, threats

My own child abuses me.

YOU ARE NOT ALONE



Need to talk?

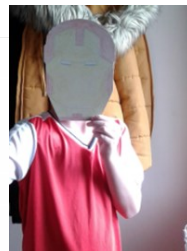
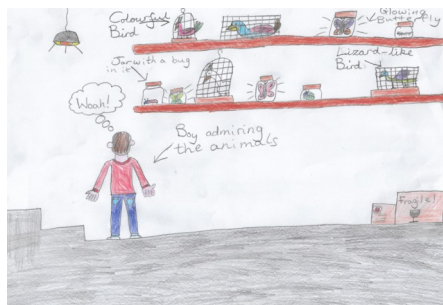
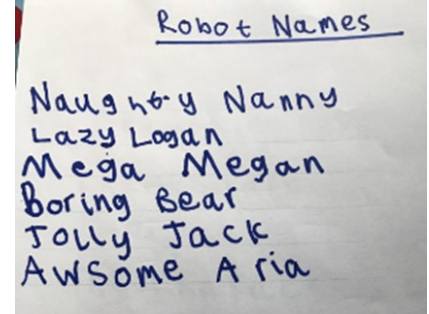
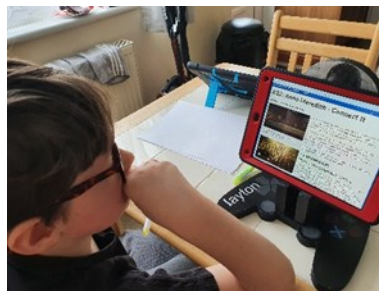
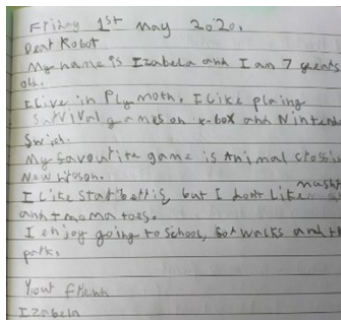
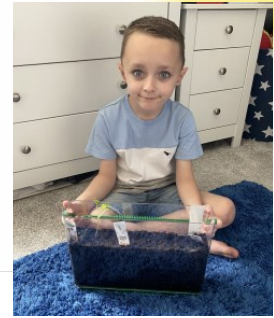
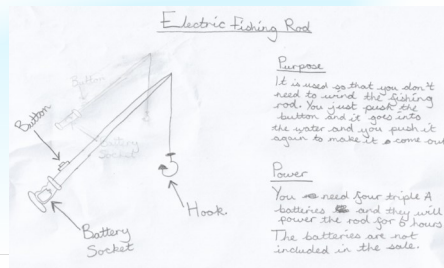
If you are under 18 and living in Plymouth you can call for mental health advice and support 24/7

Urgent Response 01752 435122



Livewell

Page of Pride!



6 down, 94 to go - TJ daily mile for pancreatic cancer

Distance 1.01 mi Pace 13:27 /mi Time 13m 36s



Dear Diary,

Today I had to do my daily chores, which are: picking plants, feeding the animals, collecting fire wood and eggs from our chickens. I also fetch water near the nearby stream. But the good thing is, I get to play with other children from the village after my chores are done. We play with counters and dice and practice juggling. My mum has been teaching me how to do weaving with wool from the sheep and goats in our village. She has also taught me how to make and cook cheese.
That's all from me today, I will write again tomorrow.
Katie

