



Discovery Primary Academy



Friday 17th March 2023

Dear Parents/Carers

I hope you are finding, "My Family Coach" a helpful app on your phone when you need ideas or advice in relation to your family. This week the focus has been on self-care.

Self-care is not selfish: it's essential for our well-being and helps us to better support our family. Ideas for self-help are to seek support and someone to chat to and to prioritise sleep. We all need 7-8 hours' sleep each night so we can cope with the day ahead. Lastly to put a few things into your day to help yourself. This could be a short walk, deep breathing or having a nice cup of tea.

These are the next free parent classes available to you:

Making Friends and Friendship Fallouts. Thursday 30th March - 7:30pm

No Problem at School, But at Home...! Thursday 20th April - 7:00pm

Supporting Your Anxious Child Tuesday 16th May - 7.30pm

Attendance

The overall attendance
91.6%.

Well done to **Thor** who achieved **97.9%** closely followed by **Crusaders** with **96.7%.**

Clubs

Tuesday. Yr. 3 Drama Club at lunchtime. Mrs Barnes.
Yr. 5 & 6 BoxFit. 3.15pm to 4pm. Mrs Torrens
Yr. 3,4,5 & 6 Girls Football. 3.15pm to 4:15pm. Mr Wright.

Wednesday. Yr. 5 & 6 Netball club at lunchtime. Mrs Hovell.
Yr. 4 Drama Club at lunchtime. Mrs Barnes
Yr. 3,4,5 & 6 multi-sports. 3.15pm to 4:15pm. Mr Wright.

Thursday. Yr. 5 & 6 Recorder club at lunchtime.
Yr. 5 & 6 Boys Football. 3.15pm to 4:15pm. Mr Wright.

Getting Ready for Change – Reception Year

Starting school or education is a wonderful and exciting time. To help families give their children the best start for this transition (change), local NHS clinicians have created online health questionnaire that can be your 'Getting Ready for Change' checklist. This invitation goes out to every parent or carer living in Cambridgeshire or Peterborough who has a child aged 4-5 years.

It covers lots of points from hearing and eyesight through to emotional health and behaviour. After answering the questions, you will be provided with some helpful information and on-line resources along with a summary of your answers.

You can access the questionnaire by using this link:

<https://portal.cambspborocyphs.nhs.uk/GRfC/Reception>

**RED
NOSE
DAY**

Today the academy was particularly colourful, with lots of red accessories being worn as we celebrated Red Nose Day. Thank you to everyone who brought in donations for a worthy cause.

Dates for Your Calendar

Friday 31st March -

Finish for Easter

Tuesday 18th April -

Summer Term Starts

Monday 1st May -Bank

Holiday

Monday 8th May –

Bank Holiday

King's Coronation

Tuesday 9th May –

Year 6 SATs week

Monday 29th May –

Half Term



<https://www.theclubhq.com/gnfc/news/XDHgBcpBNpJ8FNjxK?chqs=1678446574159>