



Discovering Times

Discovering Inspiring Caring Improving Achieving



Welcome to edition 9 of Discovering Times. It is exciting to bring a new edition and showcase all that has happened over the term here at Discovery Academy.

After a difficult two years it has been fantastic to be able to re-introduce so many of the wonderful things that make Discovery Academy an amazing place to learn and work.

This term has seen the re-introduction of School council, Junior Librarians, Digital leaders and Eco council and also seen the development of these roles into RE Champions, Playground Pals and Sports Ambassadors. Each of these roles will develop over the year and each edition will focus on some of these groups and what they do.

Reading is still a huge part of Discovery Academy. The library has had a re-design and we have invested in new books which will be introduced over the year. Linked to this we have re-established our house teams – all linked to authors we study

across the school. Children have been placed in these teams and when we do whole school or Key Stage events the children will work in their teams again.

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OUR DISCOVERY ACADEMY HOUSE TEAMS



Discovering Inspiring Caring Improving Achieving

Everyone at Discovery Academy wishes you all a wonderful Christmas Break and look forward to seeing you all on Wednesday 5th January, 2022.

Discovery Academy Welcomes Mr. Doolan

Mr. Doolan was officially sworn in as Discovery Academies Sports and Wellbeing coach in September and we are very excited with what we have seen so far. We have already stepped up our After School Club offering as well as the sporting competitions that we are able to attend we are looking forward to more of the same in 2022.

In P.E this term, each class has worked to a high standard and have shown improvement and development in a wider range of skills.

KS1 have been working on ball skills this term with the use of their hands, which has led them to learn more about activities, which require those skills such as Netball and Basketball, and why those skills taught can be implemented when playing a variety of games. The children have shown the ability to dribble with control into open spaces, passing accurately with a chest or bounce pass and have also been looking at improving their sending and receiving skills, improving their catching, meaning they are now able to track balls and react quicker which has allowed them to do more games which require them to work as a team.



Years 3 & 4 have been introduced to Tennis this term and have made excellent progress. From learning about holding the racquet correctly, to improving their fundamental skills such as close control, to learning about the technical aspects of the game and when is best to use a specific shot and even how to win a point. The forehand and backhand shots have been two important elements of the game which the children have all shown improvements on and have been challenged with the introduction of the net, which has allowed them to improve on the technique enabling them to become more accurate and giving them the ability to score points.

This term year 5 have put the skills taught in play leaders into practice, exceeding all expectations. They are becoming more adaptable with the games they have learned and becoming more



independent, finding new ways to make it more enjoyable for all participants. This also led to building stronger relationships with the KS1 & KS2 children involved in their games as well as with their partner. Since September year 5 have also been lucky enough to go to Hyde leisure pool, improving on a wide range of important skills. The improvement has been clear to see this term, each child has shown more confidence in their surroundings, as well as being asked to complete 25 meters unaided in the pool.

Afterschool sports clubs this term have been Hockey. KS1 have been introduced to the fundamental skills, and have all succeeded in being able to hold with the correct grip, allowing them to dribble and pass with more control, this gradually led to the introduction of small sided games. KS2 have been challenged by only being allowed to use the single side of the stick, which allows controlled dribbling. They have also learnt, about passing more accurately and the different ways to receive a pass. This led to the children to be a lot more confident in their ability and some were lucky enough to represent the school in a quick six Hockey festival earlier this term, where they excelled and were a great representation for the school.

Curriculum update - English

Junior Librarians

This Autumn term we re-introduced our Reading Librarians. Since then, they have been working with Miss Brown on promoting a love of reading in our school. They have been working super hard learning how to use Library Cloud so they can add new reading books and check them in and out as well as creating book areas within the library. They have also joined Tameside Library's reading champions programme, meeting other librarians from other Tameside schools over Zoom. From this they have been researching new books to add to our library and discussing how to promote reading for pleasure throughout our school.



Reading Advent



This term our librarians came up with a fantastic idea of a Reading Advent Calendar. They found lots of Christmas/Winter stories and poems and organised them to suit the year group. On the 1st December they came around and delivered each class their box of books and even read Nursery their first story. The children in EYFS and KS1 have absolutely loved unwrapping a book every day and listening to all the wonderful stories! All the children in KS2 have thoroughly enjoyed unwrapping a poem a day to read and have chosen a Christmas based novel to share.



New books, New Year

Every class has been able to take home a book from the library every week. This gives every child an opportunity to choose a book that suits their interests and promotes reading for pleasure. If you have enjoyed any of these books at home and wish to share these special moments with us, we would love to see them on Twitter. Please tag @Year2Discovery and @disco_library.



Next half term we will be introducing a new phonics scheme for the whole school. This will mean brand new decodable books for the children to take home and read with you at home. We will also be revamping the library with new books that represent a lot of diverse backgrounds. I am SUPER excited to introduce these to the children and can't wait for the new year to arrive!



SPANISH



I am so delighted to share that each class now have weekly Spanish lessons with Guiomar our Spanish teacher.

The children are enjoying the fun and interactive lessons and have worked so hard to retain and embrace learning a new language.

Children in EYFS have been working hard to learn the Nursery



Rhyme 'Twinkle Twinkle Little Star' and did an amazing job singing this in our Nativity performance.



In KS1 the children have enjoyed learning Spanish numbers, colours and worked hard to retain the different songs and gain a better understanding of the Spanish culture in

comparison to their own.

In KS2 the children have been working hard to pronounce the different sounds correctly in their phonic lessons. They are really improving their listening skills and becoming more confident answering questions in Spanish and engaging in conversations.

Each year group are working through the early or intermediate lesson units which are interactive, fun and focus on the four key language learning skills speaking, listening, reading and writing. The children look forward to the lessons each week. It has been lovely to hear the children sing Feliz Navidad and learn how Christmas is celebrated in Spain.



From all at
Discovery

**Feliz Navidad
Próspero año y
felicidad.**

Mrs Kirkbride

MFL Lead Teacher



Deputy Principal update

It has been another superb term at Discovery Academy! What a start to the year we have had from Enterprise Day right the way through to our Christmas performances – it has been an absolute blast! Here are just a few of the many highlights.

We began the school year with Enterprise Day. The children worked extremely hard on the products for their stalls throughout the week. They then decided a good price for each product making sure they had a healthy profit on each one of them. Then on the Friday afternoon, the class sold their good to the families at Discovery, who were extremely generous. It was a thoroughly enjoyable day and I feel that we may have some young Alan Sugars and Karen Brady's on our hands!



At Harvest time, KS2 joined in a community event at Hattersley Garden Project. It was lovely to join other schools and groups from Hattersley as well as having a service from our local vicar, Denise. The children performed their harvest song and represented the school so well.

On the 11th November, the school had its annual Remembrance Service. The children were very reflective about why it is important to remember and be thankful for everyone who has fought for our liberty. In their classes, the children made different variations of poppies to place on the stage as a sign of remembrance.



At the beginning of December, KS1 and KS2 went to our local pantom in Stockport. We had such a fun and exciting day – oh no you didn't...oh yes we did! The children were an absolute credit to the school and themselves. We received lots of compliments about how polite and well-mannered all of the children were.

Next, it was our turn to take to the stage. Towards the end of this term, all Key Stages have been working very hard on our Christmas performances. As I am writing this, the children have just had their first dress rehearsal and the children have blown us away with what they have produced. We cannot wait for the real thing.

That concludes my summary for this term. There are so many other amazing things that I could have added but just didn't have the room. I cannot wait for an equally exciting term after Christmas! Hope you have a lovely Christmas.

Nursery

What a fantastic term we have had!

All the children have settled in well, and have made a fantastic start to the term. The children have made new friends and have had a fun and exciting term.

The children have been working on relationships, playing together in groups, initiating conversation and building on roleplay. We have talked about being kind and how we can show this to each other. We have worked on managing our own hygiene and personal needs. We have been working hard to embed our school values Discovering, Inspiring, Caring, Improving and Achieving, and have always tried our best.

In September we began our topic 'All about me'. We explored ourselves and the world we live in through the book 'Here we are' by Oliver Jeffers. We discovered more about our Planet Earth and where we live. We talked about our families and how we are all different and important. We used our senses to investigate our likes and dislikes, listened to environmental sounds and learnt about our body parts through the song 'Head Shoulders Knees and Toes'.



The children enjoyed our nursery Rhyme topic and re-told a variety of traditional nursery rhymes. During Literacy we created Get Well Cards for Humpty Dumpty and investigate who pushed him off the wall! We have been reciting numbers 1-10 and used practical apparatus to count and compare size and shapes. During Science we re-used and selected different materials to build our own 'Dingle Dangle Scarecrow'

This term we have been very excited to explore the topic 'Colour' and how colour is used in many different celebrations. We used our 'Potion Lab' to create colourful Fireworks for Bonfire night and used alliteration in literacy to create their sounds. We enjoyed learning about Diwali, and made Diva lamps to celebrate the festival of light. We made red poppies for Remembrance Day and designed colourful pictures to raise awareness for Children in Need. The children especially enjoyed learning about Christmas and learnt to sing Twinkle Twinkle Little star in Spanish for our EYFS Nativity.



We read the text 'Colour monster' and talked about the different emotions we feel. We have enjoyed exploring colour mixing to make new colours. We have been on wellie walks and looked at the different signs of Autumn. We collected lots of natural resources and made observations during science and counted, weighed compared and sorted in Maths. The children have enjoyed exploring the fun of snow and the changes in season. It has been

a very busy first term! The children have worked so hard and we are so proud of them.

Reception **What an amazing first term in Reception!**



We have been very impressed with the way that the children have approached all areas of school life this term with big smiles on their faces.

What a term we have had! Our classroom has been filled with lots of learning and every day we have been delighted with what we have seen. We enjoy sharing it with you on Twitter to enable you to see how our children represent our values: Achieving, Caring, Discovering, Inspiring and Improving.



Our learning areas have seen the children blossom in confidence, as have our role play areas and drama work. When we did the retelling of Goldilocks and The Three Billy Goats Gruff. Our troll voices were so amazing Miss Bentley-Dawson really thought a troll was hiding under our climbing frame!



Our knowledge of Autumn has grown as we did our wellie walks and looked at the changes. We were able to share the things we saw with our friends and record some of them too!

We have enjoyed our topic 'Light and Dark, especially learning about space and having the Wonder Dome experience. We amazed our grown ups when we could explain diurnal and nocturnal and were able to sort out the animals accordingly.



The lead up to Christmas has been very busy and creative. Taking on the roles of elves, we have been making cards, wreaths, ornaments, reindeer dust as well as writing lists and helping Santa to make some toys in our construction area. We have also written about the adventures of Ben our classroom elf. We were amazing in our 'Nursery Rhyme Nativity' and all learnt the words and actions to the songs.
Keep up the good work!

Have a very merry Christmas.

The Reception Team

Year 1 The Year of the Dynamos!

We welcomed the children back with optimism in September as the country began to open its doors once more. We started the Year looking at a fantastic story by one of our school authors Nadia Shireen. The children loved how the Terrible beast was tricked by Billy and how in the end it was the beast who was never seen again, The End!

In our English, the first term has been focused around the rules for a great sentence. We looked at what a good sentence needed and then learnt how to make it even better by using new and fancy words such as adjectives and even adverbs. The children have been working on putting capital letters in the right place, using finger spaces and adding full stops, question marks or exclamation marks to the end of their sentences. We have also been working hard on how we present our work, the letter formation and size of our letters is just as important as what we have written.



In Maths, we have been diving deep into the world of numbers and place value this term. We started by looking at a group of objects and what it represented, added numbers then we had the children match the number to the group. This led on to looking at different ways of representing each number, we introduced a part whole model, tens frame and mathematical symbols. The children were able to use these tools to complete lots of different activities that teach fluency, reasoning and problem solving; three important elements need to fully understand maths.



During our Science we looked at Sir Isaac Newton up until half term, we learned about his life and what he was famous for. When also looked at the different scientific methods he used to conduct his ground-breaking experiments. We ended by looking at his most famous theory and had great fun making machines that combated the effects that gravity had on an egg. We also was encourage the learning at home but in this case; maybe we send home a warning! ☺ Up until Christmas we have been looking at Animals, we started by classifying animals in to

groups and by what they chose to eat. We then looked closely at us as animals, we learnt about different body parts and how we use them before looking at our senses.

Our History topic was all about Rosa Parks, an inspirational figure in the equal rights movement in the 60s. The children loved learning about her life and the bravery she showed in standing up for her rights and the rights of millions of people. We did some work around what makes us brave and how we should act if we saw something we knew was not right and the children were brilliant in their responses and actions



From all of us in Year 1 we would like to wish you a very Merry Christmas and a safe and happy New Year

Year 2 What a wonderful start to Year 2!

All the children have settled really well into Year 2 this term and their effort and commitment to their work has been commendable.

They have enjoyed discovering and learning so many new things from how to spell some of the Year 2 Common Exception Words to Walter Tull and Albert Einstein to what it is to be a hero and understanding the value and addition and subtraction of numbers up to 100.



We've had a visit from a witch who took over our library, had breaking news from a rescue mission of poor Miss Goodson, re-enacted football matches from the past, completed the mystery book activity, journeyed over the ocean to Grandad's island, completed science investigations, had a virtual visit from an illustrator and visited

Stockport Plaza for the Christmas Pantomime.



From these inspiring experiences the children have written newspaper articles, character descriptions, stories, setting descriptions and diary entries and have started to improve their written work independently by developing their editing skills.

They have enjoyed using practical apparatus in Maths to explore new addition and subtraction concepts and have shown a deep understanding of these through their reasoning and problem solving.

Year 2 have worked super hard and I am proud of all they have achieved this term!

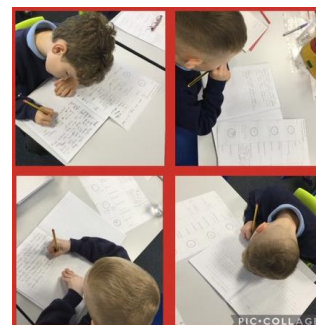
Have a fantastic Christmas and we are looking forward to seeing you in the New Year.



Year 3

A great start to KS2!

We have had a fantastic start to the school year in Year 3. In English, we have used The Write stuff to create several fantastic pieces of writing, including exciting stories based on The Incredible Book Eating Boy, and compelling speeches linked to our History learning about Martin Luther King and the Civil Rights Movement. Our class text in before half term was Foul Play, and the author, Tom Palmer, loved reading about our learning on Twitter! We have had some fantastic experience days including a sneaky visit from The Book Eating Boy himself. The creativity and vocabulary of the children's writing has blown us away, and we can't wait to see what they write next!



Maths has been focused on place value for the first half of the autumn term, then in the second half of the term pupils used applied this knowledge to addition and subtraction. The children have really impressed us with their explanations of their working using tricky maths concepts. And they have loved challenging each other to see who can be reigning champion of our Times Tables Game!



In Science, we learned the skills we need in order to conduct fair and accurate investigations, then applied this knowledge to discovering all about light and how it travels. We loved testing different materials from around our classroom to see which make the best reflectors. And the children's knowledge of transparent, translucent and opaque materials came in very handy when designing a pair of curtains!

Our whole-school science day about pollution and climate change was a real highlight of our term. We found out lots of ways we can help our planet by reducing, reusing and recycling plastic – and we put this into practice by turning some old bottles heading for the bin into fantastic artworks!

In Geography this term we have been looking at the different countries and areas which make up the UK. The children found out lots of interesting things about our own local area, and they were able to combine this learning with our DT lessons when we made butter and bread just like farmers in Hattersley would have done long ago!



We were inspired by our History learning about Martin Luther King Jr, the preacher and activist who campaigned for Civil Rights. The children completed some wonderful non-chronological reports exploring the reasons MLK is seen as a hero by so many, and the lessons we can take from his story today.

In Art, we learned how to use simple but effective pencil shading techniques to create eye-popping illustrations. We had a blast when Caroline Coates came to visit the school and taught us how to make beautiful paper lanterns, decorated with our own artwork.

The children have been a pleasure to teach and their effort and resilience has absolutely shone. Thank you to Year 3 for an amazing term, you are all STARS and we can't wait for next year!!!

Year 4

A term of excitement in Year 4!

We have had a fabulous term in Year 4! The children have settled in so well and it has been a pleasure to see the kindness they show to one another. They really are a tightly knit unit.



We began the year with Enterprise Day. The children used their business skills to put a plan together for how to make the most profit out of a product that they would create. They decided on bookmarks and paperweights. They then sold these at the fair at the end of the day and (thanks to your generosity) made a good profit.

In the first half of the term, the children learnt all about the Aborigines. Miss Brown and I were so impressed with the questions the children had in order to gain an understanding of Aboriginal culture. As well as studying the history, we learnt the tales from folklore and learnt about famous people of Aboriginal descent, such as Cathy Freeman. In Art, the children produced superb pieces based on pointillism that were in the style of cave art from Australia.



We have looked a lot at the environment this term and the children have really driven this as a focus. As well as looking at the what has taken place at COP26, we have focused on the difference that we can make as a school. The children attended a sustainable future workshop based on the 4 Rs: Reduce, Reuse, Recycle and Repair.

During Inter-faith Week, we looked at many different religions from around the world. The children explored the similarities and differences between them as well as looking in more detail at the traditions and celebrations related to each one. The week finished with a workshop looking at different artifacts and books that allowed us to explore each religion further.



One thing that I noticed when I met the class was that many of the children have a real love of sport. They impress me and Mr Doolan every PE lesson. Many of the children in Year 4 represented the school football teams in their first ever games! We could not have been prouder of them. The children had excellent knowledge of their sporting idols.

Overall, it's been a superb term and we can't wait for a just as exciting one next term!

Year 5

Leadership roles and responsibilities!

Our first term back has sure been an exciting one in Year 5! We have been getting used to our new roles and responsibilities around the school and have been doing a lot of great learning along the way. Here is a quick recap on everything we've been up to since returning in September.

Year Five have definitely been showing our **caring** value and have been great role models to have around the school. From Playground Pals to Early Years helpers, we have really been proud of what impact our upper school team have had.



We have been **inspired** by many great people this term. In English, we wrote a continuation of 'Float' by Daniel Miyares, who was so impressed by our dedication to his work that he asked to read our final pieces when he reached out on Twitter. The children were thrilled!

Our **improvement** in Maths has really shone through this term. Recapping and extending our knowledge of our four main operations was tricky, but Year 5 persevered and were very proud of themselves once they mastered some new methods. We have been making a massive group effort to improve our reading this year also. Exploring new texts each week has allowed us to learn about a huge range of different topics including Hanukkah, European landmarks, and even a Demon Headmaster (totally fictional, of course).

The children have **achieved** so much this term that it could not possibly be covered in a single page. Through our regular swimming lessons as part of our P.E curriculum, the children have been achieving at great lengths and have learned not only how to swim well, but safely too. I know Miss Boyle and Mr Doolan had an amazing time being dunked at the end-of-term fun day! These achievements extend to our House Captains, who have taken hold of their new responsibilities with both hands and rolled with them; the improvements the school is seeing across the board is amazing!



Finally, **discovering**. Year Five have learnt a lot these past few months and seeing the children apply what they have learnt to new and different topics has blown us away. We have had children debating in RE lessons, with great consideration of others, using their knowledge of shapes in Art lessons when creating pieces inspired by SH Raza, and even testing Mr Roberts's Science knowledge when learning about rivers in Geography!

It's been a fun-filled, non-stop term and being able to mix as a whole school again has really been great for us all! Year 5 being able to help other children and adults around Discovery Academy, which has provided them with key skill in supporting and uplifting others and has allowed the children to create bonds, which will definitely carry them through the rest of the Year! Mr Roberts and Miss Boyle could not be more proud of the progress we have made as a class this year and we are beyond excited to see what comes next!

Lunchtime clubs

Lego buddies

KS1 and 2 children have enjoyed attending our lunch time Lego buddies club with Mrs Kirkbride and Mrs Clare. We come together each week and enjoy working together in pairs or small teams to build different models.



The purpose is develop the children's listening skills, promote team



building and build confidence as well as respect for each other within the group. We have been amazed at some of the models the children have built, the children have used their imagination and enjoyed sharing their models with their peers.

The children have worked on problem solving and have been able to develop social interaction skills as well as collaborate on a joint project. We have seen a boost to their self-esteem and most importantly the children look forward to attending each week. The children have so much fun that they don't even realise that they are learning important skills!



Reading club

This term has seen the introduction of our reading club. Children have been coming to the library to enjoy the amazing books on offer.

We have been looking closely at *The Enormous Turnip*. The children have innovated the story and come up with some amazing ideas of their own. We have had 'The Amazing Giant Potato' and 'The Enormous Carrot' stories. The children have acted out their own version of the story and we have talked about the meaning of lots of words in the book whilst looking at how we could make the story better. We had lots of fun pretending to pull out an enormous carrot and potato out of the ground.



We then looked at the story *Rumpelstiltskin*. We liked the idea of spinning straw into gold and thought about other things we could turn straw into.....Chocolate was quite a popular idea!



At the end of each session, we take it in turns to read a book together. We are looking forward to enjoying more amazing stories next term.

Leadership Groups Focus

Eco-Council

This year we have re-launched our Eco council and have added to our ranks. Our council members have been challenged to complete three huge tasks this year and one task came along very quickly.

During the final week of the first half term, we came together as a school to take part in Science Day. This year our theme was Looking After Our Planet. Each class had a topic that centred on things we can do to make school, home and our environment better. The Eco council members were charged with presenting back some of the wonderful activities that were completed during the day in a celebration assembly that took place in the afternoon. The Eco council went above and beyond in their classes and some of the feedback that was presented was fantastic. A brilliant start to what we at Discovery hopes to be a successful young leadership group.



Now that is only the first of the challenges for the group. Challenge two is to engage with our wider community and raise awareness of the need to Reduce, Reuse and Recycle. So when we were approached by a local group to help with a greener Hattersley project the Eco council jumped at the opportunity. The project was to create an awareness board that will be displayed at the community Doctors Surgery. The first task was to create a design and with the help of a local artist we came together and decided on an idea for our mural. Our task after Christmas will be to complete the painting of this on a huge board that will be displayed on the fencing at the doctors. We have also been invited to the unveiling of the boards and the children are very excited to be attending.



Our final challenge will be to create a community poster that we can circulate, asking for the support of the local people in our fight against climate change. To do this we are hoping to have a meeting with a climate change specialist who can help us focus on what people in Hattersley can do to help. Then we will design the poster and finally have it printed and hung up around the locality of the school.

It is a lot for our first Year but the children are excited to make a difference to the world that they are inheriting. It will be up to them to put into action the decisions that are made today and so far, Discovery Academies Eco council haven't put a foot wrong!

Digital leaders

Each class in Years 1 to 5 have 2 Digital Leaders. These children have an interest in technology and their role involves supporting the class teacher with technology, promoting online safety and testing games and apps.

In our first meeting the children were excited to tell me all about our new Chrome Books. Each class had used these and all the children were positive about them. The challenge was remembering individual usernames and passwords to login to the Chrome books and after thinking about this, the group decided that if each child used the same number Chrome book each week, they would only need to remember their password.



Each of our meetings have an online safety section and in our first meeting we talked about personal information and the importance of keeping passwords safe. We also talked about what we would do if we were concerned that someone had access to our personal information.

We didn't have any games or apps to test in our first meeting, but the children had tried out various typing games and were able to share which games they liked best and why.

In our second meeting, it was great to hear that the Digital Leaders had been helping their classes with the Chrome books. They were confident talking about what they had been learning in their Computing lessons, which included making Christmas cards, researching about blogs and making videos.



In our online safety section, we talked about how much screen time we should be having and decided a little bit of time often was better than spending lots of time on devices, especially at home.

The Digital leaders are going to be testing two resources over the next few weeks; Spelling Frame and Maths frame. I look forward to hearing how they find these websites in our next meeting.

Next term, the Digital Leaders will also be helping to plan Safer Internet Day which is the 8th February.

Thank you for all your work and enthusiasm for technology and Computing Digital Leaders.

Mrs Mayers

RE Champions

Each class in Years 1 to 5 have one or two RE champions. The role of the RE champion is to talk about what is going well in RE, promote the discovering and caring values linked to RE and to help with readings and prayers in the RE assembly.



Our first RE Champion meeting took place during Inter faith week. We talked about what this meant and the activities each class would be participating in. We looked at the new artefacts and talked about similarities and differences between the major religions. The RE champions said they would make sure their classes treated the artefacts with respect and care.

We talked about how Inter faith week is about people from different religions and no religion talking together, learning about and learning from each other. The children were invited to talk

about their beliefs and listened to each other carefully and respectfully.

All the RE champions could talk about their new RE topics and were enjoying their RE lessons. The majority of the RE champions are excited about reading stories or prayers in assemblies.

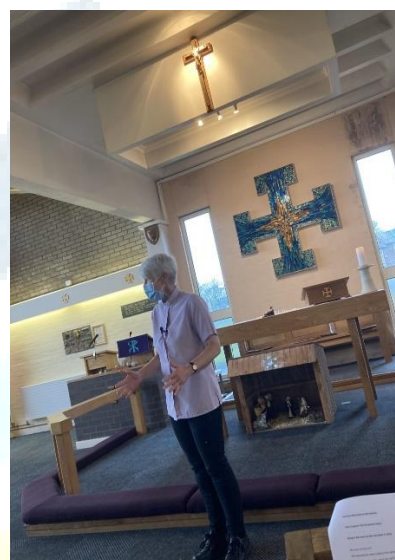
The KS1 children had a visit from Rev Denise Hayes to talk to them about Advent and said this was very enjoyable and informative. The KS2 children are visiting St Barnabas Church on the 16th December and the RE champions will be reading the poems in the service.



In our next meeting in January, the RE champions will be looking at the weekly RE assemblies and choosing the prayers and readings they want to do to help in these assemblies.

Thank you for all the respectful conversations we have this term RE champions.

Mrs. Mayers



Goodbye Reverend Denise

All of the children and staff at Discovery Academy will miss Reverend Denise when she moves on to her new job at the end of January. We wish you all the best and remember to visit your Discovery Family when you are back in Hattersley.



SENCO SPOTLIGHT

Each edition, Mrs Mayers will provide advice, information or support about things that can help children with Special Education Needs.

Good night! Sleep well!

Did you sleep well last night? How do you feel when you wake up in the morning?

Sleep is very important. It isn't just a time to rest; in fact your brain and your body are both very active when you sleep.

For children especially, sleep is a time when

- The body battles infections
- Memories are consolidated
- Growth hormones are released



Sleep is important for your mental and physical health and a poor night's sleep can lead to poor memory, irritability, low mood and impaired concentration.

How much sleep does a child need?



What is a sleep problem?

It is normal to wake a few times in the night, but this is a problem if you are unable to go back to sleep. Some sleep problems can be divided into categories

Insomnia – difficulty settling to sleep, waking early in the morning or during the night and not being able to return to sleep. It can also include sleeping enough, but still feeling tired.

Excessive daytime sleepiness – a lack of energy, feeling sleepy and even falling asleep during the day even though you feel like you have slept well the night before. This can cause younger children to be over-active or restless.

Parasomnias – unusual movements or behaviours while asleep e.g. sleep-walking, nightmares or sleep paralysis.

What is sleep hygiene?

Sleep hygiene is about the good behaviours which help an individual to get regular, good quality sleep. It includes

- **Routine** – a bedtime routine should last between 30-60 minutes and be soothing or calming for the child to show the day is ending. This could include a bath, changing into pyjamas, brushing teeth and a bedtime story. The bedtime routine should be directed by the parents. The bedtime routine should end with a phrase, song or action that shows it is now time to sleep. As much as possible the bedtime routine should be the same each night
- **Caffeine** – food and drink that contain caffeine should not be consumed 6 hours before bedtime.
- **Exercise** – limit exercise in the final hour before bedtime as it can raise the internal temperature of the body, making you feel less sleepy.
- **Timing** – work out the amount of sleep your child needs and when they need to wake up. Count back to work out what time your child needs to go to bed.
- **Bedroom environment** – try to avoid having toys out in the bedroom at bedtime. Try to make sure the bed, bedroom and bedtime routine show the child it is time to go to sleep.
- **Sleep associations** – try to make the bedroom the same as it would be if the child was to wake in the night. E.g. if they need a nightlight to settle, keep it on all night.
- **Screen time** – devices should be turned off in the hour before bedtime as the light from them can interfere with the brain's production of the 'sleepy' hormone, melatonin.

What to do if you are worried about your child's sleep

1. Look at the sleep hygiene notes above and think about your child's sleep hygiene. Is there anything you need to add or change?
2. Complete a sleep diary as shown on the next page.
3. Take the sleep diary to a GP and wait for their next steps.
4. The doctor may suggest your child takes a hormone like Melatonin which helps you sleep more easily.

After school Club

What a lovely busy term we have had with all the children in After School Club. We've loved greeting everyone back at the start of the year and also meeting some new faces, it's been very exciting watching new friendships form. Mr Doolan also joined the After School team with Ms Hodson and Miss McBain and has fit in lovely bringing some new and exciting activities for the children.

The children have been busy making some amazing crafts for Halloween, Bonfire Night and Christmas and also made some lovely displays for Remembrance day and Children in need, carrying on our School values in the after wrap care we provide.

After an awesome first term of the school year we would like to wish all of our After School friends and families a Magical Christmas. We can't wait to see you all again in the New Year.