

## Discovery House – Weekly Update

***Week ending Friday 12th June 2020***

Hi to all My Lovely Discovery Radiators,

Over the last couple of weeks, school has started to see some of you return; those of you who have parents who are key workers have been in touch to access the provision, Year 1 (and year R) have started back and next week Year 10 will be returning. It has been great to hear how well the younger members of the House have been doing and to hear the great things those who are attending Key Worker School have accomplished.

I would like to remind you, especially those who are home learning, to send your tutors and myself an email about how you are doing. Share your good work and let us know if you are struggling so we can help.

A problem shared is a problem solved. Something Fella discovered when I managed to throw his biscuit into the tree. Staring hard at it did not work (see picture), he did try climbing the tree which was so funny I forgot to take a picture. Finally, he barked at me and I retrieved the pesky biscuit!



The point is that sometimes when you struggle with something you try different approaches which often solve the problem, but when they do not work, it is tempting to get frustrated and give up. But rather than give up **ask for help**. All your teachers want to hear from you and can give you support and help.

I know from talking to several of you this week that some of you have felt like you have hit a bit of a wall. You miss your friends; you don't always feel that you are doing the work correctly, or you feel overwhelmed by the news and events. Others are simply worried about coming back in as you are not sure what to expect.

Worries are a natural part of life and are valid but as my father used to say: “there is no point worrying about crossing a bridge as it might not be there.” The metaphor means that we tend to imagine the worst and when we get to the thing we were concerned about, we are surprised that it wasn’t as dreadful as we imagined. I have often found that he was right. And I would tell him that it was very irritating to know that my old Dad was right about something!

If you are worried about something then please email your tutor, class teacher or me so that we can support you.

We all hit a wall at times, and when I do, I use some of the 50 things on the poster below, or try the link, ([https://success.oregonstate.edu/sites/success.oregonstate.edu/files/LearningCorner/Tools/50\\_ways\\_to\\_take\\_a\\_break.pdf](https://success.oregonstate.edu/sites/success.oregonstate.edu/files/LearningCorner/Tools/50_ways_to_take_a_break.pdf)) – so my tip this week is to give them a try and don't be afraid to ask for help.

Stay safe and stay well,

Miss Webb and Fella ([webb@mayfield.portsmouth.sch.uk](mailto:webb@mayfield.portsmouth.sch.uk))

