



# Courthill Weekly Alerts

For week commencing 11<sup>th</sup> November 2024

Purple – YR    Blue – Y1    Orange – Y2

Pink – Clubs    Green – PTA

[www.courthillinfants.co.uk](http://www.courthillinfants.co.uk)

<p style="text-align: center;"><u>Future Diary Dates</u></p> <ul style="list-style-type: none"> <li>• Tue 19<sup>th</sup> Nov: Y2 PTA Movie Night</li> <li>• Wed 20<sup>th</sup> Nov: YR PTA Movie Night</li> <li>• Thu 21<sup>st</sup> Nov: YR Phonics Morning</li> <li>• Fri 22<sup>nd</sup> Nov: Y1 Cakey Friday</li> <li>• Thu 28<sup>th</sup> Nov: YR Phonics Morning</li> </ul> <p>The PTA are organising Movie Nights for the children, which take place at school on 19<sup>th</sup> November (Y2); 20<sup>th</sup> November (YR) and 27<sup>th</sup> November (Y1). Details of films and tickets are on the PTA website at <a href="https://courthillpta.co.uk/shop">https://courthillpta.co.uk/shop</a></p> <p>Also SAVE THE DATE! The Courthill Christmas Fayre is on Friday 6<sup>th</sup> December. More details will follow!</p> <p>Chartwells have 14-day deadline for ordering hot lunches. Please check your orders and if you do not have an order placed, please provide a packed lunch from home. The next deadline is midnight on Sunday 10<sup>th</sup> November for meals required w/c 25<sup>th</sup> November.</p>	<p style="text-align: center;"><u>Reminders</u></p> <p>It's Children in Need on Friday 15<sup>th</sup> November. Children are invited to wear pyjamas into school (with sensible shoes please!). <a href="#">Click here for the letter</a>, which includes details about how to make a donation.</p> <p>We are marking Anti Bullying Week on Tuesday 12<sup>th</sup> November. Children are invited to wear odd socks into school. <a href="#">Click here for letter</a>.</p> <p>Vision screening for children in Year Reception starts next week, administered by NHS. To view your child's results, you need to register on their portal. <a href="#">Click here for letter with more details</a>.</p>
<p>Mon 11<sup>th</sup> Nov</p>	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years            Dramarama (Y1, Y2), Yoga Club (all years)            Y2 Hedgehogs &amp; Owls: wear PE kit into school</p>
<p>Tue 12<sup>th</sup> Nov</p>	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years            Choir Club (Y2), Multi Mindfulness (Y1, Y2), Express Yourself (Y1, Y2),            YR Ladybirds &amp; Dragonflies: wear PE kit into school            Y1 Crocs &amp; Frogs: wear PE kit into school            YR Phonics Morning – parents invited (see email).            Anti Bullying Week – children to wear odd socks into school</p>
<p>Wed 13<sup>th</sup> Nov</p>	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years            French Club (Y1, Y2), Kick-Boxing (all years), Y1 Football            YR Bees &amp; Butterflies: wear PE kit into school            Y2 Badgers &amp; Foxes: wear PE kit into school</p>
<p>Thu 14<sup>th</sup> Nov</p>	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years            Y2 Football, Dance (Y1, Y2)            Y1 Geckos &amp; Turtles: wear PE kit into school</p>
<p>Fri 15<sup>th</sup> Nov</p>	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years            Children in Need – children to wear pyjamas (see letter)            YR Vision Screening (<a href="#">see letter</a>).</p>

# Community News

Slushie advice from BCP

## What the SLUSH?! the SLUSH?!

There is an ingredient in SLUSHIES called **GLYCEROL** which can cause:

- LOW BLOOD PRESSURE
- VOMITING
- SEVERE LOW BLOOD SUGAR
- HEADACHE
- and even • LOSS OF CONSCIOUSNESS

**THIS DRINK COULD PUT YOUR KID IN HOSPITAL**



**DON'T PANIC**

Your family can continue to enjoy this delicious treat if you follow this simple advice:

1. If your child is under 4 years old weighs less than 17kg (2st 9 lbs) they should not be given slushies at all
- OR
2. Children under 10 years old shouldn't be offered refills
3. Children who show signs of glycerol intoxication should be monitored closely and taken to hospital if these symptoms persist or get worse:
  - Irritability • Dizziness
  - Tummy pain • Nausea
  - Vomiting • Racing Heart
  - Unusual sleepiness
  - Diarrhea • Headache

© PIPN

## Alexandra Park

### November & December Programme



**THE PARKS FOUNDATION**

**Wildlings - Decorate a Wildlife Box**  
Tues 5 November | 3.30pm - 4.30pm

Come along after school to decorate a home for wildlife, such as a bird box, bat box, or bug home. Your creations will be put up in the park to support local wildlife. Meet in the café.



Free event

**GreenFingers - Community Growing**

Thurs 7, 14, 21 & 28 Nov | 10am - 12pm  
Sat 9 November & 7 Dec | 10am - 12pm  
Thurs 5, 12 & 19 Dec | 10am - 12pm

Join our weekly volunteer session, with a focus around food growing in our new community growing space. Meet by the café.



Volunteering

**Festive Wreaths**

Tues 10 December | 10am - 12.30pm

Make a decorative wreath using beautiful natural materials to take home and display. You'll add to a ready-made willow wreath, making the design your own. Adults only event. Meet in the café.



£20 per person



Scan for park information, including accessibility



**To book: [parksfoundation.org.uk/events](https://parksfoundation.org.uk/events)**

The Parks Foundation is committed to celebrating diversity – we welcome people from all backgrounds, genders, ethnicities, people with learning differences and varying physical abilities. If you would like more information or have questions about an activity, please contact us.

Get in touch with your Parks Activator, Lisa on: [lisa@parksfoundation.org.uk](mailto:lisa@parksfoundation.org.uk) or: 07458 039395



# OCT/NOV TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

If you can't make the date or time all paid for talks are recorded and available for 48 hours afterwards

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

<b>FREE SESSIONS</b> <b>Introduction to Facing Defiance</b> <b>Decreasing Depression</b>	<b>24 OCT</b> <b>25 NOV</b>
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Improving Family Communication	4 NOV
Anxiety-Based School Avoidance	12 NOV
Anxiety Explained	14 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk), [info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



November 2024

## Newsletter

If you can't make the date or time  
all paid for talks are recorded and available for 48 hours afterwards

Monday  
25th Nov

19:00 - 20:00  
FREE



### FREE SESSION

#### Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday  
7th Nov

19:00 - 21:00  
£24



### Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
12th Nov

19:00 - 21:00  
£24



### Anxiety-Based School Avoidance

Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday  
18th Nov

19:00 - 21:00  
£24



### Understanding Anger: Yours and Theirs!

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday  
21st Nov

19:00 - 21:00  
£24



### Supporting Healthy Screen Use

Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk), [info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)