



Courthill Weekly Alerts

For week commencing 29th September 2025

Purple – YR Blue – Y1 Orange – Y2

Pink – Clubs Green – PTA

www.courthillinfants.co.uk

<u>Future Diary Dates</u>	<u>Reminders</u>
<ul style="list-style-type: none"> 9th Oct: Fraser Portraits in school (individual photos). 14th Oct: Phonics Information Evening – see letter. 17th Oct: PTA Bingo Night – details to follow. <p>CHARTWELLS. Midnight on Sunday 28th September is deadline to order hot lunches for w/c 13th October. If you do not have an order, please provide packed lunch from home (no nuts or nut products).</p> <p>It's burger day at lunchtime on Thursday 2nd October! We will have extra meals if your child would like to try a hot lunch (click here for the menu). You do not need to order via the Chartwells portal – just let us know by email your child's name, class and whether they would like standard or vegetarian option, by midnight on Tuesday 30th Sept. If you have already placed an order via Chartwells, you do not need to contact us – your child will be served what you have ordered via Chartwells.</p>	<p>Please do not park in the disabled bay outside 58 Courthill Road – this bay has been privately provided for the sole use of the person who lives at this address. Parking wardens can issue a ticket if your car is found to be parking here.</p> <p>When dropping off for Lighthouse Club (breakfast club), please do not park across the school driveway, as school staff need to be able to access the school car-park.</p> <p style="color: magenta;">There are still spaces in Dance Club (Y1,Y2), which takes place after school on Thursday. Please contact the dance teacher at lauraeastwood.com to find out more and book spaces.</p>
Mon 29 th Sept	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Yoga (all years)
Tue 30 th Sept	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Forest School (Y1,Y2); Y1 Football; Multi Mindfulness (Y1,Y2) Y1 (all classes): wear PE kit into school YR Dragonflies & Ladybirds: wear PE kit into school
Wed 1 st Oct	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Eco Warriors (Y1,Y2); Choir Club (Y1,Y2); French (Y1,Y2); Kick-Boxing (all years) Y2 (all classes): wear PE kit into school YR Bees & Butterflies: wear PE kit into school
Thu 2 nd Oct	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Y2 Football; Crafty Kids (Y1,Y2); Dance (Y1,Y2) <ul style="list-style-type: none"> 2nd Oct: YR Welcome Meeting (9am) – see letter.
Fri 3 rd Oct	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Fun Fit Friday – SPORTY clothes (all years)

Community News

Supporting children through parental separation and divorce

Families can now book onto the 'harmony through family change' programme, funded by the Reducing Parental conflict project. Delivered by [Universal Mindfulness](#), this is a 6-week course for children and young people who are affected by parental separation and divorce. It starts on 4th November and aims to support children and help them understand changes in their family, manage stress and anxiety and build self-esteem. This is done through arts, crafts, cooking, breathing, yoga and meditations as well as 1:1 coaching. Parents also get the opportunity to reflect on navigating the complexities of raising children together while living apart. Children and parents attend separate sessions to allow for an open and honest environment. Parents are invited (one or both) to attend 2 sessions separately from their children. See flyer below and book via the QR code. Or use this link: <https://forms.office.com/e/8wg0jV5mhB>

Bounce Forward

See below and [click here to register](#).



EMPOWERING PARENTS TO HELP CHILDREN THRIVE

B bounce forward | **HKF** HARRY KANE FOUNDATION

Bounce Forward, in collaboration with the Harry Kane Foundation, are gifting a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.

What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

17,000+ parents highly rate this programme

"It was so amazing, I looked forward to the sessions each week, learnt a lot of mind blowing information, that I have applied to my life and have seen improvements! Wish there was more sessions, so sad that it has ended! I have loved learning about my strengths, the ABCs, process praise, the growth mind set, being aware of my gremlins, it has been wonderful learning, and these sessions have been apart of my self care! Thank you ever so much!"

REGISTER HERE



Harmony through family change

Free six week wellbeing and mindfulness sessions provided by **Universal Mindfulness** for families experiencing separation or divorce.

These sessions offer a safe and supportive space for children to explore emotions, build resilience and self esteem. Learn healthy habits to help their wellbeing through arts, crafts, cooking, yoga, meditation and dinner.



Scan the QR code to book your place

universalmindfulness.co.uk



Dates / times

→ **Wednesdays** 5 | 12 | 19 | 26 Nov
3 | 10 Dec

Primary aged children 5.30-7pm

Secondary aged children 7.05-8.35pm

📍 **Townsend Family Hub**
Jewell Road, Bournemouth BH8 0LT

→ **Saturdays** 8 | 29 Nov
Parents' sessions 10am-12.30pm

📍 **Castlepoint Library**
Bournemouth BH8 9UW



October Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Understanding The Teenage Brain	6 Oct 10am
Supporting Healthy Sleep	6 Oct 7pm
Supporting A Child With ADHD	13 Oct 10am
Understanding Addictive Behaviour	13 Oct 7pm
Autism Improving Communication	14 Oct 10am
Improving Family Communication	14 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Facing Defiance	20 Oct 7pm
Anxiety Based School Avoidance	21 Oct 10am
Understanding Anger	21 Oct 7pm
FREE - Raising Self-Esteem	23 Oct 7-8pm
Anxiety Explained	27 Oct 10am
Cannabis and Ketamine Awareness	27 Oct 7pm
What Is ACT?	28 Oct 10am
Introduction To OCD	28 Oct 7pm



Are you struggling with a defiant child?



Facing Defiance

A six part online course for parents that you can complete in your own time. A step by step guide through a specific strategy aimed to support parents of children aged between 5 to 12 who are displaying very challenging behaviour, including children with ADHD, ODD and PDA.

go to facefamilyadvice.co.uk

Book online £48

on the **Online Parenting Courses** page