



Courthill Weekly Alerts

For week commencing 12th January 2026

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"> ● 15th Jan: deadline for Y3 junior school applications (see letter). ● 30th Jan: PTA Quiz Night (details to follow). <p>Midnight on Sunday 11th January is the deadline to order hot lunches for w/c 26th January. Please check lunch orders via Chartwells. If you do not have an order, please provide packed lunch from home (no nuts or nut products).</p>	<p>After-school clubs return next week (w/c 12th Jan).</p> <p>There are still spaces in some school-run clubs:</p> <ul style="list-style-type: none"> ● Multi Mindfulness (Tue) ● Choir Club (Wed) ● Eco Warriors (Wed) ● Y1 Football (Wed) ● Y2 Football (Thu) <p>Please go to Arbor to book a space (note, places are only confirmed once payment is made).</p>
Mon 12 th Jan	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Yoga (all years), Art Club (Y1,Y2)</p>
Tue 13 th Jan	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years YR Multi Skills, Multi Mindfulness (Y1,Y2) Y1 (all classes): wear PE kit YR Dragonflies & Ladybirds: wear PE kit</p>
Wed 14 th Jan	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Y1 Football, Eco Warriors (Y1,Y2); Choir Club (Y1,Y2); French (Y1,Y2); Kick-Boxing Club (all years) Y2 (all classes): wear PE kit YR Bees & Butterflies: wear PE kit into school</p>
Thu 15 th Jan	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Y2 Football; Crafty Kids (Y1,Y2), Dance (Y1,Y2) Deadline for Y3 junior school applications (see letter)</p>
Fri 16 th Jan	<p>Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years</p>

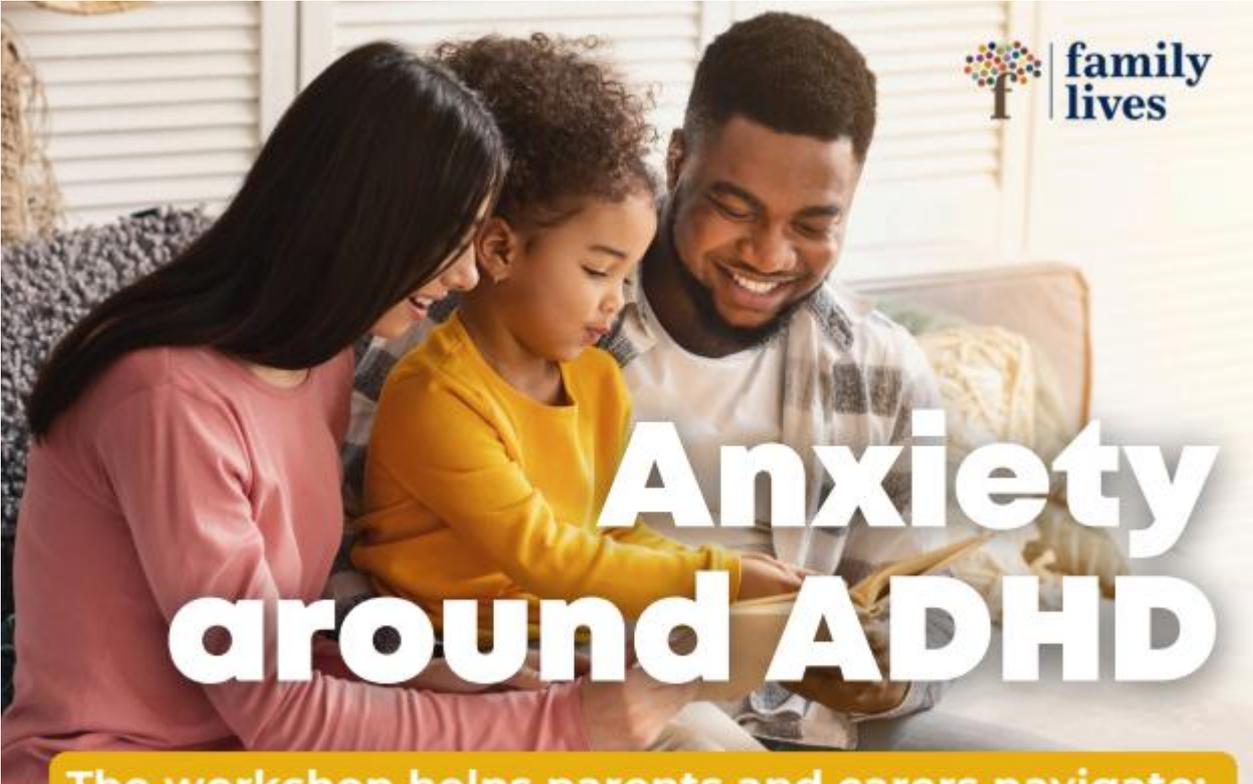
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information visit:*
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Anxiety around ADHD

The workshop helps parents and carers navigate:

- What is ADHD
- Understanding why a child with ADHD may also have anxiety
- Explore strategies to help support you and your child
- Signposting to other support that is available



Tuesday 27 January 2026, 9.30am - 11.30am

Thursday 29 January 2026, 7.00pm - 9.00pm

Online via MS Teams

To book your place, call **Lesley** on **020 4522 8701**,
email **services@familylives.org.uk** or scan our
QR code to use our online referral form

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January 2026 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)

Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
FREE Responding to Angry Behaviour	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 7pm