



# Courthill Weekly Alerts

For week commencing 4<sup>th</sup> May 2026

Purple – YR    Blue – Y1    Orange – Y2

Pink – Clubs    Green – PTA

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

Future Diary Dates	Reminders
<ul style="list-style-type: none"> <li>11<sup>th</sup> May: School Nurse Workshop – emotional well-being (<a href="#">see letter</a>).</li> <li>12<sup>th</sup> May: Penguins visit Tesco Express (participating children aware).</li> <li>22<sup>nd</sup> May: Sports Day (<a href="#">see letter</a>).</li> <li>25<sup>th</sup> -29<sup>th</sup> May: HALF TERM (SCHOOL CLOSED).</li> <li>1<sup>st</sup> June: School returns after half term holiday.</li> </ul> <p><b>SAVE THE DATE: The Y2 Leavers' Ceremony will be on 9<sup>th</sup> July (with 16<sup>th</sup> July as the reserve date, if weather prevents the event happening on 9<sup>th</sup>). More details will follow.</b></p> <p>Midnight on Sunday 3<sup>rd</sup> May is the deadline to place orders via Chartwells for hot lunches in w/c 18<sup>th</sup> May. If you do not have an order placed, please provide packed lunch from home (no nuts or nut products).</p>	<p>We have yet more complaints about inconsiderate parking during the school run. Please DO NOT park across neighbours' driveways.</p> <p>On Monday 11<sup>th</sup> May, the school nurse is hosting a workshop in school about emotional well-being (<a href="#">see letter</a>). There is no need to book in advance – just come along. It starts at 9am.</p> <p>The PTA are organising Y2 leavers' hoodies. Please place orders via the PTA website. All orders must be placed and paid for by Friday 15<sup>th</sup> May. <a href="#">Click here for order form.</a></p> <p>Do you have any spare PE kit that Year Reception could use? Eg, black or navy jogging bottoms, leggings, sweatshirts and socks in SMALL sizes. If so, please donate via your child's class or the office.</p>
Mon 4 <sup>th</sup> May	BANK HOLIDAY – SCHOOL CLOSED
Tue 5 <sup>th</sup> May	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years YR Multi Skills, Multi Mindfulness (all years) Y1 (all classes): wear PE kit YR Dragonflies & Ladybirds: wear PE kit Y1 & Y2 Booster Sessions (participating children aware)
Wed 6 <sup>th</sup> May	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Y1 Football, Eco Warriors (all years), Choir Club (all years), French Club (Y1,Y2); Kick-Boxing Club (all years) Y2 (all classes): wear PE kit Singing Assembly (YR Bees & Butterflies)
Thu 7 <sup>th</sup> May	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Y2 Football, Crafty Kids (Y1,Y2), Dance (Y1,Y2), Forest Explorers (all years) YR Bees & Butterflies: wear PE kit into school
Fri 8 <sup>th</sup> May	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Fun Fit Friday – SPORTY non-uniform (all years) Y1 Cakey Friday
<b>Weekly Green Thing!</b> Picnic with a Purpose Summer means picnics! Try using reusable bottles, tubs and napkins instead of throw-away items.	Green challenge: Plan one plastic-free picnic or snack this week, even if it's just in the garden!




**Getting it Right for Children**

### Going through a divorce or separation?

The breakdown of any relationship can be tough. If you have children, you and your ex will need to adjust to a new life of co-parenting together. It's not always easy, and you'll want to get it right for your children.

This online course is **FREE** and you can complete it at your own pace.




**How to Argue Better**

### Improve communication with this **FREE** online course

Everybody does it... All couples argue from time to time. It's a normal part of life... but the way you deal with disagreements can make a big difference to you, your partner, and your children.

*How to Argue Better* isn't designed to help you win an argument. It's designed for parents who want to learn healthy ways of dealing with stress and conflict to improve things for their whole family. Parents who **get on better** are equipped to support their children to develop the social and emotional skills they need to build bright futures.

This course will give you skills you can use in all areas of your life. **Understand:**

- Where stress comes from and how it can affect you.
- How to recognise stress and talk about it.
- How to support your partner through difficult times.
- What causes arguments, and how to stop them.

This online course is **FREE** and you can complete it at your own pace.

Simply visit [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code to create your *Getting on Better* account and get started.



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## May 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long  
**£24 each or FREE with School Membership**  
 Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)  
 Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
<b>FREE Getting a Good Nights Sleep</b>	<b>28 May 7-8pm</b>

## FAMILY COACHING

Relationship and Family Therapy, RAFT Ltd, is offering a series of tailor-made workshops for parents and carers, funded by BCP Council. These sessions are delivered either online or at our centre in Bournemouth

Our 6-stage coaching model provides a safe space for parents and carers to explore ways to meet their own needs and enhance their relationships.

### WHAT DOES IT INVOLVE?

Our coaches use motivational interviewing techniques and evidence-based theoretical tools to help you to step back and assess the dynamics at home in a non-judgmental environment. They will listen and work with you to identify the differences and similarities of communication needs within the family.

To support you in getting the best out of your relationships, your coach will explore with you topics including:

- Self-care
- Self-compassion
- Communication skills (assertiveness, boundaries, conflict resolution)
- Drama Triangle
- Love Languages
- Stress and the brain

This programme is suitable for coupled parent/carers, single parents / carers and those who are co-parenting, with proven positive results. You can attend sessions on your own or with a partner.



### HOW TO BOOK

01202 311231  
Email us: [office@raft.org.uk](mailto:office@raft.org.uk)  
Website: [www.raft.org.uk](http://www.raft.org.uk)



### FAQ'S

#### IS THIS A FORM OF COUNSELLING?

No. Instead of delving into past experiences in counselling, family coaching is a short-term, forward-focussed intervention to support you in meeting your own needs, whilst enhancing dynamics in the home.

#### CAN CHILDREN ATTEND?

Family coaching is for adults only. Separate counselling is available for children and young people.

#### WHAT INFORMATION IS SHARED?

RAFT's service is independent of the Local Authority. BCP Council will only be aware that you have accessed this service with your prior consent. This is your choice.



# POOLE FESTIVAL OF RUNNING 2026

## RELAYS & MINITHONS

SUNDAY 7th JUNE - POOLE PARK



**Poole Festival of Running RELAYS & MINITHONS are BACK!**

**MINITHONS** start 9am / **RELAYS** follow at 11am

#### SENIORS (14yrs+) : 4 X 5k Relay Event

Each team member runs a fast flat 5K course around beautiful Poole Park!

Relay entry: £48 per TEAM

with 4 England Athletics registered runners / £56 non EA

All races chipped timing (except U6)

Prizes for fastest individual legs & teams... + age cat prizes

\*MEMENTO FOR ALL FINISHERS\*

Entries close 9pm 23rd MAY



**SCAN ME!**

#### JUNIORS MINITHONS : CHALLENGE YOURSELF!

\*1.5 MILE

\*1 MILE

\*600m

ENTRY £5 per runner (free for U6's)

MEDAL FOR ALL MINITHON FINISHERS + Prizes awarded to the first three girls and boys in each race, excluding U6 plus parent fun run

Event by



Sponsored by



Supporting



[www.poolerunners.co.uk/events/poole-festival-of-running](http://www.poolerunners.co.uk/events/poole-festival-of-running)