



Courthill Weekly Alerts

For week commencing 14th September 2026

Purple – YR Blue – Y1 Orange – Y2

Pink – Clubs Green – PTA

www.courthillinfants.co.uk

Future Diary Dates		Reminders
21st Sept: Welcome to Y2 meeting (9am) – see letter. 23rd Sept: Welcome to Y1 meeting (9am) – see letter. 24th September: Fraser Portraits, individual photos (wear school uniform). 25th Sept: Y2 Cakey Friday. 28th Sept: Welcome to YR meeting (9am) – see letter. Midnight on Sunday 13th September is the deadline to place orders with Chartwells for w/c 28th September. If you do not have order placed, please provide a packed lunch from home.		The new chess club (run by external provider Check Mates) will be delayed starting with us on Tuesdays. We expect the club to be up-and-running after half term. Apologies for any inconvenience. If you provide a lunch box from home, please ensure there are NO NUTS (this includes Nutella, pesto, certain cereal bars etc). Also, NO SESAME (including hummus as this sometimes includes tahini, which is a sesame paste). Thank you for co-operation.
Mon 14 th Sept	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Art (Y1,Y2), Multi Mindfulness (all years), Yoga (all years) YR children in school full-time from now (8.35am – 3.05pm)	
Tue 15 th Sept	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Y2 football YR Dragonflies & Ladybirds: wear PE kit	
Wed 16 th Sept	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Eco Warriors (all years), Choir (all years), French (Y1,Y2), Kickboxing (all years), Y1 Football Y2 (all years): wear PE kit	
Thu 17 th Sept	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years Dance (Y1,Y2), Forest Explorers (all years), Lego (all years), YR Multi Skill Y1 (all classes): wear PE kit YR Bees & Butterflies: wear PE kit	
Fri 18 th Sept	Lighthouse Club (7.45-8.45am and 3.05-6pm) – all years FUN FIT FRIDAY (all years) – wear SPORTY non-uniform	

Community News

Autism Unlimited – Free Workshops (flyer below)

Autism Unlimited offer free parent autism workshops, which are a friendly and informal opportunity for parents and carers to find out more about autism, share experiences, ask questions and meet others who may be on a similar journey. See below for dates – a primary course is coming soon. For more information – or to book a space – please click [here](#)

Early years

- Wednesday 16th September - last few remaining; Tuesday 8th December; Thursday 21st January.

Teen years

- Wednesday 23rd September - last few remaining; Tuesday 10th November, Tuesday 23rd February.

HOPE Programme – Free autism workshops (flyer below)

Are you a parent, Carer or guardian of an autistic child? The HOPE Programme is a free, six-session online course designed to help you build confidence, resilience and practical self-management skills. See flyer below for more details.

- New course starts on **9th September 2026**.
- Learn online, at your own pace, from any device.
- Option to remain anonymous.
- Supported by trained facilitators.

Alexandra Park updates

Green Fingers sessions will continue to run regularly on Thursday mornings 10am – 12pm (see flyer). The Saturday session will be on the second Saturday of the month, which falls this Saturday 12th September. Please come and join us if you would like to help. Please do help yourself to herbs from the beds in front of the café.

Unfortunately, the Nature Tots and Wildlings sessions this month is postponed due to lack of staff capacity. We hope to return to running these activities over the winter months.

The café has now moved to reduced opening times for September and will be open Thursday–Sunday, 9.30am–5pm. We have had to close on some weekdays due to low visitor numbers during this quieter time of year. We would love to see the café space used more throughout the autumn and winter months and would welcome ideas from the community. Whether it's community groups, activities, events, services, or something completely different, we would like to hear what local people would find useful and valuable. If you have any suggestions, please email lisa@parksfoundation.org.uk

HOPE PROGRAMME FOR PARENTS OF AUTISTIC CHILDREN

FREE ONLINE SELF-
MANAGEMENT COURSE



"It was wonderful to have access to this course in my own home at my own pace so I could do as little or as much as I wanted each day."



ARE YOU A PARENT, CARER OR A GUARDIAN OF AN AUTISTIC CHILD?

Would you like to learn tips to cope better and be more resilient?



This 6 session programme is delivered online.

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous
- Supported by trained facilitators



FREE - ONLINE - FLEXIBLE

BOOK NOW

WWW.H4C.ORG.UK/COURSES
EMAIL: CONTACT@H4C.ORG.UK
OR PHONE: 024 7736 0153



COURSE START DATES

29.04.2026

17.06.2026

09.09.2026



Do you have an autistic child in your family?

Feeling overwhelmed, isolated and want to connect with others who understand?

We offer **FREE** information sessions

Led by passionate autism informed parents with their own lived experience.



Emily



Jennie



Jamie



Becc

Learn strategies and share ideas in a safe and supportive space.

Scan the QR code for more information

Registered Charity Number 1000792

