Courthill Infant School

Courthill Road, Parkstone, Poole BH14 9HL
☏ 01202 747381
e-mail: office@courthill.coastalpartnership.co.uk
website: www.courthillinfants.co.uk
Headteacher: Mrs Alison Carter

7th October 2026

Dear Parents / Carers

We would like to invite you to a **School Nursing Workshop on Supporting Children's Sleep**, which will take place at **9am on Tuesday 3rd November at Courthill.**

The session will be led by the School Nursing Team and is aimed at parents and carers of primary-aged children. It will offer simple, practical advice to help you support your child's sleep and overall wellbeing.

There is no need to book – just arrive via the school office, where a member of staff will meet you and direct you to the workshop.

During the workshop, we will cover:

- Why sleep is so important.
- Common barriers to sleep.
- Creating a positive bedtime routine and sleep environment.
- Where to access additional support and advice if needed.

The workshop will be relaxed and informal, giving you the opportunity to ask questions and discuss any general concerns.

Please note that this session provides general advice and guidance. If you have specific concerns about your child, the School Nursing Team will be able to signpost you to the most appropriate support services.

We hope you can join us and look forward to seeing you there.

Kind regards,

Mrs S Wilson
Courthill Infant School