

Court Fields School

Parent Weekly 'What's Happening' Bulletin



Message from Mrs Matthews

It's hello from a very excited Court Fields this Friday, as we look forward to welcoming all our students back from 8th March, in line with the Government guidance on school reopening. Although the team have enjoyed live lessons and supporting the children of Key Workers, and our most vulnerable students, we can't wait to have the students back in school for face to face learning. Please do read through our Parent & Student Guide for full information, and contact us on reopening@courtfields.net if you have any questions. The guide will be sent to you tomorrow, and posted on our website/on our social media pages. Thank you for your support.

The details on the start dates are as follows. Students should return in full uniform (including on Testing Days):

8th March – Year 11 Testing Day

9th March – Year 8 Testing Day, Year 11 Return to School Sessions

10th March – Year 10 Testing Day, Year 11 Face-to-face Lessons, Year 8 Return to School Sessions

11th March – Year 7 Testing, Year 8/11 Face-to-face Lessons, Year 10 Return to School Sessions

12th March – Year 9 Testing, Year 8/10/11 Face-to-face Lessons, Year 7 Return to School Sessions

15th March - Year 7/8/10/11 Face-to-face Lessons, Year 9 Return to School Sessions

16th March – All Year Groups in Face-to-face Lessons as per normal timetable.

Please note that on Testing Days, students should attend for their test only, as per allocated appointment time.

On their Return to School Sessions students should arrive at 8.35am for 8.40am start (Key Stage 3) and 9.05am for 9.10am start (Key Stage 4).

The Return to School Sessions finish at 1.30pm and students should return home at that time.

Students returning for their first day of Face-to-face Lessons, and on all subsequent days, should arrive at 8.35am for 8.40am start (Key Stage 3) and 9.05am for 9.10am start (Key Stage 4).

From the first day of Face-to-face lessons students will finish at their usual Covid-adjusted time (3.00pm for Key Stage 3 and 3.20pm for Key Stage 4)

Join in the Mindful March from Action for Happiness!

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS www.actionforhappiness.org
Learn more about this month's theme at www.actionforhappiness.org/mindful-march **Happier · Kinder · Together**

National Careers Week

This week is National Careers week, and to support this all students will have opportunities in tutorials to help them to think about their future careers. There is also a huge amount of information online and on our website with regards to careers, which students can access. Don't forget to follow @CFSFutures on Twitter to get up to date information, events and activities to do.

We also have this week the Big Live Legal Lesson in PSHCE on Wednesday for all students. This ties in with an exciting opportunity that Year 10 students had today to join in with a Q and A session given by the Director of Corporate governance at Legal and General. They were given a talk, via google meet and were able to ask questions around work and careers. This was a huge opportunity for our students to listen to and chat with such a prominent speaker.

If any year 11 students have not finished their college applications or need some help and advice, they can get this by emailing Mrs Hutchinson or Miss Murphy, applications should be done as soon as possible so please get in touch if you need assistance.

National Careers Week

NCW

Achieve | Belong | Participate

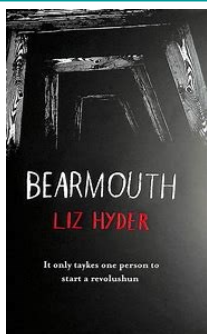


KS3 and KS4 Core PE Activity List March 2021

Please refer to class code on ClassCharts if you are unsure what your class name is. If you are still unsure, please email your PE teacher who will be happy to help.

- Some sports have of course changed from the long-term map for 2020/21. This is due to circumstances around Coronavirus and NGB/government guidance- I'm sure you understand this can't be helped in these current times. All the activities below will be in accordance with government/NGB guidelines.
- For activities beyond Easter, we will aim to get this out to you as soon as we can. We are still awaiting NGB guidance on some sports, which will allow us to make a clearer plan.
- As always, students will need the appropriate kit for the activity they will be learning. If you are unsure what kit is needed for the activity then please refer to our website <https://www.courtfields.net/> or feel free to email your PE teacher.
- Year 11s will see that one of the activities is revision. Students who are in 11a3 and 11b3 of course have the option to do core PE instead of this. In addition, students in the other classes will be given the opportunity to opt to do revision. However, we have to make sure that class sizes are distributed evenly. Students who opt for revision will need to ensure they turn up to this on time, with correct revision materials.
- In-line with government guidelines, students are strongly recommended and will be expected to wear face masks when arriving to PE and in the changing rooms. Students will not wear masks when doing PE. Students need to store their masks securely before making their way to their PE lesson.

Group	Upto 31/03/21 (Easter Holidays)		
	Sport	Location	Changing Rooms
7A1 and 7B1	Handball	Sports Hall	GYM
7A2 and 7B2	Netball	Courts	GYM
7A3 and 7B3	Football	Field	GYM
8A1 and 8B1	Badminton	Sports Hall	GYM
8A2 and 8B2	Netball	Courts	GYM
8A3 and 8B3	Football	Field	GYM
9A1 and 9B1	Badminton	Sports Hall	GYM
9A2 and 9B2	Netball	Courts	GYM
9A3 and 9B3	Football	Field	GYM
10A1 and 10B1	Badminton	Sports Hall	Sports Hall
10A2 and 10B2	Football	Field	GYM
10A3 and 10B3	Invasive Games	Courts	GYM
11A1 and 11B1	Badminton	Sports Hall	Sports Hall
11A2 and 11B2	Invasive Games	Courts	GYM
11A3 and 11B3	Revision	Classroom	TBD

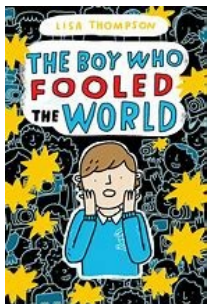


Book of the Week - Bearmouth, by Liz Hyder

Newt has been living and working in the horrendous conditions of Bearmouth mine from an early age, never emerging on ground level because the pay is so low and it costs money to go up. Life is horribly hard and awful rules must be accepted or the consequences are even worse. Any kind of way out isn't even contemplated until Newt meets Devlin, who starts to ask questions.

This unique and breathtaking debut will blow your socks off. Although written in a Victorian style dialect, and after careful research into child labour and Victorian mines, this is no ordinary piece of historical fiction. The voice of Newt is original and haunting and the dystopian world-building within the Victorian mine is masterful. The story is exciting, ambitious and unpredictable: the kind of book to read in one sitting, quite breathless. Liz Hyder is a really exciting new voice in children's literature.

Be warned that there is a mention of abuse that may upset younger readers. This, combined with the dialect and new words, make it an upper-level middle grade read into early teen.



EBook of the Week - The Boy Who Fooled the World, by Lisa Thompson

(Get started with Sora. Install the Sora app or go to sora.com. Find Court Fields School then sign in using your school email.)

When Cole becomes obsessed with a mysterious painting, he recruits his friend Mason and the cleverest girl in the school, Isla, to help solve its puzzle.

But when world-famous artist Marika Loft visits his school and is thoroughly impressed by his artwork, Cole's masterpiece is sold for thousands of pounds. Initially ecstatic, Cole begins to buckle under the pressure of media attention and a deadline to produce another painting.

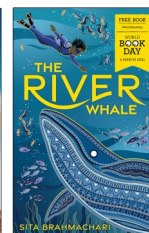
This modern and relevant story is another cracker by the ever-impressive Lisa Thompson, and children will love the excitement of a museum mystery with plenty of surprises and twists. Thompson also writes boldly about complex feelings such as shame and anxiety. This story will be a great companion for children who

feel knots in their stomach over the stresses and strains in their home, especially those growing up in poverty.

World Book Day

Following World Book Day on 3rd March, all students will have a £1 Book Token to go towards the cost of a book or to collect a World Book Day £1 book from your local Book Seller. Year 7 will be able to choose one of the books when they are back into school. We have 200 copies available!

All year 7 students will also be entering the National Design a Book Token Competition.



Achieve | Belong | Participate



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