

Court Fields School

Parent Weekly 'What's Happening' Bulletin



Message from Mrs Matthews

Friday 28th May 2021

Wow, what a day... After nearly 5 years, we've had to say "au revoir" to our lovely Year 11s. We'll miss them and wish them all the very best for their futures. We couldn't be more proud of how they've coped with the challenges of the last year. The resilience and determination that they have shown will stand them in good stead in their careers, whatever they may be. Keep in touch and good luck Year 11 Leavers 2021!

Congratulations to our Mathematicians of the term who were:

Y7: Liam B & Analeigh O, Y8: Tilly F & George R, Y9: Lucy B & Frankie T, Y10: Emily B & Alex H, Y11: Corbin B & Courtney W. Well done on your stunning Maths skills!

Lastly thank you from me. You have supported us so incredibly throughout this term, as always. The progress that we're making as a school would simply not be possible without your help and support. We look forward to continuing to work with you all throughout the rest of the Summer Term and into next year.

Have a lovely Half Term, and thank you. Mrs Matthews

Student Leadership

We have received many applications for year 11 Prefects and year 7 Transition Leaders, which is fantastic. We will be inviting students to interview at the beginning of next term and we look forward to sharing with you our next set of school leaders.

Read to Dogs Programme

When Canine Concern was founded over 30 years ago by Eve Waring, one of the aims of the charity was to teach children how to care for and behave around dogs.

Since those early days, this aim has progressed even further and they now offer schools our Read to Dogs programme, which commenced some 10 years ago.

Over the last few years it has been developed to help break down barriers whereby children might find it difficult to read, and to help improve their reading overall.

The children find comfort from the dogs and are able to relax when they are with them and the volunteers, which helps them to become more confident readers who are then able to participate more in school work. Volunteers and teachers see amazing results.

Meet our School Dog Spot, pictured right! She will be coming into school three times a week with Mr Etherington to work with our students.



Tree of Hope

The tree has begun to take shape. Mental Health week with the theme of nature has set way for our next tree installation. The Tree of Hope is designed to share messages of support and positive wellbeing during these challenging times. Our students have written messages on tree bark and they are hung with yellow ribbons to also pay our respects for all those who have lost their lives during Covid. Our students messages are heartfelt and supportive and we are extremely proud of the whole community and how we have worked together during these challenging times. Thank you to all students, staff, parents, carers and families for all your ongoing support.



Child Exploitation

As part of our ongoing safeguarding and PSHCE education, Operation Topaz will be visiting to present an assembly on all aspects of Child Exploitation and how to stay safe in person and online. We will be providing a drop-in session over lunch time for any student needing support, advice, or guidance.

Achieve | Belong | Participate

A Good Night's Sleep

Since returning to school we've all struggled to get back into healthy routines, this has been especially difficult for teenagers who have spent lots of time on their devices during lockdown. Did you know teenagers need between 8 and 10 hours sleep every night? (sleepfoundation.org)

If they consistently get less than this they will struggle to focus, concentrate and learn. They may also be irritable and find it hard to follow instructions. Regular poor sleep also puts you at risk of serious medical conditions such as obesity, heart disease and diabetes.

The NHS website have some useful sleep tips for teenagers. Follow the link below for some useful advice.

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/?tabname=tiredness-and-fatigue>



Free Cricket sessions for young people with SEND

The Somerset Cricket Board has a fantastic opportunity for those with a love for cricket! FREE cricket sessions are being offered for young people aged 12-25 years – everyone is welcome, regardless of ability.

Somerset's 'Super 1s' programme takes place at the following six locations across the geographical county of Somerset:

- **Bath & North East Somerset** — [Bath Pythons](#), Hampset Cricket Club – Wednesday 6-7pm
- **Sedgemoor** — [Sedgemoor Lions](#), Bridgwater Cricket Club – Monday 6-7pm
- **Mendip** — [Mendip Gators](#), Street Cricket Club – Monday 6-7pm
- **Taunton** — [Taunton Dragons](#), Taunton & Bridgwater College – Wednesday 6-7pm
- **South Somerset** — [South Somerset Bears](#), Yeovil Cricket Club – Thursday 6-7pm
- **North Somerset** — [North Somerset Hounders](#), Uphill Castle Cricket Club, Weston-super-Mare – Thursday 6-7pm

For more information about the Super 1s programme, visit: <https://somersetcricketfoundation.org/disability/super-1s/>

Hear from Connor about why he enjoys Super1s cricket in this short video (0:35) on

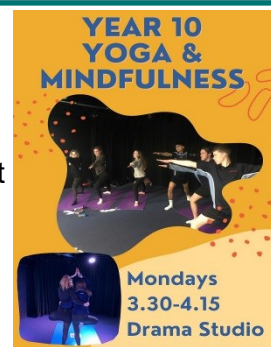
YouTube: <https://youtu.be/XwNVJcyh1jq>

For more information and to book, contact Steve Gass, Growth & Participation Officer, Somerset Cricket Board on steve.gass@somersetcricketboard.org



NEW CLUB: Yoga and Mindfulness for Year 10

With the departure of our Year 11s, Yoga and Mindfulness is available to Year 10 students after half term. Each session includes some mindful movement, breathing techniques and relaxation, all of which can have benefits on both physical and mental health. Our Year 11 cohort explain the benefits in their own words: "I come to feel relaxed", "I do yoga because it takes my mind off any stress I'm feeling about school or from home", "Yoga makes me feel relaxed and stress free! It's a fun activity to go to with your friends", "Yoga makes me feel...free, happy, relaxed, chilled out in exam time, less stressed, stretched, physically better and releases anxiety". Follow us for update on Instagram @CourtFields_TeenYoga and facebook, Court Fields Teen Yoga.



Forward diary dates

31st May - 6th June - Half Term

24th & 25th June - Inset Days

Achieve | Belong | Participate



@courtfieldsschool



@CourtFieldsSch



CourtFieldsSchool