

# Court Fields School

## Parent Weekly 'What's Happening' Bulletin



### Message from Mrs Matthews

No space for me this week, but I just wanted to say thank you for all your support, particularly around our Ofsted visit this week, which went well. I'll update you with more once I receive the letter from the Ofsted Team. Have a lovely weekend, take care and keep safe. Mrs Matthews

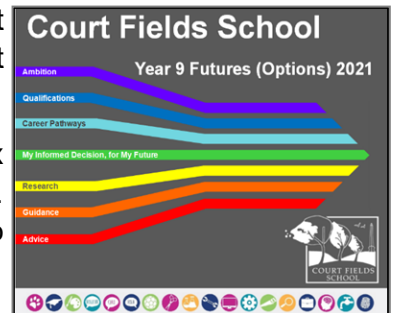
### Year 9 Futures (Options) Evening

Our Year 9 Futures (options) evening will be taking place on Wednesday 3<sup>rd</sup> February. Due to the current Covid-19 restrictions the evening will be held virtually and all of the information will be available on our website on the evening from 6pm. We will be asking students to make their choices as to which subjects they should select for GCSE by Monday 1<sup>st</sup> March, so this evening will give an invaluable insight into which subjects might be the most appropriate for your child.

Year 9 students are at a critical stage where they need to choose appropriate GCSE courses or Vocational courses for Year 10 and 11. It is very important and we would very much like you to attend this event. This year, as well as a presentation on the process, there will be a video clip from every subject explaining the course and what students will study throughout Years 10 & 11. The Futures webpage will also provide links to the Sixth Form Colleges and other Careers information to help you and your child in their subject choices. Following the evening, Heads of Faculty can be emailed in the format [initialsurname@courtfIELDS.net](mailto:initialsurname@courtfIELDS.net) and will be able to answer any of your subject specific questions.

We appreciate that choosing options is an important, but sometimes complex matter and wish to assure you that we will provide as much information as possible. If you have any specific Futures (Options) questions please do not hesitate to contact the school using the [Futures@courtfIELDS.net](mailto:Futures@courtfIELDS.net) email.

**Deadline for Option Choices: Monday 1<sup>st</sup> March 2021.**



### Book of the Week - Patina, by Jason Reynolds

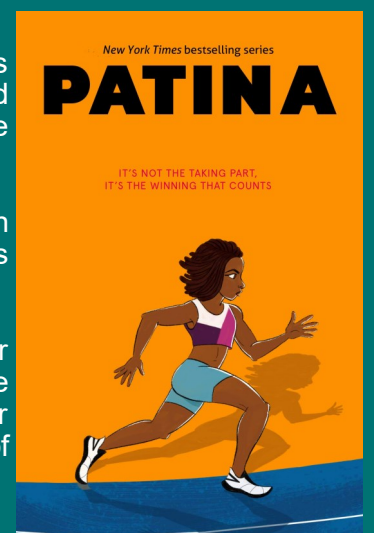
Elite runner Patina is a girl with a lot on her plate and she takes her responsibilities heartbreakingly seriously. After her dad died, her mum developed diabetes so bad that she had to have her legs removed and is so unwell that Patina and her adorable little sister live with her Uncle Tony and his wife Emily, who the girls call Mumly.

Patina takes responsibility for everything and everyone – even her school project with the posh girls at her new mainly white school. So how to do you cope when your life is at the limits of what you can realistically do?

At the heart of this novel is the message that you need to let yourself rely on other people and work as a team, whether that's on a running team or in real life, and to be proud of yourself and what you do achieve. It is a seriously great moral for all the over-achievers out there. When you've finished reading the book, you'll be as proud of Patina as if you knew her.

Jason Reynolds's writing doesn't hit a single bad note here. The dialogue is crisp, the characters are believable, and it's a beautiful, flawless reading experience that will hook reluctant readers (especially those into sports).

This is book number two in the Run series (called Track series in the United States) and loosely a sequel to Jason Reynolds' Ghost. However, it can easily be read as a standalone text.



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## Children's Mental Health Week PE Competition!

Next week (1st Feb-7th Feb) is Children's Mental Health Week. To promote the week we are holding a student competition around the impact of exercise and sport on mental health.

**Your job is to create either a poster or video all about the positive effects of sport and exercise on your mental health. Entries MUST include:**

1. Briefly what is mental health?
2. Explain and give reasons why sport and exercise positively impact a person's mental health.
3. Explain a sport star or celebrity who has used exercise/sport to overcome mental health problems.
4. Give examples of simple exercise activities you can do to help improve mental health.

Make sure you include lots of detail (and if you do a poster lots of colour!) Videos to be no longer than 6 minutes long. All entries will need to be sent to your PE teacher's email between 26th January and Friday 5th February by 12pm. Winners will be announced the following week.

**Prizes: 1st Place: £15 Amazon Gift Voucher, 2nd Place: £10 Amazon Gift Voucher, 3rd Place: 20x House Points. All entries that include all four criteria will receive 10x House Points**

Here are some useful links that you may use to help you complete your poster or video;

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

<https://www.nhs.uk/conditions/stress-anxiety-depression/exercise-for-depression/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.turnbridge.com/news-events/latest-articles/tyson-fury-fight-against-drugs-and-mental-health#>

[https://www.fsem.ac.uk/position\\_statement/the-role-of-physical-activity-and-sport-in-mental-health/](https://www.fsem.ac.uk/position_statement/the-role-of-physical-activity-and-sport-in-mental-health/)

[#:~:text=Physical%20activity%20has%20been%20shown,and%20reduce%20stress%20and%20anxiety.](#)

<https://www.getthegloss.com/article/7-exercises-to-boost-your-mental-health>

Good luck to you all! Please take your time so that you produce your best work, and let your PE teacher know if you are having any issues with anything. **Mr C and the PE Team**

P.S Also, well done to those students that have signed up and are completing the SASP challenges. If you haven't signed up yet it isn't too late <https://www.saspchallenges.co.uk/>



### Weekly wellbeing tip: Take notice

Bird watching has long been cited as an excellent mindfulness activity; it draws your attention to the present moment and connects you with nature allowing your body and mind a chance to shift from "fight or flight" mode to "rest and digest". This weekend is RSPB's Big Garden Bird watch. Sign up here <https://www.rspb.org.uk/get-involved/activities/birdwatch/> and take an hour to unwind and notice the feathered friends in your garden, whilst providing valuable information to the RSPB.

Year 11 Monday  
Mindfulness  
3.15-4.00



### Updates from the Finance Office

**Oliver! Refunds** - If any parents still have their tickets for the cancelled shows in March 2020 please send them in to the School in an envelope marked for the attention of the Finance Office. Please also supply a phone number or email so that Finance can contact you for the details needed to process the refund.

**Music Lesson Credits carried forward from last year** - If you were owed money for the cancelled Music lessons during March 2020 you will soon be contact by the Finance Office so that the monies owing to you can be refunded.

**YR8 Celebration Trip** - The payments that were made last year for the current YR8 Trip have been held in the hope that the Trip will be possible this year. As this is now unlikely, arrangements are being made to refund all money paid. If you have paid for the trip, please contact [financecourtfiels@educ.somerset.gov.uk](mailto:financecourtfiels@educ.somerset.gov.uk) for further information.

### Creative Performing Arts supports Children's Mental Health Week 2021

**KS3 students - check your emails Monday morning for a very exciting CPA competition. Top prize is a £20 Amazon voucher!!!**

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