



# The Nurture News Spreading Sunshine



Hi children,

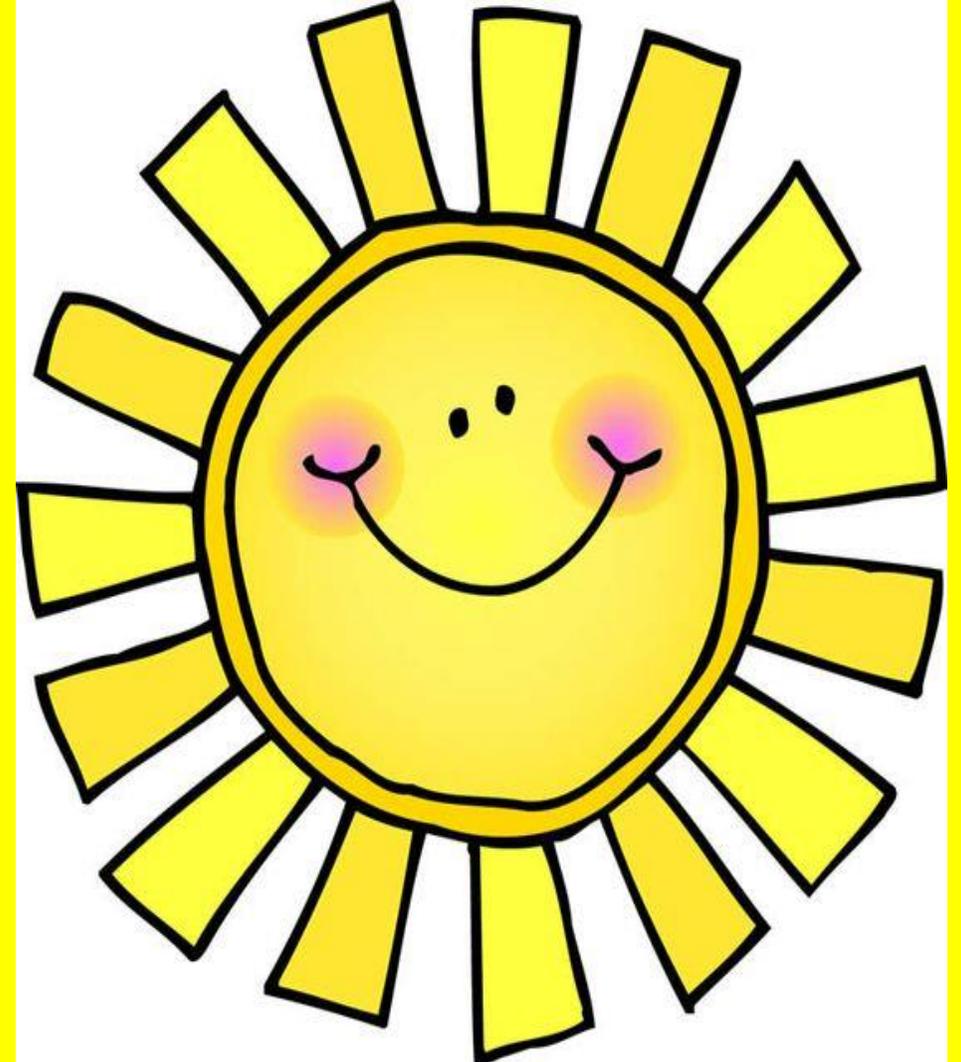
Following the recent announcement from Boris Johnson we have been counting down the days until Monday the 8<sup>th</sup> of March when we can welcome you all back into school again.

We can't wait to see your happy smiley faces and hear your classrooms busy and full of fun again. However, we know that for some of you the thought of coming back to school might be making you feel a little bit nervous, and that's ok.

You have done well learning at home and adjusting to a new routine and sometimes another change can seem a little bit worrying again. This edition of our newsletter will hopefully have some ideas about how to get ready for coming back to school.



Lots of smiles and sunshine from  
Mrs Worboys, Mrs McCormack and  
Mrs Cleaves



## Reflecting on your Lockdown Experience

You are the first children to ever have lived through a pandemic and to experience national lockdowns and school closures. We all would have had some good moments and some not so good moments. Why not take some time to reflect on your lockdown experience before returning to school?

Three new things I did in lockdown:

- 1.
- 2.
- 3.

New hobbies or skills I learnt:

- 1.
- 2.
- 3.

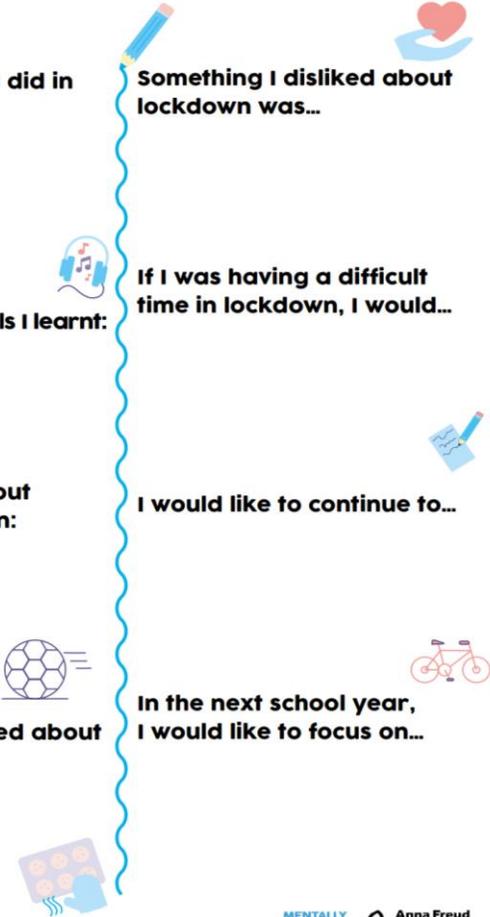
Something I enjoyed about lockdown was...

Something I disliked about lockdown was...

If I was having a difficult time in lockdown, I would...

I would like to continue to...

In the next school year, I would like to focus on...



## Mrs Worboy's Top Tips for Returning to School

**Talk** to your grown ups about how you feel. If you are worried or nervous about something, speaking with a grown up can often make you feel better.

**Remind yourself** of your school day so you remember what to expect! School will be very similar, if not exactly the same as how it was when you finished in December.

If you are worried about the virus speak to your grown up about how you can continue to keep safe at school. You can bring in your own hand sanitiser if you would like to.

**Try and get back into a routine.** Make sure you practise going to bed at a sensible time and waking up early again in the morning so that you are feeling refreshed and ready to learn when you come back to school.

**Get organised.** Make sure you find the time this week to dig out your school uniform and school bag. Making sure you are ready with everything you need will help you feel more confident and prepared for school.

**Think ahead.** As well as reflecting on what has happened during the past few weeks it is important to stay hopeful and find excitement in the future. Try and think of things you can feel positive about and look forward to.

## Bottle Moments

### What is *your* Bottle Moment?

Having hope helps us keep going when things are really hard. Your Bottle Moment is the one thing you'd most like to do again when everything is better and back to normal. It could be a friend you'd most like to see, a place you'd most like to go, a hobby you'd most like to get back to, or simply getting a hug from someone special.



Artist Rob Murray has been encouraging children all over the country to share their bottle moment and is running a competition until the 21<sup>st</sup> March.

Click on the link to find out more and to enter.  
We'd love to see your entries too 😊

[Covid-19 Kids | Bottlemoments](#)

## GO NOODLE

Lots of you enjoy using GoNoodle at school to keep your brains and bodies active. In addition to lots of fun and active activities, GoNoodle also has many mindfulness activities to keep our brains feeling happy and focused. Why not try GoNoodle at home and ask your grown ups to help you set up a free family account? Visit [www.gonoodle.com](http://www.gonoodle.com) to do this.

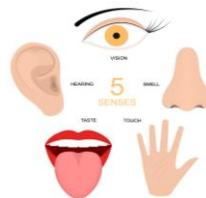


### Mindfulness Safari

Spring has sprung this week and we have loved seeing the return of the sunshine. Take the time to be quiet, calm your thoughts and move slowly through nature. Turn on your sense of sight, smell and touch. Enjoy the sunshine and search for some beautiful natural objects to explore.

*What does it look like? What colour is it? What does it smell like?  
Can you touch it? What does it feel like?*

Search for mini-beasts and other creatures that move. Watch in silence.



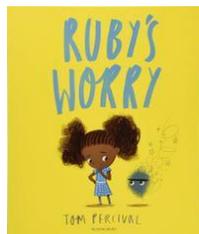
*What does it look like? How does it move?  
What colours can you see on its body?*



## **Mrs Cleaves' Book Recommendations**

Here are some books to help with any worries you may have ahead of returning to school:

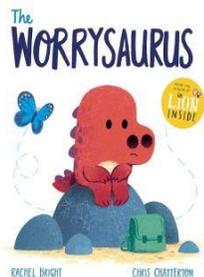
Ruby's Worry by Tom Percival



While We Can't Hug by Eoin McLaughlin

Coronavirus: A Book for Children by Elizabeth Jenner

The Worrysaurus by Rachel Bright



The Colour Monster by Anna Llenas

## **Mrs McCormack's Art Challenge**

World Book Day is on the 7<sup>th</sup> March so this week's challenge is to make your own folding book.



Follow the link below:

<https://youtu.be/pY91ZZ-LGqY>

All you will need is some paper and pencils or felt tip pens. You can fill your book with anything you like.

Please share your designs on Twitter (@courtwoodschool) as I'd love to see them.

Mrs McCormack

## **Places to go to for Support and Advice:**

Young Minds – <https://youngminds.org.uk/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>

Off The Record Croydon [Off the Record Youth Counselling \(talkofftherecord.org\)](http://talkofftherecord.org)

If you have any worries or concerns about your child's emotional behaviour or well-being, then please do not hesitate to contact the school via phone or at [admin@courtwood.org.uk](mailto:admin@courtwood.org.uk) as there will be things we can do to help.