



The Nurture News Spreading Sunshine



Hi children,

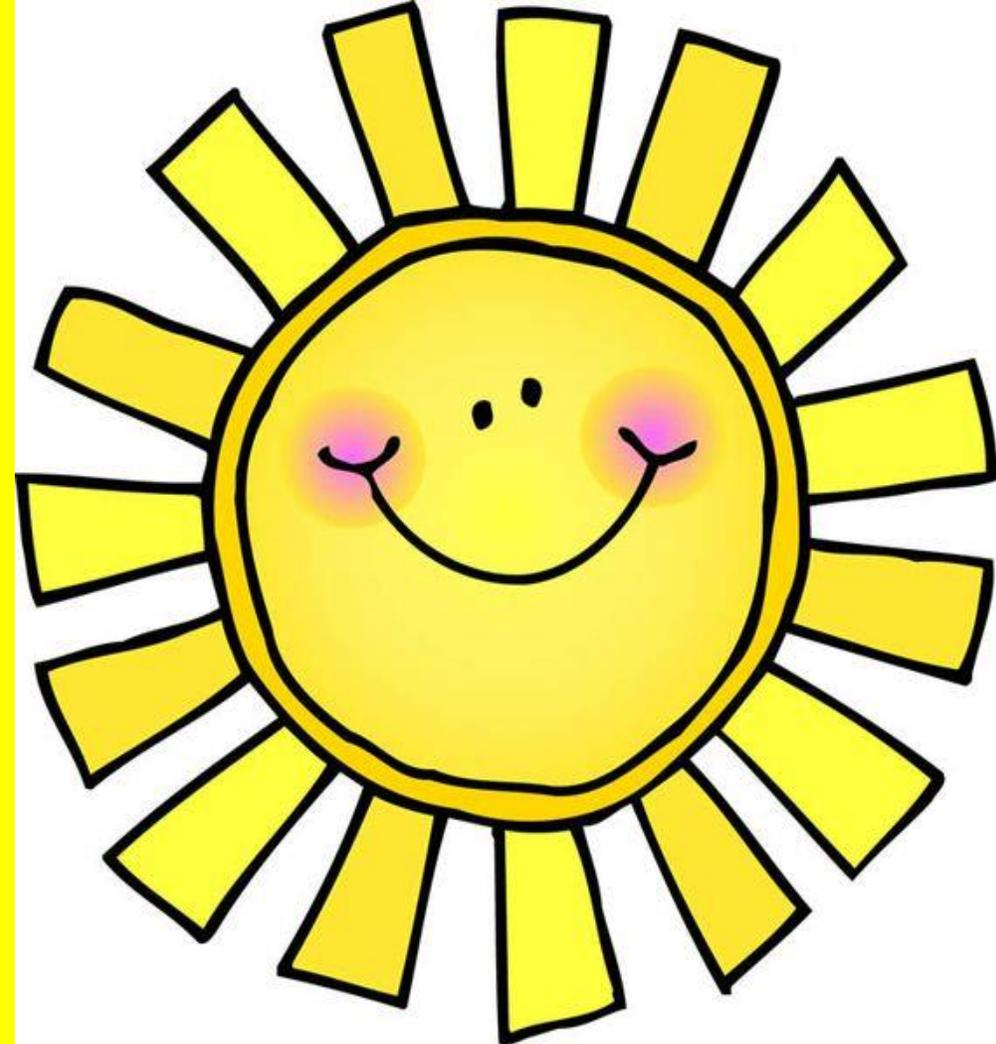
We are coming to the end of what has been a rather strange year! We have loved seeing your happy faces in school everyday and online during school closures and have been so impressed with your hard work and determination.

After returning to school, you all quickly settled back into your learning and your teachers have been really impressed with the progress you have made.

It's time to start thinking about the next steps in your Courtwood journey and the transition to your new class. I know for some of us change can be a little bit worrying so this edition of our newsletter will hopefully have some ideas how to feel positive and prepared as we move into our next year groups.



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



Moving to a New Year Group

In the next few weeks, you will find out who your new teacher is going to be and will start thinking ahead to your next year. Sometimes leaving behind the things you know and moving onto something new can be a little bit scary! If you are feeling a little bit worried why don't you try some of the ideas below to make sure you feel prepared and ready:



'Get Crafty' by making your own transition heart. Decorate it with all the things you have enjoyed this year or learnt this year. Inside you could put all of the things you are looking forward to next year or anything you are worried about



Write a letter to your new teacher to introduce yourself. They'd love to hear all about you, the things you enjoy and anything you would like to get better at next year.



You will get an opportunity to meet and speak with your new teacher. Why don't you write down any questions you have about next year?



Take sometime to think about setting some new goals for next year. What would you like to achieve? This could be in school or at home. What do you need to do to be able to achieve these goals?



If you are feeling worried make sure you talk to someone you can trust. Talking can help you feel better.



Reading is a great way to relax. Why don't you try and catch up on any of the reading challenge books you have missed this year. This is a great way to get some prior knowledge about subjects that are coming up next year!

Artist Background Information

David Hockney (1937 - present): Lots of Hockney's work involves painting people he loves. This is usually pairs of people. 'My Parents' is a painting of his mum and dad. Look at how he illustrates their personalities. His mother sits upright and attentive, while his father is absorbed in his paper and seems a little bit on the edge of his seat. It's like Hockney has captured how he feels about his parents in a painting that will last forever.

Pablo Picasso (1881 - 1973) - 'The Seler Family', Painted during Picasso's Blue Period of creativity. A large family of Seler is located around a cramped tablecloth on the ground. All attention is focused on family members, it was obviously important for the customer to see and recognize everyone in the family portrait, even a dog as if posing for a group master.

Art Knowledge Organiser: Year 2: Autumn Term
Portrait: Family Portrait (Close Observational Drawing)

Key Knowledge

Family: a social unit consisting of one or more adults together with the children they care for.

Portrait: a painting, photograph, sculpture, or other artistic representation of a person, in which the face and its expression is the main focus. The idea is to display the likeness, personality, and even the mood of the person. A portrait often shows a person looking directly at the painter to get the attention of the viewer.

Official portraits are often painted of important people such as Kings, Queens, Presidents and Prime Ministers etc as a record. They often have official colours and symbols such as a dog.

Drawing

Artists use a variety of pencils when drawing. There are harder pencils and softer pencils, which can help you blend light, medium and dark tones.

It is also essential to have a good quality rubber and sharpener to hand. A rubber can be used to create highlights in a drawing.

The most important tool for an artist to use is their eyes. You should look up at what you are drawing at least three times every minute!

You should also think about the direction of your lines and draw in the same direction when using pens. When you start to draw objects, your lines should follow the shape of what you are drawing.

Key Vocabulary

Word	Definition
family	one or more adults together with the children they care for
personality	qualities that form your character
portrait	how you describe someone in words/pictures
represent	to present a picture, image, or likeness
composition	putting pictures together to arrange them
arrange	put in an order for a reason
shading	colouring something darker or lighter to create a 3D effect
observing	looking closely at something or someone

Get ahead with your learning and make sure you are prepared! Visit the Courtwood website to find out what you will be learning in your new classroom by having a read over your new knowledge organisers.

Take the time to reflect on the year you have had. Click on the link to find a really helpful reflection sheet. If you don't have a printer you can always create the sheet yourself with some coloured pens!

[My time in Year ... Transition activity - ELSA Support \(elsa-support.co.uk\)](https://www.elsa-support.co.uk)



Top Tips for Grown Ups in Helping Children with Change

During times of change it is likely that children will need additional support to express and understand their own anxieties and feelings

It is important that we listen to and acknowledge their emotions, giving them the time and opportunity to talk about them. As with any emotionally charged situation, children's feelings often emerge in physical or verbal (mis)behaviour. They are trying to convey something to us and we may need to take the time to understand what they are trying to say. During this time our reactions play a key factor, here are some helpful tips when responding to

When we want to say

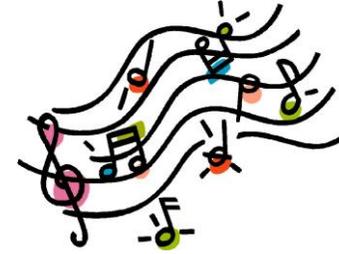
- I've had enough of this...
- Just calm down...
- Stop shouting...

They may need to hear

- I'm here for you, tell me...
- Take a deep breath then tell me...
- Let me help you... how can I help...

Feel Good Music

Create A Family Playlist!! Listening and sharing music and songs together as a family is a really lovely experience and creating your own family playlist provides a wonderful opportunity to talk, share and have fun together. Try swapping your finished playlists with friends and other families!



Wellbeing Apps to Try

Three Good Things: A Happiness Journal This app is simple and easy-to-use, helping children focus on the positive and recognising what went well today. (Ages 6 and up.) Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice.

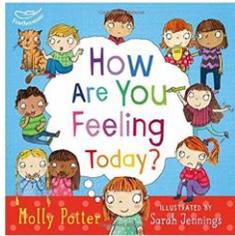
Mindful Powers Mindful Powers is one the best mindfulness app aimed at children aged between 7 and 10. The technique of mindfulness has been very positively received by many of those who have taken the time to learn and practice it.



Mrs Cleaves' Book Recommendations

Here are some helpful books that might be useful if you are feeling worried about any upcoming changes

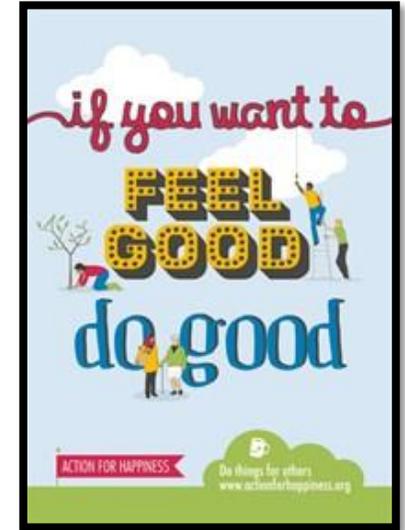
- Back to school Tortoise by Lucy George
- Help your Dragon deal with Change by Steve Herman
- Wemberly Worried by Kevin Henkes
- How are you Feeling Today? by Molly Potter



Do Things for Others

Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy. So if you want to feel good, do good! Click on the link to find out more.

[Action for Happiness](#)



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. 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)

CAMHS. The CAMHS resource website provides links to websites and resources to support children and young people with a wide range of mental health needs. [WEBSITES | CAMHS Resources \(camhs-resources.co.uk\)](http://camhs-resources.co.uk)

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 as there will be things we can do to help.