



The Nurture News Spreading Sunshine



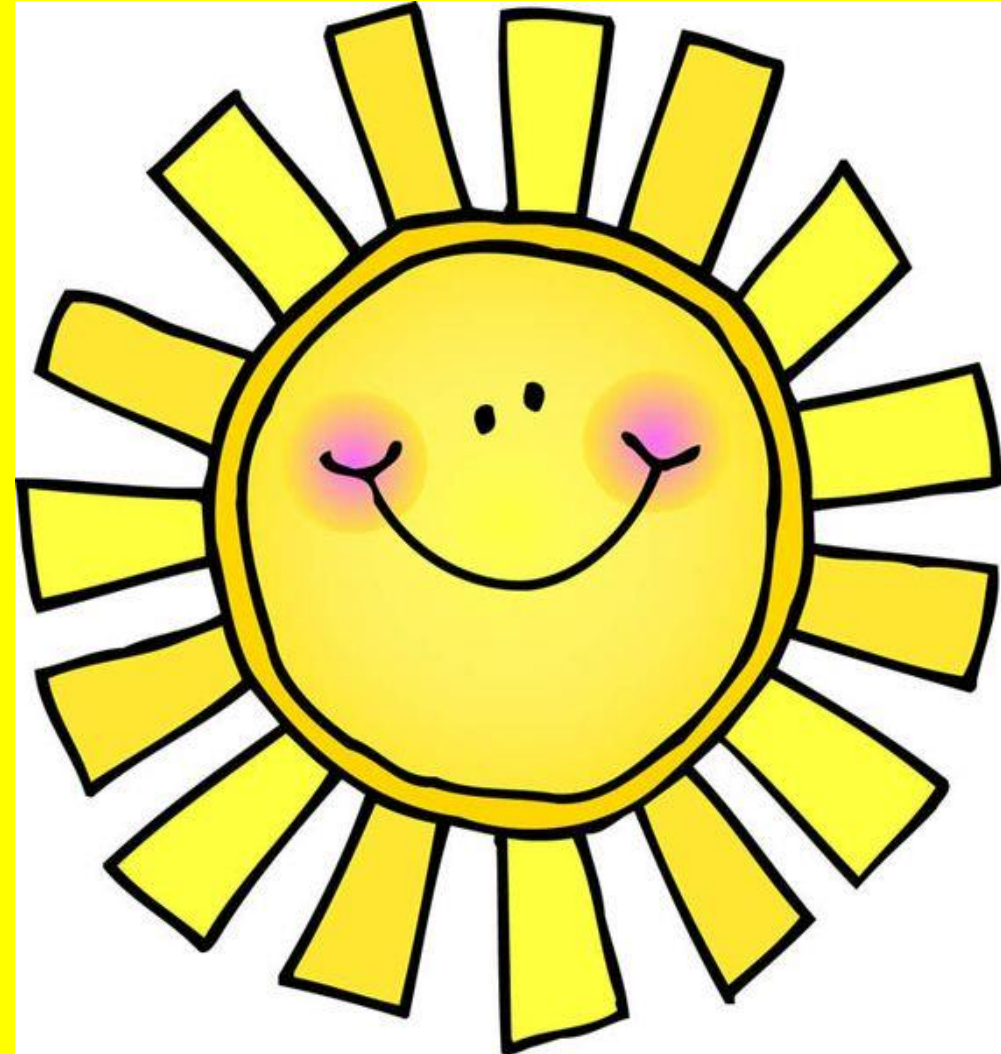
Hi children,

We hope you had a great summer and you are returning to school well rested and ready for the year ahead.

You have all started the new school year with happy, smiley faces and a really positive attitude towards your learning, which only means you are going to achieve amazing things! The return to school is always exciting, but it can make some children feel a little bit nervous. Remember to speak to a grown up if anything is worrying you. The start of a new school year is a great time to set goals and targets for things you'd like to achieve, so we'll be thinking about different ways we can do this in this half term's edition of the Nurture News.

We will also give you some ideas of how to keep your minds and bodies healthy during the Autumn season. As always, we love to see what you've been up to, so if you try any of our suggestions please let us know and email any photos to office@courtwood.org.uk as we might be able to include them in next half term's newsletter.

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



Setting Goals

The start of a new school year is a great time to think of new goals and things you would like to achieve. Setting and achieving schools can help bring you success and happiness. Setting goals is really tricky, even for adults. Why don't you spend some time as a family setting some new goals for the year together? Here are some fun ways to try below:

Make a Family Bucket List

1. Get together as a family and grab some felt tip pens and paper
2. Take it in turns to think of things you would like to achieve/complete before the end of the school year.
3. Add to them to the bucket.
4. Help each other achieve them throughout the year
5. Celebrate each other's successes when they are achieved.



Play Three Stars and a Wish

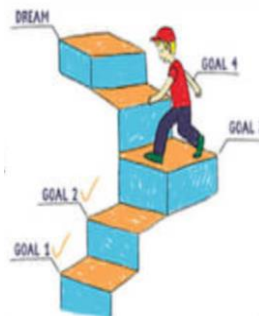
- Think of your three stars. These are three things you do really well. It could be running really fast or being kind to your friends.
- Now think of your 'wish'. This is something you would like to work hard to get better at.
- Sharing your wish with someone is a really good idea, as they can help you achieve it.



Goal Ladders

Using a staircase goal ladder can be a great way to break down your goal into achievable steps.

1. Write your dream at the top of the staircase
2. Write your first goal at the bottom and your first action towards it
3. Create your second and third goal and actions towards it
4. Continue 'climbing' the stairs, adding dates and pictures to motivate you



Create a Vision Board

- Take some old magazines/newspapers and cut out the pictures that represent your hopes and dreams.
- Stick them onto a piece of paper and decorate with glitter and stickers.
- What do the pictures represent? How do you plan to achieve these dreams?



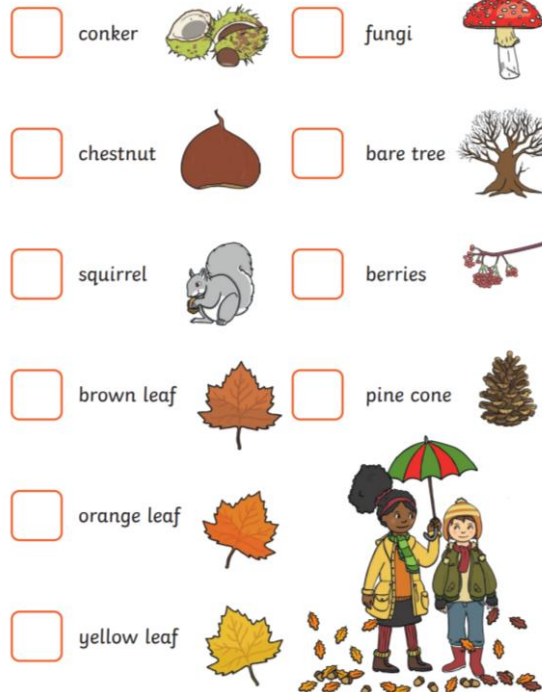
Autumn Wellbeing

As we move into Autumn, the weather will begin to change and we will have less hours of sunlight during the day. It is important that we continue to keep our minds and bodies feeling good by still getting out and about.

Autumn is a really fun season to explore nature in. You can stomp through the crunchy fallen leaves and spend time looking for conkers.

Why don't you wrap up warm and try our nature hunt below?

Autumn Hunt Checklist



Conkers

Spending time with friends and family, playing games can be great for making us feel good. Follow the steps below to play 'Conkers' after your nature hunt.

Before you start playing, you'll need to thread your conkers onto string. With an adult's help, carefully make a clean hole through the middle of each conker using a skewer or screwdriver. Cut pieces of string about 50cm long and thread them through the holes. Tie a knot at both ends of the string so the conkers don't fall off.

Conkers is a game for two players, each with their own conker. Toss a coin to see who strikes first.

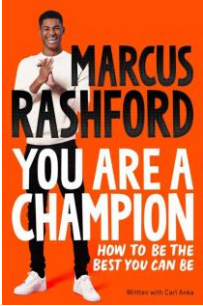
1. Wrap the loose end of the string around your hand twice (there should be about 25cm of string between your hand and the conker).
2. One player dangles their conker at arm's length, keeping it as still as possible.
3. The striker holds the string of their own conker and takes a swing at their opponent's conker to try and bash it. If the attacking player misses, they have two more chances before it's their opponent's turn to strike.
4. Keep taking turns until one of the conkers smashes and you have a winner!



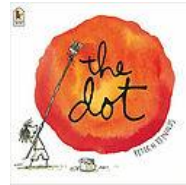
Mrs Cleaves' Book Recommendations

Here are some books all about setting goals and achieving new things:

You Are a Champion: How To Be The Best You Can Be
Marcus Rashford



The Dot
Peter H. Reynolds



Almost Anything
Sophie Henn



Look for the Good

Positive emotions like joy, gratitude, inspiration, pride and laughter are not just great at the time. Research shows that experiencing these emotions on a regular basis can have a really positive impact on our general wellbeing and can help us feel good more of the time!

There are times when life can feel difficult but it's important to try and find the good things in any situation, instead of always focussing on the bad.



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.