

COURTWOOD PRIMARY SCHOOL



Newsletter 5

02.02.24

I can't believe the first half term of 2024 has passed so quickly and we are fast approaching half term. We have had a busy week in school, with our Year 4 children visiting Selsdon Library, watching our Year 3 class assembly, enjoying the Courtwood Book Talk event and choir rehearsals. Next week, Year 5 are looking forward to spending the week at Whitgift to enjoy a range of lessons and activities to enhance their learning. I hope that you all have a restful and enjoyable half term when it comes!

Attendance

National Expectation for whole school attendance is currently **95%**. Pupils whose attendance is less than 95% are referred to the Education Welfare Officer.

Whole School	93.3%	Year 3	93.6%
Reception	93.2%	Year 4	94.4%
Year 1	93.2%	Year 5	92.7%
Year 2	94.2%	Year 6	91.4%

PTFA – Valentine's Disco

It's time for the children to bring out their party clothes and to put their dancing shoes on for the **Valentine's Disco** this evening.

KS1 Disco— 5pm - 6.15pm

KS1 Disco— 6.30pm - 8pm

The Disco is cashless—please ensure your child has their Courtwood Coins to spend!



Creative Wellbeing Sessions

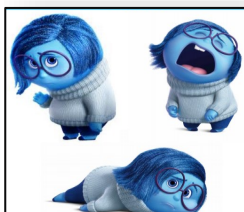
Croydon is London Borough of Culture! As part of this initiative, Courtwood has been selected to participate in the **Creative Wellbeing Project**. The Creative Wellbeing Project is a ten-week program, led by the talented artist **Nina Mdwaba**. Throughout the ten weeks, Nina will be working with groups of children, fostering creativity and exploration in the realms of drama, music, storytelling, and poetry. The sessions aim to enhance children's confidence, self-esteem, and overall wellbeing through active engagement in various creative forms.

ESAFETY— YouTube

Children's TV watching behaviour has significantly changed over the years. Viewing videos on online platforms such as YouTube or TikTok is now common practice. YouTube is the most used online platform among 3-17-year-olds (88%). It is important to be aware that whilst online children may click on content which appears appropriate, but actually contains adult themes. This puts children and young people at risk of seeing content that might be inappropriate.



**BLUE
ZONE**



Zones of Regulation — Blue - Click on the [link](#)

The **BLUE ZONE** describes **low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored**. Our energy is low and our body is moving slowly when we are in the Blue Zone. When in the Blue Zone we often need to rest and recharge to meet our goals.

Pets As Therapy



We are thrilled to announce the newest addition to our school community—**Lottie, the Golden Retriever**, who will be joining us as our official therapy dog!

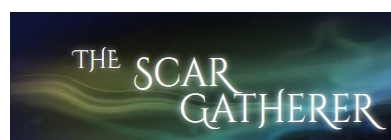
Research consistently highlights the numerous benefits of incorporating pets into therapeutic practices, particularly in educational settings. The presence of a therapy dog like Lottie can have a profound impact on the well-being of students, promoting emotional and social development. Interacting with animals has been shown to reduce stress and anxiety, improve mood, and enhance overall mental health.

Lottie will enjoy listening to some of the children read stories aloud to her. This interaction will not only fosters a love for reading but will also help improve literacy skills and boost confidence in our children, allowing them to practice their reading skills without fear of judgment, creating a positive association with reading and learning.

We look forward to welcoming Lottie to Courtwood and witnessing the enthusiasm she will undoubtedly bring to our school.



Book Recommendations:



The Scar Gatherer is a series of 7 time travel adventures for 8 -12 year olds, spanning 7 periods in British history, from Roman times up to the Second World War. Click on the [link](#) to find out more about each



Young carers play an invaluable role in their families, often balancing caregiving responsibilities alongside their schoolwork and personal lives.

If you suspect that your child may be a young carer either for a sibling or family member with additional needs or health conditions, we encourage you to let us know by emailing the school office, for the attention of Mrs Cleaves. Courtwood runs a Young Carers group to ensure they receive the assistance and understanding they deserve and have the opportunity to spend the time with other young carers and to enjoy some fun activities. To find out more information on Croydon's offer for Young Carers, please follow the [link](#).



Children's Mental Health Week

Next week is **Children's Mental Health** week. And the theme this year is '**My Voice Matters**'. My Voice Matters is about empowering our children by providing them with the tools they need to express themselves. Children will have the opportunity to participate in a range of assemblies and activities which focus on mental health and how we can boost our self esteem and well-being. Being able to express themselves is about children finding a way to show who they are and how they see the world, so that they can feel good about themselves and feel confident to share their feelings, thoughts and ideas.

General Reminders

- Please remember to label your child's clothing so that it can easily be returned.
- Please send your child in a water bottle each day.
- Please email into the school office before 3pm if you have made alternative collection arrangements for that day.

Important Dates

- **Monday 5th to Friday 9th February** – Year 5 Whitgift Week
- **Friday 9th February** – Dress to Express Mufti Day
- **Friday 9th February** – Break up for half term
- **Monday 19th February**—Pupils return to school