



Headteacher: Mrs Deborah Wood



Nurture, Inspire, Flourish.

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### Newsletter 5 – 4<sup>th</sup> October 2019

We are resilient and persistent in the face of challenges.

#### Diary Dates

<p><b>Harvest Foodbank Donations (see below)</b>  <i>Individual Photograph day</i>  <b>Year 1 &amp; 2 WOW Event</b>  <i>Open Evening for Prospective Parents</i>  <b>EYFS Parents Phonics talk</b>  <i>Halloween Disco</i>  <b>Open Morning for Prospective Parents</b>  <i>Year 5 &amp; 6 WOW Event</i>  <b>Year 3 Visit to Earth Science Centre</b>  <i>FoCP Christmas Fair</i></p>	<p><b>Thursday 10<sup>th</sup> October</b>  <i>Friday 11<sup>th</sup> October</i>  <b>Tuesday 15<sup>th</sup> Oct 9.00-9.30am</b>  <i>Tuesday 15<sup>th</sup> October 6pm</i>  <b>Wednesday 16<sup>th</sup> October 2-3pm</b>  <i>Friday 18<sup>th</sup> October 6.00-7.30pm</i>  <b>Saturday 19<sup>th</sup> October 10am</b>  <i>Monday 21<sup>st</sup> October 2pm</i>  <b>Tuesday 22<sup>nd</sup> October</b>  <i>Saturday 7<sup>th</sup> Dec 11.00am – 1.00pm</i></p>
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#### Term Dates 2019-20:

**Term 1 Wed 4<sup>th</sup> September – Thurs 24<sup>th</sup> October;**

**Term 2 Mon 4<sup>th</sup> November – Fri 21<sup>st</sup> Dec;**

**Term 3 Mon 6<sup>th</sup> January – Fri 14<sup>th</sup> February;**

**Term 4 Tues 23<sup>rd</sup> February – Fri – 3<sup>rd</sup> April;**

**Term 5 Mon 20<sup>th</sup> April – Fri 22<sup>nd</sup> May;**

**Term 6 Mon 1<sup>st</sup> June – Fri 17<sup>th</sup> July**

**INSET DAYS 2019-20: Mon 2<sup>nd</sup> September, Tues 3<sup>rd</sup> September, Fri 25<sup>th</sup> October, Mon 24<sup>th</sup> February, Mon 20<sup>th</sup> July**

#### Headteacher's News

We have certainly witnessed many examples of resilience and persistence this week. Cedar class, our Y6s, have spent a rather wet week on Dartmoor for their residential. They have enjoyed a range of activities including archery, kayaking and abseiling. From the photographs, it is apparent that a lot of mud has been involved, too! A huge well done to those children who were especially anxious about leaving their families for the week but felt the fear and did it anyway. On the rainy theme, a group of our pupils (and their resilient parents) braved torrential downpours early in the week to compete in a tag rugby tournament. Again, huge congratulations to them all for keeping going even when absolutely drenched.

Yesterday, the KS2 Choir sung to the rest of the school for the first time. For many of them, it was a nerve-racking experience but the audience would never have known. Well done in particular to the soloists and to William M for representing the boys! Those Courtney Choir T-shirts were also an added touch.

And finally, next week sees the retirement of Mrs Glennis Harman who has been a lunchbreak at Courtney for 18 years! On behalf of the school I want to send her an enormous thank you for her reliability, care for and dedication to her job. We wish her all the best in her increased grandmother duties.

**Deborah Wood**

#### This week's Crown Values Certificates awarded to:

- Year 1 Oak: Kinga S
- Year 2 Ash: Isis C
- Year 3 Lime: Rheo F
- Year 4 Maple: Caiden H
- Year 5 Sycamore: Jack B

#### Attendance Total 97.1%

- YR Cherry 97.4
- Y1 Oak 96.3%
- Y2 Ash 93.7%
- Y3 Lime 97.3%
- Y4 Maple 99.9%
- Y5 Sycamore 96.6%
- Y6 Cedar 98.8%



## Multiplication Masters

Kallum G, Madison H, Eva R, Megan L



## Reading Certificates

Bradley L, Eva R, Peter M, Rheo F, George B, Will M, Kamil S, Dominik Z, Harry J, William F, Carson H, Lily-Mai M



### Tag Rugby Tournament

We're a hardy lot here at Courtney! Well done to all of the children and Mr Smith who showed resilience and persistence in the torrential rain this week. And to all the parents who braved the deluge to support us.



## Choir

The choir gave a beautiful and brave performance in front of the rest of the school during Thursday's assembly. Miss Inman was so unbelievably proud of you all. Bring on Christmas! Not only did they sing well, they inspired others to join.



## Friends of Courtney Primary (FoCP)

Tickets for the Halloween disco go on sale on Monday 7<sup>th</sup> October between 8.30-8.45am and 3.00-3.20pm. These will be sold in the playground outside the library. Tickets are £2 each or £5 for a family of 3 or more siblings. Children must bring their ticket to the disco in order to be admitted. One parent per reception child may attend for free. Sorry, no scary clown outfits allowed.



We still need a couple more volunteers to help during the evening. Please can you let the office know or email Lynne at [chairfocp@gmail.com](mailto:chairfocp@gmail.com) if you are available for an hour or two.

**SAVE THE DATE:** The Christmas Fair will be on Saturday 7<sup>th</sup> December from 11am to 1pm. If you have any unwanted gifts/items that we can have for the tombola, please bring to the office. Thank you.

## OoSC

Next weeks activities include:  
Tuesday – Arts and crafts  
Wednesday - Cooking



## Phonics Actions

Many of your children in Reception and Year 1 will have been coming home showing you actions to the phonics sounds they have been learning. If you would like to know what all the actions are so that you can help your child with their learning, these can be found on our website. The actions are on both the Reception Cherry Class and Year 1 Oak Class pages, under the Pupils' tab.



## Fundraising for our special cause

We had great pleasure this week in sending a cheque for £900 to the Children's Hospice South West. This money had been raised via a number of fundraising events: the Courtney K, the grow a pound challenge and Y5 cake sale in the last academic year. It is testament to the initiative of our children and generosity and support of our community.

Thank you everyone.

## Harvest

To mark the Harvest Festival, we will be collecting donations for the Resound FoodBank. We know that this is a hugely valuable lifeline for our community and that some of you have already made donations or received food items in a time of need. This is their September wish list:

**Chicken in White Sauce,  
Tinned Ham/Spam/Chicken,  
Twin Sponge Puddings, Shampoo, Tinned Salmon,  
Fish Paste, UHT Milk (semi and full fat)  
Shaving Foam/Gel, Pot/Super Noodles, Toilet Rolls,  
Tinned Spaghetti, Savoury Rice, Tinned Meatballs,  
Nappies (size 4 & 5), Instant Mashed Potato, Tinned Tomatoes, Dog Food,  
Tinned Green Beans**



All contributions are welcome. Please send them into school by **Thursday 10<sup>th</sup> October**.

## Does your child have difficulty drifting off to sleep?

It may be that their body is not producing enough Melatonin, a hormone that lets your body know it is night time. Things that can help produce Melatonin production in the evening are:

- Exposure to strong light in the morning and low lighting in the evening.
- Slow release carbohydrates.
- Milk or water preferably.
- No sugar or caffeine from late afternoon.
- Foods that are rich in Melatonin or help the body to boost Melatonin production include:

Apples, bananas, barley, beans, bread (especially wholemeal), breakfast cereals with milk, cheese (cottage, cheddar and parmesan), chicken and turkey, eggs, fish (cod, canned salmon and sardines), milk, oats, oakcakes, porridge, pasta with milk based sauces, potatoes, sweetcorn, rice (especially brown) and tomatoes.





Community Children's  
Health Partnership



Bristol Early  
Years Speech  
and Language  
Therapy Team

Confident  
communicators

A short information  
session for parents, run  
by speech and language  
therapists.

Free for parents of children aged  
0-5 living in South Gloucester.  
Join us to find out more about  
language development and how  
to help.



Interested?  
Contact the  
children's centre for  
more information

Dates and locations: South Gloucestershire

Tuesday 22<sup>nd</sup> October 1-2.30pm

Yate West Gate Centre, 21 West Walk, Yate  
BS37 4AX. Tel: 01454 315355

Thursday 7<sup>th</sup> November 2019 10-11.30am

Patchway Children's Centre, Epney Close,  
Bristol BS34 5TF.  
Tel: 01454 864146

Wednesday 11<sup>th</sup> December 1-2.30pm

Kingswood Children's Centre, Hollow Road,  
Kingswood, Bristol, BS15 9TP  
Tel: 01454 864144

This service is provided by Bristol Community Health as part of the Community Children's Health Partnership

