

# Court Fields School

## Parent Weekly 'What's Happening' Bulletin



### Message from Mrs Matthews

What a busy week (again!!). We were absolutely full on our Open Morning Tours again this week, following our fantastic Open Evening last week. The comments from parents, families and children regarding our school were just brilliant, and showcased just how much our school has progressed in its development over the last 5 years.

Next week we are celebrating World Mental Health Day through the 'Hello Yellow' initiative from Young Minds, with activities in tutor time and assemblies. Please do join in, encourage your child to wear something yellow (yes, yellow socks are allowed instead of black just for this day!) and use the opportunity to talk in your family about the importance of positive mental health, and to keeping talking if we have any worries.

Have a lovely weekend. Mrs Matthews

Friday 4th October 2024



Wear an item of yellow for



## World Mental Health Day

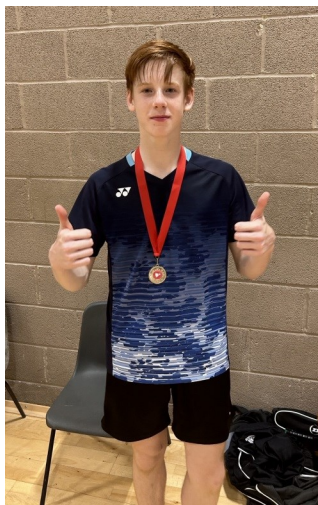
Thursday 10th October

### Somerset Army Cadet Rugby

A massive well done to Year 10 students Alex, Salvador, Lukas and Theo, who represented Somerset ACF U15 Rugby this weekend, walking away with a silver medal.

All four boys have been selected again to represent Somerset in a national competition in Liverpool in the coming weeks.

Well done to you all for a fantastic performance!



### Somerset County Badminton Championships

Talented Court Fields Year 10 William K had a successful weekend in Wells at The County Badminton Championships. William won Gold in the U16 Boys Singles, Gold in the U19 Boys Doubles and Silver in the U19 Boys Singles in a very narrow-margin final against a student 4 years his senior. Well done William!

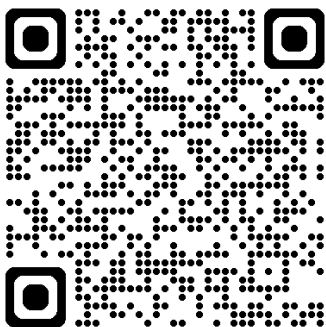
### Year 9 Rugby

Excellent work from the Year 9 rugby team in this week's CVL at Monkton Wood against all the other local secondary schools. No official scores were taken as it was the first CVL, however lots of tries, tackles and great rugby played by the Court Fields boys. Looking forward to the next one!



### SAINT Updates

Please see the QR code that will link to the Somerset School Aged Immunisation Team Facebook page. They update this regularly with information regarding their vaccinations and clinics.



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### Girls football success!

Congratulations to our U13 girls who are through to the next round of the National Cup after beating Robert Blake on penalties last week! A very enjoyable game to watch.

### Football Club

It was brilliant to see over 50 Year 7s and 8s at football club on the brand new 3G pitch. Lots of fun, learning and goals throughout! Looking forward to next week.



### DIARY DATES

- 15th October**  
Parent & Community Meeting
- 17th October**  
Year 11 Parents Evening
- 28th October-1st November**  
Half Term
- 4th November**  
Inset Day
- 5th November**  
Back to School
- 23rd Dec 2024-3rd Jan 2025**  
Christmas Holidays
- 6th January 2025**  
Back to School

### Parent & Carer Webinars

The MHST (Mental Health Support Team) are offering a series of free helpful webinars this Autumn.

- Supporting your child's mental health & wellbeing
- Supporting your child's big feelings
- Understanding & supporting anxiety & low mood

Find out more & register at <https://bit.ly/mhstwebinars2024>.

SOMERSET'S MENTAL HEALTH SUPPORT TEAM ARE HOSTING A SERIES OF

**FREE PARENT & CARER WEBINARS**

Click the link to find out more & register

**Optimistic October 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Write down three things you can look forward to this month.	2. Find something to be optimistic about (even if it's a difficult time).	3. Take a small step towards a goal that really matters to you.	4. Start your day with the most important thing on your to-do list.	5. Be a realistic optimist. See life as it is, but focus on what's good.	6. Remind yourself that things can change for the better.	
7. Look for the good in people around you today.	8. Make some progress on a project or task you have been avoiding.	9. Share an important goal with someone you trust.	10. Take time to reflect on what you have accomplished recently.	11. Avoid blaming yourself or others. Find a helpful way forward.	12. Look out for positive news and reasons to be cheerful today.	13. Ask for help to overcome an obstacle you are facing.
14. Do something constructive to improve a difficult situation.	15. Thank yourself for achieving the things you often take for granted.	16. Put down your to-do list and do something fun or uplifting.	17. Take a small step towards a positive change you want to see in society.	18. Set hopeful but realistic goals for the days ahead.	19. Identify one of your positive qualities that will be helpful in the future.	20. Find joy in tackling a task you've put off for some time.
21. Let go of the expectations of others and focus on what matters to you.	22. Share a hopeful quote, picture or video with a friend or colleague.	23. Recognise that you have a choice about what to prioritise.	24. Write down three specific things that have gone well recently.	25. You can't do everything! What are your three priorities right now?	26. Find a new perspective on a problem you face.	27. Be kind to yourself today. Remember, progress takes time.
28. Ask yourself, will this still matter a year from now?	29. Plan a fun or exciting activity to look forward to.	30. Identify three things that give you hope for the future.	31. Set a goal that brings a sense of purpose for the coming month.			

**ACTION FOR HAPPINESS** Happier · Kinder · Together

**SCHOOL LEAVERS' PROSPECTUS 2025/26**

**School Leavers' Prospectus**

Year 11, please pick up your copy from the stand in the LRC or Common Room if you haven't already.

**Somerset Work Experience Partnership**  
*Sparking the imagination of thousands*

Dear Employer,

The Somerset Work Experience Partnership are looking to recruit and support employers to host work experience placement opportunities for students aged 14+. Hosting a work experience placement gives employers unique access to the next pool of talent and future workforce, promotes workforce diversity, enhances your community presence and public profile and can provide a fresh perspective on your current projects.

Established in 2011, the Somerset Work Experience Partnership support schools and education providers across the Southwest with their Work Experience Provision. Our team of qualified H&S Assessors guide employers, through friendly conversation and site visits, to approve placements for students. Placement opportunities can be hosted by anyone from large companies through to sole traders; multiple opportunities can be offered within one workplace.

Work Experience Placements offer young people an insight into all differing sectors of work including Administration, Construction, Hospitality, IT, Arts, Engineering, Environmental, Healthcare, Culture, Retail, Science, Armed Forces and much more. These first steps into the workplace provide meaningful and enriching experiences for young people and can inform the decisions they make on the path towards their future career.

To find out more about being a work experience placement host please contact:

**Rebecca Cody - Somerset Work Experience Partnership Coordinator**  
07920 296595  
[Rebecca.cody@yeovil.ac.uk](mailto:Rebecca.cody@yeovil.ac.uk)

**Somerset Work Experience Partnership**  
*Sparking the imagination of thousands*

14/19

### Somerset Work Experience Partnership

Our Careers Curriculum supports 1 week of work experience in Year 10. This opportunity gives our students an insight into a chosen industry, develops their employability skills, helps build a professional network and ultimately boosts their confidence. We are looking for "new" placement providers. If you are interested in offering a 1 week placement, please read the letter and get in touch with Rebecca Cody.

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