

Nursery and Reception Dough Disco

Every week in our Early Years classroom we take part in a dough disco session. Dough disco is a fast paced, high-energy session that aims to develop children's fine motor muscles. The children manipulate the dough in a variety of ways, which in turn helps to improve their mark making and writing. Dough disco is part of a range of activities we offer to improve fine motor muscle strength.



squeeze

squash



prod



pat



pinch



twist



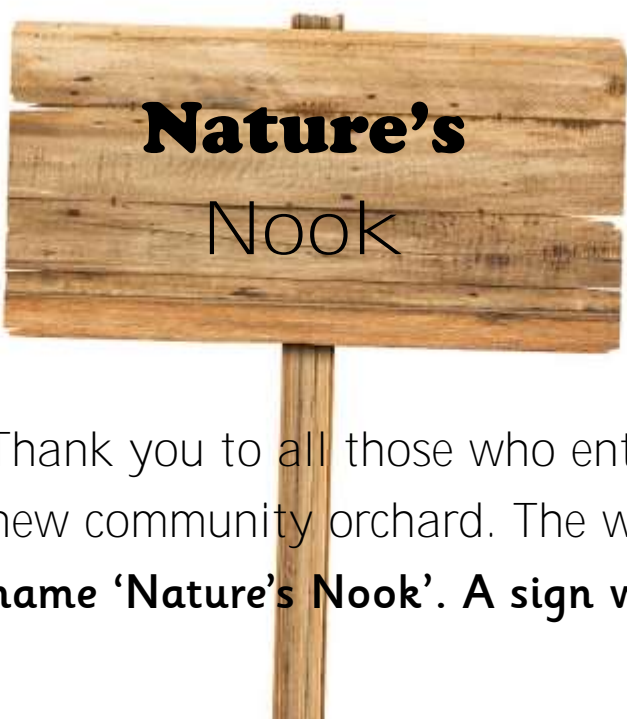
Animal Safari



Eco-Committee



On Friday our Eco-Committee helped to plant the new community orchard! We worked with members of the parish council to plant two circles of fruit trees. We learned the best way to plant the trees from Aidan– **the expert!** **We can't wait to see them grow.** Please help us to care for the trees by not going too close as they are settling in and keeping ball games away



Thank you to all those who entered our competition to name the new community orchard. The winner is Danny! He chose the name **'Nature's Nook'**. **A sign will be going up in the new year.**



I AM WARRIOR



Years 3 and 4

This half term, our History topic, I Am Warrior, has taken the children on a fascinating journey back in time to explore how homes and settlements evolved from the Stone Age through to the Bronze Age. This week, we focused on the development and importance of hillforts, giving the children a hands-on opportunity to understand how these ancient structures played a crucial role in protecting communities.



In line with the National Curriculum's aim to deepen children's chronological understanding of historical periods and explore changes in human life, we examined how settlements developed over time. The children learned about the transition from simple, scattered homes of the Stone Age to more fortified and strategic Bronze Age hillforts, which were often built on elevated ground to deter attackers and protect valuable resources.

To bring this concept to life, we created two model settlements: one as a cardboard "hillfort" complete with protective barriers, and another as a settlement without any defences. The children were then split into two groups, taking on the roles of defenders and attackers, and asked to consider which settlement would be easier to defend. The activity encouraged them to engage with history in a tactile and memorable way while building skills in reasoning, teamwork, and critical thinking.



Cooking and nutrition

The children were joined by Chef Caldora this Wednesday, where they made amazing tomato tarts.

During the lesson they were able to work on their preparation skills such as rolling and cutting while they constructed their tarts.

Cooking and nutrition is a part of the National Curriculum (NC) and also a valuable life skill for the children. The NC expectations for Key Stage 2 are:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed



First, we took the puff pastry and rolled it in flour so that it didn't stick to the board.

Then, we carefully used a rolling pin to roll it out to the size of our parchment paper.

Did you know...

Mozzarella is traditionally made from buffalo's milk in Southern Italy. In the UK it tends to be made with cows milk.



Looking at Learning



We sliced mozzarella and tomato and then added them along with sundried tomato and basil to our pastry.

Then we wet our fingers, and dabbed the pastry, before folding it into a canoe shape.

We were able to take them home to bake and enjoy at home.





Attendance and Punctuality

This week, Mrs Manley and Mrs Westwood met with a representative from Warwickshire attendance Service (WAS).

Unfortunately, we still have a number of pupils who are persistently absent from school (below 90% attendance).

We appreciate that it can be difficult deciding whether or not to keep your child off school when they're unwell.



There are government guidelines for schools and nurseries about health protection and managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school on each day of absence and give the reason.



UK Health Security Agency **NHS**

Should I keep my child off school?

Yes

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No
but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworm	Slapped cheek

SCAN ME

Advice and guidance
To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Laughter

"Laughter is the shortest distance between two people" – Victor Borge

Laughter is often described as a 'natural medicine' and can help us connect with other people, interests, and memories. Laughing can benefit our well-being by building and strengthening social connections and releasing stress. It can also have short-term benefits, such as improving sleep, memory and stress. Laughter can also support us in the long term by improving our immune system, relieving pain, and improving our self-esteem.

Can you remember the last time you laughed? Have a go at one or more of the tips below for this week.

Our tips for laughter:

1. Find a video, picture or film that never fails to make you laugh. Why not share this with a friend or family member so you can laugh together?
2. Can you think of a memory that made you laugh? This funny memory might have been with a friend, pet, or family member. Remind this person of the memory and see if this makes you both laugh again!
3. It can be difficult to know where to start, so try preparing to laugh. Create a collection of funny movies, TV shows, funny photos and videos for when you need a humour boost.
4. Try laughing yoga! To do this, take a deep breath in and then as you breathe out start laughing. The first few breaths and laughs might feel forced but the more times you do it, the more genuine your laughing can become. This can help to induce all the positive benefits which laughter gives us.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

Emotional Wellbeing and Mental Health



Laughter

In line with the theme of laughter and to get everyone chuckling, some of our children have shared their favourite jokes...



What's brown and sticky?

A stick.

John

Why did the lobster cross the road?

To get to the other tide.

Rafferty



How did the egg solve the case?

He cracked the code.

Immy

What do you call a centi-pede crossed with a parrot?

A walkie talkie.

Pharrell



What's black and white and goes up and down?

A zebra in a lift.

Rogan

Why did the rubber chicken cross the road?

To stretch its legs!

Carter





Diary Dates



Spring Term	
November	
Friday 29 th November	Mufti Day (non-uniform day), please bring a donation for our chocolate tombola.
December	
Monday 2 nd December	INSET day
Wednesday 4 th December	Years 3 & 4 Christmas Trip Years 5 & 6 Christmas Trip
*Wednesday 4 th December	Reception, Years 1 and 2 afternoon of Christmas crafts (parent and child). Limited to 15 spaces, booking (through school office) required.
Monday 9 th December	Nursery and Reception Christmas Trip Years 1 & 2 Christmas Trip
TBC	Y5/6 trip, winter performances and celebrations
*Wednesday 18 th December	Christmas Dinner. This is £2.43 for those who pay for meals
Monday 23 rd December 2024 to Friday 3 rd January 2025	Christmas Holiday School returns on Tuesday 7 th January
*23 rd & 24 th December	Onside Coaching HAF Club– limited to 20 places. Please look out for communication from Mr Rellis

INSET Days 2024/25:

Monday 2nd December 2024

Monday 6th January 2025

Monday 21st July 2025

With best wishes from Mrs Westwood, Mrs Manley and all the staff at Lighthorne Heath Primary School.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

Lighthorne Heath Learning Heroes

EYFS

Mrs Hartley and Mrs Cox have chosen Harry as their learning hero this week for his willingness to have a go. The grown ups have observed Harry becoming more observant and spending longer periods of time concentrating, for example, when completing a watercolour painting of a bird this week. Well done Harry!



Have a go

Years 1 and 2

Our hero for this week is going to be Ella. Ella has been trying really hard with her writing and it is lovely to see her listening to feedback; remembering to use finger spaces and to sound out unfamiliar words. We have seen some lovely progress in Ella's writing. Well done and keep it up!



Concentrate

Years 3 and 4

The Year 3/4 star of the week is Emilia-Rose for her hard work, boundless enthusiasm, and brilliant ideas shared this week. Keep up the fantastic work Emilia-Rose!



Be curious!

Years 5 and 6

Mrs Cox has chosen Sat as this weeks learning hero for his fabulous home learning. Well done, Sat.



Enjoy learning

UN Convention on the Rights of the Child

Article 29: Goals of education



Co-

Perse-

Keep on improving

Use your imagination

School Governor Vacancy

Lighthorne Heath Primary School shares a governing body with our Federation School, Sydenham Primary School. We currently have a vacancy for a school parent governor. It would be lovely to have a representation from Lighthorne Heath Primary School.

By volunteering as a school governor, you can make a difference by shaping the future of our children and young people.

There are no specific qualifications or requirements for the role - every governing body needs a balance and diversity of knowledge, skills and experience.

Our school governing board meets once each half term (at Sydenham Primary School) to oversee, monitor and make decisions regarding the leadership and daily running of each school.

If you are interested in becoming a school governor please speak to Mrs. Manley who can record your interest and give you more information about the role. Mrs. Manley can also be contacted on manley.j@welearn365.com



UN Convention on the Rights of the Child

Article 31: Leisure, play and culture

Article 5, Parental Guidance, Article 18, Parental responsibility



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THE **PERFECT**
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Ages
5-11

Christmas Camp

HAF Active Kids



COURSE TIMES 9.30am to 3.30pm

**CHRISTMAS
2024**
23rd & 24th December

**HEALTHY
LUNCH
PROVIDED**

**2 DAYS
FREE**

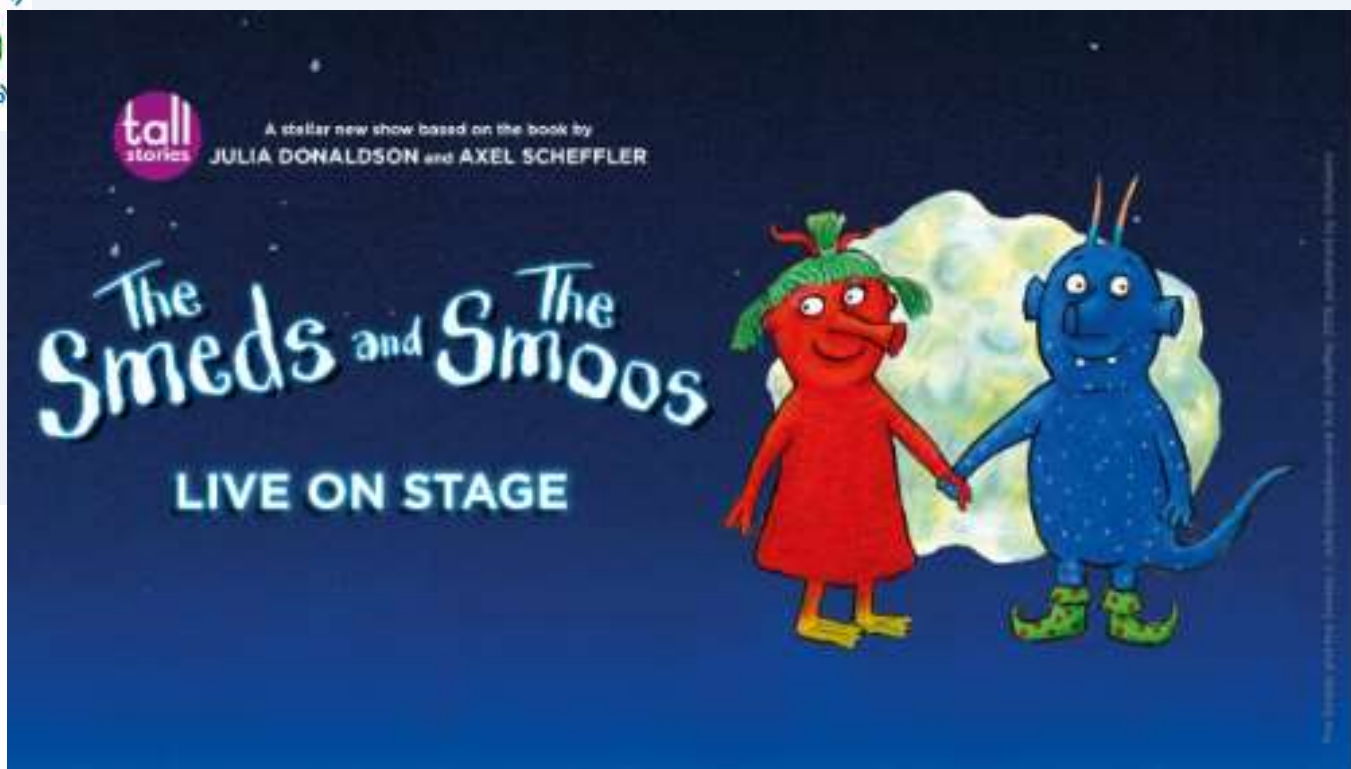
LH Lighthorne Heath

Lighthorne Heath Primary School, Stratford Road,
Lighthorne Heath, Leamington Spa, Warwickshire, CV33 9TW

For more information go to haf.onsidelive.co.uk



UN Convention on the Rights of the Child
Article 31: Leisure, play and culture

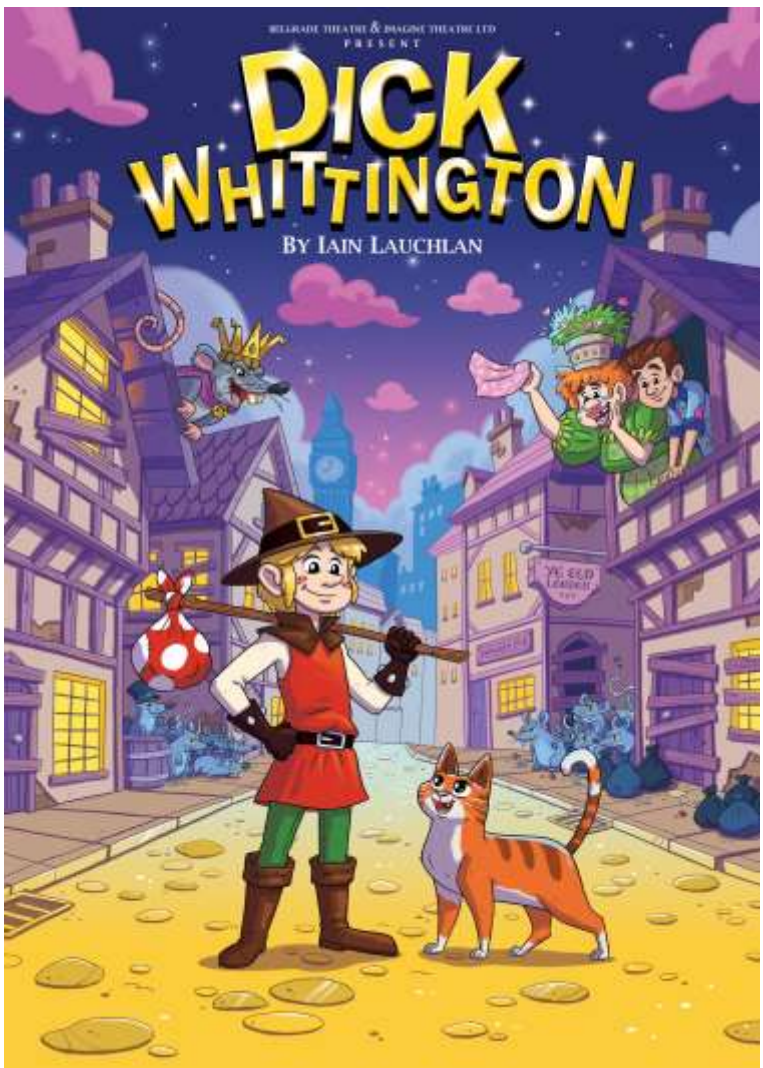


We are looking forward to our annual theatre trips this December.

Years 3, 4, 5 and 6 will be visiting The Belgrade Theatre in Coventry to watch a performance of the pantomime, Dick Whittington. This trip will take place on Wednesday 4th December.

Our children in Early Years and Years 1 and 2 will visit Warwick Arts Centre on Monday 9th December to watch a performance of The Smeds and The Smoos.

Please log on to Parentpay to make your payments for these trips and to give permission for your child to attend.



UN Convention on the Rights of the Child
Article 31: Leisure, play and culture

After School Club



Leaping Leopards After School Club

Wrap around provision is currently available to support families balance work and family commitments. Here, children are cared for by school staff and a healthy snack is provided. Children are offered a variety of games, activities, crafts and toys that enable them to have fun, interact with their peers and relax after the school day.

As previously communicated, changes to our charges and charging policy for our after school club come in to effect from 4 November 2024.

With effect from this date, the cost for 1 hour will be £6 and £12 for two hours.

Payments must be received in advance and your parent pay account will be charged weekly as per your new contract.

Charges will apply even if your child does not attend.

If you are currently using the after school club service, please ensure you have returned a new contract by 25 October 2024.

All bookings must be secured with a new contract.

Contracts are available from the school office on request for new bookings.



Week one	
Warwickshire, Coventry: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3 Oxfordshire: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3	
<p>Choose a main meal...</p> <p>Pork Meatballs in Tomato Sauce with Noodles (G.E)</p> <p><u>Vegetarian Only</u> (vg) Plantballs in a Tomato Gravy</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>MONDAY</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v) Cheese Crackers and Apple Wedge (G.D) or Fresh Fruit</p>
<p>Choose a main meal...</p> <p>(v) Cheese & Tomato Pizza Wedge with Potato Wedges (G.D)</p> <p><u>Vegetarian Only</u> (v) Jacket Potato with Cheese (D)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>TUESDAY</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v) (h) Chocolate Cracknel (G) or Fresh Fruit</p>
<p>Choose a main meal... WEDNESDAY ROAST</p> <p>British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)</p> <p><u>Vegetarian Only</u> (vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G) Crispy Roast Potatoes</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>WEDNESDAY</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v)(h) Syrup Sponge with Custard (D.G.E.) or Fresh Fruit</p>
<p>Choose a main meal...</p> <p>(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D.G)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>THURSDAY</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v) Toffee Apple Donut (G.D.E.SB) or Fresh Fruit</p>
<p>Choose a main meal... FISHY FRIDAY (msc) Battered Fish Fillet (G.F) with Chipped Potatoes</p> <p><u>Vegetarian Only</u> (vg) Vegetarian Hotdog with Chipped Potatoes (G)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>FRIDAY</p> <p>On the side... Fresh Salad Bar Peas or Baked Beans</p> <p>For dessert... (vg) Jelly with Fruit or Fresh Fruit</p>

Educaterers' New

Menu

Next week is Week 1 For families who pay for meals, the cost is now £2.43 per day.

Free School Meals

If you think that you may be eligible for free school meals applications can be made online at <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>



Mrs. Manley and Mrs Hendriksen are happy to help with FSM applications, please ask if you require assistance.

Warwickshire
Adult & Community Learning

Winter craft workshop

Family Learning



Wednesday 4th December 2024 1pm-2.30pm

At Lighthorne Heath Primary School

Join this FREE workshop and have a go at some Winter crafts to take home and share with your family.

This session is for Parents/ Carers to attend with their
Reception/ Year 1 / Year 2 children
(spaces limited)



To book your place, please contact the School Office.



www.facebook.com/warksacl
www.twitter.com/warksacl



Year 6 children are invited to join Mrs Cox and Mrs Manley for QUIZ CLUB after school on Mondays. Sessions will run from 3.00 until 3.45pm

Here you will be able to practise key skills and feel more confident about the challenges ahead



What Parents & Carers Need to Know about GROUP CHATS

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WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of a friend, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them, validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Encourage your child to understand why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.

NOS National Online Safety

#WakeUpWednesday



Some useful information for parents and carers, including online webinars can be accessed the The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of hoe to support their children if issues arise.

Our school
Christmas meal
will be on 18th
December



educaterers  A FOOD STORY

Christmas Lunch

Roast Turkey
Cocktail Sausage, Stuffing Ball with Gravy (G.SU)

or

(vg) Roast Quorn Fillet, Veggie Sausage, Stuffing Ball with Gravy (G)
Served with Crispy Roast Potatoes, Garden Peas, and Sliced Carrots

(vg.h) Christmas Cracknel (G.SU)

or

(vg.h) Christmas Shortbread (G)

Seasons Greetings from The Nutrigang & everyone at Educaterers

Allergen Key
V - Vegetarian
VG - Vegan
D - Dairy
G - Gluten
SB - Soya
SU - Sulphites
H - Homemade

Free School Meals



FREE SCHOOL MEALS

School meals are free for lots of families, check if you are eligible to apply!

So much more than lunch...

A free school meal:

- creates healthy eating habits
- improves learning and behaviour
- saves money and time
- helps schools get extra funding

Did you know that claiming free school meals means that your child will get access to free school holiday activities and food?

To find out more and for help to apply for free school meals, please contact: freemeals@warwickshire.gov.uk or call 01926 359189



If our funding application is successful, we aim to run another HAF club during the Christmas holiday. This will be in partnership with Onside Coaching. Please keep an eye on our newsletter for further information.



Can I apply?

Your child could be eligible for free school meals if you get any of the following:

- Income Support or Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support from National Asylum Support Service (NASS)
- Guarantee Pension Credit
- Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

You should still apply if your child is aged 4-7 and receives a universal free school meal

Find out more and apply at www.warwickshire.gov.uk/fsm



UN Convention on the Rights of the Child
 Article 29: Goals of education
 Article 18 Parental responsibilities and state assistance



School admissions



Warwickshire County Council

If you have a child who is due to start Reception or Year 7 next September, you need to apply for their school place. Applications can be made via the Warwickshire School Admissions Service. Visit their website for more information <https://www.warwickshire.gov.uk/school-admissions-appeals>

Applying for a primary school place



Applying for a secondary school place





Community Information

Become a Library member



“Thank you to the library staff for their continual help and friendship.”
- Wellesbourne Library visitor

Watch our Welcome to Warwickshire Libraries video:



Joining Warwickshire Libraries is **free!**

With a library membership you can:

- use any library across the county
- borrow up to ten books free of charge
- read eBooks and listen to eAudiobooks using Borrowbox
- read eMagazines and eNewspapers online
- use the internet and computer services including scanning and printing

And much more!

To join, ask a member of staff at your local library, visit:
www.warwickshire.gov.uk/jointhelibrary



The Warwickshire Library Service has a range of exciting local events for families. Many are free and happen during school holidays and weekends. These include author visits, workshops and quizzes and crafts.

Follow the link to find out more.

<https://api.warwickshire.gov.uk/documents/WCCC-1980322935-2874>

The Mobile library will be at Lighthorne Heath Village Hall between 15:15 to 15:35

This route will operate on:

- 25 November 2024
- 23 December 2024
- 27 January 2025
- 24 February 2025
- 24 March 2025
- 22 April 2025
- 19 May 2025
- 16 June 2025
- 14 July 2025
- 11 August 2025

Mobile Libraries

Our free mobile libraries service makes 250 stops across the county over a four-week schedule, travelling out to different communities to ensure everyone can enjoy what Warwickshire Libraries has to offer.

This includes:

- A selection of books (including large print books)
- Spoken word
- Books for young children



Each mobile library is accessible with a low entrance of two small steps and a ramp at the rear for wheelchair users.

To discover our mobile library routes, visit: <https://apps.warwickshire.gov.uk/MobileLibraries/locations>

HO HO HO!



Kineton Victorian Evening

FRIDAY 29TH NOVEMBER

6PM - 8PM

OUTSIDE THE SWAN PUB

Get into the Christmas spirit:

A selection of market stalls

BBQ

Father Christmas

Carol singing

Raffle

kinetonvictorian@gmail.com

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