



Newsletter 11  
Friday 22nd November

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# Nursery and Reception



## Animal Safari



As part of our learning theme Animal Safari, the Reception children have been learning about patterns.

We started by looking at animals with patterns and then had a go at making our own patterns by weaving. This activity required a lot of concentration in order to get the pattern looking neat and it also developed the children's fine motor skills but threading the paper carefully in and out of the slits.



UN Convention on the Rights of the Child

Article 29: Goals of education



# Muck, Mess and Mixtures

We had a fabulous time during our Muck, Mess and Mixtures morning. The children all got really stuck in and it was lovely to see them being so creative and experimenting with materials in a variety of ways.

We experimented with bubble painting. The children mixed paint, water and washing up liquid and then worked in teams to make the mixture bubble. We then created layered prints using different colours. We were all really impressed with the patterns and effects we created.



The children had lots of fun exploring primary and secondary colours. They painted their hands using paints of the primary colours and then rubbed their hands together to mix them. It was lots of fun and very messy!



# Lighthorne Heath Primary School Newsletter



Using shaving foam and food colouring, the children created their own marble art. First they squirted the foam into the trays and then swirled in the food colouring. Next they pushed the paper into the foam. They then scrapped the excess foam off the paper to reveal some fabulous unusual prints.



We also experimented with watercolour painting with salt and mark-making with coffee and water.



# Music

This week in Music with Mrs. Owen, the children explored the power of sound and its connection to creativity in a truly unique way.

By listening carefully to a piece of music, they were challenged to represent what they heard as a visual collage — a wonderful opportunity for self-expression and imagination. The results were as varied and vibrant as the music itself!

The lesson focused on connecting auditory experiences with visual representation. The children began by listening to a carefully chosen piece of music, paying close attention to its dynamics, rhythm, and mood. They were asked to reflect on how the sounds made them feel and what images or patterns came to mind.

They got to work creating collages, using a mix of materials, colours, and textures to represent their interpretations of the music. Some children created bold, jagged designs to reflect sharp rhythms or powerful crescendos, while others used soft colours and flowing shapes to represent gentle melodies. This activity encouraged the children to think critically about what they were hearing and translate those thoughts into a different medium.



# Español

This week in Spanish, the children in 5/6 class have been learning some new vocabulary for things that they might use in the classroom. To help consolidate their learning, the children drew fantastic illustrations of classrooms and labelled them in Spanish.



Tengo una poligrafo.  
By Bella



Looking at Learning



# Learning at Lighthouse Primary School

On Tuesday, we unexpectedly woke up to a beautiful blanket of glistening snow which covered the green and was still falling in the village. We had good fun with our families at home, building snowmen and making snow angels.

When we got to school it was cozy and warm but at play and lunch time we were able to go outside enjoy the lovely snow (for some of our classmates it was their first time seeing snow), although some children chose to stay inside and watch a movie, The Snowman.

Outside, we made snowmen with our friends. Some of us tried to make enormous snowballs. We were careful and played safely but had so much fun.

By Malaya and Bella Y6

SNOW MUCH FUN







# Science Selfies - Photography Competition

25<sup>th</sup> November 2024

Dear Parents/Carers,

Each year we love to offer a whole federation science competition which promotes 'super scientist' learning and discussion at home with families. This year we are inviting you to join in our **Science selfies photography competition**. Simply get the family looking for science all around and take a photo. It could be using magnets, baking, making slime, investigating forces, use your imagination. Then in one sentence explain how it shows science. If you are not able to access the padlet, then please send entries via email to [hill.k2@welearn365.com](mailto:hill.k2@welearn365.com) and I can add them for you (remember to add your child's name, class and sentence explaining why it shows science.)

The competition is being run with other local schools in our **Ogden - Enthuse Science Partnership** and there will be prizes for each school as well as a certificate for every child who enters.

Please upload entries to the Lighthorne Heath section of the **competition PADLET** (using the link or QR code below) with a sentence explaining the science explored. Ensure you **state your child's class**. (Without this we will be unable to issue certificates or prizes.) **Note: Entering means you are happy for the photograph and information to be seen by children and parents from all schools involved.**



The closing date is 9am on Monday 9<sup>th</sup> December

<https://padlet.com/lmccourt90/science-selfie-competition-s3o3y29aoh0erc7>

Thanks for all your support with our budding STEM enthusiasts!

Mrs Hill

Lighthorne Heath Primary Science lead



This is science because I'm studying what happens when water flows.



Elephant's toothpaste

This is science because I'm learning about gases and liquids as I watch the reaction between yeast and making up liquid.



This is science because I'm learning how the dough changes as I roll it and what happens to it.



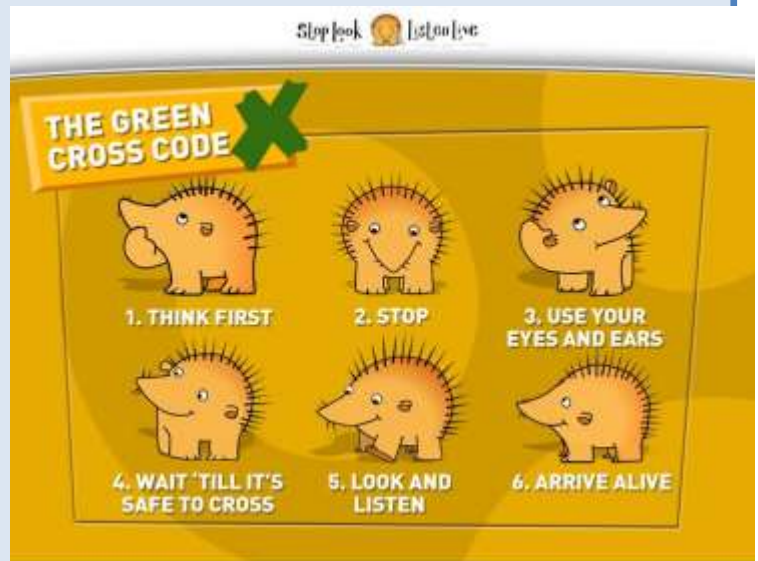
UN Convention on the Rights of the Child

Article 29: Goals of education





On Friday, Mrs Manley and the Junior Road Safety Officers led an assembly on The Green Cross Code.



**Bromford.**

To mark Road Safety Week (17-23rd November), Bromford Homes have kindly donated every child a reflective bag tag. These bright tags will help the children be seen on these darker winter days. Thank you to Bromford Homes





# Attendance and Punctuality

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

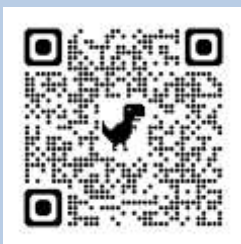
Unfortunately, we still have a number of pupils who are persistently absent from school (below 90% attendance).

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>.



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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




### Appreciation

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

#### Our tips for appreciation:

1. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
  - I like how you...
  - You are...
  - Thank you for...
2. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) too! Have a look at the video here to help you:  [Makaton video](#)
3. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?

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.

# Diary Dates



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

INSET Days 2024/25:

Monday 2<sup>nd</sup> December 2024

Monday 6<sup>th</sup> January 2025

Monday 21<sup>st</sup> July 2025

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



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Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

# Lighthorne Heath Learning Heroes

Lighthorne Heath Primary School Newsletter

## EYFS

Mrs Hartley and Mrs Cox have chosen Ruby as their learning hero this week for her fantastic cooperation. Ruby is incredibly kind and thoughtful and will give anything a go which makes her a fantastic member of our class. She has been working hard at school and home to learn her letter sounds. Well done Ruby!



Have a go

## Years 1 and 2

Our Year 1 & 2 hero this week is Zilan. She has been working so hard in all areas of the curriculum. I am especially impressed with her writing this week. Zilan has been using her phonetic knowledge to sound out words and has made good use of the word banks and resources in the classroom. Zilan has also been really enthusiastic in our maths lessons and it has been wonderful to see her recalling so many number facts! Well done on a great week, Zilan. Keep up your hard work!



Concentrate

## Years 3 and 4

This week in Year 3 and 4, our learning hero is Talha for his incredible maturity and constant displays of kindness and selflessness for all of the children around him. Well done Talha!



Be curious!

## Years 5 and 6

Our Year 5 & 6 Hero this week is Floss for her fantastic creative writing. We started writing a first-person historical narrative and the class was blown away by her creativity. Keep up the good work Floss.



Enjoy learning

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Co-



Perse-



Keep on improving



Use your imagination



## Warwickshire Family and Relationship Support-



As parents and carers, sometimes we may find what we're doing isn't working or we just want some different strategies in our toolbox.

There are a number of workshops and programmes available to parents/carers living in Warwickshire. This support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops.

.or more information on any of our workshops or programs please use the QR code above to access the Eventbrite booking system or email [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)

**Parenting Together (Virtual)**  
Wed, 18 Dec, 10:00 GMT  
Free

**Keeping Children in Mind- 5wk programme (Virtual)**  
Thu, 16 Jan, 10:00 GMT  
Free

**Understanding your Teenager**  
Wed, 29 Jan, 10:00  
North Leamington School  
Free

**Sleep Workshop**  
Thursday at 12:30  
Evergreen School, Dransway Campus,...  
Free

**Boundaries and Rules Workshop (Rugby)**  
Wednesday at 09:15  
St Andrews Benn CofE Primary School  
Free



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Sadly, our school cook, Suzy, is leaving us after Christmas. She has been a fabulous asset to our school staff team and she will be greatly missed, not only for her wonderful school lunches but also for her infectious laugh and great sense of humour.

This does leave a vacancy for a school cook, this position is advertised by Educaterers, our partners in providing nutritious and delicious school meals each day. Please see the below advert and

Join Our  
**TEAM**

educaterers A FOOD STORY

**Term Time Hours**

**Lighthorne Heath Primary School,  
Leamington Spa  
Head of Kitchen**

**22.5 Hours per Week**

*Are you passionate about food? Could you help us prepare and serve healthy lunches to school children? Would you like to work within school hours, term time only? Then why not join one of our friendly school based teams, full training package offered with opportunities for career progression.*

**If you are interested please send your cv to : [hr@educaterers.co.uk](mailto:hr@educaterers.co.uk)  
or call: 01926743420**



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Article 29: Goals of education

Article 31: Leisure, play and culture

Article 27: Adequate standard of living





## Information Sessions for Warwickshire Parents and Carers

**Understanding Sensory Needs in School Aged Children**  
Thursday 5th December 2024, 9:30 am to 11:30 am

**Understanding Low Mood in Children and Young People**  
Thursday 9th January 2025, 9:30 am to 11:30 am

**Understanding Self-esteem in Children and Young People**  
Thursday 10th April 2025, 9:30 am to 11:30 am

Places on our sessions are subject to availability. To book your place please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk)



Winter 2024  
Courses available: Online  
Online registration:  
Visit: <https://www.recoveryandwellbeing.co.uk/>  
Email: [Recovery.Academy@covwarkpt.nhs.uk](mailto:Recovery.Academy@covwarkpt.nhs.uk)  
Call: 0300 303 2626

Courses available online – via Zoom
Coping with Caring (by Carers Trust Heart of England) – 1 session – Thursday 28 <sup>th</sup> November, 1pm to 3pm
Finding Purpose & Directions (by Coventry & Warwickshire Mind) – 1 session – Monday 2 <sup>nd</sup> December, 12pm to 1:30pm
Understanding Self-Harm (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 2 <sup>nd</sup> December, 12:30pm to 2:30pm
Sleep (by Coventry & Warwickshire Partnership NHS Trust) – 1 session - Monday 2 <sup>nd</sup> December, 6pm to 8pm (evening session)
Coping with Intrusive Thoughts (NEW) (by Coventry & Warwickshire Mind) – 1 session – Thursday 5 <sup>th</sup> December, 10:30am to 12pm
Thrive into Work (by Shaw Trust) – 1 session – Thursday 5 <sup>th</sup> December, 10am to 12pm
Worry Management (by Coventry & Warwickshire Mind) – 1 session – Monday 9 <sup>th</sup> December, 11:30am to 1pm
Routines – How they are formed and why they are important (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 9 <sup>th</sup> December, 12:30pm to 2:30pm
Wellbeing in Pregnancy (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 <sup>th</sup> December, 9:30am to 10:30am
Self-compassion (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 <sup>th</sup> December, 10am to 12pm
Wellbeing after Birth (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 <sup>th</sup> December, 11am to 12pm
Introduction to Anxiety (by Coventry & Warwickshire Mind) – 1 session – Wednesday 11 <sup>th</sup> December,



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**onside**  
COACHING.CO.UK

THE **PERFECT**  
Holiday Childcare Solution

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](http://haf.onsidelive.co.uk)



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

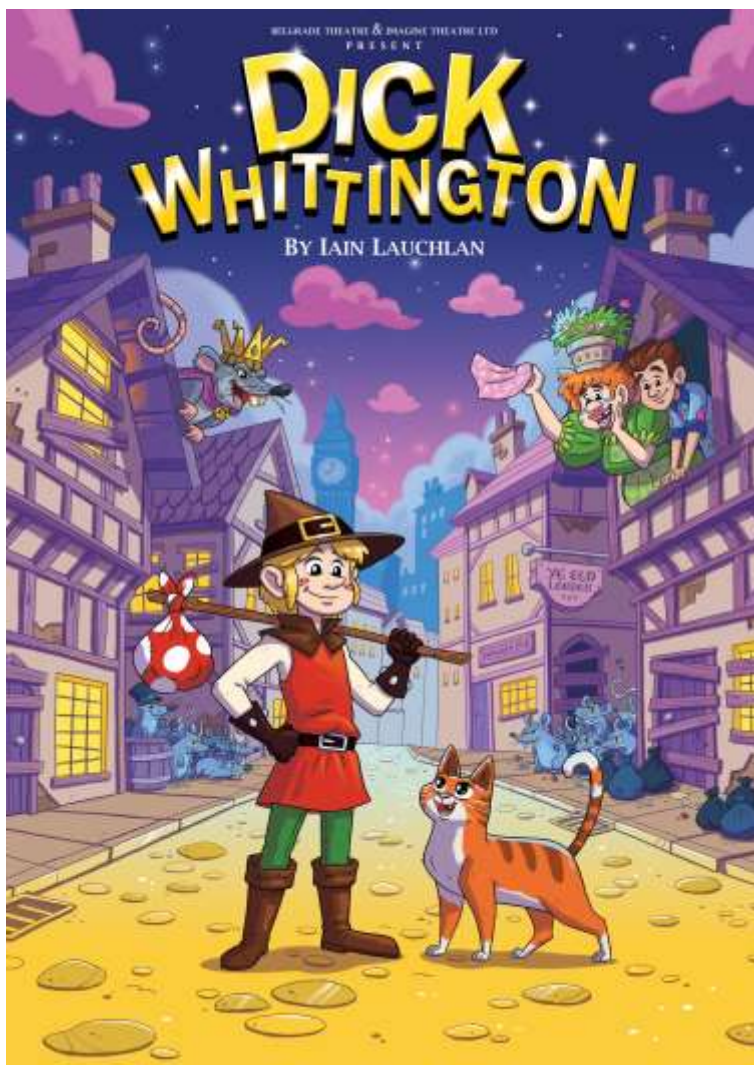


We are looking forward to our annual theatre trips this December.

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	
<b>Choose a main meal...</b>	<b>MONDAY</b>
Pork Meatballs in Tomato Sauce with Noodles (G,E)	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day
<u>Vegetarian Only</u> (vg) Plantballs in a Tomato Gravy	<b>For dessert...</b> (v) Cheese Crackers and Apple Wedge (G,D) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F,E) or (v) Baked Beans	
<b>Choose a main meal...</b>	<b>TUESDAY</b>
(v) Cheese & Tomato Pizza Wedge with Potato Wedges (G,D)	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day
<u>Vegetarian Only</u> (v) Jacket Potato with Cheese (D)	<b>For dessert...</b> (v) (h) Chocolate Cracknel (G) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F,E) or (v) Baked Beans	
<b>Choose a main meal... WEDNESDAY ROAST</b>	<b>WEDNESDAY</b>
British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D,E,G)	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day
<u>Vegetarian Only</u> (vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D,E,G) Crispy Roast Potatoes	<b>For dessert...</b> (v)(h) Syrup Sponge with Custard (D,G,E.) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F,E) or (v) Baked Beans	
<b>Choose a main meal...</b>	<b>THURSDAY</b>
(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D,G)	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day
Jacket Potato – (v) Cheese (D), Tuna (F,E) or (v) Baked Beans	<b>For dessert...</b> (v) Toffee Apple Donut (G,D,E,S8) or Fresh Fruit
<b>Choose a main meal... FISHY FRIDAY</b> (msc) Battered Fish Fillet (G,F) with Chipped Potatoes	<b>FRIDAY</b>
<u>Vegetarian Only</u> (vg) Vegetarian Hotdog with Chipped Potatoes (G)	<b>On the side...</b> Fresh Salad Bar Peas or Baked Beans
Jacket Potato – (v) Cheese (D), Tuna (F,E) or (v) Baked Beans	<b>For dessert...</b> (vg) Jelly with Fruit or Fresh Fruit

### 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.**

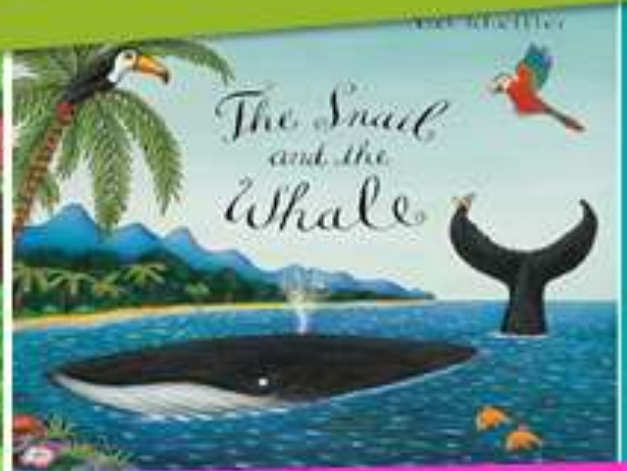
This session is for Parents/ Carers to attend with their  
Reception/ Year 1 / Year 2 children  
(spaces limited)

**SKILLS  
FOR LIFE**  
Warwickshire  
Multiply

To book your place, please contact the School Office.

Warwickshire  
ACL and Family Learning

# Story Sacks



**Starting Tues 14th Jan – Tues 4th Feb**

**For 4 weeks 9-10.30am**

**At Lighthorne Heath Primary School**


A FREE 4 week course for families and their children in  
YR1 and 2


All resources provided for FREE


- Come along and help your child develop a love of reading
- Get a FREE book and bag, and make simple puppets, props and games

**To book your place please contact the school office.**



 [www.facebook.com/warksacl](http://www.facebook.com/warksacl)

 [www.twitter.com/warksacl](http://www.twitter.com/warksacl)

 [www.instagram.com/warksacl](http://www.instagram.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





As a national online safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we feel our trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips to update.

# What Parents & Carers Need to Know about GROUP CHATS

56
64

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.

### WHAT ARE THE RISKS?

**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.

**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.

**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.

**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.

**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 his/her, 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.

**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.

## 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.

**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 how 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](mailto: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](http://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





# 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](http://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>

# 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

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](mailto:kinetonvictorian@gmail.com)



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