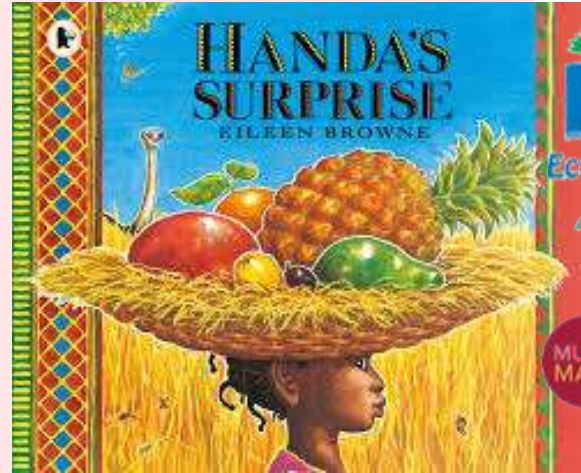


Animal Safari

Nursery and Reception

This week in Reception and Nursery we've been exploring the story 'Handa's Surprise' as part of our 'Animal Safari' learning theme. In the story, Handa decides to take a gift of some fruit to her friend in the next village. Many of the fruits that Handa selects are choices that the children might never have had the opportunity to experience before. We spent time looking at the appearance of the fruits before having a taste.





The Magic Porridge Pot



Laying like puddles of porridge.



Hobbling like the old woman.

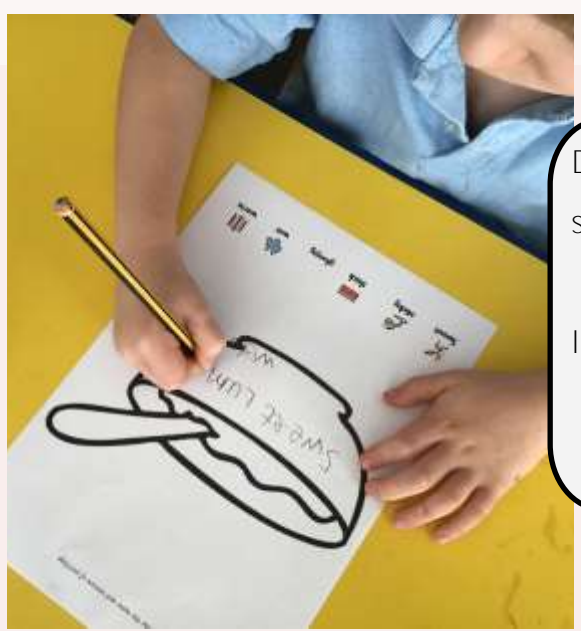
Over the last few weeks, the children in Years 1 and 2 have been exploring the story 'The Magic Porridge Pot.' They engaged in a variety of drama activities which enabled them to explore some of the story language; "puddles of porridge", "an old woman hobbled up" as well as acting out key parts of the story.

This week they tasted porridge and honey, after which they recorded adjectives to describe the taste, texture and smell of the porridge.



Guess the part of the story?

This has helped them prepare for their own written versions of the story, enabling them time to rehearse and practise key vocabulary before they get writing.



Delicious, creamy, sweet porridge!
I ate two helpings!





Science Selfies - Photography Competition

25th 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 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 9th December

<https://padlet.com/lmccourt90/science-selfie-competition-s3o3y29a0eh0erc7>

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 ...



UN Convention on the Rights of the Child

Article 29: Goals of education



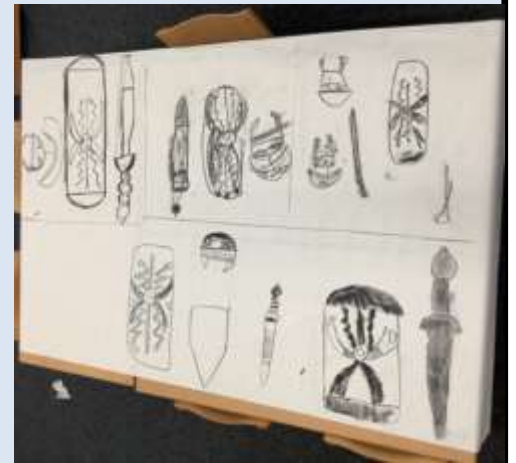


This week, our Year 3 & 4 classroom turned into an art studio as the children explored the world of large-scale, expressive drawing. With charcoal in hand and big ideas in mind, they embraced the challenge of working on larger sheets of paper, using their whole bodies to create bold and dynamic sketches inspired by Roman and Celtic history.

The children experimented with making loose, gestural sketches using charcoal on large sheets of paper. This activity encouraged them to move beyond the confines of small, detailed work and think about the power of broad, expressive strokes.

We laid out large sheets of paper across the tables, transforming the classroom into a creative space where the children could let their imaginations run wild. Using visual prompts from our “I Am Warrior” History topic — including images of Roman swords and shields — the children brought these historical elements to life through sweeping, energetic movements.

Working on a larger scale encourages children to engage their whole bodies, improving their motor skills and building confidence in their artistic abilities. It also helps them think about composition and proportion in new ways. This allows the children to develop their techniques, including their control and use of materials, with creativity, experimentation, and increasing awareness of different kinds of art.



Looking at Learning War Poetry



This week in our English lessons, 5/6 have been looking at examples of war poetry. They studied in depth the poems 'In Flanders Fields' by John McCrae and 'Perhaps' by Vera Brittain. We started by reading through the poem chorally and then moved on looking at rhyming patterns. Finally we looked even closer and were able to annotate the text with some really insightful thoughts about the poems and their possible meanings.

At the end of the week we looked at 'Dulce et Decorum Est' by Wilfred Owen. The title means 'It is sweet and fitting to die for one's country.' We studied the poem and then learned and performed it to our peers.

name of poem

Author of poem

What has happened or effect?

the crosses of the soldiers in Flanders

Starts meaning 'not enough to supply people'

rhyming words

the only line which does not rhyme

what happened now/after

Poppies grew after the war as a symbol of peace

this means that they are sharing the burden. And 'chocking' the war is over?

What happened in Flanders fields

*In Flanders fields the poppies grow
Between the crosses, row on row
That mark our place; and in the sky
The lark, still bravely straggle,
Sings beneath the pale blue sky.*

*We are the Dead: Short though
We lived, full days, we now lie
Loved and loved; and now we lie
In Flanders fields.*

*Take up our quarrel with the foe,
To you from falling hands we run,
To the music of the muffled drums,
We shall march on, to till a light
We shall not sleep, though purple
In Flanders fields.*



Looking at Learning

heart broken because some one else forgets. Maybe if she even though your gone.

even though your gone.

Maybe shall forget

They listens to son trying to stop remembering.

They maybe want to find someone new to love.

They might forget and not be as dramatic.

Perhaps
Vera Brittain

Perhaps some day the sun will shine
And I shall see that all the skies are blue
And feel encouraged I do not let my
Although benefit of you

Perhaps the golden meadows at the feet
Will make the sunny days of spring seem
And I shall find the where may blossom
Thought you have passed away

Perhaps the summer woods will shimmer
And crimson roses will again be seen
And a warm harvest field will be before
Although you are not there

Perhaps some day I shall not think in vain
To see the passing of the days
And stars in Christmas sky
Although you cannot see

But though kind time may many years
There is one prayer you'll never see
Again, because my heart for loss of you
Will lasten long

They no longer loss of loved one and
Don't live with have anyone to don't know how to
happy memories give flowers to. now on. shall be happy
again

When and they still hasn't moved
on.

Sadder because they are
gone.

perhaps soon
shall be happy

Times will
get better

The class were able to discuss the poems sensitively and I was impressed with how well they were able to analyse the language and unpick the hidden meaning within what they had read. They showed great maturity with what is a sensitive topic.



At Lighthorne Heath Primary School, we are very proud to have been awarded the Unicef Rights Respecting Schools Gold Award.

As such, we teach our children about the rights that they have and place these rights, (the UN Convention on the Rights of the Child) at the heart of our ethos and curriculum.

This year, we have purchased each class a Unicef Paddington Bear advent calendar. These advent calendars don't contain chocolate, but something much better, a daily surprise that protects children around the world!

Looking at Learning

A SUMMARY OF THE UN CONVENTION ON THE RIGHTS OF THE CHILD



ARTICLE 1 Definition of the child
Every child has the right to the rights in the Convention.

ARTICLE 2 Non-discrimination
The Convention applies to every child without discrimination, on the basis of race, ethnicity, sex, religion, language, ability or any other status, whatever their family or social background.

ARTICLE 3 Best interests of the child
The best interests of the child shall be a top priority in all decisions and actions that affect children.

ARTICLE 4 Implementation of the Convention
Governments must do all they can to make sure every child can enjoy their rights by creating policies and laws that take into account the needs and wishes of children and their families.

ARTICLE 5 Parental guidance and a child's evolving capacities
Governments must respect the rights and responsibilities of parents and ensure that they can fulfil their parental role in full. They shall also ensure that children are protected from all forms of neglect, abuse and violence.

ARTICLE 6 Life, survival and development
Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

ARTICLE 7 Health, nutrition, care, education, care
Every child has the right to the highest standards of health, nutrition, care, and education, and to be protected from all forms of neglect, abuse and violence.

ARTICLE 8 Identification and preservation of identity
Every child has the right to an identity. Governments must respect and protect this right, and ensure the child's name, nationality and family relationships have been registered officially.

ARTICLE 9 Separation from parents
Children must not be separated from their parents unless this is in their best interests.

ARTICLE 10 Protection of the child from being separated from their parents
Every child has the right to live with their parents unless this is in their best interests. If a child is separated from their parents, they shall be reunited with them as soon as possible.

ARTICLE 11 Protection of the child from being exploited
Every child has the right to be protected from being exploited. Governments must ensure that children are not used in armed conflict, prostitution, or other harmful activities.

ARTICLE 12 Right to be heard
Every child has the right to be heard in all matters that affect them. Governments must ensure that children's views are given due weight in accordance with their age and maturity.

ARTICLE 13 Freedom of expression
Every child has the right to express their views and opinions and to access all kinds of information, as long as it is lawful, necessary, and does not harm the child.

ARTICLE 14 Freedom of thought, belief and religion
Every child has the right to think and believe what they choose and also to practice their religion, as long as they do not respect other people's freedom of religion. Governments must respect the rights and responsibilities of parents to ensure that children are given an education that is in their best interests.

ARTICLE 15 Freedom of association
Every child has the right to meet with other children and to join groups and organisations, as long as this does not harm other people from enjoying their rights.

ARTICLE 16 Right to privacy
Every child has the right to privacy. They should be protected from being subjected to unwelcome interference from their family and friends, including collecting children's personal information for their own purposes.

ARTICLE 17 Access to information
Every child has the right to receive information from a variety of sources, and governments should encourage the media to provide information that is accurate, accessible, and free of bias. Governments must help protect children from information that could harm them.

ARTICLE 18 Parental responsibility and child support
Both parents share responsibility for bringing up their child and should cooperate with each other in this role. Governments must support parents by providing support services for children and young people that help them to realise their potential.

ARTICLE 19 Protection from violence, abuse and neglect
Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and exploitation by their parents or anyone else who looks after them.

ARTICLE 20 Health and health services
Every child has the right to the best possible health. Governments must ensure that children have access to quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can enjoy their rights. Health services must help prevent disease, reduce this, and:

ARTICLE 21 Access to social services
Every child has the right to social services, such as day care, and other forms of assistance.

ARTICLE 22 Children in need
Every child has the right to special care, such as adoption, if they are in need of special care.

ARTICLE 23 Right to special care
Every child has the right to special care, such as adoption, if they are in need of special care.

ARTICLE 24 Right to education
Every child has the right to education. Governments must ensure that all children have access to education, and that their education is of high quality, and that it respects their individuality and their rights. This includes ensuring that children have access to education, and that their education is of high quality, and that it respects their individuality and their rights.

ARTICLE 25 Access to social services
Every child has the right to social services, such as day care, and other forms of assistance.

ARTICLE 26 Right to special care
Every child has the right to special care, such as adoption, if they are in need of special care.

ARTICLE 27 Right to a high standard of living
Every child has the right to a high standard of living, such as adequate food, clothing, and housing, and that their education is of high quality, and that it respects their individuality and their rights.

ARTICLE 28 Right to education
Every child has the right to education. Governments must ensure that all children have access to education, and that their education is of high quality, and that it respects their individuality and their rights.

ARTICLE 29 Goals of education
Education must develop the child's personality, talents and abilities, and that it respects their individuality and their rights.

ARTICLE 30 Right to education
Every child has the right to education. Governments must ensure that all children have access to education, and that their education is of high quality, and that it respects their individuality and their rights.

ARTICLE 31 Leisure, play and culture
Every child has the right to leisure, play, and culture, and that their education is of high quality, and that it respects their individuality and their rights.





SENT ON BEHALF OF PUBLIC HEALTH WARWICKSHIRE

The Met office have responsibility for issuing weather alerts for the country. At this time of year, these are likely to increase in frequency. This week has seen a yellow alert for the West Midlands.

A Yellow alert indicates a situation where weather conditions pose a minimal risk to the general population however those who are particularly vulnerable (for example the elderly with multiple health conditions and on multiple medications) are likely to struggle in such conditions and action is required within the health and social care sector specifically.

The alert may be upgraded as the confidence in both the weather forecast and the likelihood of observing those impacts improves.

West Midlands: YELLOW. The yellow alert has a matrix score of 7. This means:

- Forecast weather is likely to have minor impacts on health and social care services, including:
- increased use of healthcare services by vulnerable people
- greater risk to life of vulnerable people



The grid contains six cards, each with a title and an 'Explore' button:

- Winter #WeatherHacks**
- 10 things you should do now to prepare for winter**
- How to get your home and property winter ready**
- 5 tips for staying safe in heavy rain**
- Keeping your home warm this winter**
- 5 tips for staying safe in strong wind**



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



Thoughtful

Being thoughtful is when we think about not only our needs and feelings, but also the needs and feelings of other people. There are lots of ways we can brighten up someone else's day by being thoughtful. Small things, such as being kind and helpful, can really make a positive impact on those around us. Thoughtfulness can spread happiness and help to encourage positive thinking.

Try to reflect on as many times as you can when people have been thoughtful towards you over the past week. There will have been more times than you think! How did it make you feel? Is there a way you could be thoughtful towards these people over the next week?

Our tips for being thoughtful:

1. Say 'hello' to a friend or teacher.
2. Ask a friend or teacher if you can help them.
3. If somebody needs a friend, be there to listen.
4. Do something kind for somebody else.
5. Think about other people and what they would like or need.
6. Smile at others to make them feel happy and relaxed.
7. Do something considerate for others, such as offering to help.
8. Speak kind or comforting words.
9. Show the person who is speaking to you that you are really interested by asking questions and listening carefully to the answers.
10. Hold the door open for the person behind you.
11. Give someone a compliment.
12. Listen to other people's ideas and thoughts.
13. If you see someone struggling, ask if you can do anything to help them.
14. Tidy up after yourself, both at home and at school!

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 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
*Tuesday 10 th December	Winter Bingo
Wednesday 18 th December	Christmas Dinner. This is £2.43 for those who pay for meals
Thursday 19 th December,	2pm. Winter performance of The Innkeeper's Breakfast. Tickets only
*Friday 20 th December	Christmas jumper day! Please bring 50p for school funds
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

Livleen is our Reception and Nursery class hero this week for her fantastic reading. Livleen has made lovely progress with her reading and her writing. She is always willing to have a go and is kind to everyone. Well done Livleen!



Lighthorne Heath Primary School Newsletter

Co-operate

Years 1 and 2

Our hero this week is Hudson who has been working hard in class to share his ideas. He particularly impressed us in Maths this week, where he was quick to answer questions and solve problems related to subtraction using a number line. Hudson always listens carefully and makes sure he completes work with care and attention. What a fantastic attitude to your learning Hudson, we are so lucky to have you as part of our class!



Persevere

Have a go



Concentrate

Years 3 and 4

This week in Year 3 and 4, our hero is Rogan for his super focus and hard work throughout the week. He has been lending a helping hand wherever and whenever he can. Well done Rogan.



Keep on improving



Be curious!

Years 5 and 6

Mrs Cox's hero this week is Phoebe for her insightful and mature contributions to our class discussion on world war 1 poetry. She was able to identify themes and unpick the hidden meaning in what had been written. Well done, Phoebe!



Use your imagination



Enjoy learning

UN Convention on the Rights of the Child
Article 29: Goals of education



Lighthorne Heath Primary School Newsletter



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

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



UN Convention on the Rights of the Child
Article 29: Goals of education
Article 5, Parental Guidance, Article 18, Parental responsibility

Feeding EAGER MINDS
is what makes us **TICK.**



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
or call: 01926743420**



UN Convention on the Rights of the Child

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



Winter 2024
Courses available: Online
Online registration:
Visit: <https://www.recoveryandwellbeing.co.uk/>
Email: 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 th November, 1pm to 3pm
Finding Purpose & Directions (by Coventry & Warwickshire Mind) – 1 session – Monday 2 nd December, 12pm to 1:30pm
Understanding Self-Harm (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 2 nd December, 12:30pm to 2:30pm
Sleep (by Coventry & Warwickshire Partnership NHS Trust) – 1 session - Monday 2 nd December, 6pm to 8pm (evening session)
Coping with Intrusive Thoughts (NEW) (by Coventry & Warwickshire Mind) – 1 session – Thursday 5 th December, 10:30am to 12pm
Thrive into Work (by Shaw Trust) – 1 session – Thursday 5 th December, 10am to 12pm
Worry Management (by Coventry & Warwickshire Mind) – 1 session – Monday 9 th 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 th December, 12:30pm to 2:30pm
Wellbeing in Pregnancy (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 th December, 9:30am to 10:30am
Self-compassion (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 th December, 10am to 12pm
Wellbeing after Birth (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 th December, 11am to 12pm
Introduction to Anxiety (by Coventry & Warwickshire Mind) – 1 session – Wednesday 11 th December,



UN Convention on the Rights of the Child
Article 29: Goals of education
Article 5, Parental Guidance, Article 18, Parental responsibility



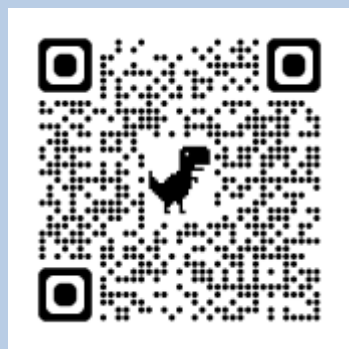
Week three	
Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4 Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4	
MONDAY	
Choose a main meal... Southern Style Chicken Strips in a Wrap with Potato Wedges (G)	On the side... Fresh Salad Bar Vegetables of the Day
<u>Vegetarian Only</u> (v) Jacket Potato with Cheese (D)	For dessert... (v)(h) Chocolate Orange Cookie with Orange Wedges (G) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
TUESDAY	
Choose a main meal... Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G.SB.SU)	On the side... Fresh Salad Bar Vegetables of the Day
<u>Vegetarian Only</u> (vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)	For dessert... (vg) (h) Shortbread (G) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
WEDNESDAY	
Choose a main meal... WEDNESDAY ROAST British Roast Pork Loin, Apple Sauce and Gravy	On the side... Fresh Salad Bar Vegetables of the Day
<u>Vegetarian Only</u> (vg) Quorn Roast with Gravy (G) Crispy Roast Potatoes	For dessert... (v) Strawberry Swirl Mousse (D) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
THURSDAY	
Choose a main meal... (h) Mild and Creamy Chicken Korma with Wholegrain rice (D)	On the side... Fresh Salad Bar Vegetables of the Day
<u>Vegetarian Only</u> (vg) Quorn Dippers with Seasoned Wedges (G)	For dessert... (v) Pancakes with Fruit (G D E) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
FRIDAY	
Choose a main meal... FISHY FRIDAY (msc) Fish Fillet Fingers (G.F) with Chipped Potatoes	On the side... Fresh Salad Bar Peas or Baked Beans
<u>Vegetarian Only</u> (vg) Breaded Vegetable Fingers with Chipped Potatoes (G)	For dessert... (v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	

Educaterers' New Menu

Next week is Week 3 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.

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

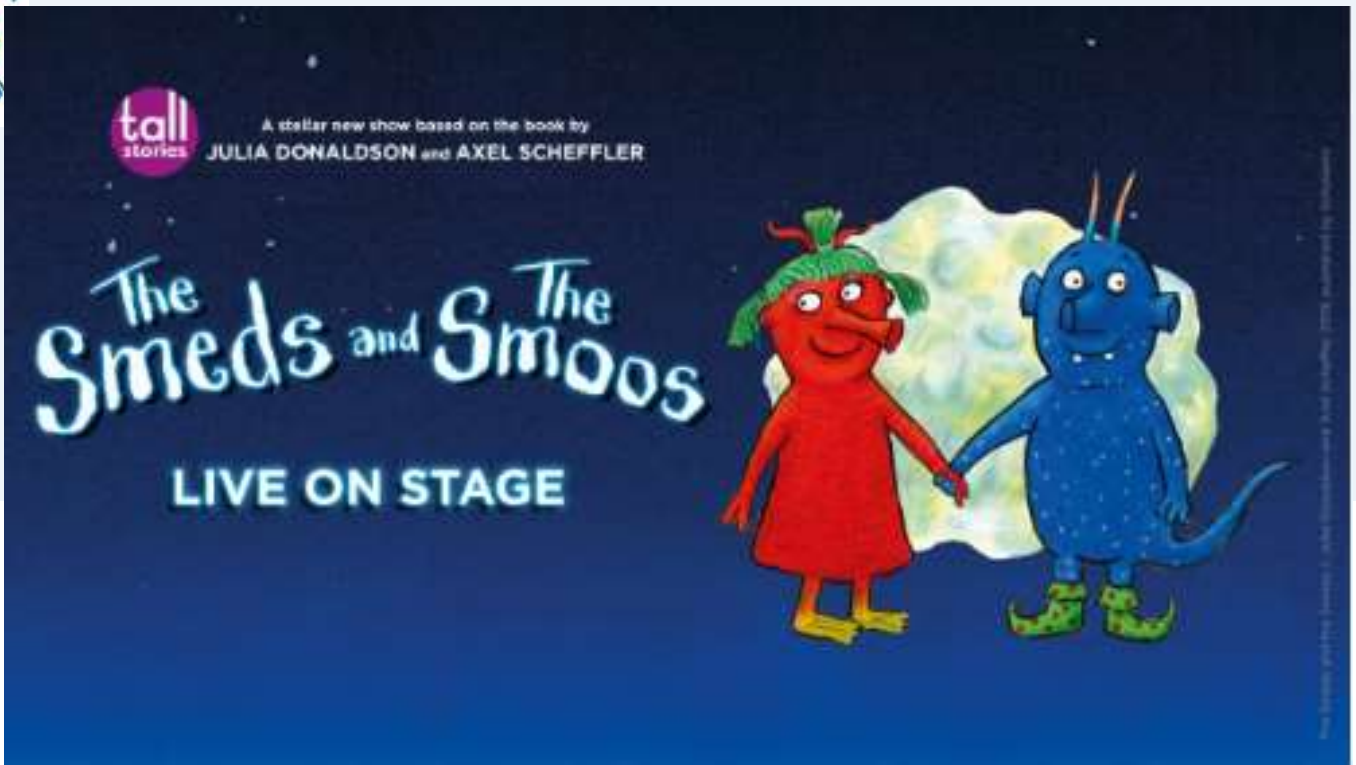
LH Lighthorne Heath

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

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



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

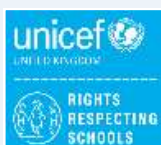
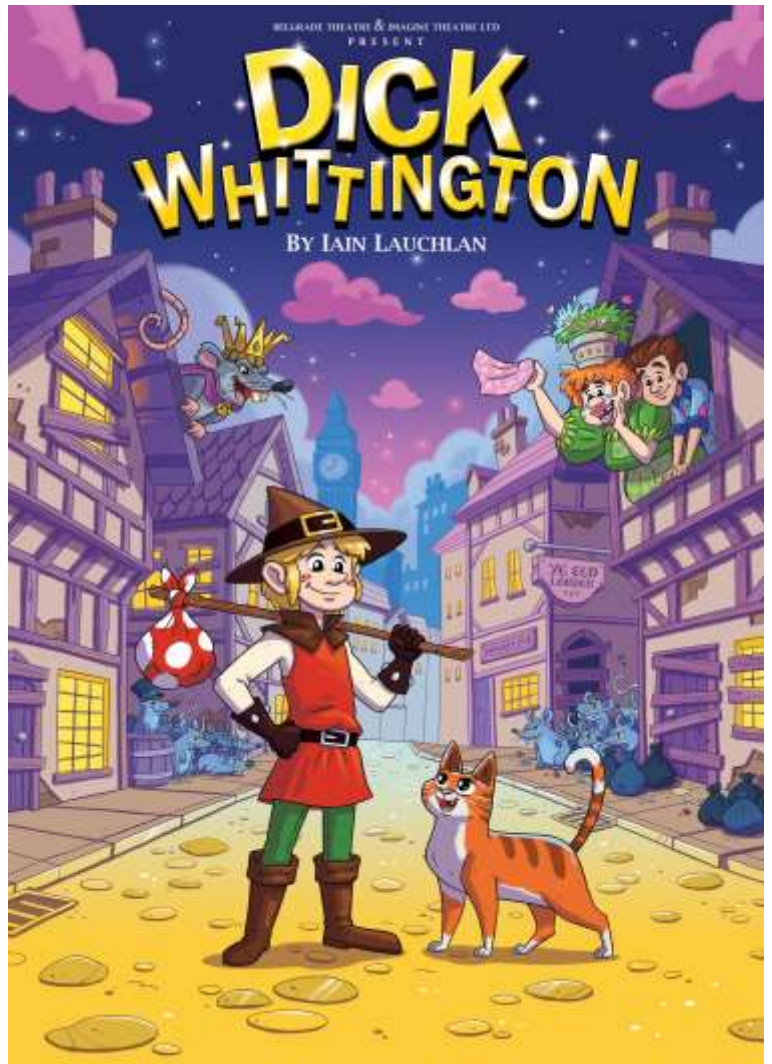


We are looking forward to our annual theatre trips this December.

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.

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
Council

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

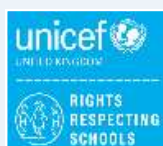
 www.twitter.com/warksacl

 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



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





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

Did you know?
In 2023, 94% of our event attendees said that they felt happier after engaging with their library. 70% said that they felt more empowered to access art and culture.



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





UPPER LIGHTHORNE COMMUNITY HUB



WHAT DOES THE COMMUNITY NEED IN THE NEW BUILDING?

HAVE YOUR SAY!



WEDNESDAY 11th DECEMBER
12 – 6PM
Lighthorne Heath Village Hall

**ALL WELCOME
TEA AND COFFEE PROVIDED!**



FREEHAUS

Community Information



act for autism



Coventry and Warwickshire
Integrated Care System

Community Information

Together with Autism Conference 2024

FREE Event

For professionals, parents and carers of autistic children, adults and for anybody wanting to better understand autism.

Please join us for inspiring talks, workshops and meet with your local services representatives.

Workshops include:

- Sensory support
- School challenges
- Autism and ADHD
- Adult services
- Autism and girls
- Supporting meltdowns
- Supporting Fathers

Workshop bookings will be shared with those registered to attend 2-weeks before the event.

Stalls include:

- Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS)
- Autism Central
- Education Services
- Community Autism Support Service (CASS)
- Dimensions of Health and Wellbeing
- And many other service providers

NB: Lunch is not provided

Saturday 7th December: 9.45am - 4.00pm

North Leamington School, Leamington Spa CV32 6RD

This is a funded event, open to Coventry and Warwickshire residents only. Entrance only with a ticket from:

<https://bit.ly/TwAC-DEC2024Leamington>



FREE Tea & Coffee

Tickets available Now

For queries and information: info@actforautism.co.uk

[f actforautismnow](#) [@actforautism_](#) [actforautism1](#)

www.actforautism.co.uk



Community Information



FESTIVE GET TOGETHER

MEET YOUR NEIGHBOURS
AT THE UPPER LIGHTHORNE
CHRISTMAS EVENT

JOIN

**BARRATT HOMES, DAVID WILSON HOMES AND TAYLOR WIMPEY
ON SATURDAY 7TH DECEMBER, BETWEEN 2PM AND 4PM
FOR A SPECIAL CHRISTMAS EVENT.**

Supported by the Wellesbourne Lions Club and The Church of St Laurence, there will be a chance to meet Santa and a Christmas tree light switch-on will take place towards the end of the event. Refreshments will also be available.

Guests are encouraged to gather outside of the Barratt and David Wilson Homes Sales Centre Banbury Road, Upper Lighthorne, Warwick, Warwickshire, CV33 8AH.

Organised in partnership with The Parish of Upper Lighthorne Residents Association.
Please contact PULRA.upperlighthorne@gmail.com to find out how you can get involved.



dwh.co.uk



barratthomes.co.uk



taylorwimpey.co.uk



www.lionsclubs.org/en

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

SANTA SPONSORED BY
FLOWER THYME



SPONSORED BY:



SUPPORTED BY:
Warwickshire
County Council



Kineton
Parish Council

COLEBROOK
SECCOMBES