

# Animal Safari

# Nursery and Reception

This week we've been learning about 'The Smeds and the Smoos' by Julia Donaldson ahead of our theatre visit next week. The children have enjoyed listening to the story. They have also been exploring what happens when you mix red and blue paint. It makes purple! The children helped to make their own playdough, measuring the ingredients and adding blue and red dye to change the colour. They were then able to make some Smeds and Smoos with the cutters.





In Year 1 and 2 we have been working hard to learn the story of The Magic Porridge Pot.

We have been reading through the story together as a class group, echoing and acting out the story too. The children made story maps to support them in retelling the story and created their own actions to support them in remembering key vocabulary.



**tip toed**



**grabbed**



**shouted**



**Then,**



**fuller and  
fuller and  
fuller**

Our aim is for the children to know the story, including some ambitious vocabulary, off-by-heart so that they can write the whole story independently.

This will allow them to focus on their spelling and recording sentences accurately, rather than having to compose their own sentences too.





# 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-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 what happens when it's hot.



UN Convention on the Rights of the Child

Article 29: Goals of education





This week, our science lesson took an unexpected (and slightly messy!) turn as the children explored a fascinating research question: “Did the Romans use toilet paper?”

While the topic may have raised a few giggles, the experiment provided an excellent opportunity for the children to apply scientific methods and critical thinking to an everyday problem faced by ancient civilizations.

Science: Investigating Roman Hygiene Alternatives, the children worked to answer the question: What alternatives might the Romans have used instead of toilet paper, and which was the most effective? Our learning objective was clear: “To investigate the effectiveness of a range of Roman alternatives to toilet roll.”



To simulate the conditions, each group tested five different materials a sponge, a leaf, a pebble, their left hand (with a glove on!), and modern toilet paper. Each material was assessed for softness, durability, absorbency, and, perhaps most importantly, wipe-ability. To ensure a fair test, we used the same amount of “mess” (in the form of chocolate spread) and measured each sample under the same conditions.



The children worked collaboratively, recording their observations and ranking each material from most to least effective. They discussed why certain materials might have been more practical for the Romans, considering factors such as comfort, availability, and absorbency.



This activity allowed children to practise and develop skills related to:

- Planning and conducting fair tests
- Making observations and recording results
- Drawing conclusions based on evidence

After much investigation (and a lot of laughter), the class concluded that the sponge was the most effective Roman alternative, thanks to its softness and absorbency — a finding that matched our initial hypotheses! The pebble, unsurprisingly, was voted least effective, and the children quickly agreed they were thankful for the modern conveniences we enjoy today.



# War Propaganda Posters

This week in 5/6 class we have been looking at the War Propaganda posters from World War 1. We started by looking at the meaning of the word propaganda, as although some of us had heard the word, we were not entirely sure of the meaning:

**Propaganda** *noun*

False or exaggerated information that is spread around to make people believe in something.

With this definition in mind, we started to think about WW1 and why propaganda may have been necessary and what it could have been used for. We know that the Army needed to recruit a lot of men to join them, and also that they needed people at home to support the war effort too.



The Pal's Battalion was a way to sign up to your army with your friends. It made the war sound more fun and encouraged more people to enlist

Fallen Fields

WW1

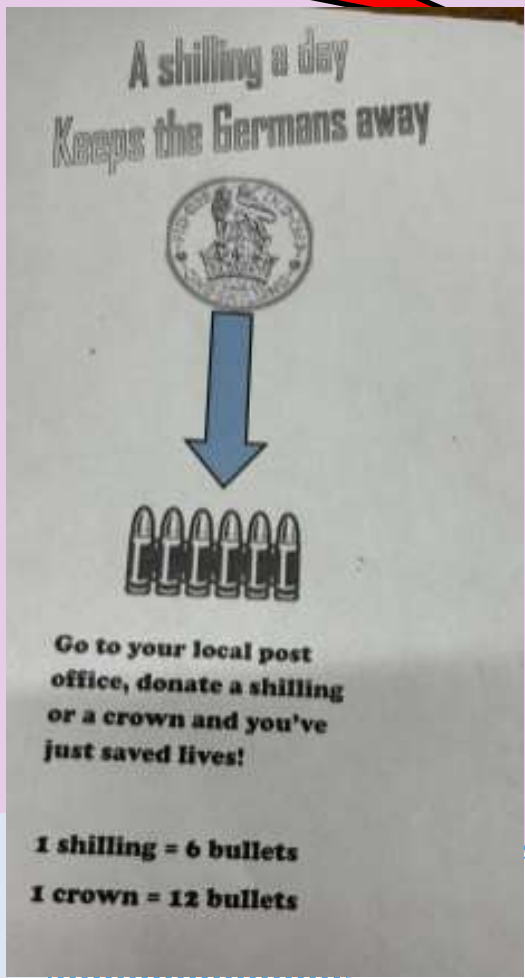


We used persuasive language and imagery to try to gain our objective of either recruiting men as soldiers, or encouraging those left at home to contribute to the war effort.

We used an image pointing out at the reader to show them that the poster is aimed at them. We chose language that would encourage our readers to act on our request to enlist.

We combined the idea of Germany as the enemy and the well known saying 'An apple a day keeps the doctor away' to come up with our catchy slogan.

We used the emotive language 'You've just saved lives' to help show that the reader can make a difference to the war effort.



## Fallen Fields WW1



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



# Looking at Learning



## PANTO TIME

On Wednesday, our Years 3, 4, 5 and 6 children travelled to The Belgrade Theatre in Coventry to watch their fabulous pantomime, Dick Whittington.

The story followed Dick Whittington who is down on his luck and wants to find his success in London where he has heard the pavements are made of gold. They're not, and he finds it a challenge to survive. Dame Sarah, her son, Jack, and Rat Man (our very own Mr Sangha) tried to help him but the 'Baddie' (King Rat) was determined to stop him being anything like successful.

The children all had a wonderful time and joined in beautifully with 'Oohhh', 'Ahhh', 'Boo' and 'it's behind you!'. Their behaviour was impeccable and the staff were very proud of everyone.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture





# Attendance and Punctuality

Mrs Manley and Mrs Westwood have recently met with a representative from Warwickshire attendance Service (WAS).

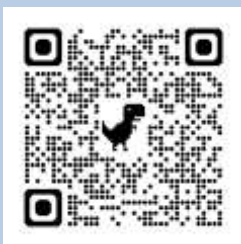
Unfortunately, we still have a number of pupils who are persistently absent from school (below 90% attendance).

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



### Digital Detox

The use of technology in our day to day lives has become a normal part of today's society and has many benefits, including staying connected with friends and family, accessing information and providing support for learning. However, research suggests that the prolonged use of technology can increase stress levels and have a negative impact on our mental health.

A digital detox is a time when a person does not use devices such as smartphones, televisions, computers, tablets, and social media sites. "Detoxing" from digital devices is often seen as a way to focus on real-life social interactions without distractions.

Some of the benefits include reducing stress, improving sleep patterns, encouraging more face-to-face social interactions, reducing 'fear of missing out (FOMO)', improving attention span, freeing up time for other/new interests and activities, creating a better work-life balance, and encouraging physical exercise.

#### Our tips for having a digital detox:

1. Set a realistic time limit for your daily screen time/device usage.
2. Participate in other activities instead of screen time (e.g., go for a walk with a friend/join a new club).
3. Create routines for 'device-free times' (e.g., at mealtimes or 30 minutes before bed).
4. Agree to leave your phone downstairs overnight to reduce temptation to scroll in bed!
5. Let your friends and family know you are on a digital detox so they can support you.
6. Delete social media apps on your phone to remove temptation and easy access.
7. Create a list of activities you can do when you have an urge to use a digital device. Make sure you include a balance of quick activities you can do in the moment, as well as activities that may take more time and planning.



Scan for information on social media  
and mental health - Young Minds

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	
December	
Monday 9 <sup>th</sup> December	Nursery and Reception Christmas Trip Years 1 & 2 Christmas Trip
*Tuesday 10th December	Winter Bingo
*Thursday 12th December	8.55am- 9.30am Reception and Nursery Christmas Stay and Play
*Tuesday 17th December  (this date has changed since original publication)	Christmas Dinner. This is £2.43 for those who pay for meals
*Wednesday 18th December	Year 3/4/5/6- Cinema Trip to Paddington on (details on Parent Pay). Children will need to have a packed lunch or order a school packed lunch)
Thursday 19th December,	<b>2pm. Winter performance of The Innkeeper's Breakfast.</b> Tickets only
*Friday 20th December	Christmas jumper day! Please bring 50p for school funds
Monday 23rd December 2024 to Friday 3rd January 2025	Christmas Holiday School returns on Tuesday 7th January
23rd & 24th 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



Thursday 5<sup>th</sup> December, 2024

Dear parents and carers,

## Years 3, 4, 5 and 6 Paddington in Peru Cinema Visit



I'm delighted that we've been able to secure subsidised tickets for all of the children in Years 3, 4, 5 and 6 to visit the **Leamington Vue cinema** to see **Paddington in Peru** on **Wednesday 18<sup>th</sup> December at 10am**. The cost of the trip will be **£3 per child**.

The children will be travelling to the cinema by coach, and they will be having a slightly late lunch back in school so please provide your child with a **packed lunch**.

This film supports our school's work as a UNICEF Rights Respecting School and our work towards becoming a **School of Sanctuary**. Although Paddington's story might be a funny and adorable tale of a famous marmalade-eating bear, Paddington is often referred to as a 'refugee' because he was displaced as a result of a natural disaster (an earthquake) which destroyed his family's livelihood (producing marmalade). The Paddington films are modern fables that explore the themes of migration and the treatment of refugees.

The Key Stage 2 class teachers will be using some of the learning resources called 'Adventures with Paddington' produced by **IntoFilm** to accompany the trip to the cinema. The children will develop practical skills; reflect on facing new experiences; and enhance their understanding of our world. **Adventures with Paddington** makes cross-curricular links with English, Maths, Geography and Science. A series of travel and exploration-themed activities will engage pupils in helping Paddington prepare to visit Aunt Lucy in Peru.

Please go to Parent Pay to give your permission for your child to attend the trip and to make payment.

Please copy and paste the link below into your browser if you would like to watch the Paddington in Peru film trailer:

<https://youtu.be/IKgitu25ZAq>

Best wishes,  
Juliette Westwood

Executive head teacher



UN Convention on the Rights of the Child

Article 22: Refugee Children

Article 29: Goals of education



# Lighthorne Heath Learning Heroes

## EYFS

Mrs Hartley and Mrs Cox have chosen Kobi as their learning hero this week. Kobi has impressed us with his fantastic talking. Kobi always has something interesting to tell us and is curious to find out more. This week, Kobi has been using 'big' and 'little' to compare objects really successfully. Well done Kobi!



Co-operate

## Years 1 and 2

Our Year 1 & 2 learning hero for this week is Flo. She has shown a wonderful growth mindset in our classroom this week and has been giving lots of new learning challenges a go, using her prior learning to support her in developing her understanding. Flo has also been a wonderful learning partner to others, offering advice and support to other children in her learning group. Well done on a wonderful week Flo, we are really proud of you!

Have a go



Concentrate

## Years 3 and 4

This week's Year 3 & 4 learning hero is Rafferty for his enthusiastic participation and insightful contributions during the week. Well done, Rafferty!



Be curious!

## Years 5 and 6

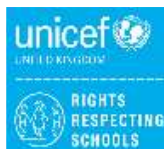
My hero this week is Callum. He has shared his extensive topic knowledge and contributed enthusiastically to our class discussions on WW1 War propaganda. Keep up the good work, Callum!



Enjoy learning

UN Convention on the Rights of the Child

Article 29: Goals of education



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 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.

**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

**74** **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 hoe to support their children if issues arise.





# Parent and Carer's Club

Thursday 9th January

2:30 - 3 PM

A chance to chat and mingle with a hot drink and biscuit

Lighthorne Heath Primary School

Join us!



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



# 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



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



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](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,



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



educaterers

**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

Choose a main meal...

**MONDAY**

Pork Meatballs in Tomato Sauce with Noodles (G.E)

On the side...  
Fresh Salad Bar  
Vegetables of the Day

Vegetarian Only

(vg) Plantballs in a Tomato Gravy

For dessert...  
(v) Cheese Crackers and Apple Wedge (G.D)  
or Fresh Fruit

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Choose a main meal...

**TUESDAY**

(v) Cheese & Tomato Pizza Wedge with Potato Wedges (G.D)

On the side...  
Fresh Salad Bar  
Vegetables of the Day

Vegetarian Only

(v) Jacket Potato with Cheese (D)

For dessert...  
(v) (h) Chocolate Cracknel (G)  
or Fresh Fruit

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Choose a main meal... **WEDNESDAY ROAST**

**WEDNESDAY**

British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

On the side...  
Fresh Salad Bar  
Vegetables of the Day

Vegetarian Only

(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G)  
Crispy Roast Potatoes

For dessert...  
(v)(h) Syrup Sponge with Custard (D.G.E.)  
or Fresh Fruit

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Choose a main meal...

**THURSDAY**

(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D.G)

On the side...  
Fresh Salad Bar  
Vegetables of the Day

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

For dessert...  
(v) Toffee Apple Donut (G.D.E.SB)  
or Fresh Fruit

Choose a main meal... **FISHY FRIDAY**

**FRIDAY**

(msc) Battered Fish Fillet (G.F) with Chipped Potatoes

On the side...  
Fresh Salad Bar  
Peas or Baked Beans

Vegetarian Only

(vg) Vegetarian Hotdog with Chipped Potatoes (G)

For dessert...  
(vg) Jelly with Fruit  
or Fresh Fruit

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

**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.

**on**side®  
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**

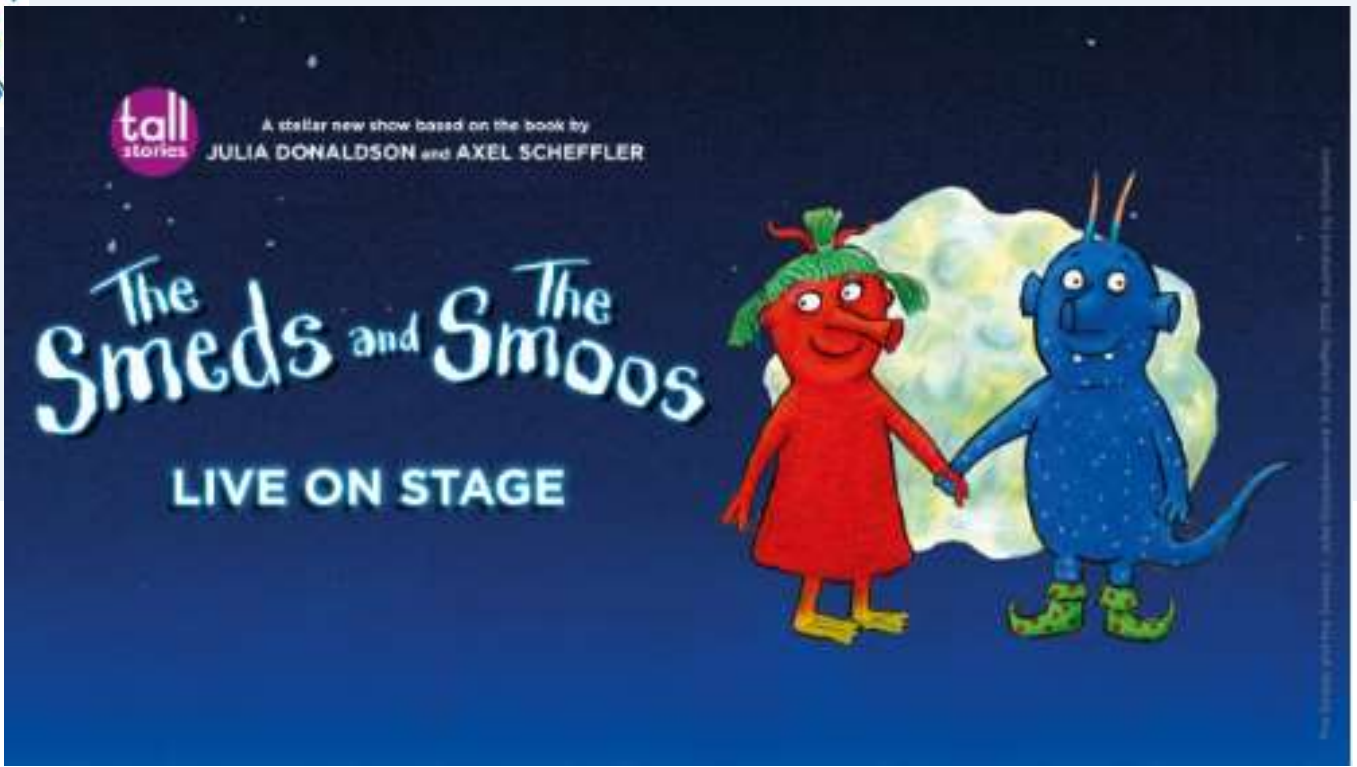
**LH** Lighthorne Heath

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



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

# Story Sacks



Please note the time change. These sessions will now take place in the afternoon

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

**For 4 weeks 1.30-3pm**

**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.**

Our school  
Christmas meal  
will be on 17th  
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

**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 7<sup>th</sup> 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](mailto:info@actforautism.co.uk)

[f actforautismnow](#) [@actforautism\\_](#) [actforautism1](#)

[www.actforautism.co.uk](http://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](mailto:PULRA.upperlighthorne@gmail.com) to find out how you can get involved.



[dwh.co.uk](http://dwh.co.uk)



[barratthomes.co.uk](http://barratthomes.co.uk)



[taylorwimpey.co.uk](http://taylorwimpey.co.uk)



[www.lionsclubs.org/en](http://www.lionsclubs.org/en)