

Nursery and Reception

Starry Night

On Wednesday it was Chinese New Year. Chinese New Year is a special celebration that marks the start of the lunar new year. It's a time for family gatherings, delicious food, and exciting traditions like dragon dances, fireworks, and giving red envelopes with money for good luck. Each year is named after an animal from the Chinese zodiac, and people celebrate with decorations, wearing new clothes, and cleaning their homes to welcome in good fortune. It's a joyful and colourful time to honour family, friends, and the beginning of a fresh new year!

新年快樂

Happy Chinese New Year



We made lanterns

We had to use careful cutting skills and paint to add detail.





As you may be aware, pupils and staff at Lighthorne Heath Primary School have been working towards achieving the School of Sanctuary Award from *City of Sanctuary UK*. This prestigious accreditation recognizes schools that actively foster a culture of welcome, belonging, and solidarity for those seeking safety.

To become a School of Sanctuary, a school must take a thoughtful and reflective approach to reviewing and refining its practices, ensuring that it upholds three key principles:

- LEARN – Schools help their students, staff, and wider community understand what it means to seek sanctuary and the challenges surrounding forced migration.
- EMBED – Schools commit to creating a safe, inclusive, and welcoming environment that benefits everyone, including those seeking sanctuary. They also collaborate with people seeking sanctuary to shape their approach.
- SHARE – Schools proudly promote their values and initiatives within their local communities and work together to strengthen the movement of welcome.

On Tuesday, we were delighted to welcome a team of assessors into our school to showcase the work we have done in building and maintaining this culture. Their visit provided a fantastic opportunity to highlight our ongoing commitment to inclusivity and compassion.

I am delighted to confirm that Lighthorne Heath Primary School has achieved this award and is now a recognised School of Sanctuary.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 8: Protection and preservation of identity

Article 22: Refugee children

Article 30: Children from minority or indigenous groups





Here's a sample of comments made by the team who assessed us:

"The school ethos and children's understanding of being welcoming and inclusive were evident across discussions of music, sport, art, and play."

"Questions regarding HAF were answered. We are confident there is a wide range of support in place to meet the needs of learners and foster an inclusive and welcoming culture for all."

"It was clear that students are highly engaged and have opportunities to suggest their own ideas."

"The appraisal panel felt that the whole school was supportive of proudly sharing its commitment to sanctuary in school."

"The appraisal panel was extremely impressed by the efforts that have gone into building staff expertise."

"The panel was extremely impressed by the ability of the children we spoke with to confidently and eloquently articulate their values, why they matter to them, and what they do and enjoy doing in their roles."



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Handwriting



This week in Years 1 and 2, the children have continued to practise their handwriting. This is a weekly lesson which enables the children to learn letter formation and how to prepare for neat handwriting. The 'Penpal' handwriting sessions always begin with a warm up of the muscles in our hands and arms to help improve our flexibility and pencil control.

The children helped to construct the 'steps to success' noting important steps such as 'sitting correctly', 'eyes looking at the book' and 'checking that my pencil is sharp'. They all work exceptionally hard in these sessions, trying to make each join or letter better than the last and self assessing along the way. Great work everyone!



UN Convention on the Rights of the Child

Article 29: Goals of education



This week in Science, we explored how sound changes over distance through a hands-on investigation. The children became real scientists, observing and measuring how sounds get fainter as they move further from the source. It was a fantastic opportunity to develop their enquiry skills and apply scientific thinking to a real-world concept.

Our learning objective for this lesson was:

“To recognise that sounds get fainter as the distance from the sound source increases.”

This investigation directly supports the National Curriculum for Science in Years 3 and 4, helping children develop their ability to:

- Identify how sounds change over distance.
- Recognise and describe sounds from various distances.
- Carry out a fair test using scientific methods.

To put this concept to the test, the children took part in a practical investigation. Using a range of sound sources (coins, paper clips, drums), they observed how sound levels changed as they moved further away. They carefully recorded their observations, noting when the sound could no longer be heard and discussing why this happens.

The children quickly realised that as the distance increased, the volume of the sound decreased. They discussed how this applies to real life, such as why voices sound quieter when someone is far away or why sirens seem louder as they get closer.

This experiment focused on developing key scientific skills, particularly:

- Conducting fair tests by keeping variables the same (such as using the same sound source and measuring distances accurately).
- Recording results systematically by observing how sound levels changed at different distances.
- Presenting data in a bar chart to visually represent their findings and draw conclusions based on evidence.

By the end of the lesson, the children confidently explained how sound waves weaken as they travel further from their source and used their bar charts to compare their results effectively.



Music Ukulele

This term, the children in Years 5 & 6 class have been enjoying learning how to play the ukulele.

We have learned how to hold a ukulele correctly, the difference between strumming and plucking, and two different rest positions.

This week they learned two new chords and were fantastic at playing along with a backing track.



Music in the National Curriculum

Key stage 2

Pupils should be taught to sing and play musically with increasing confidence and control. They should develop an understanding of musical composition, organising and manipulating ideas within musical structures and reproducing sounds from aural memory.

Pupils should be taught to:

- play and perform in solo and ensemble contexts, using their voices and playing musical instruments with increasing accuracy, fluency, control and expression
- improvise and compose music for a range of purposes using the inter-related dimensions of music
- listen with attention to detail and recall sounds with increasing aural memory
- use and understand staff and other musical notations
- appreciate and understand a wide range of high-quality live and recorded music drawn from different traditions and from great composers and musicians
- develop an understanding of the history of music.



Lighthorne Heath Primary School

Pyjama Day

Thursday 6th February



In recognition of this year's Children's
Mental Health Week 2025

3-9th February, children may wear their
pyjamas to School for the day. Pyjamas
need to be sensible and practical to work in
at School. Children must also wear their
school shoes. We ask for a minimum £1
donation which will be donated to 'Evelyn's
Gift'. This charity was set up to do
something positive in memory of Evelyn
Mary Smith. The aims of the charity are to
promote and deliver CPR training, and to
carry out little acts of kindness.



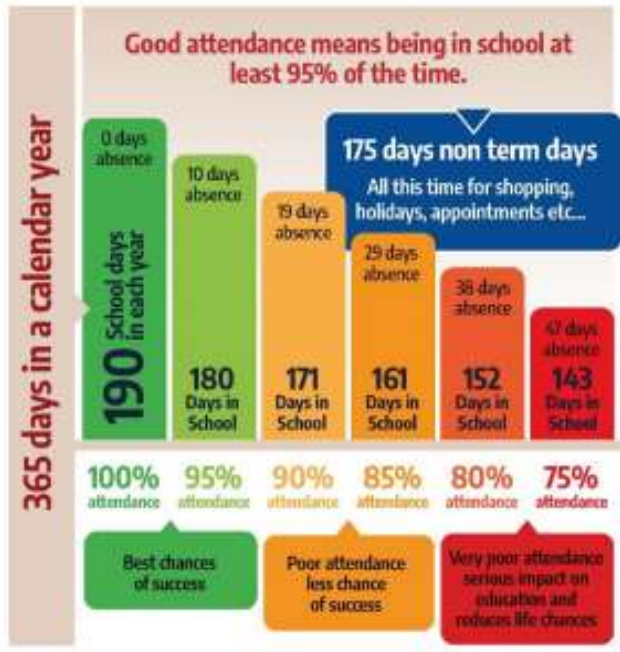
Evelyn's Gift
— Little acts of kindness —



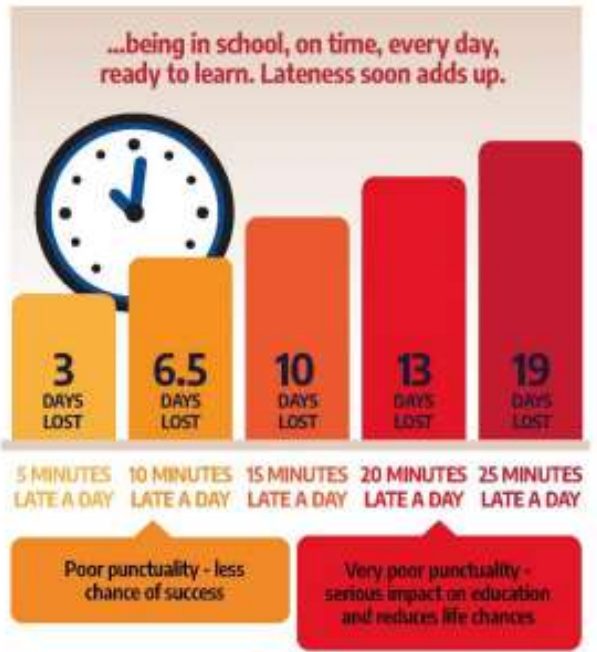
Attendance and Punctuality

Thank you to the many parents who ensure that their children attend regularly and arrive on time. Attendance is incredibly important to the education of our children and makes a big difference to a child's ability to do well at school. The school is required to work within clear guidelines for monitoring attendance and addressing individual cases.

DID YOU KNOW? A two-week holiday in term time means that the highest attendance you can achieve is **94.7%**



DID YOU KNOW? A child who is 15 minutes late each day, will have missed a full 2 weeks of school in one year.



PREPARED

In addition to attending school, it is also important that your child has what they need each day. Parents should be aware of the days in which their child has PE and/or swimming and ensure that children have the correct kit on the relevant day.

At this time of year it is important that children have a warm coat in school so that they can safely and comfortably play outside and can complete learning activities outside the classroom.



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Emotional Wellbeing and Mental Health



Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today													

ACTION FOR HAPPINESS

Happier · Kinder · Together

Action for Happiness is a charity that promotes a happier and more caring society.

Check out their Friendly February calendar for ways to brighten up someone's day.



14 Tell a loved one or friend why they are special to you

9 Thank someone and tell them how they made a difference for you

28 Give positive comments to as many people as possible today

23 Be gentle with someone who you feel inclined to criticise



Diary Dates



Spring Term	
January	
Friday 31st January	Mufti (non uniform) day, please bring 50p donation for school funds
February	
Week beginning Monday 3rd February	Children's Mental Health Week
Thursday 6th February	Parents and Carer's club – 2.30 at school. Join us for a hot drink and biscuit and get to know other parents.
Thursday 6th February	In recognition of this years Children's Mental Health Week , 6th Feb is Pyjama day. Bring £1 for charity and wear your PJs to school.
Week beginning Monday 10th February	Tuesday 11th February 3.15-5pm Wednesday 12th 4pm– 6pm Parents Evenings Please contact the School Office if you need help booking
Friday 28th February	Mufti (non uniform) day, please bring 50p for school funds
Thursday 6th March	World Book Day (don't buy a costume – specific themes and instructions to follow).



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



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Lighthorne Heath Learning Heroes

EYFS

Ikhlas is our Reception and Nursery class hero this week for her fantastic attitude to learning. Ikhlas will give everything a go and is doing a great job at keeping up learning our new phonic sounds. She always is the first the help with tidying up. Well done Ikhlas!



Have a go

Years 1 and 2

Our hero is Krishla for always putting 100% effort into her learning. Krishla's attitude to her work is above and beyond, she listens carefully to instructions, presents her work beautifully and always has lots of interesting ideas to share with the class. Krishla, you are a fantastic member of our class and we are so proud of your efforts. Well done!



Concentrate

Years 3 and 4

Mr Sangha's of the Week is Imelda for her enthusiasm and keen interest in learning, as well as her sustained focus across all subjects. Imelda's curiosity and effort have been truly inspiring. Well done, Imelda!



Be curious!

Years 5 and 6

Mrs Cox's hero this week is Niamh. She has shown amazing creativity and determination with her home learning, making a wonderful clay Tudor house. Keep it up, Niamh.



Enjoy learning

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Last Autumn term, the children of our school were set a challenge to help others to keep safe when out and about in the darker evenings. KS1 and Reception were asked to design an outfit for Warwick Bear, Year 3 and 4 were to design a backpack with special features that would help keep them safe after dark and Year 5 and 6 were asked to design an entire outfit to keep them safe and seen.

The Junior Road Safety Officers have deliberated and chosen the following winners



Mimi



Milan



Aurora



Amelia



River



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What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+
(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their personal watch history. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads means they aren't manually monitored and vetted.

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, critical or even deadly acts. One extreme example was the "Ice Bucket" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two fatalities. Ofcom lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1 billion users globally, the potential for contact with strangers on TikTok is high – especially via accounts created by users 18+ for youngsters using a false date of birth) or set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase a range of in-app items. These items are then sent as rewards (including their monetary value) to other users for videos they've created. Coin bundles range from £3.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

ADDICTIVE NATURE

TikTok can be addictive, especially for young people; compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 30 and 60 minutes for new members under 18 (in the UK, children with TikTok over 182 minutes per day on the app), but these restrictions can easily be removed in the settings.

TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo of the exact same time as their friends; users receive a synchronized notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chance of a child seeing inappropriate content), set screen time limits and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of both the iD magazine, Carly is now a freelance technology journalist, writer and consultant.

NOS National Online Safety
#WakeUpWednesday

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None of this guide should be taken as a disclaimer. No liability is accepted for any. Current as of the date of release: 02.03.2023



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.

SAFELINE'S PARENT WORKSHOP

HOW TO KEEP YOUR CHILD SAFE ONLINE!

Online Safety Workshop
Monday 10th of February 2025
5-6pm

This workshop provides key knowledge around how social media/apps can be used safely and the risks/dangers of the online world.

If you would like to attend please confirm by emailing ramandeepd@safeline.org.uk please include your child's school name

Please join by going into Zoom and putting in Meeting ID: 765 294 7590



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entrust care partnership

STAY & PLAY

Little Acorns

Please Note
Temporary
change of venue
from 11th October
2024

Special guests
and expert
advice!

Fridays
Term time
10:15: 11:30

Lighthorne Heath Children
and Family Centre,
Stratford Road,
Lighthorne Heath,
CV33 9TW



For parents and carers of young children with additional needs

Support, help, advice, refreshments and a chance to meet other parents and carers

"Refreshing to feel safe and unjudged"

"Lovely to chat and share experiences"



Contact Diane on 07961 830527
lynnebarton@enturstcarepartnership.org.uk



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

Educaterers' New Menu

Next week we will be on Week 1 of the current Educaterers menu.

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.



Parent and Carer's Club

Thursday 6th February

2:30 - 3 PM

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

Thank you to those who joined our first session!





A number of free online parenting courses are available to Warwickshire families. These are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. All of the courses are filled with helpful techniques and ideas developed by our experienced parenting professionals to help you become a confident and happy parent. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace.

Follow the link via the QR code above or access these courses and other support via: <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

<p>Parents Together</p> <p>Read More</p>	<p>Let's Play</p> <p>Read More</p>	<p>Coping with teens</p> <p>Read More</p>	<p>New Baby in the Family</p> <p>Read More</p>
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<p>Raising Confident Children</p> <p>Read More</p>	<p>Sibling arguments</p> <p>Read More</p>
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<p>Giving praise effectively 9 easy steps to give praise effectively</p>	<p>Steps for empathy 10 easy steps to show and develop your empathy</p>	<p>Time to calm down 10 steps for giving time to calm down</p>
<p>Choices and consequences 7 steps for giving choices and consequences</p>	<p>Active ignoring 8 steps for active ignoring unwanted behaviour</p>	<p>Problem solving 7 steps for problem solving</p>



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Play Leaders

Can you help?

Our Play Leader Junior Leadership Team is currently working on initiatives to improve the quality of playtimes by investing in new playground furniture and play equipment.

We have been working with Anna Buckler (Children's Wellbeing Practitioner, CWRISE) to identify what is working well with our play and lunch time provision and what we can do to improve things further.

One of the key items we believe would significantly enhance the experience for our children is child-sized round picnic benches, which would encourage social interaction and collaborative games.



Some of the items we are considering are quite costly. We are reaching out to our parent community to inquire if anyone has connections with local businesses or organisations that might be able to assist with funding or sponsorship for this project.

Your support would be invaluable in helping us create a more engaging and enjoyable environment for our children. If you are able to help or know of any potential funding opportunities, please don't hesitate to contact us, please speak directly to Mrs. Manley or Mrs. Hartley.

Thank you for your continued support.





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FREE ONLINE SAFETY WORKSHOP

FOR PARENTS OF SCHOOL AGED CHILDREN

Get practical hints and tips to support your children and keep them safe online, and learn how to keep up to date in the ever changing online world.



Wed 19th
MARCH

7pm-8pm



Speaker

KAT HOWARD

Head of Education & Wellbeing (UK)
Smoothwall



Register for the Zoom link and parent flyer here:

<https://forms.office.com/e/x2JJKwLx8y>

Kat has been working in and with schools for over 20 years to develop their understanding of online safety. She is passionate about the importance of online safety in schools and the wider community.

For more information on online safety, visit <https://warwickshire.onlinesafetyhub.uk/>



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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

