

Nursery and Reception

Reception and Nursery children have all been superstars this week and have already settled into routines and the environment. We are so proud of them! This week, as part of our topic, 'Once Upon a Time', we have been exploring the story of The Three Billy Goat's Gruff.



Traditional Tales



The children have been listening to the story, joining in with key repeated phrases. They have also enjoyed retelling the story with role play characters.





Between 2nd September and 30th November 2024, every time customers shop with Asda using their Asda Rewards app, they can choose a primary school to receive a percentage of their spend. In addition, every time a customer chooses our school, Asda will donate £1 to our Cashpot.

Please sign up and nominate Lighthorne Heath Primary School as your chosen school so that we can raise additional funds for our children.



DON'T FORGET TO OPT-IN...

...once signed up, you can check your app to see your school's Cashpot so far.

HERE'S HOW:

- 1** Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2** Choose your primary school
- 3** Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4** Shopping online? Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5** We'll do the rest! We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.

CASHPOT FOR SCHOOLS

Only with **ASDA Rewards**

Download and opt-in today



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Article 29: Goals of education

Materials & their Properties

Our Science topic this half term is Materials and their Properties.

In our first lesson this week, the children were engaged in discussions based around the question 'Have you ever sorted your toys in different ways?'

Many ideas were shared such as 'I sort my teddies into one box and my dolls into another', 'I have a box for large cars and a box for small ones' and

'When my toys are sorted out it makes it easier to find them.'

The children were then engaged in a game, first guessing how Mrs. Hill had sorted the toys (wooden toys and plastic toys) and learning that they can be sorted according to the materials they are made out of too.

They then took turns to sort the toys in different ways, coming up with a wide range of criteria for example 'soft and hard', 'noisy and quiet' and 'water toys and toys to play with outside.' We all had lots of fun whilst learning about sorting and materials!



Years 1 and 2



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Article 29: Goals of education



Attendance and Punctuality

A reminder that all children are expected to be in school every day.

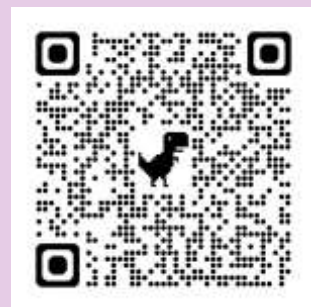
Our school day begins at 8.55am

Children should arrive in the school playground ahead of 8.55am so that they are ready to line up with their class and enter the classroom with their teacher. Our register system records children who are late and this information is held on each child's school record. We regularly monitor the attendance of all pupils in school.



Warwickshire County Council

More information about the importance of attendance, the impact of poor attendance and links to government guidance about attendance at school can be found on the Warwickshire county Council website following this link: <https://www.warwickshire.gov.uk/school-attendance-exclusions/school-attendance-guidance-parentscarers>



Blue Abyss



In our Year 3 and 4 class, the children have been excited to begin exploring their new topic, Blue Abyss.

The children have used maps, globes, aerial images and atlases to identify the world's oceans and seas and have identified their position in relation to the equator, the Tropics of Cancer and Capricorn and the Arctic and Antarctic Circles and have recorded what they have learned.

Within these lessons, the children have engaged in exciting discussions about the places that they have visited and have started to share their experiences with each other. They have also begun to relate their learning to stories that they have read.

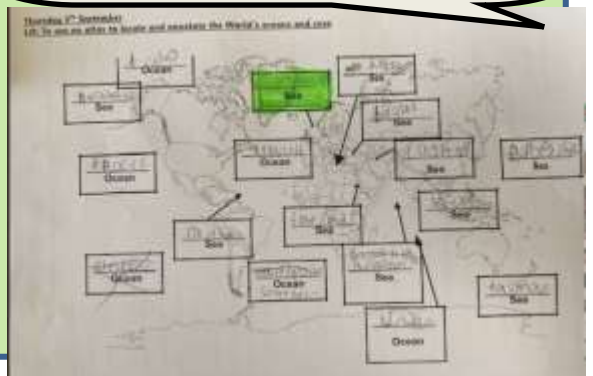


In the summer I went to France. I had to cross The English Channel. I have also swum in The Mediterranean Sea.
By Rafferty

I have been to Spain in the summer. I swam in the sea. It was much warmer that it is here because it is closer to The Equator. By Mimi

I used to live in Bahrain. I caught crabs and starfish in The Persian Gulf.

By Felicity



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Article 29: Goals of education



With support from Reverend Helen Smith from St Lawrence Church, Lighthorne, we will be holding a special Harvest Assembly during the morning on Wednesday 25th September.



We will be supporting Fosse foodbank this harvest and invite any families wishing to offer support to people who are in need to **donate an item off the charity's current 'wish list'**.

Food collection points will be available in the school office between Friday 20th and Wednesday 25th September. Please note that food items must be in date.

Mrs Tencuse is also able to take cash donations that will be passed on to the charity.



URGENTLY NEEDED FOOD ITEMS

PACKETS OF INSTANT MASH

TINS OF FRUIT

JARS OF COFFEE

PACKETS OF SPONGE PUDDINGS

JARS OF JAM

TINS OF READY MEALS

LONG LIFE FRUIT JUICE

SHAMPOO

LAUNDRY POWDER/CAPSULES/LIQUID

SHOWER GEL

WE'VE GOT PLENTY OF

CEREAL

BAKED BEANS

PASTA

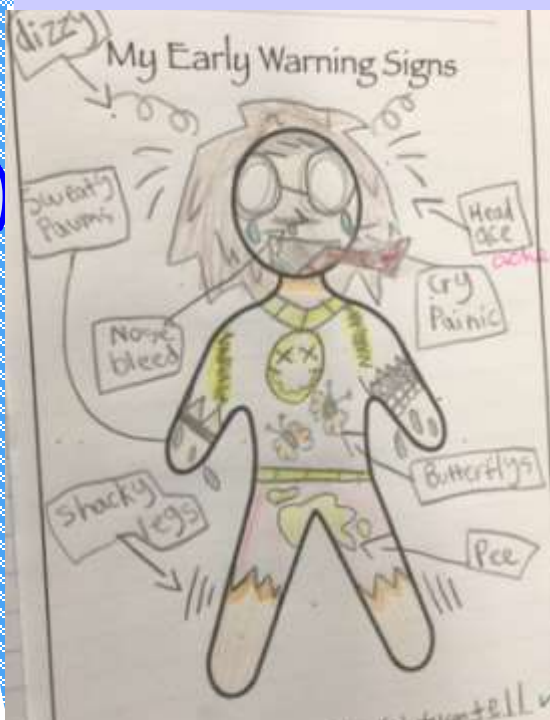


This week the children in 5/6 have been participating in the Taking Care project. This is a series of age appropriate lessons which help us to understand how we can keep ourselves SAFE, recognise our intuitions through our EARLY WARNING SIGNS and gives us the tools we need to talk to a safe adult from our NETWORK if we are feeling unsafe or anxious.

The main messages of the project are:

- ◆ WE ALL HAVE THE RIGHT TO FEEL SAFE ALL THE TIME and
- ◆ WE CAN TALK TO SOMEONE ABOUT ANYTHING, EVEN IF IT SEEMS AWFUL OR SMALL

We discussed the feelings that we experience when we are feeling unsafe. These are called our Early Warning Signs. They are our bodies telling us that we do not feel quite right about something. It is important to listen to these signs and to tell someone when we feel them. We should keep telling until we feel safe again.



Sometimes we may feel unsafe but have to still do an activity—like going to the dentist or taking a test. We talked about creating an imaginary safe place which can help us feel more comfortable in these sorts of situations:

Years 5 and 6



Home Learning

Home Learning

We would like to clarify our expectations regarding children's home learning. Research shows that taking an interest in your child's learning can make a big difference to how well they do in school. Making your home a positive learning environment plays a big part in this, no matter how old your child is. Home learning also provides an opportunity for parents and carers to talk to their children about what they are learning in school and to follow their own lines of enquiry around particular curriculum areas.

As well as topic based learning, all children are expected to read regularly at home. Reading is the single-most important activity your child can do to improve achievement in school as it is the gateway to learning, If pupils are not able to read well, they will not be able to access the full curriculum. We expect children to read with an adult at home AT LEAST 4 times each week and request that their home reading record is signed.

From Year 2, children will also bring home a short maths fluency activity each week.

Class	Weekly Home learning	Day set/ due back
Reception	Reading Weekly literacy or maths task linked to class learning.	Set Thursday, due Tuesday
Years 1 & 2	Reading Weekly topic linked task Maths fluency task	Set Friday, due Monday Set Friday, due Friday
Years 3 & 4	Reading Weekly topic linked task Maths fluency task	Set Monday, due Friday Set Friday, due Friday
Years 5 & 6	Reading Weekly topic linked task	Set Friday, due Wednesday

For parents wishing to complete additional learning tasks with their children at home, the following websites offer some useful games and resources that are linked to the National Curriculum Learning outcomes. **Class teachers would be delighted to advise on this further, please see your child's teacher** if you would like further guidance.

EYFS/ KS1	KS2



We love reading!

At Lighthorne Heath Primary School, we believe that reading with your child regularly is the most valuable thing you can do with your child to help support their progress.

Giving a child time and full attention when reading them a story tells them they matter. It builds self-esteem, vocabulary, feeds imagination and even improves their sleeping patterns.

We expect all children to be heard reading a minimum of four times a week by an adult at home. This ideally should be daily.



“Reading aloud everyday is the single most important thing you can do to prepare your child to learn.”

Please record reading in your child's reading diary. Staff will regularly monitor these diaries. Please note that reading in school may take place in a variety of ways and may not always be recorded in your child's diary. For example, teachers keep central records of guided reading sessions.

Your child's reading diary will contain a gold star sticker on the front. If they can look after their diary and show still have it at the end of the academic year then there will be a small reward.



All children who read four times a week, or more, between Monday 16th September and Friday 11th October will be entered into a prize draw to win one of five £5 book tokens to be spent at the Scholastic Book Fair in October.



The Warwickshire Online Safety Hub has been redesigned and has lots of useful content. This can be found here: <https://warwickshire.onlinesafetyhub.uk/>

This page provides lots on interesting articles relating to children's online behaviours and can provide valuable information to parents. We would encourage all parents to spend some time browsing the resources that are available.

Screen time



Parenting advice
Online Gaming FAQs



Predators
Online Grooming: The Red Flags to Watch...

Social media

I want to set up parental controls →



Gaming
Roblox
Our Age Rating: 12+



Screen time
Creating a Screen Routine

What apps should my child use →

I need help with an issue →



Privacy
Top Tips to Protect Your Child's Digital Privacy



Social media
Navigating Your Teen's Social Media Use

Smartphones



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Article 29: Goals of education

Diary Dates



Spring Term	
September	
Monday 16th September	EYFS storyteller visit
Tuesday 24 th September	Wildlife Trust visiting. Wildflower planting.
Wednesday 25th September	Harvest Assembly
Friday 27 th September	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund
October	
16th-22nd October	Scholastic Book Fair in school
Friday 25 th October	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund
28 th October- 1 st November	Half Term Holiday
November	
Monday 4 th November	Autumn 2 begins
Monday 4 th November	Protective Behaviours week
Friday 29 th November	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund.
December	
Monday 2 nd December	INSET day
*Wednesday 4 th December	Years 3 & 4 Christmas Trip
*Monday 9 th December	Nursery and Reception Christmas Trip
TBC	Y5/6 trip, winter performances and celebrations
Monday 23rd December 2024 to Friday 3rd January 2025	Christmas Holiday School returns on Tuesday 7th January

INSET Days 2024/25:

Monday 2nd December 2024

Monday 8th January 2025

Monday 21st July 2025

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

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Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



School Governor Vacancy

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

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

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

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

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



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

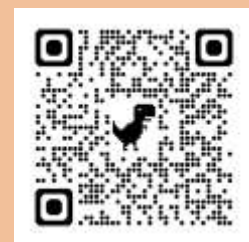
School Uniform

Our school uniform consists of a blue or white polo shirt, navy jumper or cardigan, grey trousers or skirt.

All children should wear black school shoes which are not trainers.



For P.E. lessons, children should wear a plain white t-shirt, black sports shorts and black trainers or pumps.



Uniform can be ordered online via www.stitchtech.co.uk or www.myclothing.com



Scholastic Book Fair

FREE books for your school when you buy at the Book Fair!

SCHOLASTIC TRAVELLING BOOKS

A pop-up book-store with hundreds of books from just £2.99

COME to the BOOK FAIR



Save £3

£12.99 £9.99



Save £5

£12.99 £7.99



JUST £2.99

£6.99 £2.99



£8.99



£7.99



£7.99



A work of staggering importance.



Date: 3.00 - 3.15pm - Main Hall
Wednesday 16th October
until Tuesday 22nd October

Scan the QR code to pay online!



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Article 29: Goals of education



NEW
MENU

Week one

Warwickshire, Coventry: 16/9, 7/10, 18/11, 9/12, 15/1/25, 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) Pizzaballs 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
(msc) Battered Fish Fillet (G.F) with Chipped Potatoes

FRIDAY

Vegetarian Only

(vg) Vegetarian Hotdog with Chipped Potatoes (G)

On the side...

Fresh Salad Bar
Peas or Baked Beans

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.

educaterers

Emotional Wellbeing and Mental Health



How do you feel about going back to school?

Did you know?

- 66% of children have reported feeling anxious about going back to school.
- 40% of young people are worried they will not be able to manage the school work when moving into a new school year.
- 53% of year 7 pupils feel nervous about moving to secondary.



Change

Change is a natural and normal part of life that we all experience. Starting back at school or joining a new school can bring on lots of different emotions for all of us.

It is ok if you feel nervous about this change. It's completely normal!

Some examples of change you may be experiencing could be meeting new people, finding new classrooms and working more independently.

You may experience...

- Lots of 'What if?' thoughts, like 'What if I can't do this?' 'What if I don't make any friends?'
- Stomach ache, 'butterflies in stomach', feeling sick
- Heart beating faster, sweaty palms
- Feeling shaky, difficulties sleeping

These signs are normal when we feel nervous and can be managed using some coping strategies.

See over the page to find some strategies you can try.

Please do speak to your Mental Health Lead and other staff at school for further support.

A journey with **RISE**
is as unique as the person seeking support

Emotional Wellbeing and Mental Health



Example Strategies

Record your thoughts

Writing down your thoughts can help you to 'slow them down', work out what might be happening and see the situation from a different perspective. You could do this in a diary or in the notes section on your phone.



Grounding techniques

These will help you to pay attention to what's happening right now and distract you from your worries. Try the 5-4-3-2-1 grounding technique by following the QR code on the left.

Spend time reflecting

At the end of the day, identify 3 things that went well or that you are proud of that day. You could share these with a friend or family member. These don't have to be 'huge' achievements, try to notice the 'little things' too!



Talk to someone

Talking to a trusted adult or friend about back to school worries can help you to feel calmer and less alone. Remember to talk to your Mental Health Lead at school for further support. Or talk to friends; you might be surprised but lots of them will feel the same!

Breathing techniques

Try the bubble breathing (left QR code), box breathing (middle QR code) and finger breathing exercises (right QR code).



Emotional Wellbeing and Mental Health



Information Sessions for Warwickshire Parents and Carers

Courses available online – via Zoom

Understanding and Supporting Children and Young People with Emotionally Based School Avoidance

Thursday 26th September 2024, 9:30 am to 11:30 am

Understanding Emotion Regulation in School Aged Children

Thursday 10th October 2024, 9:30 am to 11:30 am

Understanding and Supporting Children aged 3-11 Years with Anxiety

Thursday 24th October 2024, 9:30 am to 11:30 am

Understanding and Supporting Children Aged 12+ Years Anxiety

Thursday 7th November 2024, 9:30 am to 11:30 am

Understanding and Supporting School Aged Children Who Self-harm

Thursday 21st November 2024, 9:30 am to 11:30 am

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

Please note: the sessions are available for Warwickshire residents only.

Lighthorne Heath Learning Heroes

EYFS

Mrs Hartley and Mrs Cox's learning hero this week is Franco for his enthusiasm and enjoyment of our current focus text, The Three Billy Goat's Gruff. Franco enjoyed retelling the story putting on the voices of the characters. He has also listened carefully to instructions and settled in well to our classroom routines. Well done Franco!



Have a go

Years 1 and 2

Our hero for this week is Kyan who has made a fabulous start to Year 2. He has shown a great attitude towards his learning, putting so much effort into the tasks that we have completed this week. He has also been a great learning partner to others and is proving to be a great role model to others in our class. Well done Kyan, keep it up!



Concentrate

Years 3 and 4

This week, Mr Sangha has chosen Archie as his learning hero. Archie has shown determination in every lesson in order to understand and complete his work to a high standard. He has shown great resilience and often shows plenty of signs of self-reflection and independent improvement



Be curious!

Years 5 and 6

Mrs Cox's hero this week is Elsa. Elsa has shown fantastic co-operation (like our lion learning character) by pro-actively supporting another class member who is new to the school. Mrs Cox has been impressed by how kind, caring and conscientious she has been. Well done, Elsa!



Enjoy learning

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Article 29: Goals of education



Co-

Perse-

Keep on improving

Use your imagination



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





Warwickshire Fire & Rescue Service

BONFIRE NIGHT COMPETITION 2024

WFRS invite you to design an original safety poster for Bonfire night

Your poster needs to be:

A4 size

Colourful and eye-catching

Giving safety advice to follow on Bonfire night

Name, age and school on back

A winner will be chosen from KS1, KS2, and KS3

Winners will receive a goody bag and have their poster design displayed in Warwickshire Fire Stations, on our social media posts and in schools across the County

CLOSING DATE FRIDAY 18TH OCTOBER

Please send all entries to:

Sara Beirne

Bedworth Fire Station

Park Road

Bedworth

CV12 8LB

or email entries to:

sarabeirne@warwickshire.gov.uk

GOOD LUCK!



WARWICKSHIRE
FIRE & RESCUE SERVICE



Community Information