



Newsletter 22  
Friday 28th February 2025

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# Nursery and Reception



This week Reception and Nursery have started an exciting new learning theme, 'Dangerous Dinosaurs'. On Monday, the children found a massive dinosaur egg in the playground and a trail of large, muddy footprints. The children predicted what they thought would be inside the egg. They also used cubes to measure the footprints. We are so thrilled to see if the egg will hatch!

## Dangerous Dinosaurs



Dinosaur swamp



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





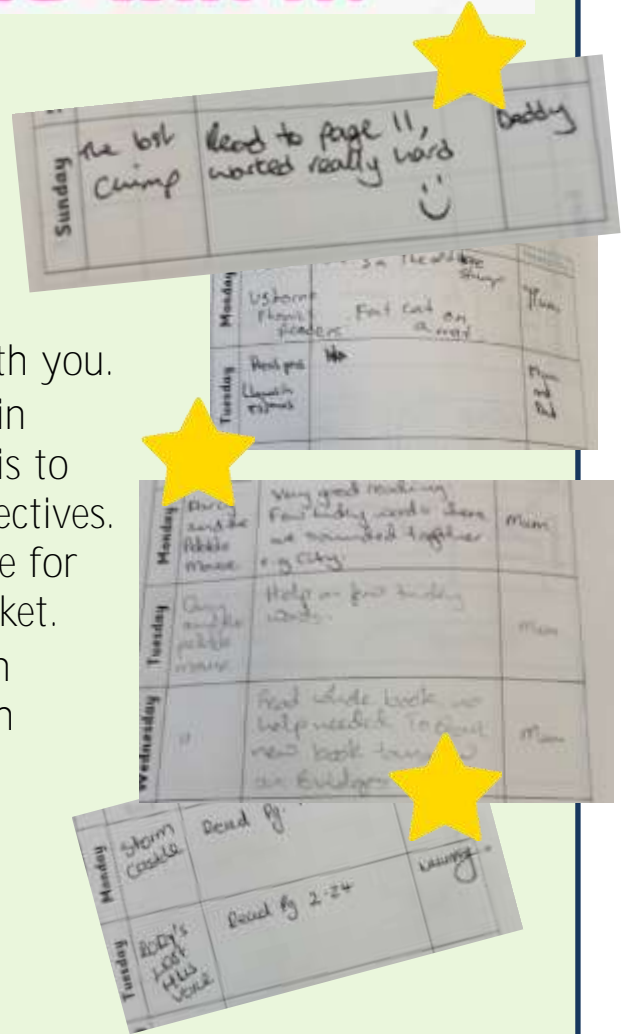
# Reading



**READING INCENTIVE**

**REMEMBER... YOU'VE GOT TO BE IN IT TO WIN IT!**

1. Share a book with an adult at home at least 3 times each week (you can read your school reading book or any other reading material).
2. Ask the adult to sign your reading diary each time they share a book with you.
3. Make sure that your reading diary is in school each day. On Friday, bring this to the office and show the Learning Detectives. If your diary is signed 3 times or more for that week, you will receive a raffle ticket.
4. The raffle tickets will go to celebration assembly and prizes will be given each week for raffle tickets drawn.



Congratulations to the first winners of our new reading incentive. We were extremely disappointed to only have 16 entries this week and hope that more children join in next week.

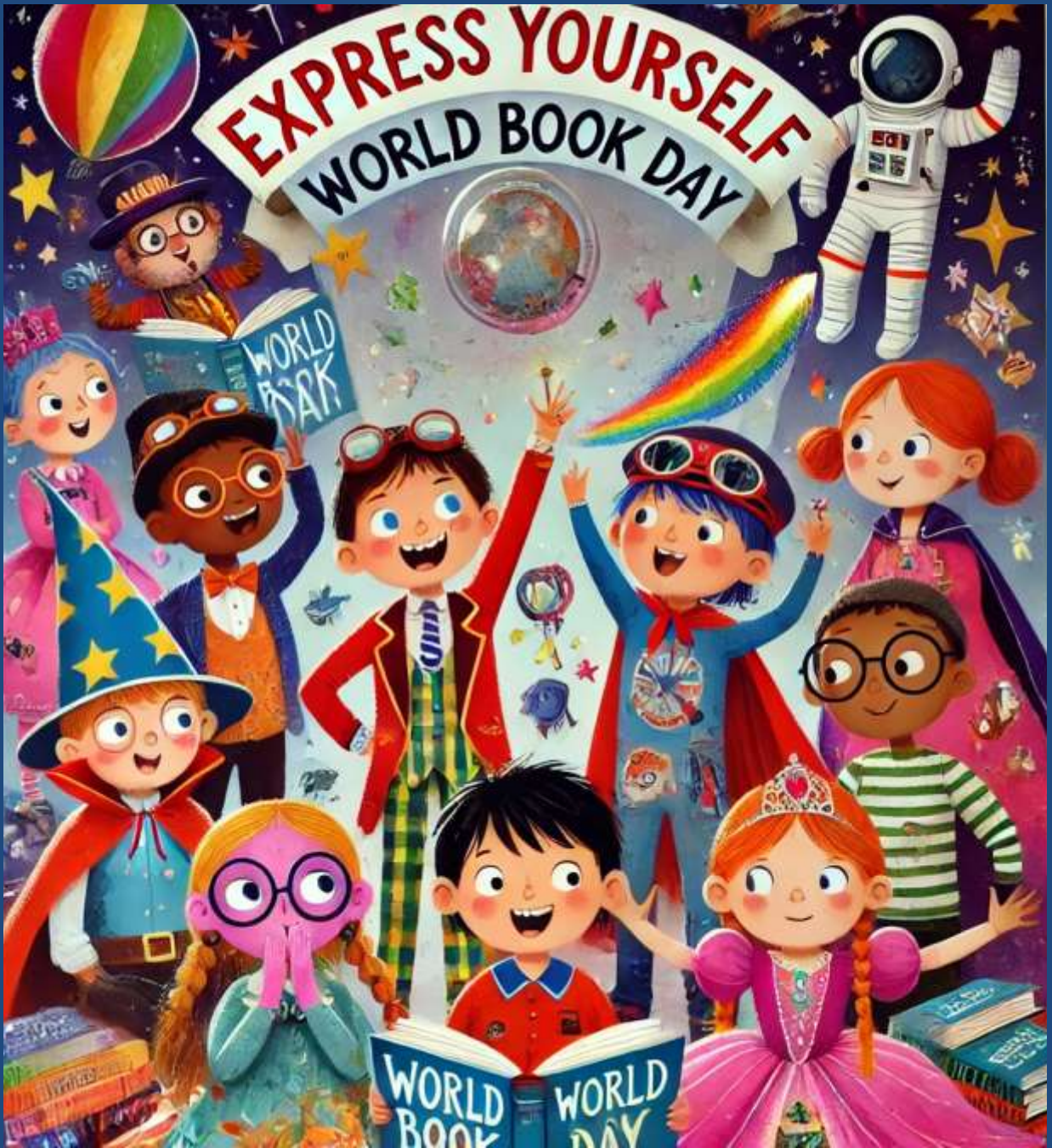


UN Convention on the Rights of the Child  
 Article 29: Goals of education  
 Article 5, Parental Guidance, Article 18, Parental responsibility

# World Book Day

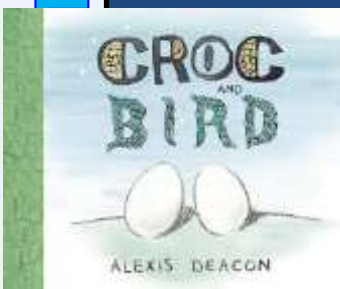
## Thursday 6th March

WORLD  
BOOK  
DAY  
6 MARCH 2025



This year to celebrate World Book Day the children in school will be exploring the story, 'Croc and Bird' by Alexis Deacon. It's a lovely story about friendship, identity and the meaning of family.

We would like to invite children to come to school dressed to **'Express Yourself'** on Thursday 6th March. This could be in clothes that make them happy and they feel reflect their personality. It could be linked to a hobby they love or their favourite book character. Please don't feel the need to buy a costume.



## Science– Comparing the structure of animals.

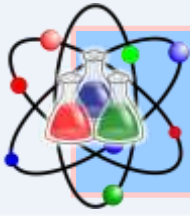
This week in Years 1 and 2, the children have been learning about the structure of a variety of animals including pets. The children drew on their knowledge of animal parts, playing a 'guess the animal' game when presented with a set of body parts e.g wings, beak and feathers. They labelled a picture of a horse, paying close attention to new vocabulary 'mane', 'hoof' and 'nostril' and considering why and how these body parts were essential for the horse's everyday life. Later in the session the children were given the opportunity to investigate the structure of a real fish. This hands on experience enabled them to touch the scales, identify the gills, fins and tail before discussing and comparing the difference in structure between the two animals.

Fish have gills to help them breathe underwater but the horse has lungs to help it breathe, like we do! They are mammals like us.



The horse has strong muscles in its legs to help it move, the fish needs to have fins to help it to swim and move in the water; legs wouldn't be useful for a fish.





# Science Club



Lighthorne Heath Primary School Newsletter

Over the past few weeks, pupils across the school have been taking part in a lunchtime science club. Thank you to the Ogden Trust who donated this wonderful science kit for us to use in school.

The children have enjoyed learning about density of liquids, the process of capillary action and absorbency through fun, practical experiments such as 'walking rainbows', 'expanding paper worms' and 'colourful rain.' The club will continue this half term with a focus on 'movement and music' through science.



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We want to provide the healthiest possible environment for all our children to thrive.

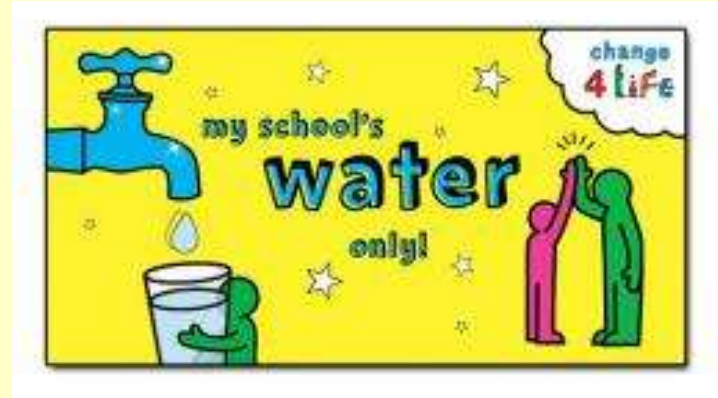
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

We have a water cooler in school and children are welcome to fill up their bottles when they need.



The NHS states that the best drinks to give children are water and milk.

Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.



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Article 29: Goals of education

Article 18: Parental responsibilities

Article 24: Health and health services



This week, the classroom was filled with passionate discussion as the children took part in a lively debate on the topic: *“Children shouldn’t have to do chores.”* Using structured arguments and persuasive language, they explored both sides of the issue, developing their critical thinking and public speaking skills along the way.

English: Expressing Opinions and Building Arguments

Debating is an excellent way to enhance children’s spoken language skills, and this activity linked directly to the National Curriculum’s objectives for English, particularly:

- Speaking & Listening – Clearly expressing ideas, listening to others, and responding thoughtfully.
- Reasoning & Persuasion – Structuring arguments logically and using evidence to support points.
- Confidence & Collaboration – Presenting viewpoints effectively and engaging in respectful discussion.



The Debate: Should Children Have to Do Chores?

The class was split into two teams—one arguing *for* the motion and one arguing *against* it. Before the debate, the children worked in groups to brainstorm key arguments and counterarguments, ensuring they were well-prepared to present their case.

Mr S acted as the judge and scribe and recorded the brilliant arguments the children put forward:

Arguments FOR (Kids Should NOT Have to Do Chores)	Arguments AGAINST (Kids SHOULD Do Chores)
<ol style="list-style-type: none"><li>1. <b>School is Already Hard Work</b><ul style="list-style-type: none"><li>○ We have homework, tests, and learning all day.</li><li>○ Chores make us even more tired!</li></ul></li><li>2. <b>Parents Should Do It</b><ul style="list-style-type: none"><li>○ Parents chose to have kids, so they should take care of the house.</li><li>○ Kids should not have to clean up after adults.</li></ul></li><li>3. <b>Kids Need Time to Play</b><ul style="list-style-type: none"><li>○ Playtime is important for being happy and creative.</li><li>○ If we do chores all the time, we don't get to have fun.</li></ul></li><li>4. <b>There are other ways to learn responsibility</b><ul style="list-style-type: none"><li>○ We can learn responsibility in other ways, like at school or in sports.</li><li>○ If we are forced to do chores, we might not like helping at all.</li></ul></li></ol>	<ol style="list-style-type: none"><li>1. <b>Chores Teach Important Skills</b><ul style="list-style-type: none"><li>○ We need to learn how to clean and cook so we can take care of ourselves when we grow up.</li></ul></li><li>2. <b>Helping is Fair</b><ul style="list-style-type: none"><li>○ Parents work hard too, so kids should help out.</li><li>○ Families work best when everyone does their part.</li></ul></li><li>3. <b>Chores Teach Good Habits</b><ul style="list-style-type: none"><li>○ Doing chores helps us learn to be responsible and take care of things.</li><li>○ It also teaches us how to manage time.</li></ul></li><li>4. <b>Parents Are Not Maids</b><ul style="list-style-type: none"><li>○ Parents do lots already so it's not fair to make them do everything.</li><li>○ If we help, parents have more time to spend with us.</li></ul></li></ol>

Each team presented their arguments, listened to opposing views, and responded with counterpoints. The level of engagement and enthusiasm was fantastic, with every child contributing to the discussion in a meaningful way.

A Lesson in Respectful Discussion

Beyond improving their speaking skills, this debate also helped the children develop:

- Active listening – Considering different perspectives and responding appropriately.
- Respectful disagreement – Understanding that different viewpoints can be valid.
- Confidence in public speaking – Sharing ideas with clarity and conviction.

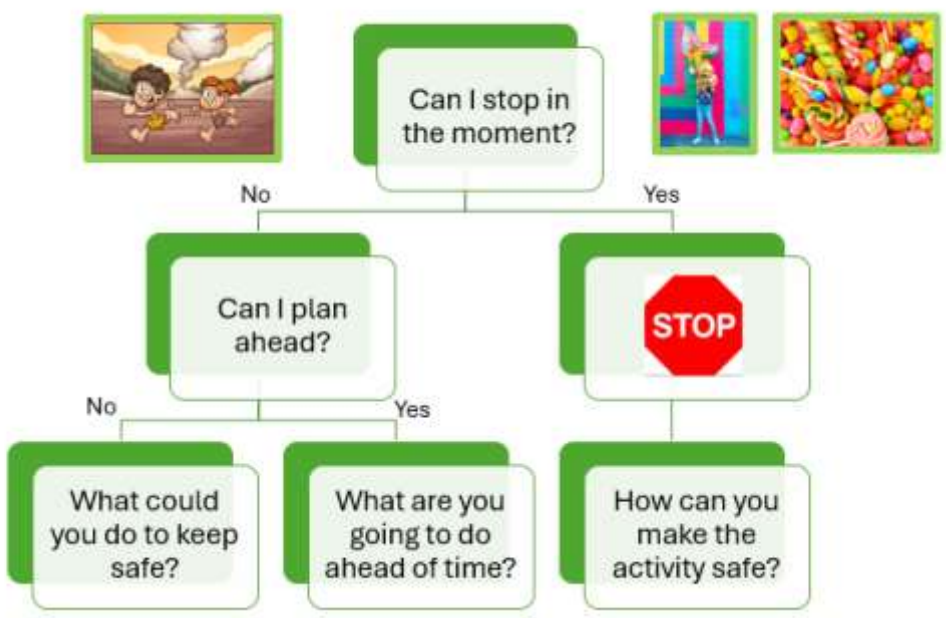


# Road Safety

The children in Years 5 & 6 class were visited by the Warwickshire Road Safety team on Tuesday. Their session was all about impulsive behaviour and detailed the distractions that may be around them when they are around roads.

They learned the 7 biggest distractions for children of their age and talked about coping strategies they could use to keep themselves safe.

We talked through different scenarios that they could face on journeys and how they could work to avoid accidents:



We used this flow chart to talk through situations that we might face, particularly when we transition to High School, and then steps we could take to avoid any mishaps.

Only cross where it's safe to do so and where you can see the road clearly

Use crossings if the are available.

Make sure you are not distracted (by your phone or anything else) when crossing the road.



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 Article 29: Goals of education  
 Article 6: Life, survival and development



# Bikeability



This week, many of the children in 5/6 class have been enjoying time outside on their bikes doing 'Bikeability.'

Bikeability is the government's national cycle training programme. The scheme aims to inspire more children to cycle by equipping them with the skills and confidence to ride more.

All the training is delivered by Outspoken Training's qualified and DBS checked Instructors.

The training takes place over the course of 4 days, starting with the children finding out how to check that their bike is road worthy, performing simple maneuvers and then moves on to them moving out into the residential areas around school where they can hone these skills in a more realistic

### Bikeability Level 1 & 2 Course

This course is suitable for riders who have mastered control of their cycle and are ready to learn how to ride independently on local roads.

**Level 1:** Through fun, progressive games, pupils must demonstrate the following to progress onto on-road training:



- Pedal independently without stabilisers (this is not a learn to ride course)
- Apply brakes to bring the cycle to a smooth and quick stop
- Look behind over each shoulder while pedaling in a straight line
- Pedal one handed in a straight line (signal)
- Use gears (if present)
- Avoid hazards

**Level 2:** Riders will be taken onto residential roads to experience 'real' road cycling covering:



- Starting and stopping journeys
- Passing stationary vehicles
- Understanding road signals, signs and markings
- Negotiate junctions
- Sharing the road with others

For more information on Bikeability, please visit [www.bikeability.org.uk](http://www.bikeability.org.uk)



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 Article 29: Goals of education  
 Article 6: Life, survival and development



# School Kitchen Vacancy

Join Our **TEAM**

educaterers  A FOOD STORY

**Term Time Hours**

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

**22.5 Hours per Week**

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

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



## We are looking for a friendly school cook



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Article 29: Goals of education



# Attendance and Punctuality

# GOOD ATTENDANCE

MEANS BEING IN SCHOOL AT LEAST 95% OF THE TIME... OR HAVING NO MORE THAN 8 DAYS OFF!



**0**  
DAYS  
ABSENCE  
100% ATTENDANCE



MORE TIME IN SCHOOL MEANS MORE TIME TO LEARN, DEVELOP & GROW!

**8**  
DAYS  
ABSENCE  
96% ATTENDANCE

**19**  
DAYS  
ABSENCE  
90% ATTENDANCE



LESS TIME IN SCHOOL MEANS LESS TIME TO BECOME THE VERY BEST YOU!

**29**  
DAYS  
ABSENCE  
85% ATTENDANCE

**EDUCATION + ATTENDANCE + EFFORT = ENDLESS POSSIBILITIES!**

**38**  
DAYS  
ABSENCE  
80% ATTENDANCE



POOR ATTENDANCE MEANS DRASTICALLY REDUCED LIFE CHANCES!



**47**  
DAYS  
ABSENCE  
75% ATTENDANCE

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



### Relaxation

Relaxation is when our mind and body is free from stress and tension. Research has found that this can help us to think clearly, concentrate, sleep well, feel more confident and even boost our immune system!

Relaxation can look different for everyone, and it can be helpful to try a few different relaxation techniques to see what works best to make you feel happy and rested.

#### Our Tips for Relaxation:

1- Try some **breathing exercises**, such as finger breathing or square breathing. Breathing exercises are great as you can do them in any place, at any time. Follow the QR code to try rainbow breathing!



Rainbow  
breathing

2- **Drawing or colouring** can help you to express your feelings and focus on something peaceful. This is a great way to relax your mind!

3- Practice **mindfulness** by taking a break away from any screens and devices. This could be going on a walk or being outside in nature. Try to use as many of your senses as possible, think about what you can see, hear, smell, touch and even taste! You could even try cloud watching to calm your mind.



Calming yoga  
stretches

4- **Stretch** it out, practice yoga to stretch out your muscles to relax and reduce tension. Try following the QR code for a yoga video!

5- A warm **bath or shower** can be a soothing experience that helps to relax muscles and calm your mind. You could make it extra relaxing with quiet music and bubbles!

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.

Mindful March 2025

# Emotional Wellbeing and Mental Health



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Set an intention to live with awareness and kindness	2. Notice three things you find beautiful in the outside world	3. Start today by appreciating your body and that you're alive	4. Notice how you speak to yourself and choose to use kind words	5. Bring to mind people you care about and send love to them	6. If you find yourself rushing, make an effort to slow down	7. Take three calm breaths at regular intervals during your day
8. Eat mindfully. Appreciate the taste, texture and smell of your food	9. Take a full breath in and out before you reply to others	10. Get outside and notice how the weather feels on your face	11. Stay fully present while drinking your cup of tea or coffee	12. Listen deeply to someone and really hear what they are saying	13. Pause to watch the sky or clouds for a few minutes today	14. Find ways to enjoy any chores or tasks that you do
15. Stop. Breathe. Notice. Repeat regularly	16. Get really absorbed with an interesting or creative activity	17. Look around and spot three things you find unusual or pleasant	18. Have a 'no plans' day and notice how that feels	19. Cultivate a feeling of loving-kindness towards others today	20. Focus on what makes you and others happy today	21. Listen to a piece of music without doing anything else
22. Notice something that is going well, even if today feels difficult	23. Tune into your feelings, without judging or trying to change them	24. Appreciate your hands and all the things they enable you to do	25. Focus your attention on the good things you take for granted	26. Choose to spend less time looking at screens today	27. Appreciate nature around you, wherever you are	28. Notice when you're tired and take a break as soon as possible
29. Choose a different route today and see what you notice	30. Mentally scan your body and notice what it is feeling	31. Discover the joy in the simple things of life				

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

**ACTION FOR HAPPINESS**



Check out Action For Happiness' Mindful March calendar for some daily activities to promote positive mental health.

6. If you find yourself rushing, make an effort to slow down

20. Focus on what makes you and others happy today

7. Take three calm breaths at regular intervals during your day

29. Choose a different route today and see what you notice

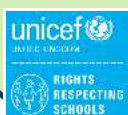


# Diary Dates



Spring Term	
March	
Thursday 6th March	World Book Day. We would like to invite children to come to school dressed to <b>'Express Yourself'</b> on Thursday 6th March. This could be in clothes that make them happy and they feel reflect their personality. It could be linked to a hobby they love or their favourite book character.
Monday 10th March– Friday 14th March	Science Week
Wednesday 12th March	Y3&4 Anglo Saxon Experience
Friday 28th March	Mufti Day

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



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

# Lighthorne Heath Learning Heroes

## EYES

Mrs Cox and Mrs Hartley have chosen Ariella as their class learning hero this week for her fantastic writing. Ariella is always keen to add writing to her work and added her own caption to her wonderful dinosaur drawing. She has also got stuck straight into our new topic- running around in the garden roaring as a terrifying dinosaur. Well done Ariella!



Have a go

## Years 1 and 2

Our hero this week is Aria who works exceptionally hard in all of her lessons. This week she shared some fantastic ideas during our guided reading session, sharing facts about jellyfish with the class and creating her own jellyfish by learning how to thread materials to create tentacles.



Concentrate

Aria was also quick to help others who found this skill difficult, demonstrating her fantastic team work skills, well done!

## Years 3 and 4

This week's Star of the Week is John for his ability to bounce back from challenges throughout the week and displaying a strong sense of resilience. Well done, John!



Be curious!

## Years 5 and 6

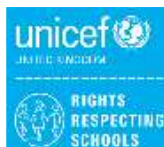
Mrs Cox's hero this week is Bella. She has been kind and helpful (as always) and has paid careful attention to her learning, producing some lovely work. Keep it up.



Enjoy learning

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Article 29: Goals of education





Thank you, once again, to everyone who contributed to our fundraising efforts for Children's Mental Health Week. We have received this lovely thank you letter from Helen at Evelyn's Gift. Helen will put our contributions to good use and provide valuable help and support to someone who needs it.

*Evelyn's Gift | little acts of kindness*  
*Thank you*



**Lighthorne Heath Primary School**

20th February 2025

We would like to say a big thank you from all of us at Evelyn's Gift to the team of Mental Health Ambassadors, children, staff and families at Lighthorne Heath Primary School. You did a fabulous job of raising £62 for Evelyn's Gift, as part of your Children's Mental Health Week. This will help us to continue to provide our acts of kindness for people in need to support their wellbeing.

We love that you had fun wearing your PJs to school so that we can spread more kindness to others, and recognised the feelings of safety, warmth, comfort and calm that being in our PJs might evoke.

Best wishes and thank you,

*Helen Smith* x



UN Convention on the Rights of the Child  
Article 29: Goals of education  
Article 12: Respect for the views of the child



An online safety guide for parents, carers and children. It provides information to help you understand online safety and to help you protect your child. It is intended to be used alongside the National Online Safety (NOS) guidance. This guide focuses on the use of social media and the internet. For more information, please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guidance.

# What Parents & Carers Need to Know about

# YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content - including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

## INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

## HIGH VISIBILITY

Content creators can also be put at risk - especially young ones, who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

## CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, cyberbullying and even to encountering online predators.

## TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

## SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'autoplay' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

## SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influence in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by copying their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

## Advice for Parents & Carers

### APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual abuse) to underage viewers. To prevent your child from choosing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



### TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

### CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' - so they could be shared exclusively with friends and links, for example, comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

### CHECK OTHER PLATFORMS

Influential content creators usually have 95+ social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

### MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube - and, if applicable, with content creators - to understand the types of videos they are interested in.

### LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

### Meet Our Expert

Chloe Owen-Jones, known as @chloeowen on YouTube, has worked as an editorial journalist in the gaming industry since 2015, providing advice with semi-concise reviews and gaming guides. She is the owner of Just Well Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety

#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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Some useful information for parents and carers, including online webinars can be accessed via 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.



educaterers

Week one	
Warwickshire, Coventry: 18/9, 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	
<p><b>Choose a main meal...</b></p> <p>Pork Meatballs in Tomato Sauce with Noodles (G.E)</p> <p><u>Vegetarian Only</u> (vg) Plantballs in a Tomato Gravy</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p><b>MONDAY</b></p> <p><b>On the side...</b> Fresh Salad Bar Vegetables of the Day</p> <p><b>For dessert...</b> (v) Cheese Crackers and Apple Wedge (G.D) or Fresh Fruit</p>
<p><b>Choose a main meal...</b></p> <p>(v) Cheese &amp; Tomato Pizza Wedge with Potato Wedges (G.D)</p> <p><u>Vegetarian Only</u> (v) Jacket Potato with Cheese (D)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p><b>TUESDAY</b></p> <p><b>On the side...</b> Fresh Salad Bar Vegetables of the Day</p> <p><b>For dessert...</b> (v) (h) Chocolate Cracknel (G) or Fresh Fruit</p>
<p><b>Choose a main meal... WEDNESDAY ROAST</b></p> <p>British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D,E,G)</p> <p><u>Vegetarian Only</u> (vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D,E,G) Crispy Roast Potatoes</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p><b>WEDNESDAY</b></p> <p><b>On the side...</b> Fresh Salad Bar Vegetables of the Day</p> <p><b>For dessert...</b> (v)(h) Syrup Sponge with Custard (D,G,E.) or Fresh Fruit</p>
<p><b>Choose a main meal...</b></p> <p>(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D,G)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p><b>THURSDAY</b></p> <p><b>On the side...</b> Fresh Salad Bar Vegetables of the Day</p> <p><b>For dessert...</b> (v) Toffee Apple Donut (G,D,E,SB) or Fresh Fruit</p>
<p><b>Choose a main meal... FISHY FRIDAY</b> (msc) Battered Fish Fillet (G,F) with Chipped Potatoes</p> <p><u>Vegetarian Only</u> (vg) Vegetarian Hotdog with Chipped Potatoes (G)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p><b>FRIDAY</b></p> <p><b>On the side...</b> Fresh Salad Bar Peas or Baked Beans</p> <p><b>For dessert...</b> (vg) Jelly with Fruit or Fresh Fruit</p>

**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.



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



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



# Competition

## TO NAME OUR FLEET CYCLES

WCC Road Safety Education Team are running a competition to name our new fleet cycles.

For information click the QR code



Closing date 31st March 2025.

Fleet cycles are available for children to use to access Bikeability cycle training.



For information click the QR code



- UN Convention on the Rights of the Child
- Article 29: Goals of education
- Article 6: Life, survival and development
- Article 3: Leisure, play and culture



## Family Support Consultations at Lighthorne Heath Children and Family Centre

**Every Wednesday  
1pm-3pm**

Would you like the opportunity to chat with a Family Support Worker about parenting?

We can offer support with

- Developing routines and boundaries
- Understanding your child's behaviour
  - Behaviour Management
  - Support your child's mental health
- Exploring Parenting Workshops and programmes
  - Health and Wellbeing
  - Sleep Advice
  - Guidance and Support

Exploring external services

Family support workers are available across Warwickshire to listen, support and offer advice and guidance to families and professionals

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If you would like discuss support with a Family Support worker you please telephone the family support line on 01926 412412, Monday to Friday, between 9am-4pm.



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



## JUNIOR BAKE OFF



**JOIN THE CLASS OF 2025!**

## JUNIOR BAKE OFF

**... IS LOOKING FOR BRILLIANT BAKERS, AGES  
9-15 FOR THE NEXT NEW AND EXCITING  
SERIES!**

**APPLICATIONS CLOSE  
SUNDAY 23RD MARCH**

**[APPLYFORJUNIORBAKEOFF.CO.UK](http://APPLYFORJUNIORBAKEOFF.CO.UK)**





# 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/>



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



# 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

