



Newsletter 26
Friday 26th April 2024

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Nursery and Reception



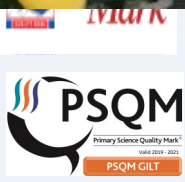
This week has been especially busy in Reception and Nursery.

The children started the week with some baking. We looked at the recipe for flapjack and followed the instructions to make it.

They were delicious!



We also welcomed our duck eggs this week and are carefully observing for any changes inside the incubator.

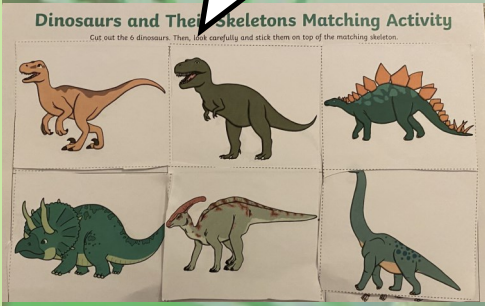


UN Convention on the Rights of the Child
Article 29: Goals of education



Dinosaur Planet

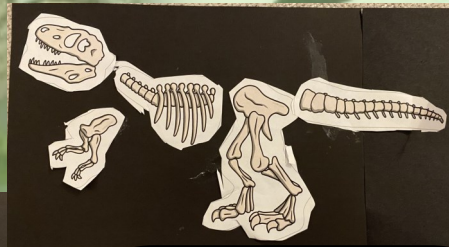
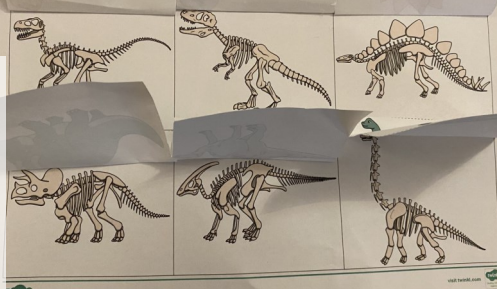
The T-Rex had a long tail to balance it's body, otherwise it would fall over.



This week we have continued to learn more about the dinosaurs that roamed our planet. After exploring the Pangea, we looked at the different habitats of the dinosaurs and thought about how they were suited to

I didn't know the Stegosaurus' scales on it's back would be made of bone too!

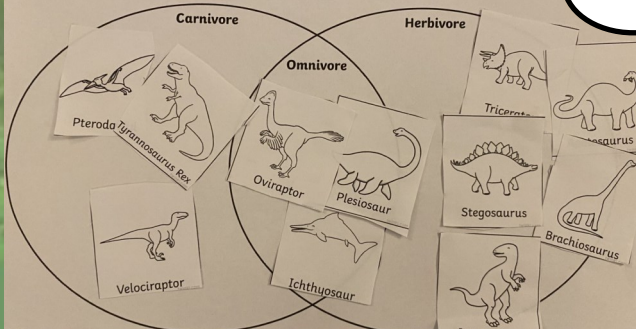
Answering one of our own enquiry questions, how do we know what dinosaurs looked like?, we explored the skeletons of a range of different dinosaurs. We looked at the shape of their body and matched them to the images that we commonly recognise to be of dinosaurs today.



The Diplodocus had a long neck so that it could reach the leaves off the trees. It could use it's neck to knock down trees too!

Carnivore, Herbivore or Omnivore?

Sort the creatures into the correct section of the Venn diagram below.



Answering another of our key questions, what did dinosaurs eat?, we identified the dinosaurs that were herbivores, carnivores and omnivores. We really quickly recognised patterns in the body shape of the dinosaurs and how it

Herbivores walked on their four thick legs. They moved slowly because the plants didn't give them much energy.

The Diplodocus had a long neck so that it could reach the leaves off the trees. It could use it's neck to knock down trees too!

Looking at Learning

Year 3 & 4

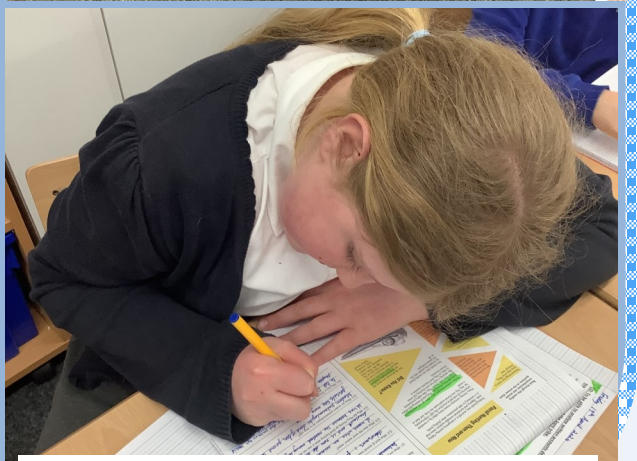
In our science lesson this week Years 3 and 4 learned about Mary Anning's contribution to palaeontology.

The children discovered that palaeontologists study fossils to uncover insights into prehistoric life. They watched an exciting documentary about Mary Anning's life and her discoveries.

Mary Anning and her brother Joseph unearthed the first known Ichthyosaurus fossil, attracting significant attention to the Anning family. Mary Anning continued her remarkable finds, discovering the first complete plesiosaur in 1823, a long-necked marine reptile. She also uncovered the first pterodactyl found outside Germany. Over time, prominent scientists of the era accompanied Anning on her fossil-finding expeditions. However, she often did not receive proper credit for many of the fossils she excavated. Today, Mary Anning is remembered as one of the greatest fossil hunters in history.

Afterwards, the children engaged in a deep discussion about Mary Anning and her scientific contributions. They then completed a comprehension activity about palaeontology and Mary Anning.

After learning about Mary Anning, the children examined fossil pictures up close, imagining what Anning saw in her own discoveries. During our discussion, they shared their observations and connected their knowledge from previous lessons, like identifying trace fossils formed by minerals in water.



DJEMBE DRUMS



This term, the children in Years 5 and 6 are learning to play the djembe drums.

In this week's lesson the children learned that there are three main sounds that can be played on a djembe: **bass, tone and slap**.

The **bass sound** (low-pitched) is achieved by striking the drum in the middle of the skin with a heavy hand.

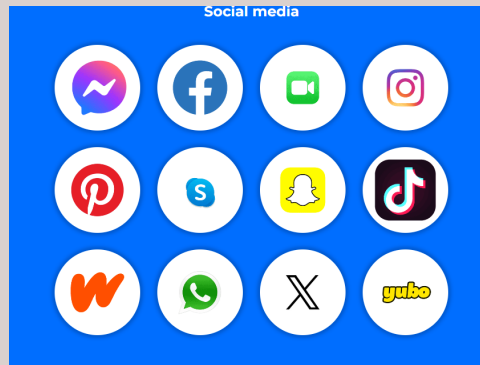
The **tone** (medium-pitched) is played with the hand on the edge of the skin, using the wrist as well as the arm to propel the hand towards the drum.

The **slap** (high-pitched) is technically the hardest stroke to achieve. There are many types of slap, all of which are played near the edge. The fingers should be completely relaxed and thrown towards the head of the drum by the arm and wrist. The best way to achieve the slap is through trial and error, and as every person's hands are different so every person will have a unique sound on the drum.



The djembe drum is said to have been invented in the 12th Century by the Mandinke tribe in what is now Mali, in West Africa. It has been played by West Africans for generations forming an integral part of ritualistic life in Mali, Guinea, Senegal and other neighbouring West African countries.

• Online Safety and Social Media



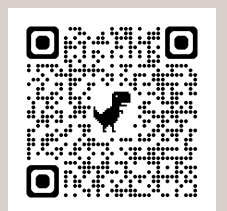
Unfortunately, we are finding that an increasing number of children at school are requiring support with problems that have occurred due to their internet use out of school. This includes sending/ receiving inappropriate messages, accessing inappropriate videos and images and the normalisation of undesirable behaviours including swearing and offensive language.

Managing these situations is taking a significant amount of adult time in school each week and we are seeing increasing numbers of younger children (including nursery aged children) that appear to be given unsupervised and unrestricted access to the internet.

Please can I ask that all parents and carers speak with their child individually about their online behaviours and review each child's access to particular sites and apps? Please see the age rating guide overleaf for more information. The following site: has some links to online guides on how to set parental controls for some sites:: <https://www.internetmatters.org/parental-controls/social-media/> and

the following link provides advice about setting controls on YouTube: <https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

If any family would like additional advice or support regarding internet safety or device controls do get in touch and we will do our best to assist.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental Responsibilities




















Age Restrictions for Social Media Platforms

Why are there age restrictions on social media platforms?

Many social media platforms have an age restriction of 13 years or over. This is because you have to be at least 13 years old to give consent for your personal data to be collected and processed.

What is the minimum age for UK account holders on these social media platforms?

13	16
 Facebook	Vimeo 
 Instagram	Telegram 
 Snapchat	Tumblr 
 TikTok	
 X (formerly Twitter)	
 Pinterest	
 Twitch	
 Reddit	
 Messenger	
 Discord	
 Skype	
 YouTube	
 WhatsApp	



The above age restrictions are based on the age required by the individual platform. This may differ from the age ratings suggested on app stores such as Google Play or App Store.

Social Media Disclaimer: This resource/information is not intended to encourage or discourage the use of social media. Please do not sign up to social media sites after using this resource/information.

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Diary Dates



Summer Term	
* = New additions to the diary dates	
May	
Thursday 2 nd May	EYFS trip to Atwell Farm Park
Week beginning Monday 13 th May	Year 6 SATs testing
Friday 17 th May*	Wear it green day for positive mental health.
Monday 20 th May- Friday 24 th May	Walk to School Week
Thursday 23 rd May	Class photographs
Friday 24 th May	Educaterers FA cup final lunch
Monday 20 th May	Sports day (morning)
Monday 27 th May- Friday 31 st May. Half Term.	
Monday 3rd June school closed for INSET	
Children return to school on Tuesday 4th June	
June	
Thursday 20 th -Friday 21 st June	Y 5/6 residential at Gulliver's Land
July	
Monday 8 th July	End of Year Reports will be sent to parents this week
Thursday 4 th July	Y1-4 Cotswold Wildlife Park
Friday 5 th July	Educaterers Wimbledon lunch
Tuesday 9 th July	Y 5/6 National gallery online workshop session 1-2:30pm
Thursday 18 th July*	Nursery (+parent) morning workshop at British Motor Museum



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




Being mindful and taking notice


As humans, we experience a range of different emotions daily. Sometimes when we experience emotions that are more difficult, it can be hard to manage.


Taking notice of our emotions and feelings can help us to understand our feelings and manage them in a more helpful way. One way to take notice is not to focus on the future or past, but pay attention to the present moment you are in.

Mindfulness is a way to practice how to take notice of where we are and what we are doing. Mindfulness can help us take notice of our thoughts and feelings whilst staying in the present moment.

Our tips for being mindful and taking notice:

- Try the **5-4-3-2-1** mindfulness activity by following the QR code: 
- **Music and listening** - try listening to your favourite song or relaxing sound and take notice of what is happening in your body and feelings. How do you feel after listening to music or a relaxing sound? Do you feel different to how you felt before?
- Taking notice of the **positives**. Write down 3 things that were positive about your day, no matter how big or small!

- Have a go at rainbow relaxation mindfulness: 

- 3-minute body scanning: 

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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.

Mental Health Awareness Week

Mental Health Awareness Week 2024 will take place from 13th to 19th May.

The theme is “Movement: Moving more for our mental health”.

During the week, we will be spending time each afternoon in our classrooms doing something fun and active to support our mental health and talking about the benefits of being active as well as discussing strategies and steps that we can take to support our own positive mental health.

On the Friday (19th May), the children are invited to wear something green in recognition of their learning during Mental Health Week and to show that they are supportive of others' mental health and wellbeing.

We will be inviting children to make a donation on this Friday. Our school Mental Health Ambassadors have chosen to donate the money raised to Coventry and Warwickshire Mind, a charity that offers emotional and empathic support to local young people.



Talking to people about mental health can hugely benefit both parties, but starting these conversations, especially if you have never done so before, isn't always easy.



For Wear it Green Day wear green to let people know you are open to conversation.



Wear It
Green
Day



Healthy Lunch Boxes

As parents may be aware, our school dinners are carefully planned and follow national guidance about foods that should be served in school..

Our menu ensures that children have the energy and nutrition they need to get the most from their whole school day.

Unfortunately, we have noticed an increasing number of children bringing unsuitable packed lunches to school. These include lunches containing multiple chocolate bars, no fibre or protein and foods with high levels of salt and sugar. We politely request that parents consider whether the lunches provided are suitable for a busy day learning.

A healthy packed lunch should include:

- A good portion of starchy food, e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, pasta or rice salad;
- A portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus;
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins;
- A portion of semi-skimmed milk or other dairy food, e.g. reduced fat cheese, yogurt or fromage frais;
- A drink e.g. fruit juice, semi-skimmed milk, yogurt drink or a bottle of water.

This checklist is adapted from the Department of Health's Food in Schools Toolkit.

Cakes and biscuits are allowed but encourage your child to eat these **only as part of a balanced meal.**



Job Opportunities



As our school grows and our pupil numbers increase, we will be advertising for additional staff so that we can meet the needs of all of our pupils.

Midday Supervisor Vacancy

We are looking for a reliable, committed and hardworking Midday Supervisor to join our existing team.

The hours of work are Monday to Friday 12 noon to 1.00 pm term time only.

The post will be advertised on WM Jobs next week and you should apply as per the advert details.

Please speak to us at school or copy this link in to your browser for further information.

<https://www.wmjobs.co.uk/>

We have a vacancy for a
Midday Supervisor

Mrs Manley or Mrs Westwood would be happy to provide more information about these roles and would be happy to answer any questions that you may have.

Lighthorne Heath Learning Heroes

Nursery & Reception

Mrs Manley and Mrs Hartley have chosen Cassia as their learning hero this week. Cassia has been keeping up with her home reading which is helping her to make good progress. This week, Cassia has impressed us with her writing when she created her own seed packet. Well done Cassia!



Lighthorne Heath Primary School Newsletter

Co-operate

Years 1 & 2

Our Year 1 & 2 learning hero this week is John. John always shows a fabulous attitude towards his learning. We have been really impressed with his imaginative and creative ideas this week when designing his own dinosaur. He has also shown great resilience in maths, recognising and learning from his own mistakes and continuing to work with great determination. Keep up your fabulous attitude towards learning, John!

Have a go



Persevere

Years 3 & 4

Miss Singh has selected Amber as this week's hero for her consistent kindness towards others. She regularly extends a helping hand to both adults and her peers. Amber has taken on the role of assisting with play equipment during break times. She continuously seeks to challenge herself by undertaking more difficult tasks and consistently exceeds expectations. Recently, Amber showed a keen interest in learning about Roman inventions. She took the initiative to research further at home, resulting in her writing three pages detailing various Roman inventions. Well done, Amber!

Concentrate



Keep on improving

Years 5 & 6

Mrs Cox's hero this week is Henry. He has been an enthusiastic participant in our English lessons where he has been able to give some insightful ideas for our farmer's diary entry. Keep up the good work, Henry.



Use your imagination

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

Enjoy learning

Emirates FA CUP

NUTRI GANG

FA CUP FINAL MENU Friday 24th May

GF Football Crazy Breaded Fish Fillet (f)
or
(vg) Veggie Plantburger in a Bun (G)

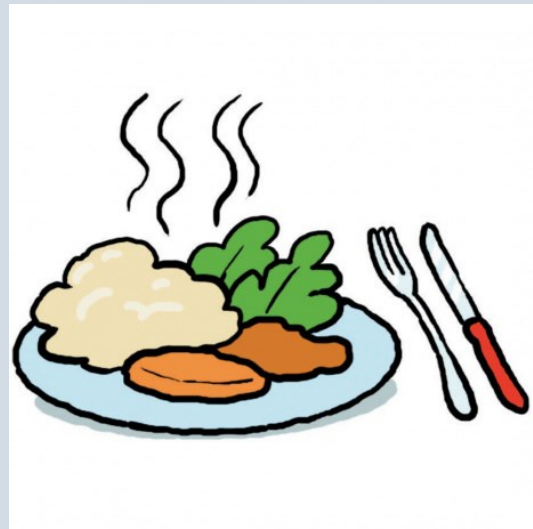
Served with Chipped Potatoes, Peas, Baked Beans or Salad

(v) Football Mini Jam Donuts (G)
or
(v)(h) Iced Shortbread Goalie Biscuits (G)

Allergen Key
V - Vegetarian
VG - Vegan
G - Gluten
D - Dairy
F - Fish
GF - Gluten free
H - Homemade

educaterers®

A FOOD STORY



THE CHAMPIONSHIPS WIMBLEDON

WIMBLEDON MENU 5th July

Gluten Free Breaded Fish Fillet (F)
or
(v.h) Vegetable Tartlets (G.E.D)

Both served with Chips, Peas Baked Beans or Salad

Strawberry Whip (D)
with a
Mini Shortbread Biscuit (G)
or
(v, h) Lemon Drizzle cake (G.E)

Allergen Key
V - Vegetarian
H - Homemade
VG - Vegan
G - Gluten
D - Dairy
F - Fish
E - Egg

The first Wimbledon Tournament took place in 1877. That was 147 years ago!

educaterers **A FOOD STORY**



Year 6 SATs Tests

Children in Year 6 will take their Key Stage 2 tests during the week beginning Monday 13th May. The timetable is as follows:

Monday 13th May	Spelling, Punctuation and Grammar
Tuesday 14th May	Reading
Wednesday 15th May	Mathematics, papers 1 & 2 (arithmetic and reasoning).
Thursday 16th May	Mathematics, paper 3 (reasoning).

As a school, we are able to apply for some pupils to have a reader, scribe or extra time during the tests because of their additional needs.

The tests are statutory and papers are marked externally. The results are returned in July as standardised scores generated by comparing the raw scores of all children nationally who took the tests.

A standardised score of 100 means that a child is working at the expected level for their age.

A standardised score of below 100 means that a child has performed in the tests at a level below that which is expected for their age.

A standardised score of roughly 115 or above means that a child exceeded the expectation for their age.

Mrs Cox will also assess each child in Reading, Writing and Maths. This assessment is not assessed solely on test data but reflects a child's work over time. In this sense, this can be more accurate.

Please speak to Mrs Cox or Mrs Manley if you would like more information.

Year 6 assessment information

Kids' Bikeathon

Leamington

A sponsored cycle/scoot around Victoria Park for children up to Year 6.

Have fun and raise money for blood cancer research.

£8.50 to register (£5 for siblings).

Scan the QR code to register.



Date

Sunday, 19th May 2024

Time

10am - 12 (register from 9.40)

Location

Victoria Park, Princes Drive,
Leamington Spa, CV31 3PH

Contact email:

bloodwiseheartofengland@gmail.com



Community Information



On behalf of

**Blood
cancer
UK**



Community Information

PLAYERS WANTED FOR BRAND NEW TEAM

SEASON 24/25

OPEN TO CURRENT
YR 6 OR 5 PUPILS

FREE SUMMER
TRAINING

WEDNESDAY EVENING TRAINING	SATURDAY MORNING GAMES
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CONTACT US
07466 169120



Upper Lighthorne Community Photo Competition

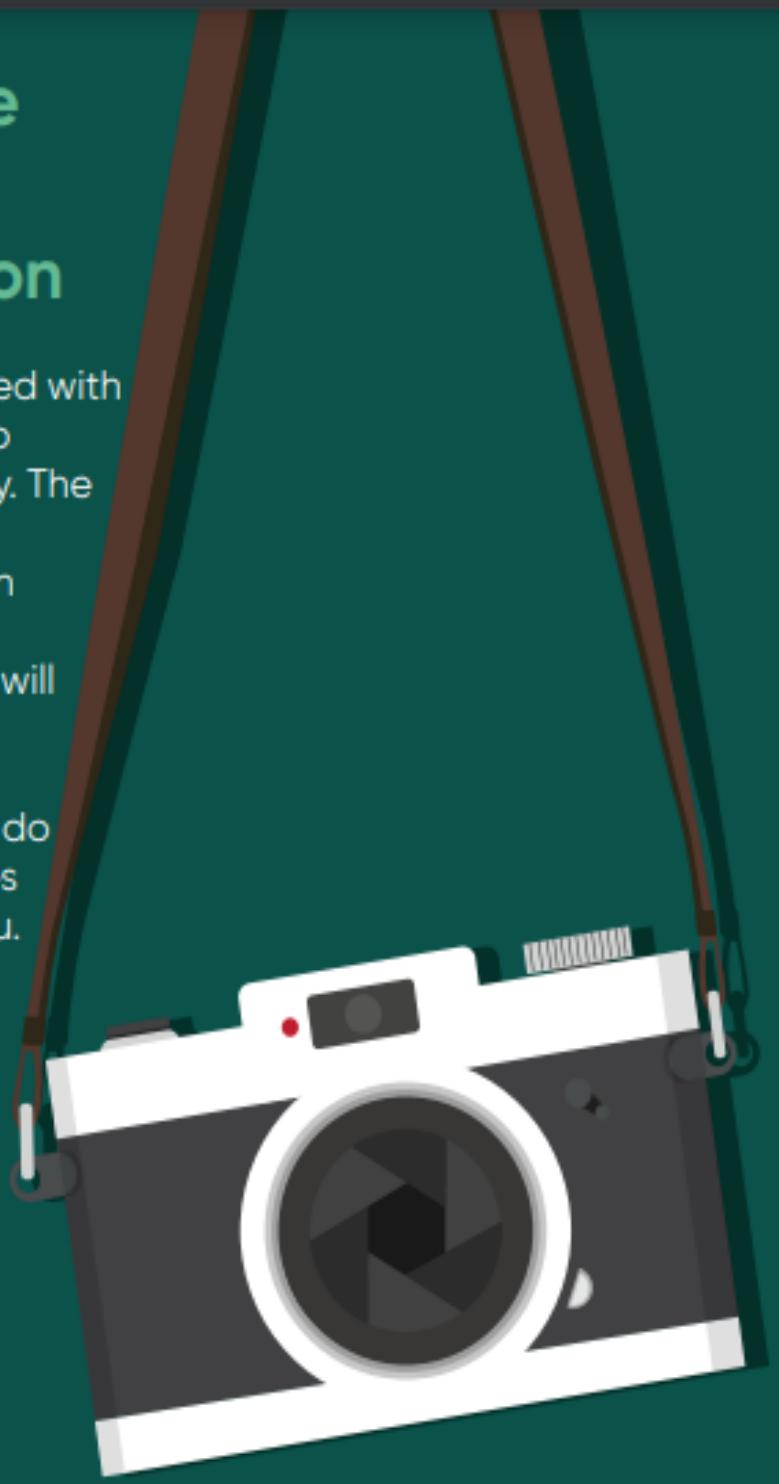
Upper Lighthorne has partnered with Trustgreen to organise a photo competition for the community. The competition has three age categories and is open to both children and adults.

The winners of each category will receive a prize worth £30.

To participate, all you have to do is take a photo that showcases what community means to you. Along with the photo, write a brief description of what you value about your community.

The deadline for competition entries is the 1st of June and the winner will be contacted shortly after. Good Luck!

Send your image, description, name and age over to photocomp@trustgreen.com or scan this QR Code to enter.



Trustgreen



Upper
Lighthorne