



Newsletter 29  
Friday 17th May 2024

01926 640326  
admin2064@welearn365.com



# Nursery and Reception



This week, children in Reception and Nursery have been learning about some healthy ingredients that can be used to make a simple snack. We found out that fruits and vegetables are healthy foods and we should try and have at least five portions a day. We challenged ourselves to see if we could eat a rainbow. The children helped to carefully prepare the fruit to make a fruit salad which we enjoyed eating at snack time. Yummy!



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

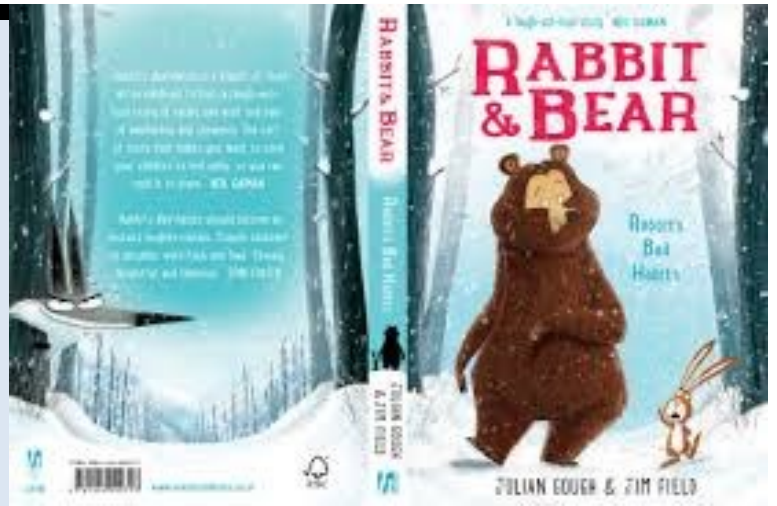


## Years 1 and 2

Our guided reading text this half term has been 'Rabbit and Bear (Rabbit's Bad Habits)' by Julian Gough and Jim Field.

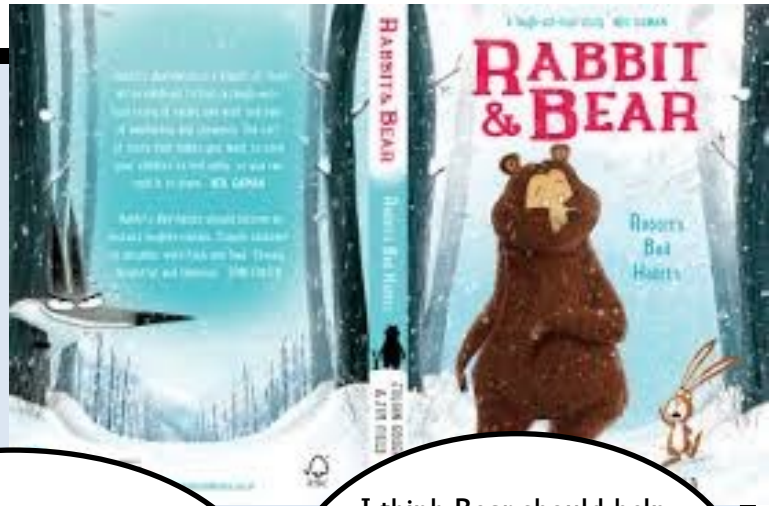
The children have enjoyed the unfolding friendship between a gentle, calm Bear and a rude, boastful Rabbit.

This week in the story, Bear discovered that Rabbit was being followed by a Wolf and was about to be eaten, Bear wasn't sure what to do! In our lesson the children took turns to give advice to Bear, suggesting if she should or shouldn't help Rabbit and the reasons why. They drew on their own knowledge of friendships and helping others and also the previous events in the story to influence their decision making.





## Years 1 and 2



Bear should help Rabbit because she's learning new words from Rabbit.

Kyan.

Bear shouldn't help Rabbit because he stole her food and is rude to her.

Archie

I think Bear should help Rabbit because he is a living thing like Bear.

John.

Even though Rabbit was mean to Bear, she should help Rabbit because he deserves a second chance.

Daisy.

Bear should help Rabbit because he gave you a carrot for your snowman and it is your turn to save him or you'll have nobody to be friends with.

Krishla



"Well, I think some trees are flying south this year, Bear."

"But trees can't fly," said Bear, "...I think." She tried to reach an early-morning itch, right in the middle of her back. "Ooof...Can you scratch my itch? It's just there."



## Rocks, Relics and Rumbles



Year 3 & 4

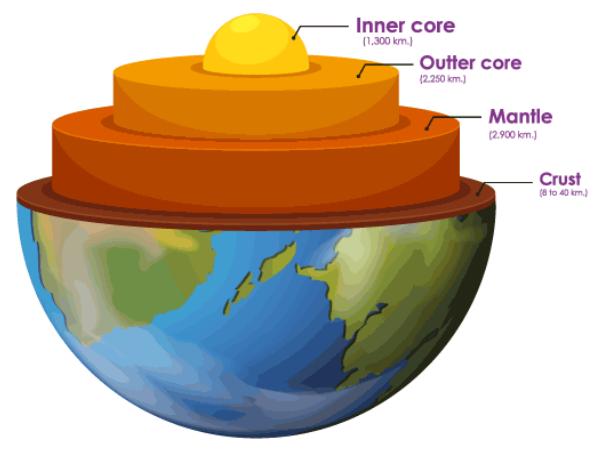
# Looking at Learning

This week in geography, the children in years 3 and 4 learned the names and properties of the Earth's four layers. They watched a video that explained these layers. As they carefully drew the Earth, we discussed the features of each layer as a class. They then coloured and labelled each layer. Afterwards, the children read an information sheet about the Earth's layers and answered some comprehension questions. Using their retrieval skills, they carefully read the questions and looked for the answers in the text.

The children discovered that the Earth is composed of four different layers: the inner core, outer core, mantle, and crust. The crust is the outer layer of the Earth. The mantle is made of a semi-molten rock called magma. The outer core is composed mostly of iron and nickel, with temperatures ranging from 4000°C in the outer regions to 6000°C towards the inner core. The inner core is the hottest part of



### THE LAYERS OF EARTH



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



# Year 5 Cricket Tournament

By Malaya and Teodora Y5

On Monday 13<sup>th</sup> May, some of the Year 5 children went to a cricket tournament at Warwick School.

We set off at 8.50am and after a short bus ride arrived at the school and were shown to the pitch where we were going to play. We learned more about the role of the batter, bowler and fielder and the skills needed by all of the players. We practised what we needed to do together. It was a lovely sunny day.

In our first game, we began fielding and the other team did well. When it was our turn to bat, we decided our order and were ready. The ball flew high in the air and each of us were ready to swing. We had five bats each.

At the end of the tournament, we had won a game. We were so pleased. Although we didn't make it to the finals, we were still very proud of ourselves. We were given a delicious packed lunch to enjoy back at school. We are very grateful to Mr Rellis for taking us.



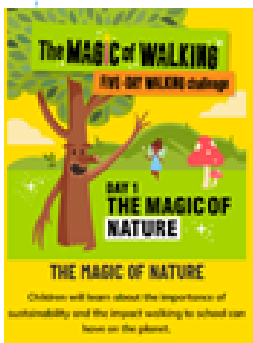
# Walk to School Week

## 20th-24th May 2024

Walk to School!



The 20th-24th May is 'Walk to School Week'. This year the theme is 'The Magic of Walking.' We want to encourage you to travel actively to school every day of the week. We have ordered the stickers and booklets so pupils who have walked, ridden or scooted to school (rather than having come in the car) will get a sticker as they learn about the important reasons to walk and the difference it can make for individuals, communities and the planet!



# Diary Dates<sup>7</sup>



<b>Summer Term</b>		*= New additions to the diary dates
<b>May</b>		
Monday 20 <sup>th</sup> May- Friday 24 <sup>th</sup> May	Walk to School Week	
Friday 24 <sup>th</sup> May	Educaterers FA cup final lunch	
Monday 20 <sup>th</sup> May	Sports day (morning)	
Monday 27 <sup>th</sup> May- Friday 31 <sup>st</sup> May. Half Term.		
<b>Monday 3<sup>rd</sup> June school closed for INSET</b>		
<b>Children return to school on Tuesday 4<sup>th</sup> June</b>		
<b>June</b>		
Thursday 20 <sup>th</sup> -Friday 21 <sup>st</sup> June	Y 5/6 residential at Gulliver's Land	
<b>July</b>		
Monday 8 <sup>th</sup> July	End of Year Reports will be sent to parents this week	
Thursday 4 <sup>th</sup> July	Y1-4 Cotswold Wildlife Park	
Friday 5 <sup>th</sup> July	Educaterers Wimbledon lunch	
Tuesday 9 <sup>th</sup> July	Y 5/6 National gallery online workshop session 1-2:30pm	
Thursday 18 <sup>th</sup> 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



### Stress awareness

Stress is a normal feeling that most of us experience from time to time when we feel overwhelmed, out of control, or under pressure. Stress is mostly triggered by environmental factors and once the issue is resolved, the stress usually reduces. When we feel stressed, we may also feel anxious and frustrated, as well as experience changes in our body (e.g., tiredness, muscle aches and chest pains). Different situations can make us feel stressed, such as having lots of homework to do, friendship problems, or difficulties at home with family members...it could even be a combination of things!

Some stress can be good, but too much can cause us to feel anxious or depressed, which might affect our sleeping, eating habits and general wellbeing. If stress is going on for a long time, we may also experience 'burnout', which is when our body is exhausted and has not had a chance to rest. There are things we can do to help our body recharge and reduce stress...

#### Our tips for managing stress:

1. **Stress bucket activity** – follow the QR codes to complete your own stress bucket. This may help you to see what is contributing to your stress, as well as what helps you to feel calmer.
2. **Create a calming toolbox** - draw a box, jar, bag or any kind of container on a piece of paper and draw all your self-soothing objects in this box. Look at this when you are feeling stressed to help remind you of what you can do to feel calmer. You could even make a real toolbox at home!
3. **Practise problem-solving** - with a friend, imagine a stressful situation that might come up and discuss how you would solve this. You could use a real problem that you are stressed about too! Remember to break the problem down into smaller steps, to help you think about what you would need to do, when you will do it, how you will do it and if you need anyone to help you. Follow the QR code for support.



Stress bucket activity



Stress bucket video



Problem-solving activity

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars 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](mailto: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

Thank you to all of our pupils for engaging so enthusiastically with Mental Health Awareness Week and for our staff for leading a daily class sessions with this as a focus.

**Our Wear It Green day Raised an impressive £30** for Coventry and Warwickshire Mind, a charity supporting young people's mental health.







## 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.**

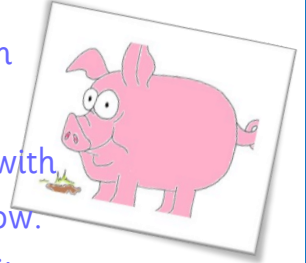




# Lighthorne Heath Learning Heroes

## Nursery & Reception

Mrs Manley and Mrs Hartley's learning hero this week is Zilan because she has been working on improving her 'have a go' attitude and her concentration. Zilan impressed us this week with her perseverance when designing her own stained glass window. She spent a long time on it and had a great idea to improve it with sparkly sequins. Well done Zilan!



Have a go



Concentrate



Enjoy learning

Co-operate

## Years 1 & 2

Our hero this week is Ben who demonstrated fantastic concentration skills during our science lesson this week, asking questions and making connections to extend his learning about where our food comes from and how it is made. Well done!

## Years 3 & 4

Miss Singh has chosen Amelia as this week's hero for her concentration and imagination. Throughout the process of creating a pop-up, Amelia has listened, taken her time, and paid careful attention to detail. Excellent work, Amelia

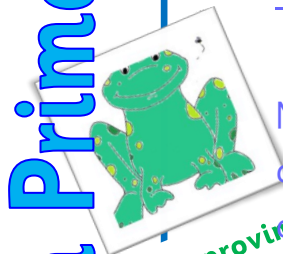
## Years 5 & 6

All of our Year 6 pupils are our learning Hero's this week. Congratulations to Darcey, Henry, Toby W, Tyler, Aiden, Jonah, Samuel, Lola, Hasya, Jaicob, Lathan, India, Leo and Eldar for showing such a positive attitude, resilience and smiling all of the way through this week's SATS tests.

Lighthorne Heath Primary School Newsletter



Perse-



Keep on improving



Use your

UN Convention on the Rights of the Child

Article 29: Goals of education



**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)**

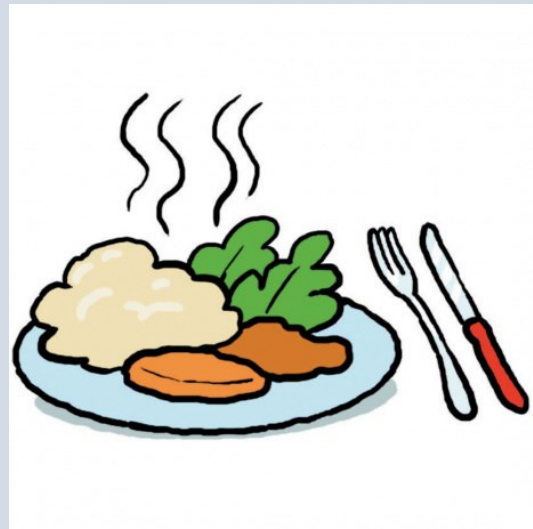
**Served with Chipped Potatoes, Peas, Baked Beans**

**(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

This week, our wonderful Year 6 pupils have completed their SATS tests.

We are so proud of their positive attitudes, resilience and efforts. We have some extra special and exciting celebratory events happening over the coming weeks to mark an end to their time at Lighthorne Heath Primary School.

What a fabulous cohort of children! Well done Year 6.



Year 6 assessment information

Y E A R 6

SUPERHEROES





YEAR 6

SUPERHEROES





# 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
----------------------------------	------------------------------

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](mailto:photocomp@trustgreen.com) or scan this QR Code to enter.

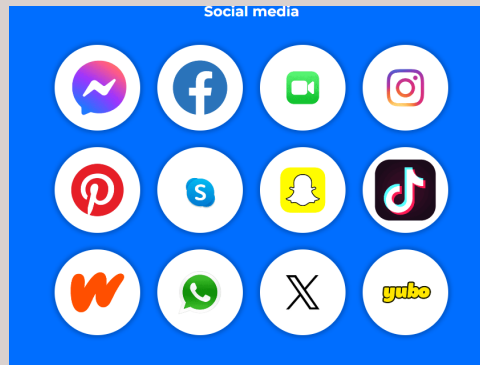


Trustgreen



Upper  
Lighthorne

• 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










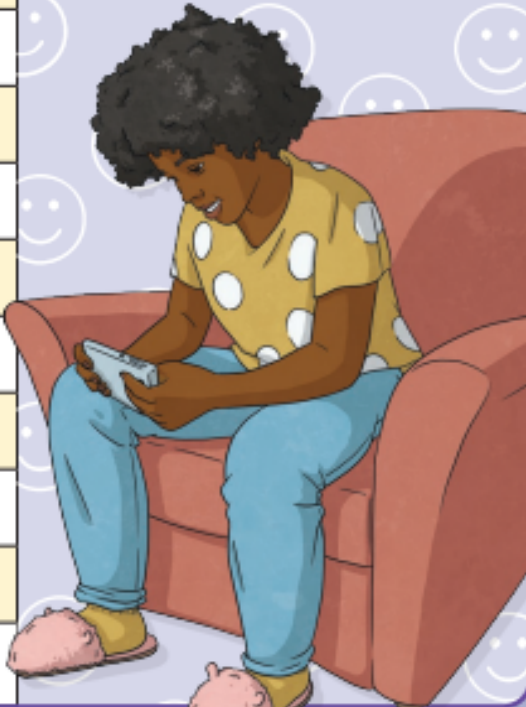











# Age Restrictions for Social Media Platforms

## 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.

UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental Responsibilities



The CPD Standards Office  
CPD PROGRAMME 2018  
2024-2025

CPD training for anyone who works with children or teenagers.  
**National Standards CPD accredited sessions**  
All sessions booked & delivered online via [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Thursday  
2 May

19:00 - 21:00  
£24



### Anxiety Explained

Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.

Monday  
13 May

19:00 - 21:00  
£24



### Autism: Improving Communication

Small changes can lead to huge improvements with your ability to communicate with someone on the spectrum.

Monday  
20 May

19:00 - 21:00  
£24



### Understanding the Teenage Brain

Improve your understanding and communication with your teen. Why they think, feel and behave very differently from adults.

Tuesday  
21 May

19:00 - 21:00  
£24



### Raising Self-Esteem

How to support healthy self-esteem in your children and yourself. Easy to apply interventions shared.

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

Are you worried about how they are feeling?

**DECREASING DEPRESSION  
FREE TALK**



May 14th 7-8pm

Jane Keyworth, Lead Facilitator at FACE gives a one hour online talk explaining what we can do to reduce the symptoms of depression. Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) go to PARENT page