Newsletter 32

Friday 14th June 2024

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## Nursery and Reception

This week in Reception and Nursery, the children have started learning about capacity. We began this by talking about how we need to measure ingredients to make a cake and introduced different terminology e.g. more and less. The children added the ingredients, stirred the mixture and decorated their cakes. We have then looked at comparing containers in the water area and sand pit, looking at which containers are full, empty or in-between and have sorted and ordered them.



In topic and English, we have read The Singing Mermaid and made a mermaid. We have talked about why we need to keep beaches clean and looked at what holidays were like in the past.





























#### Year 1 and 2

#### Physical Education

This week in PE, Year 1 and 2 have been looking at team games and developing their sportsmanship. They played a range of different team sports, helping them to understand ways that they can encourage each other to make their team more successful. The children used some really kind and



It doesn't matter if you don't win. All that matters is that you've tried your best and put all of your effort in. You can't win all the time.

Lettie

Saying well done to the winning team is really important, even if you do feel sad that you didn't win yourself.

The children also explored the ideas that they can't always be on the winning team. They thought about how they felt when their team didn't win and were encouraged to celebrate others, even if they were feeling a little bit disappointed.

Mr Rellis supported the children in developing their growth mindset, thinking about what they could do better next time and showing the importance of not giving up and giving

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



Felicity





#### Year 3 & 4

This week, our Years 3 and 4 students have been exploring the vibrant world of Andy Warhol, a renowned Pop Artist known for his innovative screen printing technique. Warhol's method allowed him to create multiple identical prints, often featuring very bright and bold colours, including his stunning painting of Mount Vesuvius. This tied in perfectly with our previous topic, "Rocks, Relics, and Rumbles."







The children began their project by using black markers to outline Mount Vesuvius, capturing the explosion and the surrounding hills and mountains. They added dots, lines, and scribbles to give their drawings texture and depth. By thickening certain lines, they enhanced the intensity of their work, creating dynamic and visually striking images.







Next, the students painted their work using watercolours, embracing the Warhol style by selecting unusual and unrealistic colours. They thoughtfully used a colour wheel to choose contrasting colours, making their artwork truly stand out. The results are a stunning collection of vibrant, Warhol-inspired pieces that reflect the children's creativity and understanding of Pop Art.





# Looking at Learning

#### Year 5 & 6





This week in year 5/6 the children have been working hard on pulling together their performance of Hamlet's famous speech ready for the Play Makers Festival. They began with rehearsal room techniques and games to help them to build a cohesive company (group of actors) and from here they tried out and shared ideas to mould their performance piece.

On Wednesday, they were visited by an RSC director mentor who helped them to develop what they had already created into a more well-rounded and enjoyable performance.

They are looking to performing to the other children in the school next Wednesday.













# Diary Dates



Summer Term	*= New additions to the diary dates
June	
Monday 17th June	Refugee week
Thursday 20 <sup>th</sup> -Friday 21 <sup>st</sup> June	Y 5/6 residential at Gulliver's Land
Friday 28th June	Mufti day—bring a bottle e.g wine, soft drink, sauce, toiletries.
July	
Monday 1st July	Summer Fair 2-3pm
Thursday 4 <sup>th</sup> July	Y1, 2, 3, 4 trip to Cotswold Wildlife Park
Friday 5 <sup>th</sup> July	Educaterers Wimbledon lunch
Monday 8 <sup>th</sup> July	End of Year Reports will be sent to parents this week
Tuesday 9 <sup>th</sup> July	Y 5/6 National gallery online workshop session 1-2:30pm
Wednesday 10th July*	Whole school transition morning
Wednesday 17th July*	Year 6 Leaver's Assembly
Thursday 18th July	Nursery (+parent) morning workshop at British Motor Museum
Friday 19th July	Break up for summer holidays

#### Staffing Update

Correction: Mrs Vasha Sharma is working as a Teaching Assistant in Years 5 & 6.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility











#### OUR HOME, OUR ART



Next week, across Warwickshire, a range of events will be held to mark Refugee Week 2024 and World Refugee Day (20 June). This year's theme, "Our Home," encourages us to reflect on the meaning of home, from our local communities to our shared global environment.



"Our Home, Our Art" Youth Art Competition, invited children to create artworks reflecting the theme "Our Home". A selection of beautiful books created by children at Lighthorne Heath will be on display at Wellesbourne Library throughout Refugee Week. Pop along to have a look!











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(LH) Lighthorne Heath

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During the Christmas and Easter holidays, we have been fortunate to secure funding to host a HAF club (free for children in receipt of Free School Meals). We have secured funding for this to be repeated for 3 weeks over the Summer Holiday. Unfortunately, places are limited to just 27 this time and will be allocated on a FIRST COME FIRST SERVED basis.

If you need any more information then please contact ben@onsidecoaching.co.uk







# **Emotional Wellbeing and Mental Health**







#### **Empathy**

You may have heard the saying, 'before you judge someone, put yourself in their shoes'. This saying is about empathy. Having empathy means that we are aware of how other people feel and can imagine what it might feel like to be in their situation (or in their 'shoes').

Let's share some examples:

- Have you ever felt sad because a friend was sad? That's empathy! For example, if you feel
  sad because your friend did not make the football team (even though you are not on the
  team), that's empathy.
- Have you ever thought a game was fun but your friend felt it wasn't fair? If you understand
  that your friend is not having a good time (even though you are) that's empathy! When you
  look at the situation from someone else's side of the story and understand how they are
  feeling, that's empathy.

#### Our tips for empathy:

- Read a book or watch a TV show. Pick a character in the book or show and imagine how that character might feel. Do you think all the characters feel the same?
- Listen. Ask a friend how they are. Listen carefully to them. Make sure you stop whatever you were doing and don't let yourself be distracted. Can you give them any advice by putting yourself in their shoes?
- Look at pictures of people in a book or magazine. Can you tell how someone is feeling from their face? Find the pictures that show the emotions happy, sad, and angry.
- Volunteer. This can help you to understand how others live. This is a great way to develop empathy.

#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! <a href="mailto:thankskids@covwarkpt.nhs.uk">thankskids@covwarkpt.nhs.uk</a>.

> 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.



# **Emotional Wellbeing and Mental Health**







#### Tips to Boost your Child's Mood

It's natural to feel a bit low and see the world a bit more negatively than usual, including children. Letting your child know that you are available to talk to could be helpful, e.g. 'I've noticed you seem quite down, I'm here if you want to talk'.

#### There are other things that you can do to support your child:

- Motivation can be difficult to find when we are down, and it might be helpful to think about what your child finds rewarding and usually enjoys (this doesn't have to mean in a material/costly way).
- Are there ways that you could 'join in' or consider if there is someone else with whom they might want to do something? Connecting to people who are important to us is another important way of boosting our mood.
- Think about the child's sensory environment do they normally respond well to being outside? Does their favourite music help to lift their mood? Without forcing changes, it can be helpful to make some background changes to the environment to promote an improvement in mood.
- Good nutrition, exercise and sleep can impact on a young person's mood. Making
  the home environment conducive to sleep can be something a parent can often
  influence (regular bedtimes, a routine, some quiet time, devices out of the bedroom
  are all shown to have a positive impact on sleep).

Don't forget yourselves! Children can feel reassured if they know that their parent or carer is also supported and it's great role modelling to take care of your own mental health.



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.



More about

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.





### Lighthorne Heath Learning Heroes

#### Nursery & Reception

Miss Wood has chosen Albee this week as the class learning hero. He has settled in very well and has loved playing in the sand pit and exploring measuring in maths. Well done Albee!



#### Years 1 & 2

Mrs Hill and Mrs Munday have chosen Carter as this week's hero. He has shown some fabulous speaking and listening skills this week and he has also shown us how imaginative and creative he can be; coming up with new rules for sports games in PE and also creating some fabulous comparative sentences by adding the suffix -er and -est to adjectives.



#### Years 3 & 4

Miss Singh has chosen Yavdav as this week's hero for his brilliant start at Lighthorne Heath Primary School. He has demonstrated that he is a bright young boy who never gives up, showing resilience and determination. Yavdav is a lovely addition to the class. Well done, Yavdav!



#### Year 5 & 6

Use your im-

Mrs Cox's hero this week is Corey. He has settled into his new class, making new friends and joining in with all new activities. Well done Corey, keep working hard!



Enjoy learning

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educaterers<sup>®</sup>







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Article 24 Health and health services



#### Could you inspire the next generation of cyclists?

We are searching for Cycle Instructors to join our expanding Bikeability team.



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