

Nursery and Reception



Goldilocks and the Three Bears

Children in Early Years were surprised to arrive in school this week and find a crime scene in the classroom.

The children looked at the scene carefully and were able to work out that Goldilocks had been to visit and left behind evidence, including a lock of her hair and a demolished chair. We have enjoyed listening to the story and then Reception enjoyed their first Drawing Club sessions this week with a focus on the Traditional Tale. Drawing Club supports vocabulary development.





Investigation

Waterproof

This week the children in Years 1 and 2 took part in an investigation to compare the absorbency of a variety of everyday materials.

The children learned the meanings of new words; 'absorbent' and 'waterproof.' Working as a pair, they used their science observation skills to find out 'Which material was the best for soaking up water?' They recorded their findings in a chart and ordered the materials to show those that were the most absorbent and those that were the least. We concluded as a class, that the sponge was the best absorbent material, closely followed by cotton wool, however the least absorbent was the plastic bag, because it is made of plastic which is a waterproof material.



	Clay	Cloth	Fluffy Dip	Tin Foil	Cardboard	Tissue
Absorbent						
Water Proof						



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

Sporting Success



Congratulations to all of your wonderful hockey players for taking part in last week's hockey tournament at Warwick School. As always, Mr. Rellis commented on the high level of sportsmanship demonstrated by all players.

Blue Abyss

Years 3 and 4

What a fantastic week we've had in Years 3 and 4! Our trip to the Sea Life Centre in Birmingham was a perfect fit for our current topic, Blue Abyss. The children were captivated by the wonders of the underwater world.

At the Sea Life Centre, we explored a vast array of marine life, from the tiniest, brightly coloured tropical fish to the impressive sharks and rays gliding through the tunnel. The children were particularly mesmerised by the giant sea turtles and the playful antics of the penguins. Many of them commented on how similar some fish species looked to the fish we had in the classroom last week! The experience really helped to bring our classroom learning to life.

As part of the Science Curriculum, one of our key focuses in Year 3/4 is **developing the children's understanding of different habitats**, including marine environments. During the trip, we reinforced this by discussing how different fish and sea creatures adapt to their environments, from the warm tropical reefs to the colder waters of the deep sea. This ties in perfectly with our Blue Abyss topic, where we are exploring the mysterious and diverse ecosystems that **thrive beneath the ocean's surface**.

In addition to science, the trip has provided us with plenty of inspiration for our English work. The children will be using their experiences to write vivid recounts of their visit, describing what they saw, heard, and felt. We'll also be writing non-chronological reports about sea creatures we saw in the Sea Life Centre. These pieces of writing will give them a great opportunity to work on their use of descriptive language in their writing. Our art lessons will also benefit from the

trip, as we'll be **creating underwater scenes**, drawing from the **real-life encounters we've just had**.




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NSPCC Speak out. Stay safe. programme




These assemblies will be held in school during the week commencing 14th October. Please speak to your child's teacher or Mrs Manley if you have any questions or comments.

Dear Parents/Carers,

NSPCC's *Speak out. Stay safe.* programme

We are pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy. If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

<p>Parent/Carer support Take a look at information, support, advice and activities from NSPCC for parent and carers. www.nspcc.org.uk/parents</p>	<p>Activities to extend learning at home Take part in games and activities at home to help children learn about speaking out and staying safe. www.nspcc.org.uk/activities</p>
<p>Online Safety Hub For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more. www.nspcc.org.uk/onlinesafety</p>	<p>Childline – under 12's Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content. www.childline.org.uk/buddy (5-7) www.childline.org.uk/kids (7-11)</p>
<p>Talk PANTS with your children Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.</p>	

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact me if you have any further questions.



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Article 29: Goals of education



Sir Isaac Newton

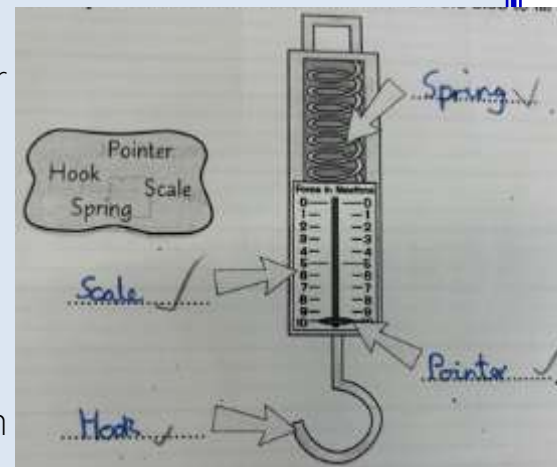


The children in Years 5 and 6 have been learning all about Sir Isaac Newton in their science lessons this week

They found out that he was a skilled mathematician and physicist famous for his scientific discoveries. Legend has it that Newton discovered gravity when he saw an apple fall from a tree. Some even say that it fell on his head.

We learned that weight is the force of gravity on an item and that it is measured in Newtons (Named after Sir Isaac Newton.) Mass is the amount of matter inside an item and can be measured in grams or kilograms.

We used a newton meter to check the weight of various items in the classroom. Then we checked their mass using a scale. We noticed a correlation between this data, which showed us that 100g is roughly equivalent to 1N (1 Newton)



We had fun using the force of gravity to create some artwork using pipettes, straws and paint.

This splatter style art demonstrated how gravity draws things towards the Earth. We experimented with different heights to see what difference this made to the results.

Looking at Learning



We had fun experimenting with the paint and seeing how different instruments and force affected the marks made on the paper.

When our art had dried, we cut them into the shapes of apples-like the one that may have dropped on Newton's head prompting him to discover gravity!

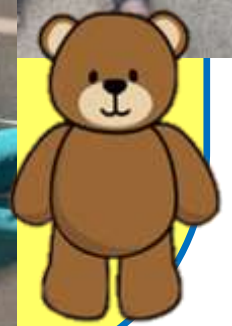




Thank you to all of our wonderful children who took part in our World Mental Health Day celebrations on Friday.

We raised almost £70, this will enable us to purchase some **worry dolls for each class' Regulation Station.** Our Mental Health Ambassadors look forward to sharing these with classes next week.

Imogen, one of our Mental Health Ambassadors led a teddy bear meditation with all children. Children were encouraged to feel and consider the difference in how their bodies and minds feel when their breathing is slow and steady (calm) compared with fast and shallow (uncomfortable). We talked about different techniques that children can use if they need to slow their breathing down in times when big feelings may take over, these include the Teddy Bear Meditation, butterfly breathing and deep slow breaths.



Emotional Wellbeing and Mental Health



Mental Health in Schools Team Tips For Wellness



Connecting

Connecting with people and building good relationships is important for our mental wellbeing. We can connect with lots of people around us, such as family, friends, and neighbours, at home, school or in our local community.

Connecting with others can give you a **sense of belonging** and **self-worth**, an opportunity to share positive experiences, as well as providing emotional support.

We have so many ways to connect with each other by using technology; we can stay connected with family and friends who live further away by using video call, or we can message friends using apps and games which we play online. It is a great way to connect with others, but it is important not to rely on technology or social media alone...connecting with others in person is essential too!

Our tips for connecting:

1. Take a minute to name all the people you see or speak to in a normal week (from the postman to your teachers and family members). Next, pick out the people who help you the most and the ones who make you smile. Now, remember these people, as connecting with them is important to your happiness and wellbeing. Who can you talk to if you feel lonely, worried or upset?
2. Spend some time with a family member each day this week. You could eat a snack or meal together, help them with a task or play a game!
3. Arrange to meet a friend outside of school (don't forget to check with your parent or carer first). Could you go to the park together or have a sleepover? If you are not able to meet a friend, you could check in with them instead. Ask what they did at the weekend or how they are feeling, remember to listen carefully when they talk to you!
4. Connect with someone you have not spoken to in a while, maybe a friend from primary school or a family member who lives far away? Send them a message, have a video call, or write a letter to them!



5 ways to wellbeing

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.



Diary Dates



Spring Term	
October	
WB Monday 14 th October	NSPCC assemblies
Friday 18 th October	Mrs Cox and Mrs Sharma at RSC training with the RSC Ambassadors
16 th -22 nd October	Scholastic Book Fair in school
22 nd & 23 rd October	Autumn Term Parents Evenings
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 8 th November	School individual photographs
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 Years 5 & 6 Christmas Trip
Monday 9 th December	Nursery and Reception Christmas Trip Years 1 & 2 Christmas Trip
*Wednesday 18 th December	Christmas Dinner. This is £2.43 for those who pay for meals
Monday 23 rd December 2024 to Friday 3 rd January 2025	Christmas Holiday School returns on Monday 6 th January

INSET Days 2024/25:

Monday 2nd December 2024

Monday 6th January 2025

Monday 21st July 2025

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

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



A work of staggering importance.



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



Scholastic Book Fair



Mrs Hartley has collected the names of all children who have met our reading target (reading at least 4 times a week at home). These children's names have been entered in a prize draw to win a voucher to spend at next week's book fair. Congratulations to our winners, Livleen, Archie, Talha, Felicity and Pharrell, we are looking forward to seeing how you choose to spend your vouchers.



Lighthorne Heath Learning Heroes

EYFS

Mrs Hartley and Mrs Cox have chosen Nuvi as their class learning hero this week for her fantastic concentration and enjoyment of learning. This week she has really impressed the EYFS team with her fantastic creations in Drawing Club and also her love of books, often asking the grown ups to read a story with her. Well done Nuvi!



Have a go

Years 1 and 2

Our hero this week is Summer who has been working incredibly hard to complete her home learning and is so enthusiastic each week, to proudly, share it with the class. Summer has shown a fantastic attitude to her learning in class too, following instructions carefully and working independently to complete tasks. What a fantastic effort Summer, we are so proud of you!



Concentrate

Years 3 and 4

Our star of the week is Lucas for his exemplary behaviour, outstanding engagement, and the empathy he showed towards others during our Sea Life Centre trip. He was constantly making sure every child had the opportunity to see each sea creature and making him a fantastic role model for the class.



Be curious!

Years 5 and 6

Mrs Cox's hero this week is Zara. She has grown in maturity over this term and improved in her attitude towards learning immensely. She can be relied on to do the right thing and always works hard. Keep up the good work, Zara



Enjoy learning

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Co-



Perse-



Keep on improving



Use your imagination



Lighthorne Heath Primary School Newsletter

Wrates
School Photography Ltd.

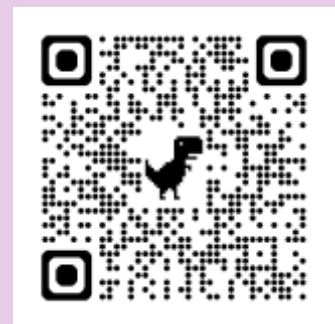
Wrates will be visiting us on Friday 8th November to take individual and family group photographs of all children.

These photographs will be available for families to purchase and they make excellent festive gifts for friends and family members.

If you would like your child photographed with a sibling who does not attend our school then you are welcome to bring them in to school between 8.30 and 9.00am. We will not be offering an appointment system for this so you may need to wait your turn.

In order to receive early access and important updates, please register your child/children here: <https://order.wrates.co.uk/register/?code=JRCETTPB2B>. This link will close 2 working days before the photos are taken.

Please be assured that if a parent doesn't register, their children/s will still be photographed and a photographic proof card will be sent to take home.



UN Convention on the Rights of the Child

Article 31: Leisure, play and culture



educaterers

MONDAY	
<p>Choose a main meal... British Pork Sausages with Gravy & Mashed Potatoes (G.SU.SB)</p> <p><u>Vegetarian Only</u> (vg) Vegetarian Sausage with Gravy & Mashed Potatoes</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (vg)(h) Flapjack (G) Fresh Fruit</p>
TUESDAY	
<p>Choose a main meal... (h) British Beef Bolognaise with Garlic Bread (G/ cheese D)</p> <p><u>Vegetarian Only</u> (h)(vg) Veggie Bolognaise with Garlic Bread (G.SB)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v) Strawberry Whip with Fruit (D) or Fresh Fruit</p>
WEDNESDAY	
<p>Choose a main meal... WEDNESDAY ROAST British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)</p> <p><u>Vegetarian Only</u> (vg) Quorn Roast in Gravy with Sage and Onion Stuffing (G) Crispy Roast Potatoes</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v) Ice Cream (D) Fresh Fruit</p>
THURSDAY	
<p>Choose a main meal... (h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)</p> <p><u>Vegetarian Only</u> (v)(h) Broccoli and Sweetcorn Pasta Bake with Freshly Baked Wholegrain Baguette (G.D)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v)(h) Up Beet Chocolate Cake (G.E.) or Fresh Fruit</p>
FRIDAY	
<p>Choose a main meal... FISHY FRIDAY (msc) Salmon Fish Cake with Chipped Potatoes (G.F)</p> <p><u>Vegetarian Only</u> (h)(v) Rustic Cheese and Tomato Pizza Wedge with Chipped Potatoes (D.G.SB)</p> <p>Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans</p>	<p>On the side... Fresh Salad Bar Peas or Baked Beans</p> <p>For dessert... (v)(h) Ginger Cookie (G) or Fresh Fruit</p>

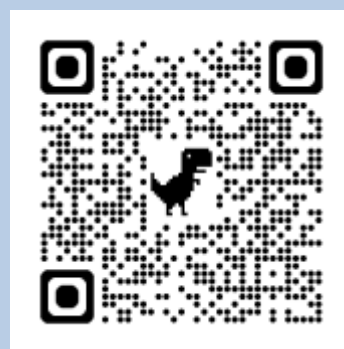
Educaterers' New

Menu

Next week is Week 2 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.

Our school
Christmas meal
will be on 18th
December



educaterers  A FOOD STORY

Christmas Lunch

Roast Turkey
Cocktail Sausage, Stuffing Ball with Gravy (G.SU)

or

(vg) Roast Quorn Fillet, Veggie Sausage, Stuffing Ball with Gravy (G)
Served with Crispy Roast Potatoes, Garden Peas, and Sliced Carrots

(vg.h) Christmas Cracknel (G.SU)

or

(vg.h) Christmas Shortbread (G)

Seasons Greetings from The Nutrigang & everyone at Educaterers

Allergen Key
V - Vegetarian
VG - Vegan
D - Dairy
G - Gluten
SB - Soya
SU - Sulphites
H - Homemade

Free School Meals



FREE SCHOOL MEALS

School meals are free for lots of families, check if you are eligible to apply!

So much more than lunch...

A free school meal:

- creates healthy eating habits
- improves learning and behaviour
- saves money and time
- helps schools get extra funding

Did you know that claiming free school meals means that your child will get access to free school holiday activities and food?

To find out more and for help to apply for free school meals, please contact: freemeals@warwickshire.gov.uk or call 01926 359189



If our funding application is successful, we aim to run another HAF club during the Christmas holiday. This will be in partnership with Onside Coaching. Please keep an eye on our newsletter for further information.



Can I apply?

Your child could be eligible for free school meals if you get any of the following:

- Income Support or Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support from National Asylum Support Service (NASS)
- Guarantee Pension Credit
- Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

You should still apply if your child is aged 4-7 and receives a universal free school meal

Find out more and apply at www.warwickshire.gov.uk/fsm



UN Convention on the Rights of the Child
 Article 29: Goals of education
 Article 18 Parental responsibilities and state assistance





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





Attendance and Punctuality

Being in school is important to your child's achievement, wellbeing, and wider development.

Evidence shows that the children with the highest attendance throughout their time in school gain the best results.

Every moment in school counts, and days missed add up quickly. Parents may be aware of the continued importance that is being placed on school attendance from the Local Authority and the Department for Education.

As a school, it is our responsibility to investigate any absences and work with families to reduce these.

All routine doctors, dentist and other non urgent medical appointments should be made for out of school hours. Most local GP surgeries are open until 6pm during the week and have later night appointments on specific evenings. Similarly, our local dentist surgeries are open until 6pm with plenty of pre bookable appointments during school holidays that can be made for routine appointments.



If you child is absent due to ill health or the attendance at an URGENT medical appointment then please let the school office so that we do not have to spend valuable office staff time investigating these absences.



Connect for Health, which runs Warwickshire's School Nurse Service, has published a newsletter which contains information about the advice and support that they offer and also includes links to useful information and articles.



The newsletter can be accessed in full here:

Community Information



Let's talk about...

- Connect for Health, your School Nursing Service
- How to access C4H for support
- The Warwickshire RSHE Network for educators and professionals
- Top tips for before and after school routines
- National Fitness Day: 18th September
- National Eye Health Week: 23rd-29th September
- #AskAboutAsthma Campaign: 9th-15th September
- Resources of the Month Feature

Introduction

Welcome back for a new academic year, and a big hello to those who are new to education in Warwickshire.

This newsletter is created by Connect for Health, your School Nursing Service in Warwickshire.

We create and distribute a newsletter each month to provide health and wellbeing, information, advice and support to the families and schools across the county.

You'll read more about our service in this edition, if you feel you might need some additional support for any of your child's health and wellbeing needs, please contact us and we'll let you know how we can help.

Subscribe to Our Newsletter!

Subscribe and get our monthly newsletter sent straight to your inbox.

Click here to subscribe



How to Access Connect for Health for Support

Text a number
Text 01927 235 020

Call or email
01927 235 020

Make a referral
01927 235 020

Visit our website
www.connect4health.org.uk

Creating a healthier future for Warwickshire children

The new programme that helps Warwickshire children, young people and families live healthier lives.

Healthy Lifestyle Programme
The programme supports children, young people and families to live healthier lives through a range of activities and resources.

Parent Workshops
Get involved in our parent workshops to learn more about how you can support your child's health and wellbeing.

School Workshops
Engage with our school workshops to help you understand how you can support your child's health and wellbeing.

Visit the Royal Shakespeare Company's website to explore some exciting activities that are being offered over half term.

OCTOBER HALF TERM 2024 ACTIVITIES

Activities for families and young people 28 October - 1 November

Join us for a week of ghoulish fun and experience workshops and drop-in activities that uncover the tricks and treats of Shakespeare and making theatre. Throughout the week there will be opportunities to bring what you've learnt and made to our final event - The Twilight Takeover!

Below is the information about two workshops that may interest our families but there are many more advertised on the website.



TWILIGHT HOUR

Come in the twilight hour to experience the building like never before. Created by young people and families throughout the week, there will be spooky speeches, stage fight clashes in the colonnade and our very first escape room.

Drop in any time. Booking only required for Escape Room.

Suitable for ages 5+

Children must be accompanied by a parent/ carer.

1 November, 4pm - 6pm

FREE



FAMILY PUPPETRY WORKSHOP: MONSTERS, FAIRIES & MUCH MORE

Discover more about puppets of all shapes, sizes, and styles with this interactive demonstration. Perfect for those looking for a fun family workshop, and those who want to learn more about the making and mechanics of puppetry.

Suitable for age 6+

Family Workshop - please book a ticket for all attending. Children must be accompanied by an adult.

£4.50 under 18

£3.50 accompanying adults

Session lasts for 50 minutes.

29 October

<https://www.rsc.org.uk/events/october-half-term-activities>



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