

# Nursery and Reception

In Early Years we are always trying to deepen our understanding of numbers to give us strong foundations for mathematical understanding. We support the children to see numbers in lots of different ways and to be able to represent them. This week Reception children have been playing a game called 'Bunny Ears' where we quickly represent numbers to ten with our fingers. Can you see our bunny ears?

## Marvellous Maths



I can show 6 a different way.

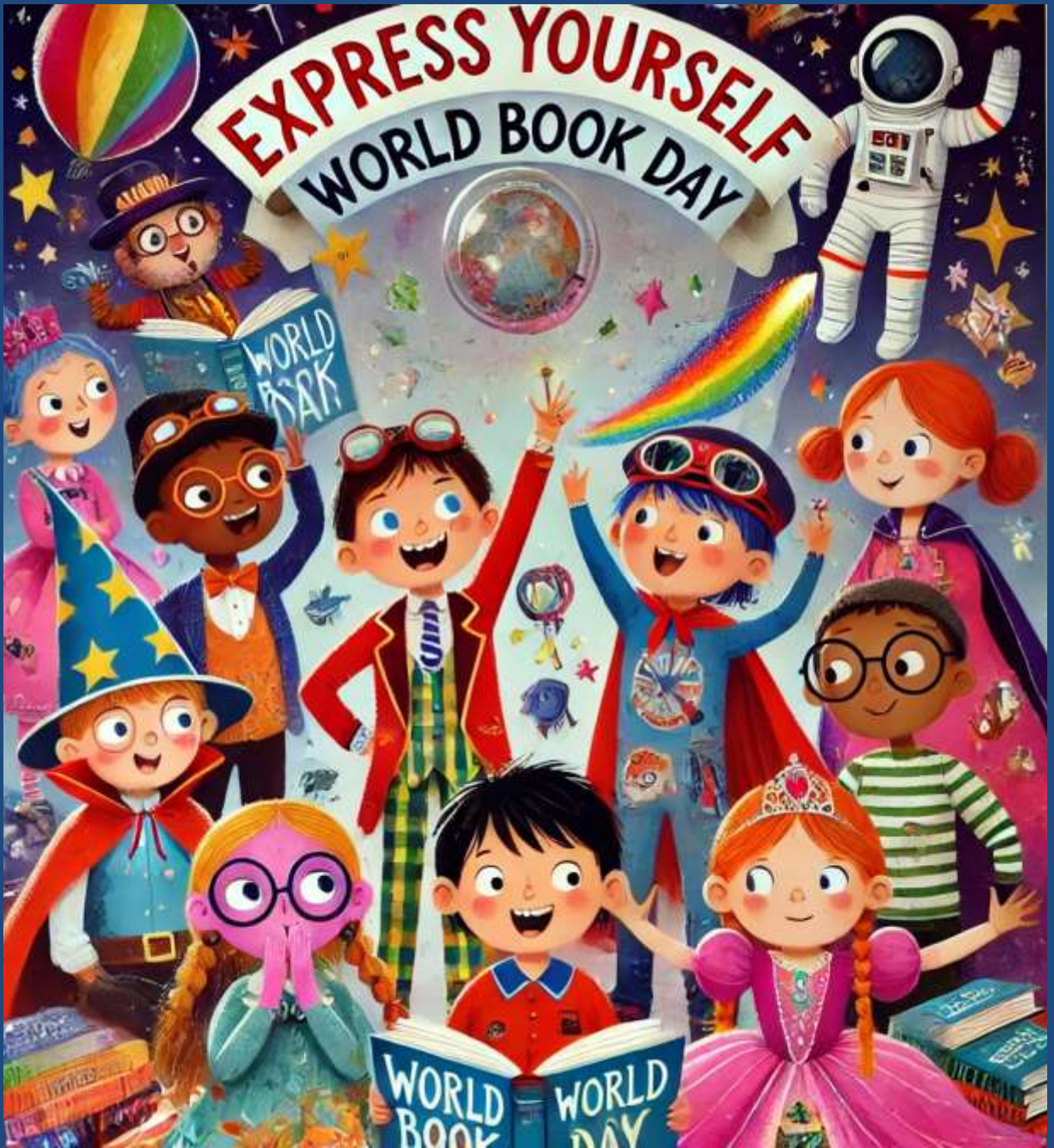
$$3 + 3 = 6$$

4 fingers on one hand and 3 on the other hand make 7 altogether.

# World Book Day

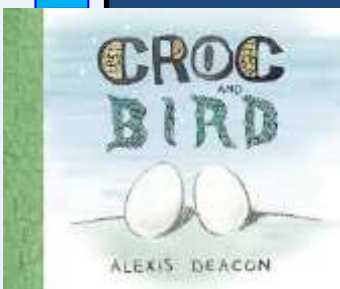
## Thursday 6th March

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– Animal survival needs.

This week in Years 1 and 2, the children have been learning about the basic needs that animals, including humans, require to survive. First they worked with a talk partner to see if they could spot the three key survival needs from the image below. We shared some insightful discussions and ideas. Some children felt that the dog needed a vet in order to survive and others felt that the grooming and bath was important because it helped them to stay healthy and prevent illness. Most of the children were able to pick out; air, water and food as the three basic needs that animals require to survive.



Mrs Hill brought in her family pet hamster, Oreo. **The children learned about Oreo’s diet, how he drinks water and how he breathes fresh air just like us!**

We discussed other pets such as fish, thinking about how they breathe air when they are in water; learning that fish have special organs called gills that allow them to breathe oxygen by extracting it from water.



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This week, our classroom transformed as children explored creative writing and drama to build immersive story settings. Using imagination and sensory details, they crafted rich worlds—just as great writers like Shakespeare have for centuries.

### English: World Mapping Through the Senses

We asked: How do writers transport us to places we've never been? Like Shakespeare bringing Verona or a magical island to life, the children described settings through what they could hear, smell, see, and feel.

### Building a World Step by Step

In a large space, they followed these steps:

- **Imagining Their Setting:** Choosing a time and place—city, planet, or forest.
- **Exploring the Senses:** Responding to prompts like *What can you hear?* and *What can you smell?* through writing or drawing.
- **Adding Detail:** Expanding descriptions—was traffic at a standstill or racing past? Was smoke from a fireplace or wildfire?
- **Guided 'World Tours':** One child led another (eyes closed) through their imagined world, describing it as they "walked." The listener then shared reflections.

### Developing Key Skills

This activity supported National Curriculum aims:

- Using descriptive language for vivid settings.
- Enhancing spoken language through storytelling.
- Encouraging collaboration and peer feedback.

By stepping into each other's worlds—without seeing them—children experienced how words shape a reader's imagination.



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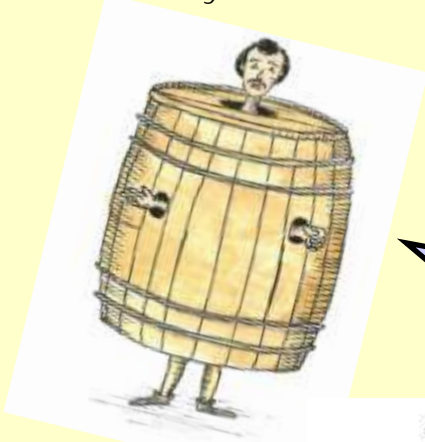


# Tudor Crime & Punishment

This week in our topic lessons in yr 5/6 we have been learning about Tudor crime and punishment.

We were shocked to hear that during the reign of Henry VIII, 70,000 people were sentenced to death.

Most of the punishments were brutal and unnecessarily harsh:



The drunkards cloak was a large barrel with holes for the head and hands. It was the punishment for being drunk and disorderly in public. The idea was to humiliate the wearer and also to deter others from committing the same crime.



# Crime & Punishment

## Fact File

We began by trying to decipher what each punishment might include, then we guessed what we thought the punishment might be given for. We then found out the true description and used this to make a Tudor crime and punishment fact file.

Crime	Punishment
public drunkenness	drunkard's cloak a barrel with holes in for the head and hands
gossiping	scold's bridle a metal cage put over the gossip's head
begging	whipping
homelessness	whipping
stealing	whipping, amputation or hanging
murder	hanging
poisoning	boiling
spying	beheading
talking about the government	beheading
blasphemy	beheading
witchcraft	beheading
alchemy	beheading
treason	beheading or burning at the stake
high treason	hanging, drawing and quartering



A scold's bridle is sometimes known as a 'gossip bridle'.

We considered both the content and the presentation of our fact files to make sure they were 'fit for purpose' for our readers.  
Fact files are non-fiction texts.





On behalf of the school Mental Health Ambassadors, I would like to thank all children for participating in our school pyjama day on Thursday.



We held this to recognise Children's Mental Health Week. We talked about the feelings of safety, warmth, comfort and calm that being in our PJs might evoke.

We raised money for local Charity, Evelyn's Gift and are proud to have £62 to present to the founder, Helen.

By Imogen Y5

Mental Health Ambassador



### Self-Care & Mental Health for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Focus on articulating feelings. "I am angry." "I am sad."
- Encourage journaling and diaries.
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- Blessing Manifesting
- Cultivate interests and hobbies.



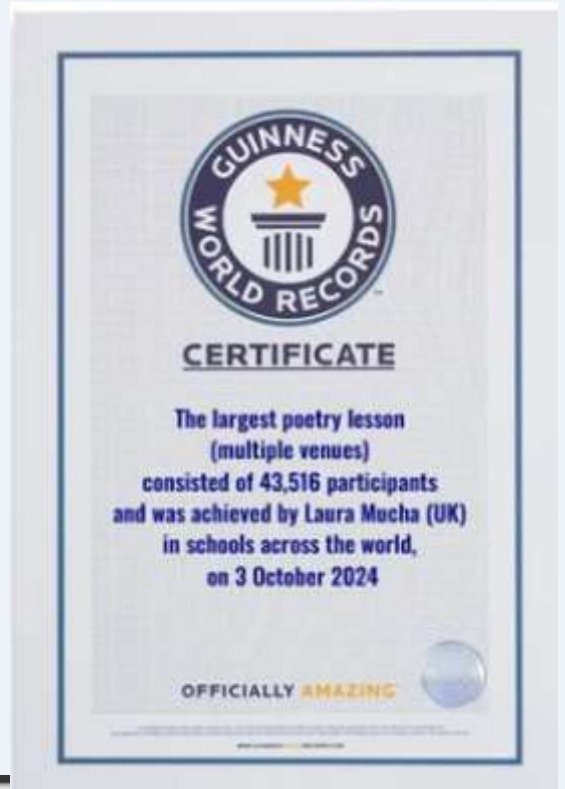
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# Lighthorne Heath Primary Helps Set a Guinness World Record!

You may remember that on National Poetry Day, October 3rd, 2024, pupils at Lighthorne Heath Primary School took part in a special online poetry event. Led by poet Laura Mucha, the event aimed to set a Guinness World Record for the largest poetry lesson across multiple venues.

Exciting news! This week, Laura Mucha confirmed that Guinness World Records has officially approved the attempt. A total of 43,516 pupils from over 500 schools took part, making history together. Well done to all our pupils for being part of this incredible achievement!



**What do you think counts?**

Read the poem on the Children's Poetry Archive

NATIONAL POETRY DAY 2024

RECORD HOLDER Guinness World Records

I'm counting how many licks to finish a lollipop,  
how many times a grown up says "no",  
how many marshmallows I can fit in my mouth,  
how many times I cry about homework,  
how many sticky notes I can put on Mum's face,  
how many monsters I have in my head.

I'm counting the days  
until I'm a famous tennis player,  
days since the war started,  
days until I see Daddy,  
until I have a friend.

I'm counting on my nain and taid  
because they give me hugs  
and say "sweets cost 1p  
back in the day".  
And the friends  
I don't need to pretend to,  
that respect me,  
that play.  
And my bunny, Binky,  
my axolotl, Bob,  
because although they eat my homework,  
they always keep my secrets safe.

I'm counting on the people in power  
to protect the planet,  
on teachers  
so I can get a good job,  
money, a better life,  
and my football coach  
because  
**I WANT TO PLAY  
IN THE PREMIER LEAGUE.**

I'm counting cows on the way to school,  
raindrops in my mouth,  
memories of people I've lost.

I'm counting on someone  
to love me no matter what,  
to want the best for me,  
keep their promises,  
listen,  
and keep me safe,  
so I don't have to worry so much.

I'm counting on  
the small things -  
because they all add up.

**What do you think counts?**

Co-written by over 125,000 students  
and Laura Mucha ([www.lauramucha.com](http://www.lauramucha.com))  
on National Poetry Day as part of a  
**Guinness World Records™** title break with 43,516 young  
people for Largest Poetry Lesson (multiple venues).



Follow the QR code to see Laura's video.

# Lighthorne Heath Primary School Newsletter



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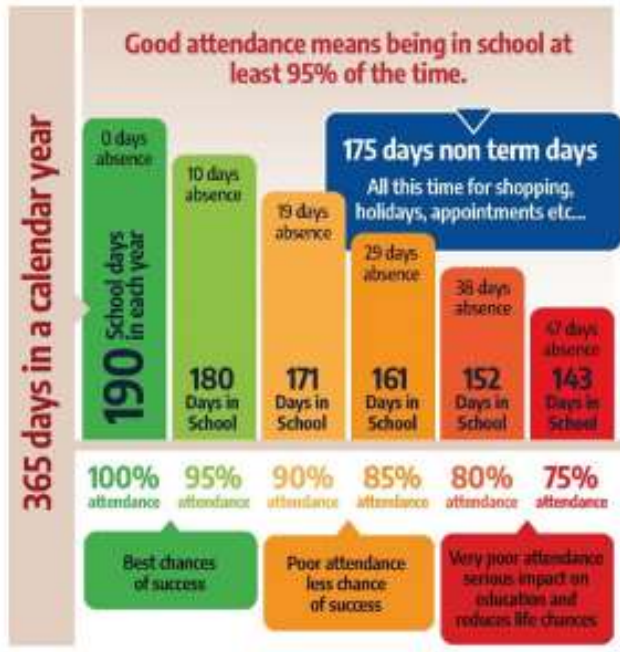




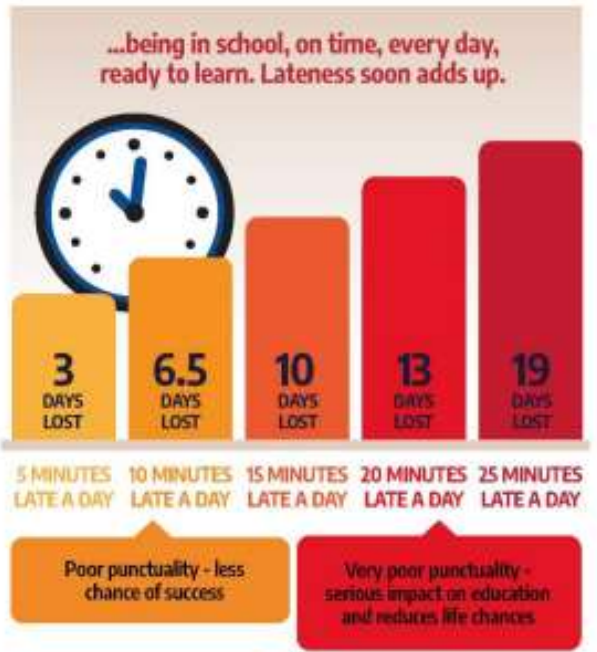
# Attendance and Punctuality

Thank you to the many parents who ensure that their children attend regularly and arrive on time. Attendance is incredibly important to the education of our children and makes a big difference to a child's ability to do well at school. The school is required to work within clear guidelines for monitoring attendance and addressing individual cases.

**DID YOU KNOW?** A two-week holiday in term time means that the highest attendance you can achieve is **94.7%**



**DID YOU KNOW?** A child who is 15 minutes late each day, will have missed a full 2 weeks of school in one year.



## PREPARED

In addition to attending school, it is also important that your child has what they need each day. Parents should be aware of the days in which their child has PE and/or swimming and ensure that children have the correct kit on the relevant day.

At this time of year it is important that children have a warm coat in school so that they can safely and comfortably play outside and can complete learning activities outside the classroom.



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# Emotional Wellbeing and Mental Health



## Mental Health in Schools Team Tips For Wellness



### Kindness

Kindness means being friendly, generous, and considerate to others. It's all about showing care and respect through our actions and our words.

**Random Acts of Kindness Day** is celebrated each year on **February 17<sup>th</sup>**, however you can practice random acts of kindness all year round!

#### Ideas for random acts of kindness

Here are some easy ideas to spread kindness:

- Give compliments – A genuine compliment can make someone's day brighter.
- Hold the door open for someone.
- Share a smile – Smiling at people can help to boost their mood.
- Send a thank you note – Write a note of appreciation to someone who has helped you.
- Be a good listener – Sometimes, all someone needs is someone to talk to.
- Help your teacher – Offer to hand out something to the class or do something to help them.
- Ask someone how their day is going – Asking someone about their day can make them feel cared for and happier.
- Pick up a piece of litter.
- Offer to help someone at home.

#### Why is being kind important?

Kindness is contagious! When you show kindness, it inspires others to do the same.

When you are kind to someone, it can help them to feel happy, it can brighten their day and boost their mood.

Kindness can help to make schools, homes and communities more welcoming and friendly. When people are kind, everyone feels more comfortable which can lead to better relationships and friendships.

**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.**



A message from our school business manager:

## Financial Year End

As we approach our financial year end, we must ensure that all payments due have been settled.

Can you please ensure that you regularly check your parent pay account to check any outstanding balances and settle them as soon as possible.

Thank you for your continued support.



# ParentPay



# Diary Dates



Spring Term	
February	
Monday 10th February	Air Ambulance Assembly
Week beginning Monday 10th February	Tuesday 11th February 3.15-5pm Wednesday 12th 4pm– 6pm
<b>Parent's Evenings</b>	
Tuesday 25th February	Road safety visit YR and Y6
Friday 28th February	Mufti (non uniform) day, please bring 50p for school funds
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.



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



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# Lighthorne Heath Learning Heroes

## EYFS

Mrs Hartley and Mrs Cox have chosen Nuvi as their learning hero this week for her fantastic dictation writing. Nuvi concentrates, listening carefully to the instructions and then uses all her phonetic knowledge to write a given sentence independently. Well done Nuvi!



Co-operate

## Years 1 and 2

Our Year 1 & 2 hero is Zoe for her fantastic home learning about Rosa Parks. Zoe took time to research Rosa's life and why she was a significant individual. She included some fantastic pictures which illustrated Rosa's fight for equality and the Montgomery Bus Boycott. Amazing work Zoe!



Have a go



Concentrate

## Years 3 and 4

Mr Sangha's hero of the Week is Freya for her enthusiasm, creativity, and dedication to their learning across all subjects. Well done, Freya!



Be curious!

## Years 5 and 6

Mrs Cox's hero this week is Rosa. She has shown curiosity with her learning and worked hard in all subjects. Keep up the great work.



Enjoy learning

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

### CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

- U:** Suitable for all ages
- PG:** For children aged 8 and above; this content shouldn't unsettle them
- PG-A:** Children under the age of 12 should not watch without an adult; this content possibly features bad language, nudity or sexual references
- 12:** Suitable only for 12-year-olds and above
- 15:** Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

### WHAT ARE THE RISKS?

### STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 15-rated content, if not restricted by parental controls. This could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

### FACT VS. FICTION

Many children have no trouble separating fact from fiction, however, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

### PEER PRESSURE

Friends are convincing each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 15+ content is available on many streaming platforms, youngsters can watch these together - potentially without their parents' or carers' knowledge.

### CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

### PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer - so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jumpy scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

## Advice for Parents & Educators

### WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child - and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

### REMEMBER - IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them; this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

### DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

### USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time of parents' attention, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

### Meet Our Expert

John Inley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/parental-film-and-age-rating>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.10.2024



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.

Online Safety Information



educaterers

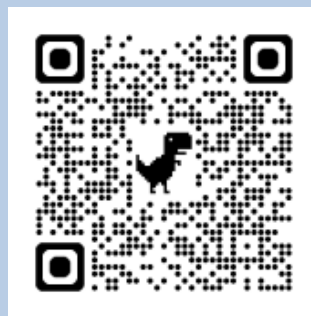
Week two	
Warwickshire, Coventry: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3 Oxfordshire: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3	
<b>Choose a main meal...</b> British Pork Sausages with Gravy & Mashed Potatoes (G.SU.SB)	<b>MONDAY</b>
<b>Vegetarian Only</b> (vg) Vegetarian Sausage with Gravy & Mashed Potatoes Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day <b>For dessert...</b> (vg)(h) Flapjack (G) Fresh Fruit
<b>Choose a main meal...</b> (h) British Beef Bolognese with Garlic Bread (G/ cheese D)	<b>TUESDAY</b>
<b>Vegetarian Only</b> (h)(vg) Veggie Bolognese with Garlic Bread (G.SB) Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day <b>For dessert...</b> (v) Strawberry Whip with Fruit (D) or Fresh Fruit
<b>Choose a main meal... WEDNESDAY ROAST</b> British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)	<b>WEDNESDAY</b>
<b>Vegetarian Only</b> (vg) Quorn Roast in Gravy with Sage and Onion Stuffing (G) Crispy Roast Potatoes Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day <b>For dessert...</b> (v) Ice Cream (D) Fresh Fruit
<b>Choose a main meal...</b> (h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)	<b>THURSDAY</b>
<b>Vegetarian Only</b> (v)(h) Broccoli and Sweetcorn Pasta Bake with Freshly Baked Wholegrain Baguette (G.D) Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	<b>On the side...</b> Fresh Salad Bar Vegetables of the Day <b>For dessert...</b> (v)(h) Up Beet Chocolate Cake (G.E.) or Fresh Fruit
<b>Choose a main meal... FISHY FRIDAY</b> (msc) Salmon Fish Cake with Chipped Potatoes (G.F)	<b>FRIDAY</b>
<b>Vegetarian Only</b> (h)(v) Rustic Cheese and Tomato Pizza Wedge with Chipped Potatoes (D.G SB) Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	<b>On the side...</b> Fresh Salad Bar Peas or Baked Beans <b>For dessert...</b> (v)(h) Ginger Cookie (G) or Fresh Fruit

Educaterers' New Menu

Next week we will be on Week 2 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>



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# **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/>



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## SAFELINE'S PARENT WORKSHOP

### HOW TO KEEP YOUR CHILD SAFE ONLINE!

Online Safety Workshop  
Monday 10th of February 2025  
5-6pm

This workshop provides key knowledge around how social media/apps can be used safely and the risks/dangers of the online world.

If you would like to attend please confirm by emailing [ramandeepd@safeline.org.uk](mailto:ramandeepd@safeline.org.uk) please include your child's school name

Please join by going into Zoom and putting in Meeting ID: 765 294 7590



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# 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

