

# Animal Safari

# Nursery and Reception

This week we've been getting ready for Christmas. Reception have been practising our song for the performance. We've also enjoyed reading the story 'Dear Santa' which we noticed is by the same author, Rod Campbell as our last book 'Dear Zoo'. We really enjoyed welcoming in parents for a Christmas themed 'Stay and Play'. Thank you to everyone who joined us.



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





# Warwick Arts Centre



Lighthorne Heath Primary School Newsletter



The children in Years 1 and 2 really enjoyed their visit to Warwick Arts Centre this week to watch the production of 'The Smeds and the Smoo's.'

Following their trip they designed their own aliens for the planets that the characters could visit, they completed colouring pages from the show and worked hard to write their own recounts of the trip, sharing some of their favourite moments.



We saw a beautiful stage inside the theatre!

By Ella



Lots of the schools had a red uniform and we were the only school wearing blue! It reminded me of the colours in the story!

By Flo

I really enjoyed the song at the end of the show!

By Carter



# Warwick Arts Centre

Lighthorne Heath Primary School Newsletter



Our Theatre trip

Yesterday we went on a bus. We went to the theatre. We saw The Smeds and the Smoos.

When I got there I saw a stage and lots of seats.

People were telling us the story on the stage.

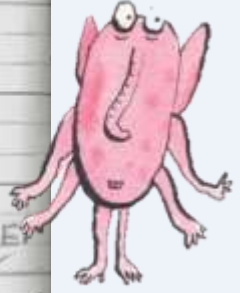
Ⓞ I.L.S.  
ⓔ ideas  
Great work Albee

Our theatre trip

yesterday we went to see the The smeds and the smoos!

at warwick arts centre. First we got on a double decker coach. It took 1hr or 2hrs to get to WARWICK ARTS CENTRE.

They hung beautiful christmas decorations. Then the play started it was funny because



Went to Warwick Arts Centre. We went on a bus. It was my favourite show. It was the best. I loved it. It is a really good show. Smeds and Smoos are getting married. They were all friends.

We got splashed with water by Grandma Smoo, it was so fun!

By Lucas



It was the best, I loved it!

By Hudson







On Wednesday, our classroom transformed into a theatre as the children had the exciting opportunity to perform on stage! With the stage set up for our upcoming play, we used it to practice public speaking and bring our writing to life. The focus of the lesson was on building confidence, improving articulation, and reflecting on how to enhance both our writing and performance skills.

The children worked to read aloud a descriptive piece of writing to peers, demonstrating clear articulation and expression. The activity encouraged them to engage deeply with the flow and structure of their writing while developing vital public speaking skills.

Success Criteria in Action

The lesson's success criteria guided our objectives :

1. Intonation and Volume: Children practised varying their tone and volume to keep their audience engaged and effectively convey meaning.
2. Listening to Feedback: After performing, they listened to constructive feedback from their peers, reflecting on areas for improvement.
3. Understanding Flow: By reading their work aloud, the children identified where their writing flowed smoothly and where it could be improved for clarity and impact.

In the previous lesson, the children performed “cold” reading tasks, which led to the creation of a class list of “what to do” and “what not to do” when presenting. This session built on that foundation, with the children practising their performances in small groups before presenting to a wider audience. Standing on the stage gave them a real sense of purpose and excitement, helping them understand the importance of projecting their voice and holding the attention of a larger group.

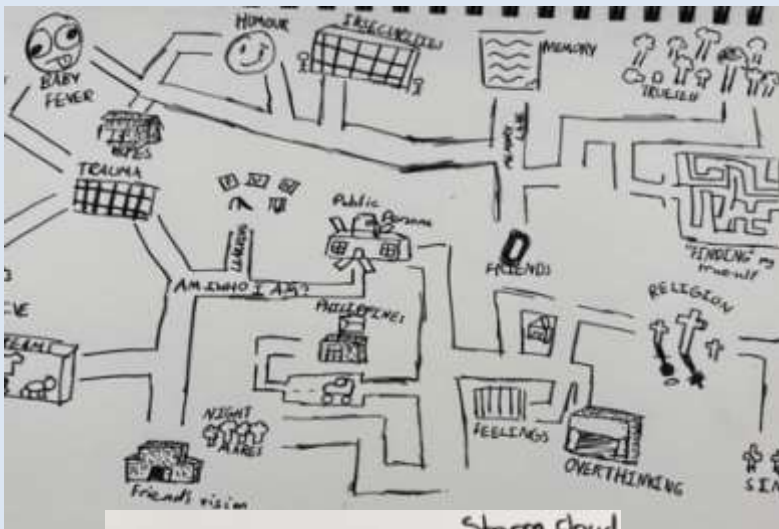
The children demonstrated incredible confidence and enthusiasm, with many stepping out of their comfort zones to deliver expressive, engaging performances. The peer feedback session was equally impressive, with children offering thoughtful and constructive advice to help each other to improve.



# Typography and Maps

This term in art, the children in Years 5 & 6 have been studying topography and maps. As part of this learning, this week, the children have been creating maps of themselves and practising their sketchbook skills.

They thought deeply about what makes them who they are, then using this information they were able to make self-portrait maps of themselves.





# Typography and Maps

Typography is the process of designing and placing a text or type on a map to

inform the users of things like the purpose of the map, additional information, and the values of the features displayed on the map. When the text (type) is well placed it will greatly improve the usefulness of a map, enhance the information within it and improve its professionalism



We had to consider both the positive and more negative traits of ourselves to include in our map.

On Friday, the children continued their learning about the plight of refugees; people that may be seeking sanctuary due to the fear of danger, violence and persecution in their home country.

Mrs Manley shared one of a number of books recently purchased to support our children's understanding of this topic and our application to become a School of Sanctuary.



The Journey by Francesca Sanna tells the story of a family fleeing war and seeking refuge in a new land. The story follows a young child and their family as they embark on a perilous journey to escape violence and find safety. The book conveys themes of hope, loss, and the resilience of refugees. It highlights the difficulties and dangers of migration, as well as the emotional toll of leaving home, but ultimately emphasizes the importance of kindness, compassion, and the search for a better future.

### The Plight of Refugees: A Call for Compassion

Millions of people around the world are forced to flee their homes due to conflict, persecution, and disasters. These individuals, known as refugees, face dangerous journeys and uncertain futures in search of safety.

Refugees often endure long, perilous travels, facing hunger, illness, and violence. Even after reaching a new country, they may find themselves in overcrowded situations with limited resources. Navigating complex legal systems and adjusting to new cultures can be incredibly challenging.

Schools can play a vital role in supporting refugees. Programs like Schools of Sanctuary are helping create safe, welcoming spaces for refugee children and families. These schools foster inclusion, offer support for learning, and build understanding among students from different backgrounds. By embracing compassion and solidarity, we can make a meaningful difference in the lives of refugees and offer them hope for a brighter future.

UN Convention on the Rights of the Child

Article 14: Freedom of thought, belief and religion

Article 22: Refugee children

Article 29: Goals of education







WARWICK ARTS CENTRE

Looking at Learning

On Monday, our Nursery, Reception, Year 1 and Year 2 children travelled to Warwick Arts Centre to watch a fantastic production, The Smeds and The Smoos. The children encountered Janet and Bill who met, spent time learning about each other's cultures (despite the protests of their families) and fell in love. The happy ending taught the children that even though we are all different doesn't mean we cant hang out together, play and be friends.



UN Convention on the Rights of the Child
Article 29: Goals of education
Article 31: Leisure, play and culture



## Can you help?

Our Play Leader Junior Leadership Team is currently working on initiatives to improve the quality of playtimes by investing in new playground furniture and play equipment.

We have been working with Anna Buckler (Children's Wellbeing Practitioner, CWRISE) to identify what is working well with our play and lunch time provision and what we can do to improve things further. One of the key items we believe would significantly enhance the experience for our children is child-sized round picnic benches, which would encourage social interaction and collaborative games.

Some of the items we are considering are quite costly. We are reaching out to our parent community to inquire if anyone has connections with local businesses or organisations that might be able to assist with funding or sponsorship for this project.

Your support would be invaluable in helping us create a more engaging and enjoyable environment for our children. If you are able to help or know of any potential funding opportunities, please don't hesitate to contact us, please speak directly to Mrs. Manley or Mrs. Hartley.

Thank you for your continued support.

# Play Leaders





# Attendance and Punctuality

This week, Mrs Manley and Mrs Westwood met with a representative from Warwickshire attendance Service (WAS).

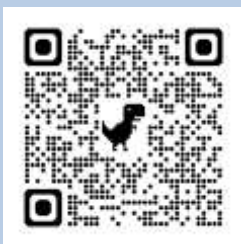
Unfortunately, we still have a number of pupils who are persistently absent from school (below 90% attendance).

We appreciate that it can be difficult deciding whether or not to keep your child off school when they're unwell.



There are government guidelines for schools and nurseries about health protection and managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school on each day of absence and give the reason.



**UK Health Security Agency** **NHS**

## Should I keep my child off school?

**Yes**

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

**No**  
but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworm	Slapped cheek

**SCAN ME**

**Advice and guidance**  
To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



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



### Digital Detox

The use of technology in our day to day lives has become a normal part of today's society and has many benefits, including staying connected with friends and family, accessing information and providing support for learning. However, research suggests that the prolonged use of technology can increase stress levels and have a negative impact on our mental health.

A digital detox is a time when a person does not use devices such as smartphones, televisions, computers, tablets, and social media sites. "Detoxing" from digital devices is often seen as a way to focus on real-life social interactions without distractions.

Some of the benefits include reducing stress, improving sleep patterns, encouraging more face-to-face social interactions, reducing 'fear of missing out (FOMO)', improving attention span, freeing up time for other/new interests and activities, creating a better work-life balance, and encouraging physical exercise.

#### Our tips for having a digital detox:

1. Set a realistic time limit for your daily screen time/device usage.
2. Participate in other activities instead of screen time (e.g., go for a walk with a friend/join a new club).
3. Create routines for 'device-free times' (e.g., at mealtimes or 30 minutes before bed).
4. Agree to leave your phone downstairs overnight to reduce temptation to scroll in bed!
5. Let your friends and family know you are on a digital detox so they can support you.
6. Delete social media apps on your phone to remove temptation and easy access.
7. Create a list of activities you can do when you have an urge to use a digital device. Make sure you include a balance of quick activities you can do in the moment, as well as activities that may take more time and planning.



Scan for information on social media  
and mental health - Young Minds

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	
December	
*Tuesday 17th December  (this date has changed since original publication)	Christmas Dinner. This is £2.43 for those who pay for meals
*Wednesday 18th December	Year 3/4/5/6- Cinema Trip to Paddington on (details on Parent Pay). Children will need to bring have a packed lunch or order one
Thursday 19th December,	2pm. Winter performance of <b>The Innkeeper's Breakfast. Tickets only.</b>
*Friday 20th December	Christmas jumper day! Please bring 50p for school funds. Tombola—50p a go
Monday 23rd December 2024 to Friday 3rd January 2025	Christmas Holiday  School returns on Tuesday 7th January
23rd & 24th December	Onside Coaching HAF Club— limited to 20 places. Please look out for communication from Mr Rellis

## INSET Days 2024/25:

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.



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Thursday 5<sup>th</sup> December, 2024

Dear parents and carers,

## Years 3, 4, 5 and 6 Paddington in Peru Cinema Visit



I'm delighted that we've been able to secure subsidised tickets for all of the children in Years 3, 4, 5 and 6 to visit the **Leamington Vue cinema** to see **Paddington in Peru** on **Wednesday 18<sup>th</sup> December at 10am**. The cost of the trip will be **£3 per child**.

The children will be travelling to the cinema by coach, and they will be having a slightly late lunch back in school so please provide your child with a **packed lunch**.

This film supports our school's work as a UNICEF Rights Respecting School and our work towards becoming a **School of Sanctuary**. Although Paddington's story might be a funny and adorable tale of a famous marmalade-eating bear, Paddington is often referred to as a 'refugee' because he was displaced as a result of a natural disaster (an earthquake) which destroyed his family's livelihood (producing marmalade). The Paddington films are modern fables that explore the themes of migration and the treatment of refugees.

The Key Stage 2 class teachers will be using some of the learning resources called 'Adventures with Paddington' produced by **IntoFilm** to accompany the trip to the cinema. The children will develop practical skills; reflect on facing new experiences; and enhance their understanding of our world. **Adventures with Paddington** makes cross-curricular links with English, Maths, Geography and Science. A series of travel and exploration-themed activities will engage pupils in helping Paddington prepare to visit Aunt Lucy in Peru.

Please go to Parent Pay to give your permission for your child to attend the trip and to make payment.

Please copy and paste the link below into your browser if you would like to watch the Paddington in Peru film trailer:

<https://youtu.be/IKgitu25ZAq>

Best wishes,  
Juliette Westwood

Executive head teacher



UN Convention on the Rights of the Child

Article 22: Refugee Children

Article 29: Goals of education



# Lighthorne Heath Learning Heroes

Lighthorne Heath Primary School Newsletter

## EYFS

Mrs Cox and Mrs Hartley have chosen Omourukpe as their learning hero this week. Omourukpe has shown a good understanding of patterns with the activities she has completed this week. Well done Omourukpe!



Co-operate

## Years 1 and 2

Our Year 1 & 2 hero is Lucas R, for always trying his best both with his work at school and at home. Lucas has completed some impressive pieces of home learning this half term, sharing his skills as a budding artist and scientist. Well done! (see attached photos from Lucas's home learning book)

Have a go



Persevere

## Years 3 and 4

This week's Year 3 & 4 Hero is Omeghene for his consistent hard work, positive attitude, and dedication to all aspects of their learning. Keep up the amazing effort Omeghene!

Concentrate



Keep on improving

## Years 5 and 6

Mrs Cox's hero this week is Lexie for her amazing mind map self-portrait. Mrs Cox was amazed by the care and attention she put into creating her piece. She showed creativity, thoughtfulness and imagination. Well done Lexie.

Be curious!

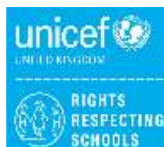


Use your imagination

Enjoy learning

UN Convention on the Rights of the Child

Article 29: Goals of education





As a national online safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we feel our trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, facts and tips to update.

# What Parents & Carers Need to Know about GROUP CHATS

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Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

**WHAT ARE THE RISKS?**

**BULLYING**  
Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

**SHARING GROUP CONTENT**  
It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

**EXCLUSION AND ISOLATION**  
This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

**UNKNOWN MEMBERS**  
Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of a friend, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

**INAPPROPRIATE CONTENT**  
Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

**NOTIFICATIONS AND FOMO**  
A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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## Advice for Parents & Carers

**CONSIDER OTHERS' FEELINGS**  
Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

**GIVE SUPPORT, NOT JUDGEMENT**  
Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them, validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

**BLOCK, REPORT AND LEAVE**  
If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

**PRACTISE SAFE SHARING**  
In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

**AVOID INVITING STRANGERS**  
Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Encourage your child to understand why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

**SILENCE NOTIFICATIONS**  
Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

**Meet Our Expert**  
Dr. Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.

**NOS National Online Safety**  
#WakeUpWednesday



Some useful information for parents and carers, including online webinars can be accessed the 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 hoe to support their children if issues arise.





# Parent and Carer's Club

Thursday 9th January

2:30 - 3 PM

A chance to chat and mingle with a hot drink and biscuit

Lighthorne Heath Primary School

Join us!



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Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility





## Warwickshire Family and Relationship Support-



As parents and carers, sometimes we may find what we're doing isn't working or we just want some different strategies in our toolbox.

There are a number of workshops and programmes available to parents/carers living in Warwickshire. This support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops.

.or more information on any of our workshops or programs please use the QR code above to access the Eventbrite booking system or email [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)



**Parenting Together (Virtual)**  
Wed, 18 Dec, 10:00 GMT  
Free



**Keeping Children in Mind- 5wk programme (Virtual)**  
Thu, 16 Jan, 10:00 GMT  
Free



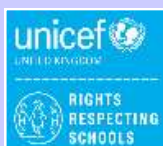
**Understanding your Teenager**  
Wed, 29 Jan, 10:00  
North Leamington School  
Free



**Sleep Workshop**  
Thursday at 12:30  
Evergreen School, Dransway Campus,...  
Free



**Boundaries and Rules Workshop (Rugby)**  
Wednesday at 09:15  
St Andrews Benn Cole Primary School  
Free



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## Information Sessions for Warwickshire Parents and Carers

### Understanding Sensory Needs in School Aged Children

Thursday 5th December 2024, 9:30 am to 11:30 am

### Understanding Low Mood in Children and Young People

Thursday 9th January 2025, 9:30 am to 11:30 am

### Understanding Self-esteem in Children and Young People

Thursday 10th April 2025, 9:30 am to 11:30 am

Places on our sessions are subject to availability. To book your place please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk)



Recovery & Wellbeing  
**ACADEMY**

Winter 2024

Courses available: Online

Online registration:

Visit: <https://www.recoveryandwellbeing.co.uk/>

Email: [Recovery.Academy@covwarkpt.nhs.uk](mailto:Recovery.Academy@covwarkpt.nhs.uk)

Call: 0300 303 2626

### Courses available online – via Zoom

Coping with Caring (by Carers Trust Heart of England) – 1 session – Thursday 28 <sup>th</sup> November, 1pm to 3pm
Finding Purpose & Directions (by Coventry & Warwickshire Mind) – 1 session – Monday 2 <sup>nd</sup> December, 12pm to 1:30pm
Understanding Self-Harm (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 2 <sup>nd</sup> December, 12:30pm to 2:30pm
Sleep (by Coventry & Warwickshire Partnership NHS Trust) – 1 session - Monday 2 <sup>nd</sup> December, 6pm to 8pm (evening session)
Coping with Intrusive Thoughts (NEW) (by Coventry & Warwickshire Mind) – 1 session – Thursday 5 <sup>th</sup> December, 10:30am to 12pm
Thrive into Work (by Shaw Trust) – 1 session – Thursday 5 <sup>th</sup> December, 10am to 12pm
Worry Management (by Coventry & Warwickshire Mind) – 1 session – Monday 9 <sup>th</sup> December, 11:30am to 1pm
Routines – How they are formed and why they are important (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 9 <sup>th</sup> December, 12:30pm to 2:30pm
Wellbeing in Pregnancy (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 <sup>th</sup> December, 9:30am to 10:30am
Self-compassion (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 <sup>th</sup> December, 10am to 12pm
Wellbeing after Birth (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 <sup>th</sup> December, 11am to 12pm
Introduction to Anxiety (by Coventry & Warwickshire Mind) – 1 session – Wednesday 11 <sup>th</sup> December,



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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

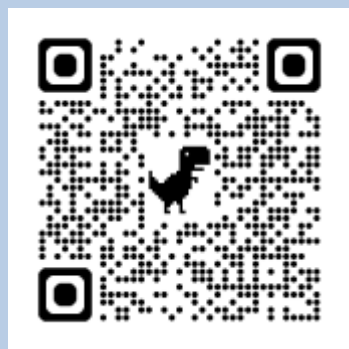
### Educaterers' New

#### Menu

Next week 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.



**on**side®  
COACHING.CO.UK

THE **PERFECT**  
Holiday Childcare Solution

Ages  
**5-11**

# Christmas Camp

# HAF Active Kids



**COURSE TIMES 9.30am to 3.30pm**

**CHRISTMAS  
2024**  
23rd & 24th December

**HEALTHY  
LUNCH  
PROVIDED**

**2 DAYS  
FREE**

**LH** Lighthorne Heath

Lighthorne Heath Primary School, Stratford Road,  
Lighthorne Heath, Leamington Spa, Warwickshire, CV33 9TW

For more information go to [haf.onsidelive.co.uk](http://haf.onsidelive.co.uk)



UN Convention on the Rights of the Child  
Article 31: Leisure, play and culture



# Story Sacks



Please note the time change. These sessions will now take place in the afternoon

**Starting Tues 14th Jan – Tues 4th Feb**

**For 4 weeks 1.30-3pm**

**At Lighthorne Heath Primary School**

A FREE 4 week course for families and their children in  
YR1 and 2

All resources provided for FREE

- Come along and help your child develop a love of reading
- Get a FREE book and bag, and make simple puppets, props and games

**To book your place please contact the school office.**





**Venues Contact Details**

**Alcester C&FC**, c/o St. Nicholas CE Primary School, Road, Alcester, B49 6AG  
**Village Hall**, High Street, Studley, B80 7HJ  
**Tel: 01789 764093**

**Lighthorne Heath C&FC**, Stratford Road, Lighthorne Heath, CV33 9TW  
**Graham Adams Centre**, St James Road, Southam, CV47 0LY  
**Wellesbourne Methodist Church**, Bridge Street, Wellesbourne, CV35 9LR  
**Tel: 01926 691105**

**Stratford C&FC**, c/o Bishopton Primary School, Drayton Avenue, Stratford upon Avon, CV37 9PB  
**Badger Valley**, Tilemans Lane, Shipston on Stour, CV36 4HP  
**Ken Kennett Centre, Clopton**, 100 Justins Avenue, Stratford upon Avon CV37 0DA  
**Tel: 01789 266624**

Follow the links for free online parenting guides to understanding your child's behaviour  
<https://www.warwickshire.gov.uk/parentguides>  
<https://warwickshire.gov.uk/parentingcourses>

**Stratford District Children & Families Centres' offer includes**

**Baby Time:** Relax, play and socialise with your baby in a friendly, informal environment, suitable from newborn

**Baby Massage:** 5 week programme teaching parents the skills of massage which has many benefits for baby & helps to create a close bond, suitable for babies after they've had their 6 to 8 weeks check

**Baby & Toddler Chatter Matters:** 5 week courses of fun through songs, rhymes and sensory activities for babies and toddlers to support their early communication skills. Suitable from 5 months up to 2 years

**Home Education Group - Parent Led group (5-11yrs):** These sessions are perfect for families looking to connect with other local home educated parents and children. Share ideas, resources and support in a welcoming and informal environment.

**Let's Play & Toddler Time:** These sessions are aimed at toddlers, offering language enrichment learning through play. They incorporate paint and print, messy play, sound and music and outdoor play

**SEND Little Stars (0-5yrs) & Big Stars (5-8yrs):** Small, friendly groups to support learning and play for children with additional needs. Children must have a diagnosis or be in the process of being diagnosed. A great opportunity to interact and meet other families

**Wellcomm screens:** A speech & language toolkit which can pinpoint areas in your child's speech which can be enhanced with targeted activities to help your child speak clearly and with confidence

For support around debt, housing, finance or information around childcare; children & young people please contact the **Family Information Service** on Freephone 0800 408 1556 or visit: [www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

**Citizen Advice South Warwickshire**  
 0806 250 5715 (Monday- Friday 9am - 5pm)  
 Out of hours service continues on Monday evenings from 5pm-7pm on 0800 995 6047

**Refuge**  
 08004 081552

**Early Help The Family Support Line**  
 01926 412412 (Monday - Friday, 9am - 4pm)

**Baby Self - Weigh facilities at the Children and Family Centres**

The facilities are only for non-walkers up to a maximum age of 18 months and you must book on the Health Visiting Eventbrite page to attend

**Midwifery Postnatal & Antenatal Clinics**  
 Appointment only  
 01926 495321 Ext 6976/6977

**Infant Feeding Team**  
 01926 495321 Ext 8584

**Safeguarding Concerns Warwickshire Children and Families**  
**Front Door**  
 01926 414144 (Mon-Thu 8.30am - 5.30pm, Fri 8.30am - 5pm)  
**Emergency Duty Team** (out of hours only)  
 01926 886922

**Health Visiting Team Clinic**

Talk to a trained health care professional about any family health or developmental concerns and/or get your child weighed. If your child is ill please contact your GP. Prebooked appointments, please contact your Health Visitor to arrange. For more information regarding Health Visiting Team Clinics in the South please visit: <https://www.swift.nhs.uk/our-services/children-and-young-peoples-services/health-visiting>

Stratford - 01926 567164 Shipston & Wellesbourne - 01789 412844  
 Southam - 01926 815045  
 Alcester, Bidford on Avon, Studley & Henley - 01926 567098

**NHS Healthy Start Scheme**

Those who are pregnant and young families can get help to buy food, milk & free vitamins. Check if you are eligible and apply online [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or call 0300 330 7010

Use your NHS Healthy Start card to collect your vitamins from the Children and Family Centres

**Physio Advice Clinic**

If you have concerns with pre-school child's physical development  
 01926 413737

**Speech & Language Therapy**

Get in touch with the SALT team if you have concerns regarding your child's speech and language  
 01789 405100 ext 346 or email [SLT.AdminSouth@swift.nhs.uk](mailto:SLT.AdminSouth@swift.nhs.uk)

**Adult & Community Learning**

A wide range of courses and learning opportunities to adults and families across Warwickshire  
<https://www.warwickshire.gov.uk/adultlearningandtrainingcourses>

**Advice & support for parents of pre-school children in Warwickshire**

Warwickshire Health Visiting Team  
**Text Chat Service**  
 TEXT: 07520 615293 (9am - 5pm Monday to Friday)  
**Advice Duty Line number**  
 01926 567143

**Health Visiting Team Introduction to Solids**

Please contact your local Health Visiting team for dates

**Parenting Project**

Offers a Family Wellbeing Pathway that support families with children 0-19 (25 SEND) Family Wellbeing Service, Counselling Service, Parent Mentor Service and MHSC group work in the school

Contact [familywellbeing@parentingproject.org.uk](mailto:familywellbeing@parentingproject.org.uk) for more information or visit the website <https://parentingproject.org.uk/>

**Barnardo's Warwickshire - Stratford District Children and Family Centres**

A coordination of services for children, young people and families - aged 0-19 years and up to 25 with SEND

Alcester 01789 764093 Stratford & Shipston 01789 266624  
 Lighthorne Heath & Southam & Wellesbourne 01926 691105

Stratfordcfc  
 Stratford-upon-Avon District Children and Family Centres

**MONDAY**

**Alcester C&FC**  
 Christmas Specials 16/12

**Baby Time**  
 9.30 - 11.00am

**Toddler Time**  
 12.00 - 1.30pm

**BOOKING ESSENTIAL**

To book our Let's Play & Toddler playing sessions, please use our Eventbrite page by scanning the QR code or accessing the below link  
<https://www.eventbrite.co.uk/o/stratford-district-children-and-family-centres-49498983293>

SCAN ME

**TUESDAY**

**Lighthorne Heath C&FC**  
 Christmas Specials 24/12 & 31/12  
**Toddler Time**  
 9.30 - 11:00am

**Badger Valley C&FC, Shipston**  
 Christmas Specials 24/12 & 31/12  
**Fun With Friends**  
 1.15 - 2.45pm

**Stratford C&FC**  
 Under 5's Christmas Special 17/12  
 10.00 - 11.30am  
 Over 5's Christmas Special 24/12  
 10.00 - 11.30am  
 Christmas Special 24/12 Bookstart  
 1.00 - 2.00pm  
 Let's Play 31/12  
 10.00 - 11.30am  
 Family Time 31/12  
 12.30 - 2.00pm

**WEDNESDAY**

**Alcester C&FC**  
 Christmas Special 18/12  
**Let's play**  
 9.45 - 11.15am

**The Graham Adams Centre, Southam**  
 Christmas Special 18/12  
**Baby Time**  
 10.30 - 12.00pm

**Ken Kennett Centre, Clopton**  
 Christmas Special 18/12 **Baby Time**  
 10.00 - 11.30am

**Stratford C&FC**  
 Christmas Special 18/12  
**Let's play**  
 1.30 - 3.00pm

**Lighthorne Heath C&FC**  
 Christmas Specials 18/12  
**Toddler Chatter Matters**  
 9.30 - 10.30am  
**Home Education Group (5-11yrs)**  
 12.30 - 2.00pm

**THURSDAY**

**Wellesbourne Methodist Church**  
 Christmas Special 19/12 & 02/01  
**Let's play**  
 9.30 - 11:00am

**The Graham Adams Centre, Southam**  
 Christmas Special 19/12 & 02/01  
**Let's Play**  
 11.30 - 1.00pm

**Badger Valley C&FC, Shipston**  
 Christmas Special 19/12  
**Baby Time**  
 12.30 - 2:00pm

**Family Time 02/01**  
 10.00 - 11.30am

**Lighthorne Heath C&FC**  
 Christmas Special 19/12 & 02/01  
**Baby Time**  
 1.00 - 2:30pm

**FRIDAY**

**Alcester C&FC**  
 Christmas Specials 20/12 & 27/12

**Big Stars SEND (5-8 yrs)**  
 10.00 - 11.30am

**Baby Time**  
 12.30 - 2:00pm



Our school  
Christmas meal  
will be on 19th  
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](mailto: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](http://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







# Community Information

## Become a Library member



“Thank you to the library staff for their continual help and friendship.”  
- Wellesbourne Library visitor

Watch our Welcome to Warwickshire Libraries video:



Joining Warwickshire Libraries is **free!**

With a library membership you can:

- use any library across the county
- borrow up to ten books free of charge
- read eBooks and listen to eAudiobooks using Borrowbox
- read eMagazines and eNewspapers online
- use the internet and computer services including scanning and printing

And much more!

To join, ask a member of staff at your local library, visit:  
[www.warwickshire.gov.uk/jointhelibrary](http://www.warwickshire.gov.uk/jointhelibrary)



The Warwickshire Library Service has a range of exciting local events for families. Many are free and happen during school holidays and weekends. These include author visits, workshops and quizzes and crafts.

Follow the link to find out more.

<https://api.warwickshire.gov.uk/documents/WCCC-1980322935-2874>

The Mobile library will be at Lighthorne Heath Village Hall between 15:15 to 15:35

This route will operate on:

- 25 November 2024
- 23 December 2024
- 27 January 2025
- 24 February 2025
- 24 March 2025
- 22 April 2025
- 19 May 2025
- 16 June 2025
- 14 July 2025
- 11 August 2025

## Mobile Libraries

Our free mobile libraries service makes 250 stops across the county over a four-week schedule, travelling out to different communities to ensure everyone can enjoy what Warwickshire Libraries has to offer.

This includes:

- A selection of books (including large print books)
- Spoken word
- Books for young children

**Did you know?**  
In 2023, 94% of our event attendees said that they felt happier after engaging with their library. 70% said that they felt more empowered to access art and culture.



Each mobile library is accessible with a low entrance of two small steps and a ramp at the rear for wheelchair users.

To discover our mobile library routes, visit: <https://apps.warwickshire.gov.uk/MobileLibraries/locations>



# 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

