

Animal Safari

Nursery and Reception

This week we've continued to complete lots of activities linked to Christmas. We've listened to the Christmas story (along with lots of others!), completed Christmas crafts and maths activities. Reception also enjoyed Christmas dinner and performing the Innkeeper's Breakfast. We'd like say a big thank you to our fantastic reading volunteer, Mrs Rawlings, for her time she spends in our class hearing the readers. Thank you!



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

The National Gallery– Sculpting

Lighthorne Heath Primary School Newsletter

On Monday afternoon, the children in Years 1 and 2 took part in an online workshop led by Tilly and Emily from the National Gallery in London. First they listened carefully to the story behind the painting 'A hilly landscape with figures' by Aelbert Cuyp before selecting their favourite animal or figure to draw in it's surroundings. They paid careful attention to the texture and stance of the subject they drew, and then learnt how to bring it to life, by moulding clay into shapes and adding texture using their pencil as a tool for connecting the pieces together. Silence fell on the classroom as the children demonstrated excellent concentration skills, perseverance and determination throughout the session. Well done to all of them for their hard work and creativity, they made some wonderful models which will be sent home after the Christmas break.



sculpture



CHRISTMAS DINNER

On Tuesday, our fabulous school cook, Suzy, impressed us all with a delicious Christmas Dinner. We had turkey (or Quorn) and all the trimmings and there were lots of empty plates and full tummies. Thank you, Suzy, for all of your hard work.





A big thank you to all the parents and other family members who joined us on Thursday to watch the children's performance of The Innkeeper's Breakfast.

Your support and enthusiasm made the event even more special for our young performers. It was a joy to see everyone come together to celebrate their hard work and creativity. We truly appreciate your involvement and look forward to more memorable moments like this in the future!



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture



This week, the children in Years 3 & 4 explored the water cycle. With a mix of hands-on creativity and scientific learning, they gained a deeper understanding of how water moves through the environment. By the end of the lesson, not only could they describe each stage, but they also crafted their own visual representations of the cycle to reinforce their learning.

Science: The Water Cycle in Action

Our learning objective for the lesson was clear: *"I can identify and describe the different stages of the water cycle."* This activity aligns with the National Curriculum's requirement for Year 3 and 4 students to *"describe the part played by evaporation and condensation in the water cycle."*

We began by discussing the four key stages of the water cycle: evaporation, condensation, precipitation, and collection. The children explored how water changes state as it moves through these stages, using real-world examples to make the concept relatable — such as how puddles dry up after rain (evaporation) and how clouds form (condensation).



Hands-On Learning: Creating Water Cycle Models
To bring the water cycle to life, the children created their own models using two paper plates. One plate served as the base, where they illustrated key elements like oceans, rivers, and clouds. The second plate was cut into a rotating wheel, which allowed them to highlight each stage of the cycle as they turned it. This interactive model helped the children visualise the continuous movement of water and better understand the connections between each stage.

This lesson strongly supported the National Curriculum's goals for scientific understanding, encouraging the children to:

- Use scientific language to explain processes like evaporation and condensation.
- Develop their understanding of the natural world and its interrelated systems.
- Represent scientific ideas through diagrams and models.

The creative, hands-on nature of the activity also allowed the children to build fine motor skills and express their learning in an engaging and memorable way.



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Article 29: Goals of education



On Wednesday the children in KS2 went to the Leamington Vue cinema to watch Paddington in Peru.

In 5/6 we have taken this as an opportunity to do some extra learning about Peru.

First, we had to find a secret message hidden in a letter about Aunt Lucy.

Then we found out more about Peru, the place where Paddington was born and raised before he moved to London.

We thought about why we might be good companions to Paddington on his quest to find Aunt Lucy. We used this information to write a letter to Paddington explaining why we would be the right companion to join him on his quest.

Finally we decided what we would need to pack for the journey, and had to make sure that we had enough baggage allowance by doing some careful addition work.

Dear Dear Paddington,

Thank you for your inviting me on your trip to Peru. I'm delighted for being one of the chosen to go and help find Aunt Lucy.

I have seen your recent post on twitter, and I am intrigued how you are planning to go to Peru, and I'd like to join. I've heard it's a quest to find someone called 'Aunt Lucy'. If it's a quest, I'm the best choice.

I've heard amazing things about about you Peru, and I would love to go on the adventure. Peru is a new country to me, I only heard about the this, th it, but I've wanted to see go since I was 5. I've heard about the culture, and I'm up to learn something new. You can make your famous red marmalade sandwich!

Before writing this letter, I also decided to learn about Peru, and I was shocked, how could Peru Peru be so beautiful and unnoticed? The unique to landscape, vibrant culture, and colourful wildlife, all unnoticed. I've learnt how close Peru is to the equator, and that means it's pretty hot over there and I'm used to it!

You will need to pack all the items you want to take with you to Peru in one bag.

Your bag can weigh a maximum of 10kg and fish weights to work out exactly what you will pack, you might want to use the back of the grid to do your calculations.

Item	Weight	Notes	Weight
Mobile phone	300g	You must take this if you want to use any apps, but you will also need a charger.	
Sports phone head	150g	Longer up on your phone = 15g	
Walking boots and extra footwear	3.2kg	Walking boots = 1.5kg, socks = 200g, Sea Shoes = 150g	WB ✓
Shampoo and shower gel bottles	300g	Two 150ml bottles and shower bar weight 150g bar	✓
Reusable water bottle	450g		✓
10 x snacks	300g		✓
10 x tops	5.2kg	Take half of the clothes for half of the weight	✓
10 x trousers	2.5kg	Take half of the clothes for half of the weight	✓
5 x handily clothes and my handily	100g	You must take this if you take half of the clothes	✓
Handily	700g		✓
Recess	120g	Recycled light weight option weight 120g less	✓
Binoculars	300g	More powerful binoculars 300g	✓
3 x books	700g	Books downloaded on your phone weight 0g	✓
Choppers and battery pack	120g	A solar charger weight 120g	✓
Large suitcase	250g	Small suitcase is 150g less	1/2 ✓
Elastic toothbrush and toothpaste	100g	Brush and toothpaste weight 100g	✓
Handily and pen	50g	Make notes on your phone = 0g	✓
		Total weight of my things	8665g



UN Convention on the Rights of the Child
 Article 29: Goals of education
 Article 22: Refugee children

Attendance and Punctuality



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

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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



CHRISTMAS MINDFULNESS ACTIVITIES



1. Breathe Like Santa

This is a fun activity that the younger children can really enjoy!

To help children practice slow, controlled breathing, take a deep breath in, hold it for a moment, and slowly let it out with a slow, “Ho ho ho.” It feels silly at first, but this really helps kids feel their chests fall as they let the air go.



2. Tree Doodles

This is a calming activity that promotes mindfulness alongside the development of fine-motor skills, mark-making, and pencil control. Children are invited to decorate the Christmas Tree by completing and/or adding their own patterns .



3. Gratitude Star

Gratitude journaling is an excellent way to be mindful because **you're taking a moment to pause and think about what you're grateful for on a daily basis.** The Gratitude Star is a fun way to get your child to list 5 different things they appreciate each day.





Diary Dates



INSET Days 2024/25:

Monday 6th January 2025

Monday 21st July 2025

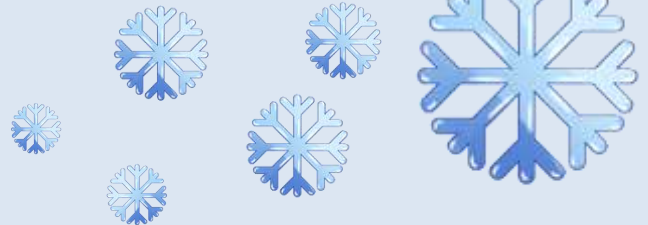


Our Spring term 2025 begins on Tuesday 7th January

As 2024 comes to an end, we want to say a big thank you to all of our families for your support and involvement this year. **You've helped make our school such a special place.**

We are so proud of all the hard work and growth our children have shown. We hope your winter break is full of fun, relaxation, and time with loved ones. See you in the new year!

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



Thank You



Thank you to our children and families who have taken part in our fund raising efforts this week. You may remember that we are currently saving for picnic benches for our playground.



Today's Christmas jumper day and chocolate tombola has raised £42.50 and Thursday's doughnut sales raised £58.



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Article 29: Goals of education
Article 5, Parental Guidance, Article 18, Parental

Lighthorne Heath Learning Heroes

EYFS

Renee is our Early Years class learning hero this week for her observations of measuring size and weight as well as her careful colouring. Renee is always kind and polite. Well done Renee!



Years 1 and 2

Our Y 1 & 2 hero this week is Lucas A. We have all been really impressed with the progress Lucas has made with his writing this term. This week he amazed us with his poetry ideas during our guided reading lesson. Lucas really absorbed the language and humour he learned from Michael Rosen's poem 'Chocolate'; this inspired his own poetry writing and he wrote an amusing poem based on chocolate that really entertained us! Well done Lucas!

Years 3 and 4

This week's Star of the Week is Lottie for her enthusiasm to contribute during lessons and her positive attitude towards all aspects of learning. Fantastic work, Lottie!

Years 5 and 6

Mrs Cox's this week is Teodora. She has demonstrated great maturity, showing humour and concentration during the school nativity play. She also shared thoughtfully during our discussions on remembrance and even brought in a model made by her relative who was a prisoner of war. Keep up the good work.

Have a go



Concentrate



Be curious!



Enjoy learning

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Article 29: Goals of education



Co-operate



Persevere



Keep on improving



Use your imagination



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 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



Lighthorne Heath Primary School Newsletter

entrust
care partnership

STAY & PLAY

Little Acorns

Please Note
Temporary
change of venue
from 11th October
2024

Special guests
and expert
advice!

Fridays
Term time
10:15: 11:30

Lighthorne Heath Children
and Family Centre,
Stratford Road,
Lighthorne Heath,
CV33 9TW



For parents and carers of young children with additional needs

Support, help, advice, refreshments and a chance to meet other parents and carers

"Refreshing to feel safe and unjudged"

"Lovely to chat and share experiences"



Contact Diane on 07961 830527
lynnebarton@enturstcarepartnership.org.uk



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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



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, 28 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 CofE Primary School
Free



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Educaterers

Week three

Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4
 Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4

Choose a main meal...

Southern Style Chicken Strips in a Wrap with Potato Wedges (G)

Vegetarian Only

(v) Jacket Potato with Cheese (D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

MONDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) Chocolate Orange Cookie with Orange Wedges (G) or Fresh Fruit

Choose a main meal...

Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G.SB.SU)

Vegetarian Only

(vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

TUESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg) (h) Shortbread (G) or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

British Roast Pork Loin, Apple Sauce and Gravy

Vegetarian Only

(vg) Quorn Roast with Gravy (G)
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

WEDNESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Strawberry Swirl Mousse (D) or Fresh Fruit

Choose a main meal...

(h) Mild and Creamy Chicken Korma with Wholegrain rice (D)

Vegetarian Only

(vg) Quorn Dippers with Seasoned Wedges (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

THURSDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Pancakes with Fruit (G D E) or Fresh Fruit

Choose a main meal... FISHY FRIDAY

(msc) Fish Fillet Fingers (G.F) with Chipped Potatoes

Vegetarian Only

(vg) Breaded Vegetable Fingers with Chipped Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

FRIDAY

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.) or Fresh Fruit

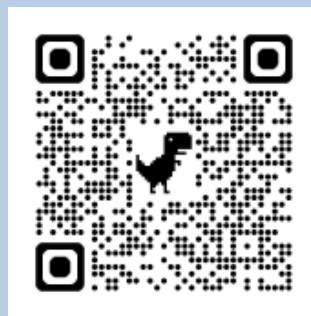
Educaterers' New

Menu

After the Christmas break, we will be on Week 3 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.

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>

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

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)

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

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

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

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 or call 0300 330 7010

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

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 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Alcester C&FC</p> <p>Christmas Specials 16/12</p> <p>Baby Time 9.30 - 11.00am</p> <p>Toddler Time 12.00 - 1.30pm</p> <p>BOOKING ESSENTIAL</p> <p>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</p> <p>SCAN ME</p>	<p>Lighthorne Heath C&FC</p> <p>Christmas Specials 24/12 & 31/12</p> <p>Toddler Time 9.30 - 11:00am</p> <p>Badger Valley C&FC, Shipston</p> <p>Christmas Specials 24/12 & 31/12</p> <p>Fun With Friends 1.15 - 2.45pm</p> <p>Stratford C&FC</p> <p>Under 5's Christmas Special 17/12 10.00 - 11.30am</p> <p>Over 5's Christmas Special 24/12 10.00 - 11.30am</p> <p>Christmas Special 24/12 Bookstart 1.00 - 2.00pm</p> <p>Let's Play 31/12 10.00 - 11.30am</p> <p>Family Time 31/12 12.30 - 2.00pm</p>	<p>Alcester C&FC</p> <p>Christmas Special 18/12</p> <p>Let's play 9.45 - 11.15am</p> <p>The Graham Adams Centre, Southam</p> <p>Christmas Special 18/12</p> <p>Baby Time 10.30 - 12.00pm</p> <p>Ken Kennett Centre, Clopton</p> <p>Christmas Special 18/12</p> <p>Baby Time 10.00 - 11.30am</p> <p>Stratford C&FC</p> <p>Christmas Special 18/12</p> <p>Let's play 1.30 - 3.00pm</p> <p>Lighthorne Heath C&FC</p> <p>Christmas Specials 18/12</p> <p>Toddler Chatter Matters 9.30 - 10.30am</p> <p>Home Education Group (5-11yrs) 12.30 - 2.00pm</p>	<p>Wellesbourne Methodist Church</p> <p>Christmas Special 19/12 & 02/01</p> <p>Let's play 9.30 - 11:00am</p> <p>The Graham Adams Centre, Southam</p> <p>Christmas Special 19/12 & 02/01</p> <p>Let's Play 11.30 - 1.00pm</p> <p>Badger Valley C&FC, Shipston</p> <p>Christmas Special 19/12</p> <p>Baby Time 12.30 - 2:00pm</p> <p>Family Time 02/01 10.00 - 11.30am</p>	<p>Alcester C&FC</p> <p>Christmas Specials 20/12 & 27/12</p> <p>Big Stars SEND (5-8 yrs) 10.00 - 11.30am</p> <p>Baby Time 12.30 - 2:00pm</p>



**Celebrate Christmas with crafts and
joyful singing at our**

Christingle Carol Service

**Sunday 22nd December 5:00-6:00 pm
Lighthorne Heath Village Hall**

**Children
welcome with a
parent/guardian
for Christingles
crafting**

**Mince pies and
refreshments
served**





Project title: B4100, Banbury Road
 Project reference: 6158139
 Date: 18 December 2024

WONDERFUL ON TAP

SEVERN
TRENT

Severn Trent
 PO Box 407
 Darlington
 DL1 9WD

Dear Customer

We're carrying out work on our water main that may affect you...

- We're installing a new water main connection for a development in your area
- We plan to start from 6 January 2025, and take approximately three weeks to complete
- We'll be working under two and three-way traffic lights.

Why we're doing this work

We plan to install a new water main connection for a development off B4100, Banbury Road, Lighthorne Heath by connecting onto our existing water main located outside the site.

Important things to know

The new water main connection will be laid in the carriageway from the junction of The Avenue and into the entrance of the development site. To allow us to carry out this work quickly and safely, initially have three-way traffic lights in place at the junction with The Avenue. As the work proceeds away from the junction of The Avenue, the traffic lights will then change to two-way, this is to ensure your safety and the safety of our workforce. We will always keep access to properties within our working area. You may wish to allow for extra time for your journey and we apologise for any inconvenience this may cause. The plan and table overleaf show the approximate location, timescale and traffic management.

We plan to start work from 6 January 2025 and take approximately three weeks to complete.

Interruption to water supply



We do not plan on interrupting your water supply during our work if this changes we will notify you in advance.

Please bear with us...

Please rest assured that we, and our contract partner **Avove**, will be doing everything we can to minimise the disruption and get the work finished as quickly as we can.

Keeping you informed every step of the way

If you have any queries about the work, you can contact us on the numbers below:

 **07885 475321** – Simon Williams, Avove Customer Liaison Officer
 **0333 7722 282** – Avove 24hr Customer Service Centre

If your call is about your water supply or sewerage service, you can call our Customer Operations Service Centre on 0800 783 4444. Please quote the project reference on the top of this letter.



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



Winter 2024
Courses available: Online
Online registration:
Visit: <https://www.recoveryandwellbeing.co.uk/>
Email: 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 th November, 1pm to 3pm
Finding Purpose & Directions (by Coventry & Warwickshire Mind) – 1 session – Monday 2 nd December, 12pm to 1:30pm
Understanding Self-Harm (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 2 nd December, 12:30pm to 2:30pm
Sleep (by Coventry & Warwickshire Partnership NHS Trust) – 1 session - Monday 2 nd December, 6pm to 8pm (evening session)
Coping with Intrusive Thoughts (NEW) (by Coventry & Warwickshire Mind) – 1 session – Thursday 5 th December, 10:30am to 12pm
Thrive into Work (by Shaw Trust) – 1 session – Thursday 5 th December, 10am to 12pm
Worry Management (by Coventry & Warwickshire Mind) – 1 session – Monday 9 th 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 th December, 12:30pm to 2:30pm
Wellbeing in Pregnancy (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 th December, 9:30am to 10:30am
Self-compassion (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 th December, 10am to 12pm
Wellbeing after Birth (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 11 th December, 11am to 12pm
Introduction to Anxiety (by Coventry & Warwickshire Mind) – 1 session – Wednesday 11 th December,



UN Convention on the Rights of the Child
Article 29: Goals of education
Article 5, Parental Guidance, Article 18, Parental responsibility

Plan – Banbury Road water main work



KEY


-  Approximate section of the new water main
-  Approximate location of the development site

Table – Affected road and traffic management

LOCATION	START DATE	FINISH DATE	TRAFFIC MANAGEMENT
B4100, Banbury Road	06/01/25*	24/01/25*	Two and three-way traffic lights

*Please note these dates may be subject to change.

Yours faithfully

Lee Harding
Lead Project Manager
Severn Trent

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

