Lighthorne Health

Newsletter 21

Friday 14th February 2025



01926 640326 admin2064@welearn365.com



Nursery and Reception

Reception children looked at some paint chart strips to see that colours come in a variety of shades. The children thought about how they could make the paint lighter or darker. They learnt how to mix different amounts of black to make darker shades. This activity supports the children to experiment with colour and to understand that mixing black paint to a colour make the colour darker.



Eco-Schools

Starry Night







SOU Association







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Leerning Detectives

On Friday, our school Learning Detectives spent some time talking about reading, looking at our reading books and admiring children's reading diaries.

The children already knew how important reading is, Zara says:

'Reading is the number one thing that you can do to grow your brain. Did you know that reading regularly increases your vocabulary, encourages imagination, helps develop general knowledge, social skills and empathy? Studies show that children who read regularly achieve better academic success'.

To support all children's development in reading, they should be regularly sharing books with an adult at home. This can include reading to, being read to, sharing a book together, exploring different reading materials etc. Our learning detectives have identified parental engagement with reading as an area for development.

With this in mind, our learning detectives have launched a brand new home reading incentive. Please see the next page to find out more...

REMEMBER...YOU'VE GOT TO BE IN IT TO WIN IT!







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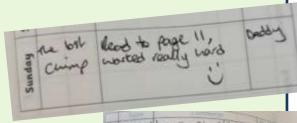
REMEMBER...YOU'VE GOT TO BE IN IT TO WIN IT!

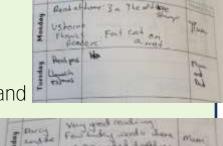
1. Share a book with an adult at home at least 3 times each week (you can read your school reading book or any other reading material).

2. Ask the adult to sign your reading diary each time they share a book with you.

3. Make sure that your reading diary is in school each day. On Friday, bring this to the office and show the Learning Detectives. If your diary is signed 3 times or more for that week, you will receive a raffle ticket.

 The raffle tickets will go to celebration assembly and prizes will be given each week for raffle tickets drawn.









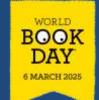


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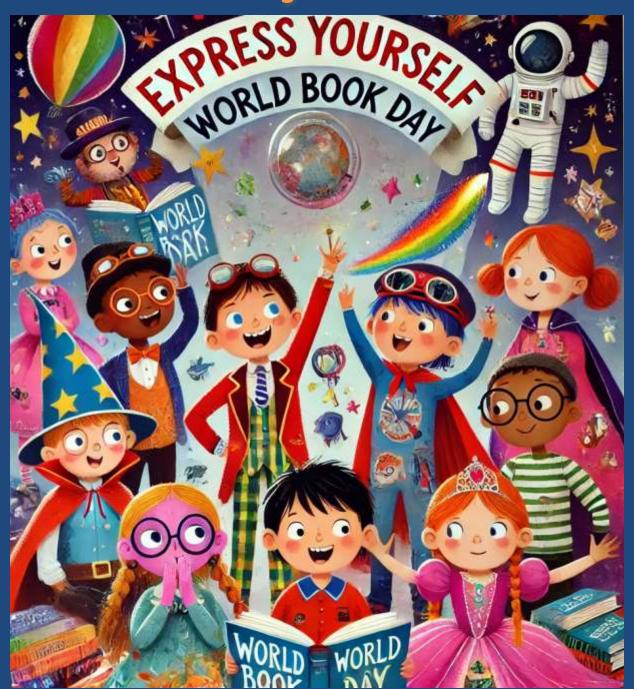
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World Book Day



Thursday 6th March



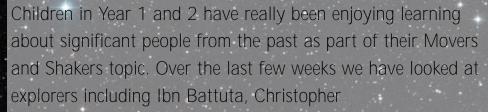


This year to celebrate World Book Day the children in school will be exploring the story, 'Croc and Bird' by Alexis Deacon. It's a lovely story about friendship, identity and the meaning of family.

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.



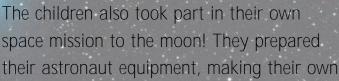
The First Man on the Moon



Columbus and Neil Armstrong. The first man on the Moon has been especially exciting for the children! They have all been so intrigued by space travel. We extended our learning about Neil Armstrong and space travel by taking a tour of the International Space Station with Tim Peake and looking at live images of the Earth from the ISS as it orbits the Earth.

(E) (E)





masks and understanding why the microphone, speakers and oxygen lines were so important and then imaged what it would be like to blast off in a rocket.

Thinking about how they saw astronauts move on the moon and their understanding of a lack of gravity, the children completed their own moon walks before getting back on board their space ship to return to Earth, landing with a splash in the ocean. We all had so much fun!



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Mental Health—Yoga



River Bear Yoga blends movement, mindfulness, and play to support children's emotional development, reduce stress, and boost academic performance.











As part of our activities to recognise Children's Mental Health Week, the children in Year 1 and 2 took part in a yoga session. All of the children really enjoyed themselves and commented on how calm and



RIVER BEAR YOGA I loved doing yoga. It made me forget about anything else and just concentrate on my body.

Lucas

All of my worries washed away when we started doing the stretches. I felt really calm and relaxed.

Emily





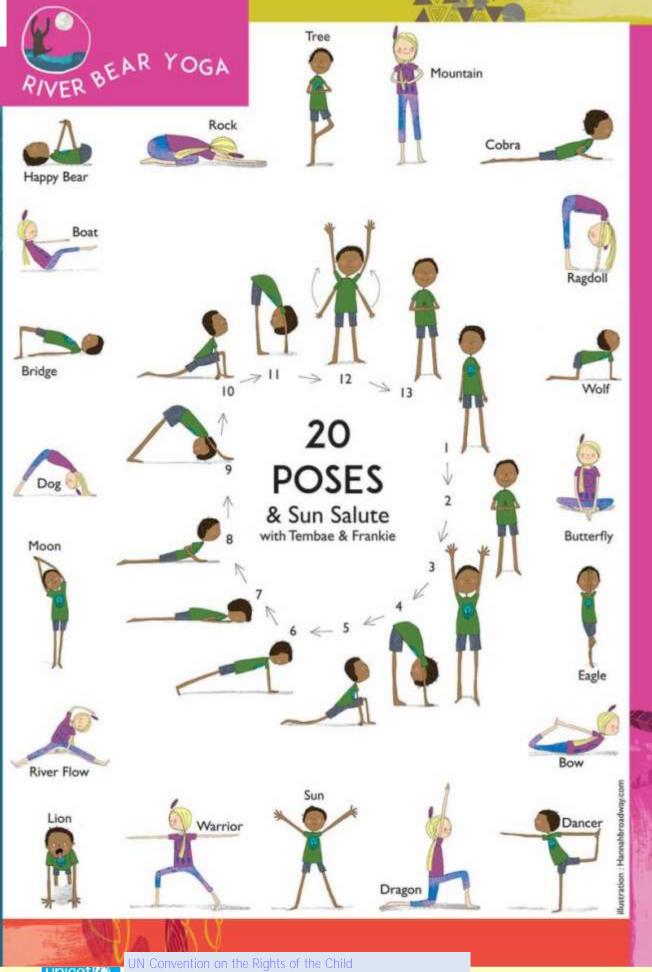












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Article 24 - Health and Health Services





English



This week, our classroom became a theatre as the children scripted, rehearsed, and performed The Korvaks' Vengeance. From writing to confident performances, every child played a vital role.

English & Drama: Scriptwriting and Performance

The children began by crafting scripts, which Mr Sangha compiled into a

complete class play. With the script finalised, Thursday and Friday were dedicated to rehearsals.



From Page to Stage

To develop drama skills, we followed a structured approach:

- Scene Walkthroughs Planning stage positions and movements.
- Practising Lines & Expressions Delivering lines with confidence and expression.

Bringing It All Together – A final run-through to showcase their hard work.



Developing Key Skills

This project supported National Curriculum objectives in:

- Scriptwriting Structuring dialogue and using stage directions.
- Speaking & Listening Expressing ideas clearly and projecting voices.
 Collaboration & Performance – Creating a cohesive production as a team.



The children showed confidence, teamwork, and enthusiasm, making this a truly memorable experience!



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Henry's Great

Years 5 and 6

Matter

In the early 16th century, King Henry VIII faced a

significant personal issue known as the Great Matter. This matter was rooted in his desire to have a male heir to continue his lineage. However, his wife,

Catherine of Aragon, was unable to provide him with a surviving male heir after many years of marriage. Determined to resolve this, Henry sought to annul his marriage to Catherine. This led to a significant conflict with the Pope, the head of the Catholic Church, who refused to annul the marriage.

Struggling with the Pope's decision, Henry VIII took a radical approach. He declared himself the supreme head of the Church in England, thereby establishing the reformation. This drastic move marked the beginning of religious reformation in England. The established Catholic Church was reformed into what became known as the Church of England.







We took on the roles of the different people involved in Henry's story.

Some of us made costumes and props to support our performance



We had great fun acting out Henry's Great Matter. It helped us to consolidate our understanding and we used our speaking skills to make sure that our audience could follow along











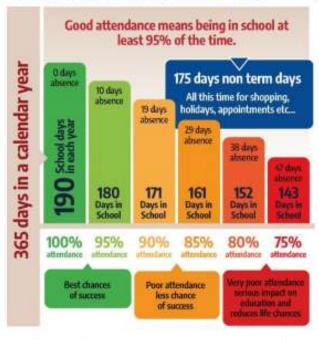




Attendance and Punctuality

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.

EVERY MINUTE



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









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 17th, 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.







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Diary

Dates



Spring Term	
February	
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 '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.

Next week (17th-21st February) is half term. We return to school on Monday 24th February



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



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Co-operate

Persevere

Lighthorne Heath Learning Heroes

EYFS

Milan is our Reception and Nursery class learning hero this week for his fantastic progress in all areas of learning. Milan has an impressive grasp of reading and has improved his pace and fluency. Milan has also been recognised for his willingness to try new foods and try new activities. Well done Milan!



leai

Years 1 and 2

Mrs Hill and Mrs Munday have chosen Daisy as their learning hero this week. Daisy has been recognised for her hard work as well as for being a wonderful role model to her peers.



Concentrate

Years 3 and 4

P on improving Mr Sangha's Star of the Week is Lottie for her exceptional enthusiasm throughout our play-writing and performing. Well done Lottie!



Be curious!

Years 5 and 6

Mrs Cox's hero this week is Malaya. She has worked extra hard in maths this week and has been kind and helpful around the classroom too. Keep up the fantastic work Malaya.



Enjoy learning

Use your imagination

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What Parents & Educators Need to Know about HORROR FILMS & AGERATINGS

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

CLASSIFICATION BREAKDOWN

The Gritish Foods of Film Closeffication has the laterated one entires:

U. Suitsble for of non

FG: For children aged 8 and above; this correct shouldn't unsettle them

12A: Children under the age of 12 should not wotell without on adult; this content patentially features bad language, nucley or sexual references

18: buitable only for 15-year-olds on a abo

18: Exclusively for an adult audience, with potentially a

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to work procursed films without the need by a TV. the excellability of isospropriate content has risen significantly on streaming platforms, almost a of which healt the mode content. If not restricted by parental contries, this could be viewed by children who dren't pole ready for such adult themse, contents and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction, sewewer, with modern day technology making pretend violence and herror took ever more represent, it is becoming harder for youngsters to fell the difference for instance, consider remakes of other films, where dated specie effects [meding is easy to discern that scannetting wasn't read instead been replaced by for more construction appointed by for more construction appointed to produce and seek



If can be difficult to decree what content is appropriate for children. What is him for one child could be extremely highlaring for prother, As many challen admit a not sharing or discussing the content they worth with their powers, encouraging an open distague around the kind of medio that young people consume can help exist expasing them to any inappropriate content.

PEER PRESSURE

Priends encounging each other to each the latest film featuring violence or horizo can lead to children consuming content that they se not needly to. As the content is available on many streaming profitores, youngstees are worth these together - parternisely without that present or expend to resemble.

PSYCHOLOGICAL IMPACTS

gradual batta in the sixwer works to course or recover graduals batta in the sixwer works to cauprise that the genre isn't usually intended for children. A natural sixwer effect of this is that yamp occase or a creepy, suspensed a stressphere are not coulding which an pounger minth. The resulting involves con impact a child's sleeping patterns or eating hobbs.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that affirm might be emultable for children (whether it's that first diverted the honor gents or o step up in age classification), then take a load for yourself. These's no before why to judge whether this context is something your indeed apprepriate for within — use if a parent, for example, has actually seen the firm for ni least a particular of h), they can construct a for more credible cose if they decide it is neptropriate.

REMEMBER - IT'S NOT REAL

TOO SCARED?

Imphasize to children that the content they're viewing is entirely. Schools and has no chance of offecting them in real the thick it is upon ofter watching a film, by to understand what was thy bay unsettled them: this can help you approach the tapic in a healthy and informative manner, to dispet any lears or analotics they muy have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a little that you think may have exposed them to patientially uncomfortable themes and ideas, don't sity away from tothing about it, and asswer any questions they may have. This is especially important if they workhed the fam without or adult present. Ask them to automatise the story for you, as this wife give you an understanding of what they we are more transactivities. It

USE PARENTAL CONTROLS

Note streaming platforms have the aption to put age tanges on children's accounts, this receipt that this since shows that are laughraphics for this win worthe arbeitised while they're browning and years own impour if a tribit specifically pears has for them. This can be changed any time of parents discorptor, but it's while to product these settings with a passivers, so a child act is like anything on their were.

Meet Our Expert

com animy in an assercin principol at a decoracity school. He has been involved with e-safety in schools for over 10 years, writing policies and expecting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools armed at helping parents to better support their child in the ever-changing digital world.





National College

cures the his reference set on quide page of https://www.esecontempolycomprome-films-and-age-rative









Users of this guide do so at their own discretion. No liability is entered into. Current as all the date of rateous 16.10.202



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.



educaterers



















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

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)

Choose a main meal... WEDNESDAY ROAST British Roast Pork Loin, Apple Sauce and

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

Fresh Salad Bar Vegetables of the Day

For dessert...

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

Vegetarian Only

Gravy

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

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

Choose a main meal...

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

Vegetarian Only

Vegetarian Only

(vg) Quom Dippers with Seasoned

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

Choose a main meal... FISHY FRIDAY (msc) Fish Fillet Fingers (G.F) with Chipped Potatoes

(vg) Breaded Vegetable Fingers

Jacket Potato - (v) Cheese (D), Tuna

with Chipped Potatoes (G)

(F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar Peas or Baked Beans

For dessert...

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

or Fresh Fruit

MONDAY

On the side...

Fresh Salad Bar Vegetables of the Day

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

TUESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

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

On the side...

THURSDAY

Fresh Salad Bar Vegetables of the Day

For dessert...

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



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Educaterers' New

Menu

Next week 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/applyfree-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

suit you. All of

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













Giving praise effectively 9 easy steps to give praise effectively



Steps for empathy 10 easy steps to show and develop your empathy



Time to calm down 10 steps for giving time to calm down



Choices and consequences 7 steps for giving choices and consequences



Active ignoring 8 steps for active ignoring unwanted behaviour



Problem solving 7 steps for problem solving





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"What's On

Barnardo's Warwick District Children and Family Centres

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

Email: warwickdistrictcfc@barnardos.org.uk https://instagram.com/warwickcfc/

https://www.facebook.com/warwickchildrenscentres/

Tuesday Wednesday Thursday



Interested in volunteering with us? Please contact sally, hesselworth@barnardos.org.uk

Lillington

Saturday

February-April

Timetable

24th February -

11th April 2025

group? We have a nurturing session called Stepping Stones If you think this is a better fit for you and your child. Please contact on.chin@barnars

org.uk

Lillington CAFC 3 Mason Avenue

Lillington

CV327QE

1926 887597

Lillington atal Fitness Clas lamities - Drop in I.30-10-30am

Monday

SAS-4-30pm er Sichool Author

4010

Kingsway C&FC

Baker Avenue Leamington Spa

CV313HB

01926 336793

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484

Westquie C&FC

CV34 4DD

01926,490629

ng Green Street Warwick

Sydni Centre Lillington Family Time 10.00-11.30er

Baby Time 9.15-10.45e

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Lillington

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are wecome to jo

EN Kingsway

Toddler Time 10.00-11.30er Kenilworth Westgate Scout & Guide HEN Centre

Toddler Time 11.00em-12.30p

Baby Chaffer Matter oking is expe 23-25 Regent Grove

Kingsway

Sydni Centre Cottage Square

CV31 1PT

rth Scout & Guide Centre Pishponds Road Kentiworth CV8 1EY

Kingsway

Baby Time 9:30-11.00m

Toddler Time

1,30-3,000

Baby Chatter Matter

soding is one

ngton Spa

Presto Music

CV32 4NN

EN Presto

Deansway Warwick CV34 5DF

GOGOMAKERS Saturday Club op & go sess 5-11 year of at 15th, coin M

Lillington

Friday

Lillington

St Margaret's Ch

Toddler Time 10:00-11.30an

Baby Chatter Matters is a session dedicated to early communication, with singing, stories and activities!

Ideal for 6-14 months. https://warwickdistrictcfc.eventbrite.com

or scan the QR code St Margaret's Church

> Woodless Whitnash mmunity Centre CV31 2HJ

Speech Concern? 07703 381764 or ieaney@barnardos.org

■ 1400

IN SESSIONS. Please note our sessions do have limited spaces. When we are full we can not have any more familie in the room for safety reasons. If there are any changes set will inform you on our Eventbrite and Facebook page





Family Time at Lighthorne Heath C&FC (0-11yrs)

Tuesday at 09:30

Lighthorne Heath Children and Family Centre



Baby Time at Lighthorne Heath Children & Family Centre

Tomorrow at 13:00 + 1 more

Lighthorne Heath Children and Family Centre











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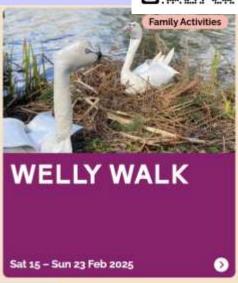




COMPTON



· ← FAMILIES







Charlecote Park

February half-term Welly Wander



Join us for a family-friendly trail in the parkland over February half term.

BOOKING NOT NEEDED

FREE EVENT (ADMISSION APPLIES)



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Family Support Consultations at Lighthorne Heath Children and Family Centre

Every Wednesday 1pm-3pm

Would you like the opportunity to chat with a Family Support Worker about parenting?

We can offer support with

- · Developing routines and boundaries
- Understanding your child's behaviour
 - Behaviour Management
 - · Support your child's mental health
- Exploring Parenting Workshops and programmes
 - Health and Wellbeing
 - Sleep Advice
 - Guidance and Support

Exploring external services

Family support workers are available across Warwickshire to listen, support and offer advice and guidance to families and professionals

If you would like discuss support with a Family Support worker you please telephone the family support line on 01926 412412, Monday to Friday, between 9am-4pm.



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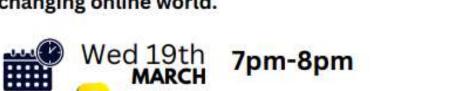




FREE ONLINE SAFETY WORKSHOP

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.



Speaker KAT HOWARD

Head of Education & Wellbeing (UK) Smoothwall



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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School admissions





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

1 November Application opens

15 January

Closing date for applications 1 February

Extended closing date for house moves 16 April

National offer day

2 June

Deadline for submitting appeals

Applying for a secondary school place

1 September Application opens

31 October

Closing date for applications 31 December

Extended closing date for house moves

3 March

National Offer Day

31 March

Deadline for submitting appeals