

In Reception and Nursery class we've been preparing for the warmer weather by starting to plant sunflower seeds. We have used recycled newspaper to make biodegradable pots. The children have also helped to chit seed potatoes which were ready for planting this week. We are really looking forward to observing changes and looking for growth!



Nursery and Reception Signs of Spring



Star Bakers!

On Thursday, Mrs Hartley was delighted to be joined by five children from Year 1 and 2 who had been chosen by their class teachers' for being consistently well behaved and for the effort they put into their learning. The children followed a recipe to make delicious flapjacks, carefully weighing and mixing the ingredients. They turned out very crumbly but still yummy!



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



EASTER

Celebrations

Mrs Hendriksen and school Mental Health Ambassadors have planned a number of events for Easter.

Decorate an egg competition.

Children are invited to decorate an egg. This could be a real egg, a paper or card egg, a chocolate egg or any other artistic interpretation of this. Please bring your creation to school on Monday 7th April. Winners will be announced in assembly on Tuesday 8th April.



Tuesday 8th April

Easter cake sale (donations welcome) and chocolate tombola in the playground after school. Please bring cash. Cakes and raffle tickets 50p each



Thursday 10th April

Easter Egg Bingo. 3.15pm in the school Hall, all welcome (children must be accompanied by an adult). £1 a book of tickets



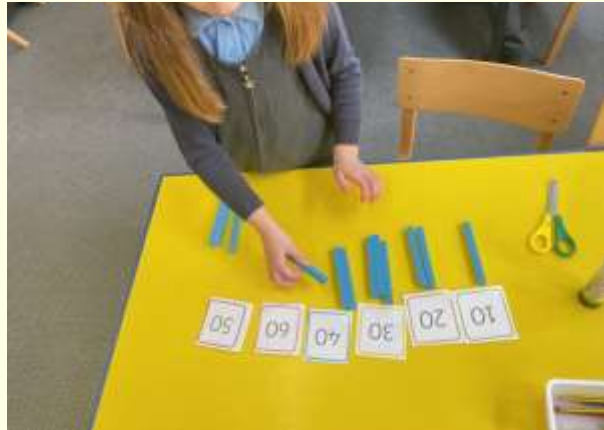
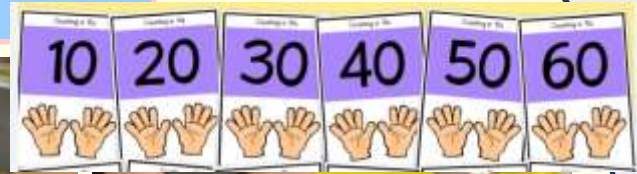
[UN Convention on the Rights of the Child](#)

[Article 31 Leisure, play and culture](#)

[Article 29: Goals of education](#)



Maths— Counting in tens



L.O: To consolidate our understanding of counting in tens and the ten times table.

Year 1 children practised counting in tens using the base ten equipment to match to a given number in the tens pattern.

They then ordered numbers 10-120 moving in tens too.



The year 2 children matched times table questions to answers (10 x table focus) working with a partner to play a pairs game. They then used this to solve multiplication problems based on the 10 times table facts.





Invasion

PSHE

This week, we explored an important aspect of emotional well-being: how positive experiences can help counteract disappointment and how we can support others when they feel let down. This ties in with the PSHE (Personal, Social, Health, and Economic Education) curriculum, which encourages children to develop self-awareness, resilience, and strategies for managing emotions.

The lesson began with scenario cards depicting different disappointing situations. The children discussed what advice they might give to someone in that moment, coming up with thoughtful and supportive responses such as:

- Never give up—try again!
- Ask for help and talk about your feelings.
- Find something positive to focus on.

To bring their ideas to life, the children acted out these scenarios, showcasing their creativity and empathy in helping others navigate difficult emotions.

We then opened up and shared personal experiences of times we felt deeply disappointed—**moments where no matter what we did, we just couldn't shake the feeling.** But then, we flipped our perspective!

The children reflected on their happiest memories and how they could use these moments to help balance out their emotions during tough times. The atmosphere in the room was incredible—uplifting, encouraging, and full of positivity! It was a wonderful reminder that while disappointment is a part of life, so is joy, and we all have the power to support one another.

Enjoy learning!
Only the dolphin helps you to:

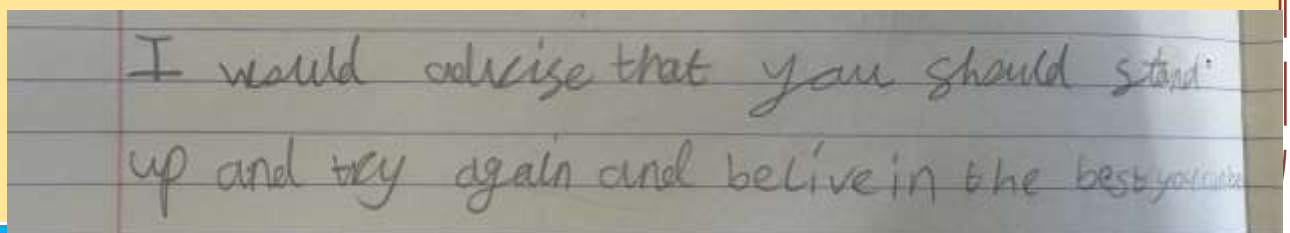
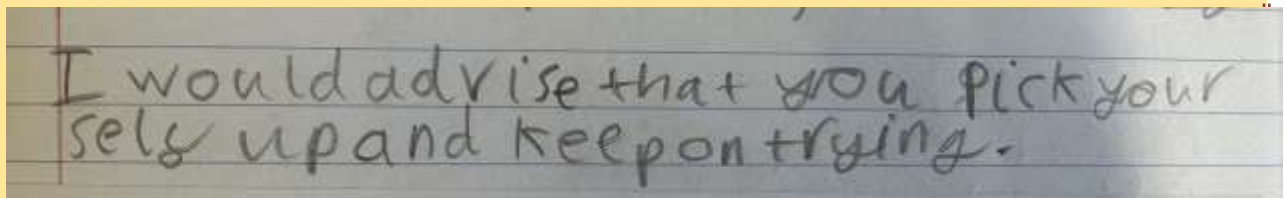
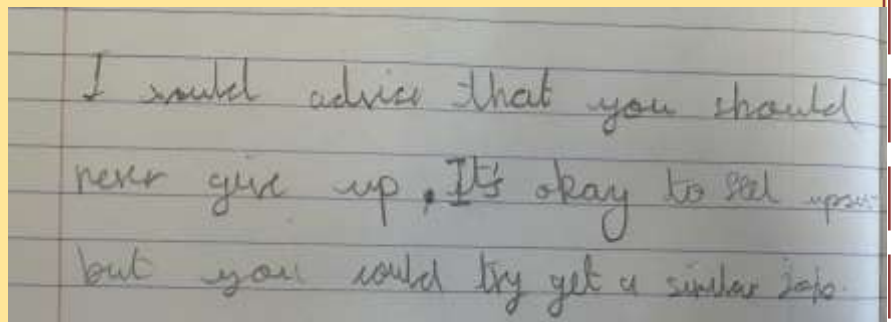
- Feel proud of your achievements
- Feel your neurons connecting and your brain growing.
- Use what you have learnt in real life.

Never give up!
Only the elephant helps you to:

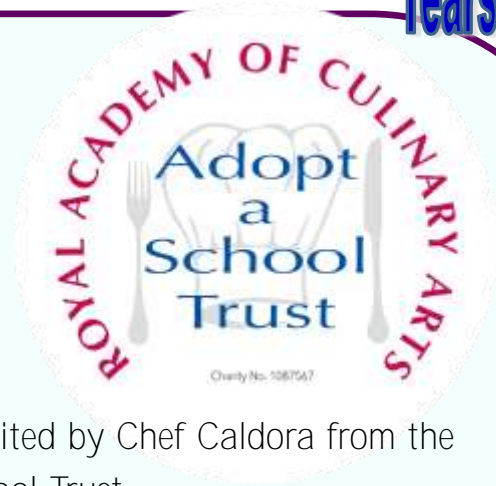
- Work hard.
- Practice lots.
- Keep going.
- Try new strategies.
- Ask for help.
- Start again.
- Take a brain break.

Be curious!
Only the cat helps you to:

- Ask questions.
- Notice things.
- Look for patterns and connections.
- Think of possible reasons.
- Research.
- Ask "what if...?"



D & T



This week in our Years 5 & 6 class, we were visited by Chef Caldora from the Royal Academy of Culinary Arts -Adopt a School Trust.

The lesson began by talking about the different ingredients that the children would be working with. They had to identify whether they grew underground, on the ground or over the ground. We could tell which foods grew over the ground, because they had seeds and were classified as fruits.



Next, we learned two key cutting skills. The bridge hold and claw grip. These methods enable us to safely and efficiently cut our ingredients to make a delicious Brazilian salad





Using the claw grip

We discussed what could be added to our salad to make it a more filling turn it into a nutritionally balanced meal.



Using the bridge hold



We used a sawing motion to cut through our ingredients. This enabled us to prepare our salad safely



UN Convention on the Rights of the Child
 Article 29: Goals of education
 Article 24 : Health and health services

Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Tips for helping your child with sleep

Quality sleep is essential for children's growth, development, concentration, memory and problem-solving abilities, immune system, emotion regulation, behaviour and mood! Poor sleep habits at a young age can lead to longer term sleep problems. The recommended hours of sleep for children and young people are:

Primary age
children
9-11 hours

Adolescents
8-10 hours

Our top tips:

1. Keep a **sleep diary** – you may be able to identify patterns of poor sleep and factors that may be having an impact on your child's sleep quality. Do you notice they find it harder to get to sleep after doing an activity in the evening? Or do you notice their sleep is affected by what they have eaten that day? Try making changes to your child's normal routine and record any changes in the sleep diary.
2. Explore **environmental reasons** for sleep difficulties – is your child being over-stimulated at night? Are there any noises keeping them awake? Is their bedroom dark enough? Is their mattress comfy? Is the temperature of their bedroom cool?
3. Use **visual cues** – visual timetables or picture cards explaining your child's bedtime routine can help reduce anxiety, so children feel calmer and the evening is more relaxed for both you and your child.
4. Maintain a **regular routine** – keeping your child's bedtime the same, as well as the time they wake up in the morning, is important when improving your child's sleep quality.

Sleep guide for parents
(includes sleep diary
template)



**Top tips for improving
your child's sleep:**



**Sleep guide for
parents:**



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	
March	
Friday 28th March	Mufti Day
April	
Monday 7th April	Send your decorated eggs to school
Tuesday 8th April	Easter Cake Sale Chocolate Tombola After school. Items 50p. Please bring cash.
Thursday 10th April	Easter Egg Bingo
Thursday 10th April	8.55-9.30am Easter Stay and Play for Reception and Nursery families
Friday 11th April	Break up for the Easter Holidays

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



Attendance and Punctuality

GOOD ATTENDANCE

MEANS BEING IN SCHOOL AT LEAST 95% OF THE TIME... OR HAVING NO MORE THAN 8 DAYS OFF!

0

DAYS ABSENCE
100% ATTENDANCE

MORE TIME IN SCHOOL MEANS MORE TIME TO LEARN, DEVELOP & GROW!

8

DAYS ABSENCE
96% ATTENDANCE

19

DAYS ABSENCE
90% ATTENDANCE

LESS TIME IN SCHOOL MEANS LESS TIME TO BECOME THE VERY BEST YOU!

29

DAYS ABSENCE
85% ATTENDANCE

EDUCATION + ATTENDANCE + EFFORT = ENDLESS POSSIBILITIES!

DON'T BOOK APPOINTMENTS DURING SCHOOL TIME

38

DAYS ABSENCE
80% ATTENDANCE

POOR ATTENDANCE MEANS DRASTICALLY REDUCED LIFE CHANCES!

47

DAYS ABSENCE
75% ATTENDANCE

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

Lighthorne Heath Learning Heroes

EYES

Mrs Hartley and Mrs Cox have chosen Kit as their learning hero this week. Kit amazed us with his ideas in Drawing Club this week, adding lots of detail to his stegosaurus drawing. Kit was also able to use his phonic knowledge to add extra information to his ideas with a caption sentence. Well done Kit!



Co-operate

Years 1 and 2

Mrs Munday and Mrs Hill have chosen Lucas R for their Hero this week. Lucas has shown a positive attitude to all of his learning and has demonstrated the skills of persistence and resilience this week.



Persevere

Years 3 and 4

This week's Year 3 and 4 Hero is Emilia-Rose for her incredible progress in independent work and growing confidence in tackling challenges on her own. She approaches every task with enthusiasm, always striving to do her best, and her positive attitude is truly infectious!



Keep on improving

Years 5 and 6

Mrs Cox's hero this week is Ava. She showed fantastic knife skills during our session with Chef Caldora. She listened carefully to instructions and concentrated on her technique which resulted in a very successful cooking session. Keep up the brilliant work, Ava.



Use your imagination

Have a go



Concentrate



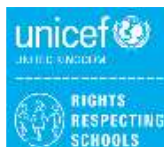
Be curious!



Enjoy learning

UN Convention on the Rights of the Child

Article 29: Goals of education





SPRING CLEAN LITTER PIC-NIC!

LET'S COME TOGETHER TO MAKE OUR VILLAGE A CLEANER, GREENER PLACE! GRAB YOUR GLOVES AND HELP US PICK UP LITTER, FOLLOWED BY A PICNIC IN THE SHOW ROOM GARDENS IN UPPER LIGHTHORNE - EVERY HAND MAKES A DIFFERENCE.

SATURDAY 12 APRIL

11AM - 1PM

MEET AT UPPER LIGHTHORNE ALLOTMENTS

LITTER PICKERS AND BIN BAGS WILL BE PROVIDED
ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT
REFRESHMENTS PROVIDED AFTERWARDS, BUT PLEASE
BRING YOUR OWN FOOD FOR A PICNIC.

SUPPORTED BY TIME BANK



  **DESIGN A POSTER – MAKE A DIFFERENCE!**  

 **CALLING ALL CREATIVE MINDS!** 


Are you passionate about protecting **wildlife and the environment**? This is your chance to **MAKE A DIFFERENCE!**

 **Competition: Design a Poster for Our Litter Picking Campaign!** 

We're looking for an eye-catching poster that highlights the importance of keeping our local area clean, protecting wildlife, and caring for our planet.

 **PRIZE:** The winning design will be used in our local campaign in conjunction with **Warwickshire Wildlife Trust AND receive a special prize!**

 **Deadline: 1st May**


 **Theme: Wildlife & Our Environment**

 **Get Creative & Help Spread the Message!**

  **Judged by Warwickshire Wildlife Trust** 

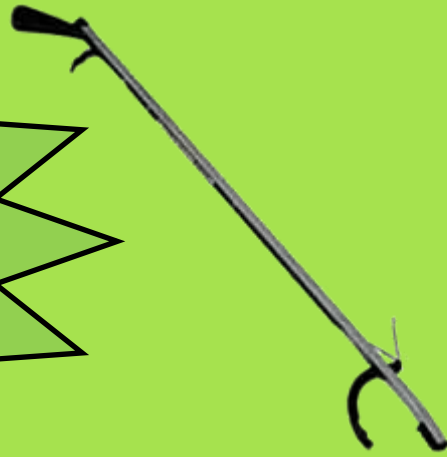
Submit your entries now and be part of the change.

Together, we can protect nature!   

 **For more details or to submit your entry, contact:**
Catherine Stacey – cathstacey@hotmail.com



How can we help the local area?



At Lighthorne Heath Primary School our Eco Committee are working hard to raise the awareness of issues relating to the climate and environment. Last week we led an assembly talking about litter. The children knew lots about why litter is so bad for the environment and the animals that live locally.

You can borrow our litter picking equipment if you wish to do some litter picking in your local area. We would love to hear about how much you collect and see some photos!

Please speak to Mrs Hendriksen and Mrs Tencuse in the office if you would like to borrow some litter pickers. Please make sure you wear gloves and wash your hands after use!

Plastics on the floor break down and end up in the soil which can then put microplastics in our food.

Animals can get hurt by litter.

Litter looks horrible and ruins the look of our area.

Animals might think the litter is food and try to eat it.

Litter can be sharp and hurt people.

We want to provide the healthiest possible environment for all our children to thrive.

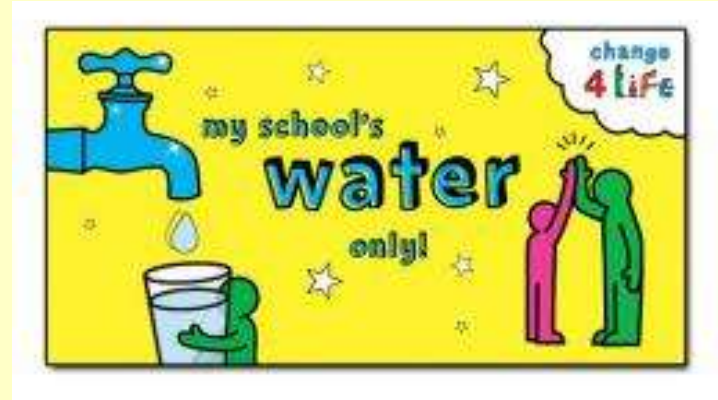
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

We have a water cooler in school and children are welcome to fill up their bottles when they need.



The NHS states that the best drinks to give children are water and milk.

Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental responsibilities

Article 24: Health and health services





Mobile Library

Lighthorne Heath Primary School Newsletter

Warwickshire Libraries have a new timetable for their new electric vehicles and visit Lighthorne Heath.

Each mobile library has:

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



Contact the Mobile Library Service

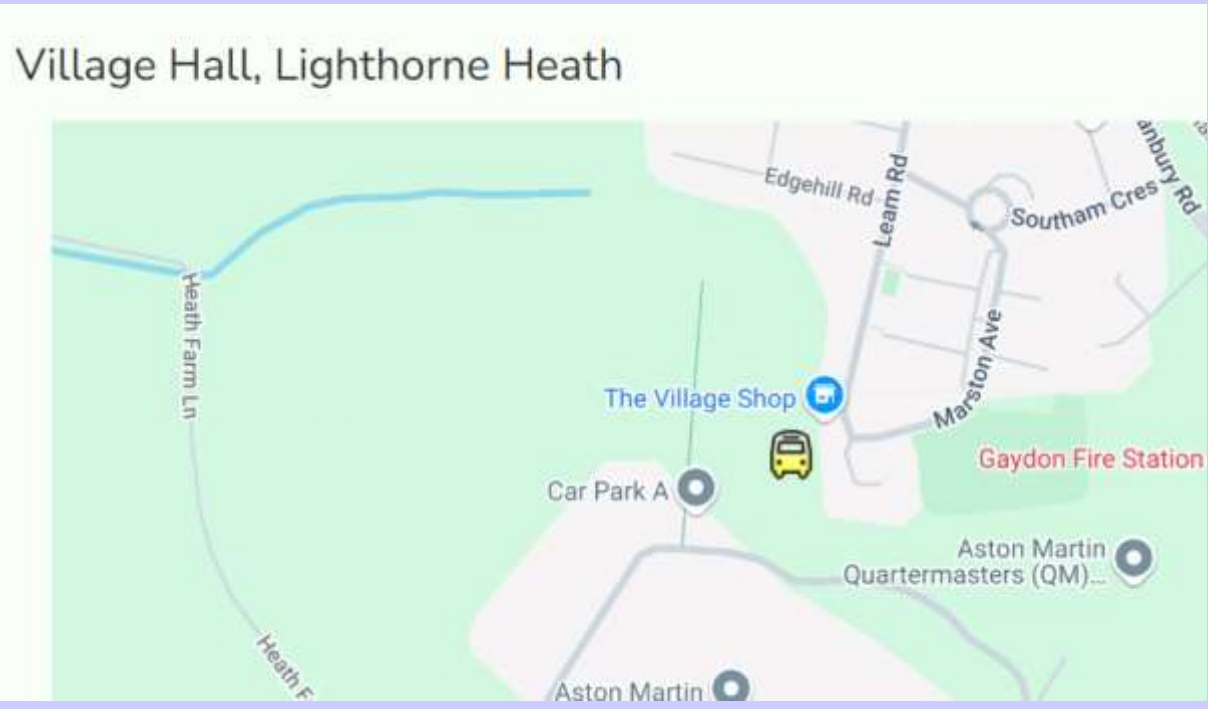
Email: mobilelibraryservice@warwickshire.gov.uk

Telephone: 01926 851031

The Mobile library will be here from 15:15 to 15:35

This route will operate on:

24 March 2025	22 April 2025	19 May 2025	16 June 2025	14 July 2025	11 August 2025
8 September 2025	6 October 2025	3 November 2025	1 December 2025		



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: Leisure, play and culture



educaterers

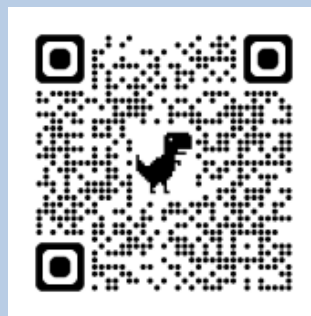
Week two	
Warwickshire, Coventry: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3 Oxfordshire: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3	
Choose a main meal... British Pork Sausages with Gravy & Mashed Potatoes (G.SU.SB)	MONDAY
Vegetarian Only (vg) Vegetarian Sausage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

Educaterers' New Menu

Next week we will be on Week 2 of the current Educaterers menu.

Free School Meals

If you think that you may be eligible for free school meals applications can be made online at <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>



Mrs. Manley and Mrs Hendriksen are happy to help with FSM applications, please ask if you require assistance.

Our healthy school meals are provided by Educaterers. A new menu has been launched and we will begin serving this after the Easter break.

Did you know that Educaterers has a website where you can find out more about their company values, the ingredients that are used in our school meals and about their menus? Educaterers also has a recipe book that you can download if you would like to have a go at creating delicious and healthy treats at home.



Educaterers

STANDARD JKT
April 2025

Weekly Menu

Week one	Week two	Week three
<p>Monday</p> <p>Choose a main meal... Mediterranean Pasta Bake with Cheese served with Freshly Baked Crusty Bread (G.D.)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Strawberry Sprinkles Sponge Cake (G.E.) Fresh Fruit</p> <p>Vegetarian Only (V,N) Tomato Pasta Bake served with Freshly Baked Crusty Bread (G.D.)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Monday</p> <p>Choose a main meal... (N) Moroccan Chicken Pasta (Mozzarella) served with Freshly Baked Mixed Wheat Baguette (D)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Raspberry & Apple Sponge with Cardam (G.E.) Fresh Fruit</p> <p>Vegetarian Only (V,N) Baked and Sweetened Pasta Bake with Freshly Baked Wholegrain Baguette (G.D.)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Monday</p> <p>Choose a main meal... (V) Cheese and Tomato Pizza Wedge served with Seasoned Potato Wedges (D)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Crunchy Cookies (D) Fresh Fruit</p> <p>Vegetarian Only (V) Jacket Potatoes with Cheese (D) Jacket Potato - (V) Cheese (D) or (Vg) Baked Beans</p>
<p>Tuesday</p> <p>Choose a main meal... (V) Cheese and Tomato Pizza Wedge served with Potato Wedges (G.D.)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Chocolate Cheesecake (G) Fresh Fruit</p> <p>Vegetarian Only (V) Jacket Potatoes with Cheese (D) Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Tuesday</p> <p>Choose a main meal... (V,N) Rustic Pizza Wedge served with Crispy Diced Potatoes (G.D.SB)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Strawberry (D) Fresh Fruit</p> <p>Vegetarian Only (V) Jacket Potatoes with Cheese (D) Jacket Potato - (V) Cheese (D), or (Vg) Baked Beans</p>	<p>Tuesday</p> <p>Choose a main meal... (N) British Beef Bolognaise served with Garlic Bread (V) Cheese (D)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Lemon / Orange Citrus Cake (G.E.) Fresh Fruit</p> <p>Vegetarian Only (V,N) Vegetarian Bolognaise with Garlic Bread (B.SB)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>
<p>Wednesday</p> <p>Choose a main meal... WEDNESDAY ROAST British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Raspberry & Apple Sponge with Cardam (G.E.) Fresh Fruit</p> <p>Vegetarian Only (Vg) Classic Quorn Roast in Gravy with (V) Yorkshire Pudding (D.E.G) Crispy Roast Potatoes</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Wednesday</p> <p>Choose a main meal... WEDNESDAY ROAST British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V) Ice Cream (D) Fresh Fruit</p> <p>Vegetarian Only (Vg) Classic Quorn Roast in Gravy with Sage and Onion Stuffing (D) Crispy Roast Potatoes</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Wednesday</p> <p>Choose a main meal... WEDNESDAY ROAST British Roast Pork Sides, Apple Sauce and Gravy</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V) Strawberry Whip with Fruit (D) Fresh Fruit</p> <p>Vegetarian Only (Vg) Classic Quorn Roast with Gravy (D) Crispy Roast Potatoes</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>
<p>Thursday</p> <p>Choose a main meal... (Vg) Crispy Quorn Dippers in a Wrap with Tomato Salas served with Crispy Diced Potatoes (D)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Melting Moment Biscuits (G.SU) Fresh Fruit</p> <p>Vegetarian Only (V) Jacket Potatoes with Cheese (D) Jacket Potato - (V) Cheese (D), or (Vg) Baked Beans</p>	<p>Thursday</p> <p>Choose a main meal... British Pork Sausages served with Mashy Potatoes (B.SB.D)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Peachy Muffin Sponge (G.E.) Fresh Fruit</p> <p>Vegetarian Only (Vg) Vegetarian Sausage served with Mashy Potatoes (D)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Thursday</p> <p>Choose a main meal... Beef Burger in a Bun served with Crispy Diced Potatoes (G.SB.SU)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (V,N) Chocolate Frosted Sponge (G.E.D.) Fresh Fruit</p> <p>Vegetarian Only (Vg) Plant power burger in a Bun with Crispy Diced Potatoes (D)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>
<p>Friday</p> <p>Choose a main meal... FISH/FRIDAY (Mozz) Battered Fish Fillet (G.F) served with Chipped Potatoes</p> <p>On the side... Fresh Salad Bar Peas or Baked Beans</p> <p>For dessert... (V) Jelly with Fruit Fresh Fruit</p> <p>Vegetarian Only (V,N) Tiramisu & Baked Beans served with Garlic Bread Roll (G.D)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Friday</p> <p>Choose a main meal... FISH/FRIDAY Mozz Salmon Fish Cake served with Chopped Potatoes (G.F)</p> <p>On the side... Fresh Salad Bar Peas or Baked Beans</p> <p>For dessert... (Vg) Jelly with Fruit Fresh Fruit</p> <p>Vegetarian Only (Vg) Plant power Burger in a Bun served with Chopped Potatoes (D)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>	<p>Friday</p> <p>Choose a main meal... FISH/FRIDAY (Mozz) Fish Finger Fingers (G.F) served with Chopped Potatoes</p> <p>On the side... Fresh Salad Bar Peas or Baked Beans</p> <p>For dessert... (V) Ice Cream (D) Fresh Fruit</p> <p>Vegetarian Only (Vg) Breaded Vegetable Fingers with Chipped Potatoes (D)</p> <p>Jacket Potato - (V) Cheese (D), Tuna (F.E.) or (Vg) Baked Beans</p>

Half portion or fully order from the hydration station. (V) items contain milk & (Vg) homemade fresh bread are also served daily.

ALLERGENS: G: Gluten, L: Lactose, N: Nuts, S: Soy, T: Tuna, V: Vegetarian, Vg: Vegan, W: Wheat, X: Xanthan Gum, Y: Yeast

PLEASE CONTACT your school canteen for information regarding the content of dishes and products on our menu.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 24: Health and health services

Lighthorne Heath Primary School

Lighthorne Heath Primary School Newsletter



Thursday 8th May 2.15 - 3pm

Thursday 8th May marks 80 years since V.E. Day. This is a very special day being celebrated nationally and we would like to hold a special event in school to mark the occasion.

All parents are welcome to join us from 2.15pm on the school field for tea and cake. The children are preparing to sing a few songs, including the national anthem.

Please could children wear red, white and blue on the day. We'd appreciate donations of cake to help make the day a success.



St Laurence Church Mothering Sunday Service

2.00pm Sunday 30th March

At the park at the end of Gaydon Coppice Avenue
w3w ///reprints.dates.scrap

All Welcome

Cream Tea - Refreshments - Kids Activity



UN Convention on the Rights of the Child
Article 29: Goals of education
Article 3: Leisure, play and culture
Article 14 : Freedom of thought, belief and religion



Easter

With

HAF

FREE places for eligible families

Healthy lunch provided

TIMES 9.30am to 3.30pm

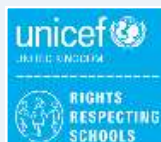
Limited Spaces

Monday 14th to Thursday 17th April at...

Lighthorne Heath Primary School

For more information go to
haf.onsidelive.co.uk

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UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture



Competition

TO NAME OUR FLEET CYCLES

WCC Road Safety Education Team are running a competition to name our new fleet cycles.

For information click the QR code



Closing date 31st March 2025.

Fleet cycles are available for children to use to access Bikeability cycle training.



For information click the QR code



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 6: Life, survival and development

Article 3: Leisure, play and culture



UK Health
Security
Agency

Stop norovirus spreading

Norovirus, also known as the 'winter vomiting bug', is the most common stomach bug in the UK. It can spread easily through close contact, or by contaminated surfaces, food or water.

The main symptoms of norovirus include a sudden onset of nausea, followed by projectile vomiting and diarrhoea, usually 1 to 2 days after becoming infected. Other common symptoms include a high fever, a headache and aching arms and legs.

Good hand hygiene is important to stop norovirus spreading.

To stop norovirus spreading, you should:

- wash your hands thoroughly using soap and warm water after using the toilet or contact with a sick individual and before preparing and eating food.
- stay off school or work until you have not been sick or had diarrhoea for at least two days
- not rely on alcohol gels instead of washing your hands, as these do not kill the virus
- wash any contaminated clothing or bedding using detergent at 60°C using disposable gloves to handle any items
- use bleach-based cleaners to disinfect surfaces

If you catch it, stay home for 48 hours after your symptoms clear

DO



Wash clothes and bedding at 60°C



Wash hands with soap, clean surfaces with bleach-based disinfectants



DON'T



Go to work or school, visit care homes or hospitals



Prepare food for others



Most people will make a full recovery in 2-3 days without needing any medicine. It is important to keep hydrated – especially children and the elderly.

Try not to visit A&E or GP surgeries if you have symptoms of norovirus unless advised to do so by a healthcare professional, as this may spread the bug to others. Call ahead to a GP or ring NHS 111 if you are worried about your symptoms.

Further information is available at NHS 111 or NHS.uk (<https://www.nhs.uk/conditions/norovirus/>)



A number of free online parenting courses are available to Warwickshire families. These are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. All of the courses are filled with helpful techniques and ideas developed by our experienced parenting professionals to help you become a confident and happy parent. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace.

Follow the link via the QR code above or access these courses and other support via: <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

<p>Parents Together</p> <p>Read More</p>	<p>Let's Play</p> <p>Read More</p>	<p>Coping with teens</p> <p>Read More</p>	<p>New Baby in the Family</p> <p>Read More</p>
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<p>Raising Confident Children</p> <p>Read More</p>	<p>Sibling arguments</p> <p>Read More</p>
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<p>Giving praise effectively 9 easy steps to give praise effectively</p>	<p>Steps for empathy 10 easy steps to show and develop your empathy</p>	<p>Time to calm down 10 steps for giving time to calm down</p>
<p>Choices and consequences 7 steps for giving choices and consequences</p>	<p>Active ignoring 8 steps for active ignoring unwanted behaviour</p>	<p>Problem solving 7 steps for problem solving</p>



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

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

What Parents & Educators Need to Know about

SNAP STREAK

97 DAYS

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have liked photos of them and will post them unless they've paid. Snapchat's own research found that 65% of teenagers had experienced this - on this app or others. This likely isn't helped by 'SnapMaps' - a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body image expectations - creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account, their friends list and who they've spoken to in the last week - and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user - such as harassing or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are, talk about scams and blackmail before letting children sign up. If they're lured into it, scold and encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

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 sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/snapchat-2021>

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Some useful information for parents and carers, including online webinars can be accessed via The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of how to support their children if issues arise.



Online Safety Information

SAFELINE'S PARENT WORKSHOP

HOW TO KEEP YOUR CHILD SAFE ONLINE!

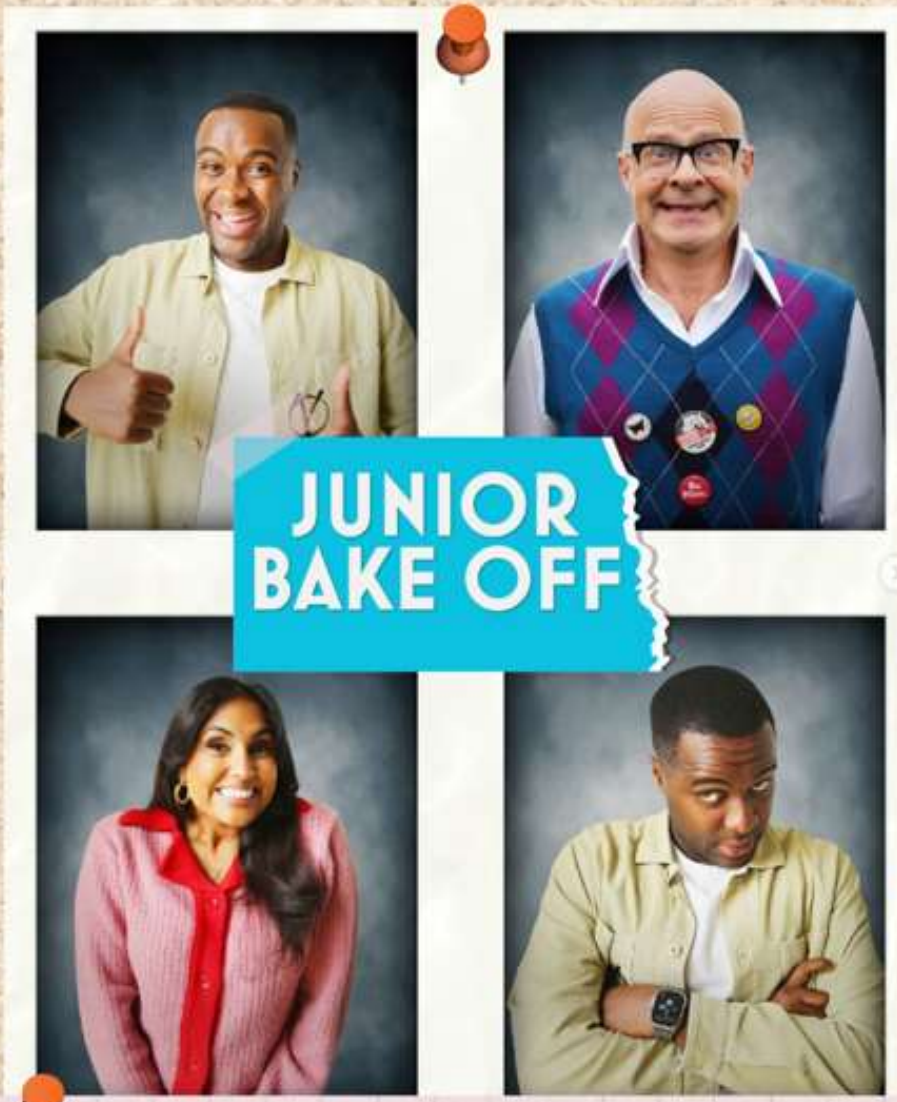
Online Safety Workshop
Wednesday 9th of April 2025
5-6pm

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

If you would like to attend please confirm by emailing ramandeepd@safeline.org.uk please include your child's school name

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





JOIN THE CLASS OF 2025!

JUNIOR BAKE OFF

... IS LOOKING FOR BRILLIANT BAKERS, AGES 9-15 FOR THE NEXT NEW AND EXCITING SERIES!

APPLICATIONS CLOSE SUNDAY 23RD MARCH

APPLYFORJUNIORBAKEOFF.CO.UK



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ULFC EASTER HOLIDAY CAMP



WEEK ONE

Monday 14th, Tuesday 15th, Wednesday 16th &
Thursday 17th of April 25'

WEEK TWO

Tuesday 22nd, Wednesday 23rd, Thursday 24th &
Friday 25th of April 25'

TIME - 9am to 3pm

ADDRESS- Lighthorne Heath Village Hall, Valiant Close,
CV33 9UF

AGES - Open to Children aged 5-13

- Football
- Multi Sports
- Games and Activities
- Themed Days - Egg Hunt

£20
per day

£70 for a
whole week

Book online at

www.upperlighthornefootballclub.co.uk/holidayclub

or message us on 07466 169120



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School admissions



Warwickshire County Council

If you have a child who is due to start Reception or Year 7 next September, you need to apply for their school place. Applications can be made via the Warwickshire School Admissions Service. Visit their website for more information <https://www.warwickshire.gov.uk/school-admissions-appeals>.

Applying for a primary school place



Applying for a secondary school place

