

Nursery and Reception Talk for Writing

Reception children this week have been using Talk for Writing to support them to learn key story features, time connectives and new vocabulary. The children have enjoyed learning the story of 'The Little Green Dinosaur' through story mapping and recital with actions. Later in the week the children will adapt the story to make a new unique version.

Lighthorne Heath Primary School Newsletter



TalkforWriting

Forest



First



Big cuddle



Suddenly



Suddenly



Fierce



Over



PSHE– Making a healthy snack.



Lighthorne Heath Primary School Newsletter

The children in Years 1 and 2 have continued their learning about ‘Being Healthy’ as part of our Jigsaw PSHE lessons.

This week they consolidated their learning about the food groups, matching the ingredients for making a healthy wrap into the correct food groups and learning the nutritional benefits of eating these foods.

Following this session they were able to choose from a variety of ingredients to add to their own healthy wrap; cheese, carrot, tomato, pepper, cucumber and hummus. They learned how to spread the hummus with a butter knife, cut the tomatoes and carrot using a sharp knife and used a grater to add the cheese. Everyone was then able to enjoy eating their wrap and discuss their favourite flavours.

We managed to choose different vegetables to create a healthy snack which is full of vitamins.

I can make some healthy snacks and explain why they are good for my body
 I can express how it feels to share healthy food with my friends



The hummus is delicious and full of protein and fibre which helps us to grow strong.



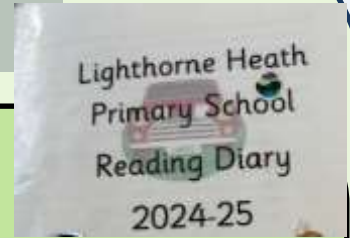
Using the cheese grater was fun! The cheese looked like wriggly worms!



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

Reading

Guide to Supporting Your Child's Reading



Questions to ask your child when reading fiction:

Predicting:

What do you think this book will be about based on the title and cover?

Have you read any books by this author before? What were they like?

What do you already know about this topic?

Understanding the Story:

What is happening in the story so far?

Who are the main characters? What do we know about them?

Where and when does the story take place?

Making Connections:

Does this story remind you of anything in your life?

Have you read another book like this before?

How do you think the character is feeling? Why?

Vocabulary and Language:

What does this word mean? Can you use it in a sentence?

Are there any words that you don't understand?

How do the illustrations help to tell the story?

Encouraging Critical Thinking:

What do you think will happen next?

Why do you think the character made that choice?

If you were in this situation, what would you do?

Summarising and Reflecting:

Can you tell me what happened in the story in your own words?

What was your favourite part? Why?

Did the book end the way you expected?

Extending the Story:

If you could ask the author one question, what would it be?

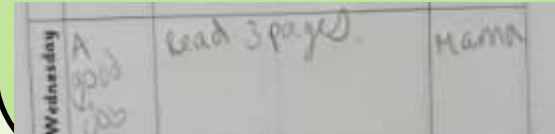
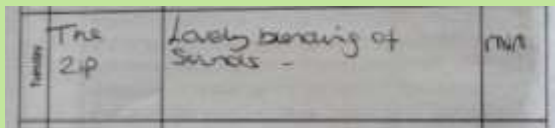
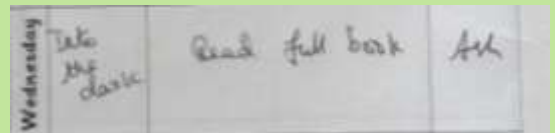
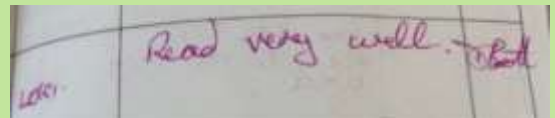
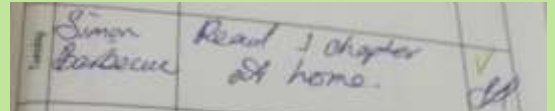
Can you think of a different ending to the story?

What lesson did you learn from this book?

Filling in the reading record:

When signing your child's reading record, please include the date that your child read, the title of the book (or the material that they read) and your initials.

You are welcome to include additional information about your child's engagement, comprehension and confidence or some praise if you would (and this is useful) but you don't have to.



READING INCENTIVE

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

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





ARTICLE 14 (freedom of thought, belief and religion)

Every child has the right to think and believe what they choose and also to practise their religion, as long as they are not stopping other people from enjoying their rights. Governments must respect the rights and responsibilities of parents to guide their child as they grow up.



Eid is

a special festival celebrated by Muslims around the world. Last weekend, many of our Muslim families celebrated Eid al-Fitr, also known as the Festival of Breaking the Fast. This celebrates the end of Ramadan, a month when Muslims fast from sunrise to sunset and focus on prayer, kindness, and self-reflection.

At Eid, families wake up early, wear new clothes, and may go to the mosque for special prayers. They also enjoy delicious meals, give to charity, and visit friends and family.

On Friday, some of our Muslim pupils shared information about Eid during our assembly and Mrs Manley read a children's story.

At Lighthorne Heath Primary School, we love learning about different cultures and celebrations. We would love to hear about the special festivals that your family celebrates so please let us know if you do.





English & D.T.

This week, the children in Years 3 and 4 have finally brought their pop-up books to life! After weeks of planning, writing, and designing, they proudly showcased their creativity and storytelling skills—an exciting culmination of their hard work and imagination.

Throughout this half-term, the children have been working towards writing and creating their very own pop-up books. They learned about different mechanisms such as sliders, springs, and pockets, and thoughtfully planned how to incorporate these into their stories. This week, they put their ideas into action—drawing, writing, and constructing their interactive books with great care and precision.

Once completed, they focused on their presentation skills, practising how to read their stories aloud. They explored ways to engage their audience by using expressive facial expressions, energetic voices (varying volume and pitch), and projecting confidently to ensure every word could be heard.

To make the experience purposeful, the children took their pop-up books to Nursery and Reception, where they proudly read their stories to the younger pupils. It was lovely to see the enthusiasm and joy as our class shared their creations, captivating the little ones with their animated storytelling.



UN Convention on the Rights of the Child

Article 29: Goals of education



FORCES



This week, the children in Years 5 & 6 have been performing experiments around forces. We started by experimenting with pendulums.

We were surprised to find that the weight (or mass) of a pendulum bob does not affect the number of swings in a minute (or the period of the pendulum), but the length of the pendulum string does.

Later in the week, we talked about the reason why objects fall to Earth (gravity) and we did an experiment to find out how air resistance affects how quickly an object falls to Earth.

We hypothesised that the bigger a parachute, the more air would get trapped and therefore there would be more air resistance, which would cause the parachute to fall more slowly.

We tested this hypothesis by making different sized mini parachutes weighted with blu-tak so we could find out whether surface area affects how quickly an object falls to Earth.

We had to make sure the only variable was the size of the parachute to make it a fair test. We made sure everything else was constant.



We dropped each parachute 3 times and then found the mean of the results. If you dropped it only once, this would not be a fair test as if something went wrong it would affect the results too much



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

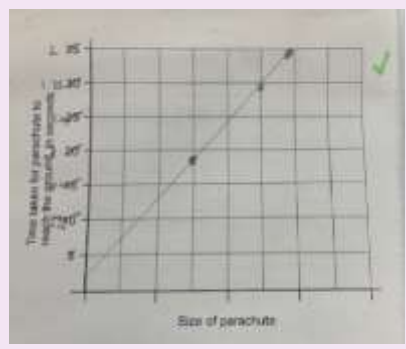
Lighthorne Heath Primary School Newsletter

We displayed our results in a graph so it was easy to understand our findings.

The larger the parachute, the longer it took to fall



Air resistance slowed down the parachutes. The larger the parachute, the more air was trapped causing it to fall more slowly.



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

Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Stress Awareness

Stress is what you feel when you're **worried, nervous, or under pressure**. It's your body's way of reacting to things that feel difficult, scary, or too much to handle. Everyone feels stressed sometimes!

Stress can come from lots of things, such as:

- **School** – too much homework, exams, or feeling like you have to do really well.
- **Friends** – disagreements/ arguments, bullying, or feeling left out.
- **Family** – disagreements/ arguments, moving house, or changes like a new baby in the family.
- **Big Changes** – starting a new school, growing up, or losing someone you care about.

Some stress can be good, but too much can cause us to feel anxious or depressed, which might affect our sleeping, eating habits and general wellbeing. If stress is going on for a long time, we may also experience 'burnout', which is when our body is exhausted and has not had a chance to rest. There are things we can do to help our body recharge and reduce stress:

Our tips for managing stress:

1. **Talk** to someone you trust. This helps you not to feel alone, because someone is there to listen to you and to care. Remember – it's okay to ask for help!
2. **Stress bucket activity** – follow the QR codes to complete your own stress bucket. This may help you to see what is contributing to your stress, as well as what helps you to feel calmer.
3. **Moving your body** can help to release stress and make you feel good. Why not try dancing to your favourite song or going for a walk with friends or family?
4. **Get creative** – Art has been found to help people feel present in the moment and reduce the feeling of stress and worry. Follow the QR code for more information!
5. Create a **calm corner!** It is important to have somewhere that you feel safe, and you could go there when you feel like you need a break. You could fill the corner with soft things like pillows and blankets, and is the perfect place to read, draw, or even listen to calming music!

Stress bucket
activity



Ideas to get
creative

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	
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

38

DAYS ABSENCE
80% ATTENDANCE

POOR ATTENDANCE MEANS DRASTICALLY REDUCED LIFE CHANCES!

47

DAYS ABSENCE
75% ATTENDANCE

EDUCATION + ATTENDANCE + EFFORT = ENDLESS POSSIBILITIES!

DON'T BOOK APPOINTMENTS DURING SCHOOL TIME

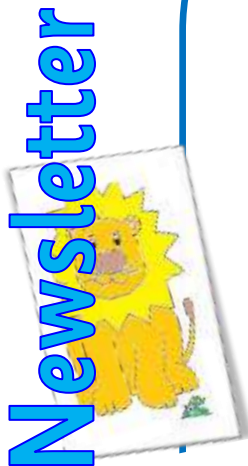
UN Convention on the Rights of the Child
 Article 29: Goals of education
 Article 5, Parental Guidance, Article 18, Parental responsibility



Lighthorne Heath Learning Heroes

EYFS

Mrs Hartley and Mrs Cox have chosen Ruby as their learning hero this week. Ruby impressed us this week with her enthusiasm for retelling the story of 'The Little Green Dinosaur'. She even added in an extra page. Ruby is always kind and caring. Well done Ruby!



Co-operate

Years 1 and 2

This week our hero is Lettie for her growing confidence and independence when completing tasks. Lettie always tries her best, demonstrates fantastic listening and concentration skills and is always polite and kind to others. What a hero you are, we are so proud of you!



Persevere

Have a go



Concentrate

Years 3 and 4

This week's Y 3 & 4 learning hero is Samuel for really showing a great improvement in the focus and care he puts into his work. His positive attitude, and resilience have truly stood out. Well done, keep it up!



Keep on improving



Be curious!

Years 5 and 6

My hero this week is Toby. He has shown resilience and hard work this week creating a wonderful radio advert with River and working through our assessments. Well done Toby, fantastic job!



Use your imagination



Enjoy learning

UN Convention on the Rights of the Child

Article 29: Goals of education



Lighthorne Heath Primary School Newsletter



PRIMARY SCHOOL COMPETITION

Help us design the 2025 Soccer Aid for UNICEF Mascot T-shirt!

This is your chance to design a t-shirt that mascots will wear when they walk onto the pitch at Soccer Aid for UNICEF 2025 on Sunday 15th June!

The design needs to be imaginative, impactful, and meaningful, reflecting UNICEF's values and/or the rights of children. Keep the right sleeve free for the Soccer Aid for UNICEF logo and the rest is up to you!

Please note designs must not include offensive language, inappropriate content or any names or logos.

**Entries must be
submitted by
midday on Thursday
24th April 2025.**

FRONT



Keep sleeve free for Soccer Aid logo.



Lighthorne Heath Skatepark

16/04/25

Lighthorne Heath Primary School Newsletter

SPRAY PAINT WORKSHOP



EASTER HOLIDAY FREE FAMILY ART ACTIVITY

- Drop-in at the skatepark between 11am-1pm.
- Please wear paint appropriate clothes.
- Materials, masks and gloves will be provided.

Enquiries email: Emma.Hills@trustgreen.com

Trustgreen



UN Convention on the Rights of the Child

Article 31: Leisure, play and culture



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.

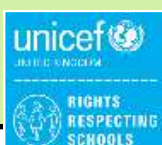
SATURDAY 12 APRIL

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



UN Convention on the Rights of the Child

Article 24- Access to a clean and safe environment.

  **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!**

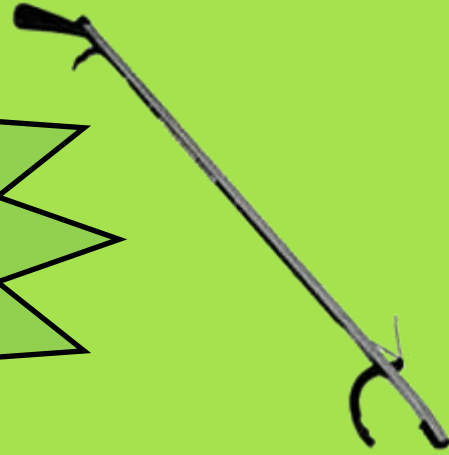
  **Judged by Warwickshire Wildlife Trust** 

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.



Lighthorne Heath Primary School Newsletter

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

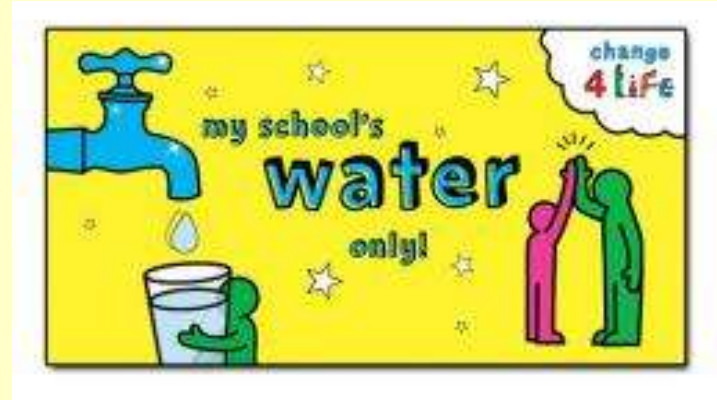
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

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





Warwickshire County Council

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

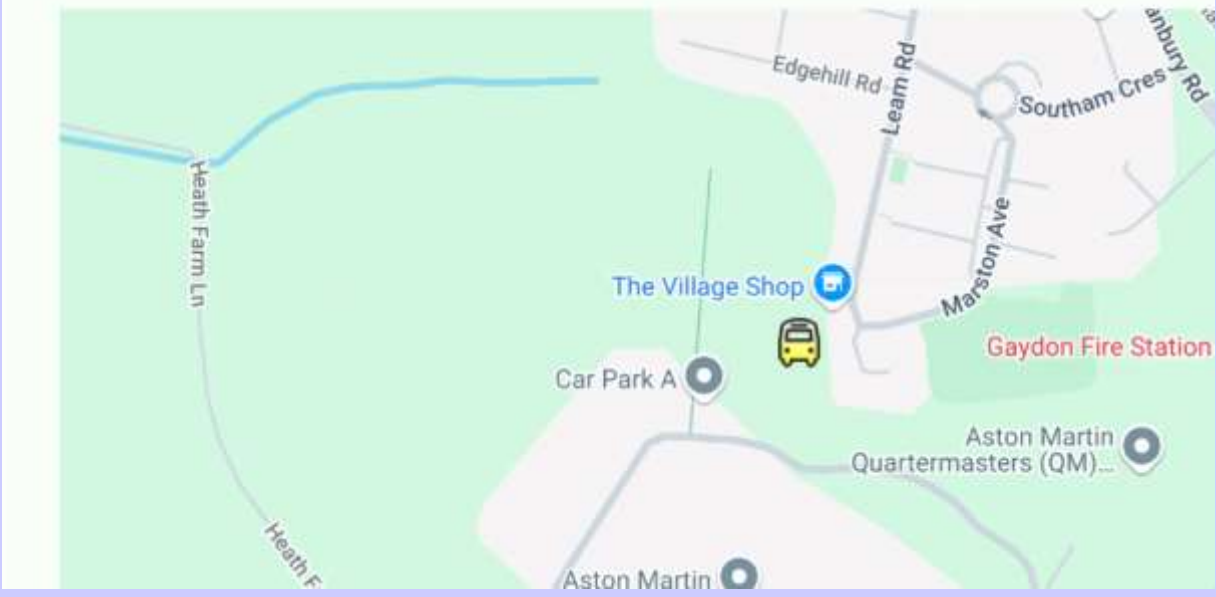
Telephone: 01926 851031

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		

Village Hall, Lighthorne Heath



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: Leisure, play and culture



educaterers

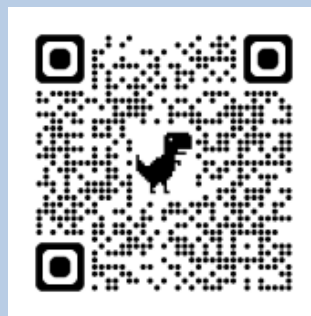
Week three	
Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4 Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4	
MONDAY	
Choose a main meal... Southern Style Chicken Strips in a Wrap with Potato Wedges (G)	On the side... Fresh Salad Bar Vegetables of the Day
Vegetarian Only (v) Jacket Potato with Cheese (D)	For dessert... (v)(h) Chocolate Orange Cookie with Orange Wedges (G) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
TUESDAY	
Choose a main meal... Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G.SB.SU)	On the side... Fresh Salad Bar Vegetables of the Day
Vegetarian Only (vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)	For dessert... (vg) (h) Shortbread (G) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
WEDNESDAY	
Choose a main meal... WEDNESDAY ROAST British Roast Pork Loin, Apple Sauce and Gravy	On the side... Fresh Salad Bar Vegetables of the Day
Vegetarian Only (vg) Quorn Roast with Gravy (G) Crispy Roast Potatoes	For dessert... (v) Strawberry Swirl Mousse (D) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
THURSDAY	
Choose a main meal... (h) Mild and Creamy Chicken Korma with Wholegrain rice (D)	On the side... Fresh Salad Bar Vegetables of the Day
Vegetarian Only (vg) Quorn Dippers with Seasoned Wedges (G)	For dessert... (v) Pancakes with Fruit (G D E) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	
FRIDAY	
Choose a main meal... FISHY FRIDAY (msc) Fish Fillet Fingers (G.F) with Chipped Potatoes	On the side... Fresh Salad Bar Peas or Baked Beans
Vegetarian Only (vg) Breaded Vegetable Fingers with Chipped Potatoes (G)	For dessert... (v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.) or Fresh Fruit
Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans	

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/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... Meringe Pork Mince/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 Favourite Sprinkles Sponge Cake (G.E.) Fresh Fruit</p> <p>Vegetarian Only (v)(V) 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... (vg)(N) Fudge (D) Fresh Fruit</p> <p>Vegetarian Only (v)(N) Biscuits and Sweetcorn 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)</p> <p>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 (D) Fresh Fruit</p> <p>Vegetarian Only (v) Jacket Potatoes with Cheese (D)</p> <p>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... (vg)(N) Shortbread (D) Fresh Fruit</p> <p>Vegetarian Only (v) Jacket Potatoes with Cheese (D)</p> <p>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 (D) Cheese (D)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (D)(N) Lemon / Orange Citrus Cake (D.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 (D.G.E.) Fresh Fruit</p> <p>Vegetarian Only (vg) Classic Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G)</p> <p>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 (D)</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)</p> <p>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)</p> <p>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)</p> <p>Jacket Potato - (v) Cheese (D), or (vg) Baked Beans</p>	<p>Thursday</p> <p>Choose a main meal... British Pork Sausages served with Mashed Potatoes (B.SB.D)</p> <p>On the side... Fresh Salad Bar Vegetables of the Day</p> <p>For dessert... (v)(N) Peach Melba Sponge (G.E.) Fresh Fruit</p> <p>Vegetarian Only (vg) Vegetarian Sausage served with Mashed 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... (vg) Plant power burger in a Bun with Crispy Diced Potatoes (D)</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/FRIEDAY (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... (vg) Jelly with Fruit Fresh Fruit</p> <p>Vegetarian Only (v)(N) Tiramisu & Bear Bake with 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/FRIEDAY Mozz Salmon Fish Cake served with Chipped 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 Chipped 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/FRIEDAY (Mozz) Fish Finger Fingers (G.F) served with Chipped 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 is freely available from the hydration station. (v) items consumed with milk & (vg) homemade fresh bread are also served daily.

ALLERGENS: G = Gluten, D = Dairy, N = Nuts, V = Vegetarian, VG = Vegan, F = Fish, E = Eggs, S = Soya, SB = Soya Beans, B = Beans, C = Cereals, O = Other.

Allergies
Please contact your school canteen for information regarding the content of dishes and products on our menu.



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.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture



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



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

For information
click the QR code



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



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>
-----------------------------------------------------------------	-----------------------------------------------------------	------------------------------------------------------------------	-----------------------------------------------------------------------

<p>Raising Confident Children</p> <p>Read More</p>	<p>Sibling arguments</p> <p>Read More</p>
---------------------------------------------------------------------------	------------------------------------------------------------------

<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>

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds



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





**ULFC EASTER
HOLIDAY CAMP**

**UPPER
LIGHTHORNE
FOOTBALL CLUB**

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



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



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

