



Newsletter 23
Friday 7th March 2025

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Nursery and Reception

This week Reception and Nursery learnt about the tradition of Pancake Day. The children followed a recipe with support to make a delicious pancake mixture. The children were able to measure ingredients and whisk the mixture. They then enjoyed eating them as a treat at snack time. Nursery also enjoyed taking part in some pancake races.



Last week, Reception children enjoyed a visit from the Warwickshire Road Safety Team. We learnt about the road safety code and met Warwick Bear.



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



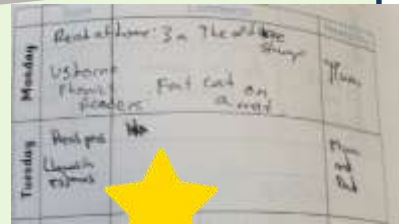
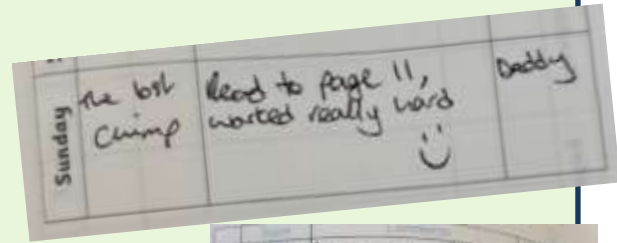
Reading



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.



Help your child with reading

I Spy

Play 'I Spy' games. Can you find words beginning with...? Can you find a picture of a ...? How many ... can you see?

Ask Questions

Ask questions about the story as you read it e.g. What is the story about? Why do you think they made that choice? Was it a good choice? Why did that happen? What do you think will happen next? What was your favourite part of the story? Why?

Make it Fun

Enjoy reading together. Give characters funny voices and engage with the pictures. Make a game out of finding words that rhyme or start with the same sound.

Be Seen

Make sure you are seen reading. Keep books magazines at easy reach.

Get Out

Go to your public library regularly. Find the books you loved as a kid to read together.

Create

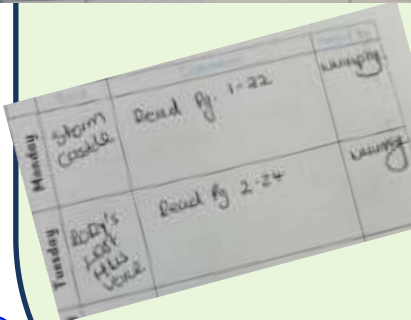
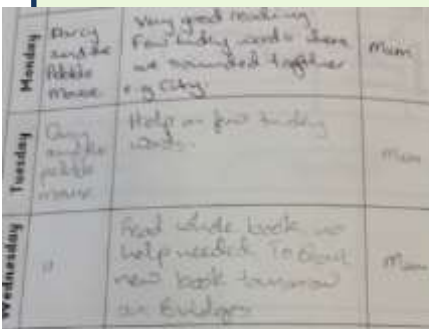
Use reading to inspire drawings or new stories.

Go Online

Look online & in app stores for appropriate word & spelling games.

Make Space

Have a special place or a certain time when you read together.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

We love reading!

At Lighthorne Heath Primary School, we believe that reading with your child regularly is the most valuable thing you can do with your child to help support their progress.

Giving a child time and full attention when reading them a story tells them they matter. It builds self-esteem, vocabulary, feeds imagination and even improves their sleeping patterns.

We expect all children to be heard reading a minimum of four times a week by an adult at home. This ideally should be daily.

“ Reading aloud everyday is the single most important thing you can do to prepare your child to learn. ”



Please record reading in your child's reading diary. Staff will regularly monitor these diaries. Please note that reading in school may take place in a variety of ways and may not always be recorded in your child's diary. For example, teachers keep central records of guided reading sessions.

Your child's reading diary will contain a gold star sticker on the front. If they can look after their diary and show they still have it at the end of the academic year then there will be a small reward.

World Book Day Competition

This week your child will be sent home with a entry form to design a National Book Token. All children who enter before Wednesday 12th March will be entered into a prize draw to win one of three £10 book tokens. There are also national prizes to be won and we will send off all entries received in school.

WORLD
BOOK
DAY
6 MARCH 2025



Year 1 and 2 Maths

Multiplication and Division

Lighthorne Heath Primary School Newsletter



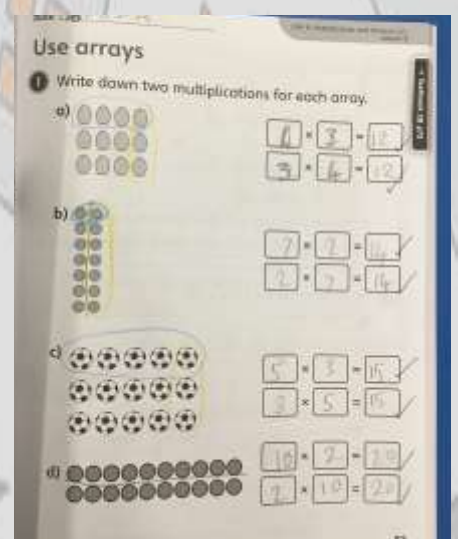
This week in our maths lessons we have been continuing our learning about multiplication using arrays. We had a solid understanding that multiplication means 'groups of'. Learning about arrays helped us to understand how to organise the groups clearly so we could count them easily.



Following the Concrete, Pictorial, Abstract progression in our curriculum, we began by making arrays using cubes. Instantly, we saw that this made it a lot easier for us to see how many cubes we had put in each group and check our work.

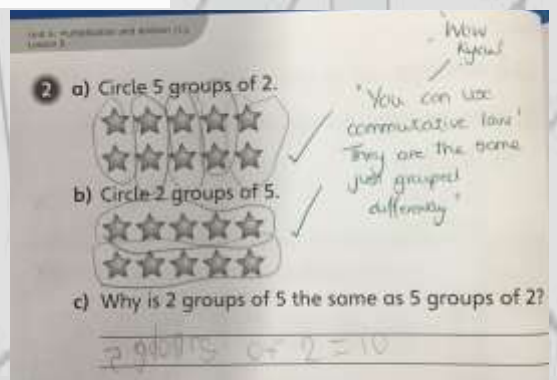


We then explored the pictorial representations of arrays, first exploring rows and columns in existing arrays before creating our own.



With our knowledge secure, we were able to complete the learning activities in our Power Maths books. Year 2 combined their understanding of arrays and multiplication sentences while Year 1 looked at arrays with repeated addition.

Showing the depth of our knowledge we were able to reason with different arrays; recognising that multiplications can be represented in different ways, applying commutative law.





Thank you to Dr Matt Pritchard for his exciting and engaging Science Zoom evening last week.

Our families enjoyed learning about; weight and counterbalance, using water to bend light, how to create an invisible zone using water in a glass and **watched Matt's amazing water droplet roller-coaster** in action. What a fantastic opening for our Science week activities.

Next week each class will take part in online science investigations led by The Primary Science Teaching trust, following this years Science week theme 'Change and Adapt.'



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



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

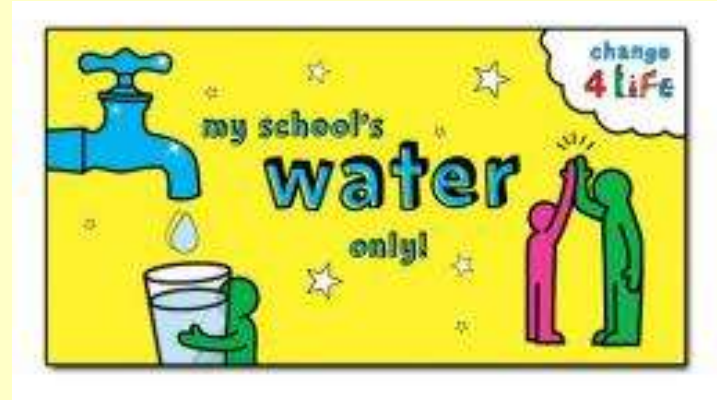
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

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.



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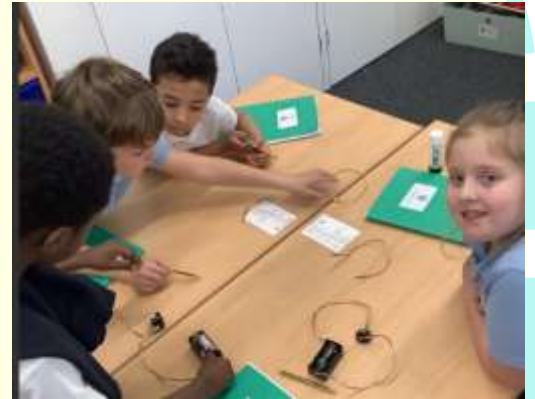
Article 18: Parental responsibilities

Article 24: Health and health services



Science.

This week, the classroom was buzzing—quite literally—as the children explored the fascinating world of electricity! Through hands-on learning, they built their own series circuits, identified key electrical components, and discussed the importance of electrical safety.



Science: Understanding Circuits

Our learning objectives for this lesson were:

- ✓ I can identify the different components (parts) in a circuit.
- ✓ I can explain how to work safely with electrical components.
- ✓ I can build a working series circuit.



This activity aligns closely with the National Curriculum for Science, which encourages children to develop their understanding of electrical systems, conduct investigations, and work scientifically to test predictions.

Building & Testing Circuits

The children were introduced to the key components of an electrical circuit, including batteries, wires, bulbs, buzzers, and switches. **They worked collaboratively to:**

- Identify components – Learning how each part functions within a circuit.
- Discuss electrical safety – Understanding why circuits must be handled with care, and discussing real-world electrical hazards.
- Construct a series circuit – Testing connections and troubleshooting why a circuit may or may not work.

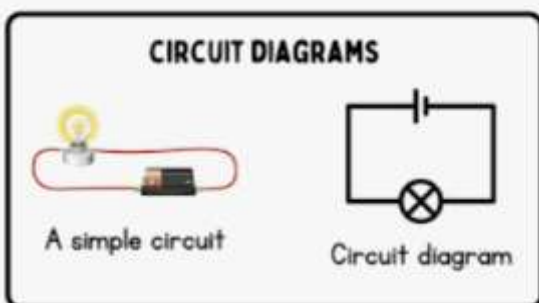


The excitement in the room was evident as bulbs lit up and buzzers sounded, with children working through trial and error to create complete circuits. They also made predictions about what would happen if they added or removed certain components, helping to reinforce their understanding of how electricity flows.

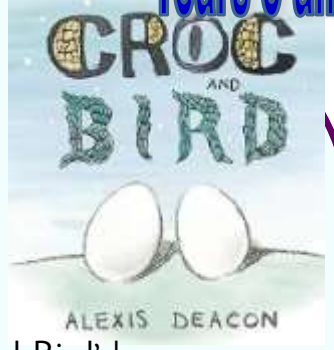
Developing Key Skills

This hands-on lesson encouraged children to:

- Think scientifically – Making predictions, testing ideas, and observing results.
- Work collaboratively – Problem-solving in groups and sharing discoveries.
- Understand real-world applications – Recognising where circuits are used in everyday life.



World Book Day

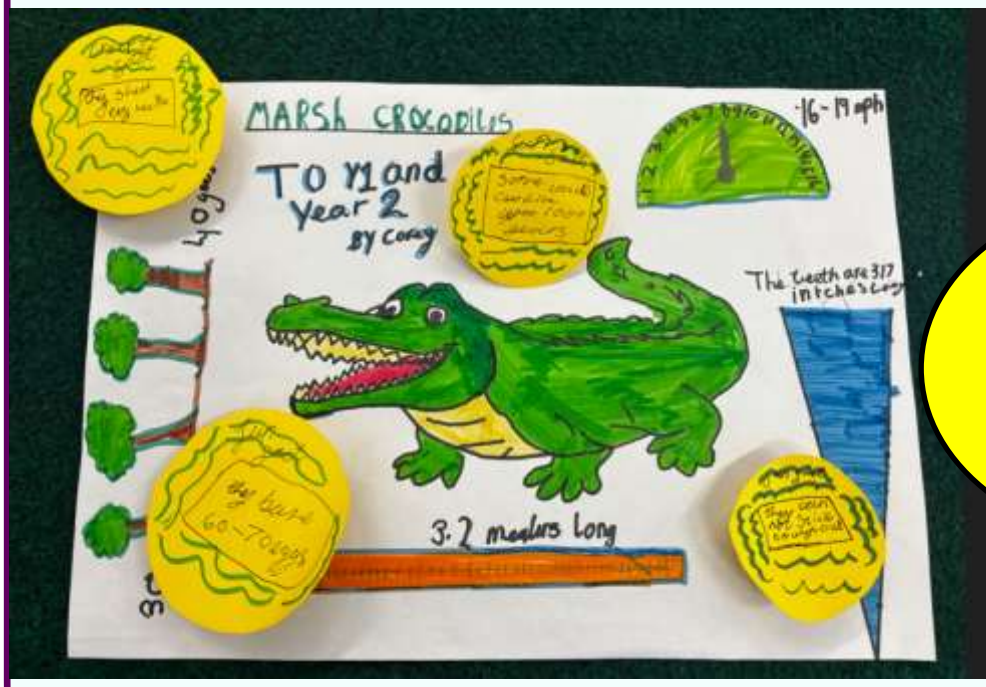


This week in 5/6 class we have been looking at the book 'Croc and Bird' by Alexis Deacon. We started by finding out more about the author/illustrator. We were intrigued to discover that he had always loved drawing and how his career started while he was still at college when his book 'Slow Loris' was published.

We spent time researching different types of crocodiles and birds so that we could make a non-fiction book for the KS1 children. We used the internet to find facts that we thought the younger children would find interesting and then worked on making our layout attractive.

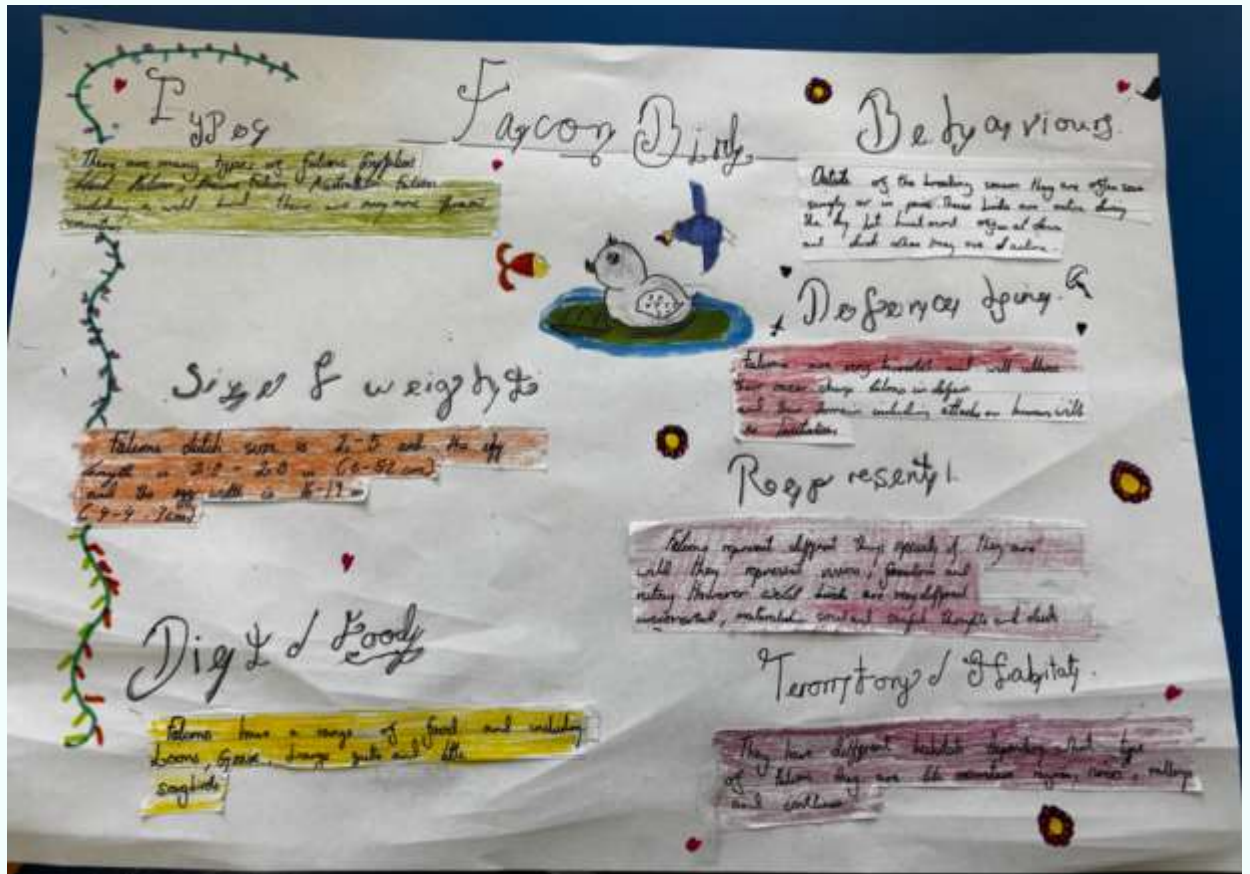
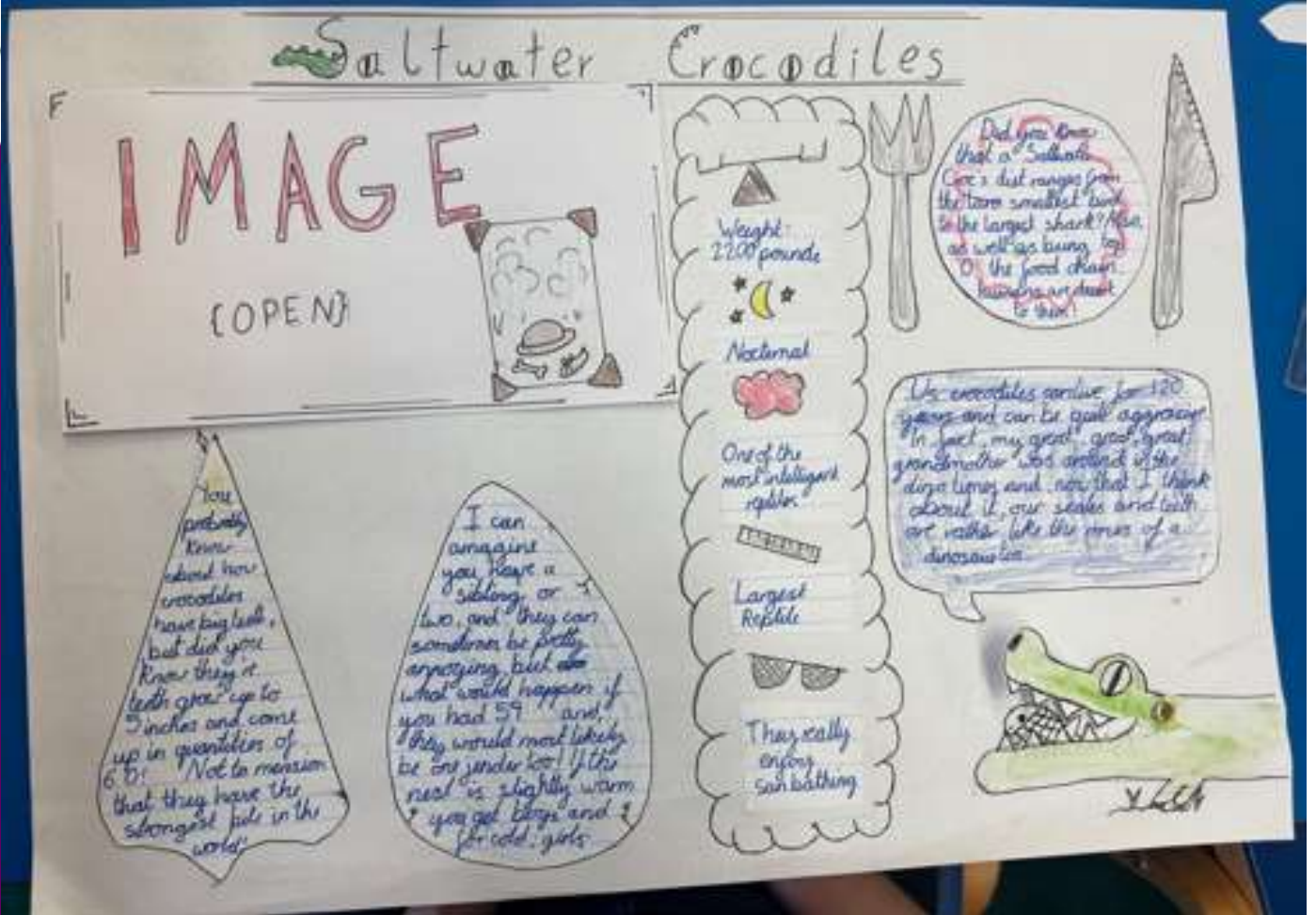
Finally we created our pages that will be placed together in a book which we plan to share with the Year 1/2 class next week.

Some examples of our work...



We chose bold colours and a simple layout for our chosen audience, the children in 1/2 class.





SALT WATER CROCODILES

Life Span
Crocodiles can live up to 70 years. Some rivers of the long live. Some large they can live to over 130 years.

Diet
Saltwater crocodiles eat everything they can get their jaws on. They eat fish, birds, mammals, reptiles, and even humans.

Tooths
The strong teeth can be up to 10cm long (10cm) long. The teeth point very sharp.

When do you sleep?
At night, when the sun is down.


Size
Saltwater crocodiles are the largest crocodiles.

Habitat
Saltwater crocodiles live in brackish or salt water and also can be found in rivers and creeks in Australia.

Weight
A large male saltwater crocodile can weigh up to 2,000 pounds and a large female saltwater crocodile can weigh around 1,000 pounds.

Fun Facts

- Crocodiles are great swimmers.
- They have 6-110 teeth and can replace them back in the jaw.
- Their life span is 20-70 years.
- Crocodiles have good eyesight.
- Their sense of smell is very strong.
- Crocodiles use their teeth to hold their prey next to their mouth.
- They have purpale eyes.
- They have sharp claws.



Eurasian Eagle Owl

Bubo Bubo


Description
The Eurasian Eagle Owl is a large type of owl that eats meat. They are 75cm in length and have a wingspan of about 2 inches. Female weigh 1.25-1.6 kg and male weigh 1.2-2.1 kg.

Habitat
The Eurasian Eagle Owl lives in the forests of Northern Europe and parts of Asia and Russia. They make nests in tall trees so predators cannot eat the eggs.


Diet
The Owl eats bats, voles, rats, mice, foxes, hares, weas, reptiles, amphibians, snakes, grouse, seabirds and other owls.

Fun Fact
The owl lives for 10-20 years in the wild but 30 years in a zoo.


Eats Meat



Eggs



6 feet 2 inches! Total Wingspan




Glossary
kilograms (kg): A measurement of weight
Wingspan: length between one wing and another
Vole: A small rodent



School Kitchen Vacancy

Join Our **TEAM**

educaterers 

Term Time Hours

**Lighthorne Heath Primary School,
Leamington Spa
Head of Kitchen**

22.5 Hours per Week

Are you passionate about food? Could you help us prepare and serve healthy lunches to school children? Would you like to work within school hours, term time only? Then why not join one of our friendly school based teams, full training package offered with opportunities for career progression.

*If you are interested please send your cv to :hr@educaterers.co.uk
or call: 01926743420*



We are looking for a friendly school cook



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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
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Emotional Wellbeing and Mental Health



Mental Health in Schools Team Tips For Wellness



Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health!**

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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.

Mindful March 2025

Emotional Wellbeing and Mental Health



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Set an intention to live with awareness and kindness	2. Notice three things you find beautiful in the outside world	3. Start today by appreciating your body and that you're alive	4. Notice how you speak to yourself and choose to use kind words	5. Bring to mind people you care about and send love to them	6. If you find yourself rushing, make an effort to slow down	7. Take three calm breaths at regular intervals during your day
8. Eat mindfully. Appreciate the taste, texture and smell of your food	9. Take a full breath in and out before you reply to others	10. Get outside and notice how the weather feels on your face	11. Stay fully present while drinking your cup of tea or coffee	12. Listen deeply to someone and really hear what they are saying	13. Pause to watch the sky or clouds for a few minutes today	14. Find ways to enjoy any chores or tasks that you do
15. Stop. Breathe. Notice. Repeat regularly	16. Get really absorbed with an interesting or creative activity	17. Look around and spot three things you find unusual or pleasant	18. Have a 'no plans' day and notice how that feels	19. Cultivate a feeling of loving-kindness towards others today	20. Focus on what makes you and others happy today	21. Listen to a piece of music without doing anything else
22. Notice something that is going well, even if today feels difficult	23. Tune into your feelings, without judging or trying to change them	24. Appreciate your hands and all the things they enable you to do	25. Focus your attention on the good things you take for granted	26. Choose to spend less time looking at screens today	27. Appreciate nature around you, wherever you are	28. Notice when you're tired and take a break as soon as possible
29. Choose a different route today and see what you notice	30. Mentally scan your body and notice what it is feeling	31. Discover the joy in the simple things of life				

ACTION FOR HAPPINESS

Happier · Kinder · Together

ACTION FOR HAPPINESS



Check out Action For Happiness' Mindful March calendar for some daily activities to promote positive mental health.

6. If you find yourself rushing, make an effort to slow down

20. Focus on what makes you and others happy today

7. Take three calm breaths at regular intervals during your day

29. Choose a different route today and see what you notice

7 Top Tips to Support Reading at Home

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

1 Concentrate on reading quality (it isn't all about reading lots!)



Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

2 Ask your child lots of questions



All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of 'Wh' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'what do you think Harry is feeling?'

3 Ask your child to make predictions about what they have read



If it is a book, look at the front cover—or the last chapter—and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?'

4 Ask your child to summarise what they have read



When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?'

5 Ask your child to write about what they have read



Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

6 Read and discuss reading with friends or family



Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

7 Maintain the motivation to read



Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'

Education Endowment Foundation (2018). *Preparing for Literacy: Improving Communication, Language and Literacy in the Early Years*. Education Endowment Foundation: London. Available online: eef.org.uk/literacy-early-years

Education Endowment Foundation (2019). *Improving Literacy in Secondary Schools*. Education Endowment Foundation: London. Available online: eef.org.uk/literacy-sa3-sa4

Breadmore, H.L., Vardy, E.J., Cunningham, A.J., Kwok, R.K.W., & Carroll, J.M. (2019). *Literacy Development: Evidence Review*. Education Endowment Foundation: London. Available online: educationendowmentfoundation.org.uk/public/files/Literacy_Development_Evidence_Review.pdf

Diary Dates



Spring Term	
March	
Monday 10th March– Friday 14th March	Science Week
Wednesday 12th March	Y3&4 Anglo Saxon Experience
Tuesday 18th March	Attendance Caseworker visit to school
Saturday 22nd March	World Water Day Class teachers will be sending home learning linked to this.
Friday 28th March	Mufti Day
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
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.



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Lighthorne Heath Learning Heroes

EYES

Archie B is our class hero this week. We've noticed Archie begin to develop his confidence sharing more of his ideas in class and demonstrating good understanding when answering questions. He has also been really keen to read with the grown-ups in school. Well done Archie!



Lighthorne Heath Primary School Newsletter

Co-operate

Years 1 and 2

Miley has been an absolute superstar this week! He has been listening really carefully and adding some wonderful ideas to our class discussions. Miley has completed some wonderful maths tasks. He has shown a great understanding of multiplication in our maths lessons and has been using the resources available to support him with his understanding and reasoning! Well done Miley, we are really proud of you! Keep up your hard work.



Persevere

Have a go



Concentrate

Years 3 and 4

This week's Year 3 & 4 learning hero is Archie R for his enthusiasm and dedication to his work across all areas of his learning. Well done, Archie!



Keep on improving



Be curious!

Years 5 and 6

Mrs Cox's learning hero this week is Yusayrah for her fantastic home learning. She created an amazing persuasive advert for a theme park. She used her imagination, technical skills and also the power of intonation in her speech to make a really compelling piece of work. Keep it up, Yusayrah!



Use your imagination



Enjoy learning

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An important child safety web page for empowering parents, carers and school staff with the information to help an informed conversation about online safety with their children. Having the right information is essential. This guide provides an overview of the issues that need to be understood about the risks of online safety. Please visit www.nationalonlinesafety.com for further guides, news or support.

What Parents & Carers Need to Know about YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content - including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if autoplay is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk - especially young ones, who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influence in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by copying their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual abuse) to underage viewers. To prevent your child from choosing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, contacting and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' - so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have 95+ social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube - and, if applicable, with content creators - to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Chloe Owen-Jones, known as @chloeowen on YouTube, has worked as an editorial journalist in the gaming industry since 2015, providing advice with semi-regular reviews and gaming guides. She is the owner of Just Well Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

www.nationalonlinesafety.com @nationalonlinesafety /NationalOnlineSafety @nationalonlinesafety

Version of this guide as at their date of creation. No liability is accepted for any changes to the date of release: 30.01.2023



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

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 Bolognaise with Garlic Bread (G/ cheese D)	TUESDAY
Vegetarian Only (h)(vg) Veggie Bolognaise 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

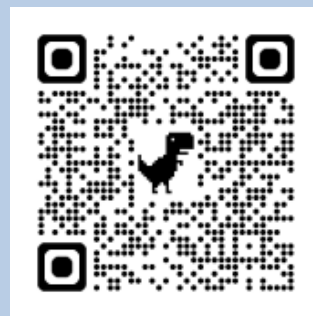
Educaterers' New

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.



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



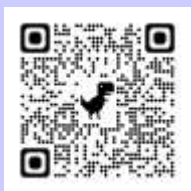
Prepare food for others



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

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



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

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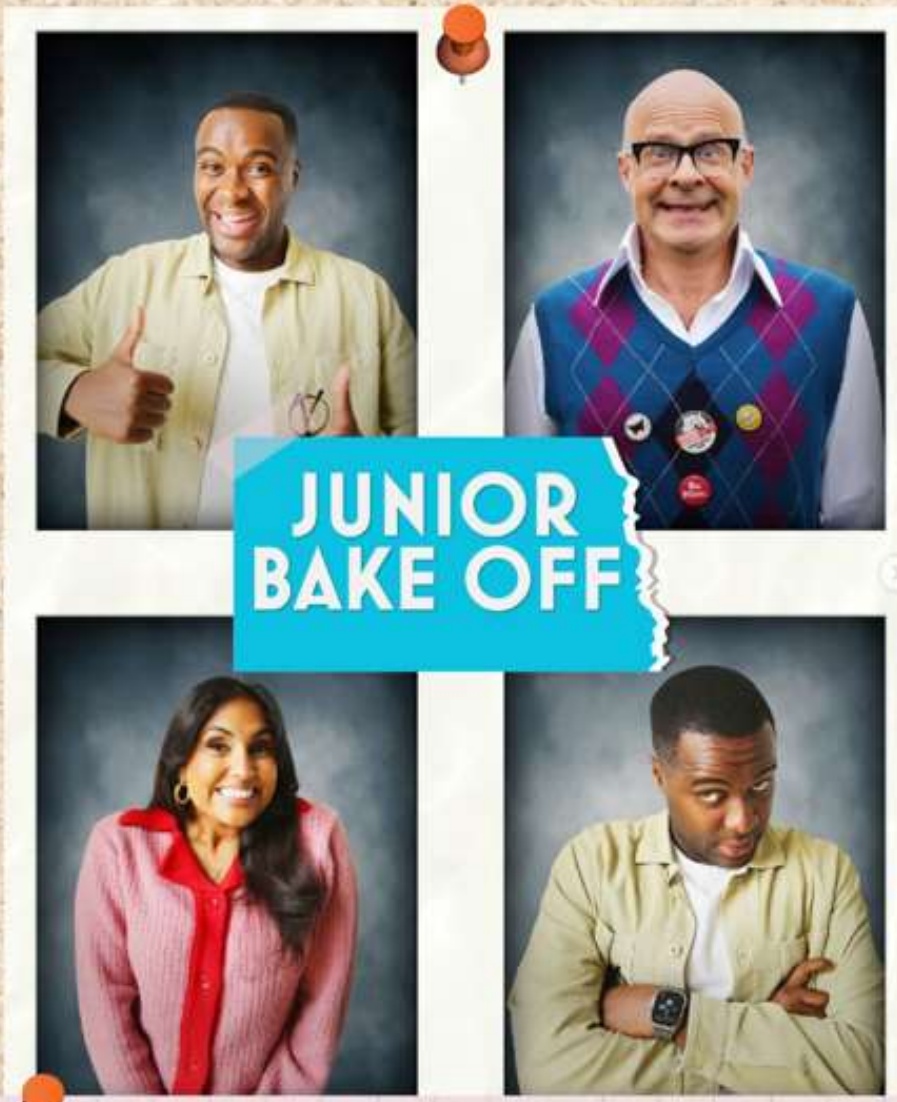
If you would like discuss support with a Family Support worker you please telephone the family support line on 01926 412412, Monday to Friday, between 9am-4pm.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



JUNIOR BAKE OFF

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



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: Leisure, play and culture



Warwickshire County Council

Mobile Library

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

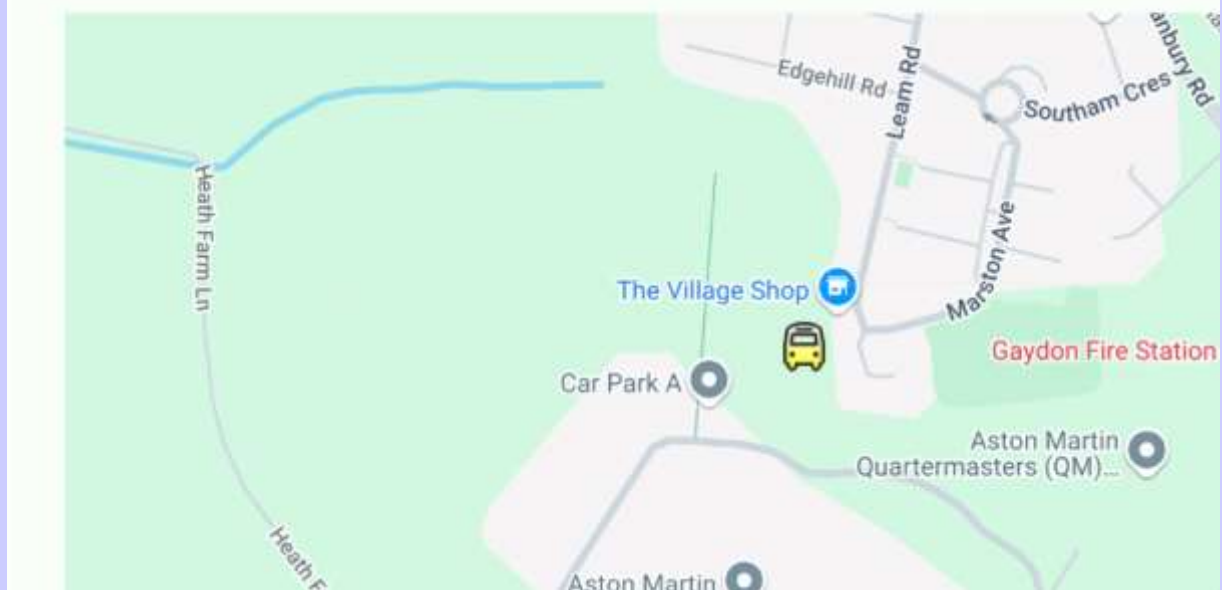


The Mobile library will be here from 15:15 to 15:35

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



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.

 Wed 19th
MARCH 7pm-8pm



Speaker
KAT HOWARD

Head of Education & Wellbeing (UK)
Smoothwall



Register for the Zoom link and parent flyer here:

<https://forms.office.com/e/x2JJKwLx8y>

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/>



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



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

