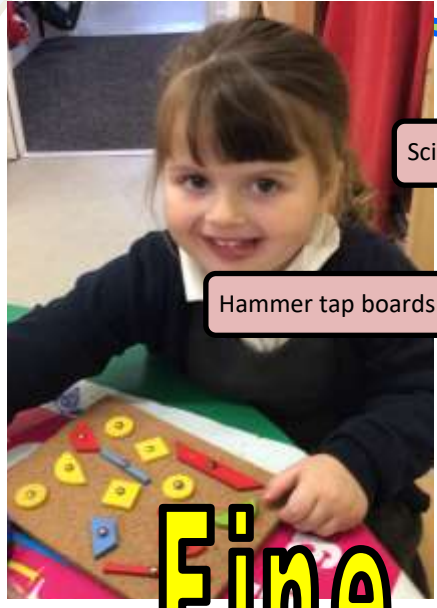


Nursery and Reception



Hammer tap boards



Scissor skills



Pen disco

Fine Motor Skills



coordination

independence



Peg boards

Strengthens fingers



concentrate

Problem solving

Lego

Developing fine motor skills is an essential part of early childhood learning, helping children build the strength and coordination needed for everyday tasks like writing, drawing, and using scissors. Engaging in activities such as threading beads, cutting with child-safe scissors, and playing with building blocks not only improves hand-eye coordination but also boosts concentration and independence. These fun and hands-on experiences lay the foundation for important skills children will use throughout their school years and beyond. Encouraging fine motor activities at home and in the classroom helps give young learners the confidence to explore, create, and succeed!

AWARD of Merit
SCHOOLS
in Flag Holder
PROUD TO BE A MUSIC MARK SCHOOL 2022 - 2023
360 Degree Safe
ARTS COUNCIL ENGLAND ARTSMARK GOLD
Soil Association
Healthy Schools

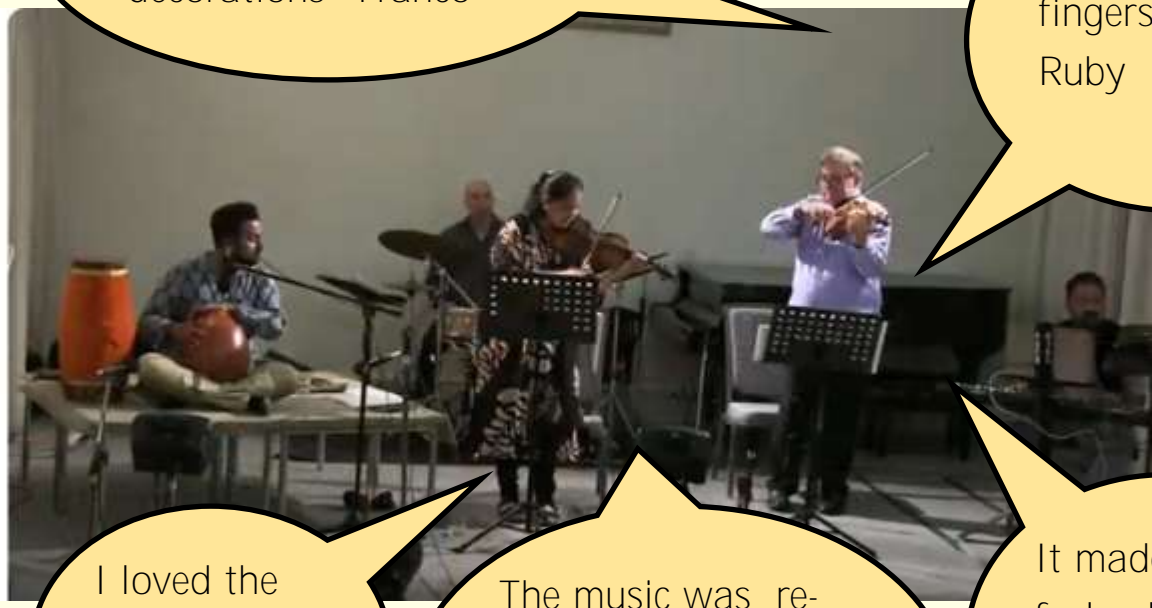
Raga Garage

We were very lucky to be able to watch a live stream of 'Raga Garage' on Friday afternoon. Raga garage are a band who bring together lots of different styles of music. The concert was being live streamed from the pump rooms in Leamington Spa.



I like the drum because there's some decorations- Franco

It made my fingers dance- Ruby



I loved the drum- Ralph

The music was relaxing because it was interesting- Livleen

It made me feel calm- Ikhlas



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



Our UNICEF Rights Respecting School Ambassadors led a school assembly today on Article 17; access to information from the media.

Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.

The Rights ambassadors talked about different sources on local, national and international news (which included our own school newsletter) and talked about on and offline sources of media.

Our UNICEF RRS ambassadors have decided to spend the proceeds of our upcoming cake sale and chocolate tombola (8th April) on a print subscription to a children's newspaper so that we can access age appropriate media information each week.



ARTICLE 17 (access to information from the media)
 Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 17: Access to information from the media





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!

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



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

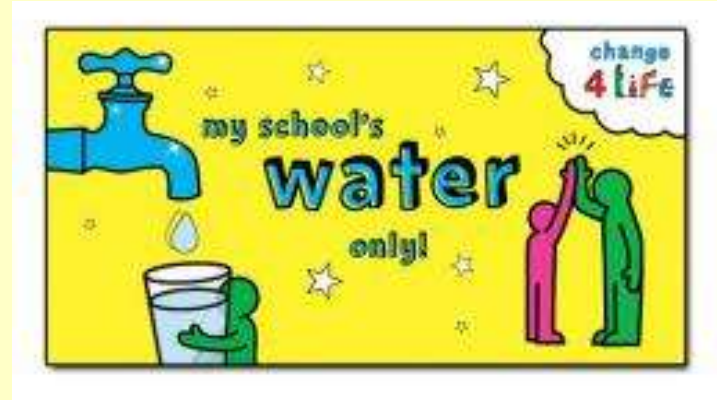
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

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





PSHE- Medicine Safety



The children in Years 1 and 2 have been learning about ways to keep healthy as part of our weekly Jigsaw PSHE lessons. This week they learned about medicine safety.

The children shared their own experiences of taking medicine; being given Calpol, cough medicines, injections and inhalers by trusted adults at home or by medical professionals. We discussed the importance of being safe around medication; never **taking someone else's medicine, only taking medicine with a trusted adult, keeping medicines in a locked cupboard or on a high shelf** and always reading the instructions to ensure you take the safe amount for your age.

The children illustrated some of these important rules during the lesson, sharing what they had remembered from the session.



Keep them in a locked cupboard or on a high shelf.



Only take them with a trusted adult.



Never take them on your own.



Read the instructions.



Never take someone else's medicine.





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](#)





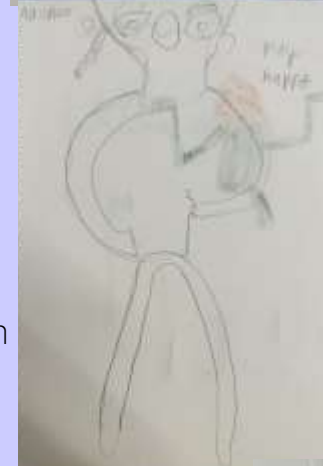
This week in Art, the children in Years 3 & 4 explored how exaggeration in drawing can convey emotions, movement, and character.

The lesson encouraged them to move beyond realistic representation and experiment with different artistic techniques. This supported the children to develop expressive drawing skills, experiment with various materials, and understand how artistic choices influence audience perception.

The session began with children taking turns to strike different poses, embodying various stances and expressions. Their classmates then created five different drawings using unique techniques:

1. A free-style drawing in any preferred method.
2. A sketch using only short expressive lines to create movement.
3. A continuous line drawing without lifting the pencil from the paper.
4. A bold felt-tip drawing to emphasize colour and line choices.
5. A biro drawing using only squiggly lines to explore texture and exaggeration.

After completing their drawings, the children reflected on how different techniques changed the personality of the character. They discussed whether some drawings felt more energetic, chaotic, calm, or dramatic and considered how exaggeration enhances storytelling in art. This lesson helped them build confidence in expressive drawing and appreciate the power of artistic choices.

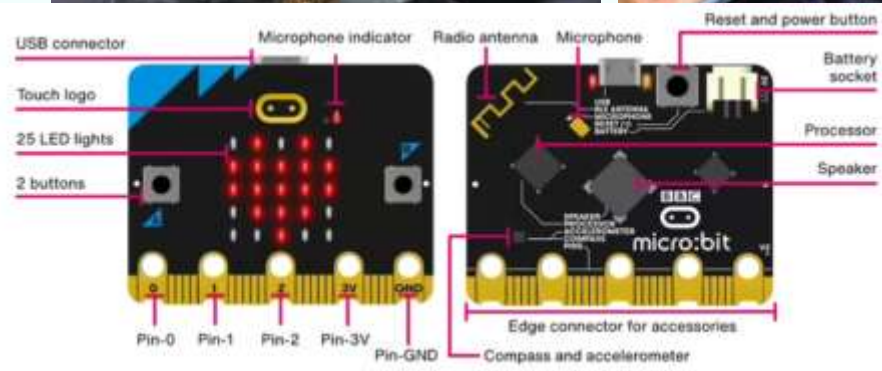




This week in 5/6 class the children have started a new design and technology project on Electrical Systems– Monitoring and Control.

During this lesson the children were introduced to the micro:bit.—a small, programmable mini-computer designed for education and embedded systems development, particularly for teaching coding and digital making to young people.

They spent time exploring the computer before programming it as a name badge and then using the LED screen to display an icon of their choice before adding music



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



Positivity

"Every day may not be good, but there is something good in every day." - Alice Morse Earle.

Positivity means focusing on the good things in life, even when things get tough. It's about thinking and acting in a way that makes you feel happy and hopeful. Being positive can help you feel better, solve problems, and have a more joyful life.

Our tips for practising positivity:

- **Focus on the good** – Look for the positive in every situation. Every day, there is always something positive.
- **Use positive words** – Try saying things like "I can do this" or "I'll keep trying and I will get there".
- **Be kind to yourself** – Don't be too hard on yourself. Try to remind yourself that you are trying your best. Celebrate any small successes!
- **Practise gratitude** – Think about three things that you are thankful for each day. It could be something as simple as a sunny day or a friend saying something nice to you.
- **Spend time with positive people.**
- **Find something you enjoy** – Whether it is a hobby, sport, quality time with friends and family, or watching your favourite TV programme, doing something you love can bring you joy.
- **Try using positive affirmations** – Tell yourself one positive thing every day, like "I am enough" or "I am trying my best".
- **Help others** – Helping someone else, even in a small way, can make you feel good about yourself too.
- **Keep a positive journal** – Write down things that you are proud of or moments that made you smile.

Positivity makes a big difference!

When you practise positivity, you start seeing the world in a brighter way. You can face challenges with confidence and believe in yourself.

Positivity is also contagious — when you're positive, you inspire others to be positive too!

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 21st March	3.05-3.45 Y6 parents information session-Y6 SATS tests
Saturday 22nd March	World Water Day Class teachers will be sending home learning linked to this.
Tuesday 25th March	Chef Idris Caldora in with Y5 & 6
Thursday 27th March	Y 5 & 6 The Tempest (First Encounters) RSC at The Other Place
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
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

Lighthorne Heath Learning Heroes

EYFS

Mrs Hartley and Mrs Cox have chosen Ralph as their learning hero this week. Ralph has impressed us with his knowledge and enthusiasm for our dinosaur topic. Ralph is making good progress with regular reading at home and excellent home learning. Well done Ralph!



Co-operate

Years 1 and 2

Our Year 1 & 2 hero this week is Honey for always trying hard with her learning, demonstrating good concentration and determination during her independent work. Honey has made fantastic progress with her writing and maths work this half term. Well done Honey, what a fantastic attitude to your learning, you should be very proud!

Have a go



Concentrate

Years 3 and 4

This week's Year 3 & 4 learning hero is Pharrell for showing fantastic resilience and determination! He has put in so much effort, even when things were challenging, and his hard work has really paid off. Keep it up, Pharrell we're so proud of you!



Be curious!

Years 5 and 6

Mrs Cox's hero this week is Luke for his curiosity and contribution to our science learning. Well done Luke.



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



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

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 considered when discussing online safety with children. Please visit www.nationalonlinesafety.com for further guides, advice 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.

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.

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.

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.

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.

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, uploading 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 friends and links, 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 video gaming-related projects including game development and writing non-fiction books.



National Online Safety

#WakeUpWednesday

www.nationalonlinesafety.com



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is accepted. Current as of the date of release: 31.01.2023



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.



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

Online Safety Information



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

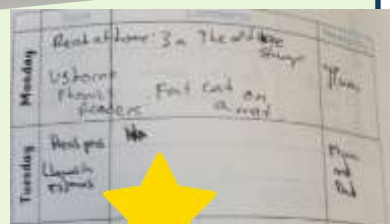
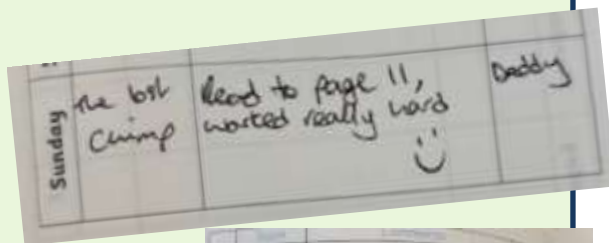
Reading



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

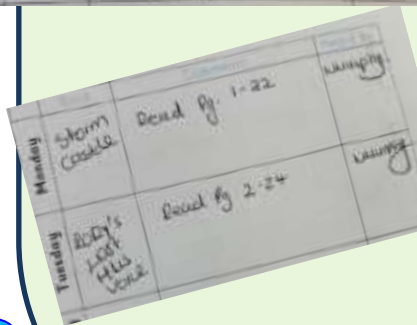
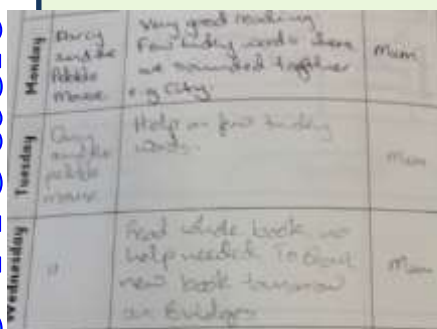
Use reading to inspire drawings or new stories.

Go Online

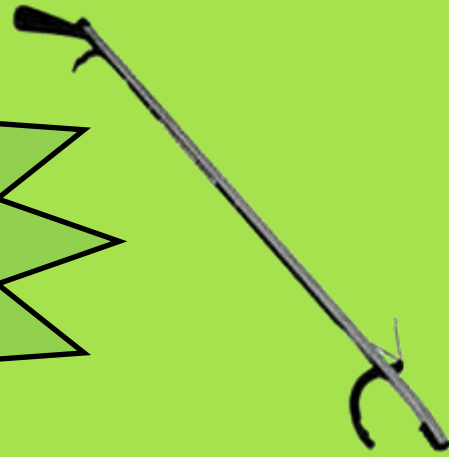
Look online & in app stores for appropriate word & spelling games.

Make Space

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



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.



Educaterers

Week one

Warwickshire, Coventry: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3
Oxfordshire: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3

Choose a main meal...

Pork Meatballs in Tomato Sauce with Noodles (G.E)

Vegetarian Only

(vg) Plantballs in a Tomato Gravy

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

Choose a main meal...

(v) Cheese & Tomato Pizza Wedge with Potato Wedges (G.D)

Vegetarian Only

(v) Jacket Potato with Cheese (D)

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

Choose a main meal... WEDNESDAY ROAST

British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

Vegetarian Only

(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G) Crispy Roast Potatoes

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

Choose a main meal...

(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D.G)

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

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

Vegetarian Only

(vg) Vegetarian Hotdog with Chipped Potatoes (G)

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

MONDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Cheese Crackers and Apple Wedge (G.D) or Fresh Fruit

TUESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) (h) Chocolate Cracknel (G) or Fresh Fruit

WEDNESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) Syrup Sponge with Custard (D.G.E.) or Fresh Fruit

THURSDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Toffee Apple Donut (G.D.E.SB) or Fresh Fruit

FRIDAY

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

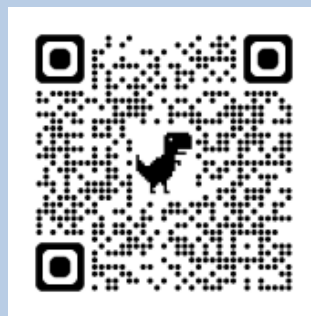
(vg) Jelly with Fruit or Fresh Fruit

Educaterers' New Menu

Next week we will be on Week 1 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.



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



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



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

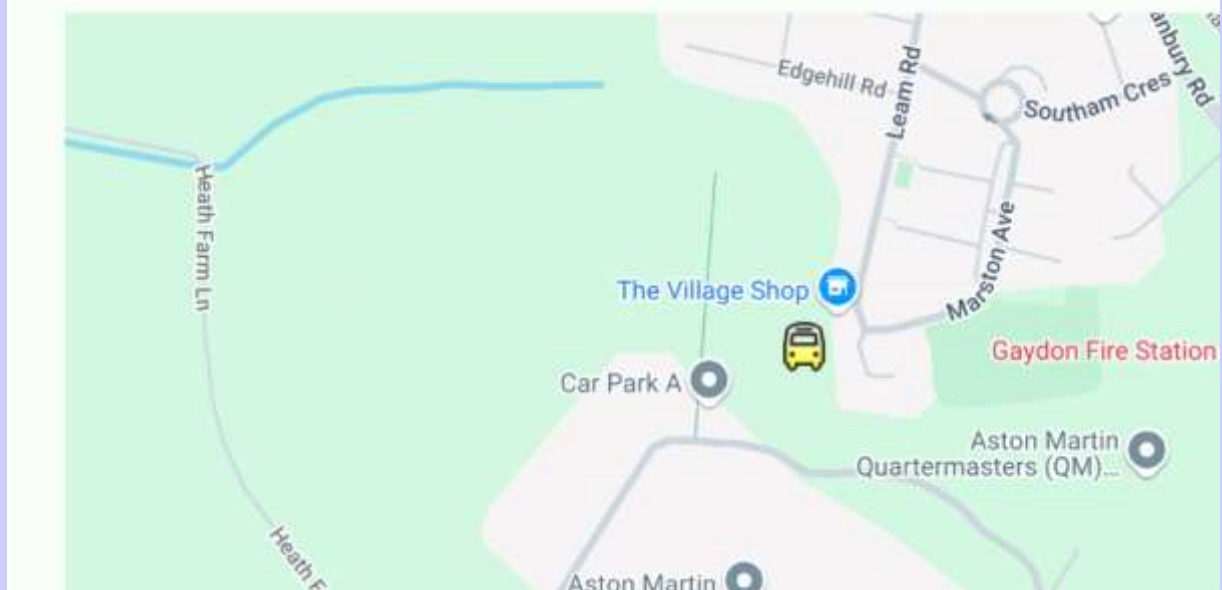


The Mobile library will be here from 15:15 to 15:35

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

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

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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Upper Lighthorne Football Club



BRAND NEW VALIANTS (GIRLS ONLY) U8S TEAM

We are on the lookout for Girls, currently in Yr 2 or Yr 1 to join our upcoming Under 8s girls team!

Training starts in March, and will continue through the summer before the season starts in early September!

Open to all girls, no previous playing experience needed! We focus on the **FUNDamentals** of football and ensuring your daughter has the best start to her ULFC journey!

- FREE SUMMER TRAINING
 - MONDAY EVENINGS 6-7pm
 - Starts MARCH 31st, 2025
- Lighthorne Heath Sports Field
Marston Avenue, CV33 9UA

OPEN TO GIRLS IN SCHOOL YEAR 1 OR 2

MESSAGE FOR MORE INFORMATION

 upperlighthornefc@outlook.com
 07456 19220
  www.upperlighthornefootballclub.co.uk



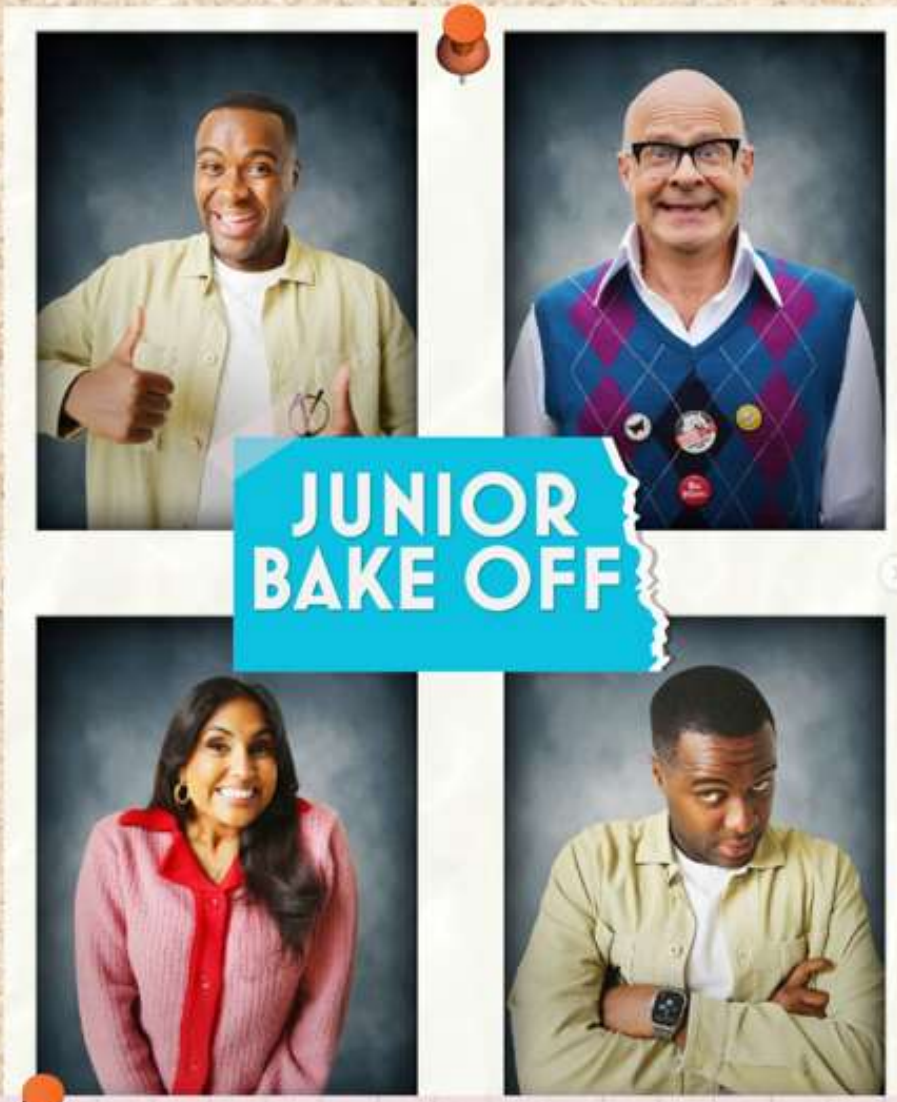
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Lighthorne Heath Primary School Newsletter



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

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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

