



Newsletter 1

Friday 8th September 2023



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WELCOME BACK!

We have had a fabulous first week back at school and are delighted to welcome several new families to Lighthorne Heath Primary School. All staff have been impressed with the enthusiasm and eagerness of the children as well as their wonderful manners and social skills. We are certainly looking forward to the year ahead!

PE lessons in school

All children will continue to have 1 full afternoon of PE each week. These are led by specialist coaches from Onside Coaching. All children need their PE kit in school on the day of their lesson, this is a (plain) white T-shirt, black shorts and pumps/ trainers. Lessons are as follows:



Monday– Years 5 & 6

Tuesday– Years 3 and 4

Wednesday– Years 1 & 2

Friday– Reception

Please name your child's items

Please could parents name their child's belongings (especially coats, cardigans and jumpers)? It can be difficult matching lost items to their owners if they are not named. Unnamed lost property is placed in the bins by Mrs Hendriksen's office and parents are welcome to check them at any time for lost items.

Swimming

Years 3 and 4 are swimming this term. Please bring a swimming costume/ trunks and a towel each Monday for your morning lesson at Southam Leisure Centre.



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Article 29: Goals of education

Nursery and Reception



- Our Nursery and Reception class have started their new topic, 'Me and My Community'. They have learned that a community is made up of a group of people that share a space. The children have talked about different types

of communities, including their local community and school community. Reception children went on an adventure around school to explore some new areas and to meet the grown-ups who help us. We explored the library, kitchen, staffroom and office.

The children had a chance to ask Mrs Westwood, our Executive Headteacher, Mrs Hendriksen, our school administrator and Mrs Howard, our school cook, some questions. They asked some great questions including 'What is your favourite part of your job?' and 'Why do we have to come to school?'



Adults in school are there to help us and keep us safe. By Zilan

A school is a place where we can make new friends. By Honey

The adults in school all have different jobs. By Everleigh



Stay and Play

Nursery and Reception

EYFS Stay and Play & Reception Parents
Welcome Meeting.

Monday 11th September

We would like to invite all Reception and Nursery parents to a welcome Stay and Play session between 8.55am and 9.30pm, followed immediately by a Welcome information meeting for Reception parents on Monday 11th September.

At this meeting, the Early Years teaching team, will share information about the Early Years Reception Curriculum and what this looks like at Lighthorne Heath Primary School, including our routines and timetable.

We will explain our digital Learning Journals and how you can access these. There will also be guidance about how you can best support your child through this exciting school year. It will also be a chance to collect your Reception child's free book bag.



Years 1 and 2



Year 1 and 2's topic this half term is The Enchanted Woodland. The children are looking forward to learning about different environments and habitats and the different things that live in them.

This week they have explored their classroom environment and spent time getting to know one another. Mrs Hill and Mrs Munday have commented on how well the children have settled and how quickly they are understanding the class routines.

On Monday, the children enjoyed playing parachute games, taking turns to swap places with a new friend under the parachute and learned to work as a team to control a ball on top of the parachute. They are now becoming familiar with new friend's names and have learned to identify other peers that have similar interests and hobbies. What a great start to the new term, well done everyone!



Year 3/4

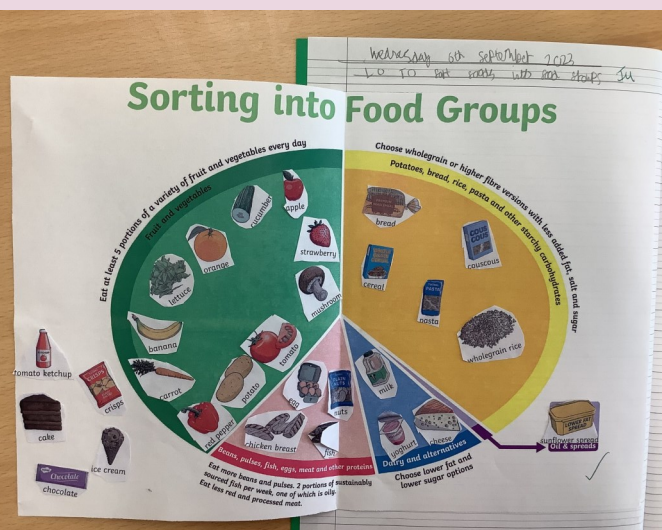
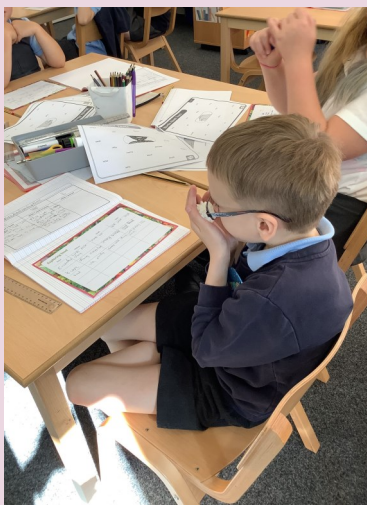


This week in science, the children in Years 3 & 4 have been learning about how to classify foods.

The children learned that that we use a combination of our senses when eating.

We also learned that the food that humans eat can be sorted in to five main food groups. The children started by playing a game of 'what is in the bag'? This involved them guessing what was in the bag by carefully feeling the various hidden items. Next, the children explored different foods by making careful observations about the texture, smell and taste. Then they wrote up their observations and we talked about similarities, differences and how we can classify food.

In the next lesson, the children learned more about the five main food groups: fruit and vegetables, carbohydrates, oil and spreads, dairy and protein. We talked about how the Eatwell Guide shows the amounts of different foods that people need to eat for a healthy, balanced diet. In groups, the children were given pictures of different foods and were required to sort them according to these groups.





Frozen Kingdoms

This week in Years 5 & 6 the children have enjoyed launching themselves into their new top—Frozen Kingdoms.

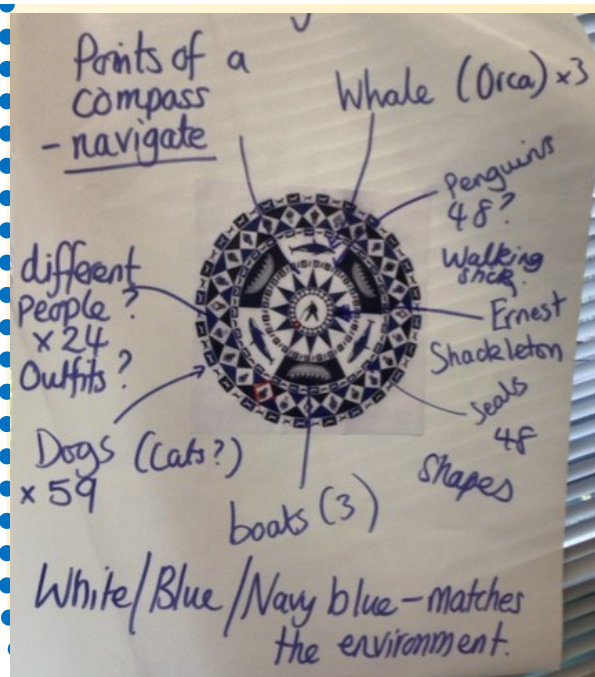
On Monday, they went on a virtual expedition to either the Arctic or Antarctic. They were surprised to learn how even though both are Polar Zones, they are vastly different.

We focussed in on Antarctica— the coldest and driest place on Earth, which is sometime referred to by scientists as the ‘polar desert.’ We researched and gathered information using books and the internet and will use our findings to write non-chronological report

We started looking at a non-fiction book called ‘Shackleton’s Journey.’

We studied to cover to try to decipher what

ANTARCTICA



We noticed that the illustrator chose to use cold colours— White, navy and blue. We thought that this would be to match the environment on the Antarctic.

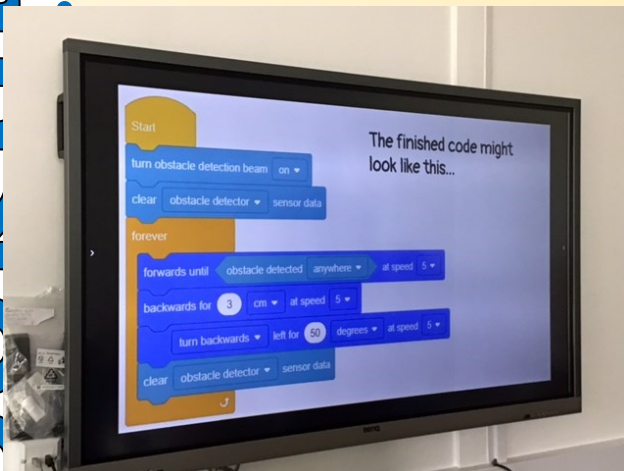
We noticed that the picture looked like a compass that would be used to navigate during a Polar expedition

ROBOTICS

- On Thursday, the whole school were excited to take part in class coding workshops with Matthew from Innovation Pod.
- Year 3/4 and 5/6 learned how to code an Edison Car (below) using scratch.
- They learned how to programme a loop in a loop and how to add conditions to their code. This came in useful to stop the car hitting an obstacle.
- They learned that code is all around us, and that it is not as complicated as it first seems.



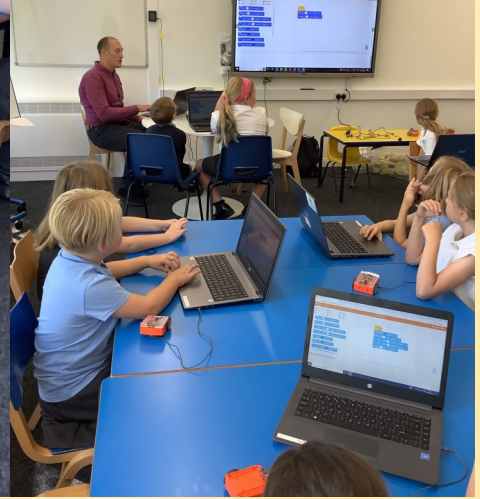
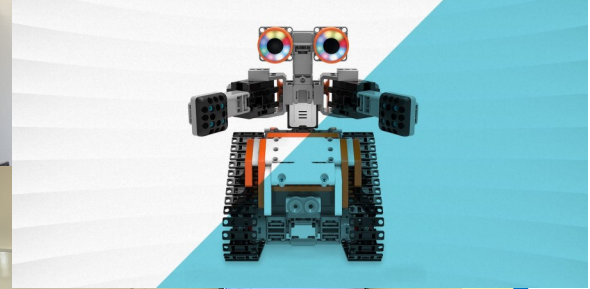
I programmed my car to dance!
My friends and I code games.
It's so much fun!



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Innovation Pod will be running an afterschool KS2 coding club next half term on Fridays

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Lighthorne Heath Learning Heroes

Nursery & Reception

Mrs Manley and Mrs Hartley have chosen Lucas as their learning hero this week. Lucas has shown a fantastic attitude to learning and has been enthusiastic about all of the activities. He has amazing manners and has been supporting the other children to listen carefully to maximise their learning. Lucas also impressed us with his name writing. Well done Lucas!



Co-operate



Have a go

Years 1 & 2

Our hero for this week is Emily. She has displayed great determination and concentration in order to complete work set. We have been particularly impressed with her confidence to complete work independently, following all instructions given. Well done Emily, what a fantastic attitude to your learning, keep it up!



Persevere



Concentrate

Years 3 & 4

Miss Singh has chosen Jessica as this week's hero for making a lovely start to the new academic year. She has been listening carefully to instructions and has shown a great attitude towards learning. Superb work!



Keep on improving



Years 5 & 6

Mrs Cox's hero this week is Deedee. She has worked hard and persevered when she found things difficult. Keep up the good work Deedee.



Use your imagination



Enjoy learning

Emotional Wellbeing and Mental Health

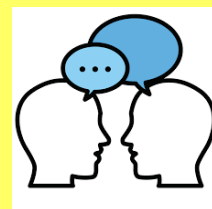


7 ways to support children and young people who are worried...



Anna Freud
National Centre for
Children and Families

1. Create a space for conversation. Demonstrate that you are available to talk but don't force the conversation. Be open and consistently available, allowing conversation to flow when the young person is ready. Children often find it easier to talk while doing another activity, such as drawing, going for a walk or baking.



2. Demonstrate calm. Try to model a calm and measured response. We know that children are good at noticing when others around them are anxious and will watch the behaviour of others to work out whether they too should feel anxious themselves. Even if you're feeling anxious on the inside, you can help the young person by remaining calm on the outside. This will help to reassure them that things might be difficult, but they are manageable.



3. Empathise and validate. We often want to reassure children but first, spend time listening to the young person, ask them questions and show an interest in viewing things from their perspective. Be accepting of their worry, anger and sadness about how things are at present. Recognise that these kinds of feelings are common and understandable.



Emotional Wellbeing and Mental Health



7 ways to support children and young people who are worried...



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4. Introduce alternative perspectives and ways of thinking A worry is a thought, not necessarily a fact. Listen to the young person and try to understand exactly what they are concerned about. What exactly are they worried about, and are their worries likely to happen, if so, what would it mean if they did? Exploring alternative ways of looking at things might help to put worries into perspective and in turn result in less anxiety-provoking conclusions.



5. Reduce environmental stresses Help the young person to consider and recognise what makes anxiety worse, for example constant exposure to stressful stimuli such as too much social media/news. Try to keep to a routine, with activities throughout the day. Emphasise the importance of self-care and being kind to themselves.



6. Problem solving and coping. Focus on emphasising confidence in the young person's ability to cope and engage them in helping to think about different strategies, '...so what are we going to do about this?'.



7 Check-in and monitor progress. A critical part of the process is to carefully observe the impact of any suggestions/changes in approach with the young person.

Diary Dates



Spring Term

September

Thursday 7 th September	Coding Day
Monday 11 th September	Nursery and Reception Stay and Play followed by parents welcome meeting 8.55am- 9.30 9.30-10.00
Friday 22 nd September	Flu vaccination Years R and 6
Friday 29 th September	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund

October

Monday 2 nd October	School closed for INSET day
Friday 6 th October and Wednesday 11 th October	School Nurse Service leading height and weight checks for pupils in YR and Y6
Monday 16 th October	Bikeability for Y5&6
Tuesday 24 th October	Peer Mediation training for Years 5&6
Friday 27 th October	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund
30 th October- 3 rd November	Half Term Holiday

November

Monday 6 th November	Autumn 2 begins
Wednesday 8 th November	Years 5 & 6 trip tbc
Thursday 23 rd November	Years 3, 4, 5 & 6 winter theatre trips
Friday 4 th November	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund.

December

Monday 4 th December	INSET day
Tuesday 12 th December	Nursery, Reception, Year 1 & 2 winter theatre trip
TBC	Winter performances and celebrations
Monday 25 December 2023 to Friday 5 January 2024	Christmas Holiday School returns on Tuesday 9 th January

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

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Family and relationship programmes for parents and carers

Being a parent is probably the most demanding job you will ever have but you are not alone. Did you know that there is a wealth of support for parents and carers in Warwickshire?

Parents and carers can access advice in a variety of ways, from online guides you can read though, virtual 2-hour workshops on a range of topics delivered via MS Teams in the evenings and face-to-face workshops and programmes which take place around the county.

Topics include routines and boundaries, sleep, understanding your teenager, understanding children's behaviour and the influence of parental relationships on children.

More information and booking pages can be found through the Family Information Service or via the following link,

<https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>



Virtual Understanding
Children's Behaviour 2hr
Workshop

Mon, 30 Oct 2023 10:00 GMT
Free



Understanding Your Teenager
Workshop

2:30
Children and Family Centre ...



Sleep Tight Programme for
Warwickshire Parents/Carers of
Children Over 1

Mon, 11 Sep 2023 13:00 BST
Free

