

Nursery and Reception



It took a long time for Floella and Marmie to sail to England.

grandparents who have travelled to a different country to live recently or many years ago. We shared the story 'Coming to England' by Floella Benjamin. Reception children looked at maps in an Atlas to see find Floella's



Dardie travelled to England first.

home in Trinidad and see where her 15 day long journey to England took her. The children then sorted illustrations from the story. The children showed a good understanding of how Floella might have felt at different points in her journey such as when her parents left her with her auntie, travelling to England without her parents and being treated

poorly at school. Floella is now a baroness and has met the Queen.



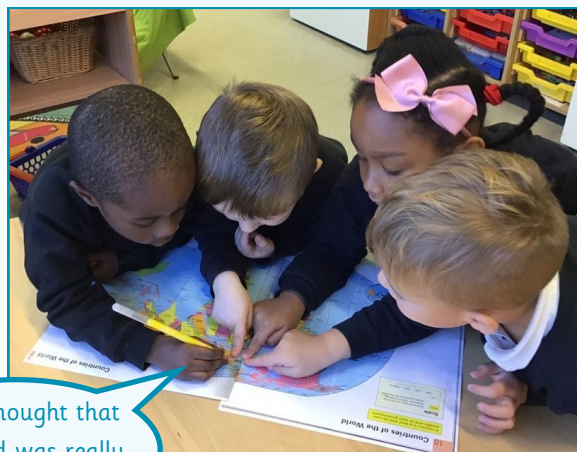
UN Convention on the Rights of the Child

Article 7: Birth registration, name, nationality, care

Article 29: Goals of education

Article 30: Children from minority or indigenous groups

They thought that England was really cold.

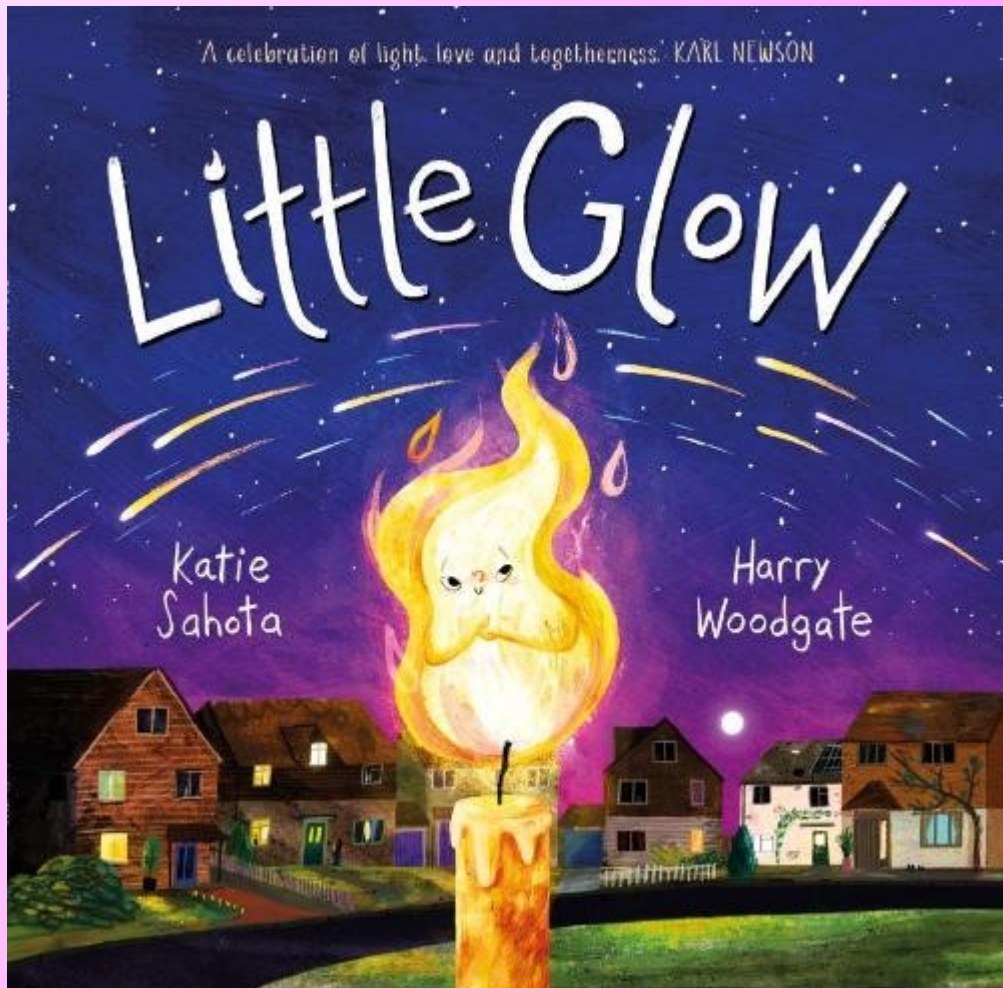


Author Visit Little Glow

We are super-excited to be hosting a school visit from local author, Katie Sahota, who will be sharing her beautiful picture book, 'Little Glow' with the children in assembly on Monday 6th December.

Little Glow is an important story which amplifies the importance of introverts, while showcasing the amazing celebrations of light across our diverse communities.

We will be purchasing signed copies of Katie's book to give away to 3 children in each class as a prize for their perseverance with their home reading and their commitment to keep improving! Families will also be able to purchase their own signed copies of the book on 6th December.



"A celebration of light, love and togetherness, just when we need it most."

Karl Newson



UN Convention on the Rights of the Child

Selection Box Raffle

Children will soon have a chance of winning a delicious chocolatey treat for Christmas. We will be raffling Christmas selection boxes in assembly on Friday 17th December. If you would like your child to take part, please make a voluntary contribution of 50p via Parent Pay.

You've got to be in it to win it! Ho! Ho! Ho!

Good luck, everyone!



Yummy!



Mental Health Ambassadors' Cake and Bulb Sale



Congratulations to our fantastic Mental Health

Ambassadors who planned and organised a delicious cake sale and bulb gift bags. They raised just over £100, which is incredible—well done! Half of the finds raised will be donated to the Children in Need charity, and the other half will go in our School Fund to support our curriculum.



UN Convention on the Rights of the Child

Article 15: Freedom of association

Article 12 Respect for the views of the child



Year 1/2/3

Bright Lights, Big City

We have been learning about human and physical features through our topic 'Bright Lights, Big City'.

We took the children around the local community to spot human and physical features in their surrounding environment, such as houses, parks and shops. We then went back to the classroom to talk about the features we spotted during our walk and how they were different. The children thoroughly enjoyed going outside and learning about their community.



Supporting Emotional Well-being










Drawing and Talking



Drawing and Talking is a therapeutic intervention which enables children to express their feelings safely in a visual form, in a safe environment with a listening adult. Our staff practitioners who have been trained to support children's emotional well-being through Drawing and Talking are attentive to their feelings in a deep, empathetic way, which allows children to express their feelings and feel heard, supported and safe.

Confidential sessions last for 30 minutes, over 12 weeks, and children's drawings are handled carefully and respectfully

Drawing and Talking is a therapeutic intervention that can help any child who:

-  is not realising their full potential, either academically or socially;
-  has disturbed sleep;
-  suffers from anxiety, stress or phobias;
-  appears withdrawn or unhappy;
-  finds it difficult to make friends;
-  doesn't enjoy playing; or
-  displays inappropriate behaviour.

If you are interested in finding out more about Drawing and Talking, or think that your child would benefit from this intervention, please contact Jill Manley, Claire Hendriksen or Juliette Westwood.





Snowford
Grange

Supporting Emotional Well-being Counselling

At Lighthorne Heath Primary School, we recognise that we need to effectively support the emotional well-being of the children in our care so that they can reach their full potential and not be distracted by difficulties that could become barriers to learning and negatively impact their lives in a profound and enduring way.

Providing targeted and developmentally appropriate support at the right time is likely to enhance a child's resilience and build greater self-esteem and confidence.

A dedicated counsellor works at Lighthorne Heath Primary School for one day a week. Counselling can help pupils to deal more effectively with day-to-day challenges to learning, as well as support them through specific emotional difficulties. Providing targeted and developmentally appropriate support at the right time is likely to enhance a child's resilience and build greater self-esteem and confidence.

Our counsellor, Vicky, establishes strong relationships with children to support their emotional wellbeing and good mental health. She enables good communication and effective collaboration with all stakeholders (pupils, parents and school staff), as appropriate. Vicky also liaises with outside agencies when necessary, such as CAMHS. Vicky is a valuable advocate for our children at Lighthorne Heath.

Counselling can help children to deal more effectively with day-to-day challenges to learning, as well as support them through specific emotional difficulties. Our counsellor can address a broad range of issues, such as:

Family breakdown
Social challenges
Self-regulation
Stress, anxiety & depression

Low self-esteem
Loss and bereavement
Anger management
Other mental health issues

If you are interested in finding out more school counselling service, or think that your child would benefit from this intervention, please contact Jill Manley or Juliette Westwood.





MHST Tips For Wellbeing Bouncing Back

This week's theme is Bouncing Back.

Bouncing back is an expression used when things start to improve after a period of time that hasn't felt positive. For example, someone feeling better after having an operation, or someone feeling much happier after a time of feeling low. The ability to bounce back helps us to improve our resilience.

Try one or both of the following activities this week:

1. Practice gratitude. Taking time to think about what we are grateful for can help us to bounce back from difficult situations in our lives. Have a go at writing down 5 things that you are grateful for in your life right now.
2. Take one step at a time. Bouncing back can take time, and you don't need to fix everything all at once. Have a think about one thing that you would like to work on in your life at the moment, and then write down all the people and/or resources you will need to make this happen.

The Mental Health in Schools Team provides support to students and schools. We are available during term time and school holidays. Please contact your school's Mental Health Lead, or your Education Mental Health Practitioner for information and advice.

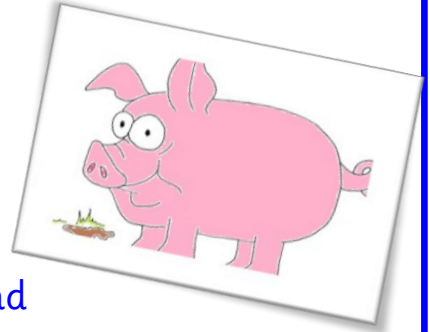
Lighthorne Heath Learning Heroes



Co-operate

Nursery and Reception

Mrs Hartley and Mrs Manley's class hero this week is Eily, as she has settled into our daily school routines so well. Eily is a kind and thoughtful girl who listens carefully to the adults and follows instructions straight away. This week, Eily has made a beautiful Christmas decoration for our winter hoops.



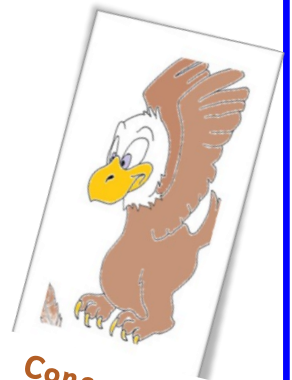
Have a go



Persevere

Year 1/2/3

Our heroes for this week is Mateusz for his writing work that he did this week. He put so much effort and hard work into it, so that his work was fantastic!



Concentrate

Year 4/5/6

Our heroes for this week are Izzy and Amy. Izzy has just joined us at Lighthorne Heath, and she is settling in really well—it's lovely to have you as a new member of our school community! During our discussions about Charles Darwin, Amy has made wonderful contributions, showing a highly positive attitude to learning.



Keep on improving



Be curious



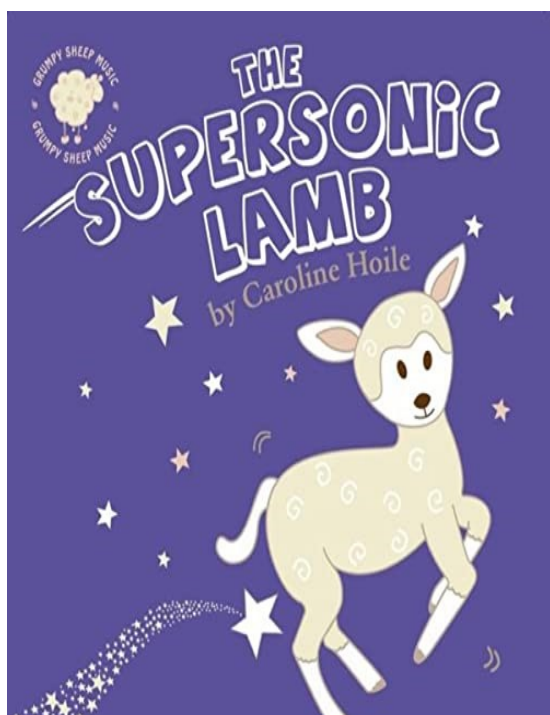
Use your imagination



Enjoy learning

Other Information

Friday 26th November 2021	MUFTI (non uniform) Day—bring 50p to wear your own choice of clothes to school. All donations to School Fund.
Wednesday 8th December 2021	Whole School Silent Disco (details to follow soon)
Thursday 9th December 2021	Whole School Christmas Performance 'Supersonic Lamb' and refreshments 2.00pm
Monday 13th December 2021	Christmas Dinner
Tuesday 14th December 2021	Year 5 and 6 Theatre Visit to the Royal Shakespeare Company to see 'The Magician's Elephant' at 7.15pm
Thursday 16th December 2021	Nursery, Reception and Year 1 Visit to Warwick Arts Centre to see 'The Very Hungry Christmas Caterpillar' at 1.30pm
Friday 17th December 2021	MUFTI Day—bring 50p to wear a festive outfit.
Friday 17th December 2021	Break up for Christmas Holidays
Monday 20th December—Friday 31st December School Closed for Christmas holiday	
Monday 3rd January 2022 school closed for Bank Holiday	
Tuesday 4th January 2022 school closed for in-service (teacher) training	
School re-opens on Wednesday 5th January 2022	
Thursday 10th March 2022	School Nurse Annual Health Needs Assessment Year 6
Thursday 10th March 2022	School Nurse National Child Measurement Programme Year 6 and Reception



We are delighted to welcome parents and carers back into school for our Christmas concert this year. To protect you, the children and staff, please do note the following:

- Anyone feeling unwell (not just with COVID-19 symptoms) should not attend.
- The hall will be well-ventilated, so wrap up!
- Refreshments will be provided in a safe way.
- Tickets will be limited to 2 per family.
- Seating will be as spaced as possible, but please bear in mind that we are not able to guarantee social distancing.
- The audience will keep a 2 metre distance from the children performing.
- Face coverings are required for parents/carers/teachers when circulating and, preferably, when seated too.
- We strongly encourage all parents / carers to do an LFT prior to coming into school on the morning of the show.
- Hand sanitiser will be available to use before and after the show.
- The school hall will be thoroughly cleaned before and after the show.

With best wishes from Mrs Westwood and all the staff at Lighthorne Heath.



School Christmas Dinner

We are delighted to inform you that Educaterers will be offering a Christmas Dinner for our children on 13 December 2021. We will be purchasing Christmas crackers for all children and there will be a festive atmosphere in the school hall. If you would like to book a Christmas Dinner for your child please log in to parent pay to book your meal under the payment item **Christmas Dinner 13/12/21**.

You must book your request by Friday 26th November as our kitchen will need to place their order. Although all children in KS1 receive a Universal Free School Meal we would be really grateful if you could still log in to make the booking to assist us with giving numbers to Educaterers. Similarly, if your child is in receipt of a free school meal please also still log in to parent pay to make the booking for your child. The cost of the Christmas Dinner is £2.25 and payment should be made prior to December 13th 2021 to secure the meal. If your child does not want a Christmas Dinner on this day, they will still receive a cracker and be able to join in with the festivities.

Please do not hesitate to contact the school office if you have any queries.

Christmas Menu

Roast Turkey Breast Fillet, Sausage & Bacon Roll, Sage & Onion Stuffing and Gravy
or
(vg) Roast Quorn Fillet, Sage & Onion Stuffing and Gravy

**Served with Crispy Roast Potatoes
Garden Peas and Baby Carrots
(v) Ice Cream Tub**

Selection of Drinks

Season's Greetings from The Nutrigang and everyone at Educaterers Ltd.

educaterers A FOOD STORY the NUTRI GANG

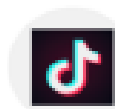
Online Safety

Our Online Safety Ambassadors have been meeting regularly with Mrs Madahar to identify actions to promote Online Safety in school. The children want to raise awareness of the age limits of popular social media sites. This is detailed below and you will also find tips and guidance on how to report inappropriate content and control tech time.

Age Recommendations



13 year olds and upwards



TikTok



Instagram



Facebook



Snapchat



Twitter



YouTube



Houseparty



Kik



Badoo



Younow



Habbo



Reddit



Tumblr



Yubo



Whisper



Discord



Twitch



Omigle



ASK.fm

16 year olds and upwards



WhatsApp



LinkedIn



Flickr



Vimeo



MySpace



Periscope

Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography... that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child-friendly search engines

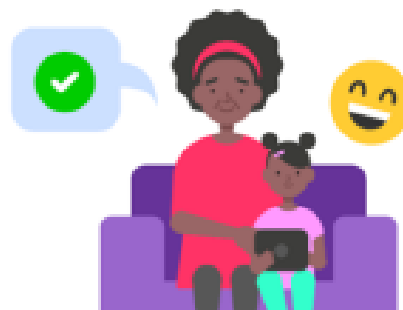


Internet matters.org

Controlling tech time

And there are tactics you can put in place **to help manage** their screen time...

- 1 Set a good example
- 2 Talk together about the time spent online
- 3 Agree on appropriate length of time they can use their device
- 4 Get the whole family to unplug & create screen-free zones
- 5 Use technology/apps to help manage screen time e.g. Forest App



Internet matters.org



UN Convention on the Rights of the Child

Article 19: Protection from abuse



UN Convention on the Rights of the Child

Article 17: Access to information from the media

Controlling tech time

Your children will be watching the way you use technology and they will copy, make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 'No phones at the table' rule or 'no phones between 6 and 7' rule
- 5 Family tech-free days!



Internet matters.org

In addition, schools embed it across...

ICT curriculum

PSHE lessons

Appropriate filters and monitoring system

Curriculum and safeguarding assessed as part of Ofsted framework



Internet matters.org

More resources to explore



Internet matters.org

NSPCC

ANTI-BULLYING ALLIANCE

Childnet International

Be a Super Star Reader!



Congratulations to Maggie for being this week's Super Star Reader! It's fantastic that Maggie and other children at Lighthorne Heath are developing a passion for reading books!

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



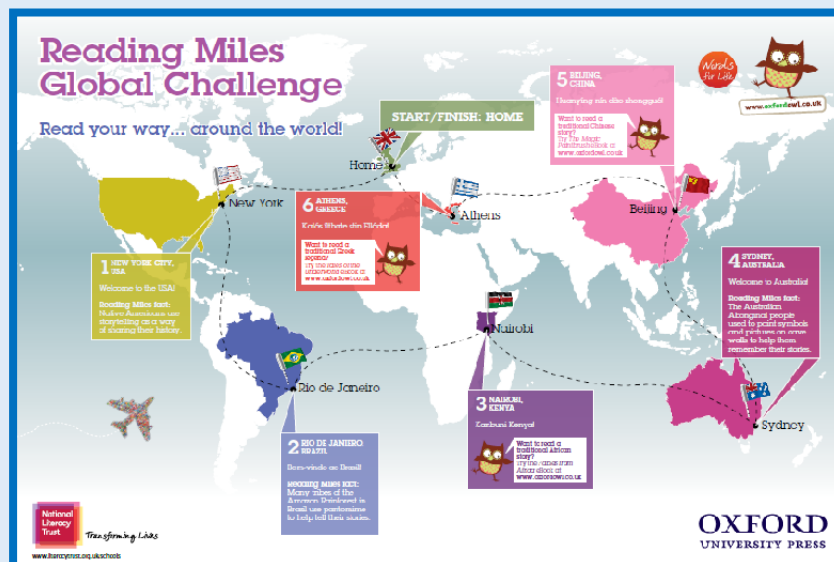
Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

- 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.'

Reading Miles Global Challenge



Our new reading incentive for children from Reception to Year Six has started on Monday. The children have all been given a reading 'passport'. For every day they read, they will be able to tick off 500 miles in their passport, taking them along a pathway to six different countries around the world before they 'return' to the UK. There will be incentives along the way, traditional stories to read based on the countries they visit and a certificate and treat at the end to celebrate them completing the challenge!



This week, I've found time to relax with a fiction book most evenings and have managed to move 2000 miles around the world (4 nights of reading). If you haven't started yet, you can still catch me up! My upcoming week is looking a little busier.



Happy reading, everyone! Mrs Hartley



UN Convention on the Rights of the Child

Article 29: Goals of Education



WARWICKSHIRE CHRISTMAS TREE FARM



IF YOU BUY A TREE WITH US, WE WILL
DONATE 10% OF THE VALUE OF THAT TREE
BACK TO YOUR SCHOOL!

HELP US HELP YOU!

COME AND START A FAMILY TRADITION
OF CHOOSING YOUR PERFECT TREE FROM
THE FIELD

OX15 6NP, NEAR T4SOE

OPENING WEEKEND 27/28TH NOVEMBER
OPEN TILL -23RD DECEMBER 2021

ALL WE NEED YOU TO DO IS MENTION THE SCHOOL NAME.
IT'S THAT SIMPLE!

www.warwickshirechristmastrees.co.uk



Understanding Your Child's Behaviour

**A FREE 2-hour workshop for parents and carers
being held at:**

**Lighthorne Heath Children and Family Centre
Stratford Road, CV33 9TW
Monday 6th December 2021 9:30-11:30 a.m.**

Being a parent is exciting and rewarding but there are also times when children behave in ways that are challenging. This 2-hour interactive workshop looks at some of the reasons children behave the way they do and offers insight and strategies to help guide their behaviour.



Limited places available

To book a place please email:

anneparker@warwickshire.gov.uk

michellewallace@warwickshire.gov.uk

or phone: 07387 544881

