



Newsletter 11

Friday 4th December 2020



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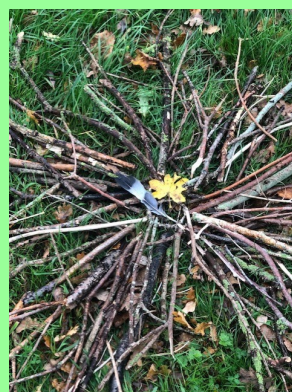


admin2064@welearn365.com

## National Tree Week

National Tree Week is the UK's largest annual tree celebration, marking the start of the winter tree planting season (November to March each year.)

Have a look at some of the science-related activities you could do further down the newsletter.





# Nursery and Reception

## RE Week



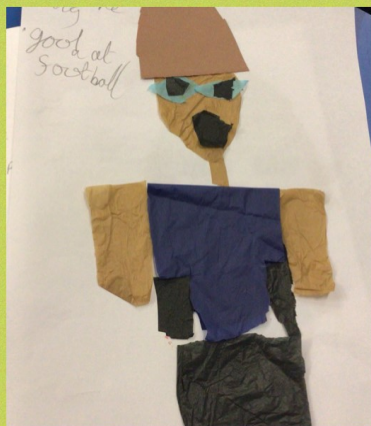
This week in Reception and Nursery we have been finding out about special people and stories as part of an R.E. themed week. We learnt about and made Chistingles. We have also been learning the story of Noah's Ark.



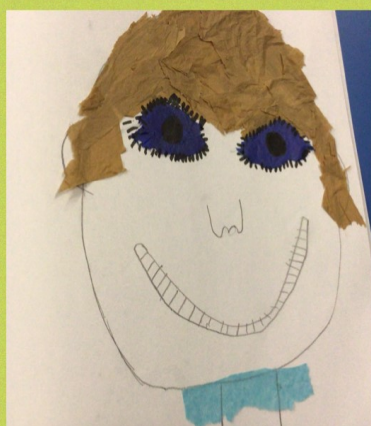
PIC•COLLAGE



## Year 4/5/6 RE Week



This week the children created some fantastic collage self portraits. This was as part of their RE learning on 'What do religions say to us when life gets hard?' They learned about the different ideas various religions have about what happens to us when we die.



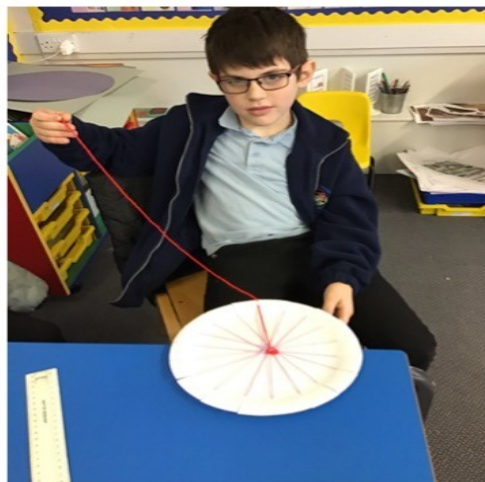
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# Year 1/2/3

## THROUGH THE AGES- THE BRONZE AGE

**L.O: To experience the process of weaving.**

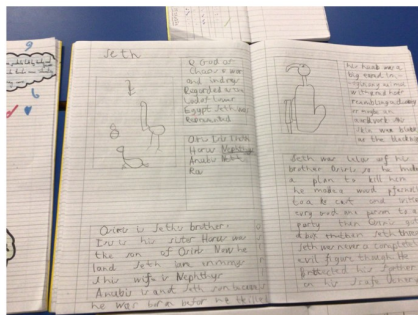
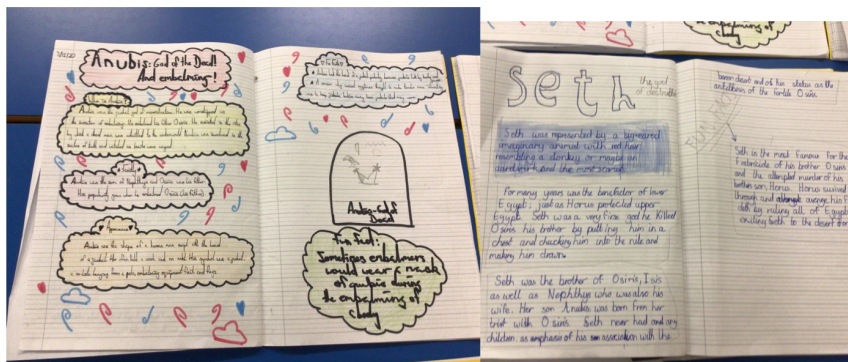


***This week we have continued our journey Through the Ages and have arrived at The Bronze Age. We have learned about the process of 'Smelting Bronze' and how weaving helped the Bronze Age people to make clothing, bedding and accessories. We created our own weaving using wool and beads to learn about the weaving process.***

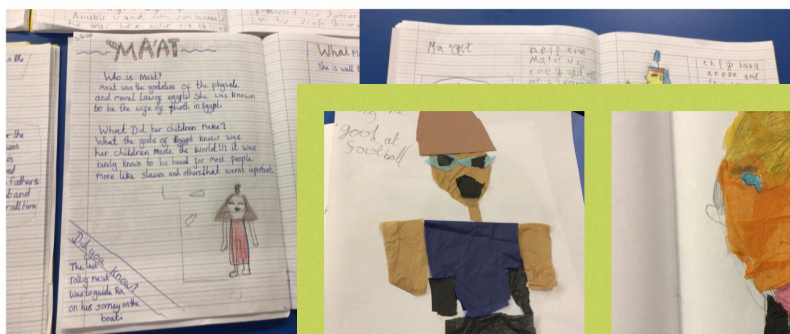




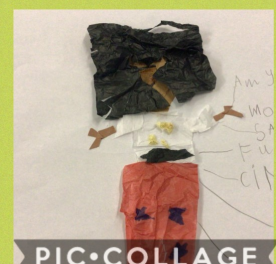
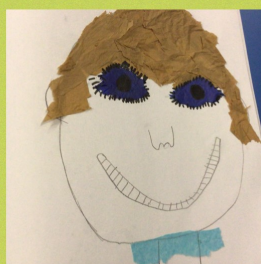
## Year 4/5/6



This week class 4,5,6 have been learning about the Ancient Egyptian gods. They created non-chronological reports to share their learning.



This week the children created some fantastic collage self portraits. This was as part of their RE learning on 'What do religions say to us when life gets hard?' They learned about the different ideas various religions have about what happens to us when we die.



PIC•COLLAGE



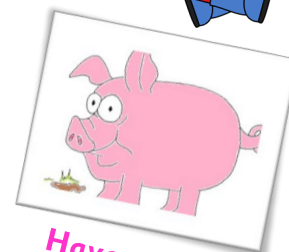
# Lighthorne Heath Learning Heroes



Co-operate

## Nursery and Reception

Mrs Hartley's and Mrs Manley's Lighthorne Heath Hero this week is Imelda. She is always willing to get stuck in and have a go at new things, just like our pig learning character. She isn't afraid of making marvellous mistakes and has learned that you often need to practise new skills to improve.



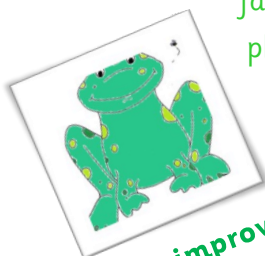
Have a go



Persevere

## Year 1/2/3

This week, Mrs Munday and Mrs Hill have chosen 5 Lighthorne Heath Heroes from their class! Toby, April, Deedee, Teodora and TJ have been nominated for all of their hard work, effort and resilience which helped them to make fantastic progress in their phonics and achieve so well in the phonics screening check this week.



Keep on improving

## Year 4/5/6

Mrs Cox's Lighthorne Heath Hero nomination this week is Dylan. He has shown fantastic imagination in his writing and concentrated hard to get his work finished to a high standard.

He didn't give up, even when he found his work tricky and throughout has had a wonderful smile that has shown his enjoyment of his learning.



Use your imagination



Concentrate



Enjoy learning





BRUNSWICK HUB'S  
**TURKEY BATCH  
TAKEAWAY DAY**

**WEDNESDAY 16TH DECEMBER  
12-2PM**

**You're invited to come and get a free  
Turkey batch (with all the trimmings)  
from 'Santa and his elves'.**

**The Hub team will be donning their best elf  
outfits for the day to raise money for  
The Alzheimer's Society.**

**([www.justgiving.com/fundraising/elf-day-brunswickhub](http://www.justgiving.com/fundraising/elf-day-brunswickhub))**



98-100 Shrubland Street, Leamington Spa

**\*Please note this is a takeaway service  
operating from our Community Hall and  
carpark.**



# SCIENCE FUN AT HOME



Have some fun at home with these science activities from Science Sparks and the Primary Science Teaching Trust



**BEFORE YOU START!** Please read through this with an adult:

- \* Make sure you have read the 'IMPORTANT NOTICE' on the back of this page.
- \* If you have a space outside that you can use safely, then you can do the 'Try this outdoors' activity outside. Don't worry if not as you could still do it indoors.
- \* Talk to your adult about sharing the science you have done and if they want to share on social media, please tag @ScienceSparks and @pstt\_whyhow and use #ScienceFromHome

## SCIENCE FUN FOR NATIONAL TREE WEEK

### You will need

- \* Pen
- \* Paper

### 1 TRY THIS INDOORS ... Wood hunting

How many things in your home can you see that are made of wood? Write down or draw pictures of all the things you find. Look really carefully as you might notice that some objects are made partly of wood and partly of another material. And you might spot that some objects made of wood have been painted – how many of these can you find? Can you sort all the different objects on your list into groups?

### WHAT DO YOU NOTICE?

#### Things to talk about ...

What kind of objects are made of wood?  
Why do you think they are made from wood? Do you know what kind of tree the wood has come from? What are the advantages and disadvantages of making things out of wood? What if the objects were made from another material like plastic or metal – would this be as good?







# NATIONAL TREE WEEK

28 Nov - 6 Dec 2020

## 2 TRY THIS OUTDOORS ... How many different trees can you spot?

Next time you are walking somewhere – perhaps to the shops, to school or to the local park – count how many trees you see on the way. On the way back, have a closer look to see if you can identify how many different types of tree you have seen. Collect a fallen leaf from as many of them as you can and when you get home, see if you can identify which type of tree each leaf came from. Use this [leaf identification guide from the Woodland Trust](#) to help you work out which trees your leaves have come from.

### WHAT DO YOU NOTICE?

#### Things to talk about ...

What shapes are the leaves you have collected? How are they similar? How are they different? What do you notice about the colours of the leaves?



3

### WHAT IS THE SCIENCE?

People choose to make things out of wood because it is relatively cheap, not difficult to obtain, and it is easily shaped. Wood is a renewable material: we can plant more trees to replace what we use. Wood is often used in construction because it is strong and stiff, but also flexible, and it is lighter than other building materials like steel. Hardwoods usually come from deciduous trees like oak, walnut or ash, and they are good for outdoor use. Softwoods like pine or cedar usually come from evergreen trees and they are better for indoor use as they can easily rot if they get wet.

4

## MORE ACTIVITIES YOU COULD TRY

HOW TALL IS A TREE? <https://www.science-sparks.com/how-tall-is-a-tree/>

FIND OUT MORE ABOUT IDENTIFYING TREES AND DO A QUICK TREE QUIZ!

<http://www.treetoolsforschools.org.uk/categorymenu/?cat=trees&name=Trees&col=D2232A>

LEARN ABOUT LOOKING AFTER TREES AND THE ANIMALS THAT LIVE IN THEM

[http://www.treetoolsforschools.org.uk/activitymenu/?cat=tree\\_knowledge](http://www.treetoolsforschools.org.uk/activitymenu/?cat=tree_knowledge)

BE A NATURE DETECTIVE WITH THE WOODLAND TRUST

<https://www.science.co.uk/resource/woodland-trust/>

**IMPORTANT NOTICE:** Science Sparks and The Primary Science Teaching Trust are not liable for the actions or activity of any person who uses the information in this resource or in any of the suggested further resources. Science Sparks and The Primary Science Teaching Trust assume no liability with regard to injuries or damage to property that may occur as a result of using the information and carrying out the practical activities contained in this resource or in any of the suggested further resources.

These activities are designed to be carried out by children working with a parent, guardian or other appropriate adult. The adult involved is fully responsible for ensuring that the activities are carried out safely.





Follow us on Facebook at: <https://en-gb.facebook.com/warwickchildrenscentres/>

Warwick District Children & Family Centres Virtual Timetable (via Facebook)



## Family Information Service

01926 742274

Email: [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)  
[www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

Providing information, advice and one-to-one support for families with children and young people aged 0-25 across Warwickshire

## Early Help and Targeted Support Team

Contact Number:

01926 412412

Monday to Friday from 9:00am-4:00pm

Information and advice can also be found on the Children and Families pages of the Warwickshire website:  
[www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies)

## Health Visiting & Midwifery Contact Details

Lillington Health Visitors: 01926 887309

Kingsway Health Visitors: 01926 626531

Warwick Gates Health Visitors: 01926 626531/626536

Kenilworth Health Visitors: 01926 852087

Dale Street Health Visitors: 01926 887309

Cape Road Warwick Health Visitors: 01926 400001 Ext 239

Warwickshire Health Visiting Text Chat Service: 07520 615293  
Monday to Friday - 9am-5pm

Bluebell Clinic @ Warwick Hospital (Midwives): 01926 495321  
Extn 6973, 6974 or 6977

Infant Feeding Team: 01926 626529

## Other Useful Contact Details

Adult & Community Learning. Email: [tanyaspeirs@warwickshire.gov.uk](mailto:tanyaspeirs@warwickshire.gov.uk). Tel: 07584 521869 or 01926 736374

Citizens Advice Bureau. Lillington: 07990 070328. Stratford: 07825 654605. [www.casouthwarwickshire.org.uk](http://www.casouthwarwickshire.org.uk)

Warwick District Foodbank: 07850 293383. [www.warwickdistrict.foodbank.org.uk](http://www.warwickdistrict.foodbank.org.uk)



Follow us on Facebook at: <https://www.facebook.com/warwickchildrenscentres/>

Warwick District Children & Family Centres Virtual Timetable (via Facebook)  
Monday 30 November to Friday 4 December



## Morning activities at 10am.

Monday 30 November

Baby Time with Helen

Sing-a-long with Helen to your favourites!



(Communication & Language)

Tuesday 1 December

Toddler Songs with Liz

Sing and Sign with Liz to a variety of songs incorporating Makaton



(Communication & Language)

Wednesday 2 December

Baby Time with Helen

What's in the bag?



Weaning Tips

(Exploring Materials)

Thursday 3 December

Toddler Time with Lynne

How to make fake snow



(Expressive Arts & Design)

Friday 4 December

Storytime with Sally



Father Christmas needs a wee!  
By Nicholas Allan

(Language & Listening)

## Afternoon activities at 2pm.

Toddler Time with Rebecca

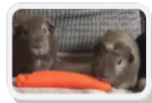
Let's play I-Spy Again!



(Understanding the World)

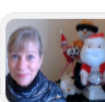
Pets Corner with Rebecca

Letter to Santa Paws



(Understanding the world)

Poetry Corner with Jacqui

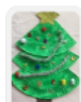


Letter to Jack Frost

By Moira Andrew

(Language & Literacy)

Toddler Time with Anne



Paper Plate Christmas Tree Craft Activity

(Expressive Arts & Design)

Parent LIFT with Steph



Christmas Gift Ideas



Our activities are designed to support development of each of the seven areas of learning from the Early Years Foundation stage



# Family Learning



## Film Club: Choose when you Learn

FREE 6 Week Course - Online

Starting: Monday 4th January 2020 at a time that suits you!

For Parents and Carers of Children aged 7-11 years old (Year 2 +)

Join us to find out how your love of film can support your child's literacy development! We will look at elements of the National Curriculum alongside this enjoyable family activity.

Family Learning

Warwickshire Adult and Community Learning

*Choose when you Learn means you can decide when to access course content each week, and provide us with feedback via email and weekly catch ups - email for more information*



## Helping Your Child with English: Key Stage One

FREE 4 Week Course - Online via Zoom

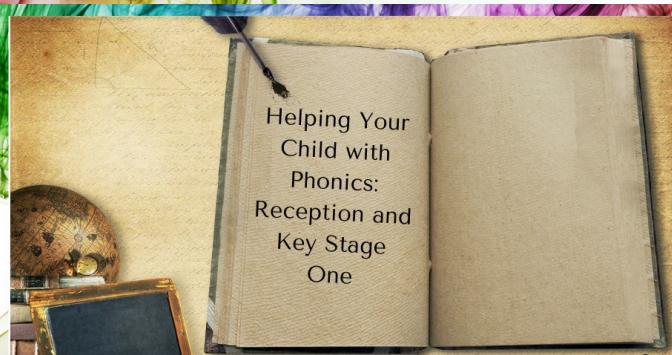
Starting: Tuesday 12th January 2020 9:15-10:15am

For Parents and Carers of Children in Key Stage One

Find out about the KS1 National Curriculum for English and how you can support your child's development at home.

Family Learning

Warwickshire Adult and Community Learning



## Helping Your Child with Phonics: Reception and Key Stage One

FREE 4 Week Course - Online via Zoom

Starting: Tuesday 12th January 2020 10:30-11:30am

For Parents and Carers of Children in Reception and Key Stage One

Find out about how phonics is taught in school and how you can support your child's development at home.

Family Learning

Warwickshire Adult and Community Learning



## Group Triple P: The Positive Parenting Programme

FREE 6 Week Course - Online via Zoom

Starting: Tuesday 5th January 2020 7:00-9:00pm

For Parents and Carers of Children aged 2-11 years old

Learn about an evidence-based, positive parenting approach with trained tutors and Triple P strategies for managing behaviour. Email for further details.

Family Learning

Warwickshire Adult and Community Learning



## Understanding your Child's Behaviour: The Solihull Approach

FREE 10 Week Course - Online via Zoom

Starting: Monday 18th January 2020 7:00-9:00pm

*There will be a break for half term*

For Parents and Carers of Children aged 0-11 years old

This is an evidence-based approach to parenting, that focuses on learning about the communication underlying a child's behaviour, with reflective activities to support you in finding ways to promote your child's behaviour.

Family Learning

Warwickshire Adult and Community Learning

All courses are FREE of charge.

For more information or to book a place, visit:

<https://www.warwickshire.gov.uk/adultlearning> -

Click 'Find a Course' or 'Family Learning.'





## Warwickshire School Health & Wellbeing Service December 2020 Newsletter



### A monthly update from your school nurse team

Here's the latest update from WSHWBS, with wellbeing tips, resources and details of useful services for Warwickshire families. Remember, we're here to support you in these strange times: get in touch using the details on page 3.



### Practise the 5 Ways to Wellbeing this festive season

With Warwickshire under strict restrictions to prevent the spread of coronavirus, December this year will feel a little different. Because of this, it's really important to look after our wellbeing (that goes for children, young people and parents/carers too!). The 5 Ways to Wellbeing are research-based steps we can take to improve our wellbeing. They are:

**Connect**

**Be active**

**Keep learning**

**Give**

**Take notice**

You can find out all about the 5 Ways to Wellbeing and what each one means [here](#).

### Wellbeing Activities

We've put together some activities designed to help all ages achieve these steps to wellbeing and enjoy the festive period - all of which are low cost or free:

- Stay active and learn on the [National Trust website](#), where you can plan a wintery walk, learn eco crafts, try Peter Rabbit activities and learn about squirrel spotting.
- Connect and learn with a virtual event from the Museum of Natural History set to take place Friday 4th December. Solve a series of puzzles to save a missing museum specimen, learning about the natural world along the way. [Details here](#).
- Help children and young people learn, connect and give with these [BBC Goodfood Christmas Baking Projects for Kids](#) and [Hanukkah craft projects](#). Children will be rewarded for their hard work by having lovely gifts to share with loved ones.
- Some of us may be getting 'Zoom fatigue', but keeping in touch with loved ones is really important for our wellbeing. To keep things fresh, why not try adapting the games you usually play at Christmas, such as charades or Pictionary, to work over video - or do some festive [virtual crafts](#) or baking together.
- Taking notice is about noticing and embracing the small things in life. For example, when you're out on a walk, ask children what they can see and feel - perhaps they feel cold and can see their breath in front of them. Ask them again when you get back indoors and see how their answer changes! Learning to take notice can help us all to feel present in the moment and get more out of ordinary days.

### BBC Wellbeing Toolkits

The BBC have created a useful [parent/carers wellbeing toolkit](#) full of ideas and activities. There's also a brilliant [parent/carer wellbeing toolkit for children with SEND](#).

## Affordable energy: Stay warm this winter

Many families struggle to heat their homes through winter, due to difficulty paying utility bills, problems with energy providers, or issues with appliances. Living in a cold home can lead to poor health and a decreased sense of wellbeing.



Act On Energy is a charity that works across Warwickshire and surrounding areas to help people save money and heat their homes more efficiently. Their services are free of charge and include:

- Support and advice over the phone on keeping warm and reducing energy bills.
- Support accessing funding for emergency heating replacements (for eligible families).
- Free low-cost energy installs (efficient light bulbs, draught-proofing etc.).
- Additional support for vulnerable families (low-income households/families with small children etc.).

To find out more, visit [www.actonenergy.org.uk](http://www.actonenergy.org.uk) or call their free advice line: **0800 988 2881**

## Something's Not Right

Lockdown has been difficult for everyone. Some young people might have particular worries about things that have happened at home, not knowing where to go when they're scared, being at school, exams and futures, or coping with mental health. If this sounds like you or someone you know, visit [childline.org.uk/somethings-not-right](https://childline.org.uk/somethings-not-right) for support.



## Emotional and mental health

Lots of children and young people may struggle with their mental health at some point. It's important they know that they're not alone, it's OK to tell someone how they feel, and there are lots of people around to support them. Here are some links for support and advice for children, young people and parent/carers around struggles with emotions, anxiety or low mood:



### For children and young people

[Young Minds](#) - mental health support

[CW RISE](#) - local mental health services

[Childline coping at Christmas](#) - support for young people struggling over the holidays

[NHS Every Mind Matters](#) - mental health and self-care for young people

[GOV UK](#) - easy-read guide to looking after your feelings & body during COVID-19

### For parents/carers

[GOV UK](#) - guidance for supporting CYP mental health during the pandemic

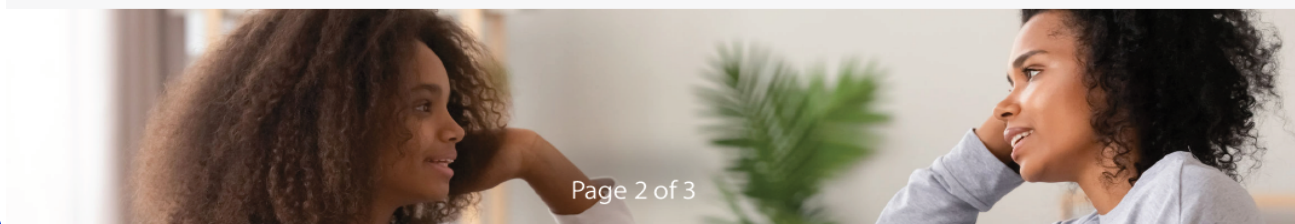
[CW RISE](#) - advice & support for parents/carers, including workshops & useful resources

[Young Minds](#) - help for parents/carers worried about your child

[NHS Every Mind Matters](#) - looking after a child or young person's mental health



For urgent support with mental health for children and young people, please call the RISE Crises team on: **02476 641 799** (8am and 8pm) or **0300 200 0011** (overnight)





## Coronavirus (COVID-19)

As of Wednesday 2nd December, Warwickshire will be under Tier 3 restrictions to prevent the spread of coronavirus. Find out what these restrictions mean [here](#). Schools will remain open and pupils should continue to attend. Over Christmas, it will be possible to form an exclusive 'bubble' with two other households. You can read more about this [here](#) - bear in mind spending time with elderly or vulnerable relatives puts them at risk.

If a child or young person has health or wellbeing concerns during this period of increased restrictions, a school nurse can provide support. Please get in touch using the details below.

Remember:



[Latest government guidance](#)

[NHS advice and symptom checker](#)

[WCC family guidance](#)

[Support accessing food in Warwickshire](#)

[Young Minds advice on talking to children about coronavirus](#)

[Coronavirus resources for people with autism](#)

## Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing: get in touch using the details below for free, confidential advice.

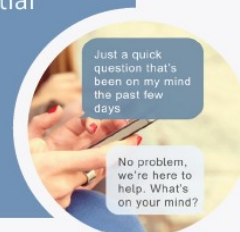
### Parents/carers

Service mainline: 03300 245 204

Text Parentline: 07520 619 376

### Children/young people 11-19 years

Text ChatHealth: 07507 331 525



[www.compass-uk.org/services/wshwbs](http://www.compass-uk.org/services/wshwbs)



# Diary Dates

## **Family Support**

These are challenging times for many families nationally. Please do not hesitate to contact me confidentially if you would like any support ([head2622@welearn365.com](mailto:head2622@welearn365.com)) or any of the agencies below:

Warwickshire Welfare Scheme [www.warwickshire.gov.uk/localwelfarescheme](http://www.warwickshire.gov.uk/localwelfarescheme)

Bereavement support [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk) / 0808 808 1677

Family Information Service [www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies)

Domestic Abuse Helpline [www.nationalhelpline.org.uk](http://www.nationalhelpline.org.uk)

Citizens Advice Bureau [www.citiizensadvice.org.uk](http://www.citiizensadvice.org.uk)

Young Carers - 02476 217740

Samaritans Helpline 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

Childline 0800 111

## **In-Service Training (INSET) Days—School Closed**

School will be closed for staff statutory safeguarding training on Monday 23rd and Tuesday 24th November 2020.

## **Christmas Jumper Day**

Friday 18th December will be Christmas Jumper day. Please send in 50p for school fund, which is used to support our exciting curriculum at Lighthorne Heath.



## **School Christmas Dinner**

School Christmas dinner will be on Friday 18th December.

## **Christmas Holidays**

School breaks up for the Christmas holidays on Friday 18th December. Spring term begins on Tuesday 5th January 2021.

## **Flu Vaccinations**

A reminder that the provisional date for pupils to receive their flu vaccinations is Friday 11th December. A letter will be sent to you electronically approximately two weeks before this date. The letter contains a link to an online consent form. The immunisation team will vaccinate one “bubble” at a time, decontaminating their working area in between each bubble and at the end of the session.

**Have a lovely weekend!**

**Best wishes, Juliette Westwood and the Lighthorne Heath team.**