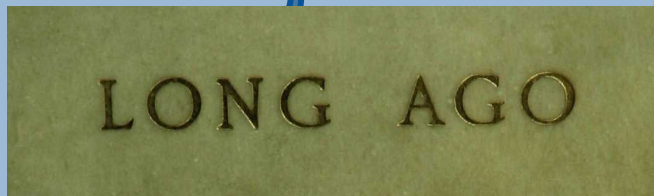
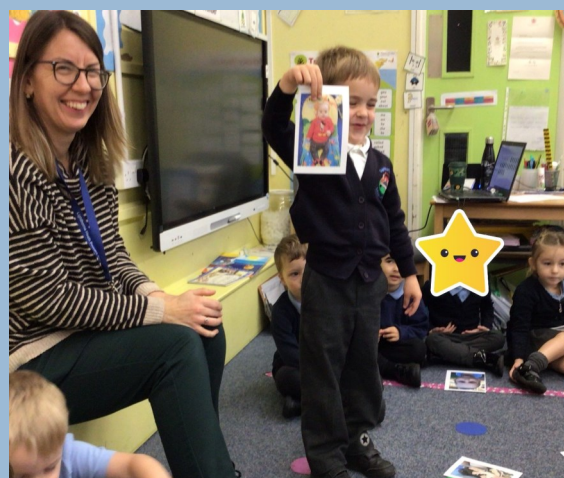


Nursery and Reception



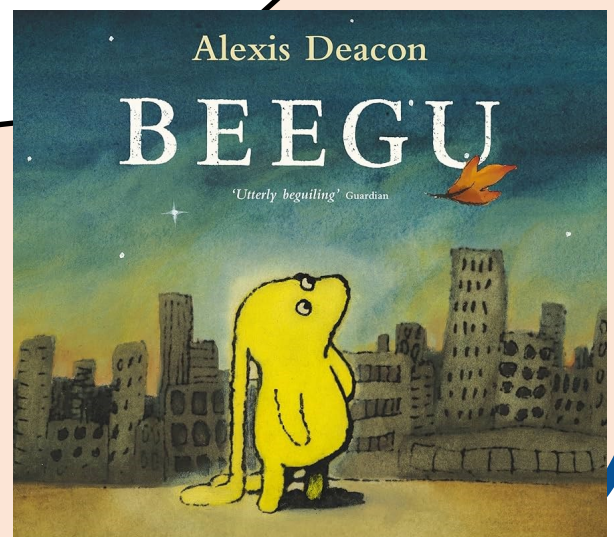
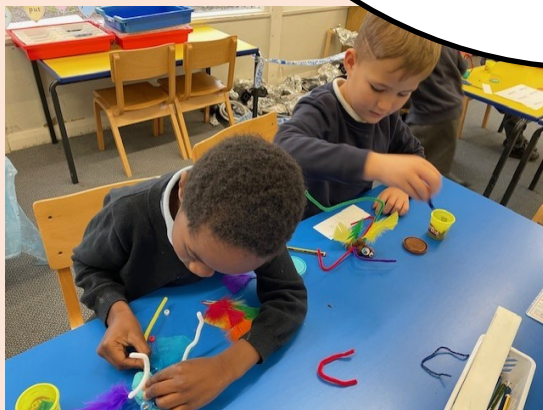
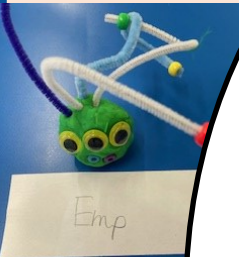
This week, Reception and Nursery children enjoyed exploring how much they have grown by identifying baby photos of themselves. By comparing their baby photos with their present day photos, the children were able to compare themselves now with when they were a baby. The were able to answer, 'What can you do now that you couldn't do when you were a baby?'



Year 1 & 2



Over the past few weeks in Literacy lessons, the children in Years 1 and 2 have been learning the story of 'Beegu' by Alexis Deacon. Beegu is from another world and somehow gets lost on Earth. Lonely and confused, she wanders off to a nearby city to find some friends. In this weeks lesson the children were challenged to create a friend for Beegu, thinking carefully about the personality traits as well as physical features that would appeal to her. Some children added soft arms to hug Beegu and others selected long ears to show that the friend was a good listener. Following this, the children used their model to write a character description of the friend, selecting suitable adjectives to describe both personality and appearance.





In a recent art lesson, Years 3 and 4 went on a journey back in time to the Stone Age.

Transporting themselves into the shoes of ancient artists, the children explored the fascinating world of prehistoric art.

They started by examining different Stone Age paintings, discussing the techniques used, the subjects shown, and the potential purposes behind each piece.

Taking inspiration from their discoveries, the children then carefully sketched their own drawings of woolly mammoths. Guided by step-by-step instructions and paying special attention to proportionality and the use of shades.

Next, they were tasked with bringing colour into their work using watercolour paints and encouraged to use a variation of browns, reds, and yellows.

The young artists painted their mammoths, mirroring the colour palette once used by the Stone Age. They all produced some impressive work!



COOKING / 6

On Tuesday, the children in class 5/6 were visited by chef, Idris Caldora. He taught us about the importance of a healthy balanced diet and the role we have to play in making good choices when it comes to what we eat.

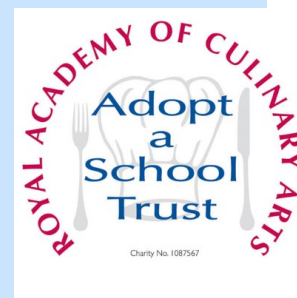
We learned about the 5 different tastes:

- * Salt
- * Sweet
- * Sour
- * Bitter and
- * Umami



The children tasted a variety of foods and tried to pinpoint where the different tastes were on their tongues.

Mr Caldora managed to trick us by giving us food that we expected to be a certain flavour based on their colour, but in reality they were very different!





We expected the yellow jelly to be lemon or pineapple. When I smelt it, I still thought it was lemon. It tasted hot and spicy and Mr Caldora told us it was ginger.



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COACHING.CO.UK

HAF

Active Kids
Christmas!



Wednesday 3rd
& Thursday 4th

JANUARY 2024

2
DAYS!

CHRISTMAS
HOLIDAYS
FUN!

HEALTHY
LUNCH
PROVIDED

FREE
places available
for eligible families

Exclusive to
Pupils at



Lighthorne Heath Primary School

Stratford Road, Lighthorne Heath,
Leamington Spa, Warwickshire CV33 9TW

For more information go to

haf.onsidelive.co.uk

Understanding Children's Behaviour

**A FREE 2-hour workshop for parents and carers in
Warwickshire/ Lighthorne Heath Primary School**

Being a parent is exciting and rewarding but there are also times when they behave in ways that challenge.

This two-hour interactive workshop for parents and carers looks at some of the reasons children behave the way that they do and offers insight and strategies to parents to help guide behaviour.

**Lighthorne Heath Primary School, Stratford
Road, Lighthorne Heath, CV33 9TW
Friday January 26th 2024 9.30am- 11.30am**

To check availability and book a place, please contact
ehparenttrainers@warwickshire.gov.uk



If you have any queries, please contact:

ehparenttrainers@warwickshire.gov.uk

Lighthorne Heath Learning Heroes

Nursery & Reception

Mrs Hartley and Mrs Manley have chosen Everleigh as their hero this week. Everleigh is incredibly enthusiastic about all of our learning and is keen to take part and share her ideas. She is very creative with her Drawing Club creations using her imagination to invent a new bubble machine this week. I have also

noticed how much effort she is putting into learning our songs and actions for the Christmas performance. Well done Everleigh!

Years 1 & 2

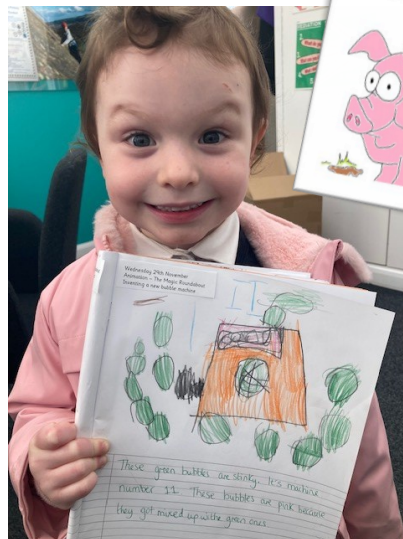
Our hero is Niharika for the fantastic progress she has made in reading and writing. She is working really hard to learn her phonics sounds and it was wonderful to see her using these to decode words when reading and to spell words independently in her writing this week. Well done!

Years 3 & 4

Miss Singh has chosen Yuvraj as this week's hero for having a go and using his courage in tackling tasks, even when uncertain about the outcome. Furthermore, Yuvraj has demonstrated exceptional skills in swimming and is making excellent progress. Well done, Yuvraj!

Years 5 & 6

Mrs Cox's hero this week is April for her fantastic creative home learning. Well done for continuing to be enthusiastic about our topic and taking time to complete some lovely work. Well done April.



Concentrate



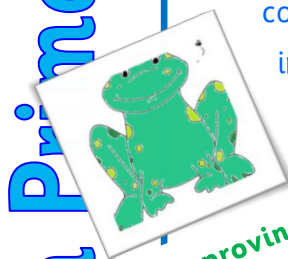
Enjoy learning

Letter

Co-operate



Persevere



Keep on improving



Use your imagination

Emotional Wellbeing and Mental Health



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

DIGITAL DETOX

Technology has become a normal part of our day-to-day lives and is widely beneficial; from being used as an alarm to wake us up in the morning, to helping us stay connected with family, and watching our favourite programme wherever we are in the world! However, prolonged use of technology can increase stress levels and have an unhealthy impact on our mental wellbeing.

A digital detox can help to improve sleep quality, reduce stress and anxiety, enhance productivity, increase creativity, and improve self-awareness.

Our tips for digital detox:

1- Phone free zones. Keeping phones out of certain rooms may help you to stick to your detox plan. This will remove the temptation to reach for your phone/mobile device and it allows you to enjoy your space away from technology!

2- 30 minute rule. Try to swap using your phone before bed for a screen-free activity instead! This should be for at least the last 30 minutes of the day. The blue light from screens tricks our brain into thinking it is daytime, which disrupts the production of melatonin (the hormone we need to feel sleepy!) Activities could be reading, mindful colouring, tidying, journaling, playing a musical instrument, board games, meditation, completing a puzzle, or self-care.

3- Take regular screen breaks. Stepping away from the screen helps us to balance our digital and real-world lives. This will also increase our self-awareness, productivity and overall happiness.



Scan for ideas on how to have a family digital detox!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

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.



Attend Today, Achieve Tomorrow



Unfortunately, we still have an unacceptable number of pupils for whom attendance and punctuality is causing concern.

Our school monitoring records show a clear correlation between children with poor attendance and those that do not make the academic progress that we aim for.

Children should be in school every day (the school day begins at 8.55am and they should be ready to enter the classroom at this time).

Children should attend school every day and should still attend if they feel tired or are a little 'under the weather'. Sibling and family illness is not an acceptable reason for absence. For more serious or contagious illnesses (vomiting bugs, diarrhoea, chicken pox etc.) then any absence from school should be reported (by telephone or email) to the school office.

**190
DAYS
100%**



**183
DAYS
96%**



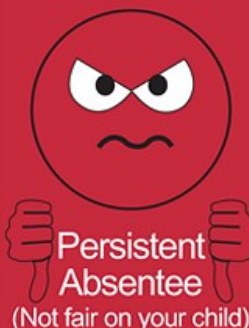
**179
DAYS
94%**



**175
DAYS
92%**



**More than
18 days
absence less
than 90%**



ABSENCE = LOST OPPORTUNITY



Did You Know... ?

If Your Child's Attendance During the School Year...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

was 95%

9 Days from School

50 Lessons

was 90%

19 Days from School

100 Lessons

was 85%

29 Days from School

150 Lessons

was 80%

38 Days from School

200 Lessons

was 75%

48 Days from School

250 Lessons

Getting Your Child to School Really Matters



Community Pop Up

Tuesday 19 December
2 to 4pm

Outside Lighthorne
Heath Primary School



Come and meet our Thriving Communities team and find out about our free Better Days support. Whether it's managing your money, trying something new, employment support or improving your digital skills and your overall wellbeing – we're here to help. We've also got increased cost of living advice too!



Community Pop Up

Tuesday 19 December
2 to 4pm
Outside Lighthorne
Heath Primary School



Diary Dates



| December | |
|--|--|
| Friday 1st December | Break The Rules Day (see page in newsletter 11) |
| Monday 4 th December | INSET day |
| Thursday 7 th December | Family learning session, winter craft. See newsletters regarding booking information. |
| Monday 11 th December | Nursery, Reception, Year 1 & 2 winter theatre trip |
| Wednesday 13 th December | <p>Winter performance afternoon for pupils in Reception-Y6, parents invited. Starting at 1.30 p.m.</p> <p>Please note there are no tickets for this event, however, we request that just two adults per family attend due to space in the hall.</p> <p><u>Chocolate Tombola - Tickets available in advance.</u></p> <p><u>Chocolate donations would be gratefully received.</u></p> |
| *Monday 18th December | School Christmas lunch |
| Monday 25 December 2023 to Friday 5 January 2024 | <p>Christmas Holiday</p> <p>School returns on Tuesday 9th January</p> |



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

Benn Partnership Centre
 Railway Terrace, Rugby, CV21 3HR
 Tel: 01788 553033
 Email: info@bennpartnership.org.uk
 Website: www.bennpartnership.org.uk

Monday 25th December

FREE CHRISTMAS DAY DINNER

Each year Benn Partnership Centre offers a free Christmas Day Event for members of the community who would otherwise be alone.

Do you have family who will be working Christmas day?

Or will you struggle to cook a Christmas dinner?

If so, please call or email before Friday 1st December to book your place and advise us of your dietary requirements.

Arrive at 10:30am with dinner at 1:00 pm and stay until 4:00pm. Please note that the numbers are limited so it will be on first come first served basis.

Tel: 01788 553033
Email: info@bennpartnership.org.uk

SYDNI

COMMUNITY CHRISTMAS LUNCH

WEDNESDAY 13TH DEC

**ARRIVE FROM 12 NOON
LUNCH SERVED AFTER 12.30**

**TRADITIONAL TURKEY LUNCH WITH ALL THE TRIMMINGS
CHRISTMAS PUDDING OR WINTER BERRY PAVLOVA**

Music, Quiz, Games, Carols.
Christmas hats or jumpers optional

Call 01926 422071 to book your place

Cottage Square, Sydenham, Leamington Spa, CV31 1PT 01926 422071
sydni.org
 Opening hours: Monday - Friday 9.00-5.00

LOTT

CHRISTMAS FAYRE

SUNDAY 3rd DECEMBER
 10am - 4pm

THE BAND FACTORY
 ALTHORPE STREET, LEAMINGTON SPA, CV31 2AU

CHRISTMAS STALLS

CHILDREN'S DECORATION WORKSHOP

SANTA'S GROTTO

CAROLS FROM ST. PATRICK'S SCHOOL CHOIR

Napton WI

Christmas Food Fayre

Saturday 16th December

Napton Village Hall

10:30 am - 4:00 pm

Home Baking!

Local Produce!

Refreshments

Roasted Chestnuts

Mulled Wine

Xmas Stalls

Visit Santa
 2.00 - 4.00 pm

£1 entry under 16 free

Adult and Community Learning

Lighthorne Heath Primary School
in partnership with the children and family centre, and
Family Learning

Winter Art and Craft Workshop



Family Learning: making learning fun!
For parents/carers and children
Everything FREE

Thursday 7th December
3.15 – 4.45

To book a place for you and your child please contact: The
school office, Lighthorne Heath Children and Family Centre
01926 691105 or email janlennon@warwickshire.gov.uk



Warwickshire
County Council

*Working for
Warwickshire*