

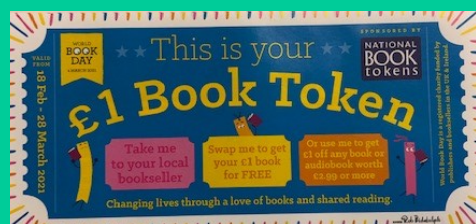
Celebrate stories. Love reading.

Welcome Back to School!



Dear parents, and carers,

Welcome back to school! It has been really great to see all of our lovely children and families again, and we've had a fantastic fresh start to full school re-opening this week by celebrating our love of reading with World Book Week activities based around Benji Davies' wonderful picture book, 'Grandad's Island'.



Your child has been given a World Book Day £1 voucher which can be redeemed against the cost of any full-price book or exchanged for one of the special World Book Day titles opposite.

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

Have a lovely weekend!



Nursery and Reception

It has been a pleasure to welcome the children back into the Reception and Nursery classroom.

They have impressed me with their positive attitudes to learning, including cooperation, enthusiasm and kindness. As we have slowly revealed the story of Grandad's Island, the children have made fantastic observations as well as predictions and have enjoyed making their own tropical island adventure.



Welcome back Reception and Nursery!





Year 1/2/3

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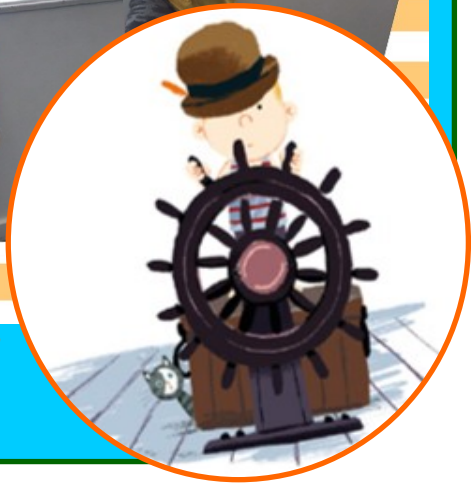
We thought about Syd's relationship with his Grandad and our own relationships with special people in our lives.



Year 1/2/3



We came to school
on Thursday dressed
in some fabulous
outfits inspired by
the book.



Year 4/5/6

Class 4,5,6 have loved exploring the book 'Grandad's Island' picking up on so many visual clues, inferring lots of hidden messages and deeper meaning within the book.

They have spent time looking at jungles and the work of Henri Rousseau.

They loved making Hawaiian leis ready for our World Book Day on Thursday.



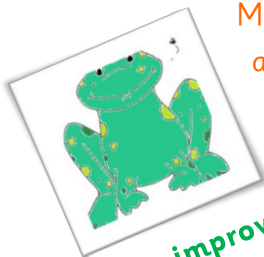
Lighthorne Heath Learning Heroes



Co-operate



Persevere



Keep on improving



Nursery and Reception

It is so hard to pick just one learning hero this week in Reception and Nursery! All of the children have impressed us with their fantastic attitude and good listening skills. Jia from Nursery has stood out especially this week for her improved confidence in answering the register with a 'good morning' and her good manners, saying 'thank you' when being offered milk and fruit. Jia also listened carefully and concentrated so well during the Benji Davies illustrator masterclass in how to draw Grandad, producing a lovely picture!

Year 1/2/3

Mrs Munday's and Mrs Hill's Lighthorne Heath Heroes this week are David, Ben and Immy-May for settling in so well with their new class and showing a great attitude towards their learning.

Year 4/5/6

For our hero, we nominate Isla. She has settled in well within the class, making friends and being kind and helpful to her classmates. She has shown curiosity and excitement towards her learning and great imagination whilst exploring our text 'Grandad's Island.'



UN Convention on the Rights of the Child

Article 29: Goals of education



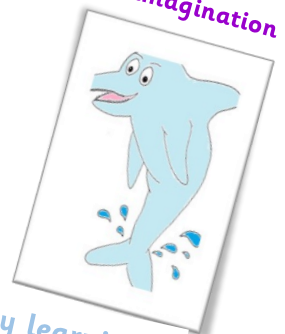
Have a go



Concentrate



Use your imagination



Enjoy learning

Online Safety

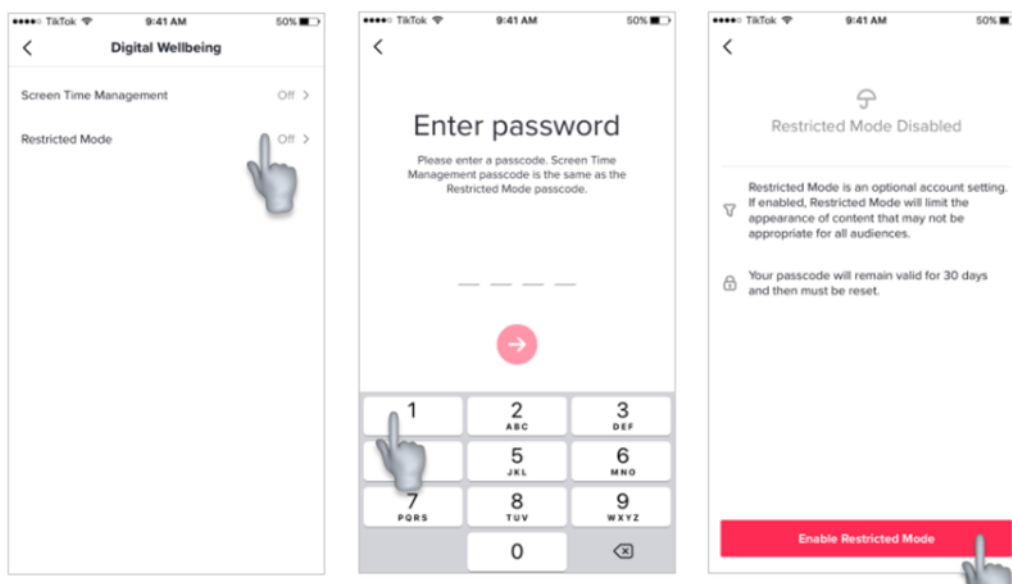
TikTok



We are certain that many of you are aware of the increased popularity of the mobile app 'TikTok'. TikTok is a social network for sharing user-generated music videos. This app used to be called Musical.ly. User of TikTok should be aged 13 and over. Therefore, children at primary school should not have their own TikTok account. Whilst we recognise that there is a wide range of entertaining content, there is a risk that children can be exposed to inappropriate material. We therefore recommend that children should not be allowed to create their own account and should not be posting videos of themselves on this service.

Restricted Mode

TikTok has created a 'Restricted Mode' on the app. This feature helps to filter out inappropriate content, however this feature is not full proof. Please see below for instructions on how to activate 'Restricted Mode'.



Fortnite



Fortnite is also an incredibly popular video game that children play. There has been some confusion over the recommended age to play Fortnite. The game's **PEGI rating is 12**.

Whilst we are aware that many of the children at our schools play Fortnite, it is important that parents remain vigilant in ensuring that your child/children are safe whilst doing so. Whilst playing the game, children can easily speak to strangers, who may be a lot older than them. As a result, children be exposed to very inappropriate language and behaviour. We strongly recommend that you visit this link – **Fortnite Parental Controls** to find out more about how you can keep your child/children safe whilst playing this game.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: Best interests of the child

Get booking for our Holiday Camps



We can
provide
for 4 year
olds
all day*

Inspiring
young minds to
think BIG!

Suitable
for children
aged 4-11
years old



GOGO Makers

Before & After School Care,
Holiday Camps & Creative Clubs



Looking for something fun and exciting
to do during the school holidays for your child?

EASTER HOLIDAY VENUE
Priors Field Primary School, Kenilworth

Our Leamington venues will be back open soon.....

Here's what's happening

Easter Holidays

6th - 16th April 2021

Arts & Crafts, Dance, Multisports, STEAM, (Fun Science Experiments!)
Forest School Activities* and Easter Egg Hunts!

Early drop off 8am	£4.00	Breakfast included
9am - 3.30pm	£20.95	
9am - 4.30pm	£23.95	Includes a drink and a biscuit at 3.45pm
9am - 5pm	£24.95	Includes a drink and a biscuit at 3.45pm plus a wrap and fruit at teatime.
9am - 5.30pm	£25.95	Includes a drink and a biscuit at 3.45pm plus a wrap and fruit at teatime.

We Accept
Childcare
Vouchers

100%
of Parents would
recommend
Go Go Makers
Holiday Camps
to a friend*.

*Based on a survey of 101 parents.

*"All of the staff at
Go Go Makers are amazing!
My daughter comes to every holiday
club and always has a great time and
can't wait until the next holiday!!"*
*"Thank you Go Go Makers for providing
a fun, warm and safe environment
for my children"*

www.gogomakers.co.uk

Find out more and to book a place at our other venues:

Bishop's Tachbrook Primary School, Kingsley Road Bishop's Tachbrook. BACK OPEN SOON...

Kingsley Prep School, Beauchamp Ave, Leamington Spa. CV32 5RD. BACK OPEN SOON...

Priors Field Primary School, Clinton Lane, Kenilworth. CV8 1BA. OPEN EASTER 2021

Telford Junior School 60 Telford Ave, Leamington Spa CV32 7HP BACK OPEN SOON...

Whitnash Primary School, Langley Road, Whitnash, Leamington Spa. CV31 2EX. BACK OPEN SOON...

*Forest School Activities only available at
Priorsfield Primary School, Kenilworth.

Please contact the Go Go Makers team on:

01926 935377

or email:

hello@gogomakers.co.uk

Inspiring
young minds to
think BIG!

GO GO Makers
Before & After School Care,
Holiday Camps & Creative Clubs



World Oral Health Day: 20th March 2021

Activities for children and young people



Good oral health includes brushing, flossing and keeping bacteria under control. Without proper oral hygiene, bacteria levels can rise causing infections such as gum disease and tooth decay.

We must look after our mouths and particularly our teeth. Teeth help us chew and digest food, and they also give our face its shape. Teeth also give us confidence to smile.

Getting to know oral health

How much do you know about oral health? Do you know how important it is to look after your teeth and mouth? You can find out the fun way by...

- 📖 Reading Professor Hallux's comic. [Read this quirky comic](#) to learn interesting facts about teeth.
- 📺 Watching fun videos. Professor Hallux takes you on a learning trip to discover more about your mouth and teeth:
 - [The Mouth Walk - the importance of Oral Hygiene](#)
 - [Why do we brush our teeth?](#)
 - [Why do we have bacteria in our mouths?](#)
 - [What happens when you visit the dentist?](#)
- 🎧 Listening to interesting podcasts:
 - [History of dentistry](#)
 - [Fluoride and our teeth](#)
 - [What effect does sugar have on our teeth?](#)
 - [Why clean our teeth?](#)

Visit [Professor Hallux's Dental Depository Fun Kids website](#) to find out more about teeth and oral health.



Toothbrush Tracker

Track how often you brush your teeth. Do you brush enough?



Game: Shine Time Stop That Sugar

The friendly hippo dentist, Dr Bobby Swirl, needs your help on his mission to clear the sugary 'invaders' and defend mouths against the build-up of plaque before it attacks and damages teeth. Are you up to the challenge?

Shop Smart

Get the Change4Life Free Food Scanner App. You can scan barcodes and find out what's inside popular snacks and drinks. You could use it to choose tasty options that are better for your oral health.



World Oral Health Day - Be Proud of Your Mouth

Find out what World Oral Health Day have been doing to promote good oral health.

Oral health easy-read information

Brushing our teeth

Caring for our teeth

Having your teeth cleaned at the dentist



Support from Change Makers with oral health and healthy lifestyles

If you're a parent/carer with concerns about your child's oral health, or other elements of their lifestyle such as weight or diet, you can get free support from the Change Makers team. To find out more, contact the School Health and Wellbeing Office on 03300 245 204 or email on warwickshireschoolhealth@compass-uk.org. You can also check out the Change Makers [Facebook page](#).

Young people age 11-19 looking for support with oral health and healthy lifestyles can text a nurse via ChatHealth - the number is **07507 331 525**. This service is confidential and free.



World Sleep Day: 19th March 2021 Information for families

Did you know that sleep can affect your mood, focus, stress levels and physical health? A solid night's sleep is essential for a long and healthy life! [Find out more about why.](#)

Parent/carer healthy sleep workshop

Watch this short video from your Warwickshire school nurse team to learn how you can improve the sleep routine of young children and encourage healthy sleep:
youtu.be/c9nApj6IVlk

Sleep and mental health

There's close relationship between sleep and mental health. Living with a mental health problems can affect how well you sleep, and poor sleep can have a negative impact on your mental health. [Learn more from Mind.](#)



Top tips

[For children with additional needs](#)

[For teens](#)

[For adults](#)



Easy read sleep information

[Games for children & young people](#)

[Children's easy read](#)

[Teen & adult easy read](#)

[Sleeping problems](#)



Watch videos about sleep

[Are you getting enough sleep?](#)

[Wind Down - switching off](#)

[Simple tips for better sleep](#)

Before bed yoga relaxation

Watch a relaxing before bedtime yoga video. It might just help you sleep!

[Children - Kids yoga for better sleep by Cosmic Kids](#)

[Teens and adults - Yoga for bedtime by Adriene](#)



Physical Activity and Sleep

Physical activity and exercise can help you sleep. Moderate exercise increases the amount of deep sleep, where the brain and body have a chance to rejuvenate. Exercise should be performed at the right time allowing your body time to relax before bed. See the government [Physical Activity Guidelines](#) to find out how much you should be getting based on age. Families with children could try the [Superhero workout](#), give a [Joe Wicks PE a go](#), or go for a brisk walk or bike ride for the added benefits of some fresh air and vitamin D.

The Pzizz app for young people and adults

The app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses 'Dreamscapes' – a mix of music, voice-overs and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.

👉 nhs.uk/apps-library/pzizz/



Sleep Support Services

[Mind useful contacts](#)

Contains useful support service information for people of all ages.

[NHS Every Mind Matters](#)

Sleep information, advice, tips and support service information.

Support from Warwickshire School Health & Wellbeing Service

Young people age 11-19 can text a school nurse to discuss any concerns about sleep or general wellbeing via ChatHealth - the number is **07507 331 525**. This service is confidential and free. We encourage young people to save the number in their phones so it's there whenever they need it.

Parents/carers can text a school nurse for support via ParentLine on **07520 619 376**, or alternatively you can call **03300 245 204**. Our office hours are 9am-5pm Monday to Friday. Find out more on our [website](#).



Parents!

We

need

YOU!



Why volunteer to be a school governor or trustee?

School governors make a valuable contribution to children's education, opportunities and futures.

Being a school governor is a challenging but hugely rewarding role. It will give you the chance to make a real difference to young people and give something back to your local community.

Schools need governing boards that have a balance and diversity of knowledge, skills and experience to enable it to be effective. Ofsted (the national inspection body for schools) has repeatedly noted that the most effective schools demonstrate effective leadership and management – which includes the governing board.

Who can become a school governor?

Anyone aged 18 or over can be a governor. There is no requirement for you to have an understanding of the education system, just the necessary skills, character and time to contribute. There is plenty of training available to help you learn about education. Schools need and benefit from a range of professional knowledge on their governing board including education, finance, human resources, legal, marketing and public relations, property and estates management, and organisational change.

As a governor, you will be able to:

- use your own experience of education and life beyond school to inform conversations
- make a valuable contribution to education and your community
- support and challenge the school so that it improves for pupils and staff
- bring your unique experiences and insights in to decision-making in the interests of the school community

What do governors do?

The governing board provides strategic leadership and accountability in schools. It has three key functions:

- Overseeing the financial performance of the school and making sure its money is well spent
- Holding the head teacher to account for the educational performance of the school and its pupils
- Ensuring clarity of vision, ethos and strategic direction

Governors set the aims and objectives for the school or group of schools and set the policies and targets for achieving those aims and objectives. They monitor and evaluate the progress the school is making and act as a source of challenge and support to the head teacher. In action, this means:

- Appointing and performance reviewing the head teacher and senior leaders, including making decisions about pay
- Managing budgets and deciding how money is spent
- Engaging with pupils, staff, parents and the school community
- Sitting on panels and making decisions about things like pupil exclusions and staff disciplinary
- Addressing a range of education issues within the school including disadvantaged pupils, pupils with special needs, staff workload and teacher recruitment
- Looking at data and evidence to ask questions and have challenging conversations about the school

Governors and trustees must be prepared to adopt the Nolan principles of public life: selflessness, integrity, objectivity, accountability, openness, honesty and leadership.

Governors and trustees should also be committed to their role and to young people; confident in having courageous conversations; curious with an enquiring mind; able to challenge the status quo to improve things; collaborative to build strong relationships; critical to improve their own work and that of the board; and creative in problem solving and being innovative.

What will be expected of me?

The average time commitment is an hour a month. This includes meetings, background reading and school visits. As well as full governing board meetings, we have link governor roles which you may like to contribute to.

Like magistrates or members of a jury, school governors and trustees have a right to reasonable time off work for their public duties, although this may be unpaid. Your company's HR department will be able to tell you about its policy.

The term of office for our federation governors is four years. Many people choose to serve multiple terms, however as a volunteer you can resign before your term is finished if your circumstances change.

Each individual governor is a member of a governing board, which is established in law as a corporate body. Individual governors may not act independently of the rest of the governing board; decisions are the joint responsibility of the governing board.

Governance is a voluntary role and therefore it is not paid.

To apply to become a parent governor for Lighthorne Heath and Sydenham Primary Schools, please email Mrs Westwood: head2622@welearn365.com or call the school office.