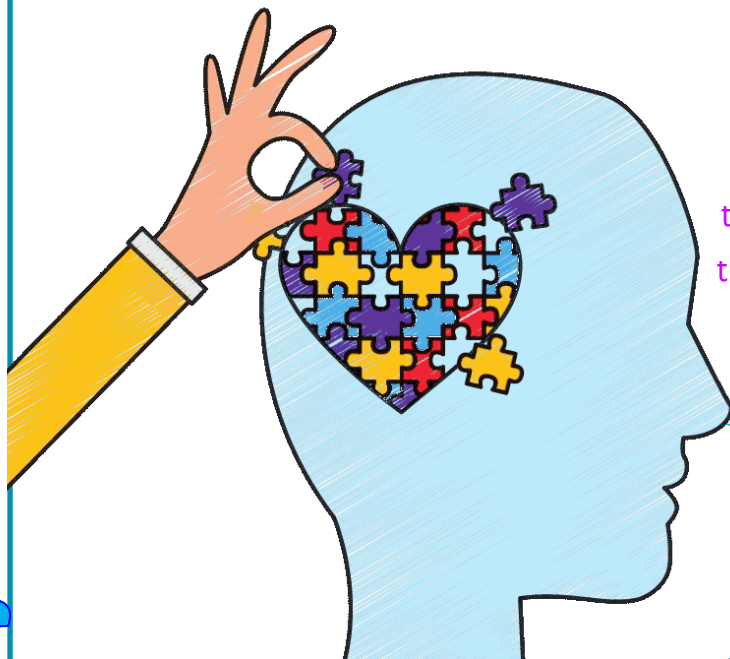


Children's Mental Health Week



Children have been thinking about their mental health this week. They talked about all of the different emotions, and tried to identify what makes them feel various emotions.

I feel anxious when I know people are ill.

I feel relaxed when I can have a lazy day.

I feel comfortable and safe in my bedroom.

I feel happy watching my favourite television programme.

I feel worried if my friend falls over and is hurt.

I feel a bit scared in the dark.

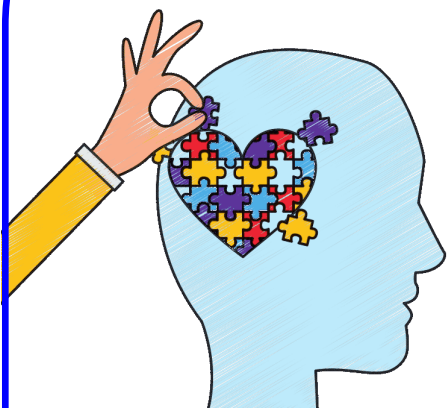
I feel relieved when I finish my home learning.

I feel joyful when I'm at the seaside.

I feel love when I cuddle my dog.

I feel glad when it's pizza for dinner!

Children's Mental Health Week



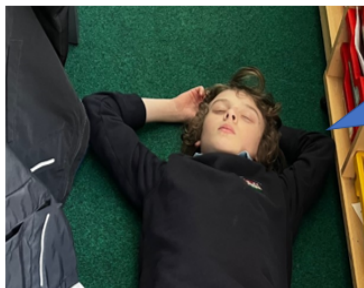
The children in Mrs Cox's class discussed ways in which they improve their mental health, and took part in some Mindfulness activities. First, they participated in a meditation. Next, they enjoyed doing some Mindful colouring. The children all agreed that they felt much more relaxed afterwards.



I felt like I was 'logging out' of my body (like when you shut down a computer)



I was so relaxed, I nearly fell asleep!



It was like I was sinking into the ground.

Mental Health First Aider

MHFA England

Did you know that Mrs Thorneywork, Mrs Cox, Mrs Manley and Mrs Westwood are Mental Health First Aiders? They are all trained to identify, understand and help people who may be experiencing mental ill health. You can talk to any of Mental Health First Aiders in confidence if you need support.



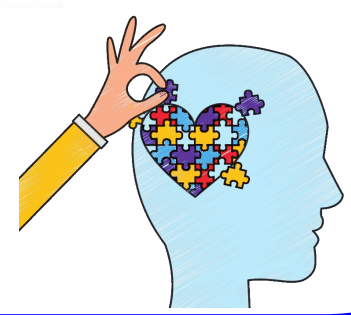
Children's Mental Health Week

50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Watch the stars
- Write a Letter
- Learn something NEW
- Read a Book
- sit in NATURE
- Move twice as slowly
- Listen to a guided relaxation
- Take Deep Belly Breaths
- MEDITATE
- Call a Friend
- Meander around Town
- WRITE in a journal
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- WALK Outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some ART
- Eat a meal in SILENCE
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Go to a Farmer's Market
- Forgive Someone
- read or watch something FUNNY
- COLOR with Crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Engage in small acts of KINDNESS
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks

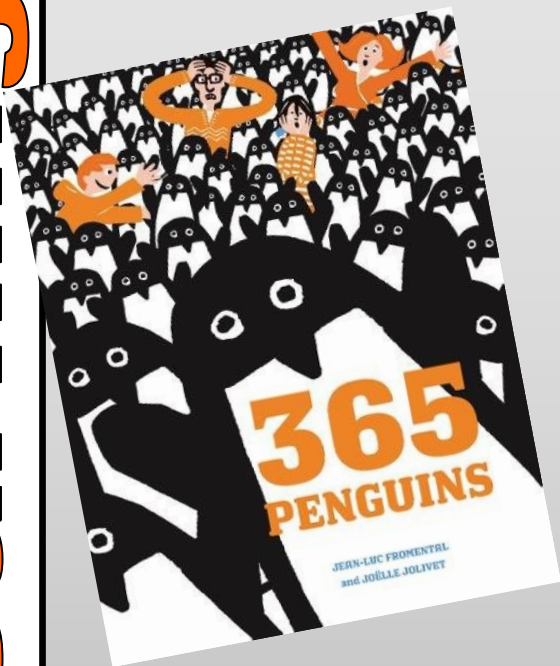


UN Convention on the Rights of the Child
Article 24: Health and Health Services

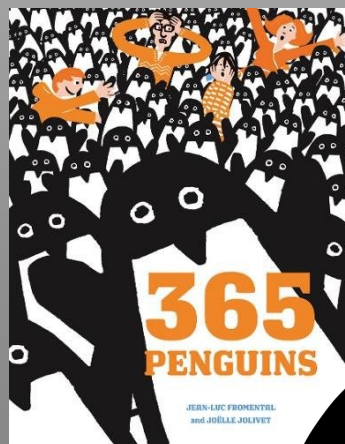
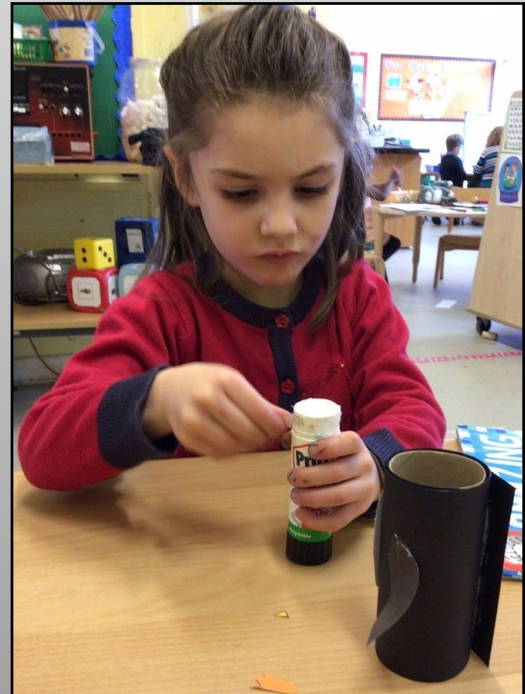
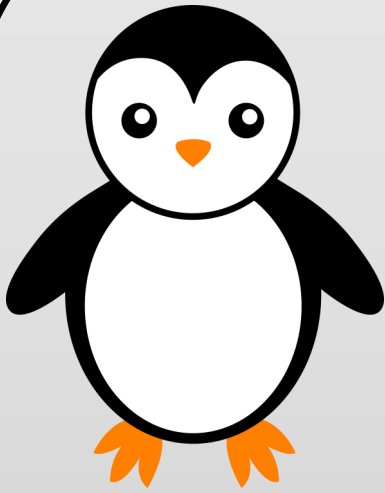


Mathematics Problem-Solving Nursery and Reception

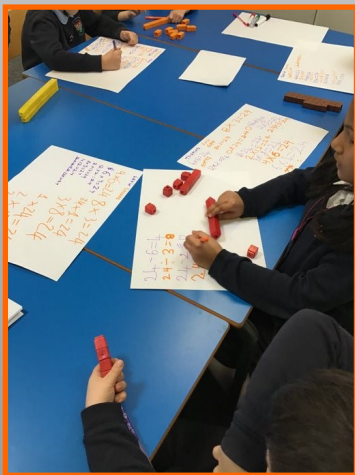
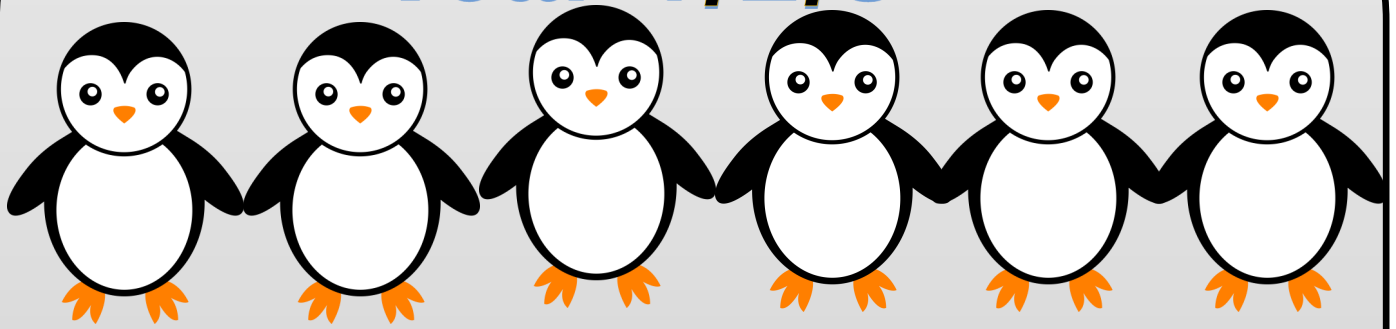
This week Reception and Nursery have been learning about the sequence of time and numbers through their exploration of the story '365 Penguins' by Jean-Luc Fromental. The family in 365 Penguins finds a penguin mysteriously delivered to their door every day for a year. At first they're cute, but with every passing day, the penguins pile up—along with the family's problems. In the home corner, the children have enjoyed a new penguin arriving. We also made our own penguins following a set of instructions.



Nursery and Reception



Mathematics Problem-Solving Year 1/2/3



Looking at Learning

Mathematics Problem-Solving Year 4/5/6

Problem Penguins!

In the book 365 Penguins, the Dad organises the 60 penguins into 4 triangular formations (pyramids). Another penguin has just turned up at the door, making the number of penguins now 61!

This is far too many penguins to be roaming around the house so Dad begins to arrange the penguins into pyramid. He starts by putting 1 penguin in the first row, 2 in the second and 3 in the third....

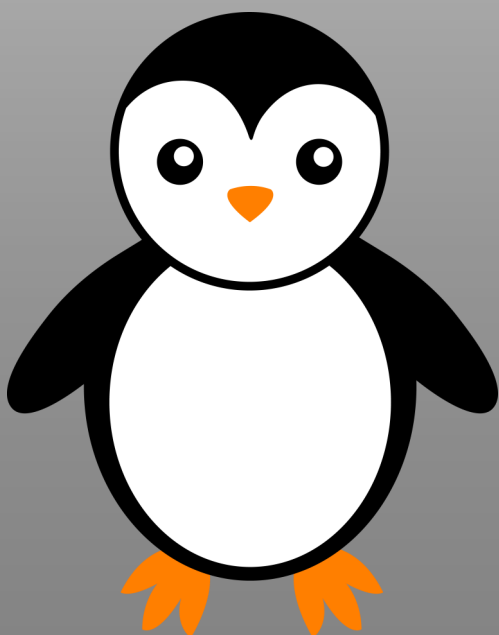


- If Dad continued to organise the penguins into a pyramid following this pattern how many penguins would be in the pyramid by the time he made the 10th row? Think logically!
- Can all 61 penguins be made into a perfect pyramid?
-if not, how many more penguins would Dad need to make a perfect pyramid (with all rows complete)?

1. 1 1 . x x 1 1

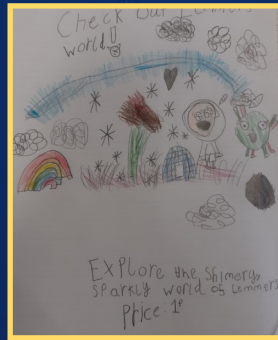
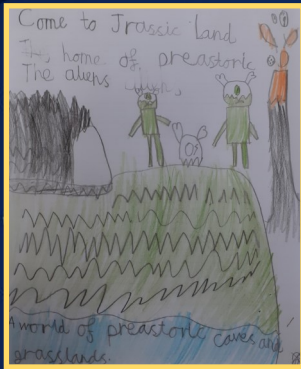
1. Dad To answer a problem using a logical method

Can all 6	1.	1	1
penguins be	2.	2	3
made into a	3.	3	6
perfect pyramid?	4.	4	10
5.	5	15	
6.	6	21	
7.	7	28	
8.	8	36	
9.	9	45	
10.	10	55	
11.	11	66	



Year 1/2/3 Moon Zoom

We have been creating small worlds for our aliens. First, we painted our boxes and then we decorated our boxes with various materials, such as pipe cleaners, cotton wool and tissue paper. We then used our creations to show where we think our aliens live. We then designed a poster to advertise our planets to potential tourists. We made sure our posters had a title, picture, eye-catching colours and a snappy sentence to encourage tourists to visit our worlds.



Nursery and Reception Safer Internet Day

As part of Safer Internet Day, we listed to the story of 'Digiduck and the Magic Castle' the learn about staying safe online when playing games. We then made our own feelings fans that we used to think about how we might feel in a range of situations. We also sorted some information that should be kept private and information that it is ok to share.



Safer Internet Day

Looking at Learning

Digiduck says...

'Be a good friend
online,'


'Say kind things
to others,'

'and make sensible
choices.'

Illustrations by Natasha Welch
www.childnet.com
Registered charity no: 1080173
Copyright 2017

 **Childnet**
International

 **UK Safer**
Internet
Centre

 Co-financed by the European Union
Connecting Europe Facility



e-Bug

operated by UK Health
Security Agency

Year 4/5/6 Microbes

The e-Bug resources have been created by the UK Health Security Agency (formerly Public Health England) to foster an interest in science



and improve

children's knowledge and understanding about microbes, infection prevention and control. Over 27 countries are involved in the e-Bug project!



Children have learnt about different types of microbes—bacteria, viruses and fungi. They have learnt that microbes have different shapes and that they are found everywhere!

The children were surprised to learn that if a human was the size of Europe, a fungus would be the size of a football pitch; a bacterium would be the size of a bus; and a virus would be the size of a football! We learned that microbes are everywhere. Some of them are useful and some are harmful. We had fun designing our own microbes and considering what special features they would have to help them with their function.

Designabug	
Microbe Name	Bakers bug
Microbe Type	Virus
Useful or Harmful	Spiky so small you can't see
Special Features	Spiky, expands to stop it from sinking into yourummy acid.
Microbe Story	Hi im the Bakers Bug known as Katharine make sure not to eat at this restaurant or you will have to deal with me
Strength/Weakness	



UN Convention on the Rights of the Child

Article 24: Health and health services
Article 29: Goals of education

KS2 Science National Curriculum links:

Working scientifically; Living Things and their habitats.

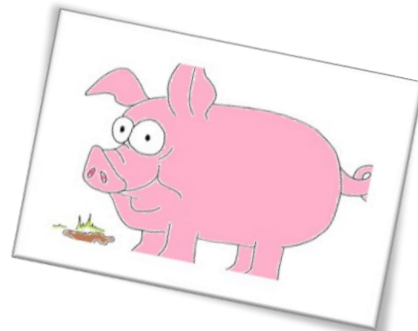
Lighthorne Heath Learning Heroes

Nursery and Reception

Mrs Hartley and Mrs Manley have chosen Isla as their learning hero this week. Isla has an amazing understanding of stories. Her responses show that she has listened carefully to both the story and the questions asked and it is obvious she enjoys contributing to class discussions with her own ideas and predictions.



Co-operate



Have a go



Persevere

Year 1/2/3

Mrs Hill and Miss Singh have chosen Emilia-Rose as their hero this week. Emilia-Rose has shown great concentration and a willingness to have a go. This week Emilia-Rose has made considerable progress with her writing and is now able to write sentences with some support. Well done Emilia!



Concentrate



Be curious

Year 4/5/6

Mrs Cox's hero this week is Jonah. He has consistently displayed wonderful manners when speaking to both adults and children. He has been respectful to the grown-ups and his classmates making him a fantastic person to work with. Keep up the good work Jonah!



Enjoy learning

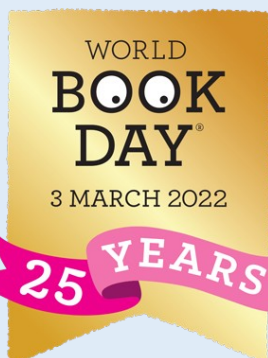


Keep on improving



Use your imagination

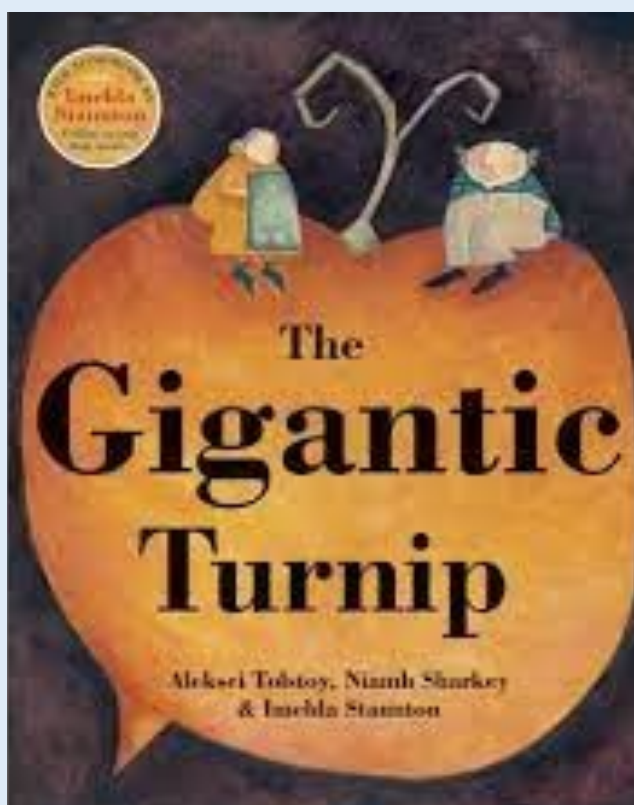
World Book Day 2022



This year World Book Day is on the **3rd March 2022**. World Book Day is celebrating it's 25th Birthday and we hope you will join the fun and celebrate with us! Each class will enjoy a whole week of exciting activities based on a text that links to their Maestro topic.

NATIONAL
BOOK
tokens

Children will also be invited to dress up in clothes linked to their chosen text on Thursday 3rd March.



Reception and Nursery

The Gigantic Turnip by Turnip Aleksei Tolstoy and Niamh Sharkey

Children are invited to dress up as a gardener or clothes suitable for a day of fun and play in the garden.



UN Convention on the Rights of the Child

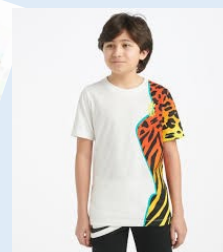
Article 29: Goals of Education



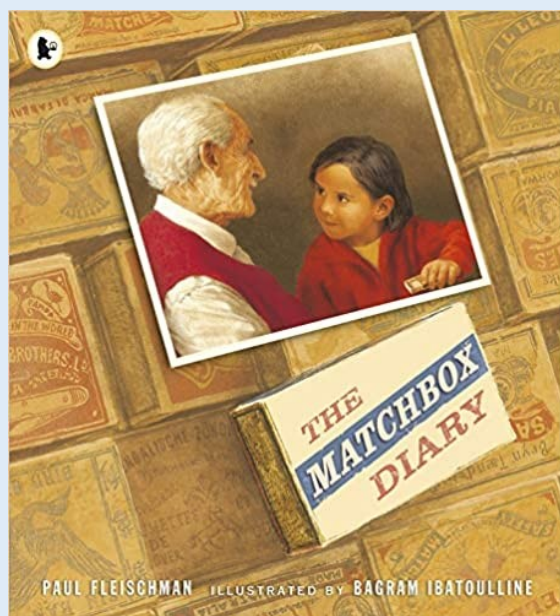
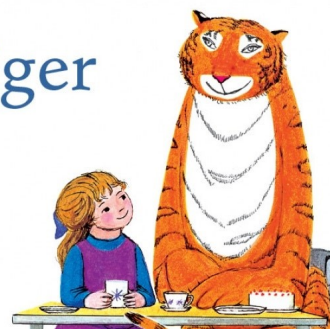
Year 1/2/3

The Tiger Who Came to Tea by Judith Kerr

Children in Year 1/2/3 are invited to dress as their favourite animal or wear some animal print.



The Tiger
Who
Came
to Tea



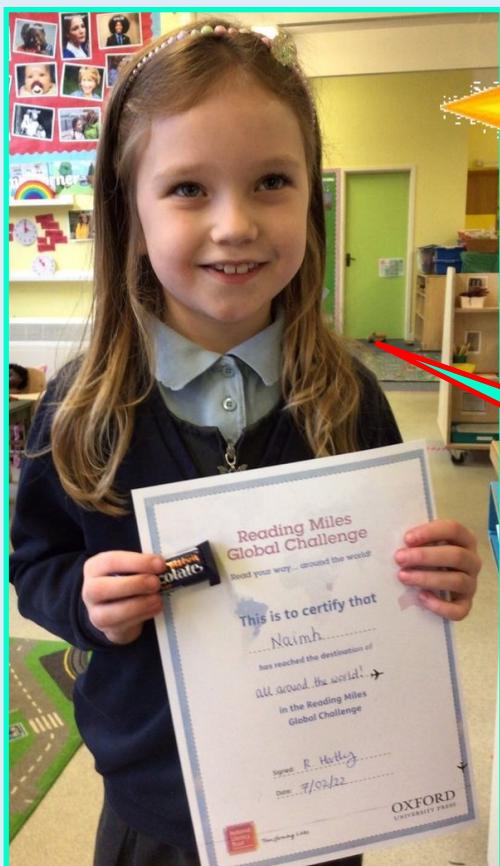
Year 4/5/6

The Matchbox Diary by Paul Fleischman

Children in Year 4/5/6 are invited to dress up as what they would like to be when they grow up, or in the career of an adult in their family.



Reading Around the World

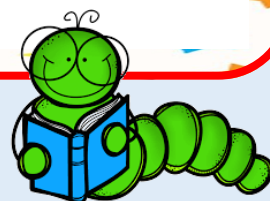


I like learning to
read the words in my
book.

Congratulations to Niamh in Reception on completing her Read Around the World challenge. She took home a certificate and a small treat. Niamh has been reading regularly at home and he is making great progress as a result. Well done, Niamh!

Be a Super Star Reader!

Congratulations to Lathan for being this week's Super Star Reader! We hope you enjoy your hot chocolate treat! Keep reading!



Read for Good

Look out for our Read for Good sponsorship forms and information being sent home on Monday! Last year we received over £600 worth of books and we are looking forward to your continued support and the chance to contribute to fantastic charity.

The Read for Good readathon will last for one week
(28th Feb-4th March).

Every child will bring home a sponsor card on the Monday of the week before half term. They will then have two weeks to fill in the 'I am choosing to read or listen to' section with your help or independently, and can ask friends and family to sponsor them per book, per page, per ten minutes of reading.. everything helps!



Please look out for your child's sponsor card—I will send out a text message on the day that they go home!

Money can be paid directly online at readforgood.org, or can be brought into school at the end of the week.

Following the readathon, we will collect in the sponsor cards along with any cash donations that your child may have received; and I will keep you all up to date with how the fund raising is going along the way!

Diary Dates

Tuesday 15th February 2022	Online Parent Conferencing evening: pupil progress reviews
Wednesday 16th February 2022	Online Parent Conferencing evening: pupil progress reviews
Thursday 17th February 2022	Online Parent Conferencing evening: pupil progress reviews
Friday 18th February 2022	Break up for Half-Term holiday
Monday 21st —Friday 25th February School Closed for half-term holiday	
School re-opens on Monday 28th February 2022	
Thursday 3rd March 2022	World Book Day (25th Anniversary!)
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
Wednesday 23rd March 2022	Whole school Silent Disco MUFTI Day—bring 50p to wear non-uniform
Friday 8th April 2022	Break up for Easter holiday
Monday 11th —Friday 22nd April School Closed for Easter holidays	
School re-opens on Monday 25th April 2022	
Friday 29th April 2022	MUFTI Day—bring 50p to wear non-uniform
Monday 2nd May School Closed for Early May Bank Holiday	
School re-opens on Tuesday 3rd May 2022	
Wednesday 25th May 2022	Queen Elizabeth II Big Platinum Jubilee Celebrations
Friday 27th May 2022	Break up for Half-Term holiday
Monday 30th May—Friday 3rd June School Closed for Half-Term Holiday	
Monday 6th June 2022—School closed for teacher training (INSET Day)	
School re-opens on Tuesday 7th June 2022	
Friday 24th June	MUFTI Day—bring 50p to wear non-uniform
Thursday 21st July 2022	Break up for Summer holidays
Friday 22nd July—Friday 2nd September 2022 School Closed for Summer Holidays	
Monday 5th September 2022—School closed for LA Designated teacher training (INSET Day)	
School re-opens on Tuesday 6th September 2022	



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





Mental Health in Schools Team (MHST)

Tips For Wellness:

Gratitude

Gratitude is about focusing on the good things in our lives and being thankful for the things that we have.

Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food and water, family and friends. Gratitude can help us to feel really good and give us positive emotions which can lead to positive actions.

Try one, or both, of the below activities throughout this week:

1. Take notice each day, maybe you may find things that you are thankful for that you hadn't realised. **Each day, write down two new things that you have noticed you are thankful for.** It might be specific things that make you smile, or anything in life that makes you feel good.
2. We all have different values in our lives and different people can be thankful for different things. But sometimes we can find that there are things that others are grateful for that we are also, maybe we just hadn't thought about it! **Find out from your family, close friends and teachers what things they are thankful for, and share with them those things that you are most grateful for also!**



Key Dates:

February is LGBTQ+ History Month
21st September - World Gratitude Day

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

Scouts Lighthorne Heath



Cubs and Beavers

Restarting after Covid



Cubs is for girls and boys aged 8 to 10½

Beavers is for girls and boys aged 6 to 8

We intend to start our meetings again in February

Interested?

Get your parent or carer to come to the meeting in **Lighthorne Heath Village Hall at 6pm on Wednesday 9th February**. Young people are welcome to attend.

If they cannot come, please get them to send an email to davidbooth@cix.co.uk or phone Shenagh on 01926 640728 to say that you are interested.

Images are from publicly available official scouting websites.



Leamington & Warwick Sea Cadet Corps

TS Bacchante



Are you interested in making new friends? Are you interested in learning new skills? Joining Sea Cadets will help you do those things.

Sea Cadets UK is a National Youth Charity that brings nautical adventures and fun to young people.

Junior Sea Cadets is open to young people aged 10 and 11.

Your local unit is:
Leamington & Warwick Sea Cadets
 Riverside,
 Off Adelaide Road,
 L/Spa,
 CV32 5AH

If you want to come and join us for a trial session, please call or message the Commanding Officer Stephen Reading: 07843205931

Junior Sea Cadets meet:

Tuesday, 19:15 – 21:30

Optional: Band - Wednesday, 19:15 – 21:15



Charity number:

313013