



## Nursery and Reception

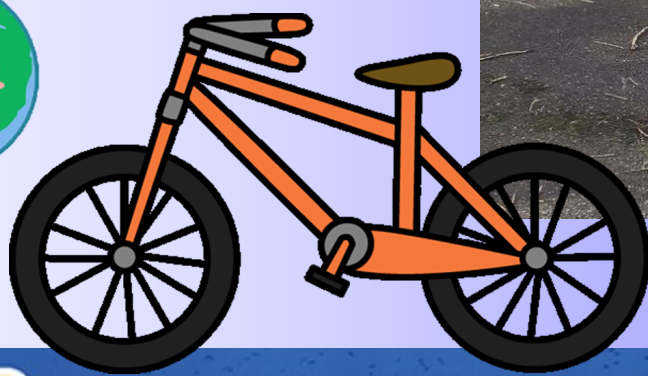
### Big Wide World

This week, Reception and Nursery class have started their new topic, 'Big Wide World' by going on a fantastic journey around the school grounds using their big wheeled outdoor toys from home.

The children were able to try different ride on vehicles to explore travelling in a range of ways.

We played some games to practice listening to stay safe when out on the road.

This activity linked perfectly to Reception's Road Safety session that they took part earlier that morning.



**Big Wide World**



UN Convention on the Rights of the Child

Article 29: Goals of education





# Splendid Skies

## Year 1 & 2



This week, the children in years 1 and 2 have been learning about healthy lifestyle choices in our PSHE Jigsaw lesson.

They helped 'Jigsaw Jack' to make healthy choices, using a variety of objects to prompt their ideas. Here are some examples of the advice they gave him; 'Get plenty of exercise, don't spend a long time on your electrical devices, eat your 5 a day, wash regularly, avoid lots of sugar and get plenty of sleep.'

The children worked in pairs to read a list of statements and highlighted them green or red to indicate whether they were healthy or unhealthy lifestyle choices, before recording their own ideas about making healthy lifestyle choices in their Jigsaw Journals. Great work everyone!





# Emperors and Empires

Year 3 & 4



In our Year 3 and 4 Art lesson this week, the children had a wonderful time crafting using a technique which was new to many of them, Roman-style mosaics. They learned that the Greeks pioneered this art using pebbles and later incorporating cut stone, a method adopted by the Romans who preferred cut stone exclusively. After admiring some ancient Roman mosaics, they discussed the insights these artworks provided into daily life at the time. Using what they had learned as inspiration, the children began crafting their own mosaics. Starting with animal sketches, they chose coloured paper, cut it into small pieces, and carefully arranged them on their bases, securing each piece with glue. With dedication and creativity, they completely covered their bases, demonstrating their artistic talents.



UN Convention on the Rights of the Child

Article 29: Goals of education





# Ancient Egyptian Headdresses

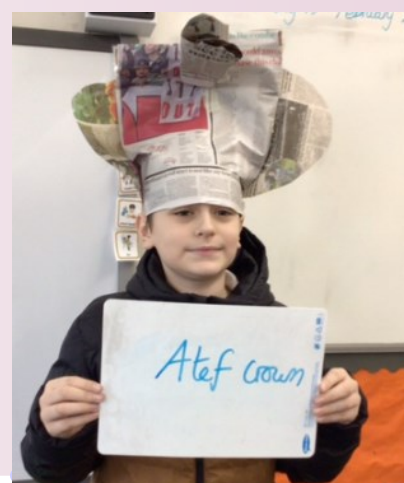
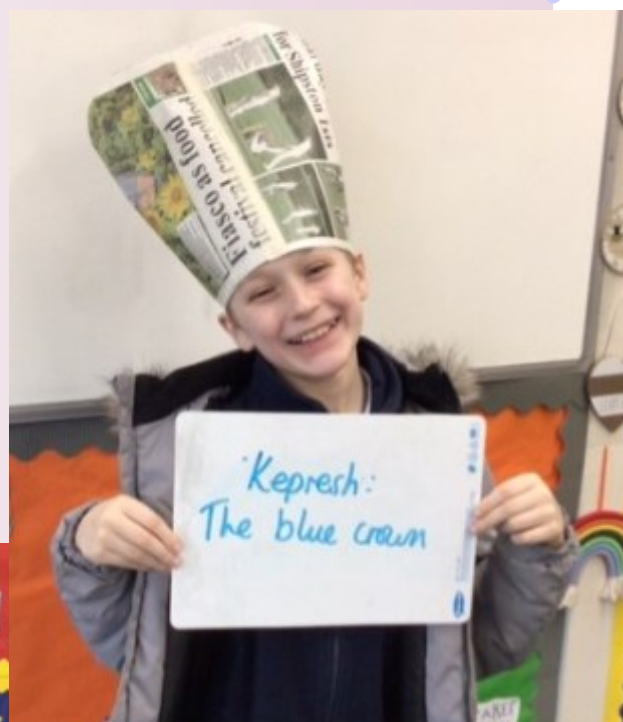


This week, the children in 5/6 have enjoyed learning about the different headdresses that the pharaohs would have worn.

We were surprised to learn how many different kinds there were and that they all had different meanings behind them.

Some were worn to signify a different area that the pharaoh ruled over, and some were to show affiliation with particular Gods.

We had a go at making our own using scrap materials. It was a LOT of fun!



# Diary Dates



Spring Term		*= New additions to the diary dates
Monday 12 <sup>th</sup> - Friday 16 February	Half Term Holiday	
Friday 23 <sup>rd</sup> February	MUFTI day, 50p donation to school funds in exchange for wearing your own clothes to school.	
Monday 26th February	Easter HAF sessions booking open	
March		
Thursday 7th March	World Book Day	
Thursday 14 <sup>th</sup> March	Years 3 & 4 to Lunt Fort	
Monday 18th March	Easter Egg Bingo 3.15 onwards, £1 per book	
Friday 22 <sup>nd</sup> March	MUFTI day, 50p donation to school funds in exchange for wearing your own clothes to school.	
Monday 25 <sup>th</sup> March – Friday 5 <sup>th</sup> April	Easter Holiday	



# Lighthorne Heath Learning Heroes

## Nursery & Reception

Mrs Hartley and Mrs Manley have chosen Araiya this week as their learning hero. Araiya really enjoyed bringing in her bike to school this week. She really impressed us with how kind she was offering to share turns on her bike with lots of other children. Well done Araiya!



Have a go

## Years 1 & 2

This week our Y1/2 hero is Krishla for always working hard and showing fantastic effort in her work. She listens carefully to instructions and always completes her work with pride and care. Well done Krishla for having such a super attitude to your learning.



Concentrate

## Years 3 & 4

Miss Singh has chosen Ella-Mae as this week's hero for her progress in Maths. Ella-Mae continues to impress me with her problem-solving skills and her ability to work independently on tasks. Keep up the great work!



## Years 5 & 6

Mrs Cox has chosen Jaicob as her hero this week. He has shown a lovely grown-up and nurturing attitude to his classmates by supporting during a minor emergency this week. Well done Jaicob!



Enjoy learning

Co-operate

Persevere

Keep on improving

Use your imagination



# Emotional Wellbeing and Mental Health



Mental Health in Schools Team  
**Tips For Wellness**



## Trying New Things

If you never try, you'll never know!

It can be easy to stick to the things that we know and feel comfortable with. Unfamiliar situations can make us feel nervous and fearful. However, it can be beneficial to challenge and push ourselves out of our comfort zone at times.

Trying new things and learning new skills helps to boost our self-confidence, connect with others and build a sense of purpose, all of which have a positive impact on our well-being! It can even release a feel-good chemical in our brains called dopamine. The possibilities are endless when it comes to experiencing new things, and whether it is a big or small jump out of your comfort zone, you will be sure to notice the benefits.

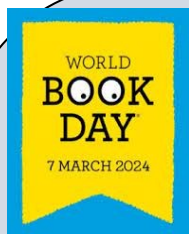
### Our tips for trying new things:

1. Look out for opportunities to join a new club or activity at your school. You could ask a friend to go with you, and you might even make a new friend at the same time!
2. Make an 'I can...' jar. Every time you learn a new skill or achieve a new goal, complete the sentence 'I can...' on a piece of paper and store them all in a jar of achievements. If you ever feel like there is something you cannot do, look back on all the amazing things you have achieved.
3. Create a list of all the new experiences you would like to try throughout your life. You can even get creative and make a vision board with images and pictures too.
4. Try a new food or meal this week (you might need to ask for help from a parent or carer at home).
5. Give a new hobby a go! You could try sewing, skateboarding, photography, or origami.
6. Keep an Adventure Diary - write down all the adventures you have experienced, all the times you pushed yourself out of your comfort zone and what you learned from the experience. You could also add photos, drawings or momentos.

#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](mailto:thankskids@covwarkpt.nhs.uk).

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

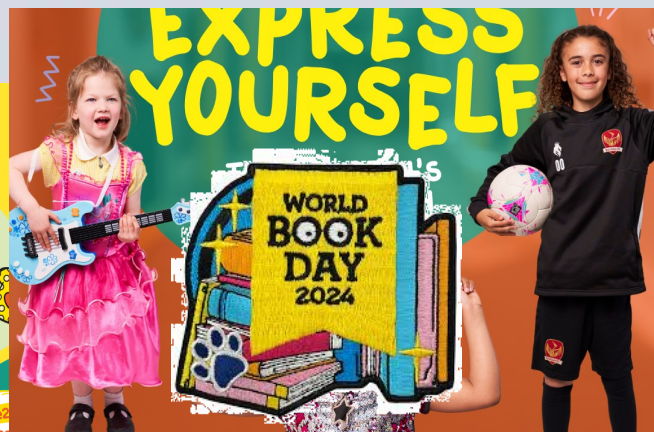
**Please contact your school's Mental Health Lead for information and advice.**



# World Book Day



It's not long now until World Book Day which is on **Thursday 7th March 2024**. Each class will enjoy a series of exciting activities based on a text that linked to the theme of equality and diversity.



On World Book Day, Thursday 7th March, we will be hosting a 'Dress to Express' day where we will encourage pupils to use clothing and colour to express themselves. This could be dressing as your favourite superhero or simply wearing your favourite outfit – anything to that makes you smile and reflects your personality.



Every child should have already brought home a £1 World Book Day token before half term. The tokens are valid from 15th February and we want you to have the opportunity to access the best range of available books before World Book Day. Most major retailers should have books available including, Tesco, Sainsbury's, Asda, The Works and WHSmith.



Join the

# SPA PRAMBLERS



## buggy walking group for parents in Leamington

All Mums & Dads with babies under 6 months are welcome to join this group. The walk will be at a gentle pace with no one left behind. Connect with other parents, learn from each other and receive information and advice from health professionals.



Funding has been awarded for this project by Warwick District Council

**30-45 minute walk on Mondays meet at 9:50am (walk at 10am)  
- starting 5th February outside Waterside Medical Centre**

Walks will start from two locations:

- **Waterside Medical Centre** (CV31 2BB) on **Mondays** (excluding bank holidays), **except for the last Monday of the month**
- **Warwick Gates Health Centre** (CV34 6DZ) on the **last Monday of the month** (excluding bank holidays) which will include a guest speaker

### Guest Speakers at the last walk of each month

After the walk, we will go to **Heathcote Community Centre** (opposite Warwick Gates) where there will be tea & coffee and a guest speaker, talking about a post-natal related topic. The first topic is **perinatal mental health** on 26th February. Future topics likely to include: common illnesses, self-care, being active, baby first aid and post-natal yoga.

### Upcoming Talk Dates:

- 26th February 2024
- 25th March 2024
- 29th April 2024
- 24th June 2024
- 29th July 2024
- 30th September 2024

### Travel Info



Both practices can be accessed by foot, bus or car.

#### Waterside Medical Centre:

Nearest bus stop: opposite and adjacent Court Street.  
Car: Free, limited parking at the practice. Free 2 hour on-street parking on Radford Road. Paying car park: Court Street. (min charge £1, max charge £5. Card and Ring-go payments only. Location code: 23858.

#### Warwick Gates Health Centre:

Nearest bus stop: Heathcote Lane  
Car: Free parking at Warwick Gates Health Centre and Heathcote Community Centre. Free surrounding on-street parking.



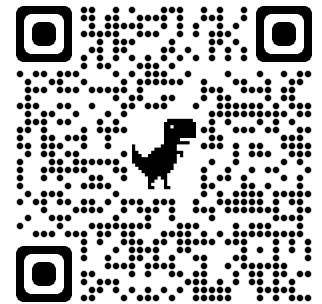
LEAMINGTON PCN



Unfortunately, we have needed to speak with several children and their families about the materials that they are accessing online, their interactions with one another and safe and sensible internet use.

We always recommend that parents monitor their children while they are online, this include children using the internet in family spaces (rather than privately in their bedrooms) at home. We always suggest that children do not have access to devices at bed-time or during the night (suggesting that any device, including phones and tablets, are kept away from bedrooms) and that parents regularly talk to their children about their online interactions.

Please use the following QR code to access the latest advice to parents:



## Online Safety Advice:

[https://headsup.warwickshire.gov.uk/assets/1/warwickshire\\_online\\_safety\\_leaflet.pdf](https://headsup.warwickshire.gov.uk/assets/1/warwickshire_online_safety_leaflet.pdf)

**A STRAIGHTFORWARD PARENTS GUIDE TO PROTECTING YOUR CHILDREN FROM ONLINE HATE, EXTREMISM AND HOW TO STAY SAFE ONLINE**

**YOUNG PEOPLE ARE SPENDING MORE TIME ONLINE THAN EVER**

Young people need to learn about socialising online. Parents are juggling modern technology alongside working and navigating the risks children face. They are exposed to online hate, bullying and exploitation amongst many others. This interactive guide focuses on the risks that online hate, extremism, bullying and exploitation pose and how parents and carers can minimise those risks to keep young people safe online.

**THIS GUIDE WILL HELP YOU TO:**

- Understand the risks and issues
- Know where to get help
- Find resources
- Develop practical strategies
- Start conversations
- Build your child's digital resilience

**PREVENT**

**CYBER SAFE**  
WARWICKSHIRE

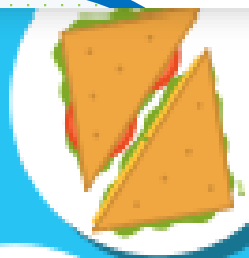
UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18 Article 18 Parental responsibilities



# FREE SCHOOL MEALS



School meals are free for lots of families, check if you are eligible to apply!

## So much more than lunch...

A free school meal:

- creates healthy eating habits
- improves learning and behaviour
- saves money and time
- helps schools get extra funding

Did you know that claiming free school meals means that your child will get access to free school holiday activities and food?



To find out more and for help to apply for free school meals, please contact:

[freemeals@warwickshire.gov.uk](mailto:freemeals@warwickshire.gov.uk) or call 01926 359189



Warwickshire  
County Council

## Can I apply?

Your child could be eligible for free school meals if you get any of the following:

- Income Support or Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support from National Asylum Support Service (NASS)
- Guarantee Pension Credit
- Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

You should still apply if your child is aged 4-7 and receives a universal free school meal

Find out more and apply at  
[www.warwickshire.gov.uk/fsm](http://www.warwickshire.gov.uk/fsm)



Warwickshire  
County Council