



Going Wild!

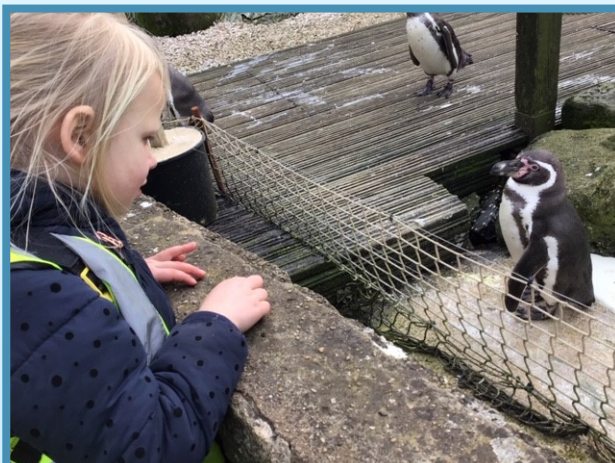
This week the children in Mrs Hill's and Mrs Singh's class enjoyed a day trip to The Cotswold Wildlife park to learn more about wild animals and their habitats. They were very fortunate to observe a male lion guarding its territory and to hear its incredible roar. The Giraffes were just as entertaining and we watched as they used their long, black tongues to feed from the highest leaves on the trees. They saw a wide range of other animals including, Rhinos, Zebra, Monkeys, Camels, Penguins and Meerkats.



Paws, Claws and Whiskers

Year 1/2/3

Going Wild at Cotswold Wildlife Park!



As the children walked around they spotted the different continents the animals were native to and observed how their markings helped them to camouflage in their habitat. It was lovely to see all the children engaged and asking so many questions to extend their learning. Thank you to all of the adults who volunteered their time to help on the trip. Well done to the children for their fantastic behaviour and good manners throughout the day!



UN Convention on the
Rights of the Child
Article 29: Goals of education



Cotswold Wildlife Park



Mental Health Champions



Worries, fears, frustration? Help is on the way!

Introducing the 'Worry Eaters'!

Our pupil Mental Health Champions have met with Mrs Westwood and Mrs Hendriksen to think about ways to help children if they're feeling worried.

At times, childhood worries can be very BIG, and at others, very small. No matter how big or small the worries, they are all important in the life of a child. Teachers, parents and care-givers can help children learn to manage stress and tackle everyday problems with ease using Worry Eaters as a tool to identify worries, clarify misunderstandings or misconceptions, resolve conflicts and build self esteem, while promoting the development of healthy coping skills. Children who can do this develop a sense of confidence and optimism that will help them manage life's challenges, big and small.

Worry Eaters allow children of all ages a chance to identify worries and separate themselves from that worry or problem, giving the child some time to 'take a break' from carrying the weight of that worry. This separation, giving the worry to the Worry Eater,

allows children the opportunity to look at the worry or problem separate from themselves. The act of then sharing that worry with a teacher, parent, care-giver or trusted friend can help a child problem solve solutions, face that worry, and/or just acknowledge the worry exists.



Our pupil Mental Health Ambassadors have chosen Saggo and some of his friends to help the children at Lighthorne Heath.



UN Convention on the Rights of the Child

Article 24: Health and health services

Article 29: Goals of education



We are the Worry Eaters!

Worries, fears, frustration? Help is on the way!

Worry Eaters are soft, cuddly, plush friends who eat children's worries. It's as easy as writing or drawing your worries on a piece of paper; feeding them to your class Worry Eater; zipping up its mouth and letting your Worry Eater hold your worries for you so you don't have to. Together, you'll get through whatever is troubling you.



Write down
your worries!



Pop your paper
into the Worry
Eater's mouth!



Zip it up! Things
can now only get
better!



We are the Worry Eaters!

WORRIES, FEARS, FRUSTRATION? HELP IS ON THE WAY!

MEET ALL
MY FRIENDS



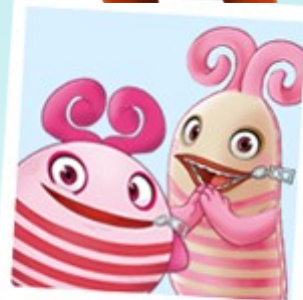
BETTI & BILL



ENNO & POMM



FLINT & SAGGO



FRULA & POLLI



SCHNULLI & WANDA



FLAMM & BIFF

APPEARANCE

- Funny Face!
- Cuddly, bicolored and striped body!
- Funky Hairdo!
- Bright eyes that never miss a worry!
- Zipper-mouth that can be tightly shut!
- Big tummies with lots of room for your worries!

CHARACTER TRAITS

- Reliable! Always at your service!
- Trustworthy! Your worries are safe!
- Loyal and faithful!



Worry Eaters

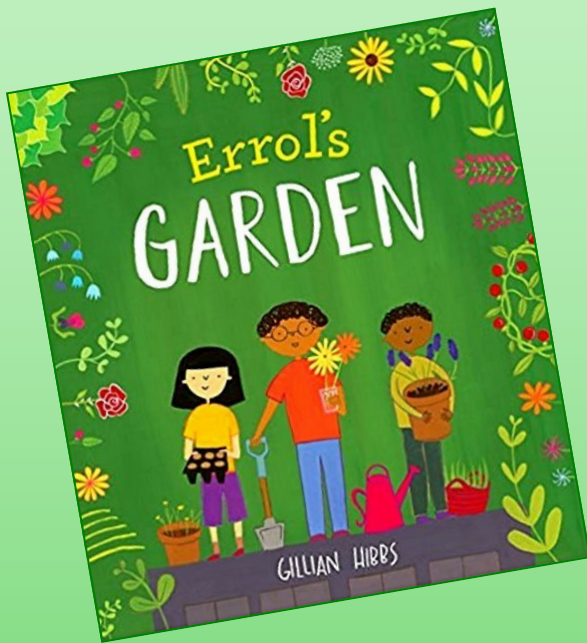
UN Convention on the Rights of the Child

Article 24: Health and health services

Article 29: Goals of education

Ready, Steady, Grow!

Errol's GARDEN



This week, the children in Nursery and Reception explored the story 'Errol's Garden' by Gillian Hibbs which led to some fantastic discussion about where we can grow plants and what the children would like to grow. The children

then created their own plans of how our allotment tyres might look. We used these plans to create our own vegetable garden on the school allotment plot.



Errol's GARDEN



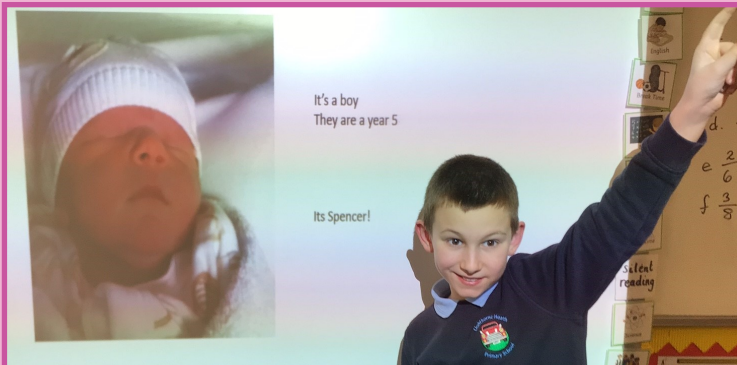
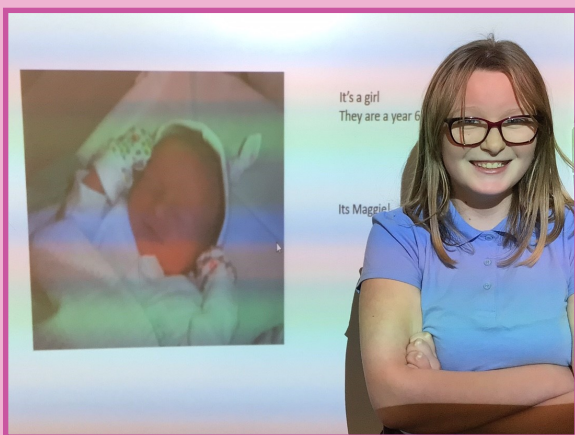
Time Travellers!

Year 4/5/6

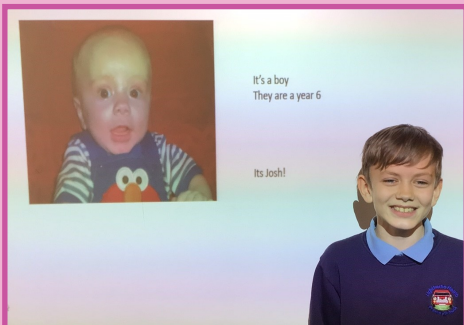
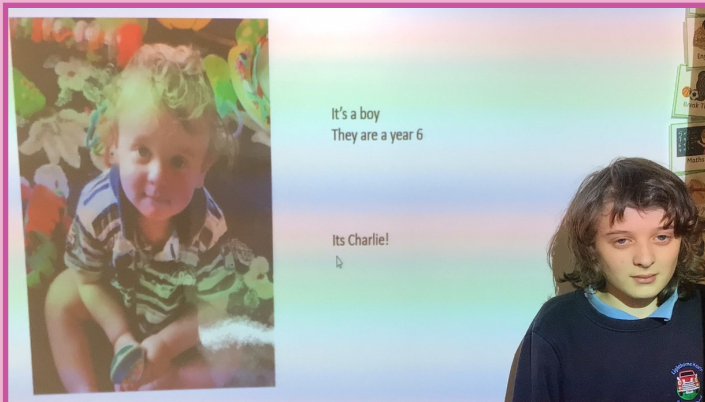


The children in Mrs Cox's class had great fun trying to guess who was who by closely looking at their baby photos. Some of the pictures were easier to guess than others! They talked about life cycles, and how humans change as they develop and age. The human life cycle begins with the baby stage → toddler stage → child stage → teenage stage → adulthood → old age.

The children then used their photographs to create a timeline of our lives so far. It was interesting to see how much everyone had changed, and to see which of their features were still recognisable today.



We are looking forward to posing questions to a mum with a new baby and an older person to help us further understand the changes that we go through as we age.



Links to the Science National Curriculum Year 5 Programme of Study: Pupils should be taught to describe the changes as humans develop to old age.

River Bear Yoga

Nursery and Reception



To support our children's emotional well-being, staff have been trained in teaching the children 'River Bear Yoga'. Yoga, mindfulness and meditation is a proven way to help children with their mental and physical health. River Bear Yoga reduces stress for everybody, creating healthy, happy classrooms.



This pose is called 'moon'.



Namaste!



River Bear Yoga

During their River Bear Yoga sessions, the children will be learning 5 breathing exercises; 20 yoga poses; 20 yoga and drama games; and 5 mindfulness meditations. Here are the 20 yoga poses:





**DISASTERS
EMERGENCY
COMMITTEE**

The Disasters Emergency Committee brings together 15 leading UK aid charities, raising funds to quickly and effectively respond to overseas disasters.

Ukraine Humanitarian Appeal

To donate £10 text HELP to 70150

More than a million people have fled their homes to escape conflict in Ukraine. Leaving behind jobs, belongings and loved ones, they now face an uncertain future.



Families fleeing the conflict have left their homes with only the items they were able to carry. Help the Disasters Emergency Committee provide food, water, shelter, healthcare and protection.

Heavy fighting, shelling and air strikes across the country have had devastating consequences for ordinary people. Intense conflict in Ukraine is threatening the lives and livelihoods of civilians across the country. Families have been separated. People have been injured. Lives have been lost. Homes have been destroyed or are unsafe to live in. Critical infrastructure such as health facilities, water supplies and schools have also been damaged or destroyed.

At Ukraine's borders with Poland, Romania, Hungary, Slovakia and Moldova, huge numbers of people are arriving with only what they can carry. In many places there are long waits to cross and scant facilities waiting for them on the other side, with temperatures dropping below freezing overnight. There have also been increasing media reports of racism against people of colour who are being refused access to relief, aid and the right to cross the border to safety.

To donate £10 text HELP to 70150

How donations are helping

Donations to our appeal go to our member charities and their local partners responding in Ukraine and in neighbouring countries. DEC charities are experts in humanitarian relief with decades of responding to crises around the world – from earthquakes to floods as well as conflicts.



UN Convention on the Rights of the Child

Article 9: Separation from parents

Article 22: Refugee children

Article 38: War and armed conflicts



Save the Children®

Thank
You!

Read
for Good

Thank you so much for your enormously generous donations to the **Read for Good** charity! I am absolutely thrilled to be able to tell you that by reading last week, your children raised **over £300**, and we haven't got our **final total yet!** This money will go directly towards paying for a regular supply of brand new books, mobile bookcases which can go right beside children's hospital beds and storyteller visits to brighten up the days of children in all of the UK's main children's hospitals, as well as raising money for new books for our school. **WELL DONE EVERYONE!!!**



Read Around the World

Archie completed has now completed his 'Read Around the World' challenge. His regular practice at home is having a big impact on his ability to read and we have noticed his progress in school. Well done, Archie!

Be a Super Star Reader!

Congratulations to Izzy for
being this week's Super Star
Reader for raising over £100 in
reading sponsorship!
Awesome!



Lighthorne Heath Learning Heroes

Nursery and Reception

Mrs Hartley and Mrs Manley have chosen Eily as our class hero this week. Eily is feeling more confident to speak to the grown-ups recently and has answered her name in the register every day this week. She is a very thoughtful member of our class and is often thinking about how she can help her peers. Congratulations, Eily!

Year 1/2/3

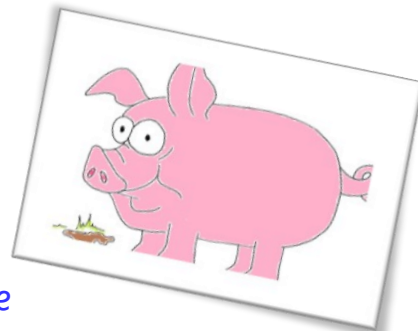
Mrs Hill and Miss Singh have chosen Mrs Hill and Miss Singh have chosen Luke as their hero this week. Luke has shown great imagination and concentration. Luke wrote a wonderful story inspired by the Tiger Who Came to Tea called The Snake Who Came to Supper. Well done, Luke!

Year 4/5/6

Mrs Cox's hero this week is Leo. He has contributed enthusiastically to all our class lessons and really impressed me with his general knowledge. He has shown amazing curiosity in his learning and worked hard, concentrating on his and clearly enjoying his learning. Keep up the good work, Leo!



Co-operate



Have a go



Persevere



Concentrate



Be curious



Enjoy learning



Keep on improving



Use your imagination

Diary Dates

Thursday 17th March 2022	Year 5 Residential Trip to Stratford-upon-Avon
Friday 18th March 2022	Year 5 Residential Trip to Stratford-upon-Avon
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 Primary School.

Young Engineers Easter Workshops



Robot Rabbit Workshop

Learn about idle gears and how to apply symmetry between gears.
Limited spaces available!

Young Engineers Easter Workshop is a fun way to learn about mechanical engineering in a fun way. Each child will also receive a certificate as well as a FREE Easter gift for participating in the session.

Join us today and bring the STEM theory to life!

Monday 11th April at Myton School

Session 1: 9:30am to 11:30am

Session 2: 11:45am to 1:45pm

Session 3: 2pm to 4pm

Suitable for children between the ages of 6 and 11 years
£25 per child (sibling discount available at £23 per child)



LEGO® is a registered trademark of companies which do not sponsor, authorize or endorse this ad.

07454 877709

www.warwick.youngengineers.org

warwick@youngengineers.org

@youngengineerswarwick



officially recognized by



UN Convention on the Rights of the Child

Article 15: Freedom of association



fit for sport
"a journey to an active life"

UK'S #1 ACTIVE HOLIDAY PROVIDER

HOLIDAY CAMPS

80+ LOCATIONS

3,000+ KIDS GETTING ACTIVE EVERYDAY!

EXPLOSION OF SPORT & ACTIVITY!

RUNNING EVERY HOLIDAY!

Don't miss out!

Scan here

to find out more

- ✓ Childcare vouchers accepted
- ✓ Weekly booking discounts
- ✓ Single day booking available
- ✓ Flexible payment options

SECURE YOUR CHILD'S SPOT & BOOK NOW!
[FITFORSPORT.CO.UK/HOLIDAY-ACTIVITY-CAMPS](https://fitforsport.co.uk/holiday-activity-camps)
Get active, make friends and have fun!

Ofsted
raising standards
improving lives

FOLLOW US @ FITFORSPORT



Mental Health in Schools Team (MHST)

Tips For Wellness:

Relaxation

Relaxation is essential for both mental and physical health. Just like the muscles in our body, our brain is also like a muscle. When we work our muscles hard, they get tired and tense and need a rest. Just like if we've been for a run and our legs need a break, our brain also needs a break after a period of thinking hard or if we've been experiencing a strong emotion such as anxiety or anger.

Relaxation means different things for everyone, and everyone has their own ways of relaxing.

What works for one person, might not work for another. It is about discovering the ways that work for you. The idea is to give your mind a break from whatever it is that you've been focused on. Distracting yourself through a fun or calming, and engaging activity, which isn't too mentally or physically demanding would be ideal.

Examples may include - going for a walk, watching TV, drawing/ colouring, reading, mindfulness/ meditation, listening to a podcast, having a cup of tea with a friend or family member, having a bath

Try one, or all, of the below activities throughout the week:

1.Keep a relaxation journal - try lots of different relaxation activities and rate how calm you felt (out of 10) both before and after the activity, to discover which ones work best for you

2.Give Mindfulness a go - have a look on Google/ Youtube for 'Mindfulness' activities and give them a go!

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

Key Dates this week:

National Bed Month, Walk All Over Cancer
Month, 7th Eating Disorder Awareness, 7th-13th
No More Week (Domestic Abuse Awareness),
8th International Women's 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 advice.

Adult Weight Management - Self Referral

For a limited time only



Fitter Futures Warwickshire can support you to become fitter, stay well and feel good.

Small changes to your lifestyle can have a big impact on your health and wellbeing. The 12-week programme will give you a helping start to lead your best life.

12-week weight management programme for adults.

For adults aged 18+ with a Body Mass Index of 30+ (BMI 27.5+, with adjustment for ethnicity), or a BMI of 28+ with additional concerns.



Improved sleep quality



Reduced pressure on joints and muscles



More energy



Improved mood



Reduce your risk of developing serious diseases and now COVID-19

Free support for eligible participants.

A choice of the following providers:
Slimming World
Everyone Health

To self-refer – **click here**

www.warwickshire.gov.uk/fitterfutures