

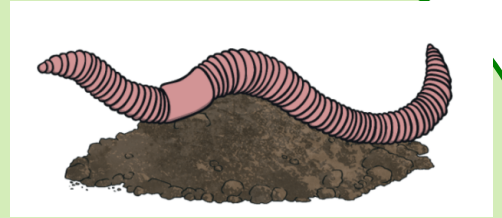
Beautiful Blooms



This week our Nursey and Reception children have been looking carefully at the flowers that are growing in our school grounds. We are lucky to have some beautiful blooms. The children took time to observe some daffodils and named the different parts of the plant before having a go at painting them.

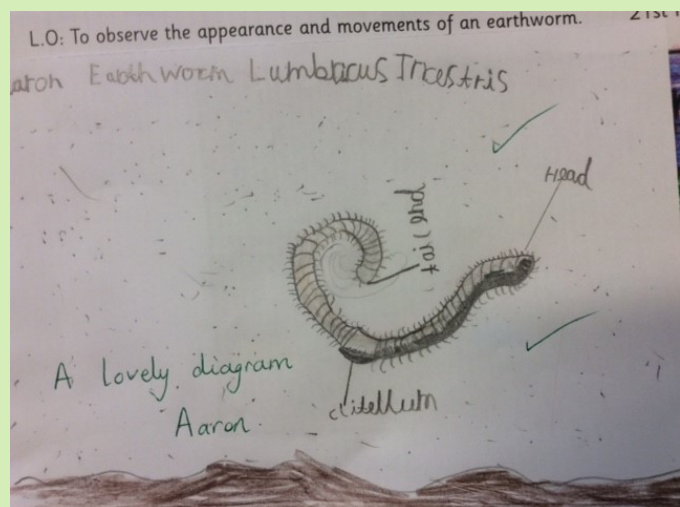
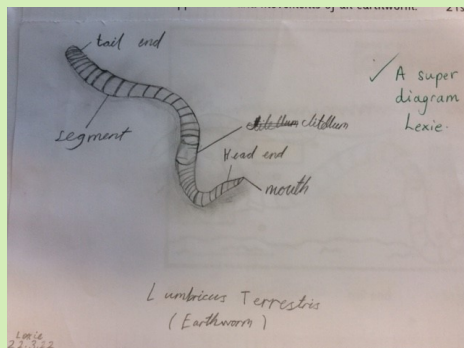


This week in Science the children in **Years 1,2 and 3** have been learning about *Lumbricus Terrestris*, also known as the common Earthworm. The children found out about the important body parts of the Earthworms and their preferred habitat. They were able to identify a mature (adult) earthworm from a younger specimen by looking for the longer, darker and smoother segment on its body called the clitellum (which is used to hold the worms eggs when reproducing.)



Paws, Claws and Whiskers

We searched for earthworms in dark, damp places amongst the soil in the school garden, using hand lenses to observe them closely. They drew and labelled their own diagrams to show what they had learned. They were fascinated that earthworms are able to detect predators, find food and shelter even though they don't have eyes, ears or a nose to help them sense. They asked lots of questions to find out more; How do they know if a bird is nearby if they can't hear? How do they know it's a dark place if they can't see? How do they breathe without lungs?





Paws, Claws and Whiskers

3 - 2 - 1 on Worms

<p>3 things I learned</p> <ol style="list-style-type: none"> 1 Earthworms don't have eyes. ✓ 2 worms have to stay wet. ✓ 3 worms don't have lungs. ✓ 	<p>2 interesting facts</p> <ol style="list-style-type: none"> 1 worms don't have back bones. ✓ <i>bones</i> 2 worms don't like hot places. ✓
<p>1 question I have</p> <ol style="list-style-type: none"> 1 Do worms know where they are going? ✓ 	

3 - 2 - 1 on Worms

<p>3 things I learned</p> <ol style="list-style-type: none"> 1 They breathe through their skin. ✓ 2 They have no bones. ✓ 3 They have no eyes. ✓ 	<p>2 interesting facts</p> <ol style="list-style-type: none"> 1 They have a look alike. ✓ 2 Not all worms are pink. ✓
<p>1 question I have</p> <ol style="list-style-type: none"> 1 How big is the biggest worm? ✓ <p>Great question.</p>	<p>Super Facts Stefan. (U)</p>



This term the children in **Years 1, 2 and 3** have also been learning the famous fable by Aesop, The Lion and the Mouse. As part of our literacy lesson, we spent some time learning the text orally and adding some actions in, to reinforce language patterns and meanings. The children have remembered the story so well that we had them present to the rest of the school during an assembly. In the following lesson the children had a go at reinventing the fable by making small changes to the story. Such as changing the animals, the setting and the adjectives. The children have shown great imagination and they have written some wonderful fables.



Years 4, 5 and 6

On Friday, the children in **Years 4, 5 and 6** were part of a nationwide live feed where the author, Sarah Roberts, read her book 'Somebody Crunched Colin.'

It is a fantastic story about a crisp packet which had not been put in the bin. It helped to explain how this can be dangerous to wildlife in an exciting, child-friendly way.

Sarah talked about her work as an eco-journalist and explained how her passion for all things eco had started when she was part of an Eco-School as a young girl. She gave tips on how we can help our environment and the creatures within in and she even answered some questions that schools had sent in.

The children in 4,5,6 were so inspired that they have started to plan some exciting ideas to support biodiversity in the coming months. We look forward to sharing these with you soon.



Silent Disco!



Last Wednesday, all of our children got to socialise together at our silent disco. The children had asked if we could repeat this event as they had enjoyed last term's disco so much.

The staff and children all had fun and decided that dancing is a great way to exercise and get our bodies moving.



Football Heroes

On Monday, selected children in Years 4, 5 and 6 formed a football team and visited Sydenham Primary School to play a friendly match.

Although they didn't win this time, Mr Rellis and Mrs Thorneywork both reported excellent teamwork and sportsmanship from all players. Well done to all of the children that took part and we look forward to similar future events.



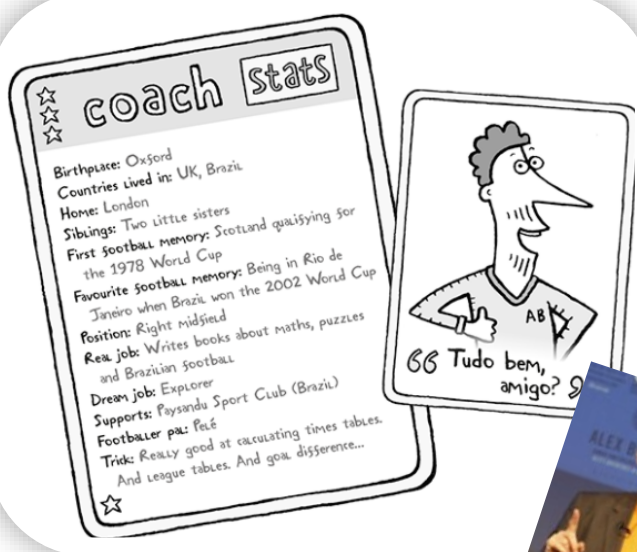
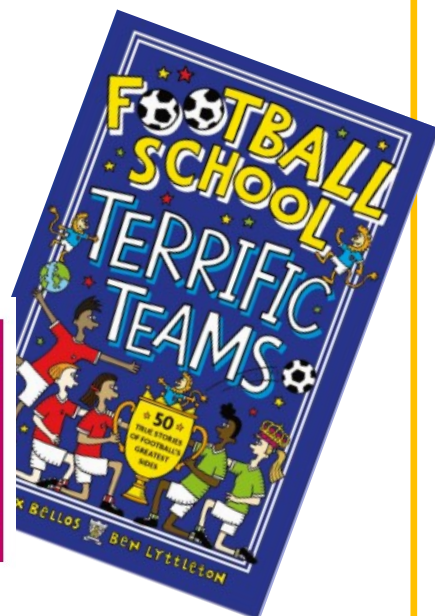
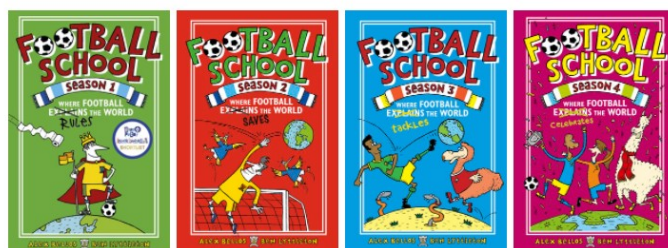
Author Visit

Alex Bellos

We are delighted that the author, Alex Bellos, will be visiting our school on Tuesday 10th April. Alex writes about maths for the Guardian and is the author of a range of bestselling books. Alex has co-written 'Football School' a series of books for 7-13 year olds. The mission of Football School is to open the curriculum through football, in order to encourage a curiosity about the world and to promote reading. Each book contains real



FOOTBALL SCHOOL



We are working in partnership with local independent bookshop, Warwick Books, to offer you the chance to purchase one of Alex's books. Further details of Alex's books can be found at

www.footballschool.co

ART

FOOTBALL SCHOOL

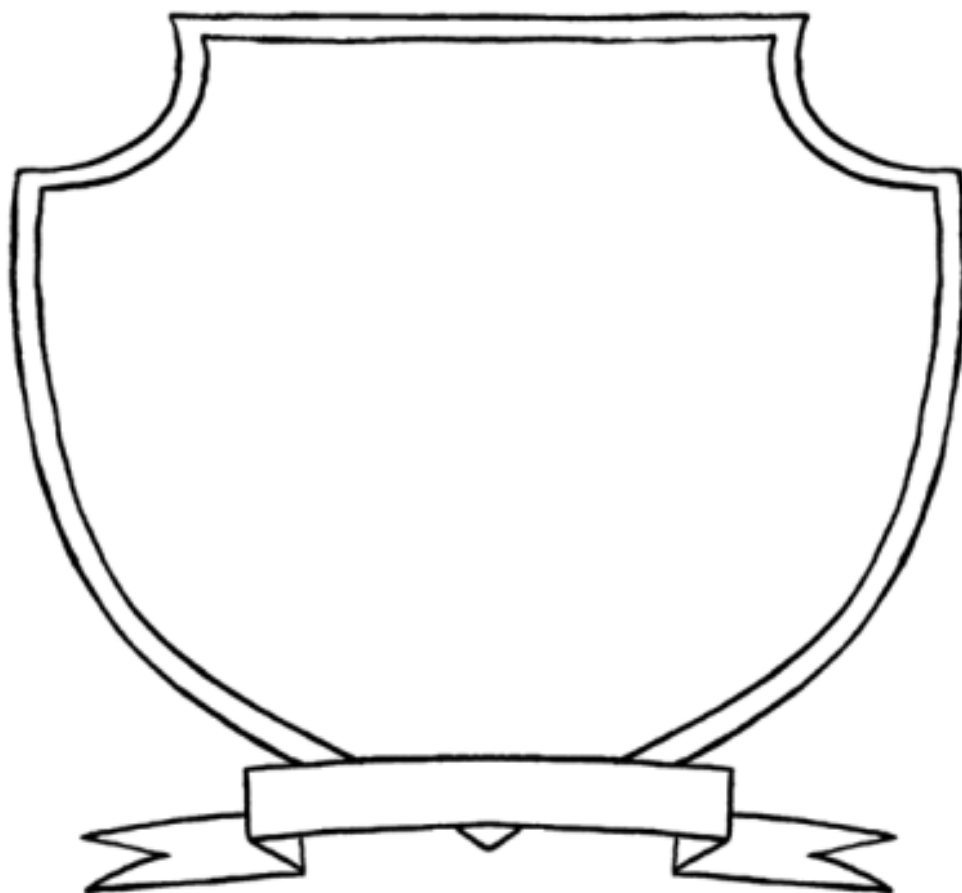


ACTIVITY KIT



DESIGN YOUR OWN TEAM CREST

Every football club has a symbol. Objects, colours and creatures on a coat of arms are used as symbols to represent something about the team. Use the space below to design your own team crest to reflect your team (you can even try and come up with your own team motto).



Here are our coats of arms with symbols and mottos that represent us. Use these for inspiration for your own.

ALEX



BEN



Illustrations
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www.footballschool.co

www.youtube.com/footballschoolfacts



Author event – Alex Bellos - Tuesday 10th May

Book Order Form

Warwick Books

Name of the pupil:

Class:

Please fill in the form with the number of books you would like to purchase.

Title	Price	Quantity
Football School Season 1	£6	
Football School Season 2	£6	
Football School Season 3	£6	
Football School Season 4	£6	
Football School Epic Heroes: 50 true tales that shook the world	£6	
Football School Star Players: 50 Inspiring Stories of True Football Heroes	£6	
Football School Terrific Teams: 50 True Stories of Football's Greatest Sides	£6	
Football School: The Ultimate Puzzle Book: 100 brilliant brain-teasers	£6	
Football School: The Amazing Quiz Book	£5	
Football School: The Incredible Joke Book	£5	
Total		

You can pay:

By cash

By cheques, made payable to Warwick Books



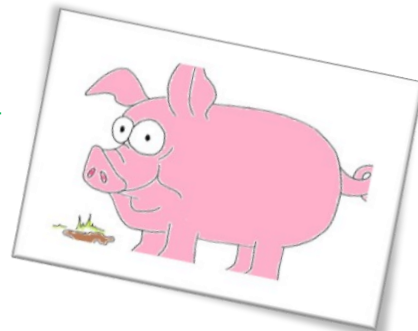
Lighthorne Heath Learning Heroes

Nursery and Reception

Mrs Hartley and Mrs Manley have chosen Hudson to be their class hero this week. Hudson has recently started in nursery and has shown great interest in all of our learning activities and play.



Co-operate



Have a go

Year 1/2/3

Mrs Hill and Miss Singh have chosen Imelda as their hero this week. Imelda has shown great concentration and improvement. Imelda has made good progress with her spelling, writing and numbers. Well done Imelda!



Persevere



Concentrate

Year 4/5/6

Mrs Cox has chosen Isla as this weeks hero. She has shown hard work and commitment towards her learning and has been a kind, helpful and co-operative talk partner. Keep up the good work Isla!



Keep on improving



Be curious



Use your imagination



Enjoy learning

Diary Dates

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	

Be a Super Star Reader!

Congratulations to **Adan** for being this week's Super Star Reader!



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

Design and make a Spring bonnet.
Decorate it with signs of Spring.

Spring Bonnet Competition

Bring your bonnet into assembly, next Tuesday 5th April.
We will have a bonnet parade.

We will judge the bonnets and pick a winner from each class.
Each winner will receive a prize.



Water, drinks and your health

The NHS guidance says that 'children should avoid squashes completely'.

As such, it is our school policy to only allow children to bring water in their bottles to school.

We provide cooled water for children to refill their bottles and always encourage them to drink plenty, particularly if they are active and in warmer weather.



<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>

The NHS Live Well website states that:

Fizzy drinks, squashes and juice drinks can contain lots of added sugar and very few nutrients, so keep them to a minimum. Children should avoid them completely.

Flavoured water drinks can also contain a surprisingly large amount of sugar, so check food labels before you buy.

Also, beware of "juice drinks" as they may not have enough fruit in them to count towards your 5 portions of fruit and vegetables a day.

A high sugar content means a drink is also high in calories, which can contribute towards you becoming overweight.

The sugar and acidity in fruit juices can linger on teeth causing decay.

In juices that are low or no sugar, the sweeteners that are added may have adverse effects on health.



HEALTHY HYDRATION

for children aged 5-11

Drink plenty

Water

Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth

Have regularly

Milk

Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.

Can have once a day

Fruit and vegetable juices and smoothies

Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.

Sugar-free drinks

Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

Occasionally

Tea and coffee

Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

Occasionally (and in small amounts if caffeinated)

Sugary drinks

Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

Avoid

Sports and energy drinks

can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

Not suitable for children

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

Parenting Workshops

There are a range of free online workshops available for parents and carers in Warwickshire to The following course details and booking links have been shared by the Family Information Service (FIS).



Routines and boundaries. 25th April at Lighthorne Heath Children's Centre

This two-hour interactive workshop explores the importance of routines and boundaries for children and how to develop and implement them at home to help reduce stress and create a more cooperative home life.

<https://www.eventbrite.co.uk/e/routines-and-boundaries-for-children-workshop-in-lighthorne-heath-tickets-292611287237?aff=ebdsoporgprofile>

Understanding children's behaviour 12th April, online workshop.

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

This parenting workshop focuses on ways to improve your child's behaviour and helps deal with those challenges so that you can have a calmer, happier family life.

<https://www.eventbrite.co.uk/e/warwickshire-understanding-childrens-behaviour-workshop-parentscarers-tickets-135660928489?aff=ebdsoporgprofile>

Understanding your teenager. 5th April, online workshop.

The teenage years can be challenging both for parents and teenagers themselves! But teenagers behaviour does not have to be a mystery.

The aim of Understanding Your Teenager 2 hour workshop is to enhance parent/carers relationships with their teenagers building on parent/carers understanding of teenage development and behaviours.

<https://www.eventbrite.co.uk/e/warwickshire-understanding-your-teenager-online-workshop-for-parents-tickets-167053995999?aff=ebdsoporgprofile>

