

Nursery and Reception

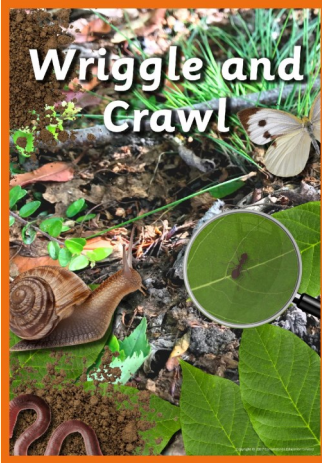


As part of our new topic 'Let's Explore', the children in our Nursery and Reception class went on a journey around the school this week. First, we thought about the places that we would see and the people we might meet. As we went on our journey we talked about the different areas that we have in school

and their uses. The next day, to remember our experience, we looked through our photographs. The children then looked at a range of simple maps to see that they record what places look like, and they are used to help people find their way around places. Following this, we had a go at making our own maps of school using arrows and labels to add detail. Emily said, 'Maps help us find our destination'.

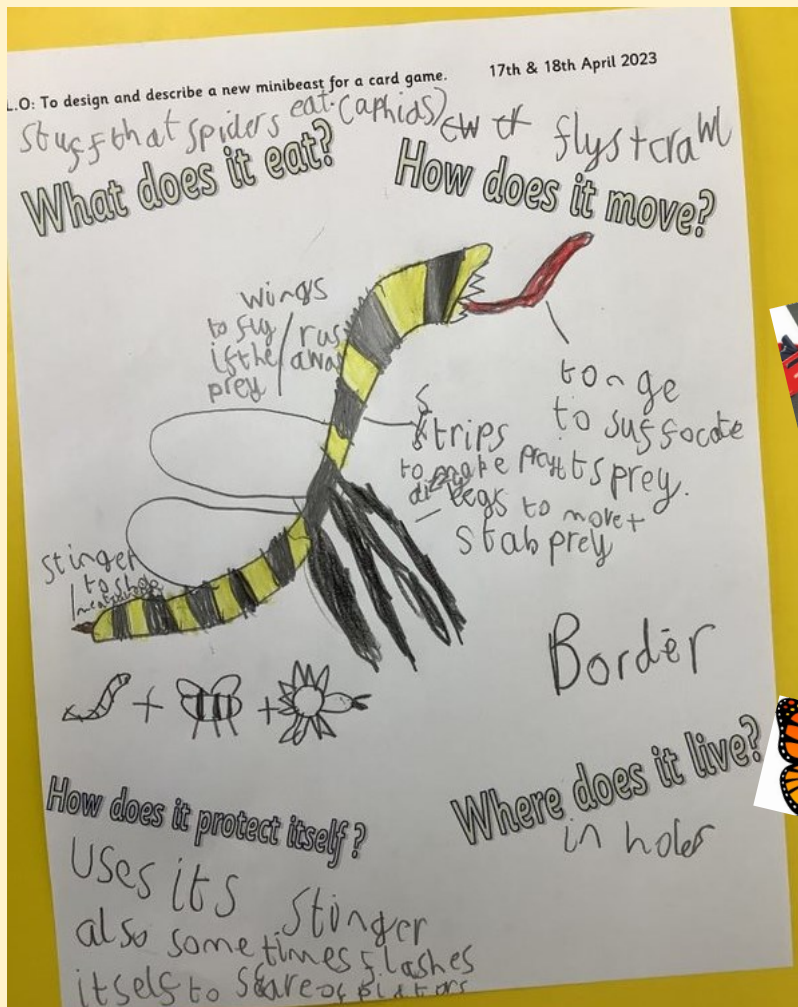


Years 1 and 2



In years 1 and 2, we launched our exciting new topic 'Wriggle and Crawl' this week. This topic is all about Minibeasts. As part of our literacy lesson, the children were challenged to design their own minibeast for a new Top Trumps card game. They combined different insect body parts and features to create an imaginary insect, examples included, a wasp combined with a fly to create a 'sting-fly' and a bee combined with a butterfly to create a 'butter-bee.' The children annotated their drawn designs, thinking about how it would move, it's diet, habitat and how it would protect itself. They then brought their designs to life by creating a 3d model using clay and pipe cleaners. In the second part of the lesson, they

wrote their own Top Trumps style card based on their minibeast and even added a rating for each category.

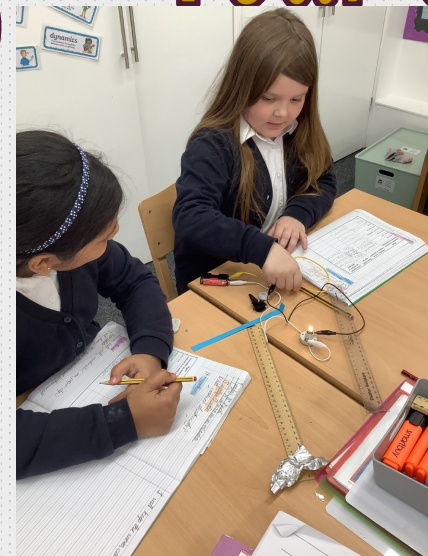


UN Convention on the Rights of the Child
Article 29: Goals of education

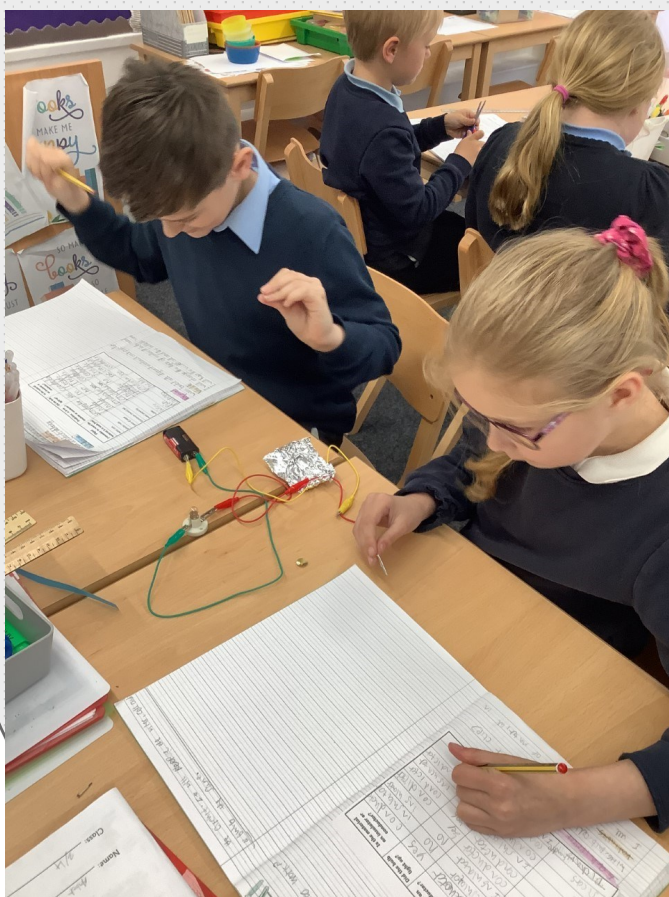
Year 3/4



I learned that if you put the wires onto the lightbulb and the other end onto the battery (in a circle) then it makes a circuit and the bulb lights up. The wire conducts electricity because it is made of metal which is a conductor. The electricity doesn't flow through wood because wood is an insulator. If you include an insulator in your circuit then the bulb does not light up because the electricity is not flowing around the circuit. Deedee



In science, this week, the children in Years 3 and 4 made circuits using different materials to test how well they conducted an electrical current. The children began by predicting which materials would conduct an electrical current and those that would not. Then, they began building a basic circuit using a cell, a bulb and three wires. They then disconnected two of the wires and bridged the gap in the circuit with different materials (for example, metal, paper, wood and plastic) to test how well they conducted an electrical current. If the bulb lit up, they recorded the material as a conductor. However, if the bulb did not light up, they recorded it as an insulator. The children discovered that metals are typically good electrical conductors and non-metals are typically poor conductors and are classified as insulators.



Years 5&6 Groundbreaking Greeks



During our first Summer term, the children in years 5/6 will be learning about developments and changes over six periods of ancient Greek history, focusing on the city state of Athens in the Classical age, and exploring the lasting legacy of ancient Greece in their new topic 'Groundbreaking Greeks'

We began this week by examining the importance of Greek Myths. The children enjoyed learning about the different Gods and Goddesses and the stories that were passed down through the generations. Like fables, these stories were intended to teach important lessons to the people of Greece as well as entertaining them with magical beasts and exciting adventures.

We used the Royal Shakespeare Company's rehearsal room techniques to familiarise ourselves with 'The First Labours of Heracles.' We enjoyed acting out the story and creating freeze-frames for some of the more unusual imagery. The children then went on to orally retell the story to their talk partner and were amazed by how well they could remember having acted it out.



The Nemean people were plagued by a man-eating lion'



Heracles slayed the man-eating lion and wore his skin as a cloak



He had to defeat the Hydra who had poisonous breath. He soon discovered that when he sliced off a head, two would grow back in its place!

Emotional Wellbeing and Mental Health



Mental Health in Schools Team (MHST)

Tips For Wellness:

STRESS AWARENESS

We can all feel stressed at times and it is a normal reaction to some situations. A certain level of stress can actually be helpful, however too much stress can make us feel anxious or depressed, and may impact on our sleep, eating habits and general wellbeing.

Everyone experience stress differently, so it is important to understand how stress affects *you*. Therefore, you can manage your stress better and stay healthy!

The Stress Bucket:

The Stress Bucket is a way to explain how stress can build up. The stress in our lives is represented by water filling up a bucket - too much water is a problem and can cause an overflow. It is helpful to identify the things in our day that contribute to filling up our bucket and start doing things that help to empty our bucket.

We can talk about our stress levels in terms of how full our stress bucket is. Different problems and demands can fill up our stress bucket, such as education, family worries, friendship problems and losing someone close.

Some people may have a smaller bucket than others - these people may find it more difficult to cope with stress and therefore, they may feel overwhelmed quicker than others.

We can't change the size of our bucket but we can learn to recognise when our bucket is filling up, and what coping strategies can help us manage stress so that or bucket doesn't overflow. Relaxing activities, such as watching TV, going for a walk, reading a book, sitting outside in the sun and talking to a friend, can all help to empty our stress bucket!



Stress bucket explained!



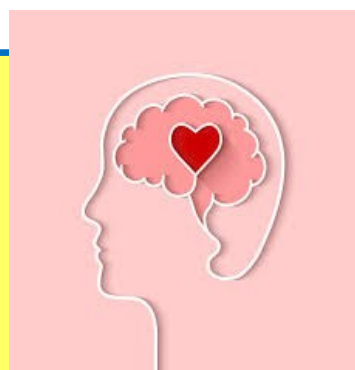
Scan for more info about stress.

#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

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.

Emotional Wellbeing and Mental Health



Stress bucket

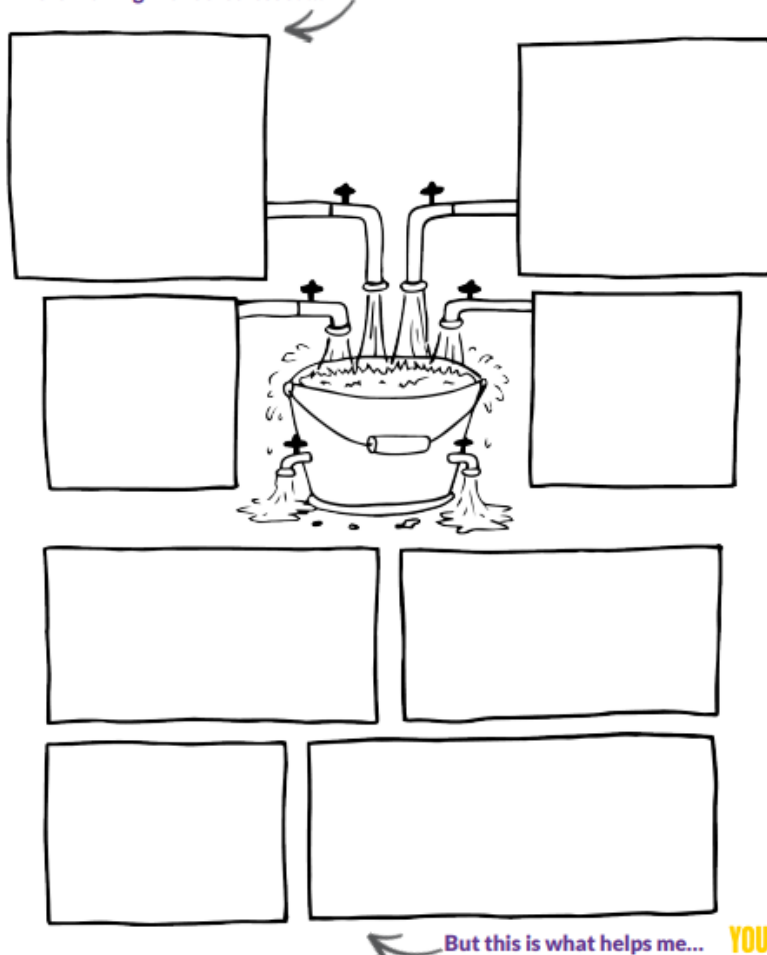
It is normal to feel stress at times. Some stress can be good, but too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

When you feel worried, the stress bucket is a visual way for you to communicate this, and this can help the adults in your life best support your needs.

Instructions:

1. Above the bucket are taps and the things that cause you stress. Using the boxes, draw or write the things that are making you worry. It might be too much homework, friendship issues, back-to-school anxiety.
2. The below taps are the things that help you release stress. Using these boxes, write or draw the things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets.
3. You might find it helpful to discuss your stress bucket and the things that help you.

This is making me feel stressed...



YOUNG

8 Quick & Easy Ways to RELIEVE STRESS



Unplug



Exercise



Socialize



Meditate



Create



Write

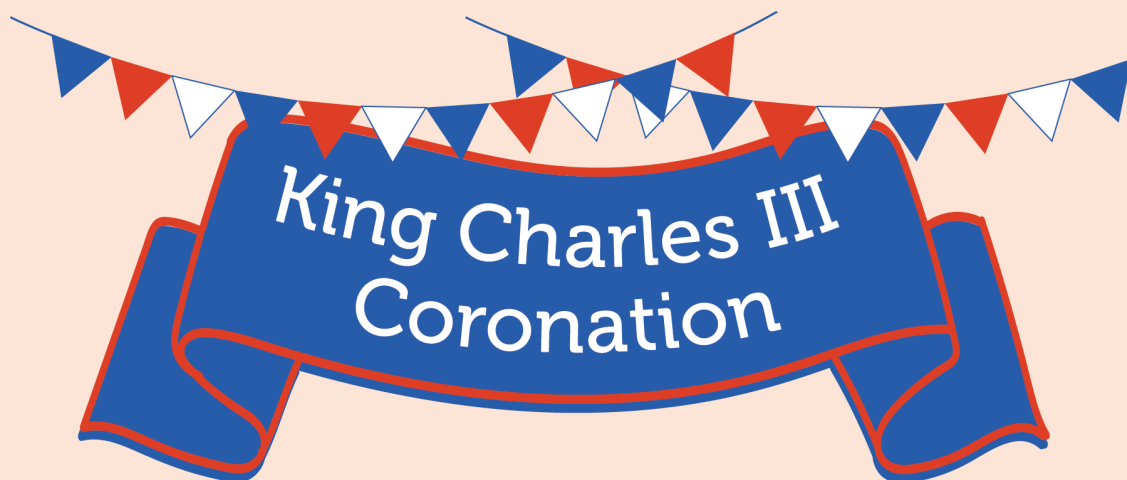


Rest



Get Outside





Save the date!

We will be running a special coronation event in school on the afternoon of Wednesday 17th May 2023. Families will be invited to join us in the afternoon for this special celebration. Everyone (children and adults) will be encouraged to wear red, white and blue.

This will include a number of special visitors, treats and activities. We will also be running a cake sale.

Look out for more details in next week's newsletters!



Parking bays



Don't the new parking bays on the carpark outside school look wonderful? As our families will be aware, this land is owned by the Parish Council who have spend a significant amount of time and resources resurfacing the area and having the parking bays marked so that it can continue to be used by members of the public. On behalf of our school community, we very are grateful to the Parish Council for their hard work.

This area is most frequently used by members of our school community and visitors to the Children's Centre. Please ensure that this area is used responsibly and safely. This includes parking within the marked spaces and not blocking other vehicles in (even if just for a few moments) and leaving the access path to the school car park free. Please leave the disabled space so that it is accessible to blue badge holders.



PARK AND STRIDE

We are aware that parking directly in the car park outside of school is limited by the number of spaces available. We are, in fact, incredibly lucky to have this space so close to our school. Most local schools do not have any parking facilities for families and rely on local on street parking.

With this in mind, we encourage local families to either walk to school or 'park and stride'.

Park and stride involves parents and carers who have to drive to or from school to park well away from the school gates (there is lots of free on street parking throughout the village) and walk the last part of their journey. Their children can get the benefits of walking some of the way to school and congestion around the school gates is reduced for everyone.

NU

Convention on the Rights of the Child

Article 29: Goals of education

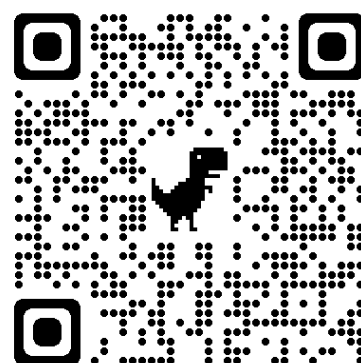




The 15th—19th May is 'Walk to School Week'.

This year the theme is Walk with Wildlife and encourages children to travel actively to school every day of the week.

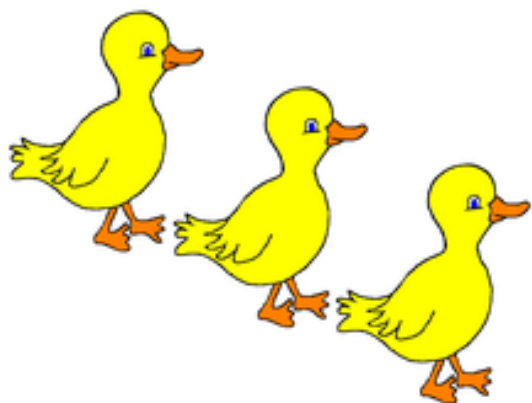
As a school, we have ordered the stickers and booklets so pupils who have walked, ridden or scooted to school (rather than having come in the car) will get a sticker as they learn about the important reasons to walk and the difference it can make for individuals, communities and the planet!



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Three Little Ducks

You may remember that, this time last year, our EYFS class welcomed a clutch of duck eggs and watched them hatch. Our Nursery and Reception children spent two weeks watching the ducklings grow and develop. Once the ducklings were

too big to stay with us, they are usually returned to the company that provide this experience but they are always offered to the school community to rehome. In our case, Miss Harrington (our school cook) took the ducklings home to join her family.

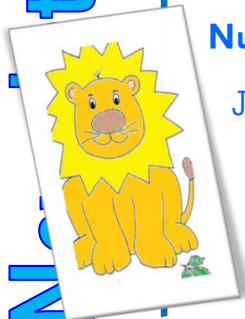


Here is a photo of Nova, Punk and Thunder celebrating their first birthday!

Lighthorne Heath Learning Heroes

Nursery and Reception

Joshua is Mrs Manley and Mrs Hartley's class hero this week as he has made such a fantastic start. Joshua has quickly settled in and has constantly had a huge smile on his face! Well done Joshua!



Co-operate

Year 1/2

Our hero this week is Luella for her enthusiasm during our minibeast hunt in. We have noticed that Luella has really grown in confidence, and it has been lovely to hear her sharing more of her ideas with the class and her peers. Well done Luella!



Have a go



Persevere

Year 3/4

Miss Singh has chosen Amelia as this week's hero for her wonderful attitude towards learning. She has made staggering progress across all subjects, and she just keeps on improving. Keep up the superb work!



Concentrate



Year 5/6

Mrs Cox's hero this week is India. Mrs Cox has been impressed with her hard work and dedication this week. She showed fantastic knowledge about the environment during an assembly and was able to explain her thoughts to the rest of the school in a clear and concise manner that they could all understand. Keep up the good work India.

Keep on improving





Use your imagination

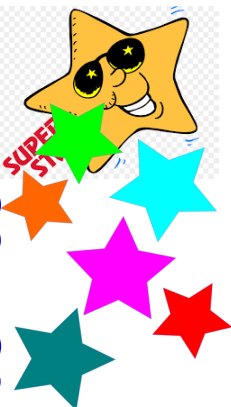


Enjoy

learning

Diary Dates

Summer Term	
Monday 24 th April	Year 5 and 6 immersion event. Years 3 and 4 swimming
Wednesday 26 th April	Years R, 1 and 2 on visit to Leamington Train Station.
Friday 28 th April	MUFTI day. Suggested donation of 50p per child towards school fund
Monday 1 st May	Bank holiday, school closed
Monday 8 th May	Bank holiday (coronation of King Charles)
Tuesday 9 th - Friday 12 th May	Year 6 SATS week
Monday 15 th May	Years 4 and 5 swimming
Monday 15 th May- Friday 19 th May	Walk to school week! 
Wednesday 17 th May	Coronation celebration afternoon. Parents welcome. 
Friday 26 th May	MUFTI day. Suggested donation of 50p per child towards school fund
Monday 29 th May	May half term begins. School returns on Monday 5 th June



Super Star Reading!

Our Reading superstar this week is Yuvraj who has been reading lots at home and has made wonderful progress. Congratulations, - keep it up!



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



UK Government

We are testing Emergency Alerts on mobile phones across the UK **23 April at 3pm**

Our new way to warn you when lives are in danger.

Find out more at gov.uk/alerts



We are aware that victims and survivors of abuse, particularly domestic abuse, may have a secret mobile phone which their abuser is not aware of.

From a safeguarding perspective, the sounding of the national alert may place such individuals in danger should their abusers become aware of their secret phone.

The following information has been made available and contains information on how to silence this alert:

- the alert will sound even if a mobile phone is switched to silent
- You can turn off receiving the emergency alert.

To turn off the alert on an android phone:

- Go to settings
- Type emergency in the search bar and emergency alert should appear as an option
- Select emergency alerts
- This should take you to a page titled either emergency alerts or broadcast settings
- Click or tap on the blue toggle beside emergency alerts to switch the option off. It will turn grey, and the alert will be switched off.
-

To turn off the alert on an i-phone:

- Open the settings app
- Select notifications, a red square with a white bell
- Scroll down the notifications screen to the bottom to find emergency alerts
- Tap the toggles to turn the emergency alerts off. They will turn grey, and the alerts will be switched off.



THE KING'S CORONATION CELEBRATION LUNCH

Friday 5th May 2023



GREAT BRITISH FISH & CHIPS

or

(vg) **BREADED
VEGETABLE FINGERS**



Chips

Garden Peas

Baked Beans

ICED CELEBRATION CAKE

or

ICE CREAM

SWIMMING

Our families may be aware that we currently take our Key Stage Two children swimming as part of their PE curriculum.

Children enjoy their swimming lessons with school and these are designed to support children develop their swimming capabilities rather than to be a child's sole opportunity to learn to swim. Children can only become confident swimmers with regular visits to the pool.

We are fortunate that there are a number of council owned pools locally (run by Everyone Active) and these include Southam Leisure Centre, St Nicolas Park and Newbold Comyn. These offer family swim sessions and private lessons. A number of private swimming lesson options are also available locally and these include Mad Fish (at Wellesbourne Primary School), Swim in a Tin (at Squab Hall) and Warwick Swim School (at Warwick Boys School). Most take children from around age 5.

Swimming could save a child's life. Drowning is the second-biggest cause of accidental death of children aged 1-14 years old in the country, meaning it is vital that your child knows how to react should they find themselves in trouble in the water. Starting swimming lessons will help your child to become as strong a swimmer as possible and give them the best chance of survival should a potential tragedy occur.



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Change Makers Healthy Lifestyles workshop – Fussy eating support

Change Makers are running weekly workshops supporting parents with children who display fussy eating behaviours. The workshop will cover the Eatwell Guide, top tips and practical advice on reducing fussy eating behaviours.

The workshop will be one hour long and will be on zoom. The workshop is free to access. If you would like to join, please contact Katherine.andrews@rugby.gov.uk and [07884 564403](tel:07884564403)



**NEW MONDAY
LOCATION
FROM 15th MAY**

**HEATHCOTE PRIMARY
CV34 7AP**

**ACCESS VIA THE OLD STATION NURSERY GATE
NO ACCESS VIA MAIN SCHOOL ENTRANCE**



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