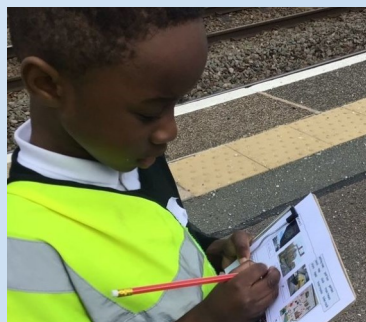




Reception, Year 1 and 2 'Dream Big' National Literacy Trust visit to Leamington Spa Train Station.



Reception, Year 1 and Year 2 enjoyed a fabulous trip to Leamington Spa Train Station on Wednesday. This took place as part of a project with the National Literacy Trust 'Dream Big' project supported by Chiltern Railways. We had time to explore the station and all of the different features. We also met six people who do a variety of jobs for Chiltern Railways, such as, Station Manager, Ticket Collector and Engineer. The children interviewed these people to find out more about their jobs. We also completed a word hunt around the station. Before we left, our volunteers read the children a train non-fiction book. We had a great time!



Years 1 and 2

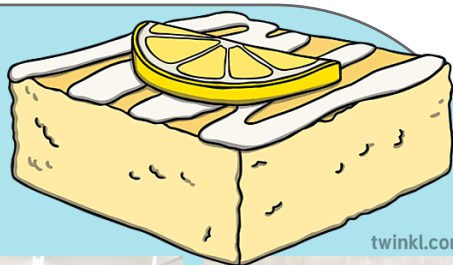
On Wednesday 26th April we went on a trip to Leamington Spa train station.

We met with volunteers from Chiltern Railways who showed us around the station. They talked to us about their jobs and shared a book about trains with us too.

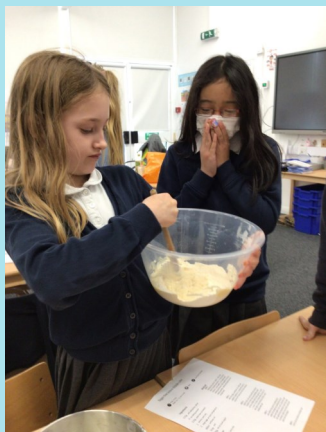
We had a wonderful time and learned lots about the station and the people who work there and on the trains.



Year 3/4



twinkl.com



I think that the cake with the sugar tasted better because it was sweeter and much more like the cakes I have at home.
By Niamh

I liked the cake that had the xylitol best because I thought that it was just as tasty as the other one and I like being healthy.
By Bobby

I actually couldn't tell the difference between the two cakes. I would eat both because I like to be healthy but I also know that a little bit of sugar now and again is no problem. By Zara

In design technology, the children took part in a baking challenge. They were tasked with baking a delicious lemon drizzle cake fit for the Coronation celebrations. A discussion was had about the important key features of a lemon drizzle cake; sweetness, lemon flavour and attractiveness!

We talked about how we could make the cake healthier, perhaps without any sugar. The children learned about a sugar alternative, Xylitol. Xylitol is a natural substance found in the fibres of a number of fruit and vegetables and can also be made in small amounts by the body.

We carefully examined the recipe by discussing the ingredients, quantities and method.

Once the children felt confident, they put the recipes to the test.

Groups 1 and 2 had a go at baking a traditional lemon drizzle cake, and Groups 3 and 4 had a go at baking a sugar-free lemon drizzle cake.

Each group got busy measuring and mixing the ingredients together (such as, flour, lemon zest, egg and milk). Once the cakes had been baked and cooled, the children tasted the treats.

We discussed how they tasted and which they preferred. The children learned the principles of planning and preparing a healthier snack/treat alternative.

Years 5&6 Groundbreaking Greeks

Immersion Day

On Monday, the children in 5/6 enjoyed an immersion day with the History Squad as part of our Groundbreaking Greeks topic.



This spear head is about 2500 years old. It could have been up to 3m long



This helmet was useful as protection, but made it difficult to see and it got very hot and smelly



Glossary of a Hoplite (Greek Soldier):

Aspis A curved shield made of wood and covered in linen

Dory A Spear held in the right hand

Xyiaiphos— An iron sword that was worn on the hip

Helmet Head protection made of bronze

Muscle Armour Torso armour that showed both abs (for strength) and a pot belly (to show wealth.)



We (as Athenians) had to follow instructions in our battle against the Persians. We formed an impenetrable shield wall.

Groundbreaking Greeks



Greek Games



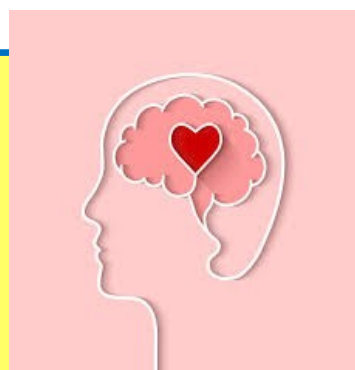
We had great fun training for the Olympic games and also playing some traditional games from the Ancient Greek times including quoits, 5 lines and 3 Men's Morris.

Our winning Olympians were presented with red ribbons which would have gained them free food and accommodation for life.



We played as the Athenians versus the Spartans

Emotional Wellbeing and Mental Health



Mindfulness



We often go about our day in a state of urgency and striving, rushing from one item on our to-do list to the next.

Mindfulness is the practice of purposely bringing one's attention to the present moment and can help you reset so you can go about your day with more focus and ease. You can use meditation, breathing, colouring, exercise or other activities to help focus and calm your body and mind.

Mindfulness can help you to:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.

Visit the Mind website via the QR code above to find more information including examples of mindfulness activities.



Emotional Wellbeing and Mental Health



60
Mindful
Minutes

11 Practising stillness

Feel all your attention gently falling from the top of your head down to your neck, lightly falling like a snowflake or a leaf falling from a tree. Feel your attention move down through your shoulders...your arms...your hands...your chest and belly...your hips and thighs...your knees and ankles...into your feet and all the way down to your toes. Let your mind rest in your body, noticing all the feelings inside; tingling, shivers, warmth, coolness, relaxation, tightness or nothing at all. Notice how the sensations and feelings change when you bring attention to them. See if you can feel the stillness in your body as you sit, not moving, and notice changing sensations throughout your body.

Adapted from Goodman (2005, p. 217)



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Mindfulness



60
Mindful
Minutes

15 A bubble meditation

The purpose of this practice is to slow down, observe thoughts and release them or let go without judgement.

Ask the children to sit in a comfortable position, with their backs straight and shoulders relaxed.

Ask them to close their eyes and to imagine bubbles slowly rising up in front of them.

Tell them each bubble contains a thought, feeling or perception: "See the first bubble rise up. What is inside?"

See the thought, observe it, and watch it slowly float away. Try not to judge, evaluate or think about it more deeply. Once it has floated out of sight, watch the next bubble appear. What is inside? Observe it, and watch it slowly float away.

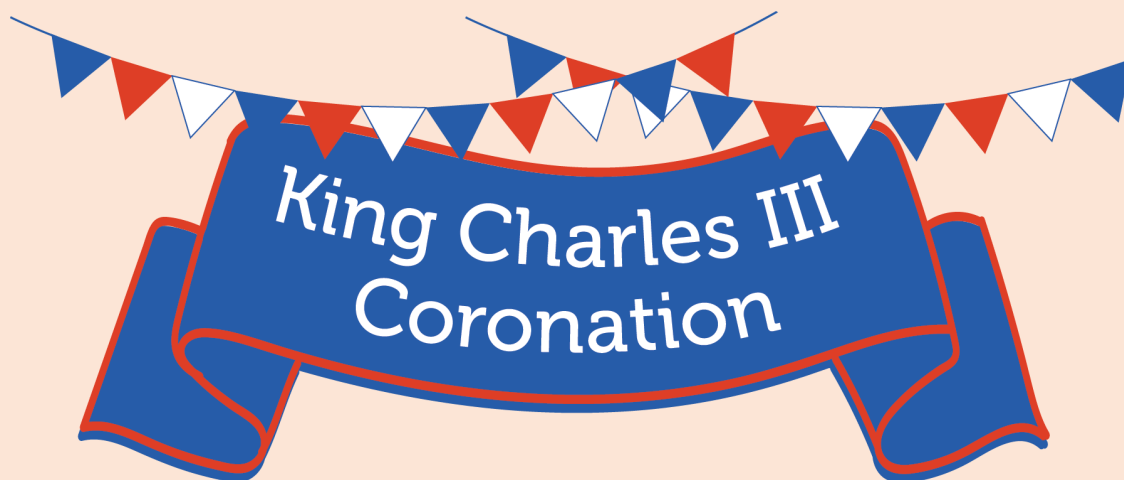
If your mind goes blank, then watch the bubble rise up with "blank" inside and slowly float away.



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helping children and young people to succeed



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 newsletter.



Some important reminders:

Punctuality:

Our school day begins at 8.55am and finishes at 3.00pm. It is important that children are in the playground ahead of 8.55am so that they are ready to enter the classroom. Lateness causes disruption to classes and staff members at school. We have noticed a significant increase in lateness over recent weeks which is not acceptable.



Please be on time!

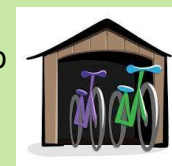
Speaking with teachers

Please note that class teachers are always very happy to speak to parents. If you need to speak to your child's teacher, particularly if this is a longer conversation, it is important that you make an appointment (either with the teacher directly or through the school office). It is important that teachers are able to take their classes into school promptly at 8.55am and begin their school day.



Scooters and bikes

We do have a bike shed at school at children are welcome to leave there children's bikes and scooter. Please note that doing so is at your own risk and we cannot accept responsibility for bikes and scooters left in the shed. For children using this, you may wish to invest in a bike lock to ensure the security of your bike or scooter.



Please name all belongings

Please name all items of school uniform including PE kits. We currently have around 30 (identical) unnamed blue jumpers in our lost property (you are welcome to come and look through if you have lost one)! If your child's belongings are named then they are far more likely to be returned to you if they are mislaid.

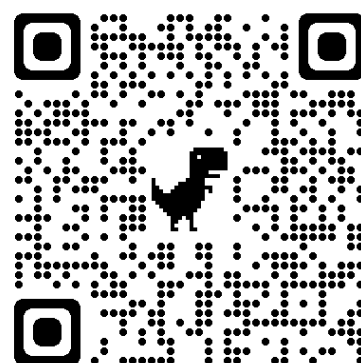




The 15th—19th May is 'Walk to School Week'.

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!



NU Convention on the Rights of the child

Article 29: Goals of education



Lighthorne Heath Learning Heroes

Nursery and Reception

Summer is Mrs Manley and Mrs Hartley's class hero this week. We have been so impressed with Summer's perseverance to learn more of her phonic sounds. She is always keen to have a go and she showed fantastic behaviour on our class trip this week- well done Summer!



Co-operate

Year 1/2

Yuvraj is Year 1 and 2s hero for this week. He has shown a fabulous improvement in his concentration and focus in our lessons this week and he showed great enthusiasm and interest on our trip. He has also shown a great improvement in his behaviour and his awareness of others.



Persevere



Have a go

Concentrate

Year 3/4

Miss Singh has chosen Zara as this week's hero for her positive attitude towards reading. Zara is always willing to help others and listens carefully to instructions. Keep up the fantastic work!



Keep on improving



Year 5/6

Mrs Cox has chosen Toby as her class hero this week. He has shown curiosity towards his learning about the Ancient Greeks and fantastic prior knowledge that he has been able to share eloquently with the class. He

continue to be polite and helpful towards staff and pupils. Keep up the good work Toby!





Use your imagination



Enjoy

learning

Diary Dates

Summer Term	
Monday 1 st May	Bank holiday, school closed
Thursday 4 th May	Years 3 and 4 trip to Think Tank
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	Director mentor visit from RSC with aspiring actors group am Coronation celebration afternoon. Parents welcome.
Wednesday 24 th May	Dream Big STEM challenge Years 1 & 2
Friday 26 th May	MUFTTI 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 Darcey, who Mrs Cox reports is an avid and enthusiastic reader. Congratulations, Darcey.

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



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.



NU Convention on the Rights of the Child

Article 29: Goals of education



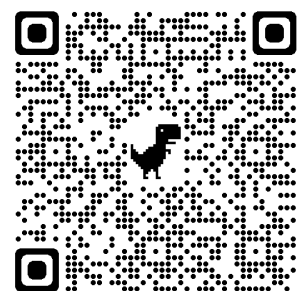
Change Makers Healthy Lifestyles workshop – Fussy eating support

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)



WELCOME TO THE FAMILY INFORMATION SERVICE NEWSLETTER



Tuesday 25th April 2023

In this week's Family Information Service newsletter there is information about a supported internship webinar, Coronation activities at Warwickshire's Country Parks, a free SEND parents and carers webinar, and Child Employment Month and much more!