

Walk to School Week!



A reminder that we will be taking part in

Walk to School Week

next week from **Monday 16th May to Friday 20th May.**

Walking is fun, sociable, healthy and, by helping to reduce the number of cars on the road, it's also good for the environment. With all of these benefits, we would be thrilled if as many families as possible could travel to school by foot during **Walk to School week.**

If you usually drive to school, why not try parking a few streets away so that you are increasing the distance you would normally walk?

Throughout the week, classes will work together to make as many active journeys as possible. They'll track their progress each day on the classroom wallchart, unlocking new levels and knowledge as they go. Every pupil who takes part will also receive a certificate!



Eco-Schools





Nursery/Reception Big Wide World

This week as part of our topic 'Big Wide World' we have explored food from around the world. The children followed a recipe to make tortilla pizzas. We looked at the packaging on a range of toppings to find out where it had come from before looking this up on a world map.



The children then designed their own pizzas before making them. The results were delicious! This experience allowed us to follow instructions, including simple recipes, that include measures and ingredients.





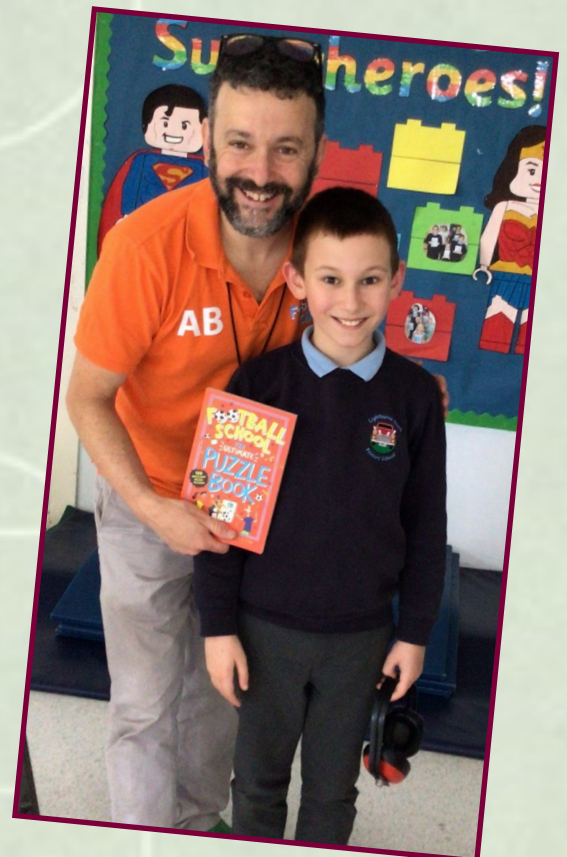
Nursery/Reception Alex Bellos Author Visit Football School!



It was a real privilege to welcome author, Alex Bellos, to our school on Tuesday afternoon. He led a fascinating assembly in the style of a whistlestop lesson on geography, maths, and drama football information. Alex got us all joining in with a Lighthorne Heath football chant and we got moving with some samba dancing.



We really appreciate Alex taking time out of his busy schedule to spend time in school - thank you!



Religious Education Sikhism

On Monday, we welcomed Kully Deol to our assembly to talk about her practice of the Sikh faith. All the children found it interesting to see some real artefacts and to ask questions. It has been great preparation ahead of our visit to the Gurdwara next Monday. Thank you, Kully.



The Three Duties

The Three Duties that a Sikh must carry out can be summed up in three words; Pray, Work, Give.

1. Nam Japna:

Keeping God in mind at all times.

2. Kirt Karna:

Earning an honest living. Since God is truth, a Sikh seeks to live honestly. This doesn't just mean avoiding crime; Sikhs avoid gambling, begging, or working in the alcohol or tobacco industries.

3. Vand Chhakna:

(Literally, sharing one's earnings with others) Giving to charity and caring for others.





Year 1/2/3 Splendid Skies



As part of our 'Splendid Skies' learning topic we have been learning about poetry. We have been thinking about what poetry is and how it makes us feel. We have spent quite a lot of time looking at Shirley Hughes as a poet and we were so inspired by her book 'Out and About', we decided to have a go at writing our own weather poems.



So, we started off the week by exploring language and expanded noun phrases. We ended the week by putting our ideas to paper and finishing off by illustrating our impressive poems by paying fine attention to detail, just like Shirley Hughes did. Miss Singh and Mrs Hill are so impressed with their final pieces of work - well done!





Year 4/5/6 Insight House



The children were invited on an exciting local visit to the David Wilson Mercia Insight House at Heritage Grange. The Insight House has been developed as an educational tool to show children how a new home is built and what this means for sustainability, they also use the house to explore what this term means. The visit was an excellent way for the children to link their learning with their Eco Schools work.

Local M.P., Jeremy Wright officially opened the house during the children's visit and was keen to get the children's feedback about their experience.

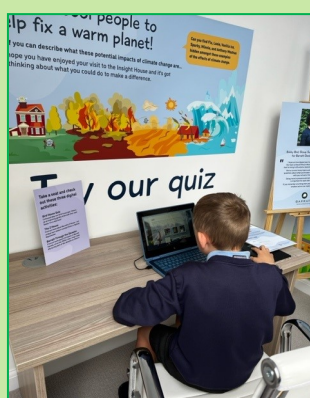


The children had a fantastic time learning about the different steps taken by builders to make sure their houses are eco-friendly and sustainable.



We found out about how they are including 'Hedgehog Highways' which are holes in the fences and hedges to allow hedgehogs to move freely through the gardens and forage for their food safely. 'Swift bricks' become nests for birds for birds that find it difficult to land on the ground.

We also learned some exciting facts about energy use: Did you know that the average person uses 127 rolls of toilet roll in a year! The average household uses 349 litres of water a day!



Year 4/5/6 Insight House



The children learnt about the housing developer's current approach to sustainability and how they protect our planet for the future and protect the biodiversity of



The builders provide bird and bat boxes around their developments.



The children discovered that landscaping uses bee-friendly plants and many other features that support wildlife. Flower-rich grassland makes a great home for valuable insects and other invertebrates.



Sustainable materials are used in the construction of the new houses. Wood is from forests where trees are looked after and replanted. Waste is reduced and recycled. The houses are built to reduce energy consumption: lights, windows, boilers, radiators and appliances are as efficient as they can be, so they use less energy. Windows are made from high quality glass that keeps the heat in and the cold out.



Be a Super Star Reader!

Read Around the World Challenge



*Mrs Hartley was delighted to give Lucien his
Certificate for completing the challenge this week.
Well done!*



Happy reading, everyone!



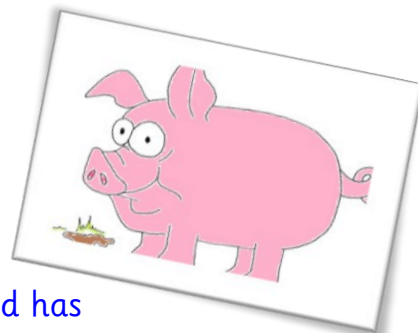
Lighthorne Heath Learning Heroes

Nursery and Reception

Mrs Hartley's and Mrs Manley's Nursery and Reception class heroes this week are brothers Leroy and Pharell. Leroy started Nursery this week and has already impressed us with his colour vocabulary. Pharell has joined our Reception class and has shown a real fascination with numbers and has carefully spent time creating all the Numberblocks in order with cubes. Well done, boys!



Co-operate



Have a go

Year 1/2/3

Mrs Hill's and Miss Singh's hero this week, is Amber. Amber consistently works hard in class and always has a go at everything. She has shown great enthusiasm towards our literacy and topic lessons by writing some lovely poems. Overall, Amber has shown good evidence of progress. Keep up this positive attitude to learning, Amber!

Mrs Hill and Miss Singh also would like to give all the Year 2 children a special mention for working so hard on their SATs this week.



Persevere



Concentrate

Year 4/5/6

Mrs Cox's hero this week is Lewis. He has shown a great attitude to his learning and impressed his teacher with the amount of effort he has put into his maths work on shape. Initially he struggled but, by persevering, he overcame his difficulties! Well done, Lewis.



Keep on improving



Be curious



Use your imagination



Enjoy learning

Diary Dates

Monday 23rd May 2022	Year 1/2/3/4/5/6 Visit to Leamington Gurdwara
Wednesday 25th May 2022	Queen Elizabeth II Big Platinum Jubilee Celebrations Tea Party pm
Wednesday 25th May 2022	Road Safety Workshop for Year 1/2/3/4/5/6 —morning
Thursday 26th May 2022	School Class Photographs
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 10th June 2022	UNICEF Soccer Aid
20th –24th June	Shakespeare Week
Thursday 23rd June 2022	Whole School Sports Day 10am-11.30am (Reserve Date: Thursday 30th June, in case of poor weather)
Friday 24th June 2022	MUFTI Day—bring 50p to wear non-uniform
Monday 4th—Friday 8th July	Arts Week
Friday 15th July 2022	Year 6 Leavers' Assembly at 9.30am
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	



Thank you to all our staff for their commitment to our school community and the care they give to our children.

With best wishes from Mrs Westwood



Mental Health in Schools Team (MHST)

Tips For Wellness:

Being Mindful

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or doing lots of things at once. When you're mindful, you're taking your time. You are focusing in a relaxed, easy way.

Try one, or both, of the below activities throughout this week:

1. 5 Senses Activity: The goal of this exercise is to practice being aware in the present moment. Notice five things that you can: **SEE, FEEL, HEAR, SMELL, TASTE**
2. Journaling can be a great way for to practice writing and recording the thoughts and memories that mean a lot to you. Here are some ideas to help you get started:
 - What is your favourite memory? Write down as many details as you can remember.
 - What is one mistake you made today and what did you learn from it?
 - What are three things you're grateful for?
 - If you could spend one day doing anything you want, what would you do?
 - What is one thing that helps you when you're worried?

Key dates this week:
16th-20th Walk To School
Week
21st World Meditation
Day

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: cwp-tr.thankskids@nhs.net and we'll do the rest!!

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