

Sports Day

On Friday, all of the children enjoyed taking part in physical activity during our Sports Day. It was fantastic that everyone got involved, and felt proud of their achievements. The children had opportunities to keep improving in each activity, and improved their skills. Thank you to all of our lovely families for coming and supporting the children.



I found the sprinting race really fun. I tried to increase my sprinting speed by taking longer strides and I'm proud of myself for coming second in this race.

I loved that my mum and my two younger siblings came to support me at Sports Day. They cheered me on, which motivated me!



In this race, we had to jump along the course with the ball between our legs. I'm proud of myself for trying my best.

UN Convention on the Rights of the Child

Article 24: Health and Health Services; Article 29: Goals of education;

Article 31: Leisure, play and culture



Sports Day

Athletics were also part of our Sports Day, including Long Jump.



There are five main components of the long jump: the approach run, the last two strides, take-off, action in the air, and landing.



Speed in the run-up, or approach, and a high leap off the board are the fundamentals of success.

I sprinted towards the jump so that I could get a good take-off!

I'm pleased that I improved on my personal best with each attempt at the Long Jump.



Sports Day



We took part in Tug-of-War. We learnt that we should hold the rope with an underhand grip, keeping our arms extended so we could lean back. Winning tug of war isn't about using your hands to pull the rope; it's about using your legs to push against the ground while holding onto the rope.



I liked taking part in the Tug-of-War best because we had to use all of our strength and work as a team. We had to keep our arms and body almost straight as we leaned backwards with our upper body while planting our feet into the ground, using both of our legs as anchors. We had to pretend like we were sitting back into a seat that is very reclined. Our feet needed to be positioned a little wider than shoulder width apart.



UN Convention on the Rights of the Child

Article 24: Health and Health Services;

Article 29: Goals of education;

Article 31: Leisure, play and culture



Sports Day



I tried to run as fast as I could! It was fun taking part and it was a great race!

We enjoyed participating in competitive sports. We all belong to different coloured houses. The Red house won overall—congratulations!



We threw the Javelin. We had to stand side on and aim with our free arm into the direction we wanted the javelin to go. Then we extended our arm and put our weight on our back foot. We transferred the weight to our front foot and released!



Sports Day



UN Convention on the Rights of the Child

Article 24: Health and Health Services; Article 29: Goals of education;

Article 31: Leisure, play and culture

Healthy Living

On Friday, Mrs. Manley talked to the children about UNICEF Article 24; that every child has the right to the best possible health.

The assembly focused on keeping our teeth health and included discussion around visiting the dentist, brushing our teeth and sensible choices (such as limiting sugar and sugary drinks).

Each child was given a free toothbrush and toothpaste to take home to help them to maintain health teeth.

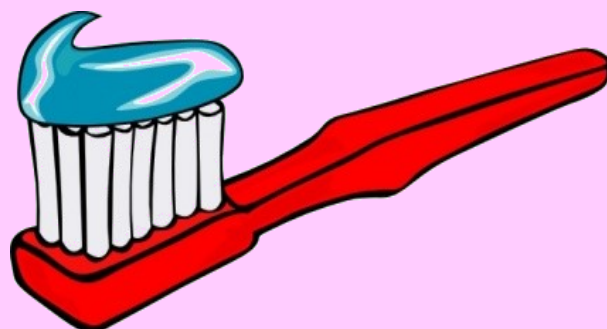
Did you know that it NHS dental care for children is free? It is recommended by the NHS that all children visit a dentist regularly for check ups (twice a year) from the time when their first milk teeth appear. More information on keeping your child's teeth healthy can be found at <https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

Healthy Living



I know that I must brush my teeth every morning and every night because I need my teeth nice and clean! I brush my teeth for 3 minutes. If I don't brush my teeth, they might get rotten and fall out!

Dentists recommend brushing our teeth twice a day with fluoride toothpaste for at least two minutes each time. We need to brush our teeth to prevent tooth decay and gum disease. This is done by removing plaque, the transparent layer of bacteria that coats the teeth.



Nursery & Reception On the Beach

Reception and Nursery
this week have been
developing their scientific
investigation skills.



One of our dolls left a message
for the children explaining that
she had seen all their learning
about the seaside and had
listened to The Singing
Mermaid.

The doll wanted to become a
mermaid for the day! She
needed the children's help to
test which classroom materials
she could use to make her tail
waterproof.



Nursery & Reception On the Beach

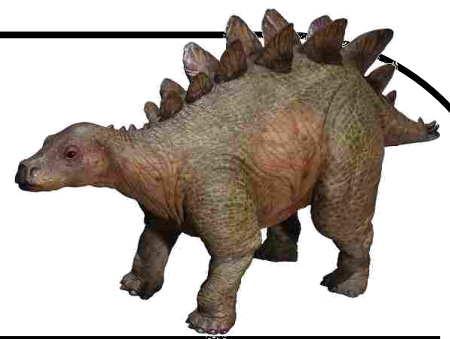
There was a lot of discussion about which materials might be suitable and we discussed how we could keep our testing fair.



Every time we tested a material, we kept the amount of water the same which meant the children had to look carefully at the scale on the syringe.

Dinosaur Planet

Year 1/2/3



After the children discovered that our large dinosaur egg had hatched, they were keen to find it. They searched around the school and found some interesting video footage of a baby stegosaurus wondering around the Year 1, 2, 3 classroom. The children decided that they wanted to try and catch it. This prompted lots of discussion about the different methods they could use and the steps and precautions they would need to take. So as part of the literacy lesson, they spent time planning and preparing some detailed instructions of how they could do this, safely. They made sure that their writing included imperative verbs and was written in

chronological order, so that the reader would know exactly what to do. After this they had a go at following their own instructions and in small teams they made some very impressive traps. They are now patiently waiting to catch a dinosaur!



How to Catch a Dinosaur

Have you got a jowl baby dinosaur living near your school? Well don't have fear, this is now to catch a dinosaur. You will need:

- Shovel
- Food
- Grass
- Box
- Sticks (2)
- Rope (2)
- Instructions

1. First, get your shovel and dig up a big hole in the ground.
2. Next, place 2 sticks standing up straight, this way it will hold the box.
3. Then, stick the box on top of the sticks.
4. Now, get your ropes and tie them on the side you might want to add a trap.
5. Next, place meat in front of the trap, it will get attracted.
6. Then, attach a rope in front of the meat.
7. Lastly, add some leaves on top of the hole you dig.
8. Now, wait for the trap to catch the dinosaur.
9. When your trap is done.

Last advice
Make sure to hide or else the dinosaur will run away.



Revolution Year 4/5/6

The children in Year 54/5/6 have been learning about social reformers in the Victorian era. The children used the school laptops to conduct their research. They created mini fact-files on a chosen reformer to help them to understand the impact they have had on our world. The children will be writing biographies to contribute towards a class book entitled, 'Victorians Who Changed the World'.



Dr Thomas John Barnardo

1. When he was 16 years old, he decided he wanted to become a Protestant medical missionary in China.
2. He moved to London to train to be a doctor. He never actually completed the course or qualified as a doctor, even though he is known as 'Doctor' Barnardo.
3. During his time in London, he became interested in the lives of the Victorian poor. He was appalled by the number of people living on the streets of London and he witnessed the horrific effects of cholera, unemployment and overcrowding.
4. He opened his first 'ragged school' in 1867 to educate and care for poor orphans.
5. In 1870, he opened a home for boys, providing shelter for orphans and destitute children.

Elizabeth Fry

1. Elizabeth Fry was the first woman to campaign for better prisons. In 1817 she created the Association for the Improvement of Female Prisoners.
2. In the 1820's she inspected prison conditions, advocated reform and established more groups to campaign for reform.
3. She took clean clothes into the prisons and set up a school so that people could learn to read from the Bible.
4. On the back of every £5 note there is a picture of Elizabeth Fry.
5. Queen Victoria was impressed by Elizabeth Fry. She met with her on several occasions and provided funding for some of her causes.
6. Her husband's family were famous for making chocolate.



UN Convention on the Rights of the Child

Article 29: Goals of education

Reading News

Premier League Primary Stars

Our school has recently been selected as one of the lucky winners of the Premier League Primary Stars Magazine Team pack which we received this week. The pack

was filled with a fantastic selection of magazines, pencils, notepads, stickers and some of Alex Bellos' Football

School puzzle books. Premier League Primary Stars uses the appeal of the



Premier League and professional football clubs to inspire children to learn, be active and develop important life skills. It is a free programme that is managed by the Premier League Charitable Fund, a Premier League funded charity which aims to create positive and lasting sporting, health and education outcomes for children, young people and the wider community.

Reading Super Stars!



Mrs Hartley was delighted to award Spencer and Tyler their certificates and treats for completing their 'Read Around the World' challenge. Esme has also completed her Platinum Royal Reading Challenge and received her certificate and prize. Well done!



BINGO!

A vibrant graphic for a bingo event. It features several colorful bingo balls with numbers 3, 9, 7, and 5. Two bingo cards are visible, one with the word 'BINGO' at the top. The word 'BINGO' is written in large, glowing, yellow-outlined letters. Below it, the word 'Afternoon!' is written in a red, stylized font. A teal banner with the text 'YOU ARE INVITED' is centered. Below the banner, the event details are listed in white text: 'MONDAY 11TH JULY AT 3.15PM', 'LIGHTHORNE HEATH PRIMARY SCHOOL', '5 GAMES, WITH AN INTERVAL', and '£1 PER BOOK'. At the bottom, a line of text states 'CHILDREN MUST BE ACCOMPANIED BY A PARENT / CARER'.

JOIN US FOR A

BINGO

Afternoon!

YOU ARE INVITED

MONDAY 11TH JULY AT 3.15PM

LIGHTHORNE HEATH PRIMARY SCHOOL

5 GAMES, WITH AN INTERVAL

£1 PER BOOK

CHILDREN MUST BE ACCOMPANIED BY A PARENT / CARER

Diary Dates

Monday 4th—Friday 8th July	Arts Week
Monday 11th July 2022	Bingo! 5 games, with an interval, starting at 3.15pm—Children must be accompanied by a parent or carer £1 per book. Refreshments will be served.
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	

Reception and Nursery Stay & Play

We'd like to invite current Reception and Nursery parents to a 'Stay and Play' session on Wednesday 13th July between 8.55 and 10am. There will be an opportunity to join in with a range of activities with your child, see their learning, talk to staff, join in with some songs, as enjoy some refreshments at the end. We have also invited our new Reception starters for September to join us.

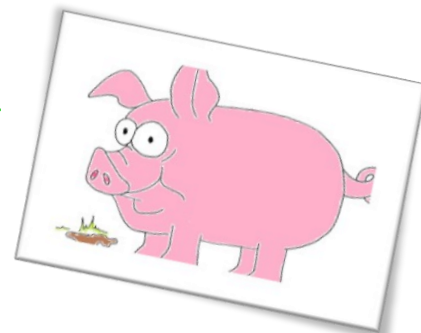


With best wishes from Mrs Westwood and all the staff at Lighthorne Heath Primary School.

Lighthorne Heath Learning Heroes

Nursery and Reception

Mrs Hartley's and Mrs Manley's Nursery and Reception class hero this week is Amilah, who has been using her words to communicate more with her peers and the supporting adults. Amilah also brought in her mermaid dolls for us to play with after our scientific testing so that our doll had a friend - how thoughtful!



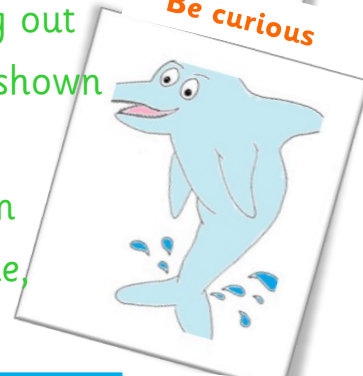
Have a go



Concentrate



Be curious



Enjoy

Year 1/2/3

Mrs Hill's and Miss Singh's hero this week is Marko. He has made a fantastic start to his education at Lighthorne Heath Primary School. He works hard and has a positive attitude towards learning. Keep up the great work!

Year 4/5/6

Mrs Cox's hero this week is Demii. She has been an asset to the school this week going out of her way to help the adults. She has shown a wonderfully nurturing side with the younger children and supported them beautifully in assemblies. Well done, Demii!

Keep on improving



Use your imagination UN Convention on the Rights of the Child

Article 29: Goals of education



Mental Health in Schools Team (MHST)

Tips For Wellness:

Transition

Transition is the processes of change. It can include anything from changing school, friendship groups, moving house or changes within your family. Over our lives, change is something that will continue to affect us all. It is natural to find transitions difficult or stressful and we can all feel this regardless of our age.

Tips to try for Transition:

1. **Healthy habits** – ensuring you eat, sleep and exercise well can have a huge impact on how you feel generally therefore, when you are experiencing a time of stress this is more important than ever.
2. **Keep to your routines** – as far as possible try to steady yourself in the day-to-day things that are familiar and the activities you enjoy. Keep attending your favourite sports club, walking the dog every morning, or visiting your grandparents every Saturday. Even if your routines can feel more difficult to keep to, this will help reassure your worried brain that not everything is changing.
3. **Seek support** – everyone needs help sometimes. Think of the people in your life who you can talk to, friends, family, someone at school? Write down the worries or questions you have about the changes going on and find a time where you can talk to someone about these. They may not have all the answers or even say the right things, but the process of you thinking and talking about your worries with someone else can help you to think clearly about what is going on and learn to accept that change is happening, which can be far more helpful than denial or resistance

Key Dates this month:
Pride Month
Tourette's Awareness
Month

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars 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 Lead for information and advice.

Community Information

NET SET GO NETBALL SUMMER CAMPS



Years 7, 8, 9 & 10
25 - 27
JULY 2022

Years 3, 4, 5 & 6
28 & 29
JULY 2022

Day Rate
£40

Why Net Set Go?

- ✓ Free Net Set Go 2022 T-Shirt
- ✓ Suitable for all abilities
- ✓ Lots of fun match play
- ✓ Experienced Performance Coaches
- ✓ Camp prizes to be won

Stratford Girls' Grammar School
Shottery Road
Stratford-upon-Avon
CV37 9HA

Limited Places - Register Online

www.netsetgocamps.co.uk

Community Information



STRATFORD

BECOME A THUNDERBIRD

Recruiting players of all abilities aged U7 to U17!

Join Warwickshire's County Champions and West Midlands' Regional Champions!

Immediate training and playing opportunities for performance, development, and social players.

40+ athletes in the England Roses, Loughborough Lightning, Severn Stars and Wasps Academies.

Squad places available in U14 and U16 National Competition Squads

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out more:



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