

This year, we have once again enjoyed taking part in the national 'Grow Your Own Potatoes' project. The project helps children learn where potatoes come from, how they grow and their health benefits. Back in February, we received two varieties of seed potatoes which the children helped to chit and then plant. Over the next few months the children helped care for the plants before harvesting them. The children harvested over 1.5kg of potatoes! Last Friday, the children helped to prepare the potatoes to make chips. They were delicious!

ARREN

Juality

PSOM

Warwickshire

County Counci



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

Science- Hedgehog Habitats



Years-1-and-2

Emma also shared footage from wildlife cameras that have been installed in the local area. The children were amazed to spot a muntjac, badger and a fox living so close to them!



Prizes

X

Johthorne Hears

Tuesday 8th July 3.00pm- 3.45pm

FAIR

UMMER

LIGHTHORNE HEATH PRIMARY SCHOOL

FREE ENTRY

JOIN US FOR LOTS OF FUN!

bottle tombola ·

teddy tombola ·

glitter tatoos and face

paint · · cake stall ·

Cure stull

- raffle •
- · hook a duck·

• games •

and much more!

Games 50p each



A big thank you to all the families who joined us on Friday for our annual Sports Day, it was a fantastic morning filled with energy, excitement, and fun for everyone!

We're especially grateful to the incredible team at Onside Coaching for their hard work and dedication in making the

event such a great success.

UNTERVINGSOM Artic RESPECTING RESPECTING Artic

rticle 29: Goals of education





Lighthorne Heats



ighthorne He

News

6

Starting for September 2025		
Pre-School	Mrs Rachel Hartley (Mondays, Tuesdays & Wednesdays)	
	Mrs Lisa Cox (Thursdays & Fridays)	
Reception	Mrs Poonam Gill	
Year 1 & 2	Mrs Katy Hill (Mondays & Tuesdays)	
	Mrs Rhian Munday (Wednesdays, Thursdays & Fridays)	
Year 3 & 4	Mrs Sharon Madahar	
Year 5 & 6	Mrs Cassie Cox	
Associate Headteacher	Mrs Jill Manley (Monday, Tuesday, Wednesday, Friday)	
	Mrs Rachel Hartley (Thursday)	

<u>Mr Sangha</u>

Unfortunately, Mr Sangha will be leaving us at the end of this academic year. Mr Sangha is leaving to complete his final year as an ECT (Early Careers Teacher) at our federated school, Sydenham Primary. We wish him all the best!

<u>Mrs Gill</u>

We are delighted to be welcoming Mrs Gill to the role of Reception class teacher. Mrs Gill is a highly experienced teacher and has taught Reception most recently at a school in Cheltenham. She is moving to the area and is looking forward to meeting everyone.



Mrs Sharon Madahar

We are thrilled to welcome Mrs Madahar to the role of Year 3 & 4 class teacher. Mrs Madahar is an experienced teacher, currently working at Sydenham Primary School. We are certain she will be a brilliant addition to our teaching team.

Transition Day - Wednesday 2nd July

Children in current Years Reception to Year 5 will have the opportunity to spend the morning with their new class teacher on Wednesday 2nd July.





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

Pre-school expansion



We are very excited that from September 2025 we will be offering morning and afternoon Pre-School sessions. Children are able to join pre-school the term after they turn 3 years old. We are pleased that this expansion means we will be able to accommodate families with 15 and 30 hour funding. We are currently working hard to finalise the details and admission form but would welcome expressions of interest to join the waiting list by emailing admin2064@welearn365.com



School day changes

In line with guidance from the Department for Education (DfE), all mainstream statefunded schools are expected to ensure that their school week is a minimum of 32.5 hours. This expectation has been set to help ensure all pupils receive consistent access to high-quality education across the country.

To meet this requirement, we will be extending our school day so that it ends at 3:20pm each day, from September.

This small adjustment will ensure that we are fully compliant with national expectations and will support us in continuing to deliver a high standard of education to all our pupils.

We understand that changes to the school day may require some families to adjust their routines slightly, and we thank you in advance for your support and understanding as we implement this change.



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

History 🐝 Ancient Civilisations

This week, we were transported back in time to Ancient Egypt for an action-packed, immersive experience with a very special visitor... an Egyptian himself who snuck in when Mr Sangha wasn't in the classroom! The children spent the day exploring history through hands-on learning, lively storytelling, and plenty of excitement.

8



After break, we discovered the ancient board game Senet, a favourite of the Egyptians, and each child created their own Senet board before putting it to the test in friendly competition with classmates. This activity was not only fun but also gave us a great insight into ancient leisure and strategy games.

The afternoon brought even more excitement as our mischievous guest roamed the lunch hall, hunting for leftover food, keeping everyone on their toes! Then we headed to the field for an unforgettable experience. The children fired a real recurve bow, saw replica weapons like spears, axes, swords, and daggers, and engaged in battle drills that led to an all-out (pretend!) Egyptian war complete with teamwork, strategy, and a lot of laughs.

It was a brilliant day full of energy, learning, and unforgettable memories.

The children showed fantastic focus, imagination, and curiosity from start to finish, and they represented our class brilliantly.

unicef 🕑

















English

This week in Years 5 & 6, we have been creating programmes for our RSC performance.

We looked at examples from shows that the school has previously visited and made a list of essential elements:

Show Title and Graphic: The cover should clearly display the name of the play and can include artwork related to the production.

Production Information: This includes the playwright, composer, lyricist (if applicable), and any other relevant credits like the director, choreographer, designers, and stage manager.

Dates and Times: Clearly state the performance dates and showtimes.

Venue Information: Include the name and location of the theatre.

Cast List: A list of the actors and the characters they play. It's common to include a photo of each actor with their character name and role.



We noticed that some of the programmes had adverts and sponsorship and so decided that this would be an interesting addition to our programmes. Some of the programmes for the professional shows had puzzles to keep people entertained during the interval



UN Convention on the Rights of the Child

Article 29: Goals of education





Class 5/6 had great fun this Wednesday when Sprint Active came in to deliver an archery session to them.

We learned the correct way to hold a bow and how to aim for the target. We had great fun playing tournaments in our teams of 5.



Summer Term	
June	
July	
Tuesday 2nd July	Transition day
Tuesday 8th July	Summer Fair 3-4pm
Friday 11th July	Year 5 & 6 silent disco- leavers celebration- Year 5 & 6 only. Year 5 & 6 children may 'dress to impress'.
Tuesday 15th—Thursday17th July	Years 5&6 residential trip to PGL Liddington
Friday 18th July	Last day of term
Leavers Assembly	Leavers Assembly 10.00am Mufti day

12

ary

Dates

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





UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



Persevere

JOLN

Lighthorne Heath Learning Heroes

EYFS

Milan is our class learning hero this week. He has continued to impress us across all areas of the curriculum. Recently, Milan has been initiating play with other children, for example, he has been asking children to draw around him with chalk outside. Well done Milan!



ear

Years 1 and 2

This week we have chosen Zoe as our hero. Following our Science lesson about hedgehogs, Zoe created a wonderful wooden sign at home which details a hedgehog's basic needs. We have placed this alongside the hedgehog home for extra information. Well done Zoe for taking extra time to share your learning with others!

Years 3 and 4

Mrs Cox's hero this week is Amber for her maturity. She has worked hard and gone out of her way to be kind and helpful. Well done Amber.

Use your imagination UN Convention on the Rights of the Child



Have a go











Article 29: Goals of education



Emotional Wellbeing Mental Health

14





Mental Health in Schools Team **Tips For Wellness**

Get Outdoors

Spending time outdoors is great for your body and mind! It can improve your mood, reduce feelings of stress, improve your confidence, helps you to be more active and can reduce loneliness.

How to get outside more:

1. Take a Nature Walk

Find a park, trail, or even your garden and take a walk. Look around for birds, trees, and flowers that you can spot. You could try taking photographs and share them with a friend.

2. Play a Sport or Game

Whether it's football, netball or running, outdoor sports are a great way to get moving. They also help us develop our communication skills when we play as part of a team!

3. Do a Scavenger Hunt

Make a list of things to find outside-like a particular leaf or a butterfly-and go on a hunt to find them!

4. Bring Your Hobby Outside

Do you like drawing, reading, or listening to music? Try doing it outside! Find a comfy spot on the grass and enjoy your favourite activities in the fresh air.

Have a snack outside 5

Try taking a snack outside and eating it while focusing on the food and what is going on around you.

6. Watch the Stars

On a clear night, lie on a blanket and look up at the stars. You might even see a shooting star or spot constellations.

7. Meet up with a friend outside

It can be helpful to get outdoors every day, even if only for a short time. You could try walking to a friend's house or to the shop instead of travelling by car or getting public transport. You could try to make getting outside part of your daily routine, whether it is riding a bike or sitting in a garden or park while you listen to music.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

> 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.

Attendance and Punctuality

15





Article 5, Parental Guidance, Article 18, Parental responsibility





A regular teeth-cleaning routine is essential for good dental health.

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion (ideally in the morning).
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse if you rinse, the fluoride won't work as well.





Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse if you rinse, the fluoride won't work as well.
 - Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.

Good oral health is important! What do we need to know about toothbrushing?

As soon as your child's first tooth appears, brush tuice a day for two minutes, using a small, soft tooth brush and fluoride toothpaste. Always brush last thing at night before bed and on one other occasion. Fluoride is a mineral and can help prevent tooth decay, this is added to many brands of toothpaste.

Children under three should use a smear of fluoride toothpaste. which contains at least 1000ppm (PPM - parts per million, this is the measurement of fluoride strength). Children over three should use a pea size amount between 1350-1500ppm.

Brushing should be supervised until at least 7 years of age.





Spit out the toothpaste after toothbrushing do not rinse after. This helps the fluoride stag in the mouth longer and work harder to strengthen the teeth.

Remember to change your toothbrush every 3 months.



UN Convention on the Rights of the Child Article 29: Goals of education Article 18: Parental responsibilities

Article 24: Health and health services

What kind of foods can my child eat?

Choose sugar free snacks in between meals such as fresh fruits and vegetables.



Healthy Fruit Options

Plain milk and water are the only safe drinks for teeth.

If you choose to give your child other drinks, well-diluted fruit juice or squash should be limited to meal times.



🔆 SUN SAFETY 🔆

This week, we have seen increased temperatures and several particularly sunny days at school.

During warm weather, please make sure that your child is safe at school by ensuring the following:

1. Sun Hat

Make sure your child brings a sun hat to school every day.

2. Named Water Bottle

Send your child with a named water bottle (water only, please). They can refill their bottles throughout the day from our water cooler to stay well hydrated.

3. Apply Sun Cream

Please apply sun cream before school.

Children will be outside throughout the day—using the playground, school field, and class gardens.

While we provide access to shade and avoid extended sun exposure, we recommend a long-lasting sunscreen for added protection.

Let's Work Together to Keep Everyone Safe in the Sun!



UN Convention on the Rights of the Child Article 29: Goals of education Article 5: Parental Guidance, Article 18, Parental responsibility Article 24: Health and health services









Active Kids This Summer!

5

Summer Holiday Activities & Food Programme

At Lighthorne Heath Primary School

Monday 28th July to Thursday 14th August



Sports & Activities, Team Games, Nutritious Meals, New Friendships, Confidence Building and more!

Limited spaces available, don't miss out...

BOOK NOW AT haf.onsidelive.co.uk





4. The raffle tickets will go to celebration assembly and prizes will be given each week for raffle tickets drawn.

UN Convention on the Rights of the Child

Article 29: Goals of education

unicef 🕨





Coventry and Warwickshire Partnership

Immunisation & Vaccination Service Community Health & Wellbeing Wayside House Wilsons Lane Coventry CV6 6NY

Date: June 2025

We're changing how we get consent for vaccinations, and it should save you time.

Dear Parent/Carer

Our local school-aged immunisation service has been working with NHS England on improving how vaccinations in schools are managed.

As part of this work, the School-Aged Immunisation Service Team will now contact you directly to request consent for vaccinations. The new approach will make it quicker and easier for you to give or refuse consent for vaccinations.

This new process will allow the follow up of uncompleted consent forms to happen automatically if we have not received them.

What we will share with the school-aged immunisation service team:

When the School-Aged Immunisation Service Team asks our school for class lists, we will provide email addresses and phone numbers for parents and guardians of children who are eligible for vaccinations. The School-Aged Immunisation Service Team will use these contact details to send consent requests and reminders to parents and guardians.

For further information about the role of the School-Aged Immunisation Service Team in supporting vaccinations, please click here.

Keeping your contact details safe

с **,**

All personal data will be securely stored in line with NHS guidelines. Only the School-Aged Immunisation Service Team will have access to your contact details.

If you have any questions about this change, please contact the School-Aged Immunisation Service team via email <u>SouthImms@covwarkpt.nhs.uk</u>."

Kind regards, School-Aged Immunisation Service Children's Directorate Coventry and Warwickshire Partnership NHS Trust Tel: 01926 353899 Website: Home | Coventry and Warwickshire Partnership NHS Trust

> Eamonn Kelly - Chair Melanie Coombes MBE - Chief Executive



Coventry and Warwickshire Partnership NHS Trust Wayside House, Wilsons Lane, Coventry, CV6 6NY Tel: 024 7636 2100 Fax: 024 7636 8949



21

ST LAURENCE CHURCH PRESENTS: COMMUNITY PICNIC & PRAISE AT THE ALLOTMENTS Upper Lighthorne

1PM, 29TH JUNE THE ALLOTMENTS, UPPER LIGHTHORNE

Bring your own picnic – we'll provide the drinks! Storytelling Prayers Fun & games for all ages

Come for the food, stay for the fellowship!











Lighthorne Heath Children &

Monday 30th June

3:15 to 4:45pm

Barnardo's Warwickshire Children and Family Centres

A coordination of services for children, young people and families - aged 0-19 and up to 25 with SEND

NATURE EXPLORERS

A fun and friendly session for families with children (5 - 10 years) Children must be accompanied by an adult Join us at the Lighthorne Heath Children & Family Centre for outdoor Nature activities

> Family Centre Stratford Rd, Lighthorne Heath. CV33 9TW Telephone number 01926 691105

> > (Anilando === 🛞 ().....









Family Support Drop In Sessions



Would you like the opportunity to speak to a Family Support Worker?

Family Support Workers can offer support with

Developing Routines and Boundaries Understanding your child's behaviour **Behaviour Management** Health and Wellbeing **Childrens Mental Health**

Join us for a consultation with a Family Support Worker at Lighthorne Heath Children and Family Centre 2nd and 4th Wednesday of every month 1pm - 3pm



ighthorne He



We are looking for additional players for several of our teams ahead of the 25/26 season.

Our focus is on the FUNdamentals of football, we don't trails players and instead all we ask is a desire to learn and play from all of our players

Under 9s - School Year 3 (Yr 4 in Sept 25')

Under 8s - School Year 2 (Yr 3 in Sept 25')

Wednesday evening training Saturday morning games Message us for more information

07466 169120 upperlighthornefc@outlook.com









Warwickshire Family and Relationship Support

Our workshops and programmes are only available to parents/carers living in Warwickshire.

None of us were taught how to be parents and sometimes we may find what we're doing isn't working or we just want some different strategies in our toolbox. In Warwickshire, parents to be, parents, carers and grandparents have access to a variety of parenting resources and advice. Support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops.

This is part of the information, advice and support that is often referred to as 'universal support' as it is freely available to all families.

For more information on any of our workshops or programs please email ehparenttrainers@warwickshire.gov.uk



Keeping Your Child In Mind (4 week programme) Wed, 18 Jun, 12:30 BST Free



Understanding Your Children's Behaviour-(Harbury) Thu, 19 Jun, 09:30 Harbury C of E Primary Solicol Free



Understanding Your Teenager Workshop Southam Fri, 20 Jun, 13:00 Southam College Free

Peep child South Warwickshire Desp 00000000

What is Peep?

Jighthorne Heat

0

informati

mmunity

0

Peep supports parents and carers in understanding and enhancing their child's development through sharing fun, simple, low cost ideas and information with each other, and helping to create strong support networks.





What are Peep groups like?

Our 5-6-week groups offer opportunities to do more of the little things, like talking, listening, playing, singing and sharing books. Groups are small (4-6 families), encouraging, nonjudgemental and friendly. For 1-2yr olds (or 3yrs with SEND)

<u>Where can I find a group?</u> Stratford Children & Family Centre (CV37 9PB) Alcester Children & Family Centre (B49 6AG) Lighthorne Heath Children & Family Centre (CV33 9TW) Shipston Scout Hut (CV36 4EW)

For more information, please contact: Sarah Walker peep@homestartsouthwarwickshire.org.uk 07435 117 198

To reserve your space



28

2

SAFELINE PARENT WORKSHOP

FOLLOW

....

INTERNET SAFETY

Date: 25th June 2025 Time 5pm-6pm Location: Join Zoom meeting ID 765 294 7590

This workshop highlights the sexual abuse risk online, provides key knowledge around apps our children use and support avalaible. If you would like to attend please confirm by emailing **PEI@safeline.org.uk**. Please reference the school your child attends.

Safeline Preventing & Surviving Sexual Abuse



Some useful information for parents and carers, including online webinars can be accessed via The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of how to support their children if issues arise. WHAT ARE THE RISKS?

-

EVOLVING SCAMS

...MSG ME

ughthorne A

mary sch

Ntormat

afetu

line

CONTACT FROM

FAKE NEWS

EMPHASISE CAUTION

ADJUST THE SETTINGS

Meet Our Expert

💓 @natonlinesafety ÷

@national_online_safety

Safety

WakeUpWednesday



Some useful information for parents and carers, including online webinars can be accessed via The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of how to support their children if issues arise.

Advice for Parents & Carers ..TYPING...

THINKING BEFORE SHARING

CHAT ABOUT PRIVACY



...HEY ational OSCAR.

VIEW ONCE

CHAT LOCK

VISIBLE LOCATION