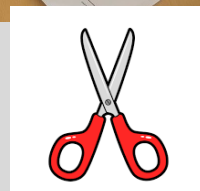
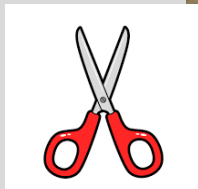
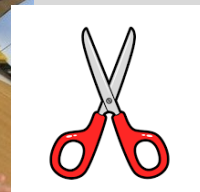




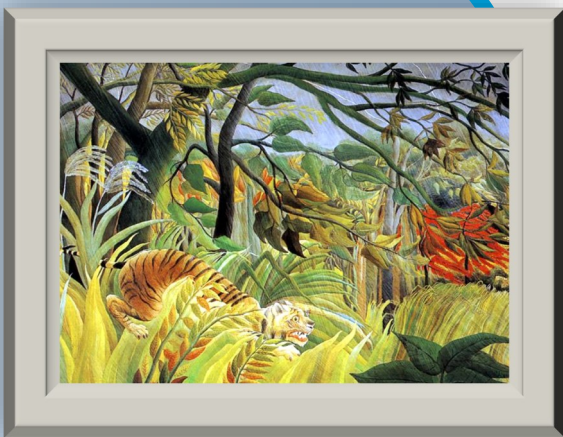
Fine Motor Skills

One of the physical areas of development we are constantly working on progressing in Early Years is our fine motor skills. Fine motor skill is the coordination of small muscles in movement with the eyes, hands and fingers. We select a variety of activities to support this, such as dough and pen disco. The children often take part in activities that improve their scissor cutting and this week the children had a go at creating their own wiggly snake. The children were supported with holding selecting the correct scissors if they are left or right-handed and also the correct positioning for holding the scissors. We had some brilliant curvy snakes!



Years 1 and 2

Over the last two weeks, Year 1 and 2 have been exploring the painting 'Surprised' by Henri Rousseau. The children were given a 4 piece jigsaw of the painting, which enabled sections of the picture to be revealed piece by piece. This promoted lots of discussion about the setting, small details within the painting and thoughts about how they fitted together to create a whole image. The children were particularly interested in the tiger in the painting and had lots of suggestions about other animals that might be hiding nearby. They chose to remove the tiger from the jigsaw and created their own jigsaw piece with a chosen jungle animal. During this week's art lesson the children learned how to model with clay and used the 'Score, slip and smooth' technique to attach clay pieces together in order to create their own jungle animal model.



Year 3/4

During geography, the children in years 3 and 4 learned about altitudinal zones. They found out that due to the varying altitude of mountainous areas, different habitats can exist, with a habitat near the top of a mountain being very different to one at the bottom.

We discussed the four different zones that can be found in the Himalayas. Pointing out the differing climates, conditions and living things.

The frozen top of a mountain in the Himalayas is called a glacier. Next is the tundra and meadows zone, where the climate is cold and windy, however, the ground is not permanently covered in snow and ice like in the glacier zone. Then, the coniferous and deciduous forest zone, where the climate is mild and wet, and the soil is rich in nutrients. Finally, the subtropical rainforest zone has a hot, wet climate all year round. The children then completed the altitudinal zones recording sheet to record their understanding. By the end of the lesson, the children could describe the different climates and types of wildlife at different altitudes on mountains.





As part of our National Gallery 'Take One Picture' project, all of the children have been exploring the Henri Rousseau painting 'Surprised' which features a tiger in a tropical storm.

See left

The children in 5/6 enjoyed thinking about the patterns of the plants and were able to use the Japanese art of Hapa zome to create their own interpretations

Hapa zome is a Japanese term meaning 'leaf-dye.' It is a fun art activity which involves pounding plants to release their natural pigments into cloth.

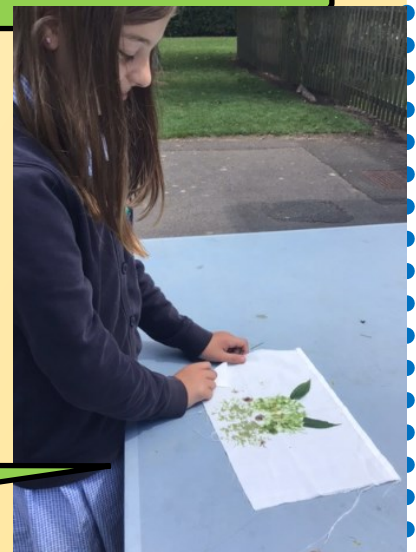
The children looked around the forest school area and the playground and chose plants and flowers for their artwork. They then used large stones to pound their flowers into white cloth. Some chose to make symmetrical patterns by folding their materials, while others did not. We were pleased with the result and surprised that some of the colours produced were not what we were expecting.

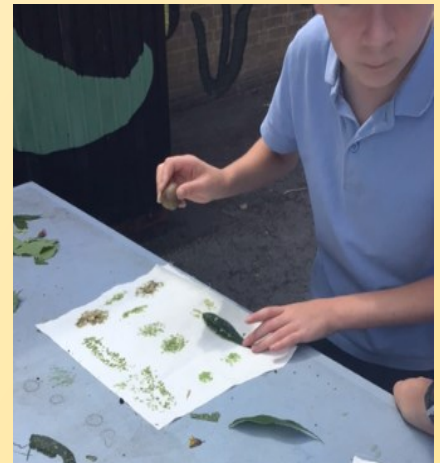
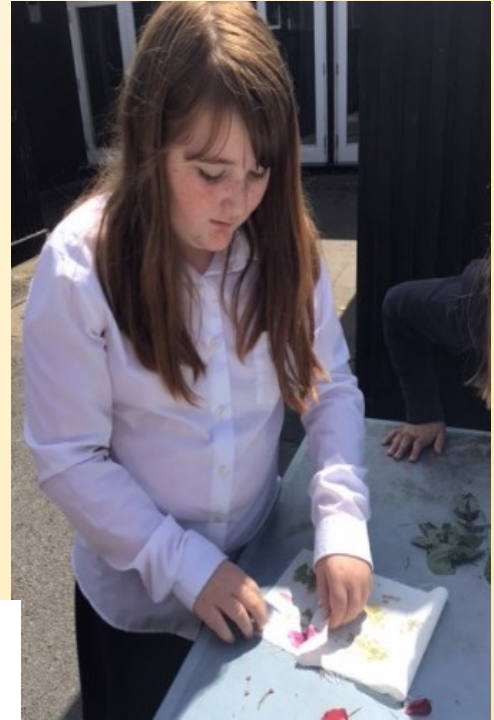


I loved this lesson and I didn't want to come inside as we were having so much fun!



I used symmetry to make an animal face. I was really pleased with how well it came out.





If we were able to do the task again, we would like to use a wider variety of plants and flowers to see what different colours they made. We would also like to try mixing flowers together to see if we could make a colour wheel.

Some of us plan to try it at home using kitchen roll instead of white material. Perhaps you could have a go too?



Super Sewers Assembly

Beth from Severn Trent Water visited us on Thursday to lead a special assembly on our water supply. Beth talked about what happens in our sewer plants to keep water clean, some of the problems that they encounter and what we can do to help!



Summer Reading

We really hope the children have been enjoying the new

school reading books that were purchased at the beginning of the year. If you do find any at home, please do send them back into school so we can check our stock over the holidays.

To support your child's progress over the holidays, it would be beneficial if you continue to hear them read. A great way to do this is to sign up to the library Summer Reading challenge, which you can do online (see below).

Please remember that you also have access to 'Oxford Owl for School' which includes an extra practice zone for Floppy's Phonics and many e-books.

- Visit www.oxfordowl.co.uk
- Select 'Oxford Owl for School' log-in button
- Select the 'student' tab
- Enter username: lighthorne password: Heath

On the next page is a Summer Reading Challenge that we would encourage each child to participate in. Tick off the challenges that you achieve and make a list of things that you have read (or had read to you). There will be a certificate and prize for anyone that completes this challenge over the summer.

Mrs Hartley (literacy Lead)

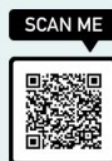


Ready, Set, Read! The Summer Reading Challenge for children 4-11-year-olds

Join Now at your local Warwickshire Library!

Read books, collect stickers and rewards and get a medal & certificate when you finish!

Scan here for fun, FREE, events this summer



Summer Reading

Summer READING CHALLENGE

READ BY FLASHLIGHT

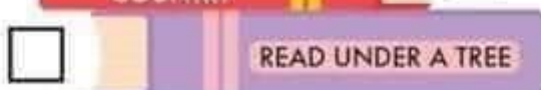
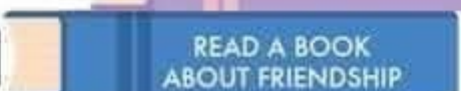
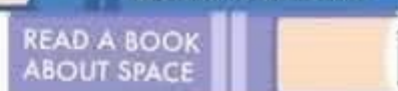

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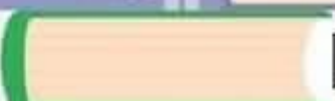
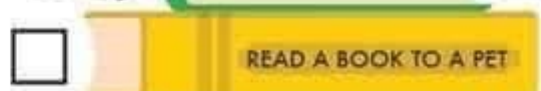
Read a menu


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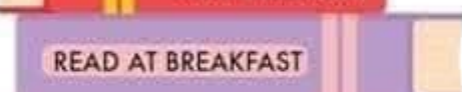
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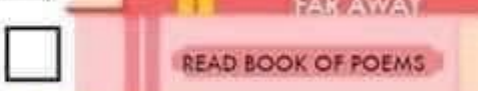
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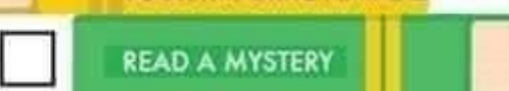
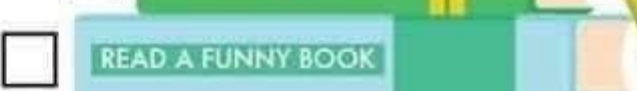
READ IN A BLANKET FORT


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**Ready, Set, Read! The Summer
Reading Challenge for children
4-11-year-olds**

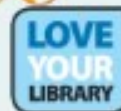
**Join Now at your local
Warwickshire Library!**

Scan here for
fun, FREE,
events
this summer

SCAN ME



**Read books, collect
stickers and rewards
and get a medal &
certificate when you
finish!**



Lighthorne Heath Learning Heroes

Nursery & Reception

Mrs Manley and Mrs Hartley have chosen Isla as their class learning hero this week. Isla has a brilliant attitude to her learning and always has the perfect balance of being willing to go herself but is also able to ask for help when she needs it. She remembers to get her glasses when it will help, and she has many ideas to share during class discussions. Isla worked hard to improve the writing of her name. Well done!



Have a go



Concentrate



Enjoy learning

Co-operate



Persevere



Keep on improving



Years 3 & 4

Miss Singh has chosen Amelia as this week's hero for making astonishing progress this year. She has shown real commitment and drive throughout the year. She has produced some lovely work, including some beautiful sketching this week. Well done, Amelia.

Years 5 & 6

Mrs. Cox has chosen all of our Year 6 children to be heroes this week. We will miss you Lewis, Falak, Esme, Dylan, Alfie, Amy and Spencer.

Use your imagination



Emotional Wellbeing and Mental Health



5 Ways to Calm An Anxious Mind in Less than 5 Minutes

These techniques are deceptively simple and will calm your anxious mind. They are easy, natural to use, and they work to lower anxiety.

1. **Try stretch/yoga movements:** We tend to tense up when we're anxious. When you notice your anxiety rise, check in with your body. If you're tense, stretch. Stand or sit—it doesn't matter. Use yoga poses or your own type of stretching. The idea is to stretch to release muscle tension and increase blood flow to your brain and entire nervous system to calm that anxious mind.



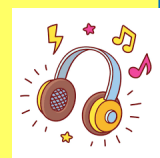
2. **Drink water, and eat a nutritious snack:** There's a link between nutrition, anxiety, and the brain. If the brain lacks important nutrients, it doesn't function properly. Among other things, the brain doesn't produce enough neurotransmitters, and connections and communication are disrupted if it doesn't have the right nutrients. The result is often increased anxiety. Proper hydration in the form of water or tea is crucial for similar reasons. When you catch yourself experiencing heightened anxiety or even panic, feed your brain.



3. **Move vigorously:** Anxiety often creates a sense of pent-up energy. Even a brief burst of vigorous activity can release that energy and induce calm. Walk or trot up and down stairs, power-walk to the corner and back, run in place, or do jumping jacks. Whatever you can do to increase your heart rate and increase blood flow to the brain will reduce anxiety at the moment.



4. **Turn up the volume,** or at least put on headphones or earbuds. Have a premade anti-anxiety playlist is very helpful but if you haven't made one yet, just select music that sounds good to you right now. Some people prefer soft, calming music or nature sounds when they're anxious. Others find that style to be agitating and instead prefer music with strong beats. Play whatever calms you and experience a decrease in anxiety.



5. **Grab an object and do a mindfulness exercise:** It doesn't matter what the object is. The goal is to hold something and direct your attention to it. Study it, listen to it (tap it on your desk, for example), and feel it with all of your fingers, the palm of your hand, and even the back of your hand. Concentrate on only that object. Your thoughts will begin to be less anxious and your anxious mind will calm down.



Diary Dates

Our last day of term is Tuesday 25th July. Due to the short week next week, this will be our final newsletter.

As always, it has been an absolute pleasure to teach all of the lovely children that we have on roll this year, we proud of the achievements of everyone. We also thank our parents, carers and wider families for their support and kind words at the end of term.

We wish all of our children and families a happy and safe Summer Holiday and we look forward to seeing everyone on Monday 4th September.

INSET days for 2023-24

The planned dates for staff in service training for next year (school will be closed to pupils) are:

Friday 1st September 2023 (LA Designated INSET Day)

Monday 2nd October 2023

Monday 4th December 2023

Monday 8th January 2024 (LA Designated INSET Day)

Monday 3rd June 2024

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

This summer, the British Motor Museum will be offering two one-week clubs!

These are FREE to children in receipt of free school meals.

The friendly and experienced Learning team at the Museum love helping children develop practical skills and a lifelong love of art and science through our fun and enriching activities.

7-11 August 2023 - 3D and 2D Cars Week

Do you love cars? Do you love art? Do you want to learn new skills? Come and enjoy a week of fun art activities!

You will be able to capture creative drawings and make models of the amazing cars in our collection! Each day we will explore different art techniques, both on paper and in sculpture. At the end of the week, we'll finish with a little Exhibition 'hour', giving you the chance to show off your fantastic work!

21-25 August 2023 - Cars and Animation Week

Come and learn all about animation, including how it all works and the different techniques used to create different forms of animation. Every day, there will be hands-on activities exploring animation types and the process of making a short film. You'll even get the chance to make a short animated film of your own! We will end the week by running a mini film festival, so you can watch your creations unfold on the screen. Don't worry, we will even bring the popcorn!

All children aged 7-14 are welcome

These clubs are part of HAF (Holiday, Activities and Food) Club, a food programme run by Warwickshire County Council for families whose children are in receipt of benefits-tested free school meals. If you are eligible for the HAF programme, and wish to book a place for your child in either of our clubs, please contact us via community@britishmotormuseum.co.uk or on 01926 895238.



Enjoy an adventurous summer of family events from Heritage and Culture Warwickshire.

Dig for fossils at Cross Hand Quarry, meet the Lowe Ranger and her baby dinosaurs, go Bug Hunting in the County Record Office gardens, take on a Knights Quest, meet Mini Beast LIVE and much more....

Please note some events require booking.

Museum in the Park

St Nicholas Park, find us by the tennis courts - Wednesday 26th July 10am - 3pm

Get ready for our summer of adventure with free activities in St Nicholas Park. Make some explorer binoculars, spot some bugs and have a go making a catapult. Find out about our adventurous events this summer at Market Hall Museum and beyond. Free, drop in.

A Knight's Quest

Market Hall Museum - Wednesday 2nd August 10am - 1pm

Are you ready to take up the quest and prove yourself to be a worthy knight? Make your own sword, design your heraldry and hear tales of medieval adventure from storyteller Pyn Stockman. Watch Sam Parkins, The Maille Maker demonstrate the medieval technique of making chainmail.

Storytelling sessions at 10.30am and 11.30pm. £5 per child or £8 for two. Spaces limited so please book at www.warwickshire.gov.uk/heritageboxoffice £3 per child to drop in, does not include story-telling session.

Arty Tots in the Garden

St John's House - Tuesday 8th August 10am - 2pm

Come on a summer adventure to different worlds in our magical garden. Get your adventure passport stamped at each destination.

Encounter messy play, water, sand and crafts. Can you complete the treasure hunt too? You are welcome to bring a picnic. £3 per child, drop in. Suitable for under 5's, siblings welcome.

Treasure Map Mystery

Market Hall Museum - Thursday 10th August 10am - 1pm

Secret papers have gone missing from Brodie's, the founder of the museum study! Could they be the rumoured treasure map of Market Hall? Brush up on your detective skills, try writing with invisible ink, make a disguise and solve the puzzles to crack the clue! £3 per child, drop in.

The Ugly Duckling with Folksy Theatre

St John's House Garden - Wednesday 16th August 2pm

When a mother duck's eggs hatch and one duckling looks different, the other ducklings laugh and make fun of him. The awkward little bird sets off on his own and is met with hecklers, hunters, and cruel weather. Come and help him along on his journey, filled with live music, puppetry and colourful characters. Bring along your picnics, folding chairs and friends and family, to enjoy this wonderful open-air, family musical! £15 for adults, £12 children under 16, £48 family of 4 (2 adults) Book at Folksy Theatre <https://ticketstripe.com/events/1033897>

ROAR! Dinosaurs at the Museum

Market Hall Museum - Friday 18th August 10am – 2.30pm

Meet dinosaur expert the Lowe Ranger and her baby dinosaurs. Can you become a Dinosaur Ranger, what skills do you need to work with dinosaurs? Complete the tasks and activities around the museum to earn your Level 1 Dinosaur Ranger certificate.

Baby dinosaur workshops at 10.15am, 11.45am and 1.15pm.

£5 per child or £8 for 2 children, spaces limited so please book at www.warwickshire.gov.uk/heritageboxoffice

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Minibeasts LIVE!

Market Hall Museum - Tuesday 22nd August 10am - 1pm

Meet some interesting minibeasts with Rent a Beast, live! Complete the minibeast challenges around the museum and find out all you need to know to find and identify minibeasts living in your garden or local park. £3 per child, drop in.

Bug Hunt

Warwickshire County Record Office - Wednesday 23rd August

Come on a bug hunt with Rangers from Warwickshire Country Parks. What will you find underneath logs, in the trees and under the bushes? Look out for the resident rabbits.

Hunts at 10am or 11.15am. £5 per child or £8 for two, spaces limited so please book at www.warwickshire.gov.uk/heritageboxoffice

Arty Tots in a Woodland Adventure

Market Hall Museum - Tuesday 29th August 10am – 1pm

Tu-whit-tu-whoo' this is a call for all Arty Tots. If you went down to the woods today what would you find? What could you hear? Join us to find out and create your own woodland creatures to take home. £3 per child, drop in. Suitable for under 5's, siblings welcome.

Family Fossil Hunt

Cross Hands Quarry, near Moreton-in-Marsh -

Thursday 31st August 11am - 2pm

Enjoy a day fossil hunting at Cross Hands Quarry and explore our Jurassic past with the Curator of Natural Sciences Jon Radley. You can keep anything you find! After share photos of your finds with us on Facebook/Twitter for identification. Suitable for ages 7+. Meet at the quarry. All attendees must pay. £8.50 per person, spaces limited so please book at www.warwickshire.gov.uk/heritageboxoffice

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Regular Events at Market Hall

Arty Tots get messy with their Grandparents

Mondays 10am - 12noon

A relaxed, weekly, stay and play session for grandparents caring for those under 5 years old. Each week has a different theme and is full of sensory play, craft and storytelling. £3 per child, £5 for two. Free for adults and those under 1. Booking required. *

Sensory Stay and Play

First Friday of the month 10.30am - 12noon

Let your child explore sensory toys and materials in an open-ended play session. With a different theme each month let their imagination grow. Get ideas of how to recreate sensory play at home with everyday items. £3 for one child, £5 for two. No need to book just drop in.

Make and Create

First Saturday of the month 10am - 12noon

Join in different craft activities each month. No need to book just drop in, £1 to take part.

*TO BOOK EVENTS VISIT

www.warwickshire.gov.uk/heritageboxoffice



Market Hall Museum, Market Place,
Warwick CV34 4SA

Tel: 01926 412501

Email: museum@warwickshire.gov.uk

www.heritage.warwickshire.gov.uk



Warwickshire Museum



@OisintheDeer



@heritageandculturewarwickshire



What's On

Summer 2023



Family Fun Activities



Summer Holiday Activities

Children must be accompanied by an adult at all events.

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