



Music Mark Award



PROUD TO BE A
MUSIC MARK
SCHOOL

2022 - 2023



We are thrilled to have been nominated by Warwickshire Music hub to receive the prestigious, national Music Mark award, which celebrates schools who are committed to providing a high-quality music education. Warwickshire Music have recognised the value that we place on music at Lighthorne Heath Primary School. Our school has:

- evidenced of a willingness to engage in development conversations related to improving music provision;
- Recognises the value of music education as part of a broad and balanced curriculum; and
- has a strategy for music in place which provides for all children.



Performance Poetry



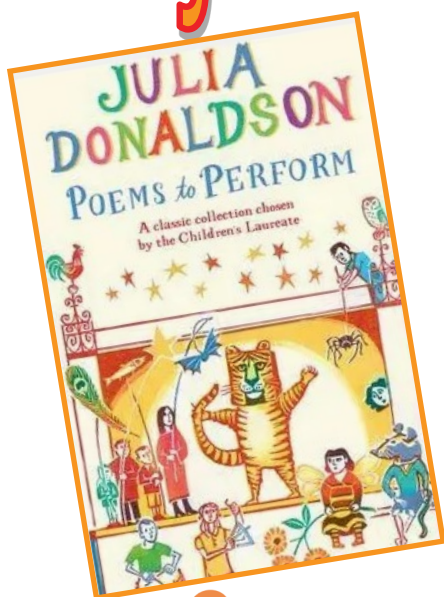
National
Poetry
Day

Year 1/2

Hands

by

Julia Donaldson



National Poetry Day is the annual mass celebration on the first Thursday of October that encourages everyone to make, experience and share poetry with family and friends. Each year we come together because voices, words and stories help to bridge understanding in our community. The Day starts conversations, it encourages love of language and, best of all, it's open to absolutely everyone to join in. Whether quietly or noisily in rewarding and enjoyable ways. As the artform's most visible moment, it showcases the ways in which poetry adds value to society.

One, two,
What can you do?
We can...

Stroke a cat,
Put on a hat,

Shake your hand,
Dig in the sand,

Drive a car,
Play the guitar,

Scrub the floor,
Knock on the door,

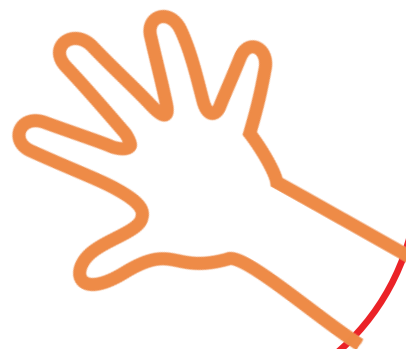
Turn a screw,
Tie up a shoe,

Toot the flute,
Pull off a boot,

Brush your hair,
Cuddle a bear,

Wave goodnight
And switch out the
light.

In Poems to Perform, Julia Donaldson has chosen poems with performance by children in mind. From the author of The Gruffalo, Julia's passionate belief that performance can help children enjoy reading and grow in confidence is informed by her own experience both as a child and now, working with groups of children to bring stories, poems and songs to life.

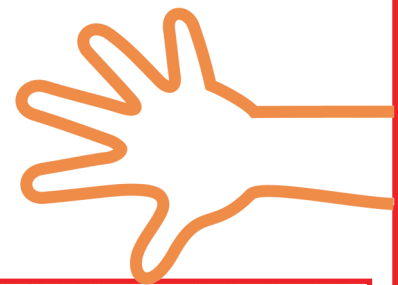
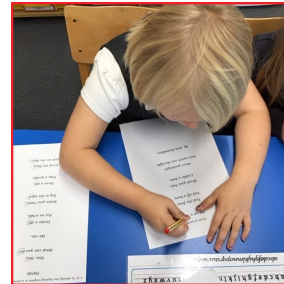
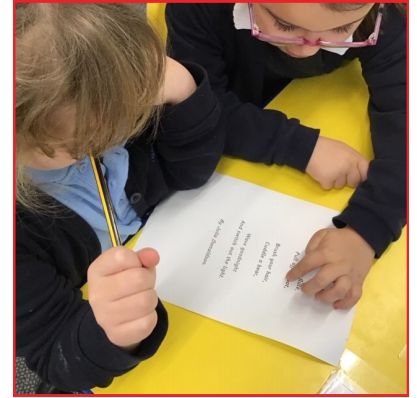
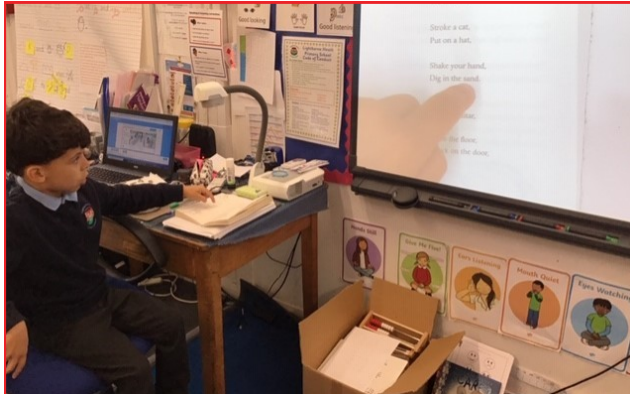


Performance Poetry



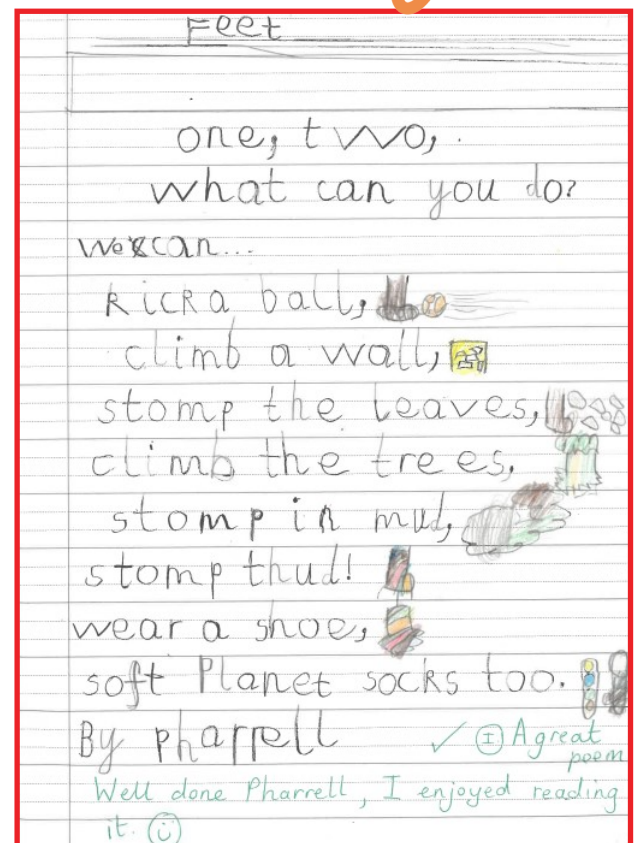
National
Poetry
Day

Year 1/2



For poetry week we have learnt Julia Donaldson performance poem, 'Hands.'

The children took turns to read the poem aloud, making sure they used a clear voice so their audience could listen and perform the relevant action for each part of the poem. The children worked in pairs to highlight key writing structures used within the poem such as rhyming couplets. We decided to write our own poems about feet! We used picture prompts and shared our own ideas about what we use our feet for. We planned, wrote and illustrated our poems using Julia Donaldson's original poem structure.

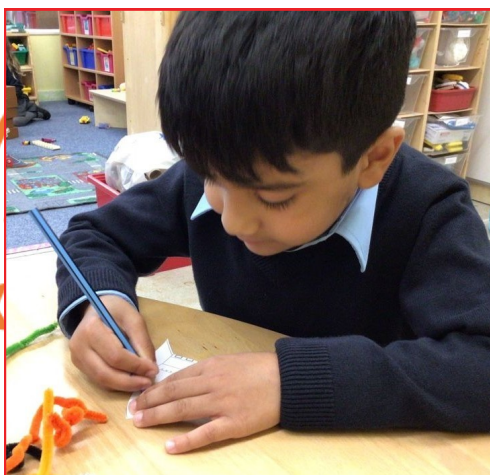
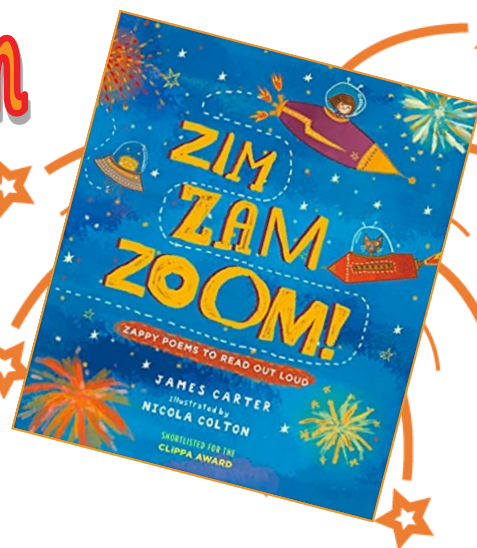


Poetry

Nursery and Reception

National
Poetry
Day

We have really enjoyed exploring a range of poetry this week, focusing on the book 'Zim Zam Zoom' by James Carter. We started by listening to a range of poems and reflecting on these before selecting our favourite to take and share at home. Following this, we spent more time focused on the poem, 'Zim Zam Zoom' exploring the letter formation and the shapes our mouths make when saying the words. To bring the poem to life, the children made their own zooming rockets which we used to perform the poem.



Science

Year 3/4 Blue Abyss

In science, the children were learning about the categories of animals. By the end of the lesson, children were expected to know how to explore and use classification keys to help group, identify and name living things. This week we were looking at fish. The children observed a wide range of aquatic animals, such as sprats, plaice and octopus, and named any that they recognised. Each child was given one of the animals and asked to think of and write down relevant questions about it, answering any they knew the answer to. They identified and named their animal accurately using classification keys. The children then handled and examined their animal more closely using anatomical diagrams to identify its key parts. Children took notes as they worked and answered any of their remaining questions.



I found out that sprats are cold blooded and are vertebrates.

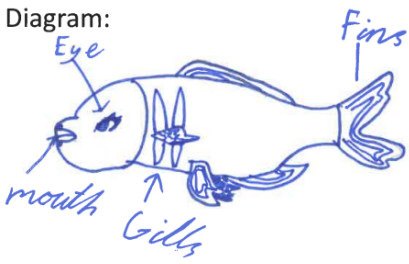


It was really fun touching the different sea creatures. Octopuses have tentacles, suckers and eyes.



Science

Year 3/4 Blue Abyss

Question	Answer	Common name: <i>Sea Bass</i> Latin name:
Is it a vertebrate?	Yes	<p>Diagram:</p> 
Is it an invertebrate?	no	
What zone is this in?	Sunlight Zone	
Carnivore or herbivore?	Carnivore Herbivore (because it's in sunlight)	
What's its name?	Sea bass	
What group is it in?	Fish	

Sea creatures can be grouped in different ways.



Science ~ The Moon



In Science, we've been learning about the different phases of the moon. We discovered that the moon orbits the Earth and that it reflects the light of the sun. Depending on its position between the Earth and the Sun, the Moon appears differently in the sky. This is a four week cycle or 'lunar month'. We learnt about the eight main phases: new moon, first quarter, last quarter, waxing crescent, waning crescent, waxing gibbous and waning gibbous.



Year 5/6



In our groups, we used Oreos to create a representation of these eight phases of the moon. This required teamwork and careful planning. We loved that we got to eat our 'moons' afterwards too!



Hello Yellow World Mental Health Day

#HelloYellow

IS BACK

10.10.2022



#HelloYellow



Wear yellow on 10 October and donate to YoungMinds this World Mental Health Day.

Together we can create a brighter future for young people's mental health.

Last year Hello Yellow was a record-breaker - it was their brightest year yet! But this year a different, more concerning record has been broken.

According to the latest NHS figures, **almost half a million young people are now being treated for mental health problems every month.** That's more young people than ever before seeking support - and most aren't getting the help they need.

This needs to change. With your support, it can.

This World Mental Health Day, thousands across the country are coming together to say Hello Yellow. Join us on **10 October** to show young people that how they feel matters, and help us create a future where all young people get the mental health support they need, when they need it, no matter what.

To take part,



UN Convention on the Rights of the Child

Article 24: Health and Health Services

simply wear

Hello Yellow World Mental Health Day

#HelloYellow

IS BACK

10.10.2022



#HelloYellow



Wear yellow on 10 October and donate to YoungMinds this World Mental Health Day.

Together we can create a brighter future for young people's mental health.

#HelloYellow

Collect yellow items that can be stuck down onto a flat surface. Bring these into school next Monday 10th October.



Come and join us to help raise awareness of 'Young Minds' and young mental health. We know art is a great activity for your well-being and we want to create a large yellow collage in the hall to remind you of ways to cope and manage your mental health. You can help too!

Arts Ambassadors



Yellow items such as leaves, leaf rubbings, wallpaper samples, pieces of material, wool, cuttings from magazines, bottle tops, buttons would work best or yellow drawings we can cut out.

#HelloYellow

I'm wearing yellow

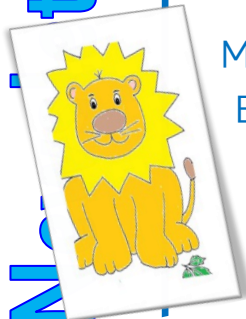
To raise vital funds for YoungMinds

10 October 2022

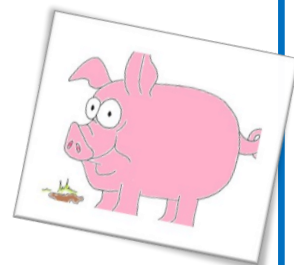
Lighthorne Heath Learning Heroes

Nursery and Reception

Mrs Manley and Mrs Hartley's Reception and Nursery hero is Elizabeth this week. Elizabeth has been showing excellent concentration during our daily phonic lessons. She listens carefully and joins in with enthusiasm. Elizabeth is also working really hard on her letter formation. Well done Elizabeth!



Co-operate



Have a go

Year 1/2

This week Mrs Hill and Mrs Sahota have chosen Pharrell for always giving his best attention, displaying perseverance and excellent behaviour in each and every lesson. Pharrell has planned and written a wonderful poem about 'Feet' being inspired by Julia Donaldson's poem 'Hands.' He has also impressed us with his number knowledge and has been practising his counting in 2's, 5's and 10's at home! Keep up the great work and attitude Pharrell.



Persevere



Concentrate

Year 3/4

Ms Singh has chosen Amanda for this week's hero, as she never gives up and always gives everything a go! Amanda has made significant progress with her reading. Well done!



Keep on improving



Year 4/5/6

Mrs Cox's nomination for this week's Learning Hero is Amy. She has worked hard and shown a great attitude towards all aspects of her learning. Because of this she has produced some imaginative work and shown impressive improvement in her reading too. Her happy and cheerful attitude has helped to keep us smiling. Keep up the good work, Amy.



Use your imagination



Enjoy learning

Diary Dates

Autumn Term

October 2022

Friday 21st October

MUFTI Day

Friday 21st October

Break up for Half Term

24th-28th October

Half-Term

November 2022

Thursday 3rd November

Writes Individual Portrait Photographs at Lighthorne Heath 8.45am

Tuesday 8th November

Peer Mediation training for Year 5/6 pupils & MDS @ Lighthorne Heath am

Tuesday 8th November

Y5 & Y6 Theatre Visit to RSC 'A Christmas Carol' 7pm

Monday 21st November

School closed for teacher training INSET Day: RSC Rehearsal Room Pedagogies, led by the Royal Shakespeare Company

Tuesday 22nd November

School closed for teacher training INSET Day: Emotion Coaching, led by Dr Louise Gilbert

Wednesday 23rd November

School closed for teacher training INSET Day: An Introduction to Attachment and PACE, led by EPS

Thursday 24th November

Y3 & Y4 Theatre Visit to the Belgrade 'Jack and the Beanstalk' 10.15am

December 2022

December Date TBC

Participation in Leamington's inaugural Christmas Tree Festival

Thursday 8th December

YN, YR, Y1 & Y2 Theatre Visit to WAC 'Stick Man' 10.30am

Friday 9th December

Christmas Jumper Day / MUFTI Day

Friday 16th December

Break up for Christmas holidays

19th December-2nd Jan

Christmas Holidays

Stay and Play Parents' Meeting

We would like to invite parents and carers of Reception and Nursery children to a Stay and Play session on the morning of Monday 17th October. Parents can come and play with their children from 8.55am until 9.30am. We are then welcoming Reception parents to stay for refreshments during an information meeting about the Early Years curriculum between 9.30 and 10am.



Mental Health in Schools Team (MHST)

Tips For Wellness:

Strength

Don't be afraid to ask questions and to ask for help when you need it. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and to learn something new.

Tips for strength:

- Identify what your strength and weaknesses are and set yourself goals on things you want to develop.
- Try and challenge yourself to learn something new.
- Look at these affirmations in the link below and incorporate these into your morning routine. Or have a go at creating your own!

<https://peakperformancefortcollins.com/affirmations-for-mental-strength/>

Key dates:

October is International Walk to School Month

3rd-9th is Dyslexia Awareness Week

5th World Teachers Day

7th World Smile 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 Lead for information and advice.

Christmas Theatre Visit Nursery, Reception, Year 1 and Year 2

We are very excited to have booked tickets for the children in Nursery, Reception, Year 1 and Year 2 to visit Warwick Arts Centre On Thursday 8th December at 10.30am to see
Stick Man

The children will travel by coach to Warwick Arts Centre. They will eat lunch when they are back in school, and school pick-up time will be at 3pm, as usual.

The cost of this visit will be confirmed soon, when we have received quotes from coach companies.

Please note that school will be subsidising the cost of the trip and meeting the costs for all adults. When costs have been confirmed, parents and carers will be able to pay in instalments via Parent Pay.

JULIA DONALDSON

AXEL SCHEFFLER



What starts off as a morning jog becomes quite the misadventure for Stick Man: a dog wants to play fetch with him, a swan builds a nest with him, and he even ends up on a fire! How will Stick Man ever get back to the family tree?



This award-winning production, from the team behind *Zog*, *Tiddler* and other *Terrific Tales*, and *Tabby McTat* features a trio of top actors and is packed full of puppetry, songs, live music and funky moves.

Christmas Theatre Visit Year 3 and Year 4

Jack AND THE Beanstalk



This year's legendary Belgrade pantomime is the enchanting tale of Jack and the Beanstalk.

The children will be travelling to the village of Prickly Bottom where the evil giant Blunderbore is causing havoc! What the village needs is a hero brave enough to climb up to the giant's castle and send him packing. Will Jack and his mysterious beanstalk prove to be the heroes we are looking for? There's only one way to find out!

Jack and the Beanstalk will feature spectacular scenery, stupendous costumes, magical mayhem and a show stopping giant that make a trip to the Belgrade panto an unmissable Christmas treat.

Funny, festive and extremely feel-good, don't miss out on this absolute GIANT of a show.

On Thursday 24th November at 10.15am

The children will travel by coach to The Belgrade Theatre. School pick-up time will be at 3pm, as usual.

The cost of this visit will be confirmed soon, when we have received quotes from coach companies.

Please note that school will be subsidising the cost of the trip and meeting the costs for all adults. When costs have been confirmed, parents and carers will be able to pay in instalments via Parent Pay.

Christmas Theatre Visit Year 5 and Year 6

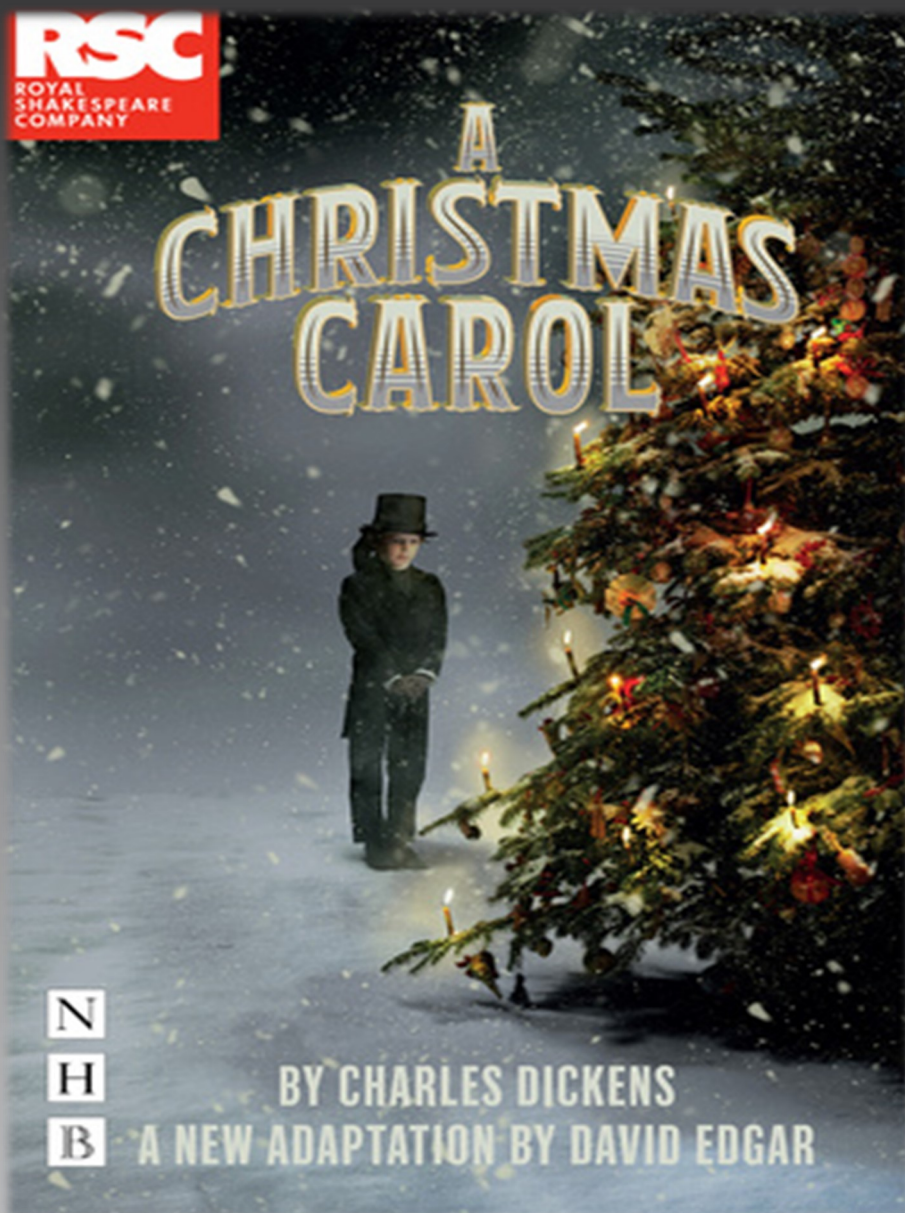
Charles Dickens' festive tale of redemption and compassion. One of the most loved short

On Tuesday 8th November at 7pm.

The children will travel by coach to The RSC.

The cost of this visit will be confirmed soon, when we have received quotes from coach companies.

Please note that school will be subsidising the cost of the trip and meeting the costs for all adults. When costs have been confirmed, parents and carers will be able to pay in instalments via Parent Pay.



The smash hit of Christmas past returns to the Royal Shakespeare Theatre by popular demand following sell-out success in 2017 and 2018.

Adrian Edmondson will play Ebenezer Scrooge in David Edgar's critically acclaimed adaptation of Charles Dickens' much-loved classic, A Christmas Carol.

In 1843, Charles Dickens decided to write a political manifesto, exposing and condemning the abject misery of the Victorian poor. Instead, he wrote one of the most enduring popular short stories ever written. In one ghostly Christmas night, miserly businessman Ebenezer Scrooge discovers the limitations of his life and beliefs. He learns to pity himself and to love his neighbour – but is that enough?

A Christmas Carol is the perfect accompaniment to the festive season for ages seven to 107.

Community Information

citizens
advice

South
Warwickshire

Need advice?

We can help with debts, benefits,
family finances, housing and
many other issues

Open every Tuesday each
week

9:30am to 1pm
(by appointment only) at:

Lighthorne Heath Children &
Family Centre
Stratford Rd
Lighthorne Heath
CV33 9TW

For an appointment ring:

01926 691105

Or drop in and ask for an appointment



Community Information



LIGHTHORNE HEATH BREAKFAST CLUB

The village hall would like to invite families to attend breakfast club. This will be at the village hall running from Monday 24th to Friday 28th October 8:45-9:45 during half term.

There will be a selection of cereal (where possible we will try and cater for those with dietary requirements), toast and drinks available.

PLEASE NOTE, CHILDREN WHO ATTEND MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT. VOLUNTEER S AT THE HALL WILL NOT BE HELD RESPONSIBLE FOR CHILDREN.

Community Information



Adult Learning
Within Reach

2nd November until
16th November 2022

First Steps into Numeracy

This course is aimed at adults, of all ages, who need to revisit or start to understand the basics of numeracy/maths to help them in the workplace or in everyday life.

The sessions will look at the basic and initial principles of maths and numeracy so that you can progressively build your mathematical resilience.

It is aimed at those who may have a fear or experience anxiety when faced with a task which relies upon a basic understanding of calculation.

We aim to boost your confidence and master the fundamentals and perhaps use the course as the first step into further study.

Location:

This is an online course delivered using Zoom and Canvas for course materials.

Wednesdays 3 Sessions
10:00– 12:00

Please try to enrol before 25th October by ringing **0300 303 3464** or click below to be taken directly to further course details and enrolment.

[Maths, Beginners: First Steps into Numeracy \(C3129382\)](https://www.wea.org.uk/courses/maths-beginners-first-steps-into-numeracy)
([wea.org.uk](https://www.wea.org.uk))

Please quote course code
C3129382.



Fee Waivers available.

If you receive certain benefits you may be entitled to a **FREE COURSE.**

[wea.org.uk](https://www.wea.org.uk)

Numeracy and Maths Beginners



Supported by
The WEA is a charity registered in
England and Wales (no. 1112775)
and in Scotland (no.SC039239)

Community Information



Adult Learning
Within Reach

2nd November until
16th November 2022

Wednesdays
12:30– 14:30 3 Sessions

Please try to enrol before
25th October by ringing
0300 303 3464 or click below
to be taken directly to further
course details and enrolment.

[Maths. Beginners: Supporting Your
Child with Maths and Numeracy
\(C3129383\) \(wea.org.uk\)](#)

Please quote course code
C3129383.

Supporting Your Child with Maths and Numeracy

A parent is often best
suited to consolidate the
learning of their child
without having an
extensive mathematical
knowledge.

Therefore, this short
course will provide
opportunities to fully
appreciate the national
curriculum in regards to
maths at primary
education.

It will guide you gradually
through the elements of
numeracy/maths which
your child will experience
as they progress through
Key Stage One and Two.

The intended outcome of
the course is to give you
the confidence to identify
where your child can
improve and how support
can be offered; all of
which will help your child
fulfil their potential.

Location:

This is an online course
delivered using Zoom and
Canvas for course materials.



Fee Waivers available.

If you receive certain
benefits you may be entitled
to a **FREE COURSE.**



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and in Scotland (no.SC039239)

wea.org.uk

Numeracy and Maths Beginners

Community Information



Adult Learning
Within Reach

4th October until
25th October 2022

Vegetarian Dishes

Tuesdays 4 Sessions
10:00– 12:00

wea.org.uk

Whether you are a long time vegetarian or just want to eat less meat, this four lesson course will show you some tasty and affordable new ways to cook vegetarian dishes.

Please try to enrol before 27th September by ringing 0300 303 3464 or click below to be taken directly to further course details and enrolment.

[Cooking - Practical: Vegetarian Dishes \(C3129380\) \(wea.org.uk\)](https://wea.org.uk/C3129380)

Please quote course code
C3129380.

Chef Kevin Ashton will teach you a variety of techniques to prepare and cook the dishes that will leave you feeling both confident and inspired.

Each lesson will be a mixture of live demonstration and video clips with lots of interactive time for questions and chat.



Fee Waivers available.
If you receive certain benefits you may be entitled to a **FREE COURSE**.

Location:

This is an online course delivered using Zoom and Canvas for course materials.



Supported by
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Health and Well Being: Cooking

Community Information

Barnardo's Helplines



Support for Hong Kong BN(O) status holders arriving in the UK. The Helpline provides emotional support, advice and signposting. Families can access practical and therapeutic support.

Advisors speak English and Cantonese.

Monday- Friday 10am-8pm, Saturday 10am-3pm



0800 151 2605



boloh.helpline@barnardos.org.uk



helpline.barnardos.org.uk



Support for Adult Asylum Seekers across the UK. The Helpline provides emotional support, advice and signposting. Service users can also access practical and therapeutic support.

Monday- Friday 10am-8pm, Saturday 10am-3pm



0800 151 2605



boloh.helpline@barnardos.org.uk



helpline.barnardos.org.uk



Helpline support for anyone impacted by the war in Ukraine. The Helpline provides emotional support, advice and signposting. Service users can access practical and therapeutic support. Callers can receive support in English, Russian or Ukrainian.

Monday- Friday 10am-8pm, Saturday 10am-3pm



0800 148 8586



ukrainiansupport@barnardos.org.uk



www.barnardos.org.uk



Department for Levelling Up,
Housing & Communities

- Funded by Department for Levelling Up, Housing and Communities.
- Support is available to adults and children across the UK.
- Therapeutic support is available through Barnardo's LINK service.
- Families can request 6-8 sessions of virtual therapy.
- Support is available via freephone, webchat, email or via a professional referral to the service.

Additional support:

Monthly online conversation Club



Home Office

- Funded by Home Office until March 2025 to support the emotional and mental wellbeing of adult asylum seekers across the UK. Advisors and therapists speak a range of languages, with access to interpreters when required.
- Therapeutic support is available through Barnardo's LINK service.
- Services users can request 8 sessions of virtual therapy.
- Support is available via freephone, webchat, email or via a professional referral to the service.



- Support is available to families across the UK including hosts and professionals seeking advice.
- Therapeutic support is available through Barnardo's LINK service.
- Services users can request 8 sessions of virtual therapy.
- Support is available via freephone or email

Additional support:

Group therapeutic support for hosts

