

Nursery and Reception

Mathematics, investigating the properties of 3 dimensional shapes

This week, Reception class have started learning about shapes.

As part of this learning, we thought about the properties of 3D shapes by predicting and testing if they would roll.

The children were able to give some really good explanations for their predictions, talking about the straight and curved sides which are known as faces on a 3D shape.

Leroy noticed that the cone bounced when it rolled down the slide, which led us to look at how one side is thicker than the other therefore the cone doesn't roll in a straight direction.



CYLINDER	CUBE	RECTANGULAR PRISM
SPHERE	Pyramid	CONE



Year 1 & 2



On Thursday afternoon, Years 1 & 2 were really lucky to have a visit from a member of the Bee Friendly Leamington team. We learnt all about how bees travel around to different habitats to collect nectar, without knowing that they are also transporting pollen to help to pollenate our plants. Did you know that a bee needs to eat every 40 minutes to survive?

We played a relay game where we travelled around to collect pollen and nectar from different areas of our habitat. Unfortunately, our team that we flying around the industrial area with no flowers didn't collect enough nectar to survive. They were also sprayed with lots of pesticides so had to keep returning to their starting line. The team that were in the wildflower meadow collected must more nectar, showing how and why bees thrive in these environments. We then introduced wildflower corridors between our habitats so that the bees could fly between the different areas without running out of energy. We found that this was so much better for the bees and whilst the bees in the wildflower meadow still collected the most pollen and nectar, the bees from the industrial site collected enough nectar to survive too.

The children were all really eager to consider ways that they could help bees to survive, by planting different flowers in their gardens and in pots to act as 'service stations' for the bees to give them an energy boost!





Year 1 & 2



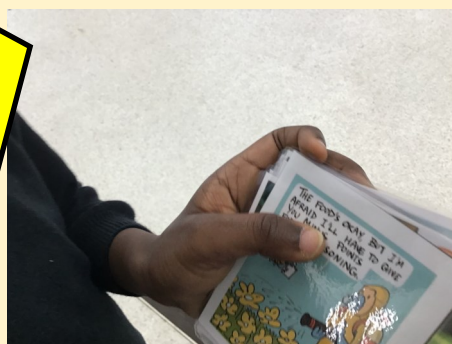
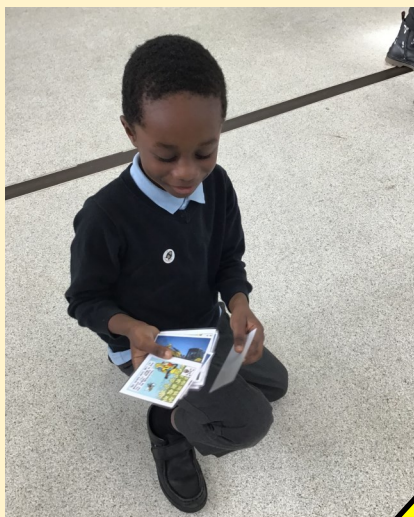
I want to make sure I plant more flowers in my garden to help the bees.

Isla, Year 2



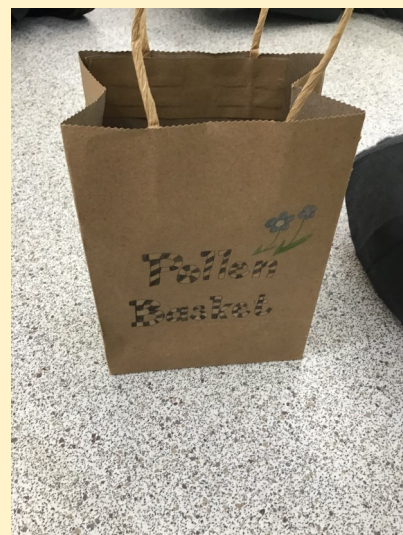
We were in the industrial site bee team to start of with. It was so hard to collect any nectar because every time we ran to each station there was no nectar for us to collect or we got sprayed with pesticides. I think that's what it must be like for bees if they keep flying around and there are no flowers for them to collect the nectar and pollen from.

John, Year 2



I made a wildflower corridor in our game so that the bees could visit me before going into the other areas. I could give out lots of nectar and I didn't have any pesticides at all so I didn't hurt the bees!

Emily, Year 1





During our Design & Technology lesson, children tasted a range of delicious smoothies, including the 'Super Berry'. Before they took a sip, they looked meticulously at the colour of each smoothie and then used their senses to give them clues to help them try and guess what the ingredients were.

Afterwards, the children recorded their ideas by writing short evaluations. They expressed what they liked about each smoothie and offered insightful suggestions on how each one could be improved.

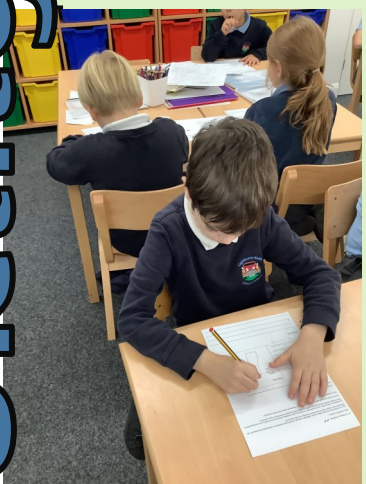
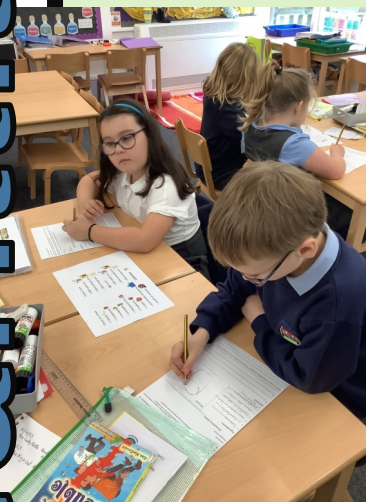
In the following lesson, the children were given this brief:

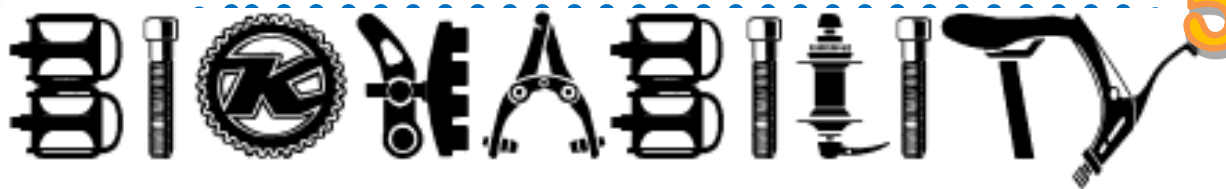
Starsmooth International – a taste sensation!

We are currently seeking ideas for a range of fresh and tempting new smoothie recipes to add to our existing menu to be sold in our worldwide stores. Winning applicants will have the opportunity to become part of our highly regarded design and development team.

The children were given a list of fruits and juices they could use to create their own smoothie recipes.

They began by jotting down lists of ingredients, coming up with creative names and step-by-step instructions. With these preparations completed, the children are now ready to make their own sensational smoothies.





This week, the year 5 students have been taking part in Bikeability training.

Bikeability cycle training equips children with vital life skills. Pupils not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

The children began with level 1 in the school playground, and then progressed to level 2 where they went out on the roads around the school in small groups.

Bikeability Level 1 teaches you

Maintain your cycle: make sure your ride is in tip-top condition and make simple repairs

Glide: smooth, calm and collected

Control your bike: including setting off, cruising, slowing down, braking and stopping. You'll even learn to pedal one handed!

Pedal: without feeling wobbly or out of control

Be aware of your surroundings: looking behind and turning around obstacles.



Bikeability Level 2 teaches you to

Start and stop with more confidence

Pass stationary vehicles parked on a road

Understand the road: signals, signs and road markings

Negotiate the road: including quiet junctions, crossroads and roundabouts

Share the road with other vehicles



book fair

Design a Book Cover WINNERS!

We had a wonderful number of entries for the competition to design a book cover. They were really thoughtful and colourful.

The winning five entries are Gustaw, Krishla, Pharrell, Amanda and Abimbola. They each win a £5 token that can be spent at the book fair. Well done!

PLEASE VISIT OUR BOOK FAIR WHICH RUNS AFTER SCHOOL

Last day Tuesday 24th October

SCHOLASTIC TRAVELLING BOOKS

COME TO the BOOK FAIR!

LAST YEAR, YOUR SUPPORT HELPED TO DONATE OVER £5.3M BOOKS TO SCHOOLS NATIONWIDE

Books for sale:

- PERCIE JACKSON AND THE LIGHTNING THIEF by Rick Riordan (NEW) £7.99
- SPEAK UP! by Nathan Bryon (NEW) £7.99
- OH MAYA GODS! by Mraz Evans (NEW) £7.99
- TOM GATES FIVE FRIENDS STAR STORIES by Liz Pichon (NEW) £12.99
- THE BADDIES by Alison Hargrave (NEW) £7.99
- BLUEY BARKY BOATS (NEW) £6.99

Other books visible:

- Chicka Chicka Boom Boom by Martin Armstrong
- THE POLAR EXPRESS by Chris Van Allsburg
- THE CAT IN THE HAT DR. SEUSS
- NUMEROFF/BOND If You Give a Mouse a Cookie by HarperCollins
- FERDINAND by Steig
- LEAF AND LADY by Viking

Date: Lighthorne Heath Primary School
Thursday 19th, Friday 20th, Monday 23rd,
Tuesday 24th October
3pm – 3.15pm

Scan the QR code to pay online!

Below is a letter that we have been asked to share with the parents and carers of children eligible for means tested free school meals.

If you think you may be eligible but are not registered then please speak to Mrs Manley or Mrs Hendriksen who can help you with your application.

Eligibility criteria is on the next page of this week's newsletter.



Resources Directorate
Craig Cusack
Director of Enabling Services
Warwickshire County Council
Shire Hall
Warwick
CV34 4RL

www.warwickshire.gov.uk

October 2023

Dear Parent/Carer

The government's Household Support Fund has provided local authorities with one-off funding for families, and vulnerable residents, who may need financial help with significantly increased living costs.

As a parent or carer with one or more children who are eligible for benefits related free school meals, Warwickshire County Council will be providing vouchers to support you during these challenging times.

You will receive this cost of living payment on 20th October 2023. This will be a £30 voucher for each child at home who is in receipt of benefits related free school meals in addition to one £75 voucher for each eligible Warwickshire household to help with your household costs.

The supermarket vouchers will be processed automatically, and you **do not** need to contact us to apply. You will be sent an SMS text message from our voucher scheme **Huggg**, with a message from Warwickshire County Council that will have a link to the supermarket vouchers attached.

You will need to activate your voucher by:

- clicking on this link and then 'Tell me more' followed by 'I'm ready to claim',
- selecting which supermarket you would like to shop at (the choices are Aldi, Asda, Farmfoods, Iceland, M&S, Morrison's, Sainsbury's, Tesco, and Waitrose),
- selecting 'Claim now' and,
- once you have chosen your voucher, hitting 'Click for your voucher'.

The final screen will reveal the voucher from your chosen supermarket, and you will need this to pay for your shopping. Vouchers can all be used instore and those from Asda, M&S, Sainsbury's and Waitrose can also be used online. The voucher value does not have to be spent all at the same time, so please ensure you keep your vouchers safe.

If we do not have a valid mobile number for you, we will send the voucher link to you by email from hello@huggg.me If you do not have a smartphone, we will post the voucher.

If you have a problem with activating your voucher, please use the 'Frequently Asked Questions' online at <https://www.warwickshire.gov.uk/localwelfarescheme> or use the Chat facility on the Huggg website <https://www.huggg.me/>

Please check the expiry date on your voucher as it cannot be redeemed or reissued after the expiry date, so ensure you activate your voucher within this time. Do also check your spam or junk folders just in case the emails have gone in there.

The Local Welfare Scheme can help with the following issues. Please call 0800 4081448 or 01926 359182, between **10am and 2pm**, when staff will be available to assist you.

- You do **not** receive the SMS text or email voucher link for your child or children by **Monday 23rd October 2023**. You can call us between **23rd October and 3rd November 2023** and will still receive the full voucher value. We receive an exceptionally high volume of calls so you may wish to consider calling after the 26th October 2023 when the phone lines may be less busy.
- If a supermarket from the options listed is not easily accessible and an online delivery is not possible.
- If you have other children who are not yet attending school and would like to claim an additional Huggs supermarket voucher for these children, please call us between **23rd October and 3rd November 2023** only to apply. Again, we receive an exceptionally high volume of calls so you may wish to consider calling after the 26th October 2023 when the phone lines may be less busy. Remember that calling us later will not change the amount of the award you will receive.

Please note: The Local Welfare Scheme will be using the Household Support Fund to support other Warwickshire residents with utility costs during November 2023. As part of this cost of living payment in October, you have received a £75 voucher for your household, therefore you are not eligible to apply again in November.

Further information on support is available for residents on the following websites:

- <https://www.warwickshire.gov.uk/localwelfarescheme>
- <https://www.warwickshire.gov.uk/costofliving>
- <https://helpforhouseholds.campaign.gov.uk/>

Yours sincerely



Craig Cusack
Director of Enabling Services

Free School Meals



educaterers  A FOOD STORY

Claim your free school meal today

Save over £400 a year and hours of time on making packed lunches.

Get your child a tasty nutritious meal every day.

Our school gets over £1300 for every registered pupil.

To find out if you are eligible go to

www.warwickshire.gov.uk/freeschoolmeals or call 01926 359189

for menu information go to www.educaterers.co.uk

UNIVERSAL INFANT FREE SCHOOL

Don't forget if you have a child in Reception, Year 1 or Year 2 they are entitled to a free school lunch everyday too.

Food for Life

A guarantee that fresh, seasonal food is always on our menu



FREE

ADVICE and SUPPORT

with your home energy

Are you
worried about the
rising cost of energy?
We are here to help!



save money and the environment

Unit 2 Lauriston Business Park, Pitchill, Salford Priors, Warwickshire, WR11 8SN
Registered charity number 1075679

Act on Energy is a local charity which partners with **Local Authorities** to offer a full home energy support service and free, impartial advice.



We can offer **expert advice** on:

- Energy efficiency tips to reduce your bills
- Grants and funding for energy efficiency measures
- Grants for broken heating systems
- Help with fuel bills and energy debt
- Billing issues with your supplier



for more info go to

www.actonenergy.org.uk

or call our **free phone**

0800 988 2881

Notes:



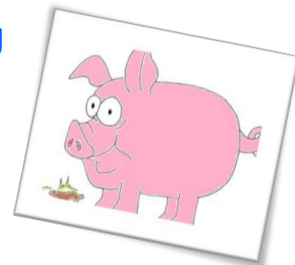
Act on Energy is a company limited by guarantee and registered in England and Wales, number **3621022** and a registered charity number **1075679**.
Registered address: Unit 2 Lauriston Business Park, Pitchill, Salford Priors, Warwickshire, WR11 8SN

v3

Lighthorne Heath Learning Heroes

Nursery & Reception

Mrs Manley and Mrs Hartley have chosen Eevee as their learning hero this week. Eevee has been showing greater confidence in sharing her ideas and is keen to contribute to class discussions. She is also making progress as she is asking for her when she needs it. Well done Eevee!



Co-operate

Years 1 & 2

Eily is such a wonderful member of our class team, she is always doing the right thing and making good choices to help herself and her friends with their learning. Eily has a fabulous attitude towards her learning and we have been especially impressed with her maths this week. She has been able to use the greater than and fewer than symbols correctly and talk really clearly about her ideas. Well done on a great week, Eily! Keep up your hard work.



Persevere



Have a go

Concentrate



Keep on improving

Years 3 & 4

Miss Singh has chosen Imelda as this week's hero for her willingness to take on challenges. Imelda has truly pushed herself by completing all three maths homework activities, displaying a great deal of enthusiasm for the subject and continually making good progress. Keep up the work, Imelda.



En-

joy

Years 5 & 6

Mrs Cox's hero this week is Hasya. She has worked hard during her first week with us in 5/6 and has settled in well. Keep up the good work!



Use your imagination

UN Convention on the Rights of the Child

Article 29: Goals of education

unicef
UNITED KINGDOM



RIGHTS
RESPECTING
SCHOOLS

Emotional Wellbeing and Mental Health



Mental Health in Schools Team (MHST)

Tips For Wellness:

SLEEP

Sleeping well gives our bodies time to rest and repair. It can help us to be better learners, support our emotional wellbeing and help our immune system. So what happens when we don't get a good night's sleep? We can feel tired, struggle to focus, experience changes to appetite, and feel generally cranky. We might also feel more anxious or low than normal.

Our tips for sleeping well:

- 1- Make sure you are in a **quiet, dark room** and **reduce distractions** as much as possible.
- 2- **Exercise** during the day improves our sleep! Try not to exercise 90 minutes-3 hours before bed, as this can actually make us feel more awake.
- 3- Do something **relaxing** before bedtime, e.g., read a book, listen to a podcast, practice self-care, or do some mindfulness.
- 4- If you want a hot drink in the evening, try drinking something milky or herbal and **avoid caffeine** (e.g., tea and coffee). Caffeine stays in our body for many hours and can stop us from feeling ready to sleep!
- 5- Try to **switch off electronic devices** before bedtime, the blue light from the screen can decrease melatonin in our body which negatively affects our sleep pattern (*melatonin is a hormone that helps us to get to sleep and wake up!*)



*More tips for relaxing
before bedtime!*

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

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.

Diary Dates



Spring Term		*= New additions to the diary dates
Thursday 19 th - Tuesday 24 th October	Scholastic Book Fair A reminder that our Scholastic Book Fair will continue on Monday 23 rd October and Tuesday 24 th October in the school hall between 3 and 3.15pm. All books purchased will contribute towards free books for our school. Please note, payment is by card only.	
Thursday 19 th October	Act on Energy are coming in the school playground 2.40-3.20 to offer advice to families.	
Tuesday 24 th October	Peer Mediation training for Years 5&6	
Friday 27 th October	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund	
30 th October- 3 rd November	Half Term Holiday	
November		
Monday 6 th November	Autumn 2 begins	
Tuesday 7 th November	Parent teacher conferencing 3-5pm (bookable appointments)	
Wednesday 8 th November	Parent teacher conferencing 4-6pm (bookable appointments)	
Wednesday 8 th November	Years 5 & 6 trip to Stratford Butterfly Farm	
Thursday 9 th November	Bonfire Bingo. Family bingo session 3.15-4.15pm	
Friday 10 th November	Coding club begins for years 3-6 Sign up link: https://www.innovationpod.co.uk/lighthorneheath and see newsletter page	
Friday 10 th November	Individual pupil photographs	
Thursday 23 rd November	Years 3, 4, 5 & 6 winter theatre trips	
Friday 24 th November	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund.	
December		
Monday 4 th December	INSET day	
Tuesday 12 th December	Nursery, Reception, Year 1 & 2 winter theatre trip	
TBC	Winter performances and celebrations	
Monday 25 December 2023 to Friday 5 January 2024	Christmas Holiday School returns on Tuesday 9 th January	



Get picking! Join us for the Lighthorne Heath Community Litter Pick Competition

Dear Families,

This October, we're holding a community litter pick competition to help maintain a clean and litter-free environment while bringing the community together.

Join us on the **21st of October** for the **Lighthorne Heath Community Litter Pick Competition**.

The competition is open to groups of up to four people and all ages are welcome, although children must be supervised by an adult at all times and each team must have at least one member aged 18 years or older.

The winning team will be selected based on the number of bags filled and before and after pictures, and will be awarded four tickets to Drayton Manor Resort to use on a date of their choice.

Click the QR code to register for your place by the 18th of October

On the day

- **12.15pm:** Meet at the car park in Lighthorne Heath Village Hall, Valiant Cl, Lighthorne Heath, CV33 9UF to sign in and collect equipment
- **12.30pm:** Litter pick begins
- **2.15 - 2.30pm:** Reconvene at Avon Valley Indoor Bowls Club Avon Valley Way CV35 0XL for refreshments and judging
- **3pm:** Ends

Clothing and equipment

Gloves, bin bags, litter picks and hand sanitizer will be supplied, but if you have your own equipment please feel free to bring it. Each group will need access to a smartphone for taking before and after pictures of the areas cleared.

We would also advise wearing warm, comfortable clothing and suitable footwear.

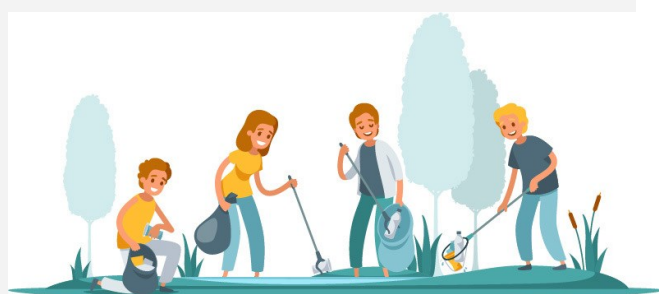
Prizes and judging

The prize is four individual (4+) flexible tickets to Drayton Manor Park.

The judges will award the prize to the group that they believe has picked the most litter based on the number of bags filled and before / after pictures taken on a participant's smartphone.

Photography

There will be a photographer present for the last hour of the pick. If you don't want your picture taken please let Emma Hills know when you arrive to collect your equipment.



Community Litter Pick

Children across Warwickshire have an exciting and action-packed programme of events to look forward to, including spooky Halloween frights, at Warwickshire's Country Parks this coming half-term.

Throughout the school holidays (28 October to 5 November) there will be a range of fun and educational outdoor activities for children of all ages at Country Parks across Warwickshire.

More information about each of these activities, and more, can be found on the Country Parks Facebook pages. All events require booking, which can be done via



Action packed half-term programme at Warwickshire's Country Parks



Join the "Applying for a Primary School Place" webinar

If you have a child that is due to start in Reception or move to a Junior School in September 2024, then you are invited to join the school admissions team on Thursday 9 November at 7pm to get advice and guidance on how to apply for their school place.

This applies to children born between 1 September 2019 and 31 August 2020 for Reception, and any child currently in Year 2 at an infant school who is planning to move to a junior school.

The webinar is open to everyone and free to join. A recording of the event will also be made available via the [School Admissions YouTube Playlist](#) shortly after for those not able to join on the day.

To book your place, go to: <https://www.eventbrite.com/e/737955162757>

Please note: You can only apply for your primary school place after 1 November 2023. All applications received by the deadline of 15 January will receive a school offer on 17 April next year, which is National Offer Day. Any applications submitted after the 15 January deadline will only be considered after this, meaning the child is much less likely to be offered a place at a preferred school.

Applications can be made online after 1 November at: www.warwickshire.gov.uk/primaryplace.

We are currently recruiting for a
Head of Kitchen/Catering Supervisor at

Lighthorne Heath Primary School

20hours per week

Competitive rate of pay

If you are interested please email your CV to hr@educaterers.co.uk

Or call our recruitment line on 01926 743439

Barnardo's Warwickshire Children and Family Centres

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

October

Half term

Timetable!

Westgate C&FC

Family Time Sessions 1:00-2:30
01st November

Save a Toddlers Life First Aid Session
2.00-4.15 31st October

Save a Baby's Life First Aid Session
2.00-4.00 03rd November

Kingsway C&FC

Family Time Session 10:00-11:30
02nd November

Lillington C&FC

Family Time Session 10:00-11:30
01st November

Baby Time Session 10:00-11:30
03rd November

The Gap

Family Time Session
1:00-2:30
02nd November

Sydni Centre

Family Time Session
10.00-11.30
31st October

Lillington C&FC
3 Mason Avenue
Lillington CV32 7QE
01926 887597

Westgate C&FC
Bowling Green Street
Warwick CV34 4DD
01926 490629

Kingsway C&FC
Baker Avenue
Leamington Spa CV31 3HB
01926 336793

Sydni Centre
Cottage Square
Sydenham CV31 1PT

The Gap
39 Oakwood Grove
Warwick CV34 5TD

Heathcote
Community Centre
Cressida Close
Heathcote CV34 6DZ

Believe in
children
Barnardo's

CHILDREN
& FAMILY
CENTRE

Email: warwickdistrictcfc@barnardos.org.uk

CHILDREN AND FAMILY CENTRE CONTACT DETAILS

Kingsway: 01926 336793 - Baker Avenue, Leamington Spa CV31 3HB (w3w: counts.choice.cards)

Westgate: 01926 490629 - Bowling Green Street, Warwick CV34 4DD (w3w: voted.carbon.crop)

Lillington: 01926 887597 - 3 Mason Avenue, Lillington CV32 7QE (w3w: orange.reap.bonus)

The Gap, 39 Oakwood Grove
Warwick CV34 5TD
w3w: shout.stream.shrimp

Sikh Community Centre
Queensway Trading Est, Queensway
CV31 3LZ w3w: softly.silks.dart

St John's Family & Wellbeing Centre
Mortimer Road, Kenilworth CV8 1FS
w3w: glue.leap.unity

St Margaret's Church - Chapter House
Church Close, Whitnash CV31 2HJ
w3w: grid.gets.lively

Heathcote Community Centre
Cressida Close, Heathcote CV34 6DZ
w3w: fonts.decent.flight



Family Information Service

01926 742274

Email: fis@warwickshire.gov.uk
www.warwickshire.gov.uk/fis

Providing information, advice and one-to-one support for families with children and young people aged 0-25 across Warwickshire

Early Help and Targeted Support Team

Contact Number:

01926 412412

Monday to Friday from 9:00am-4:00pm

Information and advice can also be found on the Children and Families pages of the Warwickshire website:
www.warwickshire.gov.uk/childrenandfamilies

Health Visiting & Midwifery Contact Details

Advice/Duty Line for Kingsway, Warwick, Kenilworth & Lillington HV teams:
01926 567143

Appointments only, please call:

Kingsway: 01926 626531/626536

Warwick: 01926 567141 Ext 3630 or 07768 615632

Kenilworth: 01926 852087

Lillington: 01926 887309

Warwickshire Health Visiting Text Chat Service: 07520 615293

Monday to Friday - 9am-5pm

Bluebell Clinic @ Warwick Hospital (Midwives): 01926 495321 Extn 6977

Early Breastfeeding Support Team: 01926 626529

Other Useful Contact Details

Adult & Community Learning. Email: acl@warwickshire.gov.uk. Tel: 01926 736392

Act on Energy: 0800 988 2881. Email: advice@actonenergy.org.uk

Warwick District Foodbank: 07850 293383. www.warwickdistrict.foodbank.org.uk

Warwickshire
Adult & Community Learning

FREE*

Grow your own



Tuesday Workshops

1-3pm, 17th October or 6-8pm, 28th November
Avon Valley Indoor Bowling Club, Lighthorne Heath

Think 'home grown – not flown'. How practical is it really to start growing your produce? Depending on your available time and resources, everyone can grow something, even if it's just a pot of herbs on your windowsill. In return, you will gain the satisfaction and sense of wellbeing that comes from enjoying your own produce, free from chemicals and full of flavour.

Topics include:

- Grow seasonal fruits, herbs, and veg
- Grow in small spaces
- Recipe and storage suggestions
- Seed saving
- Budgeting

***Free for learners that do not have a full Level 2 (GCSE or equivalent) Maths qualification.**

Courses in partnership with Multiply
www.warwickshire.gov.uk/acl
or call: 01926 736392

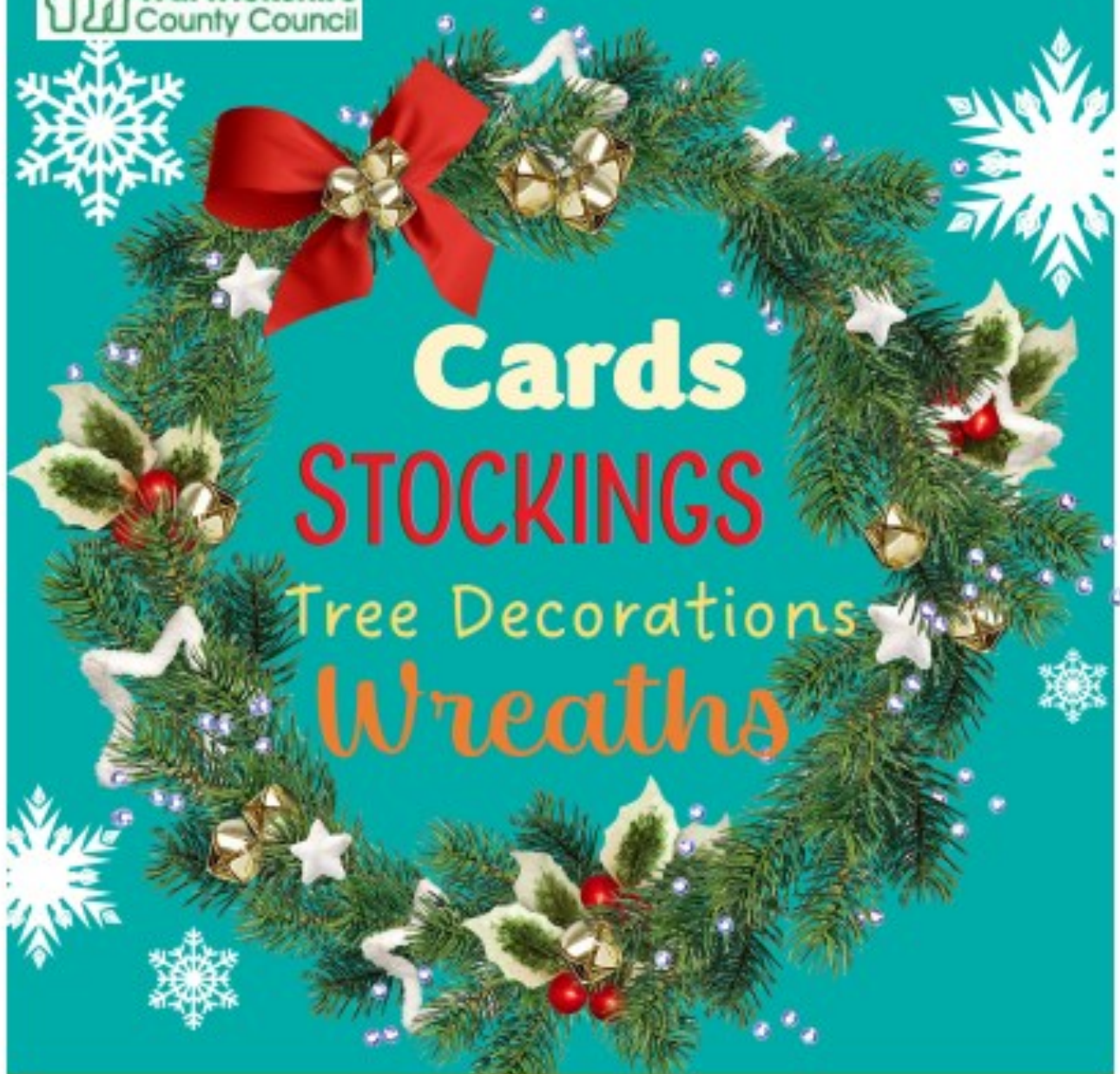


Warwickshire
County Council





Christmas Crafts



For further information and to pledge your interest please
contact: www.warwickshire.gov.uk/acl
or call: 01926 736392 to find out how to enrol

Courses in partnership with Multiply
www.warwickshire.gov.uk/acl
or call: 01926 736392





Warwickshire Adult & Community Learning

Free Christmas Craft Course



Course starts
Tuesdays 10 am-12
17th October, to 14th
November at
Avon Valley
Bowls Club

 www.facebook.com/warksac1
 www.twitter.com/warksac1
 www.instagram.com/warksac1

Banbury
Road
Lighthorne
Heath
CV35 0DB

**SKILLS
FOR LIFE**
Multiply