



Newsletter 8

Friday 27th October 2023



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## Nursery and Reception

### Seasonal changes

Children in Reception and Nursery class have been busy observing seasonal changes. In Forest Schools this week, we collected leaves to make our own artistic leaf animals. We have also been exploring pumpkins. The children have washed pumpkins, scooped out the seeds and made their own imaginative pumpkin soup with a variety of autumnal objects.



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# Year 1 & 2

In science lessons this week, the children in Years 1 & 2 have been learning to identify the parts of a pinecone. They used magnifying glasses to look closely at the open and closed scales and the tiny seeds that are hidden inside the cone.

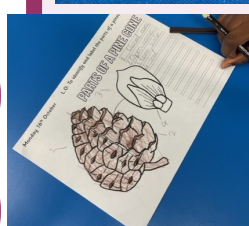
Many of the children were curious about why some pinecones were closed and others were open, some thought it was because the pinecones were wet and others suggested the closed pinecones might be dying.

In order to explore this idea further, they helped to set up an experiment to explore the question 'Does a pinecone know when it is raining?'

We placed a pinecone with open scales into a jar of water (to represent rainy conditions), and after a few hours we could see the pinecone had closed it's scales.

The children learned that it does this to protect it's seeds. The wet pinecone was then placed in a warm area of the classroom and left for a few days, the children discovered that in this condition (warm and dry) the pinecones scales opened again, ready for it's seed to be released.

During this week's lesson, the children learned how to make birdfeeders out of the open pinecones. They mixed lard with dried fruits, grated cheese, bird seed and spread the mixture in between the pinecone scales. Once cooled in a fridge, a string was attached and they will be ready to hang out in the garden for birds to feed on.





# Year 3/4



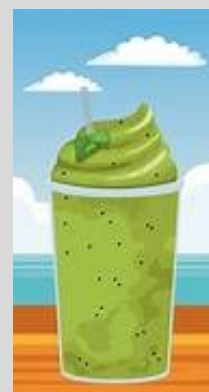
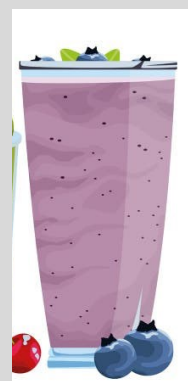
Scrumdiddlyumptious

During our exciting design & technology lesson, the children transformed their imaginative smoothie ideas into reality.

To start with, they began by collaborating with their talk partners, sharing their new smoothie idea and discussing the ingredients selected and quantities required. Then, as a class, we discussed the importance of health and safety practices, such as washing hands, not touching things unnecessarily, and ensuring that only adults operate machinery.

We organised the class into two groups, with an adult supervising each group. The children then took turns crafting their smoothies, following the instructions they had developed during the initial design phase.

Upon completing the activity, the class gathered together to taste their delightful and delicious smoothies. This provided an excellent opportunity for reflection, as we discussed their experiences. Including which aspects they enjoyed, as well as discussing what they had learned about safety and following instructions.



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# Peer Mediation

On Tuesday morning, the children in 5/6 had a visitor to their classroom. They were excited to take part in Peer Mediation training with Peter Timms..



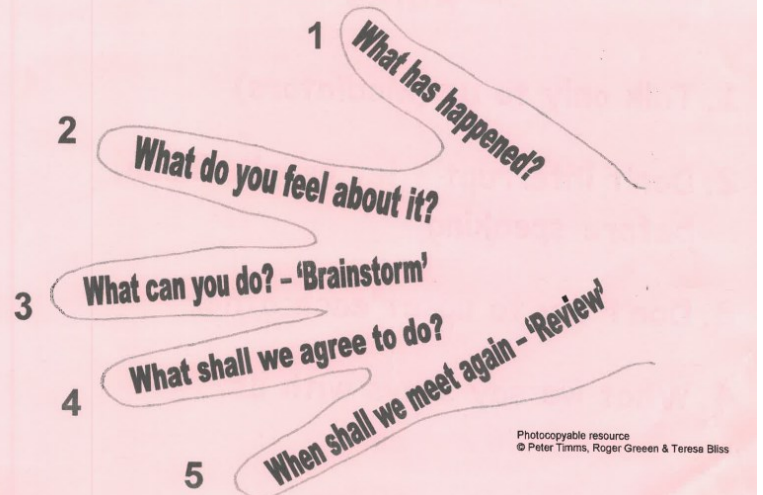
Peer Mediators are trained in the process and skills needed to mediate between two parties neutrally. It also gives students a forum for resolving conflicts that might never come to the attention of adults.

## 5- Stages of Mediation

The children learned the 5-stages of mediation and 4 important rules to ensure that everyone feels safe and happy to share their experiences.

### Rules

1. Talk only to us (Mediators)
2. Don't interrupt - let people finish before speaking
3. Don't try to upset each other
4. What we say stays with us





We talked about which situations we can resolve and which ones we must talk to an adult about instead. If we see fighting, bullying or stealing then we need to involve the adults.



We learned 5 simple questions to help us solve playground disputes



This is lots of fun and I can help people too!



# Junior Road Safety Officers

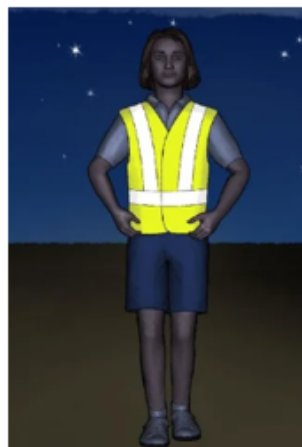
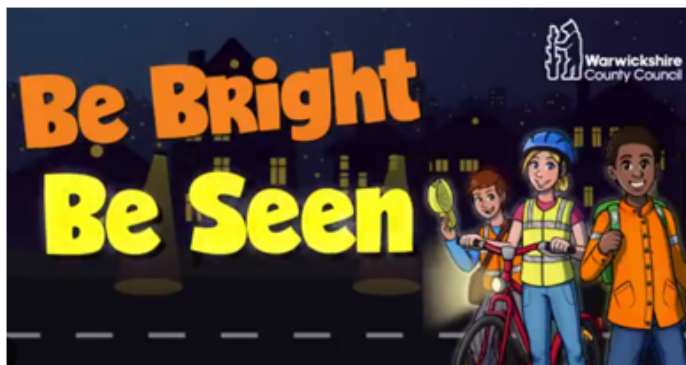
Mrs Cox's Junior Road Safety Officers (JRSOs) led an assembly this Tuesday to introduce their latest competition ready for the half term break.

They showed great courage and stood up in front of the whole school to deliver their message:



## Competition Time – Be Bright Be Seen!

- We want you to dress in your brightest clothes and take a photo of yourself at night time.
- After half term bring in a photo or email a copy to your teacher



- Everyone who enters will receive a reflective sticker
- There will be a winner in each class who receive a special gift bag full of road safety items.

Closing date is Friday 10<sup>th</sup> November 2023

# Lighthorne Heath Learning Heroes

## Nursery & Reception

Mrs Hartley and Mrs Manley have chosen Gustaw as their learning hero this week. Gustaw is always impressing us with his ability to concentrate and how cooperative he is with his peers. This week, Gustaw drew a lovely picture of his family and pets to show us when he feels happy during our work on the Taking Care project



Co-operate

## Years 1 & 2

Our hero for this week is Kristionette. She always shows such a wonderful attitude towards her learning, taking on new challenges and asking for support at appropriate times. She is already making so much wonderful progress with us and we are really proud of her.



Have a go



Persevere

## Years 3 & 4

Miss Singh has chosen Amelia as this week's hero for her exceptional concentration and resilience. Amelia consistently listens attentively and diligently follows instructions. She consistently puts in 100% effort into every task, and she readily assists both adults and her peers when needed.



Keep on improving

Concentrate



## Years 5 & 6

My hero this week is Lathan. He has continually impressed me with his ICT skills during our coding lessons and has even been working on some coding at home. He has created some brilliantly creative games and helped children when they have got stuck during our ICT lessons. Keep up the good work Lathan.



Use your imagination



En-

joy

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# Emotional Wellbeing and Mental Health



## RISE MHST

### Mental Health in Schools Team (MHST)

#### Tips For Wellness:

### **PERSISTENCE**

Persistence allows you to overcome obstacles that you may face and helps you to stick with something challenging until you achieve your goals. Persistence is about having a growth mindset and believing that you can learn, grow and improve with effort and practise.

**Our tips for persistence:**

**1- Practise positive self-talk.** Often when faced with a challenge, we can be unkind to ourselves and talk negatively. We might tell ourselves we are "rubbish" or "hopeless". Try to remind yourself about what you would tell a friend, if they told you they were finding something difficult. Practise giving the same advice to yourself:

*"I'm not good at this YET but I can get better"  
"This is hard but if I keep trying I will get there eventually"*

**2- Try a new hobby or sport.** When we begin a new hobby, we may need to learn our craft and improve our skills. This is a great way to improve our persistence skills in a way that is also FUN!

**3- Practise mindfulness.** A good way to improve our mental wellbeing is by practising mindfulness. This involves us paying more attention to the present moment and the world around us; thinking about sounds and smells around us, what we can see, and how they make us feel. By being more aware, this can improve our mental wellbeing and enable us to improve skills such as being persistent.

#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](mailto: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.



# Emotional Wellbeing and Mental Health



I have a **GROWTH MINDSET.**

I am in charge of how smart I am because  
I can **GROW** my **BRAIN**  
like a muscle by learning hard things.

**I can achieve  
ANYTHING**

## GROWTH MINDSET

LET'S MAKE LEARNING CHALLENGES AN  
OPPORTUNITY TO GROW. SAY IT WITH US!

"I'LL GET BETTER  
WITH PRACTICE."

"MY CLASSMATES  
INSPIRE ME TO  
STUDY WELL."

"THERE'S  
ALWAYS ROOM TO  
IMPROVE!"

"MISTAKES  
TEACH ME NEW  
LESSONS."

"CHALLENGES  
ALLOW ME TO  
GROW."

## FIXED MINDSET

It's not . . .

I give up!  
It's too hard.  
I can't do this.  
I can't do any better.



## GROWTH MINDSET

It's . . .

I will try it another way.  
I can train my brain.  
I can't do this - yet!  
Is this my best effort?



## GROWTH MINDSET



# Diary Dates



Spring Term		*= New additions to the diary dates
30. October- 3. November	Half Term Holiday	
November		
Monday 6. November	Autumn 2 begins	
Tuesday 7 <sup>th</sup> November	Parent teacher conferencing 3-5pm (bookable appointments)	
Wednesday 8 <sup>th</sup> November	Parent teacher conferencing 4-6pm (bookable appointments)	
Wednesday 8. November	Years 5 & 6 trip to Stratford Butterfly Farm	
Thursday 9th November	Bonfire Bingo. Family bingo session 3.15-4.15pm	
Friday 10th November	Coding club begins for years 3-6  Sign up link: <a href="https://www.innovationpod.co.uk/lighthorneheath">https://www.innovationpod.co.uk/lighthorneheath</a> and see newsletter page	
Friday 10th November	Individual pupil photographs	
Thursday 23. November	Years 3, 4, 5 & 6 winter theatre trips	
Friday 24. November	Mufti Day (non-uniform day), please bring a donation (50p suggested) towards school fund.	
December		
Monday 4. December	INSET day	
Tuesday 12. 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. January	

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

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We are delighted to have sold enough books to get 40% in rewards which we have spent on new books to enhance our class book corners.





## 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.

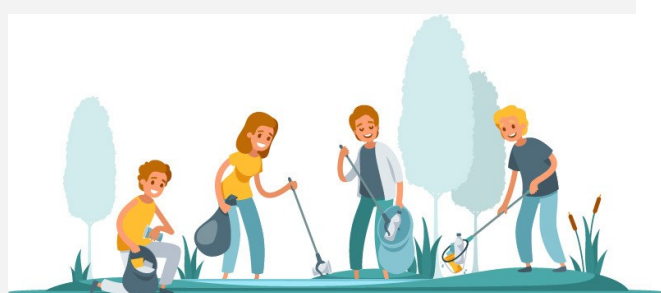
### Prizes and judging

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**



# CALLING ALL EERIE EXPLORERS

We're hosting a spooky scavenger hunt to celebrate Halloween and are looking for recruits to **find all of the frightening items we've hidden around the show home at our development, Heritage Grange.**

Visit our site and you'll find ghosts and ghouls, witches and demons, pumpkins and creatures, as well as a whole host of other scary surprises concealed in the most unlikely places! Enter our haunted house if you dare and tick off everything you see to complete the task.

**Rewards will be handed out to those daring voyagers who manage to seek out all of the items – so be brave!**

David Wilson Homes Marketing Suite at  
Heritage Grange, Banbury Road, Upper  
Lighthorne, Warwick, Warwickshire,  
CV33 8AH.



Saturday 28th October to  
Monday 30th October 2023  
10am to 5:30pm



DAVID WILSON HOMES  
WHERE QUALITY LIVES

# HALLOWEEN SCAVENGER HUNT

	TOMBSTONE <input type="checkbox"/>		SKELETON <input type="checkbox"/>
	PUMPKIN <input type="checkbox"/>		SPOOKY HORROR PORTRAIT <input type="checkbox"/>
	HAUNTED LIGHT UP SKELETON <input type="checkbox"/>		BONES <input type="checkbox"/>
	SPIDER <input type="checkbox"/>		GHOST <input type="checkbox"/>
	DANGER - ZOMBIES! <input type="checkbox"/>		BAT <input type="checkbox"/>

Find the letters hidden in the show home and work out the mystery 10-letter word to claim your prize!



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