Newsletter 8

Friday 4th November 2022

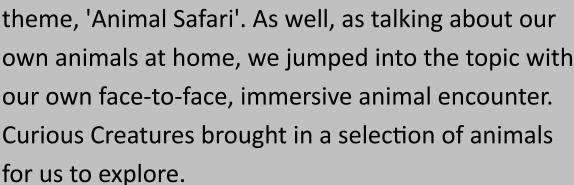
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admin2064@welearn365.com

Nursery and Reception Animal Safari

Reception and Nursery have really enjoyed the start to our new learning































































I learned that the reptiles we saw eat insects and small mammals.







I thought that the snake would feel sticky but it was soft and dry.



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

Muck, Mess and Mixtures!

Year 1/2



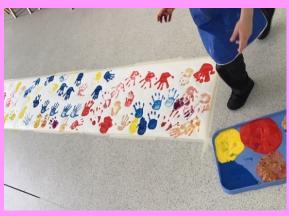
This week we started our new topic, 'Muck Mess and Mixtures' with a 'messy mixtures' morning, which was great fun!

We used our senses to explore a range of substances including; spaghetti, custard, shaving foam, jelly, corn-flour and water, pumpkin flesh and dry cereal. We used language to describe how each substance felt, looked and smelt; adjectives such as scented, opaque, powdery, creamy, sticky and squidgy were modelled by the adults to support the children with their descriptions. The children then used their descriptive ideas in Literacy and wrote a riddle for their favourite substance.











Muck, Mess and Mixtures!

Our

I am sticky and soft.

The sticky and s

ooking

lear 1/2



Our Sticky Substance Riddles!

You find me in the bath-

by Archie Year 1

I look shiny.

You find me in a pot.

I come in different colours.

I feel squishy.

What am I?

by Adan Year 2

I look like a soft, scented cloud.

You find me in the bathroom.

I'm fluffy.

I feel squishy.

What am I?

by Stefan Year 2









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

lam Warrior Year 3/4

In history, the children in Years 3 and 4 took part in a memorable experience. This involved dividing the children into two groups: the Celts, tribespeople who lived in England over 2,000 years ago, and the Romans, a vast and sophisticated army who had travelled from Italy to invade Great Britain. First, each group designed a shield, thinking carefully about its shape, colours and symbols. For example, Roman shields were usually red with eagle wings. Moving outside, the children re-enacted the Romans invading Britain. The children found different ways to sneak up on each other, hide, surround their enemy and capture prisoners. Children are expected to know that the Celtic warriors would shout, beat their shields and blow horns to scare their enemies. Whilst the Roman soldiers would divide into groups called legions, which showed they were better trained and more organised.

















earning ookind

Year 5/6

Peer Mediation Training

On Tuesday, the children in Years 5 and 6 were trained in

MEDIATION 1.

2.

What can you do? (Brainstorm)?

4. What shall we agree to do?

5. Mant shall we agree to do?

5. Stages

Peer Mediation. This workshop was led by Peter Timms, a mediation professional. This training develops skills that will enable children to support others in solving minor conflicts that happen both in and out of school and helps them to develop lifelong skills around positive conflict resolution.











Lighthorne Heath Learning Heroes

Nursery and Reception

Mrs Manley and Mrs Hartley have chosen Taylah-Mae in Nursery as their class hero this week because she has impressed us with her enthusiasm to join in with both our learning activities and playing with other children. Taylah-Mae is always curious and willing to have a go. Well done Taylah-Mae!



Concentrate

Co-operate

Persevere

Year 1/2

This week Mrs Hill and Mrs Munday have chosen Joseph for demonstrating quick recall of his number bonds during our fluency lessons in maths. Joseph always tries hard to keep improving and shows excellent concentration in all lessons. Well done, keep up the great attitude Joseph!

Year 3/4

Miss Singh has chosen Mateusz as this week's hero for his excellent participation in the re-enactment of the Romans invading Britain. He showed great imagination and enjoyment for learning by really getting into character.

Year 5/6

Keep on improving
tion tra Mrs Cox's nomination for this week's Learning Hero this week is Leo for his enthusiastic involvement in the Peer Mediation training earlier this week. Congratulations, Leo.

School staff would like to offer their thanks to Lighthorne Heath Parish Council for organising and funding the resurfacing of the car park outside the school. This land is owned by the Parish Council but members of the school community walk and drive over it every day. It

had become quite weathered and was becoming dangerous. Thank you to the staff and volunteers at the Parish Council. We think that you are Lighthorne Heath Heroes too.





Enjoy

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



Use your







lary

N		
November 2022		
Tuesday 8 th November	Y5 & Y6 Theatre Visit to RSC 'A Christmas Carol' 7pm	
Monday 14th November	NHS Vision Screening Programme with Reception	
Wednesday 16th November	Watercolour workshops Key Stage 2	
Thursday 17th November	Watercolour workshops KS2	
Monday 21 st November	School closed for teacher training INSET Day: RSC	
	Rehearsal Room Pedagogies, led by the Royal Shake-	
	speare Company	
Tuesday 22 nd November	School closed for teacher training INSET Day:	
	Emotion Coaching, led by Dr Louise Gilbert	
Wednesday 23 rd November	3 3	
	Introduction to Attachment and PACE, led by EPS	
Thursday 24 th 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 8 th December	YN, YR, Y1 & Y2 Theatre Visit to WAC 'Stick Man'	
-	10.30am	
Friday 9 th December	Christmas Jumper Day / MUFTI Day	
Monday 12th December	School Christmas lunch	
Friday 16 th December	Break up for Christmas holidays	
10th December—2nd Jan	Christmas Holidays	



per Star Reading!

Our Reading superstar this week is Falak in Y6.

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











Lighthorne Heath Children and Family Centre

Winter and Christmas Crafts



Family Learning: making learning fun!

For parents/carers and children

Everything FREE

Tuesday 6th December 3.45 - 5.15pm

To book a place for you and your child please contact: Lighthorne Heath Children and Family Centre

01926 691105





warwickshire.gov.uk/winterwellness

"As we head into the winter months, many people are worried about the rising cost of living.

Agencies across Warwickshire are here with a range of resources and support so you can access the help you need.

These pressures can also impact on your health.

Understanding this and taking steps to look after your physical and mental health is important. This can include creating positive habits to add to your daily life or accessing the range of health support services across Warwickshire."



Shade Agboola Warwickshire Director of Public Health



Food support warwickshire.gov.uk/foodsupport



Warm and well warwickshire.gov.uk/keepwarm



Cost of living warwickshire.gov.uk/costofliving



Mental health warwickshire.gov.uk/mentalhealth



www.warwickshire.gov.uk/acl

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Health and wellbeing	p4
Your community	p6
Useful contacts	p8





Cost of Livinghelp and advice



Cost of living

The rise in living costs is having an impact on household budgets for many and people are making some tough decisions about what to prioritise.

Food and energy

Help is available if you are struggling to afford food or pay household bills this winter. Information and support is online at warwickshire.gov.uk/costofliving which features links to services to help with budgeting to meet the costs of food and energy. Alternatively you can call 01926 410410.



Emergency support

At times of crisis the **Local Welfare Scheme** can help the county's most vulnerable residents who have no means of support by providing financial assistance and general advice. Call **0800** 4081448 or visit

warwickshire.gov.uk/localwelfarescheme

Help for households

The Government has put support packages in place with help for eligible individuals. Help for Households information is online at gov.uk/costoflivingsupport

Housing and support

Your local **District or Borough Council**can also offer information about
employment, financial support and money
management, food access, mental health,
household energy concerns, loneliness
and isolation. Contact details for your
area can be found on the back page.



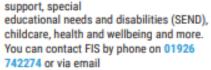
Homelessness

Preventing Homelessness Improving Lives (PHIL) helps
Warwickshire residents who need advice about their
housing situation. PHIL offers help and support to prevent
homelessness at an earlier stage before crisis point is reached.
Call 01788 533644 or 01788 533643 Monday to Friday
or email phil@rugby.gov.uk

Support for families

There is a lot of support available for families in Warwickshire.

Warwickshire's Family Information Service (FIS) provides information, advice and one-to-one support on issues including family relationships, finance, housing, parenting



fis@warwickshire.gov.uk

Family support workers are also available across Warwickshire to listen, offer advice and support around all family, parenting and behaviour concerns. Call the Family Support Helpline on 01926 412412.

For more information for families visit warwickshire.gov.uk/childrenandfamilies

Warm and Well Warwickshire offer

- Energy saving and fuel bill advice
- Referrals for energy saving measures such as insulation
- · Advice on funding support
- Onward referrals for benefit checks

For more information visit actonenergy.org.uk or call for FREE on 0800 988 2881





Stay warm

The cold weather can make some health problems worse and even lead to serious complications in more vulnerable people. Here are some tips to stay warm during the colder months:

- · Set your thermostat to 18-21 degrees Celsius
- Try to have warm drinks and at least one hot meal each day
- Dress in plenty of layers and make sure all footwear has a snug fit with non-slip soles
- Keep active and remove hazards that may cause you to fall

 Have an emergency contact number for a friend or neighbour in case you need help. For more advice, visit warwickshire.gov.uk/ keepwarm

Keep your home warm and reduce your bills

- Make sure your loft and cavity walls are insulated and don't forget to fit draught proofing
- If you are a pensioner, disabled or chronically sick; have a hearing or visual impairment, you can sign up to your suppliers Priority Services Register (PSR)
- Ensure that you switch off appliances and lights that are not in use
- Get your heating serviced annually by a qualified central heating engineer and have your chimneys swept at least once every year to reduce the risk of chimney fires

We understand that the rise in the cost of living can lead to worry and stress which can impact your mental health. There are steps you can take to look after your mental health and we've included some tips and advice in the following pages.

SUPPORT FOR FAMILIES LIVING IN WARWICKSHIRE



We offer a wide range of safe, accurate and up-to-date information including the Warwickshire childcare finder, parenting courses, workshops, support services and much more

Scan the QR code above or visit: warwickshire.gov.uk/ childrenandfamilies



For updates on new support groups, courses, events and information to support you and your family, scan the QR code or visit:

warwickshire.gov.uk/ parentupdates

to sign up to the weekly Family Information Service newsletter.





Homes for Ukraine

Could you help?

Hundreds of people across the county have provided a home to families and individuals from Ukraine through the Homes for Ukraine scheme. If you have space, and want to help a family in need, you can become a host as part of the scheme.

Find out more at warwickshire.gov.uk/ukraine



Staying well this winter





Stay well

Being active is a great way to look after your physical and mental health. If you're staying indoors there are plenty of activities you can do such as dancing, yoga or online workouts. If you do head outside, going for a brisk walk is great exercise and can also keep you warm. For ideas and advice about staying active indoors and out, visit warwickshire.gov.uk/beactive

A healthy weight is good for your heart and immune system and can improve your ability to fight infections. It also reduces your risk of serious illness should you catch coronavirus, flu or other respiratory illnesses. warwickshire.gov.uk/fitter-futures

Respiratory illnesses are more prevalent in winter months and smoking can increase the severity of symptoms. Now is a great time to quit smoking and the Warwickshire website Quit4Good can help you start. warwickshire.gov.uk/quit4good

Pregnant women and their families have access to a specialist team of experienced, confidential 'stop smoking in pregnancy' advisors. warwickshire.gov.uk/quit4baby

Medical advice

There are different ways to seek medical advice if you are worried about your health. In addition to your GP the following services can help you.

NHS 111 online

For urgent but not life-threatening medical support contact NHS 111 online at 111.nhs.uk rather than going straight to A&E. You'll get help right away and, if needed, a healthcare professional will call you. NHS 111 gives general health information and advice and tells you where to get repeat prescriptions or an emergency supply of your prescribed medicine. For concerns about children under 5, please call 111 for the telephone service.

Pharmacies

Pharmacists offer expert advice for many common winter ailments such as coughs and colds, sinusitis, earaches and sore throats. Some pharmacies also offer flu vaccinations and more. For the full range of services visit nhs.uk/nhs-services/

Winter illnesses

Winter viruses can be very infectious, and some people may become seriously ill.

Help to reduce the spread of winter viruses by:

- · Getting your vaccine if you're eligible
- · Staying at home if you're feeling unwell
- Opening windows when you're indoors to help air ventilation

COVID 19 1st, 2nd and booster doses

Available to all adults over 18 years and children aged 5 at high risk due to health condition or weakened immune system.



Is currently available for those aged over 60 with further age cohorts opening over the winter period. To check if you are eligible for the autumn booster please visit the national booking service: nhs. uk/covidvaccination or call 119 to book an appointment or find a walk-in vaccination site.

Local information for Warwickshire and Coventry on clinics and walk in locations for vaccination are available at **happyhealthylives.uk**. Please note this website is updated on a regular basis and you are able to change the language of the content at the top of the webpage.

Flu vaccination

Anyone can get the flu vaccination and it is free for certain groups:

- · People aged 50 or over
- · Pregnant women
- All adults and children (from the age of 6 months) with health conditions
- Children aged 2 to end of year 11
- · Carers and those working in health and social care
- People living with someone who is more likely to get infections.

If you're eligible for a free vaccination your GP will get in touch, or you can book directly or at a pharmacy. nhs.uk/conditions/vaccinations/ flu-influenza-vaccine





Five ways to wellbeing

To improve your mental health and wellbeing, and your overall feeling of happiness, try to introduce at least one of the five ways to wellbeing into your routine.

warwickshire.gov.uk/5ways











Keep learning Give.

Make sure your friends and neighbours are okay too. Doing things for others makes everyone feel good.

Adult Community Learning

If you are an adult who wants to make a fresh start with learning, to return to learning, or to continue learning we may have a course in Warwickshire for you. Find out more about Warwickshire's Adult Community Learning Service, the subjects on offer and the support available for learners at warwickshire.gov.uk/acl

Combat loneliness

Loneliness and social isolation affects around nine million people in the UK and contributes to a range of physical and mental health conditions. Walking, finding ways to communicate with others, befriending services and keeping a healthy daily routine can help. For support in Warwickshire visit





Warwickshire libraries events and activities

Warwickshire libraries host free events and activities for adults and for children throughout the year which can help to improve communication skills, increase knowledge, and encourage creativity. During school holidays, libraries often host children's craft activities, science workshops, theatre and dance performances and visits from storytellers.

For adults there is also the opportunity to join or set up a local reading group to meet others and help stay connected.

warwickshire.gov.uk/libraries



Support with your mental health

There is a wide range of low level and more intensive support available across the county, find out more at warwickshire.gov.uk/mentalhealth

Coventry and Warwickshire Helpline is available 24/7 on 0800 616 171 (or 0300 330 5487 from a mobile) for free, confidential help and emotional

We want everyone to feel safe and supported, so if you, or someone you know, is having thoughts of suicide or significant self-harm, help and support is available now. Please visit dearlife.org.uk where you will find details for crisis support. Alternatively, telephone the Samaritans on 116 123. If there is immediate risk to life, call 999.

Children and young people in Warwickshire can find support at Kooth.com - a free, safe and anonymous online community for mental health and wellbeing. There is also cwrise.com for information, advice and guidance.

ChatHealth is a secure, anonymous text service to contact a healthcare professional

- Parents or carers of under 5s can text a health visitor on 07520 615 293
- Parents or carers of school age children to 19 year olds can text a school nurse on 07520 619 376

· 11 to 19 year olds can text a school nurse on 07507 331 525

Under 17s experiencing a mental health crisis can contact the Rise Crisis Team on 0808 196 6798 (select option 2) at all times though it is an adviceonly service overnight from 8pm to 8am.





For more information for adults about health, financial advice, assistive living and other support visit

warwickshire.gov.uk/livingwell



Helping your Community to thrive



Carers

If you are an adult or young person who cares for someone who couldn't cope without you there is health and wellbeing support for you.

Caring Together Warwickshire is the wellbeing support service for all carers of any age who care for family, a neighbour or a friend. The service offers online and phone support, as well as emotional and practical face to face support,

including carrying out a carers assessment. Please visit the new interactive website

caringtogetherwarwickshire.co.uk or call 0800 197 5544
Mon, Wed and Fri 9am to 5pm, Tues and Thurs till 8pm
and Sat 9am to 2pm. For more information for carers visit
warwickshire.gov.uk/carer

Safe in Warwickshire

Organisations across the county work together in partnership to keep individuals and communities safe. To sign up for the latest news and alerts visit safeinwarwickshire.com. If you've been affected by crime, call your local victim care team in Warwickshire on 01926 682 693.

Volunteering

If you have some spare time, you can make a difference to your local community by volunteering. You could meet new people, develop new skills, increase



your confidence and try something new. You could help others in your community by donating to foodbanks, charity shops or local collections.

Check out local opportunities at wcava.org.uk or warwickshire.gov.uk/volunteering

Trading Standards

Trading Standards uses information you supply to investigate unfair trading and illegal business activity, like rogue traders and scams.

Make sure you buy from a reputable seller and report anything that seems dodgy or dangerous.

To get advice, make a complaint or report a breach of Trading Standards law call 0808 223 1133 or visit warwickshire.gov.uk/tradingstandards for more information.

Preventing cybercrime

Are you using the internet more - buying online, sending money, using online banking? To find out more about how to prevent cybercrime visit



cybersafewarwickshire.com

Helping to prevent vehicle crime

Take a few simple steps to keep your vehicle, and what's in it, safe this winter: always lock it, close windows and hide things or take them with you rather than leaving items visible to opportunist thieves. Find out more warwickshire.police.uk/cp/crime-prevention/keeping-vehicles-safe/





Domestic abuse

Increased isolation and financial pressure can result in a higher incidence of domestic violence. There is no excuse for abuse. Whether physical, emotional, psychological, sexual, financial or technological, no one should have to suffer alone. Help is available. Information and advice for victims, their friends and family, young people, professionals and perpetrators can be found at talk2someone.org.uk

Refuge Domestic Violence and Abuse Service helps anyone experiencing domestic abuse in Warwickshire. The service offers a 24-hour national helpline, safe house accommodation, advocacy and outreach support. Call 0800 408 1552 or visit refuge.org.uk and search Warwickshire.

Child exploitation

Child exploitation is the manipulation and/or coercion of young people under the age of 18 and it does happen in Warwickshire. It's everyone's responsibility to spot the signs of child exploitation and protect children and young people in Warwickshire, for more information visit

Socialise safely

somethingsnotright.co.uk/

On nights out people are reminded to take steps to be safe on the streets and in bars.

Always let someone know where you are, keep a close eye on your drinks and use reputable taxi services.



For more information and advice visit safeinwarwickshire.com

Drink safely and know your limits, visit drinkaware.co.uk for guidance. Advice on what to do if your drink is spiked is also available at this site.

If you experience or witness a sexual assault call 0800 970 0370 or visit blueskycentre.org.uk for confidential support.

Staying well together this winter

Services are here to help you but we can all play a part. Check in on neighbours and friends, particularly those more vulnerable to the effects of cold weather.

Those with long-term health conditions, older people, children under five, low income groups and pregnant women may need extra support at this time. It might help to have your own winter wellness plan - consider the things you can do to keep yourself and others safe and well.

Fire safety in the winter

For advice around safe use of electric blankets, portable heaters and general information go to warwickshire.gov.uk/electricblanket

Warwickshire libraries

Warwickshire libraries offer a warm and welcoming environment for all. You can join your local library in person (bring some ID with you that shows your name and address or photo ID), or online at warwickshire.gov.uk/jointhelibrary.

We have a Home Library Service, which can deliver books to you in a range of formats including audio material, and a Mobile Library Service which makes almost 250 stops across Warwickshire. We also have Reading Well book collections curated by health practitioners to support you on topics such as dementia, loneliness, and mental wellbeing.

For more information visit warwickshire.gov.uk/libraries

Helping the environment

Reducing our impact on the climate can also be good for our own health and wellbeing, our local environment - and saves money.

There are lots of small things that you can do this winter which can make a difference, such as using local shops, re-using packaging, recycling and planning menus ahead to reduce the amount of wasted food.

You could even try swapping one or two of your usual car journeys with a walk or a cycle instead. It will bring lots of health benefits, whilst also being good for the planet!

For more ideas, visit warwickshireclimateemergency.org.uk





Warwickshire County Council works closely with partners in district and borough councils, health, police and community and voluntary sectors. We are working together to ensure that everyone can access the level of support they need.

North Warwickshire Borough Council www.northwarks.gov.uk Tel: 01827 715341

Nuneaton and Bedworth Borough Council www.nuneatonandbedworth.gov.uk

Tel: 02476 376376

Rugby Borough Council

www.rugby.gov.uk Tel: 01788 533533

Stratford-on-Avon District Council www.stratford.gov.uk Tel: 01789 267575

Warwick District Council

www.warwickdc.gov.uk. Tel: 01926 456111

Warwickshire Directory

Find information about local organisations, groups and agencies that provide activities, advice, services and support:

warwickshire.gov.uk/searchout



Police non-emergency number Tel: 101

Crime Stoppers crimestoppers-uk.org Tel: 0800 555 111

NHS nhs.uk For medical assistance: 111.nhs.uk Tel: 111

WCAVA wcava.org.uk

EQuIP The Equality Inclusion Partnership Tel: 07377 431997

Age UK Tel: 01926 458100

Samaritans Tel: 116 123

RISE cwrise.com Children's mental health Tel: 0300 200 2021

Coventry and Warwickshire Mind (mental health)

Tel: 0300 123 3393 Text: 86463

Citizens Advice

For free, confidential, impartial and independent advice on a range of matters, visit:

brancab.org.uk for Nuneaton, Bedworth, and

nwcab.org.uk for North Warwickshire casouthwarwickshire.org.uk for South Warwickshire

There is also an out of hours phone service on Monday evenings from 5-7pm. This is to enable access to the service for people who are unable to contact Citizens Advice during the day. The freephone number is 0800 995 6047



citizens advice

@WarwickshireCountyCouncil



@bestwarwickshire



@warwickshire_cc

For the latest service news from the council subscribe at warwickshire.gov.uk/keepmeposted

To have your say on council services and priorities you can take part in our ongoing consultation and engagement at warwickshire.gov.uk/ask

For help to understand this information please contact us on 01926 410410



































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

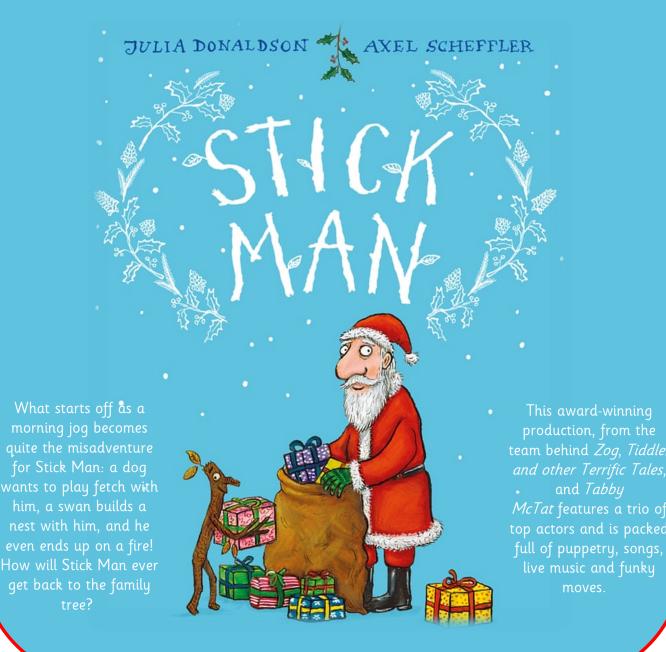
We are very excited to have booked tickets for the children in Nursery, Reception, Year 1 and Year 2 to visit Warwick Arts Centre On Thursday 8th December at 10.30am to see

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 subsiding the cost of the trip and meeting the costs for all adults. Parents and carers may now pay £14 in instalments via Parent Pay.





Christmas Theatre Visit Year 3 and Year 4

Jack Beanstalk



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

The children will 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 subsiding the cost of the trip and meeting the costs for all adults. Parents and carers may now pay £14 in instalments via Parent Pay.



Christmas Theatre Visit Year 5 and Year 6

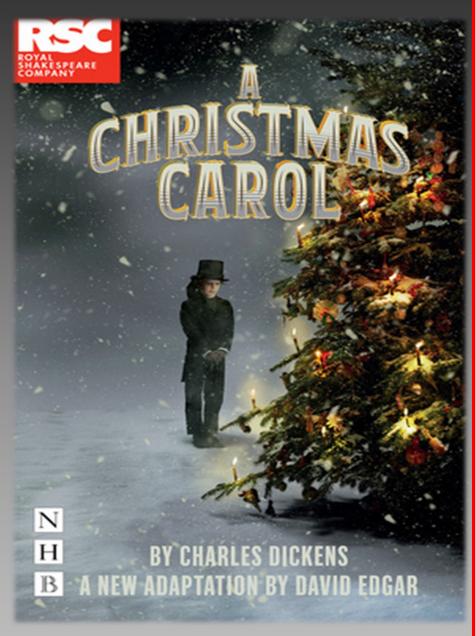
Charles Dickens'
festive tale of
redemption and
compassion. One of
the most loved short

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 subsiding the cost of the trip and meeting the costs for all adults. Parents and carers may now pay £14 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?

 ${\cal A}$ Christmas Carol is the perfect accompaniment to the festive season for ages seven to 107.