

## A Christmas Carol

On Tuesday evening, children from years 5 and 6 attended the Royal Shakespeare Company's spectacular performance of Charles Dickens' festive tale, A Christmas Carol. The staff that accompanied the trip were impressed with the enthusiasm and interest of all of the children as well as their exemplary behaviour.



Our theatre trip was very good because when we were watching show it made us laugh.

By Lewis



A Christmas Carol is a story about Scrooge who hates Christmas. He meets three ghosts who take him on a journey through Christmases past, present and future. He sees that Christmas is good in the end.

My favourite part of the show was when Scrooge met the Jolly Ghost of Christmas Present.

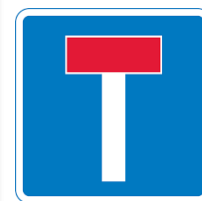
By Spencer.





# Nursery and Reception

This week Reception and Nursery had a visit from James from the Warwickshire Road Safety Team. He taught us all about road safety with the help of Warwick Bear. The children were able to join in with a mix of stories, songs and a game to help us learn how to stay safe when near the road. We learnt that it is important to think, walk, stop, look, listen and to hold hands. Following the session, all of the children have been able to take home their own copy of the Warwick Bear story.



UN Convention on the Rights of the Child

Article 29: Goals of education



# Muck, Mess and Mixtures!

## Year 1/2



The children in Years 1 and 2 have been learning to identify where foods are grown (in the UK or abroad) .



This week we shared the story 'The World Came to my place to-day' and learned that foods are grown in different places around the world.

We sorted a range of fruits and vegetables into two sets (grown in the UK or abroad) using the food labels to help us identify where they had grown.



The children then found out where these places were on a large world map and helped to add the correct labels to each picture. The children were able to link this to their own experiences of growing fruits and vegetables at home and for some the recent experience of picking pumpkins at a local farm.

At the end of our session the children enjoyed tasting the foods and talking about their favourite flavours.



## Year 3/4

For our guided reading lesson, the children are reading the book 'Zombierella: Fairy Tales Gone Bad' by Joseph Coelho. This is a retelling of a classic fairy-tale but with a dark twist.

The story is about Cinderella who has an accident and becomes Zombierella. With her skin as cold as ice and her faithful horse, Lumpkin, by her side she sets off to make trouble.

The story follows the adventure to see if she can seek revenge on her three cruel, fake sisters, once and for all.

This week the children had a go at making a prediction based on the front cover. This required them to use clues from the illustrations and title.



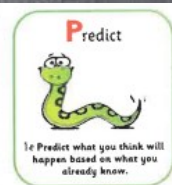


# Year 3/4



L.O: Predict what you think will happen based on the front cover.

Success Criteria	Me
Use clues from the illustrations and title	✓
Write complete sentences (e.g. I think.....because...)	✓
Capital letters and punctuation	✓



I predict that it's set in a cemetery because there are gravestones around her.

I think it's a fairy tale but becomes bad because it says "Fairy Tales Gone Bad".

I think the girl is going to become a zombie or is already dead because the title is "Zombierella" because zombie means dead but comes back to life.





Bikeability is the government's national cycle training programme. The scheme aims to inspire more children to cycle by equipping them with the skills and confidence to ride more.

Our Children in Years 5 and 6 had the opportunity to take part in this training earlier this week.

On Monday, the children cycled within the school playground and learned to apply their breaks correctly, look behind for hazards and use hand signals.

On Tuesday, the children took their knowledge on to the road and learned to safely pass a stationary vehicle, understand and use some road signs and negotiate junctions. The facilitators of the course were very complimentary about the engagement of the children that took part, well done to all.



# RSC Ambassadors

On Thursday 3rd November the KS2 RSC ambassadors joined Mrs Cox at Sydenham Primary School for the morning. They took part in a workshop alongside children from other schools (including primary, secondary and special schools) to find out about our next big RSC project - 37 plays.



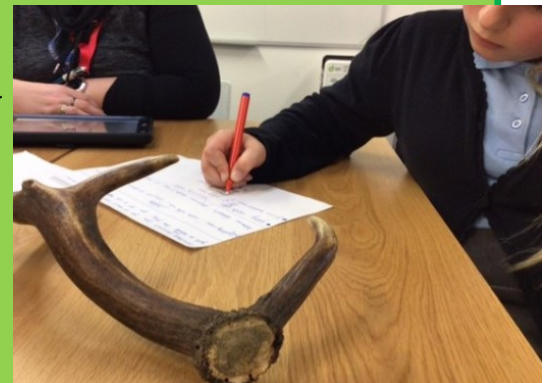
About 37 Plays:

2023 will mark the 400th anniversary of the publication of Shakespeare's First Folio, the first time his plays were brought together in one book. The RSC want to mark this anniversary by selecting and celebrating a new



series of 37 brand new plays that reflect the world we live in today. 37 Plays is a national new play-writing project led by the RSC and Associate Regional Theatres, open to anyone in the UK who wants to submit a play.

During the workshop the children learned different methods to start working on a script including the use of props to build character and games to get the creative juices flowing.



We look forward to sharing more news with you on the 37 plays project and how children can become involved.

**RSC**  
ROYAL  
SHAKESPEARE  
COMPANY



We are delighted to be welcoming back

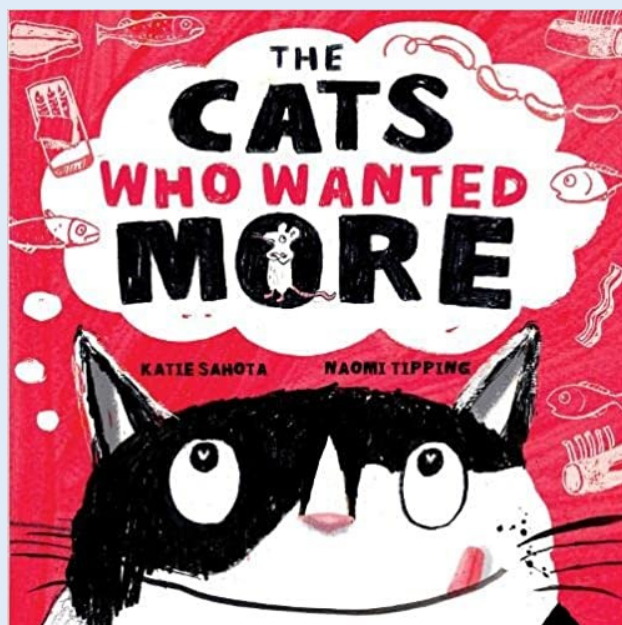
local author, Katie Sahota, who will be sharing her new picture book, 'The Cats Who Wanted More' with the children in assembly on Wednesday 7th December.

You may remember Katie's previous book, 'Little Glow' which had a focus on showcasing amazing celebrations of light across our diverse communities.

Families will be able to purchase their own signed copies of the book, with an order form coming home next week.

The Cats Who Wanted More is a story about a group of cats who plot together in a master plan to take ALL the food! But what about the poor, starving rodents? Time for revolution and revenge!

The story is a topical, political satire about capitalism, poverty and greed, with greedy cats and hungry rats, that teaches children about the impact of what happens when people take a great deal more than they need.





Some important dates:

### **Nursery and Reception Stay and Play**

On Wednesday 30th November, our Early Years team wish to invite the parents of children in nursery and reception to join us in the classroom between 8.55am and 9.40am for a stay and play session, the theme is Christmas crafts.



### **Christmas Jumper Day**



Friday 9th December is Christmas Jumper Day! Please wear a Christmas jumper, something festive or sparkly and bring your 50p donation. Funds raised will go to school fund.

### **Christmas Dinner**

Our school Christmas dinner is booked for Monday 12th December. Children in the infants (YR-2) and children entitled to Free School Meals do not have to pay for this. For other children, the cost is £2.30 via parent pay.

Children are welcome to have the Christmas dinner even if they usually opt to have a packed lunch at school.

We invite all nursery to join us for Christmas dinner and pick up will be at 12.45pm for those who choose to stay. A vegetarian option will be available but there will be no jacket potato option on this day.



### **Christmas Performance**



Our Christmas performance involving pupils in Reception to Year 6 will take place on Thursday 15th December at 2.15pm.

Parents and carers will be invited to watch this performance and each household will be allocated two tickets.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31 Leisure, play and culture

# Lighthorne Heath Learning Heroes

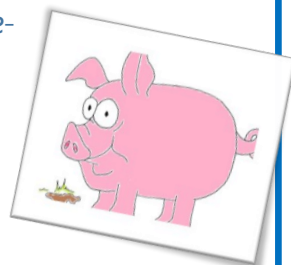
## Nursery and Reception

Mrs Manley and Mrs Hartley have chosen Amilah as their learning hero this week. Amilah has been busy practicing her phonic sounds at home and it has made a noticeable difference to her



learning in the classroom. Amilah is able to

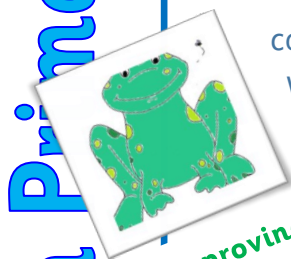
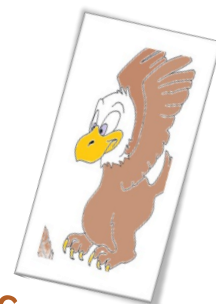
recognise more sounds and is more confident to share her ideas with the class. Well done Amilah!



## Year 1/2

Our hero for this week is Imelda for offering some insightful ideas during our topic discussions, demonstrating her fantastic general knowledge about foods and places around the world.

Imelda has also been working hard to improve her handwriting and completed some impressive letter joins during our lesson this week. Well done, Imelda, we are really proud of you!



## Year 3/4

Miss Singh has chosen Teodora as this week's hero for her concentration and her willingness to keep on improving. Teodora has worked effortlessly to improve her handwriting and has produced some incredible homework. Superb work!

## Year 5/6

My hero this week is Toby. He has shown fantastic knowledge of our topic and been able to knowledgeably share this with the class.





## Diary Dates

Monday 14th November	NHS Vision Screening Programme with Reception
Monday 21 <sup>st</sup> November	<b>School closed for teacher training</b> INSET Day: RSC Rehearsal Room Pedagogies, led by the Royal Shakespeare Company
Tuesday 22 <sup>nd</sup> November	<b>School closed for teacher training</b> INSET Day: Emotion Coaching, led by Dr Louise Gilbert
Wednesday 23 <sup>rd</sup> November	<b>School closed for teacher training</b> INSET Day: An Introduction to Attachment and PACE, led by EPS
Thursday 24 <sup>th</sup> November	Y3 & Y4 Theatre Visit to the Belgrade 'Jack and the Beanstalk' 10.15am
<b>December 2022</b>	
December Date TBC	Participation in Leamington's inaugural Christmas Tree Festival
Thursday 8 <sup>th</sup> December	YN, YR, Y1 & Y2 Theatre Visit to WAC 'Stick Man' 10.30am
Friday 9 <sup>th</sup> December	Christmas Jumper Day / MUFTI Day
Monday 12th December	Christmas Dinner
Thursday 15th December	Christmas Performance Years R-6, 2.15pm
Friday 16 <sup>th</sup> December	Break up for Christmas holidays
19 <sup>th</sup> December–2 <sup>nd</sup> Jan	Christmas Holidays

## Super Star Reading!

This week our star reader is Lexie.  
Congratulations,.

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

## RISE MHST

### Mental Health in Schools Team (MHST)

#### Tips For Wellness:

#### Movement

Being Active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood.

**Try one, or both, of the below activities throughout the week:**

1. Get your friends to play an energetic, but safe, game with you at break time to get you all moving
2. Start small - try to go for a couple of walks each week with friends/ family, or you could even try doing some exercise at home such as Yoga - there are loads of Youtube videos for home workouts/ Zumba/ Yoga which you have a go at
3. Try a new sport with friends and family

#### Key Dates this week:

9th Social Media  
Kindness Day

13th World Kindness  
Day

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars 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](mailto: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.



# Community Information

**Lighthorne Heath Children and Family Centre**

## Decorate a Christmas t-shirt



**Family Learning: making learning fun!**

**For parents/carers and children**

**Everything FREE**

**Tuesday 22nd November**

**3.45 - 5.15pm**

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

# Community Information

**Lighthorne Heath Children and Family Centre**

## **Make a Pizza workshop**



**Family Learning: making learning fun!**

**For parents/carers and children**

**Everything FREE**

**Tuesday 15<sup>th</sup> November**

**3.45 - 5.15pm**

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



# Community Information

**Lighthorne Heath Children and Family Centre**

## Winter and Christmas Crafts



**Family Learning: making learning fun!**

**For parents/carers and children**

**Everything FREE**

**Tuesday 6<sup>th</sup> December**

**3.45 - 5.15pm**

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

01926 691105

# Community Information

## could you foster?



we urgently need  
foster carers  
in your area

  
**Ofsted**  
Outstanding  
Provider



We can help you to provide a young person with a stable, secure home.

Call us on 0800 389 0143

Visit us at [www.nexusfostering.co.uk](http://www.nexusfostering.co.uk)





# Community Information



## WINTER WELLNESS



[warwickshire.gov.uk/winterwellness](http://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](http://warwickshire.gov.uk/foodsupport)



**Warm and well**  
[warwickshire.gov.uk/keepwarm](http://warwickshire.gov.uk/keepwarm)



**Cost of living**  
[warwickshire.gov.uk/costofliving](http://warwickshire.gov.uk/costofliving)



**Mental health**  
[warwickshire.gov.uk/mentalhealth](http://warwickshire.gov.uk/mentalhealth)



**Skills**  
[www.warwickshire.gov.uk/acf](http://www.warwickshire.gov.uk/acf)

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# Community Information

## Cost of Living help 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](http://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](http://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](http://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](mailto: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 support, special educational needs and disabilities (SEND), childcare, health and wellbeing and more. You can contact FIS by phone on **01926 742274** or via email [fis@warwickshire.gov.uk](mailto: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](http://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](http://actonenergy.org.uk) or call for **FREE** on **0800 988 2881**



# Community Information

## 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](http://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](http://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](http://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](http://warwickshire.gov.uk/ukraine)

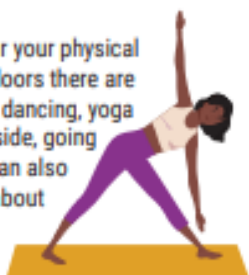
# Community Information

## 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](http://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](http://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](http://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](http://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](http://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/](http://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.



### Autumn booster (4th dose)

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](http://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](http://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](http://nhs.uk/conditions/vaccinations/flu-influenza-vaccine)



# Community Information

## 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](http://warwickshire.gov.uk/5ways)



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](http://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.gov.uk/loneliness](http://warwickshire.gov.uk/loneliness)



## 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](http://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](http://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 support.

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](http://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](http://Kooth.com) - a free, safe and anonymous online community for mental health and wellbeing. There is also [cwrise.com](http://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 advice-only 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](http://warwickshire.gov.uk/livingwell)

# Community Information

## 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](http://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](http://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](http://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](http://wcava.org.uk) or [warwickshire.gov.uk/volunteering](http://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](http://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](http://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/](http://warwickshire.police.uk/cp/crime-prevention/keeping-vehicles-safe/)

**Only call 999 if:**

- There's a danger to life
- There's immediate concern for a person's safety
- A crime is happening or you see something suspicious that needs immediate attention
- There's a serious collision or blockage on a road

**Go online to:**

- Report non-emergency crimes
- Report anti-social behaviour
- Get advice and guidance
- Keep up to date with the latest local news

[www.warwickshire.police.uk](http://www.warwickshire.police.uk)

WARWICKSHIRE POLICE



# Community Information

## 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](http://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](http://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 [somethingsnotright.co.uk/](http://somethingsnotright.co.uk/)

## Socialise safely

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](http://safeinwarwickshire.com)

Drink safely and know your limits, visit [drinkaware.co.uk](http://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](http://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](http://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](http://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](http://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](http://warwickshireclimateemergency.org.uk)



# Community Information

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.

## Warwickshire Directory

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

[warwickshire.gov.uk/searchout](http://warwickshire.gov.uk/searchout)



**North Warwickshire Borough Council**  
[www.northwarks.gov.uk](http://www.northwarks.gov.uk) Tel: **01827 715341**

**Nuneaton and Bedworth Borough Council**  
[www.nuneatonandbedworth.gov.uk](http://www.nuneatonandbedworth.gov.uk)  
Tel: **02476 376376**

**Rugby Borough Council**  
[www.rugby.gov.uk](http://www.rugby.gov.uk) Tel: **01788 533533**

**Stratford-on-Avon District Council**  
[www.stratford.gov.uk](http://www.stratford.gov.uk) Tel: **01789 267575**

**Warwick District Council**  
[www.warwickdc.gov.uk](http://www.warwickdc.gov.uk) Tel: **01926 456111**

**Police** non-emergency number Tel: **101**

**Crime Stoppers** [crimestoppers-uk.org](http://crimestoppers-uk.org) Tel: **0800 555 111**

**NHS** [nhs.uk](http://nhs.uk) For medical assistance: **111.nhs.uk** Tel: **111**

**WCAVA** [wcava.org.uk](http://wcava.org.uk)

**EquiP** The Equality Inclusion Partnership Tel: **07377 431997**

**Age UK** Tel: **01926 458100**

**Samaritans** Tel: **116 123**

**RISE** [cwrise.com](http://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](http://brancab.org.uk) for Nuneaton, Bedworth, and Rugby

[nwcab.org.uk](http://nwcab.org.uk) for North Warwickshire

[casouthwarwickshire.org.uk](http://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/keepmepested](http://warwickshire.gov.uk/keepmepested)

To have your say on council services and priorities you can take part in our ongoing consultation and engagement at [warwickshire.gov.uk/ask](http://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 subsidising the cost of the trip and meeting the costs for all adults. Parents and carers may now pay £14 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. Parents and carers may now pay £14 in instalments via Parent Pay.**