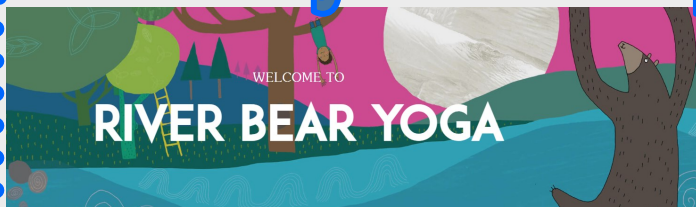


Nursery and Reception



All classes in school participate in regular River Bear Yoga sessions. These teach the children activities to promote mindfulness and allows them to focus on relaxing their bodies and minds and consider their feelings and their environment.

Staff are trained to deliver the River Bear Yoga activities which have been shown to improve both physical and mental health, improve balance, strength, endurance, and aerobic capacity in children.

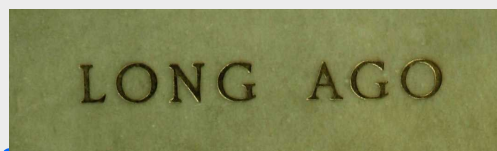
This year's Reception children have enjoyed these sessions and have mastered a number of poses.



I like doing the rock pose because I feel calm. Zilan



I like the tree because I'm good at it. I can stand on one leg for a long time. Leroy



LONG AGO

Year 1 & 2

On Tuesday, we found an alien spaceship had crashed in our garden. Once the scene had been declared safe by Mr. Lickorish, we decided to investigate the different pieces of engine parts or space junk that we found. The children practised using vocabulary such as flexible, magnetic, soft, transparent, opaque and hard to describe the properties of the materials they found. Back in the classroom, they sorted some smaller pieces of materials collected from the scene, adding words to describe the properties of these, noting those materials that had similar or opposing properties such as opaque and transparent, waterproof and absorbent. We are hoping that by sending examples of materials from the scene to space scientists, we might find out more about the type of spaceship that had crashed on our site! We will keep you posted if we find out any news!





Attend Today, Achieve Tomorrow



Unfortunately, we still have an unacceptable number of pupils for whom attendance and punctuality is causing concern.

Our school monitoring records show a clear correlation between children with poor attendance and those that do not make the academic progress that we aim for.

Children should be in school every day (the school day begins at 8.55am and they should be ready to enter the classroom at this time).

Children should attend school every day and should still attend if they feel tired or are a little 'under the weather'. Sibling and family illness is not an acceptable reason for absence. For more serious or contagious illnesses (vomiting bugs, diarrhoea, chicken pox etc.) then any absence from school should be reported (by telephone or email) to the school office.

**190
DAYS
100%**



**183
DAYS
96%**



**179
DAYS
94%**



**175
DAYS
92%**



**More than
18 days
absence less
than 90%**



ABSENCE = LOST OPPORTUNITY



Did You Know... ?

If Your Child's Attendance During the School Year...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

was 95%

9 Days from School

50 Lessons

was 90%

19 Days from School

100 Lessons

was 85%

29 Days from School

150 Lessons

was 80%

38 Days from School

200 Lessons

was 75%

48 Days from School

250 Lessons

Getting Your Child to School Really Matters

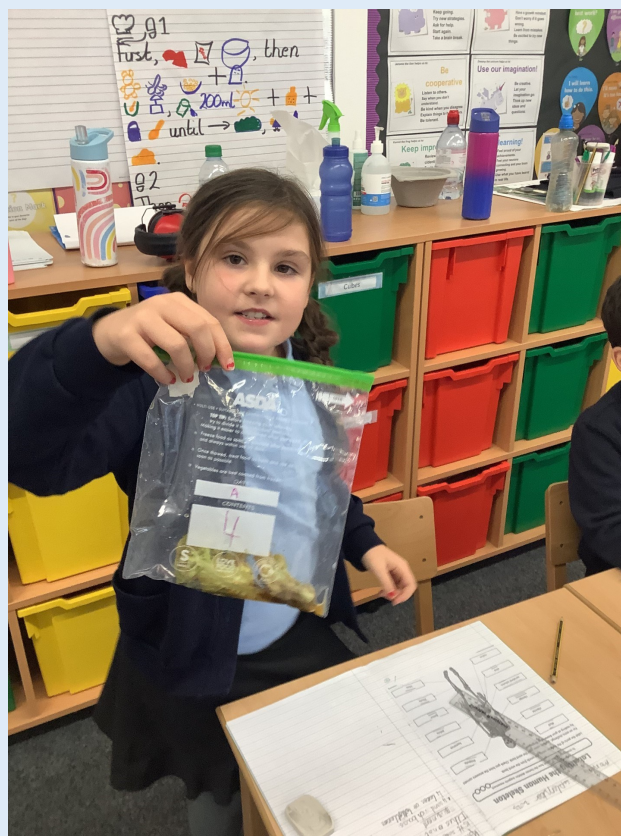
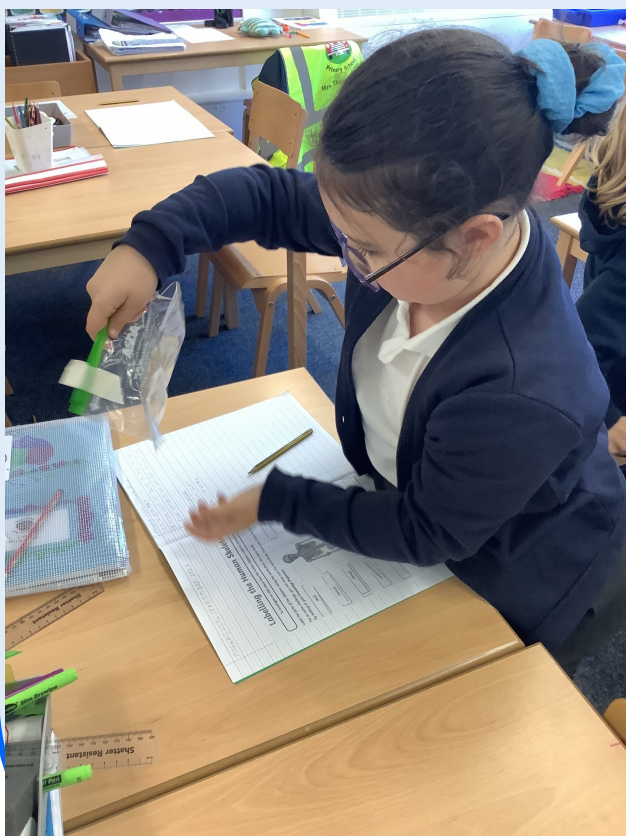


Over several weeks, children in Years 3 & 4 have been investigating the 'five-second rule' and whether food is ever safe to eat after being dropped on the floor.

We began with a discussion about the five-second rule and whether the children thought the 'five-second rule' is true or false. They were encouraged to justify why or why not? Nine children thought it was true, and six children thought it was false. The children were introduced to the concept of microorganisms, and we talked about the different types of microorganisms.

The class was divided into small groups. Each group was provided with food items (either banana, cucumber, bread, or lettuce) and sandwich bags. Each group was required to prepare four pieces of food, then put the first piece to one side as the 'control.' They then dropped the other three pieces on the floor, picking one up immediately, another after five seconds, and the last piece after 10 seconds. The children regularly checked their experiment over a two-week period so they could see how it changes over time.

At the end of our investigation, we discussed the following: Did all the food pieces change in the same way? Did some foods 'collect' more microorganisms than others? Do you think our results are conclusive? And if so why or why not? And finally, is the "five-second rule" valid? We found out that microorganisms can instantly stick to food when it contacts the floor and how this concept supports the idea that eating food dropped on the floor might not always be safe or desirable. We know this because sample 1 (control) in all experiments changed the least, while all other samples showed drastic changes in colour, feel, and appearance.



Stratford-upon-Avon Butterfly Farm



This term, class 5/6 are looking at the topic Beast Creator:

Arachnids, insects, molluscs and myriapods. Minibeasts come in all shapes and sizes!

This half term, we'll handle a range of minibeasts and small creatures. Taking photographs, making notes and listening carefully to expert explanations will help us to understand how minibeasts move, what they eat and where they live. Using what we've learned, we'll write an interesting minibeast report. In science, we'll learn how to categorise minibeasts and investigate woodlice habitats. We'll make detailed drawings of our minibeasts, present data about them and make maps to show the route of our minibeast hunt. Using wood, stones, garden canes and other natural materials, we'll create 'minibeast hotels' and write adverts to attract minibeasts to stay in them. We'll create a comic about deadly creatures and use interesting vocabulary to write minibeast poems.



On Wednesday, we went to the Stratford Butterfly Farm to see some of these creatures 'in person'. We were shown around by Wildlife Will who was very knowledgeable about the different creatures in his care. We talked specifically about the life cycle of butterfly and we saw each stage of metamorphosis while we were at the farm.

Most of us were brave and stroked a cockroach, and some of us even held a prickly stick insect. It felt really weird when it walked across our hands and it did a strange wriggly dance.

We particularly enjoyed when Will put crickets into the to the caiman crocodile enclosure. It was fantastic to see Kenny the caiman hunting and catching his prey. We even gave him a little round of applause!



Stratford-upon-Avon Butterfly Farm

Hunting for eggs, caterpillars and butterflies



I found one!



This caterpillar disguises itself to look like bird poo so it doesn't get eaten.



The hissing cockroach felt quite waxy. It wasn't what I was expecting.



Introducing our new and updated school behaviour code of conduct

As you may be aware, all staff at school have recently received training in trauma informed and attachment aware approaches to managing children's emotions and supporting them to understand their feelings. This builds on and supports our previous implementation of Emotion Coaching which is an approach which teaches children how to name and respond to their emotions through empathetic engagement and validation.

Our approaches focus on supporting children to develop a sense of security and feeling safe. This is based on the principle that nurturing and emotionally supportive relationships promote children's positive outcomes and resilience as well as teaching them the skills that they need to solve problems and resolve conflict. Moments of heightened emotion that may result in unwanted behaviour can be used to engage a child in a teaching moment to train them (through empathic engagement) about more effective responses and self help strategies.

In light of this training, we have reviewed our school behaviour code of conduct.

This now focuses on supporting children to understand and name their emotions and to solve problems in an open and clear way using restorative methods. Please see our new code of conduct on the next page and look out for stickers (modelled below) for children



recognised to be demonstrating our desired behaviours. Children have been introduced to this through a series of whole school assemblies.





Lighthorne Heath Primary

School Code of Conduct

UN convention on the Rights of the Child.

This policy reflects the principles of equality, dignity, respect, non-discrimination and participation. At Lighthorne Heath Primary School, we recognize achievement in putting the UN Convention on the Rights of the Child at the heart of our practice to improve well being and help all children realize their potential. Children's rights are learned, taught, practiced, respected, protected and promoted in our school.

Our Golden Rules:

1. We are gentle and kind to others.
2. We are respectful and polite to everyone.
3. We are helpful to others.
4. We listen well to all of the adults and to other children.
5. We are calm and sensible.
6. We look after school resources and property.
7. We are honest and truthful.



If you are feeling upset, school staff will help you to regulate your feelings by using Emotion Coaching and / or interventions. Staff will use Restorative Practice to help you resolve any problems with other children.

Rewards:

1. You will feel proud of yourself for self-regulating your emotions.
2. Verbal praise.
3. Written praise.
3. Learning Character Stickers / School Code of Conduct Stickers.
4. Lighthorne Heath Hero Certificates and Badges.
5. Letters / texts home to your parents / carers.

Interventions / Consequences

- Verbal intervention by a member of school staff.
- Co-regulation with the Class Teacher / Teaching Assistant / MDS.
- Use of the class Regulation Station.
- Co-regulation with a Partner Class Teacher.
- Co-regulation and problem-solving with a Senior Leader.
- Class Teacher / Senior Leader meeting with parents / carers.

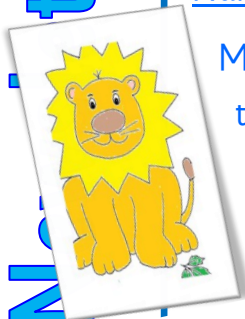
Senior leaders and our SENDCo will also support pupils with specific social, emotional and mental health interventions, where appropriate.

In exceptional cases, school may implement the Suspension and Exclusion policy.

Lighthorne Heath Learning Heroes

Nursery & Reception

Mrs Manley and Mrs Hartley have chosen Hudson as their hero this week. Hudson always puts 100% effort into all that he does and is a pleasure to have in school with his enthusiasm and smile.



Co-operate

Years 1 & 2

Our hero for this week is Lucas for working really hard in his phonics lessons and beginning to apply the sounds he has learned to support his independent reading and writing. Well done for displaying such a fabulous attitude to your learning Lucas!



Persevere

Have a go



Concentrate

Years 3 & 4

Miss Singh has chosen Ella-Mae as this week's hero for her determination to learn her times tables. She has shown initiative by using resources around her to support her learning and doing additional work at home. Consequently, Ella-Mae has been doing well in TTRS quizzes. Well done!



Keep on improving



Years 5 & 6

Mrs Cox's hero this week is Phoebe. She has been a fabulous addition to the class, joining in enthusiastically with our new topic 'Beast Creator.' She was super brave at the butterfly farm where she stroked a hissing cockroach and held a prickly stick insect. Well done Phoebe and keep up the good work.



Use your imagination



En-

joy

Emotional Wellbeing and Mental Health



Mental Health in Schools Team (MHST)

Tips For Wellness:

APPRECIATION

Showing appreciation not only has mental and physical benefits for the receiver, but also the person expressing gratitude. Therefore, appreciating the things and people around us can improve our wellbeing!

Benefits of showing appreciation include higher levels of happiness and optimism; improved sleep; less stress; improved ability to cope with difficulties; increased self-esteem; reduced depression; fewer physical problems; improved resilience.

Our tips for appreciation:

1- Daily gratitude reflection - at the end of the day, think of 3 things you are grateful for (no matter how big or small). You could share these with your family at the dinner table, or write them in a journal at bedtime. If you cannot think of 3 things, try just 1 to start with!

2- Jar of appreciation - whenever someone in your family appreciates something, write it down and put it in a jar. At the end of the week, sit down together and read what you are all grateful for in your life. This can help you connect and share appreciation!

3- Random acts of kindness - notice when you have been kind to others and celebrate this! Did you comfort a friend when they were feeling sad? Did you hold the door open for someone? You could write a card to a friend and tell them how much you appreciate them, bake cookies for your neighbour, or help your parent/carers at home to tidy the house!

4- Say thank you - using manners helps us to express our appreciation for others, which can also boost our own positive feelings.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars 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 |
|--|---|-------------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| November | | |
| | | |
| Friday 10th November | Coding club begins for years 3-6 Sign up link: https://www.innovationpod.co.uk/lighthorneheath 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.

UN Convention on the Rights of the Child

Article 29: Goals of education

Thank you to all of our families that joined us for Bonfire Night Bingo on Thursday evening.

We had a fabulous time and are delighted that almost £100 was raised for school funds. This will go back to the children and be used to purchase items to support their learning at school.



Bonfire Night BINGO!

Warwick District Timetable 8 Nov-22 Dec

Barnardo's Warwickshire Children and Family Centres

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

Email: warwickdistrictcfc@barnardos.org.uk

<https://instagram.com/warwickcfc/>

<https://www.facebook.com/warwickchildrenscentres/>

Check out our
ebook page at 10am
daily for ideas and
activities to enjoy

Lillington C&FC
Toddler Time
Wednesday 10:00-11:30

Baby Time
Friday 10:00-11:30

Westgate C&FC
Toddler Time
Wednesday 11:00-12:30

Baby Time
Wednesday 1:30-3:00

Kingsway C&FC
Baby Time
Thursday 10:00-11:30

Toddler Time
Thursday 1:00-2:30

Would you like to talk
to someone about your
child's speech
& language
development?
Call Helen on
07703 381764

Sydni Centre
Toddler Time
Tuesday
9:30-11:00

St Johns
Baby Time
Tuesday
9:30-11:00

**Heathcote Community
Centre**
Baby Time
Wednesday
1:30-3:00

The Gap
Toddler Time
Thursday
1:00-2:30

**St Margaret's
Church**
Toddler Time
Friday
10:15-11:45



To book a place on one of our sessions,
please follow this link:
<https://warwickdistrictcfc.eventbrite.com>
or scan the code

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 9PT

**St John's Family and
Wellbeing Centre**
Mortimer Road
Kenilworth CV8 9FS

**Heathcote
Community Centre**
Crossida Close
Heathcote CV34 6DZ

The Gap
39 Oakwood Grove
Warwick CV34 5TD

St Margaret's Church
Church Close
Whitnash CV31 2HU



Barnardo's Warwickshire Children and Family Centres

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

Partner & Agency Contact Details

Family Information Service

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

Call: 01926 742274

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

Early Help and Targeted Support Team

Family Support Workers are available across Warwickshire to
listen, support and offer advice and guidance to families and
professionals.

To speak to a Family Support Worker over the telephone or to
arrange a face to face consultation Call 01926 412412

Monday to Friday - 9am-4pm

www.warwickshire.gov.uk/childrenandfamilies

Health Visiting & Midwifery

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

HV 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

Midwives - Bluebell Clinic @ Warwick Hospital

01926 600040

Early Breastfeeding Support Team

01926 626529

Other Useful Contact Details

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

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

Citizens Advice: Monday to Friday - 9am-5pm. Call 0800 250 5715

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

Wright Hassall Legal Clinic. Email: enquiries@wrighthassall.co.uk. Call: 01926 886688.

Refuge's Domestic Violence and Abuse Service Warwickshire. Call: 0800 408 1552



Benn Partnership Centre
 Railway Terrace, Rugby, CV21 3HR
 Tel: 01788 553033
 Email: info@bennpartnership.org.uk
 Website: www.bennpartnership.org.uk

Monday 25th December

FREE CHRISTMAS DAY DINNER

Each year Benn Partnership Centre offers a free Christmas Day Event for members of the community who would otherwise be alone.

Do you have family who will be working Christmas day?
 Or will you struggle to cook a Christmas dinner?
 If so, please call or email before Friday 1st December to book your place and advise us of your dietary requirements.

Arrive at 10:30am with dinner at 1:00 pm and stay until 4:00pm. Please note that the numbers are limited so it will be on first come first served basis.

Tel: 01788 553033
Email: info@bennpartnership.org.uk

SYDNI

COMMUNITY CHRISTMAS LUNCH

WEDNESDAY 13TH DEC

**ARRIVE FROM 12 NOON
 LUNCH SERVED AFTER 12.30**

**TRADITIONAL TURKEY LUNCH WITH ALL THE TRIMMINGS
 CHRISTMAS PUDDING OR WINTER BERRY PAVLOVA**

Music, Quiz, Games, Carols.
 Christmas hats or jumpers optional

Call 01926 422071 to book your place

Cottage Square, Sydenham, Leamington Spa, CV31 1PT 01926 422071
sydni.org
 Opening hours: Monday - Friday 9.00-5.00

LOTT

CHRISTMAS FAYRE

SUNDAY 3rd DECEMBER
 10am - 4pm

THE BAND FACTORY
 ALTHORPE STREET, LEAMINGTON SPA, CV31 2AU

CHILDREN'S DECORATION WORKSHOP

SANTA'S GROTTO

CHRISTMAS STALLS

CAROLS FROM ST. PATRICK'S SCHOOL CHOIR

Napton WI

Christmas Food Fayre

Saturday 16th December

Napton Village Hall

10:30 am - 4:00 pm

Home Baking!

Local Produce!

Refreshments

Roasted Chestnuts

Mulled Wine

Xmas Stalls

Visit Santa
 2.00 - 4.00 pm

£1 entry under 16 free

Adult and Community Learning

Lighthorne Heath Primary School
in partnership with the children and family centre, and
Family Learning

Decorate a Christmas t-shirt



Family Learning: making learning fun!
For parents/carers and children
Everything FREE

Thursday 23rd November
3.15 – 4.45

To book a place for you and your child please contact: The
school office, Lighthorne Heath Children and Family Centre
01926 691105 or email janlennon@warwickshire.gov.uk



Adult and Community Learning

Lighthorne Heath Primary School
in partnership with the children and family centre, and
Family Learning

Make a Pizza workshop



Family Learning: making learning fun!
For parents/carers and children
Everything FREE

Thursday 30th November
3.15 – 4.45pm

To book a place for you and your child please contact: The
school office, Lighthorne Heath Children and Family Centre
01926 691105 or email janlennon@warwickshire.gov.uk



Warwickshire
County Council

*Working for
Warwickshire*

Adult and Community Learning

Lighthorne Heath Primary School
in partnership with the children and family centre, and
Family Learning

Winter Art and Craft Workshop



Family Learning: making learning fun!
For parents/carers and children
Everything FREE

Thursday 7th December
3.15 – 4.45

To book a place for you and your child please contact: The
school office, Lighthorne Heath Children and Family Centre
01926 691105 or email janlennon@warwickshire.gov.uk



Warwickshire
County Council

*Working for
Warwickshire*