



Welcome back to all of our children and families.

What a wonderful first week we've had in Reception!

The children have settled in beautifully and are already becoming familiar with their new environment, routines, and friends. We've been so impressed with how confident and enthusiastic they've been exploring their classroom and outdoor spaces.

This week, we've focused on helping the children feel safe and happy. We've enjoyed getting to know each other through circle times, stories, songs, and lots of play-based learning. We even had our first PE lesson this week with Mr Rellis. We took part in parachute games and had so much fun!



## Reception



UN Convention on the Rights of the Child

Article 29: Goals of education

# Staffing Updates...

Many of our parents and children met Mrs. Gill at the end of the Summer Term. Mrs. Gill is an experienced teacher who was previously working in Cheltenham. Mrs. Gill will be teaching our Reception class.



We are delighted to welcome Mrs. Madahar to Lighthorne Heath Primary School. Mrs. Madahar is an experienced teacher who has spent a number of years working at our federation school, Sydenham Primary. Mrs. Madahar will be teaching Years 3 and 4.

We are very pleased to welcome two new Teaching Assistants to our team. Miss. Barreto will be working in our Early Years team and Mrs. Giffin will be working with Years 1 and 2.







## Physical Education

Our PE lessons are delivered by our wonderful colleagues at Onside Coaching.



Mr. Rellis is our regular lead Coach and he often delivers the sessions personally,

although we do have other coaches working in school from time to time. We are lucky that Mr. Rellis knows all of our children very well and is able to tailor each class' PE lesson to meet our pupils' needs while ensuring curriculum progression.

Mr. Rellis often dismisses the children at the end of the day

and is always happy to talk to parents about their child's performance in PE.

All of the wonderful Onside coaches are fully trained in delivering the primary Physical Education curriculum and all have full enhanced DBS checks.

Children are required to wear their PE kits to school on the day of their PE lesson.

### PE Timetable. Autumn Term

Monday	Years 5 & 6
Tuesday	Years 4 & 4
Wednesday	Reception
Thursday	
Friday	Years 1 and 2

Your child's PE kit should consist of a white t-shirt, navy or black shorts or jogging bottoms and well fitting trainers or pumps. On colder days, children may wear a navy or black sweatshirt or their school sweatshirt.



### Swimming Lessons

Swimming lessons are held at Southam Pool on a Wednesday afternoon.

This term, Years 3 and 4 are swimming. Please ensure that children have their kit (one piece swimming costume or swimming trunks and towel) in school in order to take part.





## Guided Reading and Maths



This week the children in Years 1 and 2 were excited to receive a bundle of parcels addressed to the class and delivered in a royal mail bag. This left them clues to the new guided reading text they will be learning about this term, *The Jolly Postman* by A & A Ahlberg.

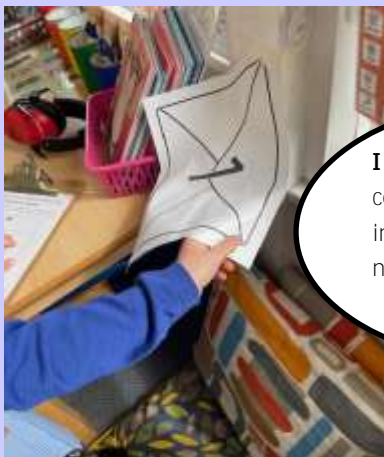
The children discussed the links between the variety of book clues they opened, noting that a lot of the books were traditional tales and that two of them were written by the same authors. The postal theme was carried into their Maths learning as they took on the role of postal workers, finding letters that had been hidden around the room to complete a treasure hunt. They worked in pairs to solve the clues, practising their counting skills and number recognition to solve the mystery. Well done everyone for displaying great teamwork!



I found a postcard!

**It's got a bus on the front, I wonder if the postman has been on a holiday?**

There are lots of parcels inside the bag! They all have different addresses on them.



**I found the first letter! Let's count the number of objects inside and write the correct numeral on our sheet.**





# Looking at Learning



Our Year 3 and 4 children have made an excellent start to the new school year and have all impressed Mrs. Madahar with their eagerness to learn as well as their fabulous teamwork.

The children were particularly interested in their art lesson this week where they demonstrated excellent curiosity as well as concentration in order to produce some beautiful ideas boards.

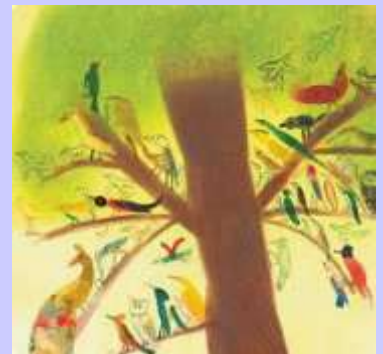
This term, their art work will focus on storytelling through drawing and on Thursday, the children spent time studying the illustrations and artistic styles of Laura Carlin, an artist and illustrator.



They used Laura's artwork as inspiration for their own illustrations and discussed the use of lines and colours to express mood, create movement and bring their storytelling ideas to life.



The children are excited to build on these skills in future lessons **and can't wait to showcase their finished artwork later this term.**



Questions to ask your child when reading fiction:

Predicting:

What do you think this book will be about based on the title and cover?

Have you read any books by this author before? What were they like?

What do you already know about this topic?

Understanding the Story:

What is happening in the story so far?

Who are the main characters? What do we know about them?

Where and when does the story take place?

Making Connections:

Does this story remind you of anything in your life?

Have you read another book like this before?

How do you think the character is feeling? Why?

Vocabulary and Language:

What does this word mean? Can you use it in a sentence?

Are there any words that you don't understand?

How do the illustrations help to tell the story?

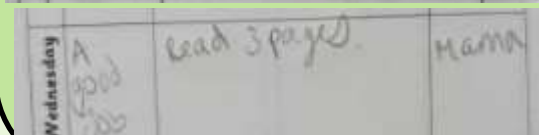
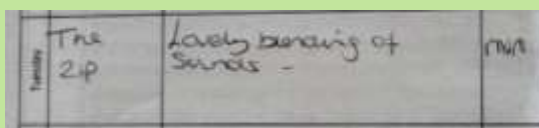
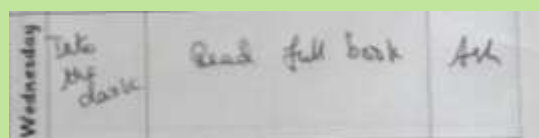
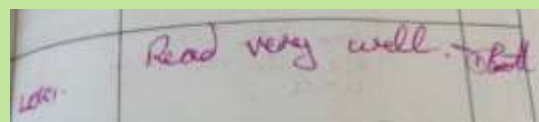
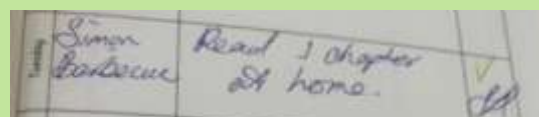
Encouraging Critical Thinking:

What do you think will happen next?

Filling in the reading record:

When signing your child's reading record, please include the date that your child read, the title of the book (or the material that they read) and your initials.

You are welcome to include additional information about your child's engagement, comprehension and confidence or some praise if you would (and this is useful) but you don't have to.




**REMEMBER... YOU'VE GOT TO BE IN IT TO WIN IT!**

1. Share a book with an adult at home at least 3 times each week (you can read your school reading book or any other reading material).
2. Ask the adult to sign your reading diary each time they share a book with you.
3. Make sure that your reading diary is in school each day. On Friday, bring this to the office and show the Learning Detectives. If your diary is signed 3 times or more for that week, you will receive a raffle ticket.
4. The raffle tickets will go to celebration assembly and prizes will be given each week for raffle tickets drawn.



# Diary Dates



Spring Term	
September	
Friday 26th September	Non uniform day. We request that children bring a donation to school fund. Suggested donation £1
October	
Thursday 9th October	World Mental Health Day. Please wear blue. 
Monday 20th October	School Tour for prospective Reception parents, 2pm
Friday 24th October	Non uniform day. We request that children bring a donation to school fund. Suggested donation £1
27 <sup>th</sup> October– 31st October	Half Term Holiday
November	
Monday 3 <sup>rd</sup> November	Autumn Term 2 begins
Friday 28 <sup>th</sup> November	Non uniform day. We request that children bring a donation to school fund. Suggested donation £1
December	
Monday 1st December	INSET Day– school is closed
Tuesday 2nd December	EYFS, Year 1 and Year 2 to visit Warwick Arts Centre to watch The Tiger Who Came To Tea.
Wednesday 3rd December	<b>Years 3 &amp; 4 to visit Coventry's Belgrade Theatre to watch Sleeping Beauty</b>
Thursday 11th December	Years 5 and 6 to visit the RSC to watch The BFG
Wednesday 17th December	Christmas Jumper Day
Monday 22nd December 2025 to Friday 2nd January 2025	Christmas Holiday School returns on Monday 5th January

## INSET Days 2025-26

- Friday 10th October 2025
- Monday 1st December 2025
- Monday 1st June 2026
- Monday 20th July 2026

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

Article 5, Parental Guidance, Article 18, Parental responsibility





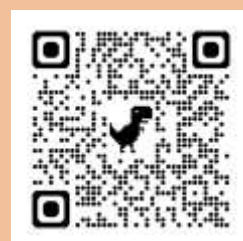
# School Uniform

Our school uniform consists of a blue or white polo shirt, navy jumper or cardigan, grey trousers or skirt.

All children should wear black school shoes which are not trainers.



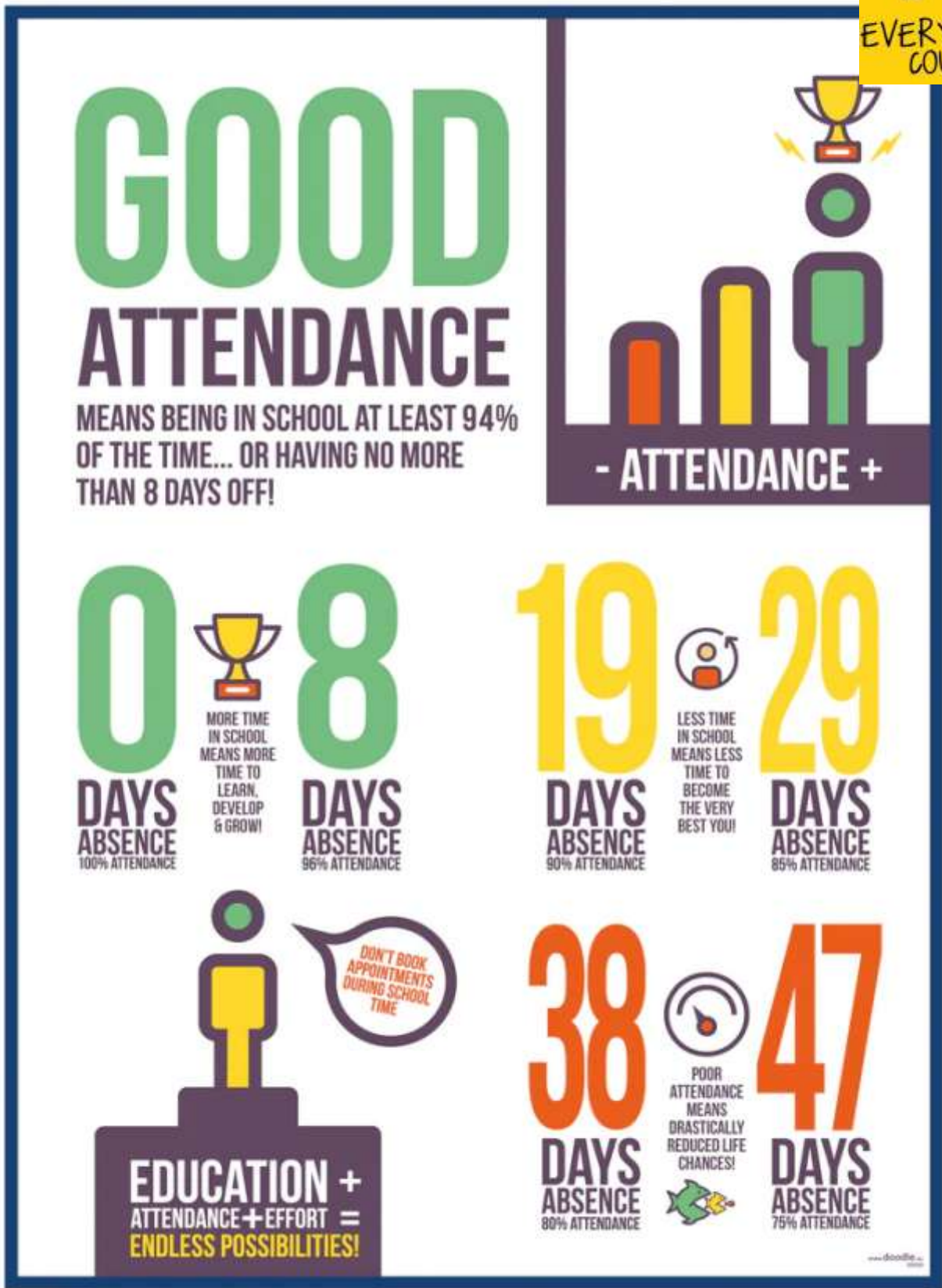
For P.E. lessons, children should wear a plain white t-shirt, black sports shorts and black trainers or pumps.



Uniform can be ordered online via [www.stitchtech.co.uk](http://www.stitchtech.co.uk) or [www.myclothing.com](http://www.myclothing.com)

**Stitch-Tech Ltd**





UN Convention on the Rights of the Child  
Article 29: Goals of education  
Article 5, Parental Guidance, Article 18, Parental responsibility



We want to provide the healthiest possible environment for all our children to thrive.

Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

We have a water cooler in school and children are welcome to fill up their bottles when they need.



The NHS states that the best drinks to give children are water and milk.

Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.



- UN Convention on the Rights of the Child
- Article 29: Goals of education
- Article 18: Parental responsibilities
- Article 24: Health and health services





### Monday



Pork Meatball Pasta Bake G.D

### Vegetarian Customers Only



(v) Tomato Pasta Bake D.G.

### Tuesday



(v) Cheese & Tomato Pizza Wedge G.D



(v) Jacket Potato with Cheese D.

### Wednesday



Roast Beef in Gravy, York Pud D.E.G



(vg) Quorn Roast G.  
(v) Yorkshire Pudding D.E.G

### Thursday



(vg) Quorn Dippers in a Wrap G



(v) Jacket Potato with Cheese D.

### Friday



Battered Fish Fillet F.G



(v) Texan Sausage & Bean Bake G.D

### Educaterers' New Menu

Next week is Week 1.  
Jacket potato and choice of fillings available daily

### Free School Meals

If you think that you may be eligible for free school meals applications can be made online at <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>



Mrs. Manley and Mrs Hendriksen are happy to help with FSM applications, please ask if you require assistance.



# Emotional Wellbeing and Mental Health



We place mental health and wellbeing at the centre of everything we do.

By taking the stigma away from talking about mental health, we want all pupils and staff to know they can ask for help whenever they need it.



Awareness means that staff and pupils are educated in mental health and wellbeing.

Support is about having different avenues of support for everybody

Kindness means that wellbeing runs through everything we do, from being kind to ourselves and each other and by actively promoting well being

These logos represent some of the partners with whom we work to ensure that our we are maximising opportunities to support the positive mental health on all of our young people.



All schools in England must have a Designated Senior Mental Health Lead who has been trained in understanding Mental Health and supporting children, families and staff. Mrs. Manley is our school Senior Mental Health Lead.

Mrs. Manley can support families in identifying early indicators of poor mental health and to respond promptly by implementing a range of support strategies both at home and school.

Please speak to the school office if you would like to arrange to **meet with Mrs. Manley to discuss any aspect of your child's mental health.**





# Emotional Wellbeing and Mental Health



Mental Health in Schools Team  
**Tips For Wellness**



## Going back to school

Going back to school can be stressful, so check in with your young person and keep the conversation open about how they're feeling. Help them find and keep a good routine (regular wake-up, meal and bedtime schedules) and try to keep these on the weekend to help them adjust quickly to the school day rhythm. Remember to celebrate small wins, offer praise and try to stay patient if your child struggles with the new routine.

### Activities to Support Your Young Person's First Weeks of School

The transition back to school is a great time to use activities that boost your young person's confidence, reduce anxiety, and build strong routines. Here are some ideas to try during those first few weeks:

#### 1. Morning Check-In Ritual:

Start each school day with a simple ritual—like a hug, a positive affirmation, or a quick chat about what they're looking forward to. This helps set a calm, positive tone.

#### 2. After-School Decompression Time:

Plan 20–30 minutes of quiet time after school for your young person to unwind. Reading, drawing, or light play can help them process the day and relax before homework or chores.

#### 3. Homework Kickoff Activity:

Create a fun "homework kickoff" routine like a special snack, background music, or a 5-minute movement break before starting homework. It helps shift their mindset into focus mode.

#### 4. Organisational Games:

Turn organising school supplies or packing the backpack into a quick game or challenge—who can find and pack items the fastest? Making organisation fun encourages responsibility.

#### 5. Weekend Family Planning Session:

Spend time on the weekend planning the upcoming week together. Discuss after-school activities, school projects, and family events. This builds anticipation and helps your young people feel involved.

#### 6. Gratitude or Highlight Jar:

Keep a jar where your child can drop notes about something good that happened at school each day. Review them together weekly to focus on positives and build resilience.

Tips for  
going  
back to  
school



Webinar about the  
transition to  
secondary school



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.

# Lighthorne Heath Learning Heroes

All of our fabulous children and staff have been nominated as Lighthorne Heath Heroes this week.

Everybody has made a wonderful start to the new school year. We have spotted many children demonstrating kindness and care towards one another, so many children demonstrating the skills needed to be an effective learner and lots of smiles and laughter has been heard.

We are looking forward to continuing the year as positively as it has started.



Have a go



Concentrate



Be curious!



Enjoy learning



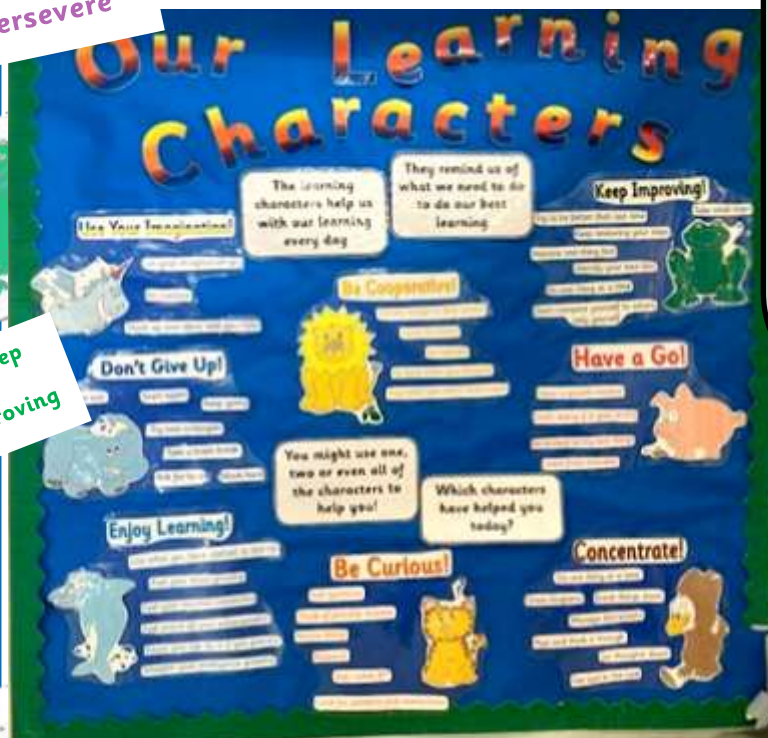
Co-



Persevere



Keep improving



My favourite learning character is the elephant because it reminds me to never give up and keep on trying, even when I'm finding things challenging.

Our learning characters remind us what we need to do to learn. We talk about them in most lessons and use them to identify what we do well and what we need to get better at.

By Sadiye

UN Convention on the Rights of the Child

Article 29: Goals of education





# School admissions



Warwickshire County Council

If you have a child who is due to start Reception or Year 7 next September, you need to apply for their school place. Applications can be made via the Warwickshire School Admissions Service. Visit their website for more information <https://www.warwickshire.gov.uk/school-admissions-appeals>

## Applying for a primary school place

**1  
November**

Application opens

**15 January**

Closing date for  
applications

**1 February**

Extended closing  
date for house  
moves

**16 April**

National offer day

**14 May**

Deadline for  
submitting appeals

## Applying for a Secondary School Place

**1  
September**

Application opens

**31 October**

Closing date for  
applications

**31**

**December**

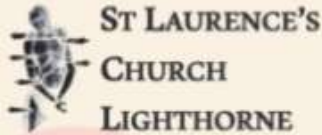
Extended closing date  
for house moves

**2 March**

National Offer Day

**27 March**

Deadline for  
submitting appeals



# You are invited!

To the welcome service for  
Rev. Dave Bixby

Wed 10<sup>th</sup> Sep 7.30pm  
St Lawrence Church,  
Lighthorne

Come and welcome Dave  
as he becomes our  
associate minister for the  
Parish of Lighthorne,  
Lighthorne Heath and  
Upper Lighthorne.



for more info email [st.p.wellesbourne@gmail.com](mailto:st.p.wellesbourne@gmail.com)



It is such a joy to start  
my role as the associate  
minister, serving the  
communities of  
Lighthorne, Lighthorne  
Heath and Upper  
Lighthorne.

My family and I have moved from Walton on Thames, Surrey, where I served my curacy. My passion is for a thriving community where everybody knows that Jesus loves them, through word and deed, and I look forward to meeting you all. Whether you are a Christian or not, this church is your church. You are so welcome to join us for my welcoming service which formally begins my ministry here.

God bless.

Dave

"Beloved, if God so loved us, we also ought to love one another" 1 John 4:11