Primary School Newslette ighthorne Heath

Lighthorne Health

Newsletter 10

Friday 21st November 2025

01926 640326





Reception











This week we have been learning all about The Gingerbread Man!

We were very excited to receive a letter from the Little Old Lady, who asked if we could help her make some more gingerbread men. She even sent us the recipe and all the ingredients we would need.

The children have had a wonderful time designing their own gingerbread people, ready to bake them next week.





We just hope they don't escape before we get to eat them!

















UN Convention on the Rights of the Child





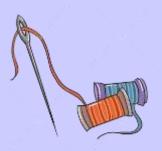




### D&T - Sewing



In our D&T topic, we have been learning about hand puppets. We explored existing puppets and thought about what we liked and disliked about them. We used our learning to help us to design our own puppets to make.



We experimented with

different joining techniques including stapling, gluing and sewing. We realised that sewing was the best joining technique.

To support us in developing our sewing skills, we practiced threading. Some of us found it a little bit tricky, but we persevered and didn't give up!





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In their next lesson, the children will be evaluating their puppets by looking at how closely they match their design, what worked well and what they might change next time.









A shanty is a song sung by sailors in rhythm with their work

Children in Years 3 and 4 have been learning a sea shanty called *Essequibo* River, a traditional song sung on the Guyanese sea. During rehearsals, the children used a piece of linen fabric to represent oars, mimicking the action of rowing as they sang.

They practised keeping in time with the rhythm of the shanty, which made the experience both engaging and

wonderfully rhythmic.















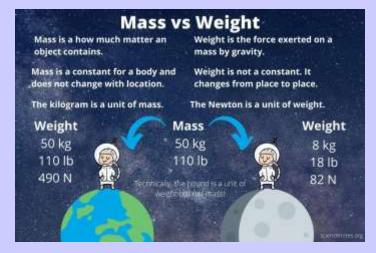
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# Learning

# Years 5 and 6 SCIENCE - FORCES

This week in Science, the children have been learning about the difference between mass and weight:



We conducted an experiment to find a link between the weight and mass of an object in small groups. We were excited to find out that 100g (grams) is equal to approximately 1N (Newton).

We were able to plot our findings on a graph to see the link in a more visual way.

We chose items from around the classroom. First we found their mass using an electronic scale, then we measured its weight using a newton meter.



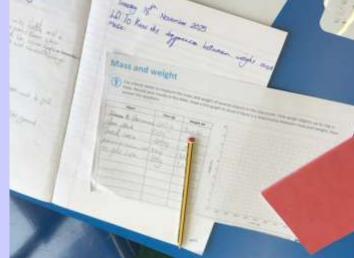
### **Years 5 and 6**



Did you know, mass does not change but weight can vary depending on the pull of gravity on an object.

We recorded our results in a table and then plotted them on a line graph.

When we did this is was easy for us to see the link.



Our favourite aspect of science are the experiments, so we really enjoyed finding out more about weight and mass in a practical way.





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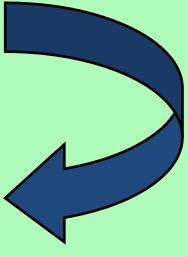
Article 29: Goals of education

Plastic Free swap ideas from your Eco committee!



Make your own lunch-ables! Put crackers and crunchy sticks in a reusable bag and add cheese and ham slices in a box to make your own lunch-ables!





The Eco-Committee would like to start sharing ways that you can be more ecofriendly at home and school. We have started by thinking of ways to reduce singleuse plastic in your lunchbox. Hopefully these swaps will also save you money and be healthier!



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Article 29: Goals of education

Article 24: Health and health services



# NSPCC Speak out. Stay safe. programme



These assemblies will be held in school during the week commencing 24th November. Please speak to your child's teacher or Mrs Manley if you have any questions or comments.

Dear Parents/Carers,

### NSPCC's Speak out. Stay safe. programme

We are pleased to inform you that we are participating in the NSPCC's Speak out. Stay safe. Programme this term. Speak out. Stay safe. is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy. If you would like to know more about the Speak out. Stay safe. programme visit www.nspcc.org.uk/speakout.

### Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

### Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

### Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

### Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

### Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content. www.childline.org.uk/buddy (5-7) www.childline.org.uk/kids (7-11)

### Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at <a href="https://www.nspcc.org.uk/pants.">www.nspcc.org.uk/pants.</a>

I hope you find this information about the NSPCC and the Speak out. Stay safe. programme helpful. Please do contact me if you have any further questions.





NSPCC



# Guide to Supporting Your Child's Reading

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?

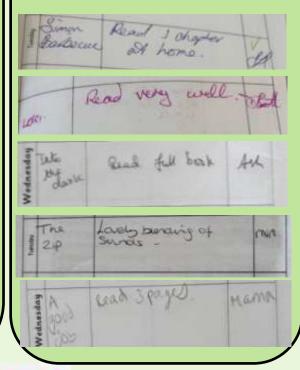
**Encouraging Critical Thinking:** 

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.



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Article 5, Parental Guidance, Article 18, Parental responsibility



# Diary

# Dates



Spring Term	
November	
Monday 24th November	Y3 and 4 trip to The Think Tank
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	Years 3 & 4 to visit Coventry's Belgrade Theatre to watch Sleeping Beauty
Thursday 4th December	2.30 Years 3, 4, 5 & 6 performance. Christmas carols
Tuesday 9th December	2.30 Reception, Year 1 and Year 2 Christmas performance
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.



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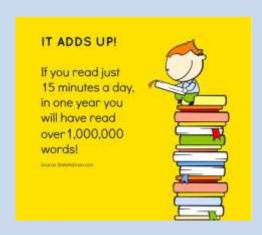


## We love reading!

At Lighthorne Heath Primary School, we believe that reading with your child regularly is the most valuable thing you can do with your child to help support their progress.

Giving a child time and full attention when reading them a story tells them they matter. It builds selfesteem, vocabulary, feeds imagination and even improves their sleeping patterns.

We expect all children to be heard reading a minimum of <u>four</u> times a week by an adult at home. This ideally should be daily.





Reading aloud everyday is the single most important thing you can do to prepare your child to learn.

BOOK FAIR GIFT VOUCHER

Please record reading in your child's reading diary. Staff will regularly monitor these diaries. Please note that reading in school may take place in a variety of ways and may not always be recorded in your child's diary. For example, teachers keep central records of guided reading sessions.

Your child's reading diary will contain a star sticker on the front. If they can look after their diary and show still have it at the end of the academic year then there will be a small reward.

All children who read four times a week, or more, between Monday 22nd September and Thursday 9th October will be entered into a prize draw to win one of five £5 book tokens to be spent at the Scholastic Book Fair in October.





### 7 Top Tips to Support Reading at Home

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

Concentrate on reading quality (it isn't all about reading lots!)



Don't worry too much about the 'what' and 'how' of reading each day. Books are great-but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

Ask your child lots of questions



All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of "Wh' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'what do you think Harry is feeling?'

Ask your child to make predictions about what they have read



If it is a book, look at the front cover-or the last chapter-and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?"

Ask your child to summarise what they have read



When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?"

Ask your child to write about what they have read



Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

Read and discuss reading with friends or family



Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!"

Maintain the motivation to read



Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'

Education Endowment Foundation (2018) Preparing for Literacy: Improving Communication, Language and Literacy in the Early Years. Education Endowment Foundation: London. Available online: eaf.li/literacy-early-years

Education Endowment Foundation (2019).

Improving Literacy in Secondary Schools. Education Endowment Foundation: London.

Available online: eaf I/literacy +x3+x4

Breadmore, H.L., Vardy, E.J., Ourningham, A.J., Kwok, R.K.W., & Carroll, J.M. (2019). Literacy Development: Evidence Review. Education Endowment Foundation: London. Available online: education endowment foundation.org.uk/publio/files/Literacy\_Development\_Evidence\_Review.pdf







# ighthorne Heath Primary School Newslette





Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride unless a dentist advises otherwise
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.

### Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night and at least on 1 other occasion.
- Encourage your child to brush their own teeth while supervising them.
- Use children's fluoride toothpaste that contains 1,000ppm to 1,500ppm fluoride (check on the box).
- Use only a pea-sized amount of toothpaste.

### Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check on the box).
- Spit out after brushing and don't rinse if you rinse, the fluoride won't work as well.
- Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes

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UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental responsibilities

Article 24: Health and health services

 Take your child to the dentist when their first milk teeth appear, or before they are 12 months old. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practice for the future.

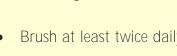
Taking your child to the dentist

· NH5 dental care for children is free.

 When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.

### How to help children brush their teeth properly

- · Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Use a small, soft toothbrush that is right for your child's age.
- . Brush your child's teeth using small, circular movements.
- · Remember to gently brush their gums and behind their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.





### educaterers





### Educaterers' New

### Menu

Next week is Week 3

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/applyfree-school-meals



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





# YN/R/1/2 Theatre Trip

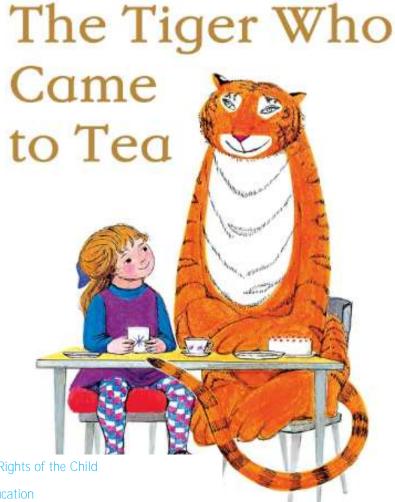
On Tuesday 2nd December, Years N/R/1/2 will be visiting Warwick Arts Centre to watch a performance of "The Tiger Who Came to Tea." The cost of the trip is £12.37—please make payment via your ParentPay account. For more information, see the letter sent to you or speak to a member of our office staff.

Direct from the West End, the Olivier Award nominated smash hit show, The Tiger Who Came to Tea returns.

The doorbell rings just as Sophie and her mummy are sitting down to tea. Who could it possibly be? What they certainly don't expect to see at the door is a big, stripy tiger!

Join the tea-guzzling tiger in this delightful family show; packed with oodles of magic, sing-a-long songs and clumsy chaos. Don't miss this stunning stage adaptation of the classic tale of teatime mayhem... expect to be surprised!

A musical play adapted and directed by David Wood, based on the book by Judith Kerr.





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Article 29: Goals of education

Article 31: leisure, play and culture





# Y3/4 Theatre Trip

When Princess Aurora pricks her finger on an enchanted spinning wheel she's cursed to fall asleep for 100 years, unless she's kissed by her one true love. Enter the dashing Prince (and his two rather calamitous sidekicks) who embark on a brave adventure to save the Princess from her terrible fate. But with the wicked Fairy Carabosse determined to ruin their plans, will our trusty trio be triumphant or is the Princess doomed to a century of snoozing? You'll have to come along to find out!

Sleeping Beauty will be full to the brim with all of the wonderful elements that make a trip to the Belgrade such a well-loved Christmas tradition for thousands of families every year.

On Wednesday 3rd December, Years 3/4 will be visiting The Belgrade Theatre to watch a performance of "Sleeping Beauty." The cost of the trip is £15.10—please make payment via your ParentPay account. For more information, see the letter sent to you or speak to a member of our office staff.

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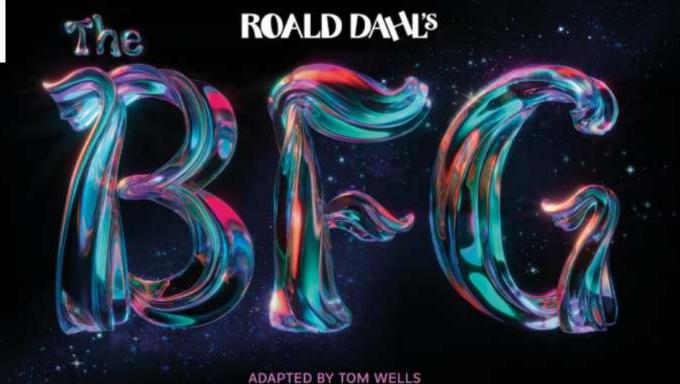
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Article 29: Goals of education

Article 31: leisure, play and culture





One extraordinary night, a young orphan named Sophie is snatched by a giant and taken far away to Giant Country. There she learns that human-eating giants are guzzling 'norphans' the world over. But she soon discovers that her new friend, the BFG, is different — he's a dream-catching, snozzcumber-munching gentle soul who refuses to eat humans.

While other giants terrorise the world, the BFG ignites Sophie's imagination, and devise a daring plan to save children everywhere. In the end, the smallest they human bean and the gentlest giant prove that a dream can change the world.

Gather your chiddlers to see Roald Dahl's unforgettable story come to life this winter. Tom Wells' magical new adaptation is directed by RSC Co-Artistic Director Daniel Evans.

On Thursday 11th December 2025, Years 5/6 will be visiting The Royal Shakespeare Theatre in Stratford to watch a performance of "The BFG." The cost of the trip is £9.90 please make payment via your ParentPay



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Article 29: Goals of education

Article 31: leisure, play and culture





### educaterers







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Article 29: Goals of education

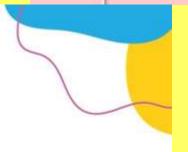


# **Emotional Wellbeing**









### Winter Wellness

It is important to focus on our wellness during the colder months. Winter is a time where our bodies may start to crave the same warmth and comfort we had during the summer months. We might associate winter with the winter blues, but we need to try and create some space for self-care and slow down to nourish our physical and mental health! Sometimes we might feel the winter blues because of the lack of sun and vitamin D we are getting. This is why our mental wellbeing should be a big focus during these months, and we should find creative ways to stay on track, keep up motivation, and look after ourselves.

### Our Top Tips For Winter Wellness:

- 1. Wrap up warm and lay down with a blanket and a hot drink.
- Do some fun activities outside in the natural sunlight such as going for walks or seeing friends (you might need to wrap up warm for this!) Even on cold days, fresh air and natural light boosts our mood.
- Stay active try indoor exercises to help get your body moving during the colder months.
   You could keep your energy up by dancing, swimming, or practising yoga. You could also find an exercise video online for you to do at home!
- You might even want to go to your local café and read a book in the daytime or have a warm relaxing bath when you're home after a cold day.
- Keep up your routines- getting up in the morning is harder in winter when it's cold and dark. Shorter days also make it tempting to sleep more, but consistent sleep helps your mind feel balanced.
- Eat well and stay hydrated good nutrition fuels your brain and body.
- Talk about how you're feeling sharing your thoughts can help if you're feeling low or stressed.

Remember to always make time for yourself at the end of a long day!

Scan the QR code for more ideas about how to keep well in Winter.



In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support 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 address



# **Emotional Wellbeing and Mental Health**







As the weather is getting colder many people may find themselves spending less time outside. Why not go out and complete this scavenger hunt as a way of boosting your mood this winter?

# Lighthorne Heath Learning Heroes

### Reception

Mrs Gill's hero this week is Charlie. Charlie has impressed me with his maths this week and has been working hard to find different ways of partioning the number 5. He has been using the part whole model to find different ways of making 5 and has even been representing them. on his hands. I have also seen him persevering with his number formation. Super effort Charlie, keep it up!



### Years 1 & 2

Our learning hero for this week is Lucas A. Lucas has continued to work hard in all areas of the curriculum but it has been lovely to see him listening more to advice to allow him to deepen his understanding, especially in maths. Lucas has also been very helpful in the classroom this week; tidying up without being prompted and taking on additional responsibilities! Well done, Lucas! Keep up Persevere your hard work.





leai

Concentrate

### Years 3 & 4

Mrs Madahar is delighted to choose Omoghene as this week's Class Hero. He consistently demonstrates our learning characters and a strong growth mindset, putting effort into every lesson. He challenges himself with tasks that deepen his understanding and always strives to improve. What a truly fantastic role model for the whole class!



Be curious!

### Years 5 & 6

Our Year 5 & 6 learning hero is Amber. She always goes out of her way to be helpful and she is very kind and nurturing towards the younger children. Keep up the lovely attitude Amber



Enjoy learning

Use your imagination

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### **Fussy Eating Workshop**

Change Makers are running workshops supporting parents with children who display fussy eating behaviours'. The workshop will cover the Eatwell Guide, top tips and practical advice on reducing fussy eating behaviour's.



Sessions are 1 hour long



Held in school & over zoom



Sessions are FREE

If you would like to join, please contact us via email or phone.

Hollie.Williams@rugby. gov.uk 07353006925







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Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



### Family Support Drop In Sessions



Would you like the opportunity to speak to a Family Support Worker?

Family Support Workers can offer support with

Developing Routines and Boundaries
Understanding your child's behaviour
Behaviour Management
Health and Wellbeing
Childrens Mental Health

Join us for a consultation with a Family Support Worker at Lighthorne Heath Children and Family Centre 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month





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Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

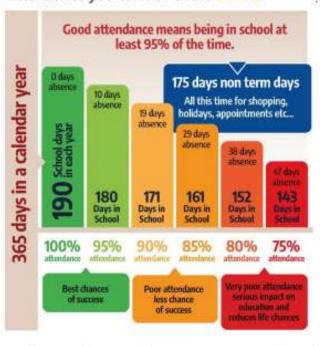


### Attendance and Punctuality

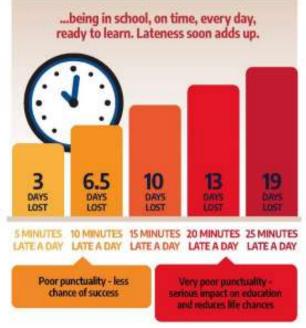
EVERY MINUTE COUNTS!

Thank you to the many parents who ensure that their children attend regularly and arrive on time. Attendance is incredibly important to the education of our children and makes a big difference to a child's ability to do well at school.

DID YOU KNOW? A two-week holiday in term time means that the highest attendance you can achieve is 94.7%



**DID YOU KNOW?** A child who is 15 minutes late each day, will have missed a full 2 weeks of school in one year.





In addition to attending school, it is also important that your child has

what they need each day. Parents should be aware of the days in which their child has PE and-/ or swimming and ensure that children

have the correct kit on the relevant day.

At this time of year it is important that children have a warm coat in school so that they can safely and comfortably play outside and complete learning activities outside the classroom.









### Warwickshire Family and Relationship Support

None of us were taught how to be parents and sometimes we may find what we're doing isn't working or we just want some different strategies in our toolbox. In Warwickshire, parents to be, parents, carers and grandparents have access to a variety of parenting resources and advice. Support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops.

For more information on any of our workshops or programs please email ehparenttrainers@warwickshire.gov.uk

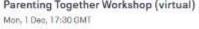


Boundaries and Rules Workshop (virtual) Fri, 21 Nov, 09:30 GMT

E ....







Free





Working it Out - Co-parenting in a positive way (Virtual)

Mon, 12 Jan, 09:30 GMT

Free





Some useful information for parents and carers, including online webinars can be accessed via The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of hoe to support their children if issues arise.





### 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

