



Newsletter 13

Friday 12th December 2025



01926 640326



admin2064@welearn365.com



Reception



9



2 add 2
makes 4

This week in Reception, we have been deepening our understanding of numbers up to 10. The children have explored numbers in lots of different ways, using resources such as Numicon and tens frames to represent amounts visually. One of our favourite activities has been a fast-finger game, where the children show numbers to ten quickly using their fingers.

We have also been practising important mathematical vocabulary, including 1 more and 1 less, to help the children describe and understand number order.



3

8

5 and 1
makes 6!



UN Convention on the Rights of the Child

Article 29: Goals of education

PSHE - River Bear Yoga

This week the children in Years 1 and 2 completed a River Bear yoga lesson all about Kindness. This lesson followed learning about bullying and how to support others who may have been bullied. They learned how to use their imagination to build a huge ball of energy which is bright, light and full of kindness. They then held their ball of energy and let it melt into their body. Feeling the strength from the positive energy they held within themselves, they discussed different ways they could show kindness to others in need.



I enjoy Yoga lessons because I can relax and learn how to build a strong body



This is butterfly pose, it helps to control my breathing as I move my knees in and out.



This is wolf pose, it helps me to feel powerful and ready to get on with the day.





This week, Years 3 and 4 took part in a festive science investigation to help solve an important Christmas problem: *How can we make Santa's footsteps quieter so he doesn't wake any sleeping children on Christmas Eve?*



The children explored how sound is made and how it travels before testing a range of materials to find out which would be **the best sound insulator for Santa's boots**. Working in groups, they attached different materials, cotton wool, aluminium foil and paper -o the bottom of a welly boot and gave each material a noise score.

The pupils thoroughly enjoyed this hands-on, seasonal investigation and showed great scientific thinking throughout. Santa will certainly be grateful for their help!



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





Looking at Learning



A Special Gift

We are delighted to share that Mrs. Lee, our Specialist Teacher from **Warwickshire's Specialist Teaching Service**, continues to visit us every fortnight to work closely with children and staff, ensuring that pupils with additional needs receive the best support possible.

This term, Mrs. Lee has given a thoughtful gift to the children: the sponsorship of a guide dog puppy named Parsnip! The children are excited to follow Parsnip's journey as he grows and trains to become a life-changing companion.

What a lovely gift, thank you, Mrs Lee.

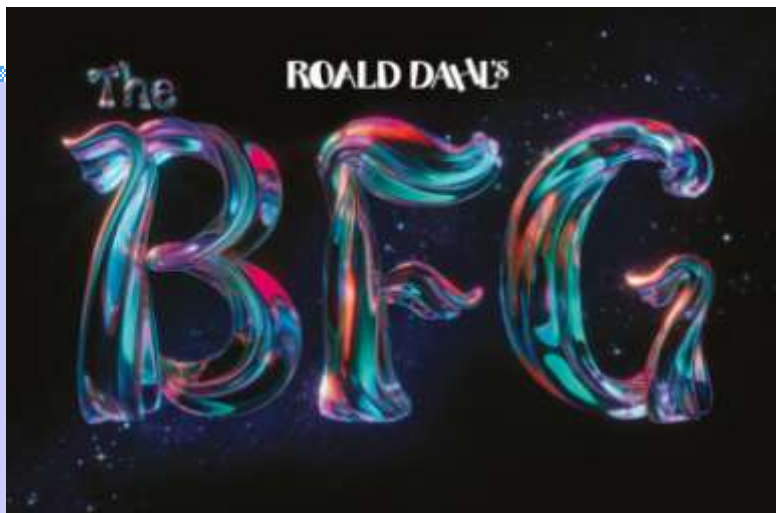


UN Convention on the Rights of the Child

Article 29: Goals of education

Article 23: Children with a disability





On Thursday 5/6 class went to Stratford to the RSC theatre where they watched 'The BFG'.

They had a fantastic time watching the amazing puppetry and the retelling of the famous Roald Dahl story in an extravagant style.

During the week we have themed our literacy work around the book, and so the children were delighted to be able to see what they had been reading brought to life on stage.



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?

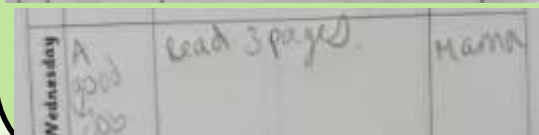
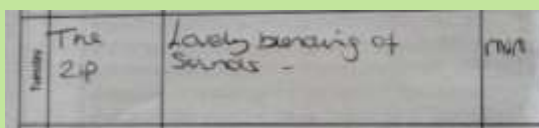
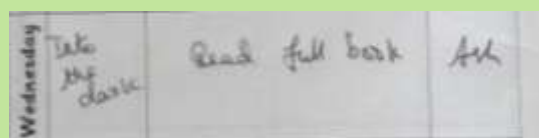
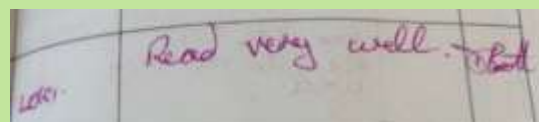
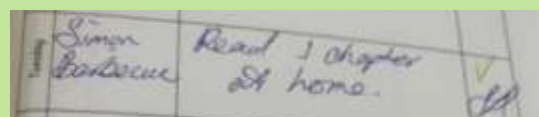
Encouraging Critical Thinking:

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	
December	
Wednesday 17th December	Christmas Jumper Day
Monday 22nd December 2025 to Friday 2nd January 2026	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

friends of LHPS

Families may be aware that Lisa (Daisy's mum) has been working hard to set up a parent/ carer fundraising group for school. We are incredibly grateful to Lisa for her support and also to the families who have helped Lisa with events to date.

REDUCE • REUSE • RECYCLE



**HAVING A
CLEAR-OUT?
PLEASE DONATE**



**WE WILL BE HAVING
A CLOTHING BANK
TAKE WHAT
YOU NEED**

**12TH DEC • 3PM
LIGHTHORNE HEATH PRIMARY**

**ANY DONATIONS PLEASE BRING
TO THE SCHOOL BY 10TH DEC**

SEE YOU THERE!

Two events are planned in the run up to the Christmas break. The first is a clothing bank. We invite families to donate clean winter clothes that are looking for a new home. These will be displayed in the school hall from 3pm on Friday 12th December. Families are invited to come along and take anything that would be of use to them. There will be no charge for the items but small cash donations (entirely voluntary) are welcome.

Our second event is our popular Chocolate Bingo. This will take place in the school hall from 3.25pm on Monday 15th December. Refreshments will be served. Bingo ticket books are £1 each.



**CHRISTMAS
RAFFLE**

Lisa will be running a Christmas raffle (£1 a strip) which will be drawn after BINGO. Tickets can be purchased in advance from the school office and from Lisa and will also be on sale at the BINGO event.

UN Convention on the Rights of the Child



Article 29: Goals of education

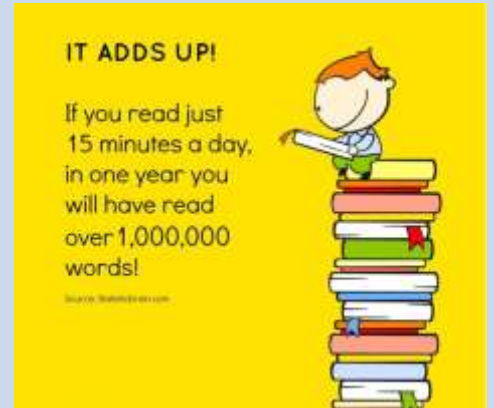
Article 5, Parental Guidance, Article 18, Parental responsibility

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 self-esteem, vocabulary, feeds imagination and even improves their sleeping patterns.

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



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.



UN Convention on the Rights of the Child

Article 31: Leisure, play and culture



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.


- 1 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!
- 2 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?'
- 3 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?'
- 4 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?'
- 5 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.
- 6 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!'
- 7 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: eef.org.uk/literacy-early-years

Education Endowment Foundation (2019).
Improving Literacy in Secondary Schools. Education Endowment Foundation: London.
 Available online: eef.org.uk/literacy-s23-ks4

Breadmore, H.L., Vardy, E.J., Cunningham, A.J., Kwok, R.K.W., & Carroll, J.M. (2019).
Literacy Development: Evidence Review. Education Endowment Foundation: London.
 Available online: educationendowmentfoundation.org.uk/public/files/Literacy_Development_Evidence_Review.pdf





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

Taking your child to the dentist

- NHS dental care for children is free.
- 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.
- 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.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental responsibilities

Article 24: Health and health services

Week 3		
Monday		
	or	
Beef Bolognese (G.D)		(vg) Vegetarian Bolognese (G.SB)
Tuesday		
	or	
(v) Rustic Pizza (G.D.SB)		(v) Cheese D.
Wednesday		
	or	
Roast Chicken Fillet (G)		(v) Classic Quorn Roast (G)
Thursday		
	or	
Pork Meatballs in Tomato Sauce (G)		(v) Tomato Pasta Bake (G.D)
Friday		
	or	
Fish Fillet Fingers F.G		(vg) Garden Vegetable Fingers (G)

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/apply-
free-school-meals](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.

Christmas Lunch 2025

**Roast Turkey
Cocktail Sausage, Stuffing Ball with Gravy
(G.SU)**

or

**(vg) Roast Quorn Fillet, Veggie Sausage,
Stuffing Ball with Gravy (G)**

**Served with Crispy Roast Potatoes,
Garden Peas, and Sliced Carrots**

(vg.h) Iced Christmas Cookie (G)

or

(v,h) Festive Cupcake(G.E)

Allergen Key
V - Vegetarian
VG - Vegan
G - Gluten
E - Egg
SU - Sulphites
H - Homemade

Allergen Free alternatives are also available





HAF



Active Kids

This Christmas!

Holiday Activities
& Food Programme



At **Lighthorne Heath
Primary School**

Monday 22nd and Tuesday 23rd December

**100%
FREE**

for all LH pupils

**Sports & Activities, Team Games, Nutritious Meals,
New Friendships, Confidence Building and more!**

Limited spaces available, don't miss out...

BOOK NOW AT haf.onsidelive.co.uk

Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Setting Future Goals

Setting goals helps you stay focused, motivated, and positive. They give you something to look forward to and remind you that *you're in charge* of your own journey. It's normal to feel a bit nervous when you think about the future, but looking forward can actually *help* your mental health. Looking to the future helps to build confidence, can give you direction and encourages optimism. Thinking about what's ahead reminds you that good things can still happen — even when times feel tough.

Our Top Tips For Setting Goals:

1. Start Small

Big dreams start with small steps. Pick one thing you'd like to improve—like sleeping better or spending more time outdoors.

2. Make It Realistic

Choose goals that feel *possible*, not perfect. For example, "I'll talk to a friend once a week" is easier than "I'll never feel lonely again."

3. Be Kind to Yourself

Progress takes time! Celebrate small wins and don't be hard on yourself if things don't go perfectly.

4. Write It Down

Keep a journal or use your phone to track how you're doing. Seeing your progress boosts confidence!

5. Ask for Support

You don't have to do it alone. Talk to someone you trust — a friend, teacher or family member— about your goals.

6. Balance Is Key

Make time for fun, rest, and creativity. Mental health goals should make life *feel better*, not busier.



More information
about goal-setting!

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 advice.

Lighthorne Heath Learning Heroes

Reception

Mrs Gill's hero this week is Malaya for her wonderful singing during our Christmas Nativity. Malaya was super confident and did brilliantly with remembering the songs, actions and dance moves. It was lovely to see Malaya shine on stage!



Co-

Years 1 & 2

Our hero this week is Kit for always trying his best. Kit is a shining example in our class, he is always polite, hard-working, kind, and willing to give everything a go. He is thoughtful of others and works well as part of a team. What fantastic qualities to have! Well done Kit.

Have a go



Concentrate

Years 3 & 4

This week's Y 3 & 4 Lighthorne Heath Hero is Archie for being a superstar all day, every day. His kindness has no limits, and he is always willing to help others. Archie shows a positive attitude in everything he does, greeting each day with enthusiasm and a smile. Well done Archie!



Be curious!

Years 5 & 6

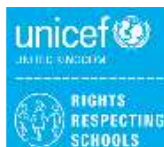
Our Y5 & 6 class hero this week is Imelda for her fantastic creative work this week. We were especially impressed with her Spanish Christmas card and how she always approaches more artistic tasks with flair. Well done, Imelda .



Enjoy learning

UN Convention on the Rights of the Child

Article 29: Goals of education





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



UN Convention on the Rights of the Child

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
2nd and 4th Wednesday of every month
1pm - 3pm



Phone: 01926 414 144
Option 1, then 2 for Family Support
Available Monday to Friday 9am - 5pm



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

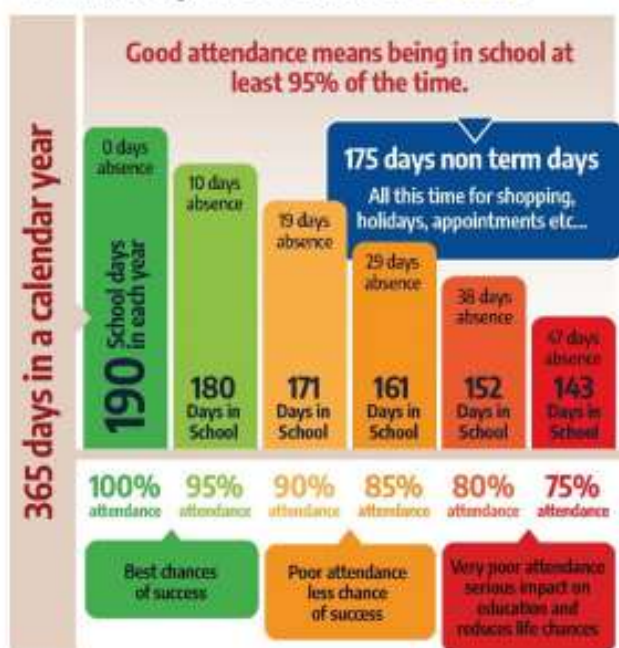
Attendance and Punctuality



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.



Jump into something new in 2026 🌊

Looking for a fun way to get active and feel great? Swimming is an amazing way to boost fitness, confidence, and energy – **and we've got the perfect start for you!**

Subscribe to the Family Information Service (FIS) Newsletter by 5 January, and you'll receive an exclusive link to book a FREE family swim at Everyone Active leisure centres across Warwickshire!



<https://mailchi.mp/warwickshire/familyinfoservice>





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





Stratford

Stratford-upon-Avon
District Children and
Family Centres

Barnardo's Warwickshire - Stratford District Children and Family Centres - Winter term

A coordination of services for children, young people and families - aged 0-19 years and up to 25 with SEND

Alcester 01789 764093

Stratford & Shipston 01789 266624

Lighthorne Heath & Southam & Wellesbourne 01926 691105



MONDAY

Lighthorne Heath
C&FC

HomeEd (3-5 yrs)

10:00 - 11:30am

We also provide 4 & 5 week
courses such as

Baby Massage,
Baby Chatter Matters
Toddler Chatter Matters

If you would like to book on,
please phone your local
Children & Family Centre

Eventbrite Bookings

If you are unable to attend please
CANCEL your booking on
Eventbrite to allow others to have
your place



TUESDAY

Lighthorne Heath
C&FC

Toddler Time

09:30 - 11:00am

Badger Valley,
Shipston

Let's Play

1.15 - 2.45pm



Stratford C&FC

Baby Time

2.00 - 3.00pm

Arts & Crafts
(4-8 yrs)

3.30 - 5.00pm

Virtual First Aid Sessions
for Parents, Grandparents & Carers
via TEAMS

Provided by Freddie's Wish in partnership
with the award winning Mini First Aid

For more information, please contact your
local Children and Family Centre

WEDNESDAY

Stratford C&FC

Little Stars
SEND (0-5yrs)

09.30 - 11.00am

Alcester C&FC

Let's Play

09.45 - 11.15am



Stratford C&FC

Let's Play

01.30 - 3.00pm

Wellesbourne Library

Baby Sensory

2.00 - 3.00pm



THURSDAY

Wellesbourne
Methodist Church

Let's Play

09.30 - 11.00am

The Graham Adams
Centre, Southam

Let's Play

11/12

09.45 - 11.15am

Badger Valley,
Shipston

Baby Time

12.30 - 2.00pm

Lighthorne Heath
C&FC

Baby Time

1.00 - 2.30pm



FRIDAY

Alcester C&FC

Little Stars
SEND (0-5yrs)

10.00 - 11.30am

Stratford C&FC

HomeEd (5-11 yrs)

10.00 - 12.00

Lighthorne Heath
C&FC

Little Acorns
SEND (0-5yrs)

10.15 - 11.30am

Alcester C&FC

Baby Time

1.00 - 2.00pm

Barnardos web page



24/11/2025

Venues Contact Details

Alcester C&FC, c/o St Nicholas CE Primary School,
Faltha Road, Alcester, B49 6AG
Tel: 01789 764093

Lighthorne Heath C&FC, Stratford Road, Lighthorne
Heath, CV33 9TW

The Graham Adams Centre, St James Road, Southam,
CV47 0LY

Wellesbourne Methodist Church, Bridge Street,
Wellesbourne, CV35 9LR

Wellesbourne Library, Kington Road, Wellesbourne,
CV35 9NP

Tel: 01926 691105

Stratford C&FC, c/o Bahpton Primary School, Chayton
Avenue, Stratford upon Avon, CV37 9PS

Badger Valley, Tilemans Lane, Shipston on Stour,
CV36 4HP

Stratford Hospital - Room 11, Stratford Road,
Shipston on Stour, CV36 4AX

Tel: 01789 266624

Refuge
08004 081552

Midwifery
Postnatal & Antenatal Clinics
Bluebell Centre Warwick
Appointment only
01926 600 040

Infant Feeding Team
01926 495321 Ext 8584

Family Help
The Family Support Line
01926 412412
(Monday - Friday, 9am - 4pm)

Safeguarding Concerns
Warwickshire Children and Families
Front Door
01926 414144
(Mon-Thu 8.30am - 5.30pm,
Fri 8.30am - 5pm)
Emergency Duty Team
(out of hours only)
01926 686022

Stratford District Children & Families Centres' offer includes

Baby Time: Relax, play and socialise with your baby in a friendly, informal environment, suitable from newborn

Baby Massage: 5 week programme teaching parents the skills of massage which has many benefits for baby & helps to create a close bond, suitable for babies after they've had their 6 to 8 weeks check

Baby Sensory: a play session for you and your baby to explore their senses and learn about the world around them. Exploring a variety of sight, sounds and textures in a friendly and relaxed environment

Baby & Toddler Chatter Matters: 5 week courses of fun through songs, rhymes and sensory activities for babies and toddlers to support their early communication skills. Suitable from 5 months up to 2 years

Let's Play & Toddler Time: These sessions are aimed at toddlers, offering language enrichment learning through play. They incorporate paint and print, messy play, sound and music and outdoor play

SEND Little Stars (0-5yrs): Small, friendly groups to support learning and play for children with additional needs. Children must have a diagnosis or be in the process of being diagnosed. A great opportunity to interact and meet other families

Wellcomm screens: A speech & language toolkit which can pinpoint areas in your child's speech which can be enhanced with targeted activities to help your child speak clearly and with confidence

Warwickshire New Child and Family Wellbeing Service

From 1 December, your local Health visiting and School Nursing Service will come together under a new name - Warwickshire Child and Family Wellbeing, provided by HCRG Care Group.

This new, joined-up service will support children, young people and families from birth, through school, and up to age 19 (or 25 for those with special educational needs or disabilities).

Please use these new details for any advice or support

from 1 December onwards,
0300 247 0072

weft.contact@hcrngcaregroup.com
1 Allerton Road, Rugby, CV23 0PA
Warwickshirefamily.co.uk

If your child is ill please contact your GP.

Advice & support for parents of pre-school children in Warwickshire

Warwickshire Health Visiting Team
Text Chat Service
TEXT: 07520 615293
(9am - 5pm Monday to Friday)
Advice Duty Line number
01926 567143

Parenting Project

Offers a Family Wellbeing Pathway that support families with children 0-19 (25 SEND) Family Wellbeing Service, Counselling Service, Parent Mentor Service and MHSC group work in the school

Contact familywellbeing@parentingproject.org.uk for more information or visit the website <https://parentingproject.org.uk/>

Community information

St
Laurence
Lighthorne &
Upper Lighthorne



presents



watching and waiting

Join us for craft, teaching and hotdogs
Lighthorne Heath Village Hall
Sunday 7th Dec 4-5.30pm

This year we are following the theme of
“watching and waiting” and looking at the
story of the 3 Wise Men.

This fun interactive service is ideal for
children and their families

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness, recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest; someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss what they follow, what posts they like and what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practice mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area of home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEN and needs.



National Online Safety

#WakeUpWednesday

Full list of resources: www.nationalonlinesafety.com/resources

www.nationalonlinesafety.com @nationalonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2023



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 how 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

Village Hall, Lighthorne Heath
3:15-3:45

2026:

**5th Jan, 2nd Feb, 2nd March, 30th March,
27th April, 26th May, 22nd June, 20th
July, 17th August, 14th September, 12th
October, 9th November, 7th December**



Each mobile library stocks:

- A selection of books, including large print
- Spoken word
- Books for young children

For more information, call (01926) 851031 or visit our website at warwickshire.gov.uk/mobilelibraries
To see our current routes, go to:
https://apps.warwickshire.gov.uk/MobileLibraries/library_routes

5-30
DEC

2025



Gearing up for Christmas

START TIME:	5 December 2025
END TIME:	30 December 2025
LOCATION:	British Motor Museum
TICKETS	Normal Museum Entry



ADD TO CALENDAR

BOOK NOW

Step into a Christmas to remember at the British Motor Museum! From our brand-new 12 Cars of Christmas trail to a hands-on sleigh-building workshop, there's festive fun for everyone to enjoy. All the holiday activities are included in your admission too, creating a great value day out filled with Christmas memories. Book your tickets today, and let your holiday adventure begin!

The 12 Cars of Christmas

5 to 30 December

6 mischievous elves hiding in historic motors and 6 festively decorated cars make up the 12 cars of Christmas here at the Museum!

Santa has sent a group of 6 cheeky elves on a mission to Christmas-ify some of the cars in the collection! There is tinsel, wrapping paper, fairy lights and even Christmas trees adorning these magical motors creating 6 fantastic festive photo opportunities.

Want to help us find the elf-culprits responsible for decorating these Christmas cars? Set off on the trail to see if you can match each elf to their merry motoring masterpiece! Once you've solved the mystery, head over to the Family Activity Station to collect your reward sticker!

Santa's Holiday Hangar

6-7, 13-14 and 20-23 December

Until 3.30pm, last entry at 3.00pm

How does Santa get to all those houses in just one night? It all comes down to his sleigh. Just like building a car, building Santa's sleigh takes imagination, creativity and a designer's eye. Have you got what it takes to create your own sleigh, fit for Santa to deliver everyone's presents?

Step into the Holiday Hangar and design and build a sleigh from a range of craft materials to take Santa around the world. Will you design a fast sleigh, to get the job done quicker, or a big sleigh, to carry the biggest presents? Don't forget the heater – it gets cold up there! Once you've finished, you can take your design home to display with pride!

Join them in the lab as they dive into a raft of holiday experiments to uncover the science behind the season. You'll even have the chance to get in on the action yourself. What will you discover?

No need to pre-book, just sign up at the Family Activity Station when you arrive. *Suitable for all the family.*

Winter Access Day

22 December

On Monday 22 December, discover a day-long showcase of our accessible activities and initiatives, bringing a welcoming visitor experience to the widest possible audience, including an accessible festive Science Show! We'll even be keeping the Museum open later, to give everyone the chance to get in on the action.

Learn more about what's on offer [here](#).

Twixmas Crafts

28 to 30 December

Until 3.00pm, last entry at 2.30pm

Keep the holiday magic alive between Christmas and New Year with a range of LEGO® activities running in the Learning Space throughout the holiday period!

Whether you're dreaming up a fun festive mosaic, or building something completely unique, we've got mountains of LEGO® bricks ready for your imagination to run wild.

Once your masterpiece is complete, snap a photo and turn it into a personalised Thank You card, the perfect way to share your creativity with friends and family.

The Museum will be closed between 24 - 27 December and 31 December - 1 January Inclusive.