

Reception



In Reception this week, we have had lots of fun completing activities linked to Christmas.

We listened to the Christmas story, wrote lists to Santa, wrote cards for our friends and completed Christmas crafts. The children enjoyed making decorations for the classroom and talking about how they celebrate Christmas with their families.



Christmas Church Service



On Wednesday, Key Stage 2 pupils walked to St Laurence's Church in Lighthorne for a Christmas service led by Reverend Dave Bixby. The children enjoyed singing songs from their Christmas performance and some traditional carols. We were so proud of the children who shared readings and prayers who spoke with such confidence.



Science-Festive Investigation



This week, the children in Years 1 and 2 joined in with a Festive Science investigation putting their comparative, fair testing skills in action. This was a lovely introduction to our new Science focus on 'Materials' next term.

The children learned about the properties of paper, that it is flexible and absorbent. They were challenged to make and fold paper stars of different sizes, watching what happened as the folded stars were placed onto a tray of water. After a short time the stars started absorbing the water and opened out flat. They explored how they could speed up the star opening, using a variety of different sizes and a stop watch to record the time they took to unfold.



We compared our two stars that were the same size, looking to see if the both opened at the same time.

The largest star unfolded the quickest. We think this is because there is more paper so it absorbs the water more quickly.

We made sure it was a fair test by keeping the amount of water the same in both **group's trays and by using the same type** of paper for the stars.



Families may remember that, back in November, Flo and a team of her friends organised and ran a cake sale to raise money for The Air Ambulance.

On Monday morning, we were delighted to welcome Vicky and David from The Air Ambulance Service.

They talked to the children about the different types of helicopters they use to help save people's lives.

The children presented them with a cheque for £55. This money, alongside other funds raised helps to replenish the medical supplies and maintain the vehicles so they are always ready to respond to emergency situations.



Lighthorne Heath Primary School Newsletter

Congratulations to Flo and her team of helpers who raised an impressive £55 for The Air Ambulance during their cake sale earlier this week. Thank you to families that donated and purchased cakes to support Flo's fundraising.

We are waiting to hear from the Air Ambulance Service but we are hoping that Flo might be able to hand the funds to them in person.

Air Ambulance Cake Sale

100% All proceeds to The Air Ambulance

CONGRATULATIONS!

Thank you to Flo and her team

UNICEF

UN Convention on the Rights of the Child

Article 24: Goals of education

Article 24: Health and health services



The children in Years 3 and 4 have had a very busy couple of weeks designing, making and writing instructions on how to prepare a nutritious, healthy sandwich.



This work links closely to their science topic on Animal Nutrition and the skeletal system, where they have been learning about the importance of eating a healthy, balanced diet. The children carefully considered the protein, dairy and carbohydrates included in their sandwiches and, at the end of the day, everyone enjoyed tucking into their delicious creations.





Coming to
Lighthorne Heath
Primary School



Bounce & Beat

PERFORMING ARTS



BOOK YOUR SCHOOL CLUB NOW!!!

<https://bounce-and-beat.classforkids.io>

For more information on times and prices at your school, please use the link above!

CHILDREN WHO QUALIFY FOR PUPIL PREMIUM DISCOUNT PLEASE GET IN TOUCH!

Bounce and Beat Club happening at your school NOW!! Starting January 2026!!

DANCE-GYMNASTICS- PERFORMING ARTS!

info@bounce-and-beat.co.uk

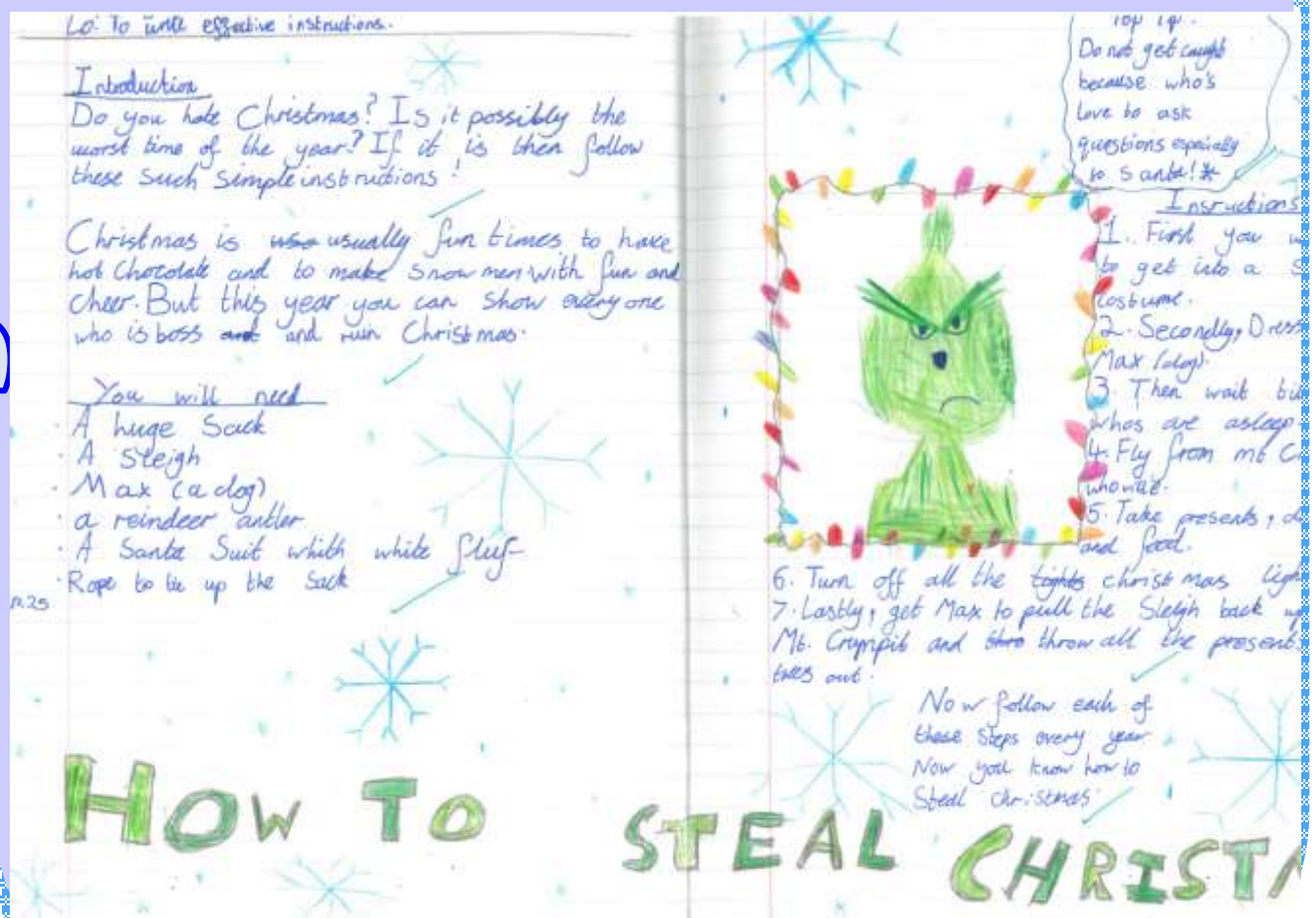
07837003626

How to steal Christmas

This week the children in 5/6 class have had some festive fun writing instructions on 'How to Steal Christmas' inspired by The Grinch.

They created beautiful double page spreads using all the key features of instructional writing. They had to consider the following:

- ✓ Clear purpose
- ✓ Logical order
- ✓ Formal tone
- ✓ Organisational devices



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?

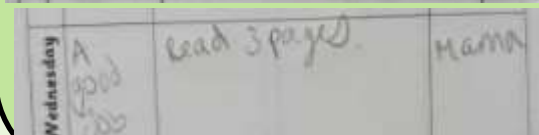
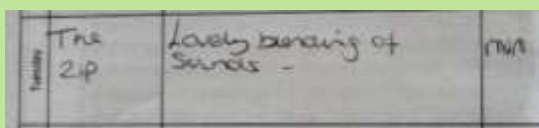
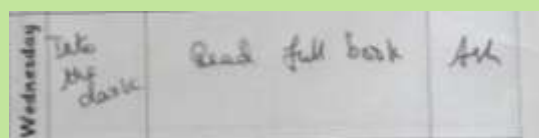
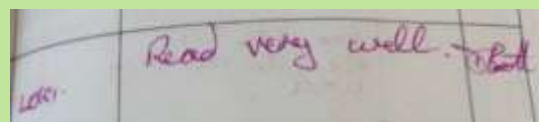
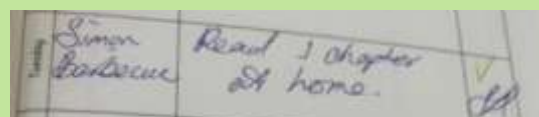
Encouraging Critical Thinking:

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



As we come to the end of December, we would like to thank our children, staff, parents and carers for a successful and enjoyable term. It has been wonderful to see the progress and enthusiasm across the school.

I hope the holiday period is a time to rest and enjoy with family and friends. We look forward to welcoming everyone back on Monday 5th January.

Wishing you all a happy Christmas and a healthy New Year.

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



INSET Days 2025-26

Friday 10th October 2025

Monday 1st December 2025

Monday 1st June 2026

Monday 20th July 2026



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.



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

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

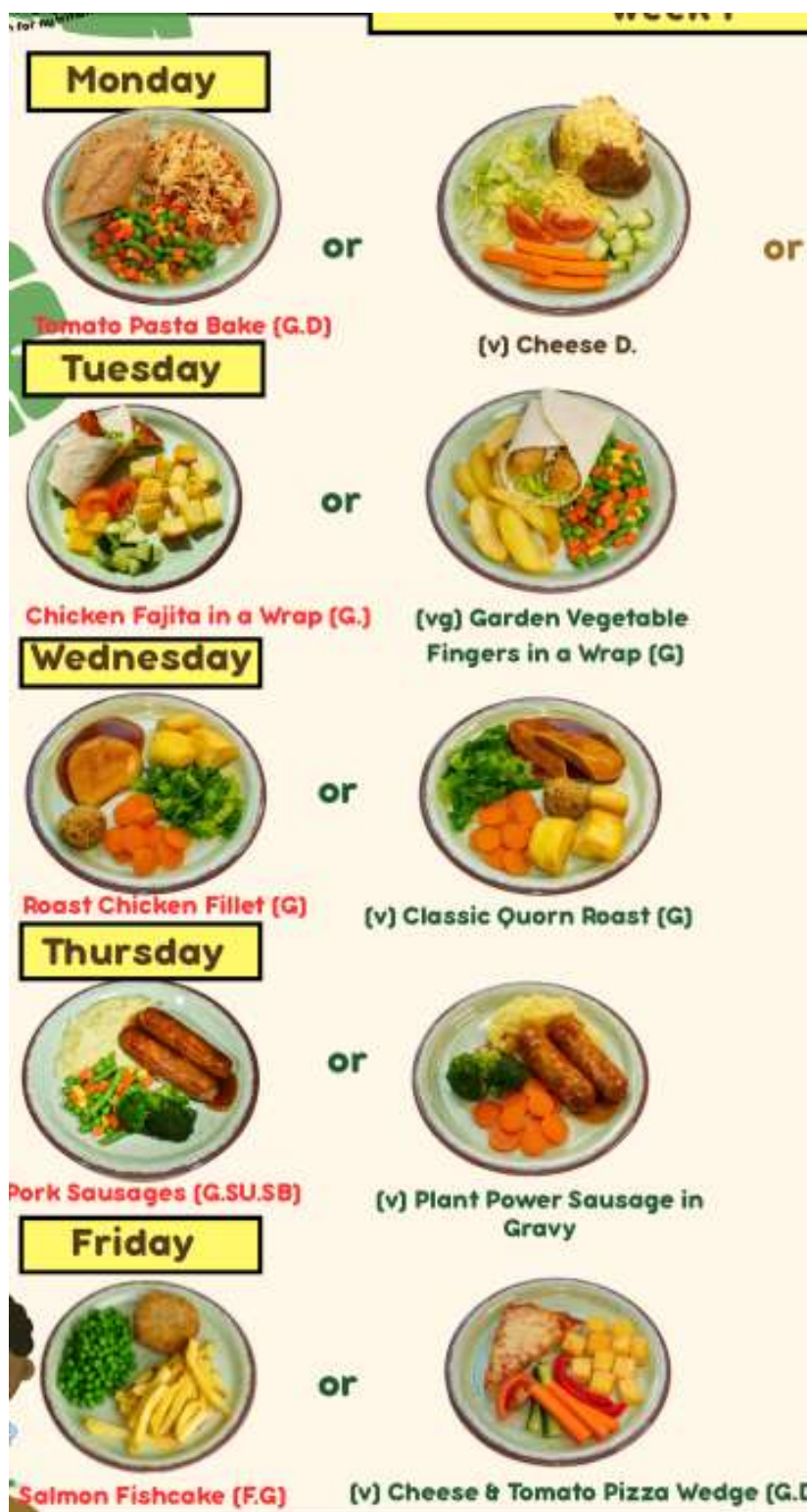
Article 24: Health and health services



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.



Educaterers

A huge thank you to Janet and the wonderful team at Educaterers for cooking a fabulous Christmas dinner for our children on Tuesday.

The meal was thoroughly enjoyed by everyone and helped make the day feel extra special. We are very grateful for all the care and effort that went into it.



What do you get if you cross
Santa with a duck?
A Christmas Quacker!



Why are Christmas trees so bad
at sewing?
They're always dropping their needles.



What do you get when you cross a
snowman with a vampire?
Frostbite.



What goes "Oh, Oh, Oh"?
Santa walking backwards!



Where does Santa Claus go
swimming?
The North Pool.



Why did the turkey join the rock
band?
Because it had drumsticks.



HAF

Onside
Coaching

**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 has chosen Renee as her hero this week. Renee is a fun, bubbly member of the class who has really come out of her shell this term. She has made great progress in her writing and has impressed Mrs Gill with her willingness to always improve her learning.

Well done Renee!



Co-

Years 1 & 2

This week, our hero is Franco, who has been sharing some lovely ideas and vocabulary as part of our PSHE lesson this week. Franco was able to identify qualities for making a new friend, suggesting that when people have different interests, compromise is a good way to move forward and find common ground. Great work Franco, you have also displayed this quality in class when you work with others, well done!

Have a go



Concentrate

Years 3 & 4

Mrs Madahar's Lighthorne Heath Hero this week is Daisy. She is motivated to try her best in everything she does, and Mrs Madahar is proud of the resilience she has shown across all areas of school. Daisy takes great pride in her work and presentation and always shows a positive attitude. Well done, Daisy!

Be curious!



Years 5 & 6

Our Years 5 & 6 hero this week is Luella. She has worked hard and produced some lovely written instructions. She has also moved up a level in her times tables. Keep up the fantastic work, Luella.

Enjoy learning



Keep improving

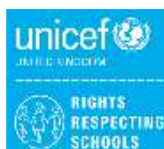


Use your imagination



UN Convention on the Rights of the Child

Article 29: Goals of education





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

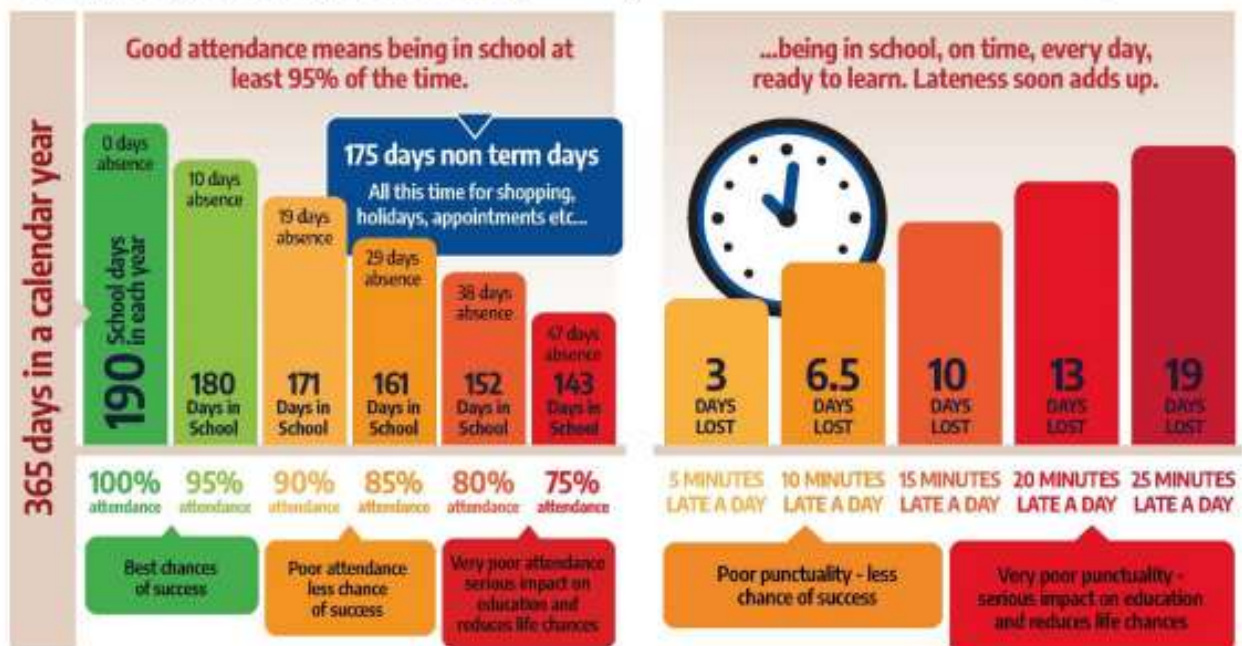
Attendance and Punctuality



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





ratford@defc

ratford@defc
ratford@defc
ratford@defc

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,
Falths 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

Wellesbourne 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

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.



NOS National Online Safety
#WakeUpWednesday

Full list of resources: <https://www.lighthousehealth.co.uk/resources>

More information: www.nationalonlinesafety.com



www.nationalonlinesafety.com



@nationalonlinesafety



/NationalOnlineSafety



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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.