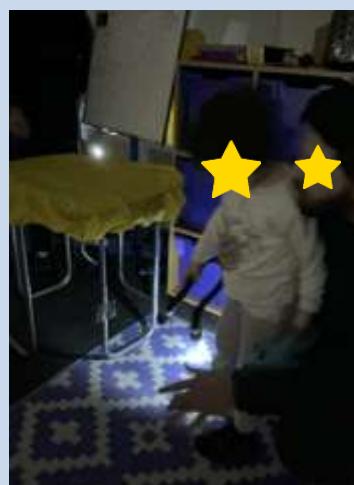
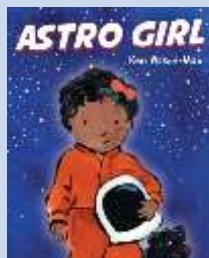
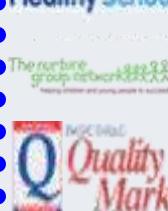




Reception



In Reception, we have continued our exploration of our topic, Starry Night.

Our focus story was Astro Girl, which helped us learn all about what an astronaut does and the exciting jobs they carry out in space.

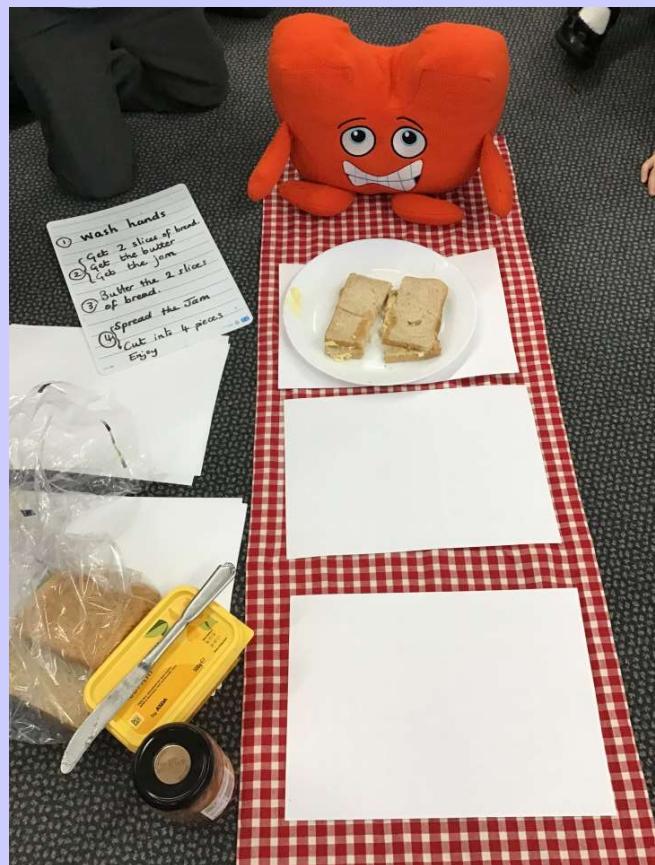
On Thursday evening, we had a magical experience when families were invited back into school after dark. With torches, the children explored the school grounds and building to discover how their familiar environment changes at night. We also learned about nocturnal animals, talked about our bedtime routines, and ended the evening by sharing a cosy bedtime story together and a hot chocolate!



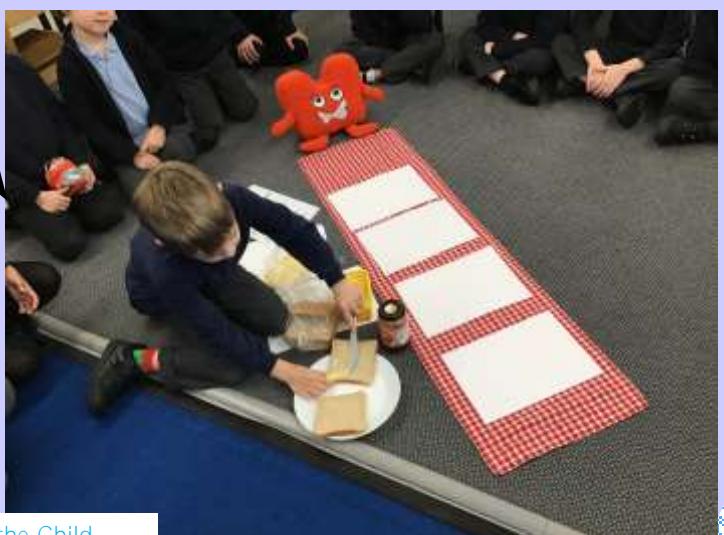
PSHE- Going for goals

This week, as part of their PSHE learning, the children in Years 1 & 2 were challenged to think about the steps they needed to take in order to accomplish a goal.

Jigsaw Jack was feeling very hungry during our lesson so we decided to make him a jam sandwich. Working as a team, the children planned, four steps that would be needed in order to complete their mission. As well as following each step in turn they had to use skills such as perseverance, resilience and effort. They learned that having a go and trying again shows self-respect, being kind to ourselves and noticing your own effort.



It was a bit tricky sometimes because the butter was difficult to spread and the jam was quite messy to work with. We had to tidy up along the way but we kept going and managed to make Jigsaw Jack his jam sandwich. We felt proud of ourselves.



UN Convention on the Rights of the Child

Article 29: Goals of education



Dear Parents and Carers,

We would like to remind all families to be considerate of our neighbours when driving to and from school.

When parking, we kindly ask that you:

- Avoid blocking roads and access points.
- Park legally and safely.
- Be mindful of noise and congestion, particularly during peak times.



For everyone's safety, please ensure you drive at a safe speed, always within the speed limits, and take extra care along Stratford Road, which is particularly narrow.

As our school community grows, more children and families will be accessing the school, and space in the council-owned car park outside school is limited.

If possible, please consider walking to school or using a 'park and stride' approach.

Your cooperation helps maintain positive relationships with our neighbours and contributes to a safer, more pleasant environment for everyone.

Thank you for your continued support and understanding.



"Park and Stride" means driving part of the way to a destination parking in a designated spot away from the entrance, and walking the final distance, reducing traffic congestion and encouraging physical activity, especially for those living too far to walk the whole way



We have a vacancy for a
Midday Supervisor

We're
recruiting!

We are currently recruiting a Midday Supervisor to join our school team.

This role involves supporting the safety and well-being of children during lunchtime, helping with supervision in the dining hall and playground, and ensuring a positive, friendly environment for all.

If you enjoy working with children and being part of a supportive school community, we would love to hear from you. Please follow the link below to find out more about the role and to access the application form.



[https://www.wmjobs.co.uk/
job/252679/midday-supervisor/](https://www.wmjobs.co.uk/job/252679/midday-supervisor/)





Parents Evening

Dear Parents and Carers,

Just to let you know that invitations for Parents' Evening appointments will be sent out via T2P on Monday.

Parents' Evening will take place on:

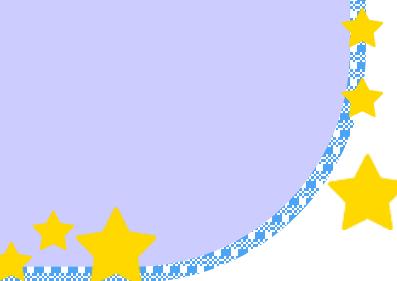
- Tuesday 10th and Wednesday 11th February, from 3.30pm to 6.00pm for Reception, Years 1/2, 3/4 and 5/6
- Wednesday 11th February only, from 1.50pm to 5.00pm for Nursery

Once an appointment has been booked, we kindly ask that parents attend at the allocated time, as these meetings are an important opportunity to discuss your child's progress, celebrate successes and identify any next steps in learning.

If you are unable to attend your appointment, please let the school know as soon as possible so that the slot can be cancelled and offered to another family.

Thank you for your cooperation and continued support.

Kind regards,
The School Team

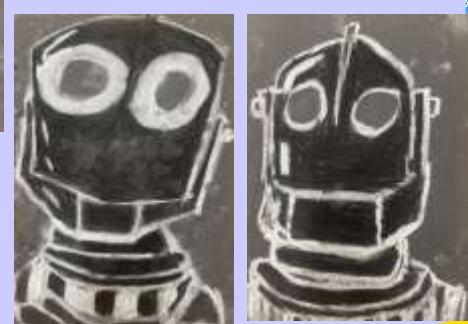
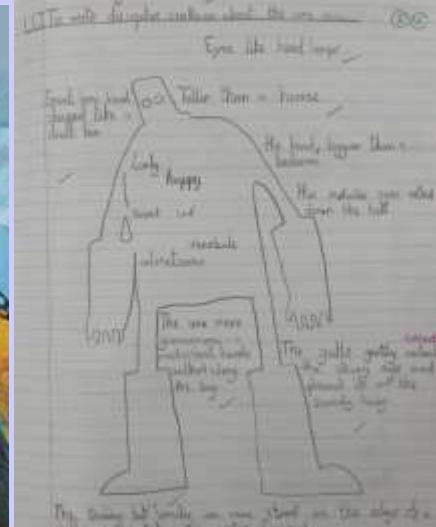
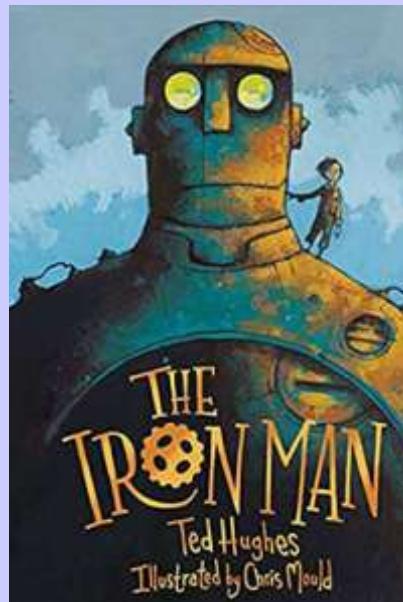


Learning at Lighthorne Heath Primary School



During our English lessons, we have been exploring *The Iron Man* by Ted Hughes. The children described the Iron Man using imaginative adjectives, powerful similes and detailed noun phrases, such as being as tall as a house or as strong as steel.

They then brought these ideas to life by creating striking artwork using chalk. We now need to add his fiery eyes to bring him to life.





Lighthorne Heath Primary School Newsletter



As part of our Eco-Schools work this academic year, we would like children to take part in the Big Garden Birdwatch run by the RSPB.

This involves children conducting a survey of the birds that visit their garden over a 1 hour period over the weekend 23-25th January.

You should receive an email with more information on and children can **collect a form in school if they would like to take part. We aren't printing a** copy for every child as we want to save paper so if you can fill it in online please do!



Article 31: leisure, play and culture. Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.



Now at
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

Science

Animals including Humans

This week we have been looking at life cycles in years 5 and 6. We have compared the life cycle of animals including a mammal, an amphibian, and insects and a birds

We spent time looking at diagrams side by side, finding similarities and differences between them.

We also talked about the life cycle of a human and the major differences between classes of animals. For example, did you know that mammals are defined by their mammary glands which give them the ability to produce milk for their young?

In their 'Animals, Including Humans' topic, Years 5 and 6 are looking forward to building on their earlier learning, moving from simply observing body parts and sorting foods to exploring human and animal body systems, nutrition, growth, and life cycles, while developing more advanced scientific skills, vocabulary, and understanding of how biological processes work.



Amphibians go through metamorphosis as part of their life cycle, whereas mammals are born more fully developed and they just mature and grow to maturity.



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?

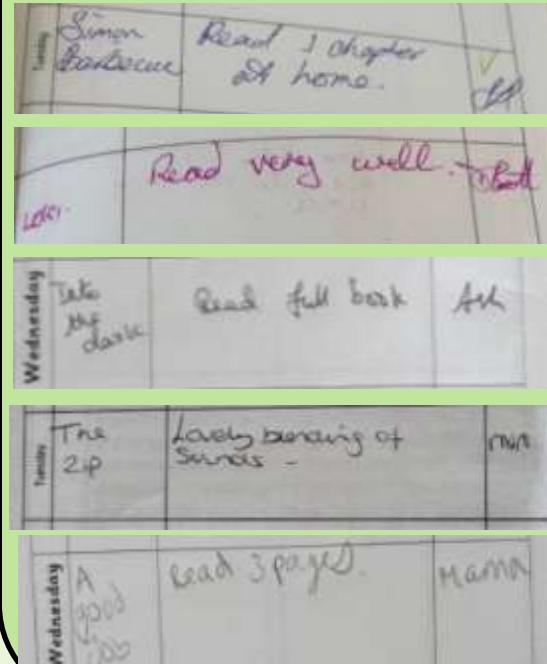
Encouraging Critical Thinking:

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.



READING INCENTIVE

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	
January	
Thursday 15th January	EYFS Starry Night family event. 4.15pm– see communication from teachers if your child is in this class.
Tuesday 20th January	Feel Good Festival workshops-. A celebration of creative arts.
Friday 30th January	Non uniform day. Please bring a suggested donation of £1 for school fund.
February	
Tuesday 3rd February	Years 3 & 4 class assembly
Monday 9th February	2.30pm, Parents Emotion Coaching workshop, call the office to book a place– free to attend
Tuesday 10th February	Parent teacher meetings YR-6– please see email and a book your appointment
Wednesday 11th February	Lion dance workshops– all classes
Wednesday 11th February	Parent teacher meetings YN-6– please see email and book your appointment
Friday 13th February	Non uniform day. Please bring a suggested donation of £1 for school fund.
Monday 16th February– Friday 20th February	Half Term holiday
Friday 27th February	Year 5 netball workshop, selected pupils.
March	
Tuesday 3rd March	Years 1 and 2 class assembly
Friday 27th March	Non uniform day. Please bring a suggested donation of £1 for school fund.
Monday 30th March—Friday 10th April	Easter holiday. 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 warmly invite all parents to attend an Emotion Coaching information workshop led by Mrs. Manley and Mrs. Hartley, taking place at 2:30 pm on Monday 9th February in school.

Our school has been using the Emotion Coaching approach for several years to help children understand, express, and manage their emotions in a positive way. All of our staff are trained in this approach, which we use daily to support children in recognising and managing their emotions in school.

Emotion Coaching focuses on acknowledging children's feelings, empathising with them, and guiding them to develop emotional skills and resilience.

The workshop will provide practical strategies and insights that you can use at home to support your child's emotional growth.



Emotion Coaching

“Helping children and young people to understand the different emotions they experience, why they occur and how to handle them.” (Gottman 1996)



- Article 3 Best interests of the child
- Article 12 Respect for the views of the child
- Article 13 Freedom of expression
- Article 14 Freedom of thought, belief and religion
- Article 28 Right to education
- Article 29 Goals of education

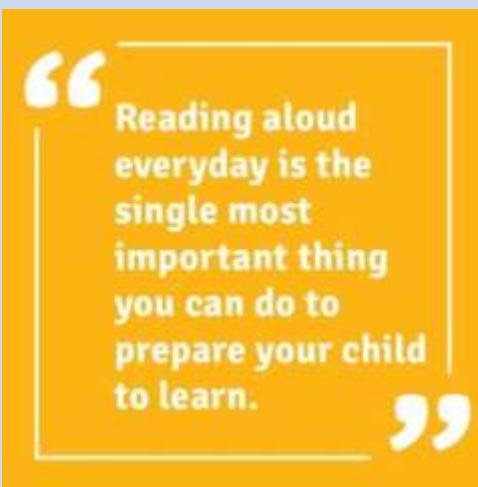


We love reading!

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.



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.



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.



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](https://educationendowmentfoundation.org.uk/public/files/Literacy_Evidence_Review.pdf)

Education Endowment Foundation (2019). *Improving Literacy in Secondary Schools*. Education Endowment Foundation: London.
Available online: [eef.org.uk/literacy-11-16](https://educationendowmentfoundation.org.uk/public/files/Literacy_Development_Evidence_Review.pdf)

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.

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.

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

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



Monday		
	or	or
Tuesday		
	or	
Wednesday		
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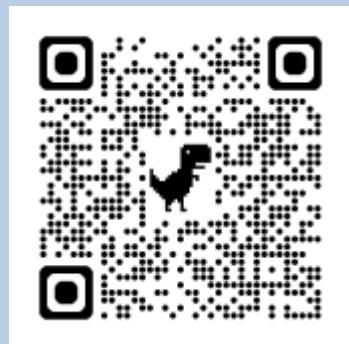
Educaterers' New

Menu

Next week is Week 3
Jacket potato and choice
of fillings available daily

Free School Meals

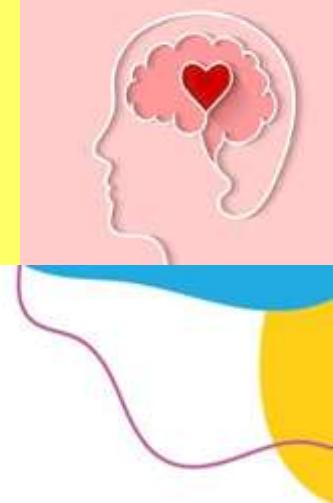
If you think that you may be eligible for free school meals applications can be made online at <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>



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

Emotional Wellbeing

and Mental Health



Mental Health in Schools Team Tips For Wellness

Bouncing Back

Bouncing back is all about 'having another go' after we are faced with challenges, this is also called **resilience**! There are times when things will not go how we planned, so being resilient will help us keep going and try again. We can all develop our ability to bounce back, so it is important to maintain a growth mindset and practise this skill by trying the following tips:

Our tips for bouncing back:

1. Watch this **short video** introducing resilience and 'bouncebackability'. Scan the QR code to load the video and other lesson resources:



Young Minds resources

2. Practise **problem solving** as a strategy to overcome practical difficulties and help you bounce back! Follow the steps below, you may want to write the answers down to help you:

1. What is the problem?
2. How does it make you feel?
3. What are the possible solutions?
4. What are the positives and negatives of each solution?
5. Select the best solution and make a plan to try out!

3. Think about a time when you have faced a challenge in the past...how did you overcome it? Would you do anything differently if you came across the same challenge again? You could discuss this with a friend to share ideas.

4. Build your **support network**. Having people that you trust around you through difficult times can help you to bounce back! Try to share how you are feeling with friends, family, teachers and other trusted adults in your life. You can also contact the services below if you struggle talking to people you know:



Young Minds



Samaritans

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

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

Lighthorne Heath Learning Heroes

18

Reception

Mrs Gill has chosen Omourukpe to be her Learning Hero this week. Omourukpe always tries her best in all areas of her learning and is becoming more confident in sharing her ideas with others. She listens carefully, shows respect towards others and is a super role model. Well done Omourukpe!

Co-

Years 1 & 2

This week we have chosen Hudson as our Hero. This week he has shown to be a great support to others in his class, offering help with reading and spelling words when he noticed they were struggling. He also demonstrated excellent description writing skills during our literacy lesson, using similes and including some wonderful vocabulary in his written work to great effect. Well done, Hudson! What a fantastic member of our class you are!

Persevere

Years 3 & 4

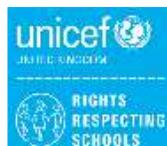
This week's Year 3 and 4 Hero is Kristoinette. Mrs Madahar has been impressed by her improved handwriting and the motivation she shows when writing detailed, extended sentences. She has been applying her phonics to spell trickier words and is carefully thinking about using the correct punctuation. Well done, Kristoinette!

Keep improving

Years 5 & 6

Our Years 5 & 6 hero this week is Maksym. He has produced some beautiful imaginative writing recently, including a setting description this week. Despite English being his second language, he has confidently shared his writing and shown a good grasp of grammar. Well done, Maksym

Use your imagination



UN Convention on the Rights of the Child

Article 29: Goals of education



Have a go



Concentrate



Be curious!



Enjoy learning



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 414 344

Option 1, then 2 for Family Support

Available Monday to Friday 9am - 4pm



UN Convention on the Rights of the Child

Article 29: Goals of education

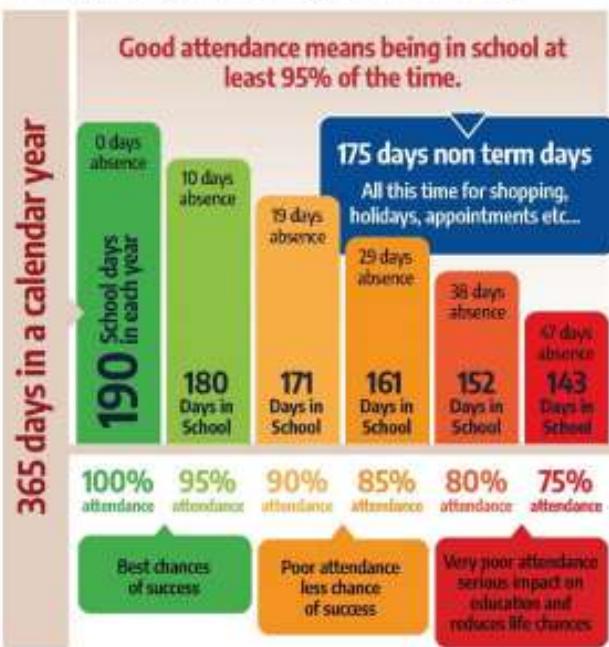
Article 5, Parental Guidance, Article 18, Parental responsibility

Attendance and Punctuality

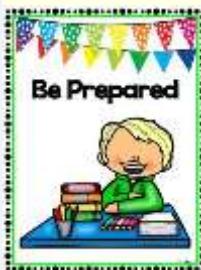
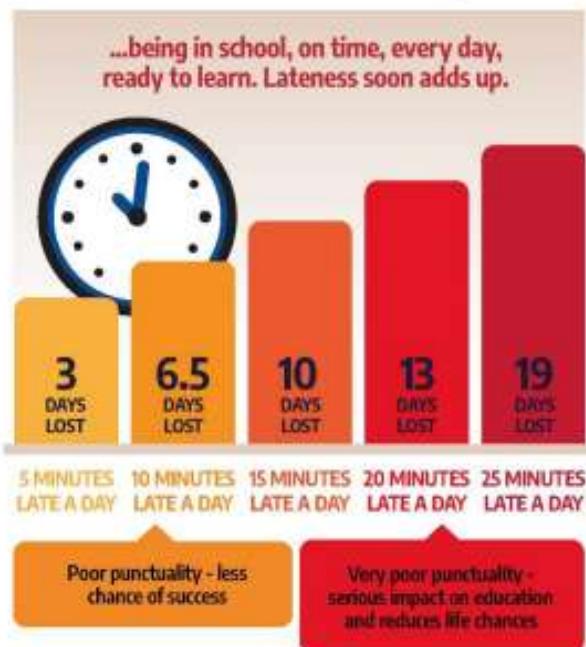


Thank you to the many parents who ensure that their children attend regularly and arrive on time. Attendance is incredibly important to the education of our children and makes a big difference to a child's ability to do well at school.

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.

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

21
At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have informed conversations about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. If you need further guidance, hints and tips for adults, visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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 who 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 well-being. 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.

Meet Our Expert

Shazia Suriani-Azim is executive headteacher of a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the social, 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 needs.



www.nationalonlinesafety.com



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

National Online Safety
#WakeUpWednesday

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 so 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
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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
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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



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