



Newsletter 23
Friday 13th March 2026

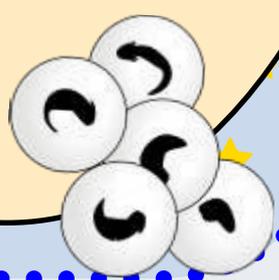
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admin2064@welearn365.com



Reception



Reception have had an exciting week exploring the theme of eggs! The children were fascinated as they observed real frogspawn and discussed how it changes over time. To help them understand that some animals are born live while others hatch from eggs, they investigated a cracked children's egg and talked about what might be inside. The class also learned about the life cycles of both frogs and chickens, discovering how each stage of growth leads to the next. It has been a wonderful week of curious questions, hands-on exploration, and growing understanding of the natural world.



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

The Great Fire of London

The children in Year 1 and 2 have really enjoyed learning about The Great Fire of London this half term.

Looking at Learning



After learning that the fire started in Thomas Farriner's bakery in Pudding Lane, the children had a go at being bakers and made their own bread. They were amazed at the way the dough rose!

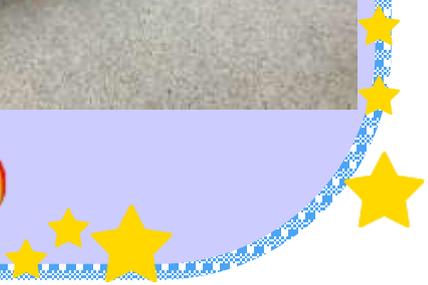


We then looked at reasons for the fire spreading so quickly. We modelled how the fire spread quickly from one house to the other.

It was a windy day so the fire spread quickly. The houses were made of wood and were really close together. Ralph



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Article 29: Goals of education



The Great Fire of London

Knowing that there were no fire engines at the time of the Great Fire of London, we practiced the same techniques that they would have used to put out the fire. We passed buckets of water from the 'River Thames' all the way to Pudding Lane. No matter how hard we tried, we still couldn't put out the fire.



Samuel Pepys wrote a diary about the fire so that we can learn about it today. Ruby S

So much of London was destroyed in the fire. The fire even burnt down St Paul's Cathedral. It had to be rebuilt. Aria

Did you know that The Great Fire of London started because the baker, Thomas Farriner, didn't put the fire in his oven out properly. While he was asleep, a spark flew out of the fire and landed on the wooden floor. Soon the whole bakery was on fire!



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Article 29: Goals of education



Looking at Learning

Years 3 and 4



As part of Science Week, Year 3 and 4 children explored how and why boats float by learning about buoyancy, the force that helps objects stay afloat.



Working in groups, the children designed rafts using only paper and Sellotape and tested their designs in water. They added Jenga pieces one at a time until the raft sank and compared which designs could hold the most.



This fun investigation encouraged the children to think like engineers by testing ideas, improving their designs, and exploring why boats are made in different shapes and sizes.



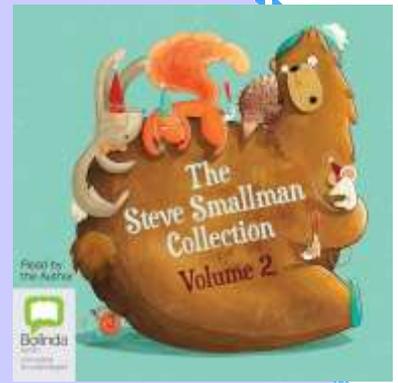
Author Visit

As part of the exciting World Book Week 2026, the children in years 5 & 6 enjoyed a special visit from award-winning children's author and illustrator, Steve Smallman, last Friday.

The children were fascinated to hear Steve talk about his career journey and how it all began with his love of drawing and animals. They then had the opportunity to work together with Steve to create a group of characters and develop a backstory, using the same methods he uses when planning his own books. The activity was both engaging and inspiring, and it gave the children some fantastic ideas they can use when planning their own writing.

We were amazed by how quickly Steve was able to draw and by the wonderful

illustration he created by the end. He kindly left the picture with us, which is now proudly displayed in our classroom and will continue to inspire our writing in the weeks ahead.



It was fun to be involved in Steve's drawing. We were able to give our ideas and then see him draw them.



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?

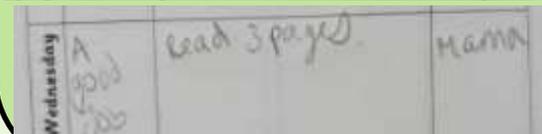
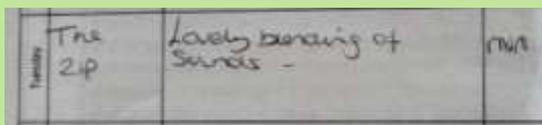
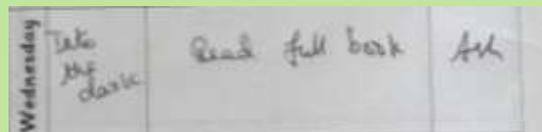
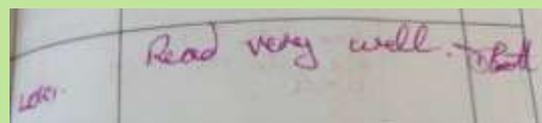
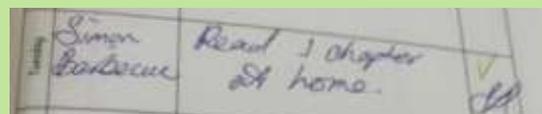
Encouraging Critical Thinking:

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.



Warwickshire
ACL and Family Learning



Family Reading Workshop



**At Lighthorne Heath Primary School
On Tuesday 24th March
Time: 1:30– 3.00pm**

Come along and help your child develop a love of reading in a FREE workshop for parents and their children.

Stories, arts, crafts, games, messy play and more.

Find out about The National Year of Reading' and collect a Bingo Card to use in your local library.

You will be required to complete an enrolment

To book your place please contact the school office.



 www.facebook.com/warksacl
 www.twitter.com/warksacl




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

EASTER

Celebrations

Monday 23rd March

Easter Egg Bingo. 3.25pm in the school Hall, all welcome (children must be accompanied by an adult). £1 a book of tickets.



Friday 27th March

Easter Bonnets. Design and create an Easter Bonnet and bring it to school on 27th March. Our rights Respecting School Ambassadors will be judging winners in the following categories:

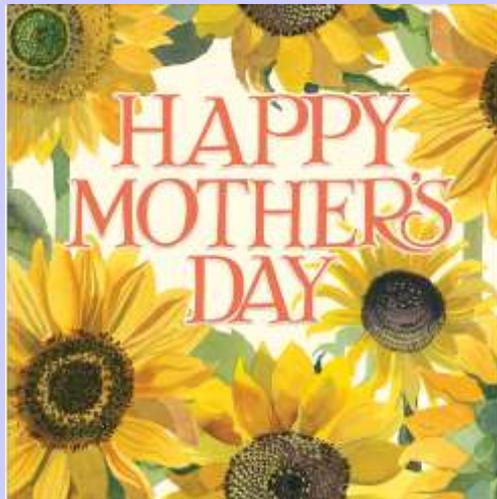
- Best use of recycled materials
- Most unique design
- Best in school



Diary Dates



Spring Term	
March	
Monday 9th—Friday 15th March	Science week
Friday 20th March	Selected Y4 pupils to Warwick Library
Monday 23rd March	Easter Egg BINGO!
	
Tuesday 24th March	FREE Family learning session 1.30– 3.00pm – reading. Booking required.
Friday 27th March	Non uniform day. Please bring a suggested donation of £1 for school fund.
	Easter Bonnet Competition 
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



HAF

Onside
Coaching

Easter

Holiday

Activities

At **Lighthorne Heath
Primary School**

TIMES

9.30am to 3.30pm

Monday
30th March
to Thursday
2nd April

**Holiday Activities
& Food Programme**

FREE spaces available for all Lighthorne Heath children

BOOK NOW AT haf.onsidelive.co.uk

Activities to help children move more every day

Children need 60 minutes of physical activity each day, with at least 30 minutes of that outside of school. You don't need to buy expensive equipment or find lots of extra time to make a difference. Every bit of movement adds up to support their health and wellbeing.



Need some inspiration? The NHS advice pages have lots of ideas to help! Whatever your family enjoys, there's a fun way to get moving together.



<p>Not sure where to start? Take the sports and activities quiz! Answer 3 quick questions to discover the perfect sports, activities and a Disney game tailored to your child's interests.</p>	<p>Indoor activities for kids We have loads of fun ideas for at-home games and activities to keep the kids active when they're inside.</p>	<p>10 Minute Shake Up games Have you tried our Disney, Pixar and Marvel inspired games? Shake Up activities are fun for all the family – and a great way for kids to get active!</p>	<p>Accessible activities Explore tips and activities designed to help kids with additional needs stay active in ways that work best for them.</p>
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Why being active matters

There are lots of good reasons for kids to be active! Research shows that physical activity helps school-age children in lots of ways.

Here are some of the benefits of staying active:

- | | | | |
|--|---|--|---|
| | <p>Improves behaviour, self-confidence and social skills</p> | | <p>Improves attention levels and performance at school</p> |
| | <p>Develops co-ordination</p> | | <p>Strengthens muscles and bones</p> |
| | <p>Improves health and fitness</p> | | <p>Maintains healthy weight</p> |
| | <p>Helps them sleep better</p> | | <p>Improves mood and makes them feel good</p> |



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



educaterers

Monday		or	
	Tomato Pasta Bake (G.D)		(v) Cheese D.
Tuesday		or	
	Chicken Fajita in a Wrap (G.)		(vg) Garden Vegetable Fingers in a Wrap (G)
Wednesday		or	
	Roast Chicken Fillet (G)		(v) Classic Quorn Roast (G)
Thursday		or	
	Pork Sausages (G.SU.SB)		(v) Plant Power Sausage in Gravy
Friday		or	
	Salmon Fishcake (F.G)		(v) Cheese & Tomato Pizza Wedge

Educaterers' New Menu

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

Free School Meals

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



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

Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Self-Care

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself and thinking "how do I feel today?" and understanding "what do I need today?" Self-care looks different for everybody. What works for one person may not work for someone else!

Our tips for self-care:

- **Taking** time-out when we are feeling overwhelmed.
- **Making** time for an activity which makes us feel good e.g., taking a bath, listening to music, going for a walk, or playing a game you enjoy.
- **Doing** the basic things to look after ourselves e.g., eating and sleeping well.
- Practise self-care by asking yourself the questions in the box below:

How do I feel today? What do I need today? Do I need physical or mental self-care? When can I add self-care into my day? Make time to do it! Repeating these Self-Care check-ins at least once each day can help improve our mental health.

Make time for a relaxation activity. Scan the QR codes below for more information around self-care. Why not try the mindfulness activities in the QR codes below too!

Primary resources:

Secondary resources:



Self-Care



Mindfulness



Self-Care



Mindfulness

Watch the 'Mindfulness animation' 'The Mindfulness in Schools Project has lots of other great resources too.'

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.

Emotional Wellbeing and Mental Health



SELF CARE



Twenty-five creative challenges for you to try

- Draw a picture of something that makes you laugh or smile.
- Try to juggle with three pieces of fruit.
- Spend a day wearing your favourite colour.
- Write a thank you note to someone who has been kind to you or helped you.
- Decorate eggs to look like your favourite animal.
- Learn to make an origami butterfly.
- Find out what song was number one your last birthday and perform it!
- Learn how to say hello in ten languages.
- Make a show with sock puppets.
- Make some flowers out of paper to decorate your house with.
- Learn a magic trick with playing cards.
- Write a short story for your favourite cartoon character.
- Recreate a scene from your favourite film to share with friends.
- Make a robot out of empty cardboard boxes.
- Create a dance routine to your favourite song and challenge others to learn it too.
- Try to make animal shadow puppets with your hands.
- Find five things in your home that are blue.
- Make a boat that can float in the bath with you.
- Create jewellery out of pasta.
- Ask someone to hide five items around the house and then give yourself five minutes to find them all.
- Have a paper plane throwing contest.
- Create your own jigsaw puzzle.
- Learn how to spell your name in British Sign Language.
- Create a hope box of things and items which make you smile.
- Become a superhero. What would your superpowers be? What would your outfit look like?



You can try these activities whenever you're feeling down or bored. See which ones you enjoy the most and try them again if you like them or try the next one.



Anna Freud
building the mental
wellbeing of the
next generation

Lighthorne Heath Learning Heroes

Reception

Skylar is our Reception hero this week. She has done some wonderful number work and staff have been impressed with her enthusiasm and progress.



Years 1 & 2

Our year 1 & 2 hero for this week is Lucas R. Lucas has such a wonderful 'can do' attitude towards all of his learning and he tries his best at everything that he does. In our art lessons, Lucas has looked at different ways to present his work and his sketchbook is looking so creative!

He designed a wonderful building in the style of Hundertwasser.

Well done Lucas, you are a superstar!



Have a go



Concentrate

Years 3 & 4

Mrs Madahar has chosen Mahfouz as the class hero this week. Mahfouz is hardworking, determined, and always pushes himself to complete challenges. He consistently shows a growth mindset and has impressed Mrs Madahar with his resilience and perseverance. Well done, Mahfouz!



Be curious!

Years 5 & 6

Our hero in Years 5 & 6 this week is Talha for his insightful contributions to class discussions. He is always eager to learn and works hard. Keep up the good work, Talha.



Enjoy learning

Co-

Persevere

Keep
improving

Use your imagination



Early Support Team Family Support Drop in Sessions

Stratford Children's Centre Every **Thursday 12.30-3pm**

Alcester Children's Centre Every **Wednesday 1-3pm**

Lighthorne Heath Children's Centre Every **Wednesday 1-3pm**

We can offer Support with...

Health and wellbeing

Supporting your Child's Mental Health

Understanding your Child's Behaviour

Behaviour Management

Developing Routines and Boundaries

Parenting Advice

Guidance and Support

So Much More...

**Pop in for a Relaxed Chat, Cuppa and
Support or Call us on**

Early Support Duty Line 01926414144

Monday-Friday between 9am-4pm



UN Convention on the Rights of the Child

Article 29: Goals of education

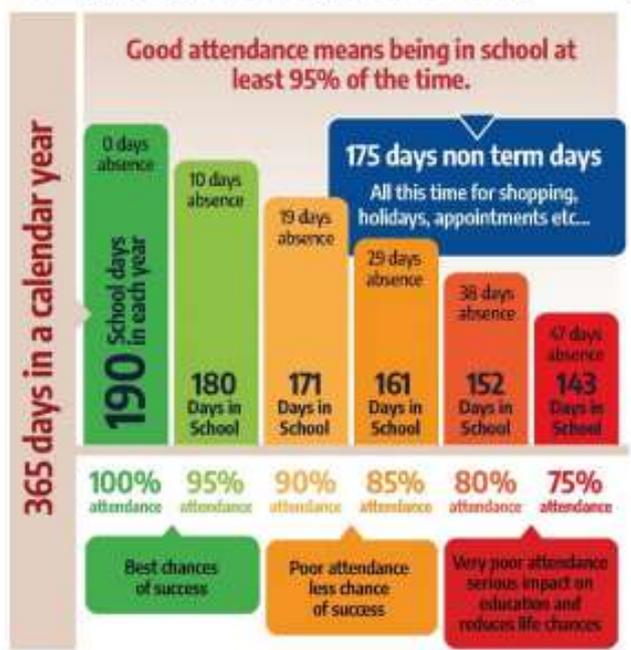
Article 5, Parental Guidance, Article 18, Parental responsibility



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.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about AI-GENERATED VIDEOS

WHAT ARE THE RISKS?

AI-generated videos are increasingly difficult to spot and easy to share. From fake news clips to deepfake abuse, children and young people face new risks every day online. These videos can imitate real people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and families who want to protect children in a fast-evolving digital world.

DEEPFAKE ABUSE CONTENT

Shockingly, artificial intelligence is now being exploited to create child sexual abuse material (CSAM). These synthetic images and videos are a form of digital abuse, often generated by manipulating real children's photos, including ones shared innocently online. Worryingly, the Internet Watch Foundation (IWF) has identified a sharp rise in this disturbing trend. Whether real or AI-generated, this content causes lasting trauma – and its creation or possession remains a criminal offence under UK law.

BLURRED REALITY

Regular exposure to fake content can erode a child's trust in real-world evidence. If everything can be faked, they may begin to question genuine videos – including actual abuse or injustices. This is known as the 'liar's dividend', where real harm is dismissed as fake news. It can discourage victims from coming forward or speaking up.

USED FOR BULLYING

Deepfake technology is already being used by peers to create embarrassing or explicit clips of classmates. These videos can be edited to appear as though a child said or did something they never did. Once shared, they are almost impossible to delete completely. AI-generated bullying adds a new layer of harm that is deeply personal and difficult to prove.

EMOTIONAL MANIPULATION

AI-generated videos can be used to provoke strong emotions, including fear, anger or guilt. Fake footage of crying children, injured animals or burning buildings may be created purely for clicks, donations or political influence. Children may feel upset or powerless, unaware that what they are watching has been digitally invented to manipulate their reaction.

DISINFORMATION

AI-generated videos can spread fake news, making it harder for children to separate fact from fiction. Fake clips may include deepfake interviews, hoax disasters or fabricated health claims. AI is already being used to produce misleading or persuasive material that appears authentic. If they don't develop media literacy, children may accept false content as truth.

IMPERSONATION AND SCAMS

With just a few photos or voice clips, AI tools can imitate someone's appearance or speech. This makes it easier for scammers or bullies to create fake videos of children, teachers or celebrities. These impersonations can be used for fraud, harassment or humiliation – and can spread quickly through social media or group chats, due to the viral potential of video. In particular, on social media.

Advice for Parents & Educators

TEACH HOW IT WORKS

Explain to children that videos can be faked – and show them how. Demonstrating side-by-side examples of real vs AI-generated clips helps to build awareness. Discuss how faces, voices and even movements can be copied by machines. Understanding the technology reduces fear and builds confidence in navigating digital content safely.

TALK ABOUT TRUST

Always keep lines of communication open. If a child sees something upsetting or unbelievable, they should feel safe discussing it without judgement. Create an environment where they know they will not get in trouble for asking questions. This also helps you step in quickly if harmful content has been shared: trust is vital and needs to be nurtured.

ENCOURAGE CRITICAL QUESTIONS

Help children question what they watch. 'Who made this? Why was it made?' Is it trying to persuade me? These habits encourage digital thinking, especially when videos seem too shocking or convenient. Reinforce that not everything shared by friends or influencers is true, even if it looks convincing at first, and that the initial approach should always be one of speculation.

STRENGTHEN PRIVACY SETTINGS

Advise children not to share voice notes, selfies or personal videos on public platforms. AI tools often scrape content from social media to create deepfakes. Use privacy controls to limit who can see their content and turn off facial recognition where possible. Fewer public images means fewer opportunities for misuse.

Meet Our Expert

Brandon O'Keefe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



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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



Applying for a Secondary School Place





BOUNDARIES AND RULES



**TUESDAY 24TH
MARCH 2026**



12:45-14:45



**LIGHTHORNE HEATH
CHILDREN AND
FAMILIES CENTRE**

Stratford Road,
CV33 9TW

Please note we are unable to accommodate children during these sessions.

For further information about this workshop please email ehparenttrainers@warwickshire.gov.uk

This workshop is for parents/carers of children of all ages. It will focus on:

- How and why boundaries support children's development
- Parenting strategies that can be used to support boundaries such as rules, praise, routines.
- Identify different parenting styles
 - Build an awareness of positive parenting and how to implement this in day to day life
- Looking after ourselves as parents and carers



**Scan the QR
Code to
book your
free place**

For Warwickshire
parents only.



A MULTI-SENSORY STORYTELLING EXPERIENCE FOR UNDER 5'S

Open the pages of imagination as we explore books and stories through singing, performance storytelling, phonics, british sign language, and a HUGE range of weekly play activities such as messy play, mark making, sensory play, small world, numeracy and SO much more! We explore a new theme and book every week. Our classes are perfect for individuals or siblings, we have something for everyone!

Classes coming to Lighthorne Heath Village Hall!

To enquire please email Kate on
warwickleamingtonspa@storyimaginary.co.uk or visit
www.warwickleamingtonspa.storyimaginary.co.uk

Community information



Community information

Spring is here...

and like the flowers my kids are blooming.

So we're adding a free clothes swap
to this meet-up.

Come along, meet neighbours and friends,
and let the kids run around and play.

Thursday 19 March · 5:00pm

Lighthorne Heath Village Hall
(next to the shop)



Parents and children must attend together
All welcome

Community information



WARM HUB EVERY THURSDAY

11 - 1.30

LIGHTHORNE HEATH VILLAGE HALL

Enjoy a free tea, coffee, cake
and conversation, FREE wi-fi
and laptops available

FREE SEATED CHAIR EXERCISES
EVERY WEEK - 1.00 - 1.30
a great workout

EVERYONE WELCOME!



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

Join the Fun! Youth Cricket 2026 at Leamington Khalsa CC

All Stars Cricket (Ages 5-8)



A fun, game-based introduction to the sport that builds the foundations of physical activity and cricket skills in a safe environment.

All Stars Player Pack



Every participant receives a personalized T-shirt, a backpack, a cricket bat, and a ball.

Dynamos Cricket (Ages 8-11)



Focuses on developing specific cricket skills each week, ending with an exciting 60-ball "countdown cricket" match to build confidence.

Dynamos Personalised Kit



Includes a personalized Dynamos T-shirt and exclusive Topps Wildcards to collect.

Dates and Logistics



**Every Friday from
May 15 to July 10, 2026**

The 8-session course runs weekly from 18:00 to 19:00 (note: no session on May 29).

£50

**Price: £50 for
the Full Season**

The cost covers all 8 coached sessions and the participant's merchandise pack.



**Location:
Lighthorne Ground**
Held at Leamington Khalsa Cricket Club @ Lighthorne, Chesterton Bd, Warwick CV35 0AB.

Get Involved & Contact



Become a Parent Activator

Parents and carers are invited to help out on the pitch; no cricket expertise is required to support the Lead Activator.



Lead: Yohan Mendis

For more information, email Yohan yohan.mendis@gmail.com.



Scan to Register for All Stars



Scan to Register for Dynamos