



Nursery and Reception

This week, Reception and Nursery enjoyed welcoming in the parents for our Easter Stay and Play session. It was a pleasure to share some of our favourite activities with you. The children enjoyed making chocolate Easter nests, Easter cards and going on an Easter egg hunt. Thank you to everyone who attended.



UN Convention on the Rights of the Child

Article 29: Goals of education





Science Club




This half term our lunchtime science club has been focused on the theme **‘movement and music’** The children have enjoyed learning about kinetic energy by making exploding stars, how air resistance and forces affect a flying object, they made water bugs to explore the surface tension of water, were challenged with moving a paper clip from a cup using magnets and created their own musical instruments using different water levels and cone shapes.



Phonics Progression

Level 1+

Floppy's Phonics

s  sun	a  apple	t  teddy	p  pan
i  insect	n  net	m  man	d  dog
g  gate	o  octopus	c  cat	k  key
-ck  duck	e  egg	u  umbrella	r  rabbit
h  hat	b  bone	f  fish	-ff  cuff
l  lion	-ll  hill	-le  bottle	-ss  dress

Level 2

Floppy's Phonics

j  jug	v  van	w  web	-x  fox
y  yo-yo	z  zip	-zz  buzz	qu  quinn
ch  chick	sh  ship	th  thumb	-ng  ring
-dge  bridge	-ve  glove	wh  wheel	-cks  ducks
-tch  hatch	-nk  ink		

Level 3

Floppy's Phonics







ai  aim	ee  eel	-igh  knight	oa  goat
-oo  cook	oo  spoon	ar  arm	or  fork
ur  purse	ow  owl	oi  oil can	ear  ear
air  hair	-er  builder	er  herbs	-ue  rescue
-ue  glue	-ure  pure	-ture  picture	

Level 4

Floppy's Phonics

-ay  tray	oy  toy	ea  eat	-ie  pie
ow  bow	ew  newspaper	-ew  screw	ou  mouth
ir  bird	aw  yawn	eer  deer	-are  scarecrow
-ce  dance	-ea  bread	o  onion	-ed  dropped rained

Level 5 split digraphs Floppy's Phonics

a-e  cake	e-e  complete	i-e  ice	o-e  rose
u-e  cube	u-e  flute		

Year 1 Phonics Screening

Level 1+

s	a	t	p
i	n	m	d
g	o	c	k
ck	e	u	r
h	b	f	ff
l	ll	le	ss

Level 2

j	v	w	x
y	z	zz	qu
ch	sh	th	ng
dge	ve	wh	cks
tch	nk		

Level 3

ai	ee	igh	oa
oo	oo	ar	or
ur	ow	oi	ear
air	er	er	ue
ue	ure	ture	

Level 4

ay	oy	ea	ie
ow	ew	ew	ou
ir	aw	eer	are
ce	ea	o	ed

Level 5

a-e	e-e	i-e	o-e
u-e	u-e		

In the Summer Term, all Year 1 children across the country will take part in the Phonics Screening Check. This is a short, one-to-one assessment with their teacher to see how well they can use their phonics skills to read. The check includes 40 words—some real and some made-up (called "alien words")—which children are asked to sound out and blend together.

You can support your child at home by making phonics practice part of your daily routine. Reading together regularly—especially books with simple, decodable words—helps build your child's confidence and fluency. Playing fun phonics games, spotting sounds in everyday words, or practising alien words together can also make learning feel enjoyable and relaxed.

Most importantly, keep it positive! Encouragement and praise go a long way in helping your child feel confident and ready for the check.

If you have any questions or would like some ideas for phonics games and activities, please don't hesitate to speak with your child's class teacher.

We are Sound Detectives!

We have been having lots of fun in our phonics lessons hunting down different sounds. We have all proved that we have fabulous detective skills, finding sounds in words written on fingerprints and also in words written in secret ink! Not only have we developed our ability to identify and find different sounds in words, supporting our reading, we have also improved our collaborative working. We worked so well as a team, sharing, taking turns and supporting one and other.





PETS AS THERAPY



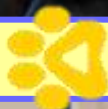
Meet Tommy!

Tommy is a fully trained and insured Pets as Therapy dog who visits us at school each week.

Tommy comes with his owner, Carol, and each week they meet with carefully selected children as part of our programme of support.

Children participating in this support may be selected for any number of reasons; it may be that they need support in developing their confidence and self esteem, assistance to overcome anxieties or need to develop strategies to help them calm. Some children see Tommy because they require extra reading practise (Tommy is a great listener) or motivation– or many other reasons.

If you think that your child may benefit from this type of support then please speak to Mrs. Manley who would be happy to add their name to our waiting list.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 23: Children with a disability





Back by popular demand:

Break the Rules Day 2025

Wednesday 23rd April



Ambassadors

What's that?

You will have the opportunity be like and Puck break some of the school rules for a small charge...



A MIDSUMMER NIGHT'S DREAM

Two couples run into fairy-infested woods.

The fairy Puck puts a love potion into various people's eyes.

Everyone falls in love with the wrong person.

Who's this guy?



Puck

But what rules can I break?

1. Wear your own clothes
2. Crazy hair styles
3. Bring your own snack
4. Bring a toy to school (non electronic/battery)
5. Juice instead of water in your bottle



1 rule

3 rules

5 rules

Break the RULES 1ay 2025

Choose any of the rules below to break on Wednesday 28th April 2025

You can break one rule for 50p or three for £1 or all 5 for £1.50. Please tick below which rules you would like to break and return with the cash to the school office by Monday 20th April 2025

Childs name:

Class:

Rules:	Chosen:
Wear your own clothes	
Crazy hair styles	
Bring a toy to school (non-electronic only)	
Bring your own breaktime snack	
Juice instead of water in your bottle	

Funds raised go towards the school fund.

From your RSC Ambassadors – Imelda, Rafferty and Luke

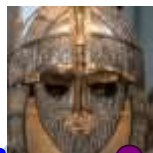
UN Convention on the Rights of the Child

Article 29: Goals of education

Article 13: Freedom of expression

Article 31: Leisure, play and culture





Invasion

Years 3 and 4

Guided Reading

This week, we've had some thoughtful and meaningful discussions in class, centred around empathy, anti-bullying, and the foundations of a healthy school community. Through reading, group discussion, and media exploration, the children deepened their understanding of important social themes and had the opportunity to reflect on the kind of culture we want to nurture within our school.

We continued reading our class text, pausing at key moments to explore how characters might be feeling and recording these insights using our Role on the Wall technique.

As we progressed through the story, we discussed the different forms of bullying and anti-social behaviour, using examples from the text to compare how characters acted and how their behaviour affected others. The children created Venn diagrams to analyse similarities and differences in their actions and reflected on the impact of these behaviours on a school environment.

We watched a selection of BBC Newsround videos, which served as powerful conversation starters on issues such as kindness, inclusion, and mental health. The children discussed the tone, language and effectiveness of each video, identifying which phrases and styles best conveyed messages of positivity and reassurance.



Who was Jesus?

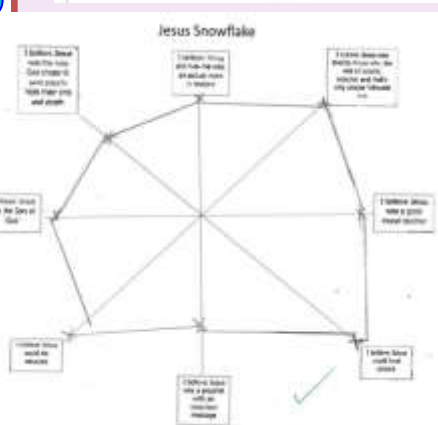
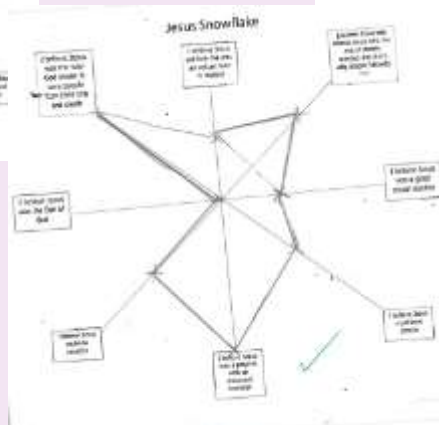
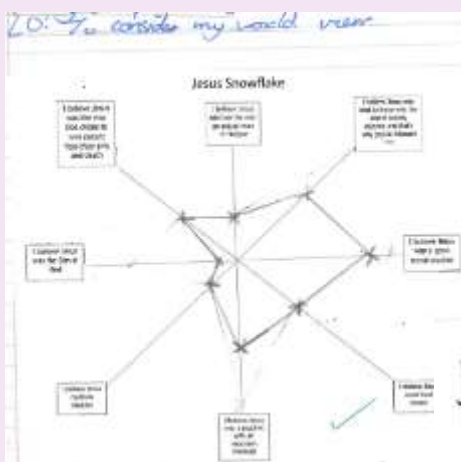
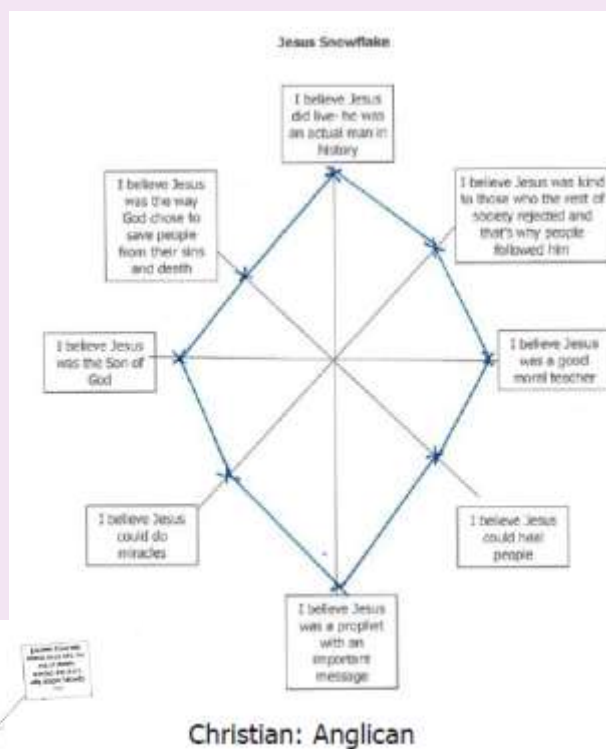


In 5/6 this week we have been having an RE week. We have been discussing the question 'Who was Jesus?'

We talked about how different religions think about Jesus, and which religions he does not exist within. It was interesting to see how he featured in many religions other than Christianity.

For example, in Islam, Jesus (Isa) is a highly revered prophet and the Messiah, but not considered the Son of God or an incarnation of God. In the Bahá'í Faith, Jesus is seen as a manifestation of God. Different branches of Christianity viewed him in slightly different ways, but all saw him as the son of God.

We thought about our own beliefs and created snowflakes to show what we believe. We shared our snowflakes and it was interesting to compare their similarities and differences.



It was interesting to see how our snowflakes differed, this shows that we have different World views.



Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Challenge

Throughout our lives we are going to experience different challenges, both big and small. There will be times where these challenges are exciting and maybe other times where challenges could feel scary and uncertain. These different challenges will push us to try new things, build our resilience and teach us new things about ourselves and the world around us.

When taking on challenges, we learn that we can work towards goals, overcome any obstacles and be resilient even when something is difficult. A **growth mindset** can help us take on new challenges, it builds our confidence to have a go at things, increases our self-esteem and encourages us to keep trying, even if something doesn't work out the first time!

Our top tips for challenging ourselves:

1. **Set yourself some goals** you would like to reach this time next year (long term goals). Perhaps these can be things you've always wanted to do but never tried before. Break your goals down into medium-term goals and short-term goals (goals you can set to work towards the long-term goal in a few weeks or months).
2. **Ask for help** when needed. Challenging ourselves is not about getting through difficult times alone...sometimes we need a helping hand and that is okay!
3. **Push yourself out of your comfort zone** this week. You might want to try a new food, learn a new hobby, start a conversation with a different friend, or put your hand up in a lesson at school. Can you think of a **SMART goal** you would like to challenge yourself with this week? Follow the QR code to learn more about SMART goals:



4. **Read books** with characters who overcome challenges. What strategies did the characters use to push through them? Follow the QR code to a list of books that help children face challenges:



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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.

Guide to Supporting Your Child's Reading

Lighthorne Heath
Primary School
Reading Diary
2024-25

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?

Why do you think the character made that choice?

If you were in this situation, what would you do?

Summarising and Reflecting:

Can you tell me what happened in the story in your own words?

What was your favourite part? Why?

Did the book end the way you expected?

Extending the Story:

If you could ask the author one question, what would it be?

Can you think of a different ending to the story?

What lesson did you learn from this book?

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.

Simon
Barbecue Read 1 chapter at home. ✓

Read very well. ✓

Wednesday Take the class Read full book Ash

Friday The 2p Lovely drawing of Simon - MNA

Wednesday A good job Read 3 pages. MAMA

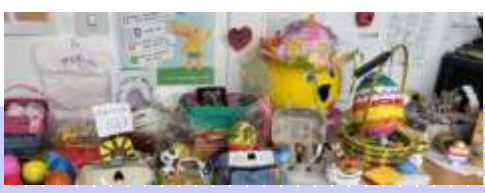


REMEMBER... YOU'VE GOT TO BE IN IT TO WIN IT!

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.



Congratulations to the winners of our decorate an egg competition. It was a difficult decision but our Mental Health Ambassadors selected Nuvi, Eevee, Rafferty and Bella as our winners.



A big thank you to children and families that donated and purchased cakes in our cake sale and joined in with our chocolate tombola this week. We raised a magnificent £130 and will use this to purchase a years subscription to First News so that the children can access important and interesting information from the media.



Thank you to families who attended our Easter bingo and to Mrs Thorneywork and colleagues who did a great job of running this. This year, we raised a whopping £120.70 which the children will put towards playground games to enjoy this summer.



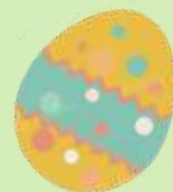
UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: Leisure, play and culture



Diary Dates



What a fabulous term we've had. As always, thank you to our wonderful children for making our school such a special place and to our families for your incredible support.

School is closed for the Easter Holidays between Monday 14th—Friday 25th April and we look forward to welcoming everyone back on Monday 28th April.

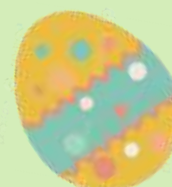
With best wishes from Mrs Westwood, Mrs Manley and all the staff at Lighthorne Heath Primary School.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



Lighthorne Heath Learning Heroes

EYFS

Joshua is our Reception and Nursery class hero this week for listening carefully and joining in classroom games. Joshua was able to carefully say the next number higher or lower when we counted up to 10 and down in a circle. Well done Joshua!



Co-operate

Years 1 and 2

Our Y 1 & 2 hero this week is Kyan. He has made some really good choices with his actions in the classroom and on the playground. This week in the classroom, Kyan has shown a great attitude towards his learning recently and has been a really supportive learning partner to others and has been able to share his knowledge and understanding to support his peers. Well done Kyan, keep up your hard work and great choices.

Have a go



Concentrate

Persevere

Years 3 and 4

This week's Y 3 & 4 hero is Mahfouz for showing an amazing level of focus and determination in his work. Across all subjects, Mahfouz always provides thoughtful contributions. Well done!



Be curious!

Years 5 and 6

Mrs Cox's hero this week is Dee. After a rocky start to the week, they have shown determination and resilience, working hard and giving things a go. Keep it up, Dee.

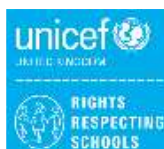


Enjoy learning

Use your imagination

UN Convention on the Rights of the Child

Article 29: Goals of education





PRIMARY SCHOOL COMPETITION

Help us design the 2025 Soccer Aid for UNICEF Mascot T-shirt!

This is your chance to design a t-shirt that mascots will wear when they walk onto the pitch at Soccer Aid for UNICEF 2025 on Sunday 15th June!

The design needs to be imaginative, impactful, and meaningful, reflecting UNICEF's values and/or the rights of children. Keep the right sleeve free for the Soccer Aid for UNICEF logo and the rest is up to you!

Please note designs must not include offensive language, inappropriate content or any names or logos.

Entries must be submitted by midday on Thursday 24th April 2025.

FRONT



 Keep sleeve free for Soccer Aid logo



UN Convention on the Rights of the Child
Article 31: Leisure, play and culture

Attendance and Punctuality



GOOD ATTENDANCE

MEANS BEING IN SCHOOL AT LEAST 95% OF THE TIME... OR HAVING NO MORE THAN 8 DAYS OFF!

- ATTENDANCE +

0

DAYS ABSENCE

100% ATTENDANCE

MORE TIME IN SCHOOL MEANS MORE TIME TO LEARN, DEVELOP & GROW!

8

DAYS ABSENCE

96% ATTENDANCE

19

DAYS ABSENCE

90% ATTENDANCE

LESS TIME IN SCHOOL MEANS LESS TIME TO BECOME THE VERY BEST YOU!

29

DAYS ABSENCE

85% ATTENDANCE

38

DAYS ABSENCE

80% ATTENDANCE

POOR ATTENDANCE MEANS DRASTICALLY REDUCED LIFE CHANCES!

47

DAYS ABSENCE

75% ATTENDANCE

EDUCATION + ATTENDANCE + EFFORT = ENDLESS POSSIBILITIES!

DON'T BOOK APPOINTMENTS DURING SCHOOL TIME



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



Lighthorne Heath Skatepark

16/04/25

SPRAY PAINT WORKSHOP

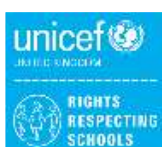


EASTER HOLIDAY
FREE
FAMILY ART
ACTIVITY

- Drop-in at the skatepark between 11am-1pm.
- Please wear paint appropriate clothes.
- Materials, masks and gloves will be provided.

Enquiries email: Emma.Hills@trustgreen.com

Trustgreen



UN Convention on the Rights of the Child

Article 31: Leisure, play and culture

Article 24– Access to a clean and safe environment.



SUPPORTED BY TIME BANK

DESIGN A POSTER – MAKE A DIFFERENCE!

CALLING ALL CREATIVE MINDS!


Are you passionate about protecting **wildlife and the environment**? This is your chance to **MAKE A DIFFERENCE!**

 **Competition: Design a Poster for Our Litter Picking Campaign!** 

We're looking for an eye-catching poster that highlights the importance of keeping our local area clean, protecting wildlife, and caring for our planet.

 **PRIZE:** The winning design will be used in our local campaign in conjunction with **Warwickshire Wildlife Trust AND** receive a **special prize!**

 **Deadline: 1st May**


 **Theme: Wildlife & Our Environment**

 **Get Creative & Help Spread the Message!**

  **Judged by Warwickshire Wildlife Trust** 

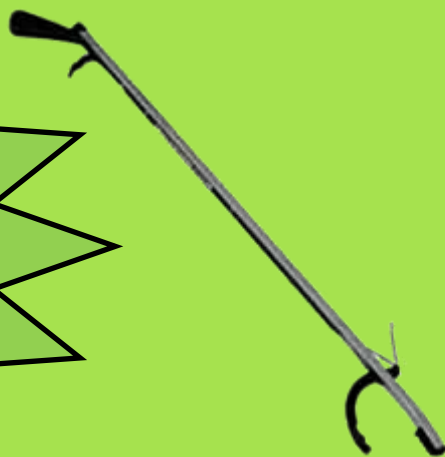
Submit your entries now and be part of the change.

Together, we can protect nature!   

 **For more details or to submit your entry, contact:**
Catherine Stacey – cathstacey@hotmail.com



How can we help the local area?



At Lighthorne Heath Primary School our Eco Committee are working hard to raise the awareness of issues relating to the climate and environment. Last week we led an assembly talking about litter. The children knew lots about why litter is so bad for the environment and the animals that live locally.

You can borrow our litter picking equipment if you wish to do some litter picking in your local area. We would love to hear about how much you collect and see some photos!

Please speak to Mrs Hendriksen and Mrs Tencuse in the office if you would like to borrow some litter pickers. Please make sure you wear gloves and wash your hands after use!

Plastics on the floor break down and end up in the soil which can then put microplastics in our food.

Animals can get hurt by litter.

Litter looks horrible and ruins the look of our area.

Animals might think the litter is food and try to eat it.

Litter can be sharp and hurt people.



We want to provide the healthiest possible environment for all our children to thrive.

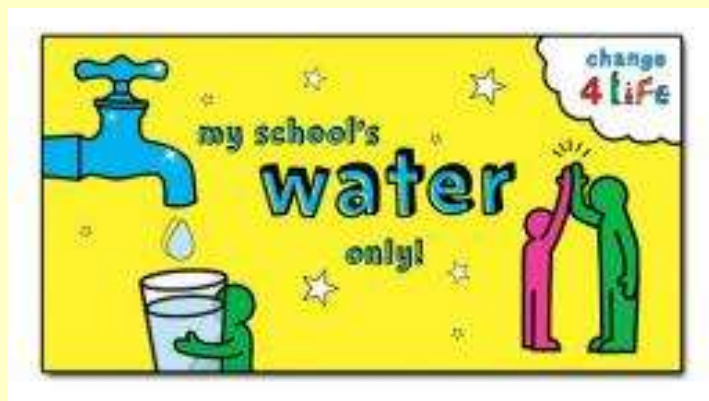
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

We have a water cooler in school and children are welcome to fill up their bottles when they need.



The NHS states that the best drinks to give children are water and milk.

Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental responsibilities

Article 24: Health and health services





Mobile Library

Warwickshire Libraries have a new timetable for their new electric vehicles and visit Lighthorne Heath.

Each mobile library has:

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



Contact the Mobile Library Service

Email: mobilelibraryservice@warwickshire.gov.uk

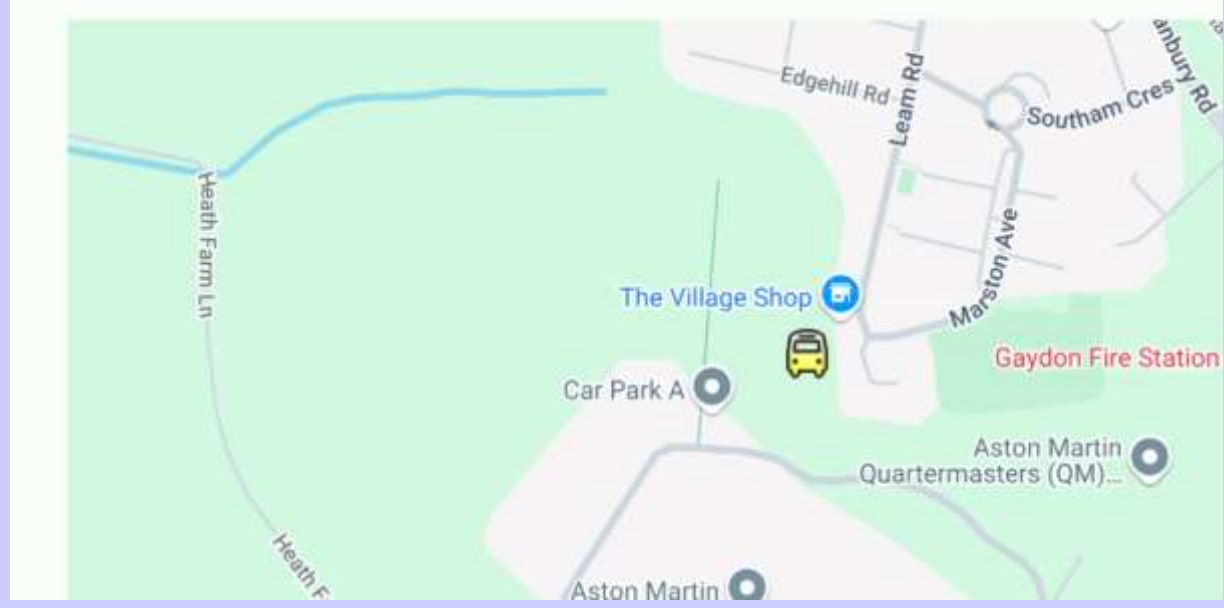
Telephone: 01926 851031

The Mobile library will be here from 15:15 to 15:35

This route will operate on:

24 March 2025	22 April 2025	19 May 2025	16 June 2025	14 July 2025	11 August 2025
8 September 2025	6 October 2025	3 November 2025	1 December 2025		

Village Hall, Lighthorne Heath



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: Leisure, play and culture



educaterers

Week three

Warwickshire, Coventry: 28/04, 19/05, 16/06, 07/07, 01/09, 22/09, 13/10
Oxfordshire: 28/04, 19/05, 16/06, 07/07, 01/09, 22/09, 13/10

Choose a main meal...

(v) Cheese and Tomato Pizza Wedge served with Seasoned Potato Wedges (G.D)

Vegetarian Only

(v) Jacket Potato with Cheese (D)

Jacket Potato – (v) Cheese (D), or (vg) Baked Beans

MONDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) Crunch Cookie (G)
Fresh Fruit

Choose a main meal...

(h) British Beef Bolognese served with Garlic Bread (G/ cheese D)

Vegetarian Only

(h)(vg) Vegetarian Bolognese with Garlic Bread (G.SB)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) Lemon / Orange Drizzle Cake (G.E)
Fresh Fruit

TUESDAY

Choose a main meal... **WEDNESDAY ROAST**
British Roast Pork Slice, Apple Sauce and Gravy

Vegetarian Only

(vg) Classic Quorn Roast with Gravy (G)
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

WEDNESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Strawberry Whip with Fruit (D)
Fresh Fruit

Choose a main meal...

Beef Burger in a Bun served with Crispy Diced Potatoes (G.SB.SU)

Vegetarian Only

(vg) Plant power burger in a Bun with Crispy Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

THURSDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) Chocolate Frosted Sponge (G.E.D)
Fresh Fruit

Choose a main meal... **FISHY FRIDAY**
(msc) Fish Fillet Fingers (G.F) served with Chipped Potatoes

Vegetarian Only

(vg) Breaded Vegetable Fingers with Chipped Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

FRIDAY

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Ice Cream (D)
Fresh Fruit

Educaterers' New Menu

Next week we will be on Week 3 of the new Educaterers menu.

Free School Meals

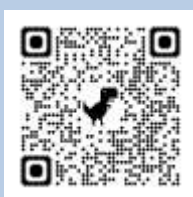
If you think that you may be eligible for free school meals applications can be made online at <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>



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

Our healthy school meals are provided by Educaterers. A new menu has been launched and we will begin serving this after the Easter break.

Did you know that Educaterers has a website where you can find out more about their company values, the ingredients that are used in our school meals and about their menus? Educaterers also has a recipe book that you can download if you would like to have a go at creating delicious and healthy treats at home.



Weekly Menu		Weekly Menu		Weekly Menu	
Week one		Week two		Week three	
Warwickshire, Coventry: 01905 02094, 23096, 14287, 05609, 29699, 2010 Dorsetshire: 01505 02094, 23096, 14287, 05609, 29699, 2010		Warwickshire, Coventry: 1205, 09894, 3008, 1509, 0610 Dorsetshire: 2104, 1205, 0989, 3008, 2107, 1509, 0610		Warwickshire, Coventry: 2804, 1905, 1606, 0707, 0109, 2209, 1310 Dorsetshire: 2804, 1905, 1606, 0707, 0109, 2209, 1310	
MONDAY Choose a main meal... Meringe Pork Mince/Pasta Bake with Cheese served with Freshly Baked Crusty Bread (G.D.) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Strawberry Sprinkles Sponge Cake (G.E.) Fresh Fruit Vegetarian Only: (v)(h) Tomato Pasta Bake served with Freshly Baked Crusty Bread (G.D.) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		MONDAY Choose a main meal... (h) Moroccan Chicken Pasta (Mozzarella) served with Freshly Baked Mashed Potato Baguette (G.) Vegetarian Only: (v)(h) Bressat and Sweetcorn Pasta Bake with Freshly Baked Wholegrain Baguette (G.D.) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		MONDAY Choose a main meal... (v) Cheese and Tomato Pizza Wedge served with Seasoned Potato Wedges (G.D.) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Crunchy Cookies (G.) Fresh Fruit Vegetarian Only: (v) Jacket Potato with Cheese (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans	
TUESDAY Choose a main meal... (v) Cheese and Tomato Pizza Wedge served with Potato Wedges (G.D.) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Chocolate Crispy Cake (G.) Fresh Fruit Vegetarian Only: (v) Jacket Potato with Cheese (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		TUESDAY Choose a main meal... (v)(h) Potato Pizza Wedge served with Crispy Diced Potatoes (G.D.SB) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Strawberry (G.) Fresh Fruit Vegetarian Only: (v) Jacket Potato with Cheese (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		TUESDAY Choose a main meal... (h) British Beef Bolognese served with Garlic Bread (G) cheese (D) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Lemon / Orange Crispy Cake (G.E.) Fresh Fruit Vegetarian Only: (h)(vg) Vegetarian Bolognese with Garlic Bread (G.SB) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans	
WEDNESDAY Choose a main meal... British Roast Beef, with Traditional Yorkshire Pudding and (h)(vg) (D.E.G.) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Raspberry & Apple Sponge with Cardamom (D.G.E.) Fresh Fruit Vegetarian Only: (vg) Chicken Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G.) Crispy Roast Potatoes Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		WEDNESDAY Choose a main meal... British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G.) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Peach Melba (G.E.) Fresh Fruit Vegetarian Only: (vg) Chicken Quorn Roast in Gravy with Sage and Onion Stuffing (D) Crispy Roast Potatoes Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		WEDNESDAY Choose a main meal... British Roast Pork Sides, Apple Sauce and Gravy On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v) Strawberry Whip with Fruit (D) Fresh Fruit Vegetarian Only: (vg) Chicken Quorn Roast in Gravy (G) Crispy Roast Potatoes Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans	
THURSDAY Choose a main meal... (vg) Crispy Quorn Dippers in a Wrap with Tomato Sauce served with Crispy Diced Potatoes (D) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Meringe Moment Biscuits (G.SU) Fresh Fruit Vegetarian Only: (v) Jacket Potato with Cheese (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		THURSDAY Choose a main meal... British Pork Sausages served with Mashed Potatoes (G.SB.SU) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Peach Melba (G.E.) Fresh Fruit Vegetarian Only: (vg) Vegetarian Sausage served with Mashed Potatoes (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		THURSDAY Choose a main meal... Beef Burger in a Bun served with Crispy Diced Potatoes (G.SB.SU) On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Chocolate Frosted Sponge (G.E.D.) Fresh Fruit Vegetarian Only: (vg) Plant power burger in a Bun with Crispy Diced Potatoes (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans	
FRIDAY Choose a main meal... (h)(vg) Battered Fish Fillet (G.F.) served with Chopped Potatoes On the side... Fresh Salad Bar Peas or Baked Beans For dessert... (vg) Jelly with Fruit Fresh Fruit Vegetarian Only: (v)(h) Tinned Sausage & Bean Bake with Baked Beans served with Garlic Bread Roll (G.D.) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		FRIDAY Choose a main meal... (h)(vg) Battered Fish Fillet served with Chopped Potatoes (G.F.) On the side... Fresh Salad Bar Peas or Baked Beans For dessert... (vg) Jelly with Fruit Fresh Fruit Vegetarian Only: (vg) Plant power Burger in a Bun served with Chopped Potatoes (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans		FRIDAY Choose a main meal... (h)(vg) Fish Finger Fingers (G.F.) served with Chopped Potatoes On the side... Fresh Salad Bar Peas or Baked Beans For dessert... (v) Ice Cream (D) Fresh Fruit Vegetarian Only: (vg) Breaded Vegetable Fingers with Chopped Potatoes (D) Jacket Potato - (v) Cheese (D), Tuna (F.E.) or (vg) Baked Beans	

Lighthorne Heath Primary School

Lighthorne Heath Primary School Newsletter



Thursday 8th May 2.15 - 3pm

Thursday 8th May marks 80 years since V.E. Day. This is a very special day being celebrated nationally and we would like to hold a special event in school to mark the occasion.

All parents are welcome to join us from 2.15pm on the school field for tea and cake. The children are preparing to sing a few songs, including the national anthem.

Please could children wear red, white and blue on the day. We'd appreciate donations of cake to help make the day a success.



Easter 2025, Newsletter




Family and Relationships Support

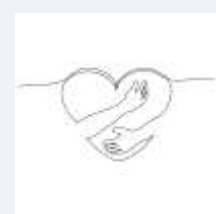


A guide to free support available to Warwickshire families



You can access the online guides via:
www.warwickshire.gov.uk/parentguides





Looking after your family through winter



Advice if your child suffers a head injury

For you Health



Winter safety

For you Help for families



Strep A: What you need to know

For you Health



Healthy habits, happy kids: Advice for parents

For you Help for families

Collection by Health Visitor



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture

Competition

TO NAME OUR FLEET CYCLES

WCC Road Safety Education Team are running a competition to name our new fleet cycles.

For information click the QR code



Closing date 31st March 2025.

Fleet cycles are available for children to use to access Bikeability cycle training.

For information click the QR code



- UN Convention on the Rights of the Child
- Article 29: Goals of education
- Article 6: Life, survival and development
- Article 3: Leisure, play and culture



UK Health
Security
Agency

Stop norovirus spreading

Norovirus, also known as the 'winter vomiting bug', is the most common stomach bug in the UK. It can spread easily through close contact, or by contaminated surfaces, food or water.

The main symptoms of norovirus include a sudden onset of nausea, followed by projectile vomiting and diarrhoea, usually 1 to 2 days after becoming infected. Other common symptoms include a high fever, a headache and aching arms and legs.

Good hand hygiene is important to stop norovirus spreading.

To stop norovirus spreading, you should:

- wash your hands thoroughly using soap and warm water after using the toilet or contact with a sick individual and before preparing and eating food.
- stay off school or work until you have not been sick or had diarrhoea for at least two days
- not rely on alcohol gels instead of washing your hands, as these do not kill the virus
- wash any contaminated clothing or bedding using detergent at 60°C using disposable gloves to handle any items
- use bleach-based cleaners to disinfect surfaces

If you catch it, stay home for 48 hours after your symptoms clear

DO



Wash clothes and bedding at 60°C



Wash hands with soap, clean surfaces with bleach-based disinfectants



DON'T



Go to work or school, visit care homes or hospitals



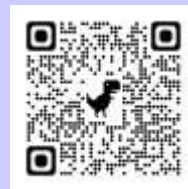
Prepare food for others



Most people will make a full recovery in 2-3 days without needing any medicine. It is important to keep hydrated – especially children and the elderly.

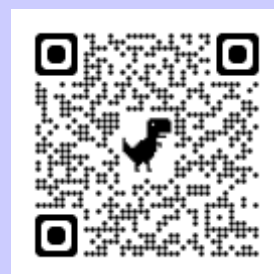
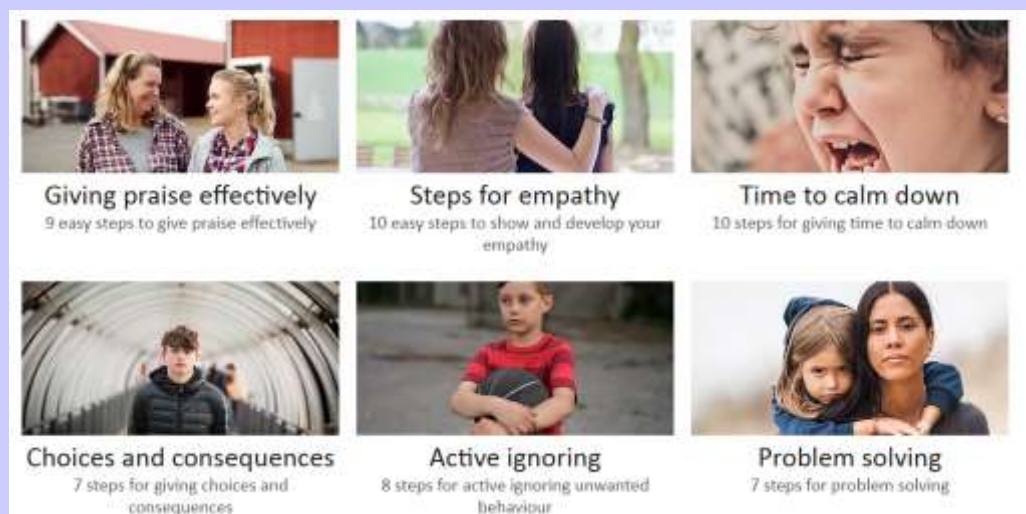
Try not to visit A&E or GP surgeries if you have symptoms of norovirus unless advised to do so by a healthcare professional, as this may spread the bug to others. Call ahead to a GP or ring NHS 111 if you are worried about your symptoms.

Further information is available at NHS 111 or NHS.uk (<https://www.nhs.uk/conditions/norovirus/>)



A number of free online parenting courses are available to Warwickshire families. These are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. All of the courses are filled with helpful techniques and ideas developed by our experienced parenting professionals to help you become a confident and happy parent. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace.

Follow the link via the QR code above or access these courses and other support via: <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

What Parents & Educators Need to Know about SNAPCHAT

AGE RESTRICTION 13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMap' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as harassing or malicious messages, spam or masquerading as someone else.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

[@wake_up_weds](https://www.instagram.com/wake_up_weds) [/www.thenationalcollege](https://www.facebook.com/www.thenationalcollege) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.instagram.com/wake.up.weds)



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.

SAFELINE'S PARENT WORKSHOP

HOW TO KEEP YOUR CHILD SAFE ONLINE!

Online Safety Workshop
Wednesday 9th of April 2025
5-6pm

This workshop provides key knowledge around how social media/apps can be used safely and the risks/dangers of the online world.

If you would like to attend please confirm by emailing ramandeepd@safeline.org.uk please include your child's school name

Please join by going into Zoom and putting in Meeting ID: 765 294 7590



ULFC EASTER HOLIDAY CAMP



WEEK ONE

Monday 14th, Tuesday 15th, Wednesday 16th &
Thursday 17th of April 25'

WEEK TWO

Tuesday 22nd, Wednesday 23rd, Thursday 24th &
Friday 25th of April 25'

TIME - 9am to 3pm

ADDRESS- Lighthorne Heath Village Hall, Valiant Close,
CV33 9UF

AGES - Open to Children aged 5-13

- Football
- Multi Sports
- Games and Activities
- Themed Days - Egg Hunt

£20
per day

£70 for a
whole week

Book online at

www.upperlighthornefootballclub.co.uk/holidayclub

or message us on 07466 169120



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture

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

2 June

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

3 March

National Offer Day

31 March

Deadline for
submitting appeals