



Newsletter 29
Friday 8th May 2026

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Reception



Sewing

Reception have been busy this week learning how to sew!

The children designed their own felt butterflies and practised joining the pieces together using either a running stitch or whip stitch.

They then decorated their butterflies, carefully following their designs.

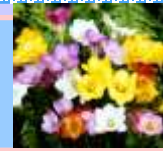


Ready Steady Grow

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



Science– Plants



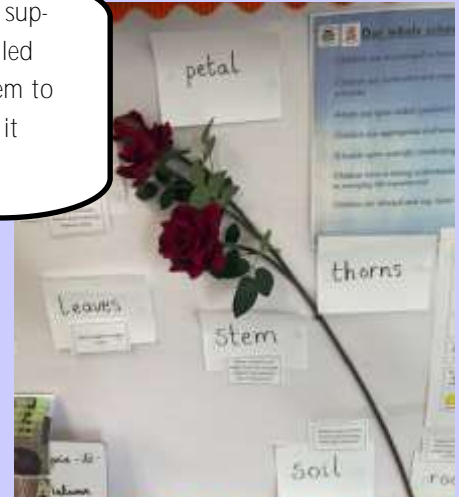
This half term the children in Years 1 and 2 have been learning about plant growth in their Science lessons. They explored what plants need in order to grow and stay healthy, including water, light, air and soil.

As a class, we discussed how different plants may need slightly different conditions, but that all living plants need care to help them grow. The children looked closely at a variety of seeds and bulbs, and talked about what they thought would happen as they began to grow. We have an ongoing class investigation, watching the growth of a spring onion and a tomato plant too!

This week they worked in groups to plant Iris and Freesia bulbs and plan how they will look after them over the coming weeks. The children are excited to observe any changes and record how their plants develop over time.

Looking at Learning

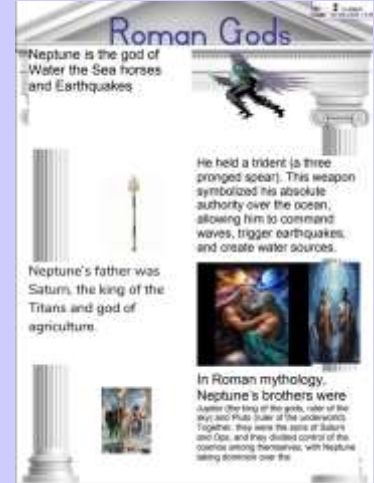
We learned that a tree has a thick trunk to help support it. The trunk is covered with a thick skin called bark. A rose is a type of flower, it has a long stem to support it. The stem has sharp thorns to protect it from being eaten by hungry animals.





Looking at Learning

This term, the children in Years 3 and 4 are learning about *Emperors and Empires*. The topic focuses on the growth of the Roman Empire, including its invasions of Britain. We will also learn about important historical figures, such as Boudicca, and their role during this period.



Our English lessons will also be closely linked to this topic through the study of a range of myths. The children have explored stories such as *Hercules* and *Romulus and Remus*, while also researching Roman gods and aspects of everyday life in Ancient Rome. They will use this knowledge to help them plan and write their own myths.

Name:	Mars	Picture:	
Home:	Mount Olympus		
Responsibilities:	Protector of Food Scale Guardian		
Interesting facts:	Juno was the mother of Mars God of war, spring, growth, agriculture, terror and anger and revenge March, October, January and October marks the end		

Mythology: The children began exploring the fascinating world of Roman gods, learning about their roles and attributes in ancient times.

Working in groups of three, they used classroom computers to research their assigned gods.

Name:	Jupiter	Picture:	
Home:	Mount Olympus		
Responsibilities:	Enforces the laws of Nature and the laws of human state		
Interesting facts:	The God of all of the Gods in Roman mythology		

Wednesday 27 April

Wt: To be able to create a story map.

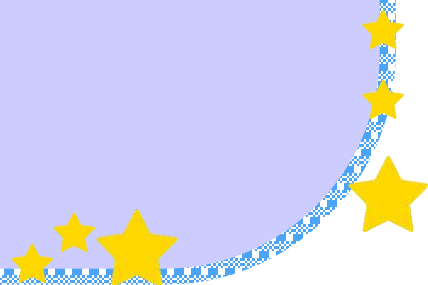
Researching Romulus and Remus

Problem/Dilemma: They had an uncle who had killed their father and Mars' servant ordered them to build a city.

Resolution: They both wanted to build a city by the river Tiber. Both wanted to build a city by the river Tiber. Both wanted to build a city by the river Tiber.

Dilemma 2: They both wanted to build a city by the river Tiber. Both wanted to build a city by the river Tiber.

Resolution 2: They both wanted to build a city by the river Tiber. Both wanted to build a city by the river Tiber.



Computing

This term in 5/6 class we are planning and creating a 'Choose your own adventure' type story using 2 Create a Story on Purple Mash. Last week we began to plan our adventure stories using '2Connect.'



2Create a Story



Some of our plans on '2 Connect'



This week we learned how to use '2Create a Story.' We have worked on our backgrounds, characters and also began working on the start of our stories which we will continue over the coming sessions.

We learned how to add sounds and animation to make our story more interesting for young readers

Looking at Learning



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We were able to choose images from the programme, take our own or upload pictures we had found on the internet.



We debugged an example story to prepare us for creating our own.

Next week we will start to link the pages and add sounds and moving sprites!

Looking at Learning



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?

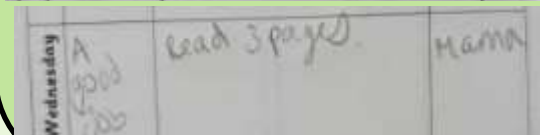
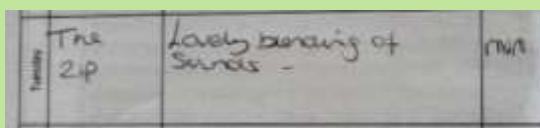
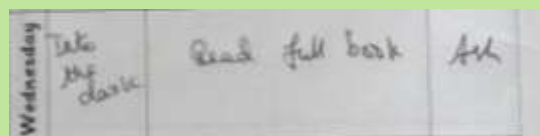
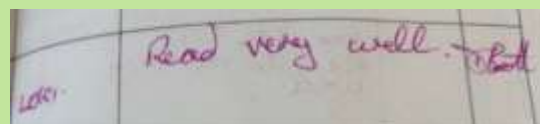
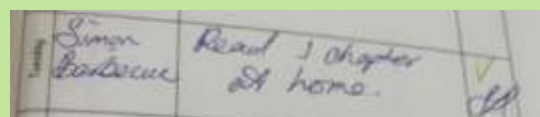
Encouraging Critical Thinking:

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



Summer Term	
May	
Monday 4th May	Bank Holiday
Friday 8th May	EYFS to Atwell Farm Park
Week beginning 11th May	Key Stage 2 SATS
Monday 18th May	Sponsored walk- afternoon
Friday 22nd May	Non uniform day. Please bring £1 for school fund
Monday 25th- Friday 29th May	Half Term Holiday
Monday 1st June	INSET day- school closed

banana oat pancakes

ingredients

- 3  bananas
- 1 cup  oat flour
- 4  eggs
- ½ cup  chocolate chips

instructions

1. Use a fork or potato masher to mash up the bananas.
2. Whisk in the eggs into the mashed bananas one by one.
3. Whisk in the oat flour in small batches.
4. Stir in the chocolate chips.
5. Preheat a frying pan for several minutes. Add a bit of coconut oil, then scoop ¼ cup of batter onto the pan for each pancake. Cook each side for 2-3 minutes on medium-low heat.

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







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:

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



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

Lighthorne Heath Primary School Newsletter



educaterers

Monday	 Pork Meatballs in Tomato Sauce (G)	or	 [(v)(h) Tomato Pasta Bake (G.D)]
Tuesday	 [(h) Mild Chicken Curry	or	 [(v) Cheese & Tomato Pizza Wedge (G.D)]
Wednesday	 Roast Pork , Apple Sauce	or	 [(vg) Quorn Roast, Apple Sauce (G)]
Thursday	 [(v)(h) Broccoli & Sweetcorn Pasta (D.G)]	or	 [[v) Cheese (D)]
Friday	 Fish Fillet Fingers (F.G)	or	 [(vg) Garden Vegetable Fingers (G)]

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.

For families who pay for meals, the cost is now £2.94 per day (£14.70 per week)



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SPONSORED WALK!

TOGETHER WE CAN MAKE A DIFFERENCE!

We're walking to raise money for our school and for Pets As Therapy.

TOMMY the dog (black labrador) will join us!



MONDAY 18TH MAY AFTERNOON



Every step we take helps support our school and the amazing work of Pets As Therapy.

SPONSORSHIP FORMS HAVE COME HOME
Please ask your family and friends to sponsor you.
The office can provide duplicates if you need any.

THANK YOU FOR YOUR SUPPORT!

EXCITING MATHS CLUB COMING TO YOUR SCHOOL

Embark on a journey to discover the wonderful world of maths. You'll make fantastic creations, take part in mind-blowing challenges and have some serious fun.

WE LOVE MATHS - YOU WILL TOO



WWW.SPAGHETTIMATHS.CO.UK



Spaghetti Maths is coming to your child's school! Our clubs are creative, active and educational and are designed to boost engagement with maths.

SPAGHETTI MATHS
untangling numbers

...IT'S MATHS, BUT NOT AS YOU KNOW IT

What will my child do?

- Be creative and investigative!
- Learn new concepts and terminology!
- Develop positive attitudes towards maths!
- Have fun!



untangling numbers
Inspiring educational maths activities for the world.

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

Empathy

Empathy means *feeling with* someone, not just *feeling sorry for* them. It is one of the best ways to be a kind friend and a good person. Empathy is not just noticing that someone is happy, sad, or hurt—you're trying to understand their feelings **from their point of view** and responding with kindness.

Examples of when you could be empathetic:

A friend is nervous before a test.

You might say: *"I get nervous too. We've got this!"*

Someone is sitting alone at lunch.

You might think: *"I would feel sad if I were alone."*
So, you could invite them to sit with you.

Our tips for empathy:

1. **Pay attention** to how people look and sound. Are they happy, sad, or upset? Look for clues in their body language to find out how they might be feeling.
2. Read a book or watch a TV show. Pick a character in the book or show and imagine how that character might feel. Do you think all the characters feel the same? **Put yourself in their shoes!**
3. **Empathy drawing** – if you like to get creative, you could try drawing a picture of how someone else might feel in a certain situation (e.g., "a child who has lost their favourite toy", "a child who is starting a new school").
4. **Be kind with actions** - even little things help - like sharing, listening, or giving a hug.
5. **Include everyone** - invite others to play, join in, or sit with you. Notice if someone is standing alone, sitting on a bench, or watching others play.
6. **Kindness cards** – consider making cards or notes for family, friends or classmates who might need a boost!

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

Reception

Mrs Gill's Learning Hero this week is Scarlet. Scarlet showed fantastic concentration while practising the skill of sewing and was incredibly proud of what she achieved when she completed her felt butterfly. Great work, Scarlet!



Years 1 & 2

This week, we have chosen Harry as our hero. Harry has been working hard both in the Nurture group and in class. It has been lovely to observe his increased confidence and concentration in lessons. This week, he particularly impressed us with his good manners and turn-taking skills during our carpet session. Great work, Harry!

Have a go



Concentrate

Years 3 & 4

Mrs Madahar has chosen Samuel as this week's Lighthorne Hero. Samuel has impressed Mrs Madahar with the improvement he has made in learning his multiplication facts, particularly his recall and speed. He has been regularly practising on TT Rockstars, and this effort has really paid off. Well done, Samuel.



Be curious!

Years 5 & 6

Our Years 5 & 6 Hero this week is Kay. She showed imagination and determination in her Ancient Greek mythical beast non-chronological report. Miss Mackie was especially impressed by the clear and attractive way she presented her information. Well done, Kay.



Enjoy learning

Co-



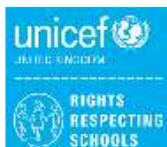
Persevere



Keep improving



Use your imagination



UN Convention on the Rights of the Child

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In Warwickshire, parents to be, parents, carers and grandparents have access to a variety of family and relationships resources and advice.

Support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops. This support is free

Lighthorne Heath Primary School Newsletter



Routines workshop (virtual)
Sat 25 Apr, 09:00 BST
Free



Sleep workshop (virtual)
Mon 18 May, 10:30 BST
Free



Understanding Children's Behaviour virtual workshop
Thu 7 May, 09:30 BST
Free



Parenting Together (virtual workshop)
Tue 26 May, 11:00 BST
Free



<https://www.eventbrite.co.uk/o/warwickshire-parentingsupport-71623337213>

To book a place at an online workshop please follow the QR code or this link. More courses and dates are available on the linked page.

Solihull Approach Online Guides

We offer a range of free parenting guides to support parents/carers feel more confident across all ages of childhood. You are in control of what you learn, at a time that suits you and at your own pace. You can do them alone or with someone else, together or separately but in tandem – it's your choice. They can also be translated into many languages using ReachDeck online.

You can access the online guides via: www.warwickshire.gov.uk/parentguides
There are 15 to choose from including:

- Understanding your pregnancy
- Understanding your baby
- Understanding your child
- Understanding your teenager's brain
- Understanding your child with additional needs

Enter the access code BEAR when promoted and a Warwickshire postcode.

Family and Relationship Support

A guide to free support available to Warwickshire families

www.warwickshire.gov.uk/parentguides



The Family Information Service

Get in touch with Warwickshire's Family Information Service for advice and guidance on a wide range of subjects including:

- Housing
- Finance
- Childcare
- Parental conflict and contact
- Special Educational Needs and Disabilities (SEND)

Free Phone: 0800 408 1558
Email: fis@warwickshire.gov.uk
@WarwickshireFIS
@WarksFIS

Available Monday to Friday, 9am to 5pm. All enquiries will be responded to during this time.



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Parent Workshop Supporting your Child with Anxiety

Join us at school on Wednesday 10 June at 1.45-3.15 for an informative workshop with strategies for managing your child's anxiety.

All parents/carers welcome!



Look out for information in the school newsletter on how to sign up, or visit the school office



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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



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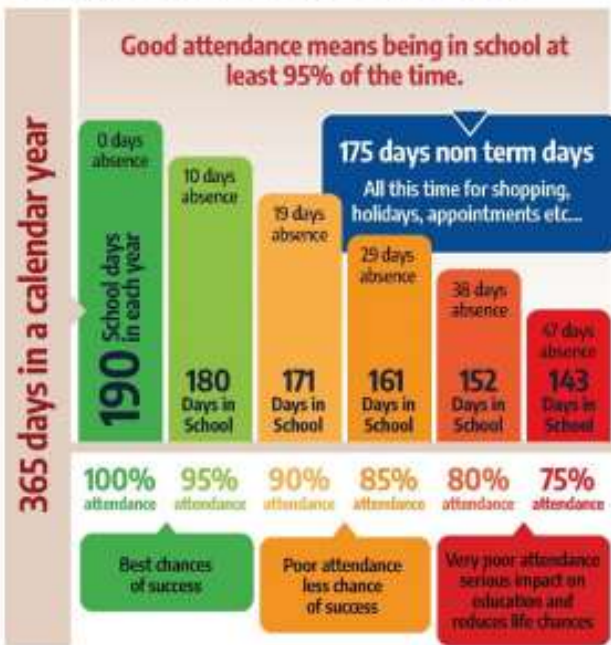


Attendance and Punctuality

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 well-being, 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.

Online Safety Information

What Parents & Educators Need to Know about

VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'tough off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a child safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportthemforcontent.com.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or mute triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



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@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.05.2025



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





BASKETBALL
ENGLAND

DESIGNED FOR
CHILDREN
AGED
7-11

OFFICIAL JUNIOR PROGRAMME

Jam packed with fun basketball games, festivals and rewards,
giving children a great way to learn the basic skills of the game!

TUESDAYS 4:30PM

**COMING SOON
TO LIGHTHORNE
HEATH**

Email Amywidman@everyoneactive.com to find out more
information and book!

everyoneactive.com



everyone
ACTIVE

COMMUNITY ACTIVITIES IN UPPER LIGHTHORNE



→ **Indoor Short Mat Bowls**

Mondays 5:30 pm during term-time
Lighthorne Heath Primary School Stratford Road
£2 per week (first 2 weeks free).



→ **Allotment Sessions**

Tuesdays at 2 pm and Saturday at 10 am throughout the year
Allotment off Coppice Avenue
All are welcome. ,
Contact: allotments.upperlighthorne@gmail.com



→ **Free Community Health Walk**

2nd and 4th Tuesday of the month
11am meet at the Lighthorne Heath Village Hall
Free refreshments afterwards - all welcome.

→ **Outdoor Community Pétanque**

Wednesdays at 2 pm
Avon Valley Bowls Club Lighthorne Heath
£1 per week - all welcome



→ **Free Chair Exercise**

Thursdays at 1 pm at Lighthorne Heath Village Hall.

→ **Indoor Bowls for Health Programme**

Free six-week programme
Starts Thursday, March 13th 6:30 pm,
Avon Valley Bowls club in Lighthorne Heath.
New programmes run throughout the year.



→ **Contact** emma.hills@trustgreen.com or pop into our Time Bank Cafe at the Lighthorne Heath Village Hall on **Wednesdays** between 11 am - 1 pm or our Warm Hub coffee morning 11 am - 2 pm for more details of what's happening in Upper Lighthorne.

For more top tips on being active visit: www.thinkactive.org

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



Community information