

# Reception



## Atwell Farm Park



Last week, Reception and nursery went on an exciting trip to Atwell Farm Park. During the visit, the children enjoyed seeing a wide range of farm animals, including goats, lambs, alpacas, cows, and horses.

We also visited the petting barn, where we saw chicks, bunnies, and ferrets. The children especially loved feeding and gently stroking the lambs. Later in the day, we spent some time in the outdoor play area, where the children had great fun jumping on the large bouncy pillows. We all had a wonderful day!



## Ready Steady



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



Looking at Learning



In Year 1 and 2 we have been exploring the story of The Secret Sky Garden; a story in which a young girl named Funni comes up with a plan to transform an abandoned airport car park into something magical. We haven't read the whole story through yet because the children have been so gripped with the story and have come up with some wonderful ideas for their writing.

Greyer than a Monday sky.

We learnt the first part of the story after magpie-ing some important phrases from the text. We then retold it using what we could remember.

Our writing was fabulous!



Blue rooftops stretched for miles like a calm, still sea.



Friday 8<sup>th</sup> May 2026



L.O. To be able to write the first part of The Secret Sky Garden.

Funni loved the old airport car park. It hadn't been used for years and was greyer than a Monday sky. Lovely day. Zoe

But Funni thought being there. She liked hearing the big planes come around touch down with the blue rooftops stretched for miles like a calm still sea. She went there Saturdays. Sometimes with her. Sometimes with her recorder. She learnt how to play the sounds the bells in city squares. But she was missing something.


- ★ Super writing, Zoe
- ★ You included some lovely details for the text.
- ★ Beautiful handwriting.

*Check the sound all letters a.o.*



Wednesday 13<sup>th</sup> May 2026

Handwriting L.O. To be able to use letters of a consistent size.



Soshe made a hopeful plan. Every Saturday Funni carried a giant sack of soil upstairs, cleaned the rooftop of rubbish, and swept away squashed cans and other waste. After three months of Saturdays she carefully placed tiny seeds into the fine soil that now covered the whole rooftop car park.

Beautiful handwriting, Lucco - Well done



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Year 3 and 4 have been developing their multiplication skills through a wide range of fast-paced, engaging and interactive activities that make times tables practice both fun and challenging.



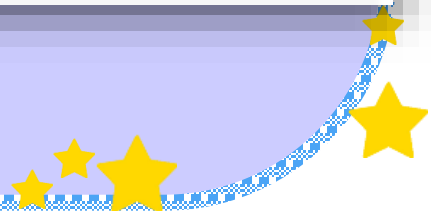
In class, we use digit cards to test our partners or challenge ourselves. The digit cards have been a fantastic way to make practising multiplication fun and interactive. Children enjoy working with a partner to create quick-fire questions, and they have also become more confident when testing themselves independently. Using the cards regularly has helped to improve recall speed and accuracy while encouraging teamwork and resilience.



We also use the iPads to complete practice tests on [timestables.co.uk](https://www.timestables.co.uk), which helps us improve our recall within the 6-second time limit.

One of our favourite websites is [TT Rock Stars](https://www.ttrockstars.com), and the children have really enjoyed competing in tournaments against other schools.

[Hit the Button](#) is another popular choice, and the children have been highly motivated to beat their scores while playing this game.



Looking at Learning

Wednesday 13<sup>th</sup> May 2020  
 Lo: to research Yeast based snack ideas and innovate the ideas.

#1 Pizza recipe

warm water:  $\frac{1}{2}$  cup  $\approx 110^\circ\text{F} / 43^\circ\text{C}$   
 Active-active dry yeast: 1 1/2 tsp  
 Sugar (or honey): 1 tsp  
 All purpose flour: 1 1/3 cup (plus more for dusting)  
 Salt:  $\frac{3}{4}$  tsp  
 olive oil: 1 1/2 tsp  
 Toppings: Sauce, mozzarella, & preferred toppings.

Instructions

1. activate yeast: combine warm water, yeast, and sugar/honey in a bowl. let it sit for 5-10 minutes until foamy.
2. make dough: stir in the olive oil, flour, and salt. Mix until a dough forms.
3. knead: Turn the dough onto a floured surface and knead for 8-9 minutes until smooth and bumpy.
4. Rise: place in an oiled bowl, cover, and let it rest for 15-20 minutes (or up to an hour for a lighter crust).
5. Prep And Bake: Preheat oven to  $450^\circ\text{F} - 500^\circ\text{F}$  ( $225^\circ\text{C} - 260^\circ\text{C}$ ). Roll out the dough, add toppings, and bake for 8-12 minutes until golden.

Wednesday 13<sup>th</sup> May 2020  
 Lo: to research yeast based snack ideas and innovate ideas

- Pizza bread sticks.
- English muffins
- kale chips
- cheese scones
- cheesy stuffed dinner rolls
- pappadum rolls

Pizza bread sticks recipe:

- 1 lb of pizza dough / home made or store bought.
- 1.5-2 cups of mozzarella or any cheese of your choice.
- pepperoni / your choice how many to put.
- melted garlic butter / optional.

build it the cook in in the oven and bake at  $425^\circ\text{F} - 475^\circ\text{F}$  until golden.

# cut them in to strips and twist them.



Wednesday 13<sup>th</sup> of May 2020  
 Lo: to research Yeast based snack ideas and innovate the ideas.

Small pizza

ingredients:

warm water 1/2 cup (110° F / 43° C)  
 active dry yeast 1 1/2 tsp  
 Sugar or honey 1 tsp  
 All-purpose flour 1 1/3 cups  
 Salt 3/4 tsp  
 olive oil 1 1/2 tsp  
 Toppings: sauce, mozzarella

instructions

1. Active yeast: combine warm water, yeast, and sugar/honey in a bowl. let it sit for 5-10 minutes until foamy.
2. Make dough: stir in the olive oil, flour, and salt mix until a dough forms.
3. Knead: Turn the dough onto a floured surface and knead for 8-9 minutes until smooth and bumpy.
4. Rise: place in an oiled bowl, cover, and let it rest for 15-20 minutes (or up to an hour for a lighter crust).
5. prep and bake: preheat the oven to  $450^\circ\text{F} - 500^\circ\text{F}$  ( $225^\circ\text{C} - 260^\circ\text{C}$ ) roll out the dough, add toppings, and bake for 8-12 minutes until golden.

We are excited to start working on our yeast based snacks. We need to think of innovations to make them more exciting, and then test them to see how tasty they are. Watch this space to see how they turn out...





The children in years 5 & 6 have started working on a food based DT Project this term. They are designing and making a yeast baked snack as a post SATs treat for the children in their class.

For this project the children are working through an iterative design process:



Benefits of Iterative Design:

User-Centered: Ensures the final product meets real user needs rather than just assumptions.

Risk Reduction: Identifies major flaws early, making changes cheaper and easier to manage than later in the project.

Continuous Improvement: Facilitates steady enhancement of usability and performance.

Flexibility: Allows teams to pivot and adapt to new information or changing requirements



This week they have been coming up with ideas of suitable snacks; using the internet to find possible recipes to try and thinking about how they can make their snack innovative so that it appeals to their target user.



# Looking at Learning



# Looking at Learning

Last week, I had the exciting opportunity to attend a cricket tournament at Warwick School with Mr Rellis and other Year 5 pupils.

It was a fantastic experience and a brilliant chance for us to learn more about cricket while representing our school.

During the day, we took part in four different workshops where we learned about the rules of cricket, how to bowl accurately, the importance of fielding skills and different batting techniques. The coaches were very encouraging and helped us to improve our confidence and teamwork throughout each activity.

After practising our new skills, we were able to put them into action by playing matches against other schools. Everyone worked really hard, showed great sportsmanship and supported one another throughout the games. We were very proud to win one match and draw another. Most importantly, we all had lots of fun, learned new skills and enjoyed meeting pupils from other schools



By



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?

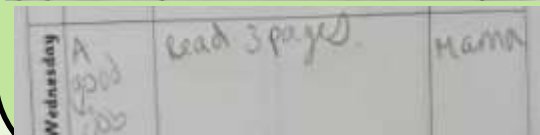
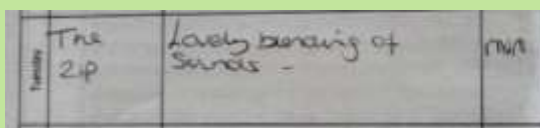
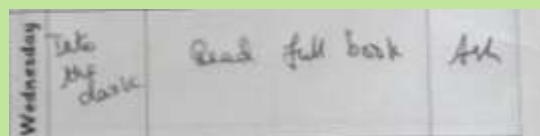
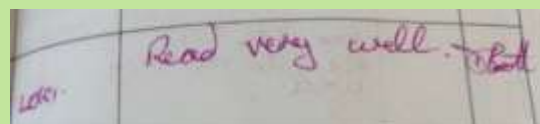
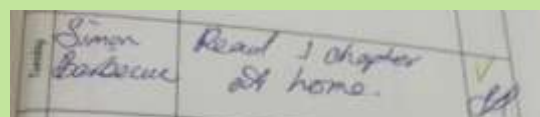
**Encouraging Critical Thinking:**

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.


On Tuesday, we welcomed Nicola from Warwickshire's Family Learning Service. Nicola led another delightful family session for children and their parents to listen to stories together and engage in a number of creative activities linked to these stories.

Thank you to the families who attended, it was lovely to see the children and adults learning together.



**Warwickshire ACL and Family Learning**

## KS2 Family Reading Workshop



ART & MAX

**At Lighthorne Heath Primary School**

**On Tuesday 12th May**

**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.


Be inspired by the story to explore art styles and techniques. No experience necessary, just be willing to have fun!


Find out about 'The National Year of Reading 2026' and collect a Bingo Card to use in your local library.


All adults will be required to complete an enrolment form

**To book your place please contact the school office.**



 [www.facebook.com/warksad](http://www.facebook.com/warksad)

 [www.twitter.com/warksad](http://www.twitter.com/warksad)

 [www.instagram.com/warksad](http://www.instagram.com/warksad)

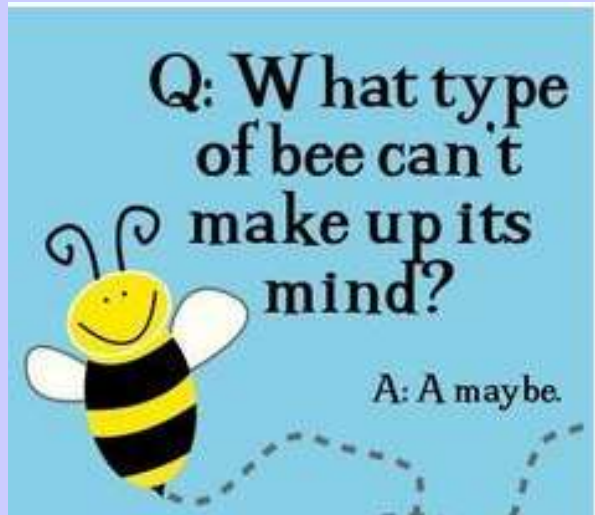


UN Convention on the Rights of the Child  
 Article 29: Goals of education  
 Article 5, Parental Guidance, Article 18, Parental responsibility

# Diary Dates



Summer Term	
May	
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



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

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Article 29: Goals of education

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## 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><b>Not sure where to start? Take the sports and activities quiz!</b> Answer 3 quick questions to discover the perfect sports, activities and a Disney game tailored to your child's interests.</p>	<p><b>Indoor activities for kids</b> We have loads of fun ideas for at-home games and activities to keep the kids active when they're inside.</p>	<p><b>10 Minute Shake Up games</b> 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><b>Accessible activities</b> 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><b>Improves behaviour, self-confidence and social skills</b></p> |  | <p><b>Improves attention levels and performance at school</b></p> |
|  | <p><b>Develops co-ordination</b></p>                                |  | <p><b>Strengthens muscles and bones</b></p>                       |
|  | <p><b>Improves health and fitness</b></p>                           |  | <p><b>Maintains healthy weight</b></p>                            |
|  | <p><b>Helps them sleep better</b></p>                               |  | <p><b>Improves mood and makes them feel good</b></p>              |



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

Week 2	
<p><b>Monday</b></p>  <p>Pork Sausages (G.SU.SB.D)</p>	<p>or</p>  <p>(v) Plant Power Sausages (D)</p>
<p><b>Tuesday</b></p>  <p>(h) Beef Bolognese (G.D)</p>	<p>or</p>  <p>(v) Vegetarian Bolognese (G.SB.D)</p>
<p><b>Wednesday</b></p>  <p>Roast Chicken Fillet Stuffing ball (G)</p>	<p>or</p>  <p>(vg) Quorn Roast Stuffing ball (G)</p>
<p><b>Thursday</b></p>  <p>(v) Cheese &amp; Tomato Pizza Wedge (G.D)</p>	<p>or</p>  <p>(v) Cheese (D)</p>
<p><b>Friday</b></p>  <p>Battered Fish Fillet (F.G)</p>	<p>or</p>  <p>(v)(h) Cheesy Omelette (E.D)</p>

**Educaterers' New**

Menu

Next week is Week 2  
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](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.

# 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 18<sup>TH</sup> MAY

AFTERNOON

WALK TOGETHER HELP OTHERS HAVE FUN!

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



Music can help improve mental health by making people feel calmer, happier and less stressed. Singing releases “feel-good” chemicals in the brain and can help people relax and express their emotions.

Taking part in music activities, can also build confidence and friendships. Whether you enjoy singing, playing an instrument or listening to music, it can have a positive effect on wellbeing.

Follow the QR code to watch a Newsround article and learn more about how music can support mental health.

As well as weekly music lessons with Mrs Owen, Miss Mackie leads a singing assembly each week. This term, the children have particularly enjoyed singing *Don't Drop Litter* (lyrics below). Why not ask them to teach the song to their family and enjoy singing it together at home?

'Singing is really good for my mental health'



## 7 Don't drop litter!

Tune: Ten green bottles

Don't drop litter – put it in the bin!  
Don't drop litter – put it in the bin!  
Let's keep our playground tidy, neat and clean,  
So don't drop litter – put it in the bin!

No crisp packets – put them in the bin!  
No crisp packets – put them in the bin!  
Let's keep our playground tidy, neat and clean,  
So no crisp packets – put them in the bin.



# Lighthorne Heath Learning Heroes

## Reception

Mrs Gill's hero this week is Harleigh-Rae. Harleigh-Rae is a polite member of our class who always tries her best at school. She has been working super hard with her blending this week. Well done Harleigh-Rae!



## Co-

## Years 1 & 2

Our years 1 & 2 hero for this week is Ariella for her fabulous teamwork. She has shown a really mature attitude towards her learning and we have been particularly impressed with her contributions to our shared writing. She listened carefully, expanded and improved other children's ideas and was a really supportive team player.



Persevere

Have a go



Concentrate

## Years 3 & 4

Mrs Madahar has chosen Kyan as the Year 3 and 4 Lighthorne Hero this week. Kyan has been using his learning characters in class to plan and begin writing his myth, while also showing a positive attitude towards his learning. Well done, Kyan!



Keep improving



Be curious!

## Years 5 & 6

Miss Mackie's heroes this week are the year 6 children. Throughout the build-up to SATs, they have shown incredible determination, resilience, and maturity. They have worked exceptionally hard, supported one another, and approached every challenge with a positive attitude.



Use your imagination

We are incredibly proud of the effort and commitment they have shown, not just during SATs week, but throughout the year. Well done, Year 6.



Enjoy learning



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Article 29: Goals of education



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 to access.

# Lighthorne Heath Primary School Newsletter



Going fast

### Boundaries and Rules Workshop (Virtual)

Tue 26 May, 18:00 BST

Free



### Sleep workshop (virtual)

Mon 18 May, 10:30 BST

Free



### Understanding Children's Behaviour virtual workshop

Mon 8 Jun, 12:30 BST

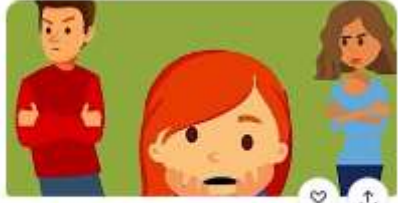
Free



### Understanding your teenager workshop (virtual)

Tue 2 Jun, 09:30 BST

Free



### Parenting Together (virtual workshop)

Tue 26 May, 12:00 BST

Free



## Family and Relationship Support

A guide to free support available to Warwickshire families

[www.warwickshire.gov.uk/parentguides](http://www.warwickshire.gov.uk/parentguides)

Warwickshire County Council



<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](http://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.

### 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](mailto: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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Article 5, Parental Guidance, Article 18, Parental responsibility



# 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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Article 29: Goals of education

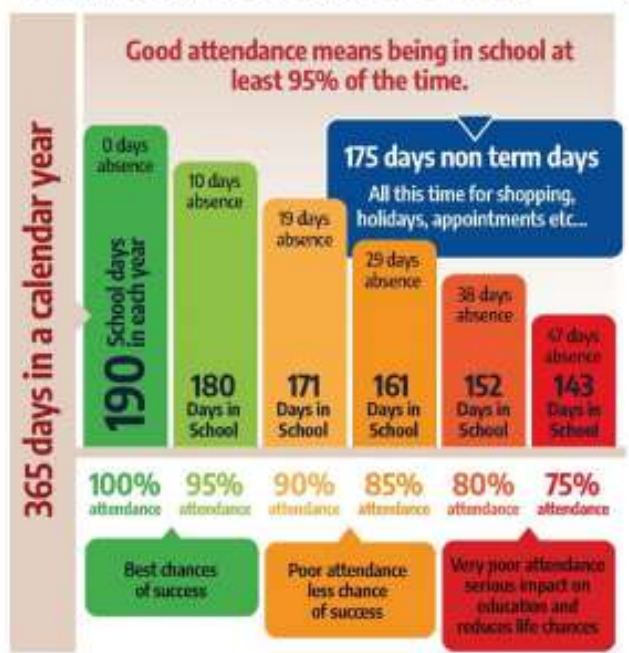
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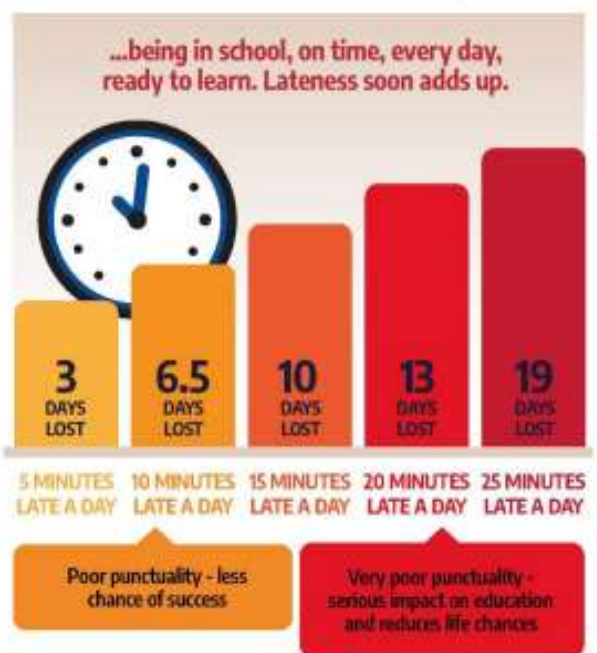
# Attendance and Punctuality

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](http://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.

#### 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](http://reportthemforcontent.com).

#### 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.

#### 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](http://onlinemedialawuk.com) for more.



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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.

Community information



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](mailto:Amywidman@everyoneactive.com) to find out more information and book!

[everyoneactive.com](http://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](mailto: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](mailto: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](http://www.thinkactive.org)

Village Hall, Lighthorne Heath  
3:15-3:45

2026:

5th Jan, 2<sup>nd</sup> Feb, 2<sup>nd</sup> March, 30<sup>th</sup> March,  
27<sup>th</sup> April, 26<sup>th</sup> May, 22<sup>nd</sup> June, 20<sup>th</sup>  
July, 17<sup>th</sup> August, 14<sup>th</sup> September, 12<sup>th</sup>  
October, 9<sup>th</sup> November, 7<sup>th</sup> 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](https://warwickshire.gov.uk/mobilelibraries)  
To see our current routes, go to:  
[https://apps.warwickshire.gov.uk/MobileLibraries/library\\_routes](https://apps.warwickshire.gov.uk/MobileLibraries/library_routes)

Community information