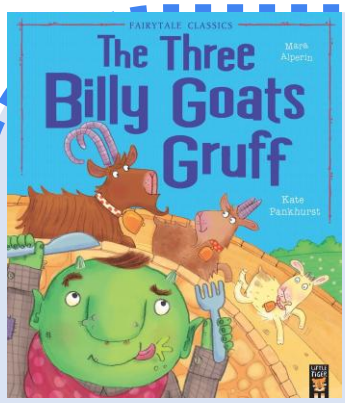
Lighthorne Heath Primary School Newsletter

Newsletter 8
Friday 13th November 2026

01926 640326
admin2064@welearn365.com

Reception





Reception have been exploring the traditional tale of The Three Billy Goats Gruff. We began the week by learning the story and creating a class story map to help us retell the tale together. The children added actions to remember key parts of the story and focused on using expression to bring their retelling to life.

As part of our learning, the children also took part in a STEM challenge— to design and build a strong, sturdy bridge for the goats to cross safely. Using a range of materials such as pegs, lollipop sticks, Duplo, and cups, the children experimented, problem-solved, and tested the strength of their creations.











TRIP TRAP, TRIP TRAP...
WHO'S THAT CROSSING
MY BRIDGE?!

Lighthorne Heath Primary School Newsletter

Forces at work - Science Photography Competition

Competition Time

Dear Parents/Carers,

Each year we love to offer a whole federation science competition which promotes 'super scientist' learning and discussion at home with families.

This year we are inviting you to join in our '**Forces at Work' photography competition**. Simply get the family exploring forces all around us and take a photo. For example it could be kicking a football, investigating friction, kneading some dough or playing with magnets. Then in one sentence explain how it shows your child exploring forces at work. Upload it to our special online ***competition PADLET*** (link below) to enter.



https://padlet.com/cattoj/forces-at-work-s024j6epsp7wlz0jo6oj

The competition is being run with other local schools in our **Science Partnership** and there will be prizes for each school as well as a certificate for every child who enters.

Please upload entries to the Lighthorne Heath section of the ***competition PADLET*** with a sentence explaining the forces experienced. Ensure you **state your child's first name and class**. (Without this we will be unable to issue certificates or prizes.) *Note: Entering means you are happy for the photograph and information to be seen by children and parents from all schools involved.*

The closing date is 9:00am Monday 23rd November

Any questions, please contact me on the email below: dhillon.p@welearn365.com

Thanks for all your support with our budding STEM enthusiasts!

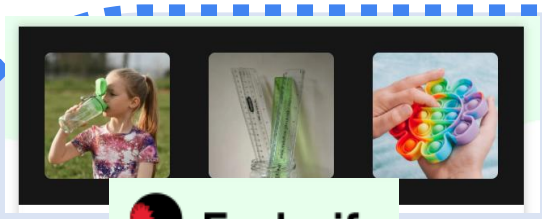
Mrs Gill (Science lead)





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

Lighthorne Heath Primary School Newsletter



Explorify

Year 1 – Science

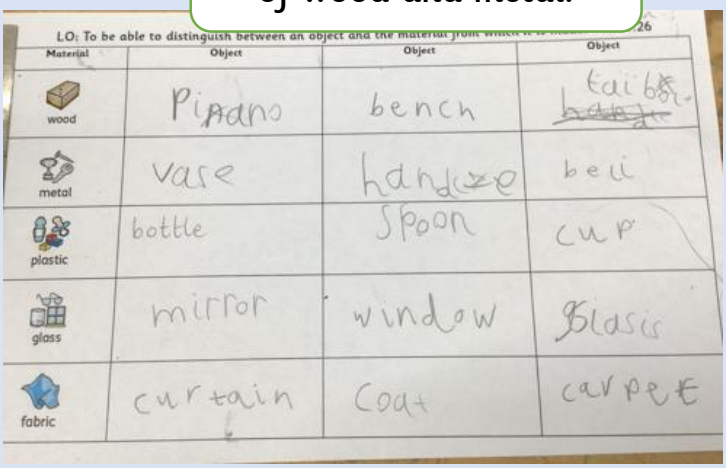
Material Hunt



The school bell is made of wood and metal.



The curtain is made from soft fabric.





The bathroom mirror is made of glass.

Year 1 have been learning to distinguish between an object and the material it is made from. The children became material detectives, heading off on an object hunt around school to find examples of different materials. They collected and sorted their findings into a chart according to whether the objects were made from wood, plastic, metal, glass or other materials. Our investigation sparked lots of interesting questions and discussions. Are metal and glass different materials even though they can both be shiny? Can an object be made from more than one material? The children discovered that some objects, such as our school bell, are made from a combination of materials. It was fantastic to see such excellent teamwork, thoughtful observations and scientific curiosity as the children explored the world around them!

unicef UNITED KINGDOM RIGHTS RESPECTING SCHOOLS

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

Lighthorne Heath Primary School Newsletter

Year 2

This week, the Year 2 children enjoyed an exciting trip to Warwick Castle. They began by watching a fascinating film about the castle's 1,100 year history. The children learned how Æthelflæd, daughter of Alfred the Great, ordered a fortified settlement to be built at Warwick in AD 914. They also discovered that William the Conqueror later ordered the building of a wooden motte and bailey castle after his victory at the Battle of Hastings. This linked perfectly to our Magnificent Monarchs topic and our learning about Alfred the Great and William the Conqueror.

The children then bravely climbed the 29-metre-high Guy's Tower. Despite the many steps, they persevered and made it to the top. Inside the castle, they examined portraits and historical artefacts that revealed how the castle and its owners changed over time. They were especially excited to spot King Henry VIII alongside his six wives, which linked perfectly to their classroom learning. They also explored the Kingmaker experience, which brought life in medieval times vividly to life.











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

Year 2

Later, the children watched the Winter Birds of Prey show, where they met a falcon and an owl. After lunch, they explored the Horrible Histories Maze before ending their adventure with some fun in Zog Playland.
The children were superbly behaved, represented the school wonderfully and had a fabulous day filled with history, discovery and excitement.









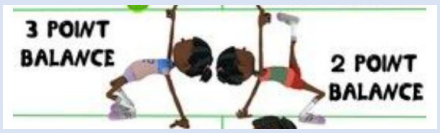

UN Convention on the Rights of the Child
Article 29: Goals of Education

Lighthorne Heath Primary School Newsletter

Physical Education

Years 3 & 4

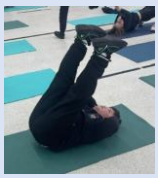








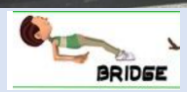












This half term, Year 3 and 4 have been enjoying gymnastics in their PE lessons. The children have been working hard to develop their balance, flexibility, strength, technique and control, exploring a range of different ways to balance both individually and as part of a group.

They have been experimenting with different body shapes and positions, using a variety of body parts to create interesting and challenging balances.

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

Lighthorne Heath Primary School Newsletter

Years 5 & 6

-SWIMMING-

During the Autumn term, 5/6 class have been enjoying swimming lessons at Southam swimming pool.

In these sessions they are working towards the National curriculum targets shown below:

Key Requirements by the End of Year 6
Every child should be taught to meet three core outcomes before leaving primary school:

- **Swim a distance:** Swim competently, confidently, and proficiently over a distance of at least 25 metres.
- **Use strokes effectively:** Use a range of strokes effectively, such as front crawl, backstroke, and breaststroke.
- **Perform self-rescue:** Perform safe self-rescue in various water-based situations.



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

Lighthorne Heath Primary School Newsletter

Years 5 & 6

Over the coming weeks, the children will be developing their self-rescue skills. They will begin by practising in their swimwear before progressing to completing these activities in their clothes. This will give them the opportunity to experience how clothing can affect movement in the water and help prepare them for real-life situations where these skills may be needed.



Swimming lessons are great fun and we learn important skills in the pool too!





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

Lighthorne Heath Primary School Newsletter

School Christmas Fair

Monday 14th December 3.30pm
free entry

Lighthorne Heath primary School

Raffle, games
tombola
Santa's grotto, Refreshments, Stalls
childrens choir and festive
Medley from Frankie and Ade



UN Convention on the Rights of the Child
Article 29: Goals of Education
Article 31: Leisure, play and culture

Lighthorne Heath Primary School Newsletter











Our Play Leaders recently approached staff with a fantastic idea about how they could spend some of our School Fund money to purchase additional toys and games for the playground.

They did a brilliant job of sharing their new resources with the children in assembly today, demonstrating the different ways they could be used and encouraging everyone to get involved during playtimes and lunchtime.

School Fund is money raised by the children within our school and is always reinvested into providing additional resources and opportunities for our pupils. A huge thank you to our families for your continued support and generous donations. Your contributions really do make a difference and help us provide even more exciting opportunities for our children.



UN Convention on the Rights of the Child
Article 29: Goals of Education
Article 31: Leisure, play and culture

Lighthorne Heath Primary School Newsletter





Unfortunately, we have seen a number of cases of headlice in school this term. Please check your child's hair regularly and, if lice are found, treat them promptly to avoid spreading to other children.

Head lice and nits are very common among young children. They are not caused by dirty hair but are spread through head to head contact. Head lice can be difficult to spot, and symptoms may include an itchy scalp. Nits (eggs) are usually brown or white and attached to the hair.

If lice are found, treatment should begin promptly. Wet combing with ordinary shampoo, conditioner and a detection comb is an effective option; repeat on days 1, 5, 9 and 13, then check again on day 17. Medicated lotions or sprays are also available if needed, and instructions should be followed carefully. Please check all household members and close contacts, treating anyone with live lice on the same day. If treatment is unsuccessful, seek advice from your pharmacist.



NHS

UNICEF UNITED KINGDOM RIGHTS RESPECTING SCHOOLS

UN Convention on the Rights of the Child
Article 29: Goals of Education
Article 24: Health and health services

Lighthorne Heath Primary School Newsletter



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.

NHS

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

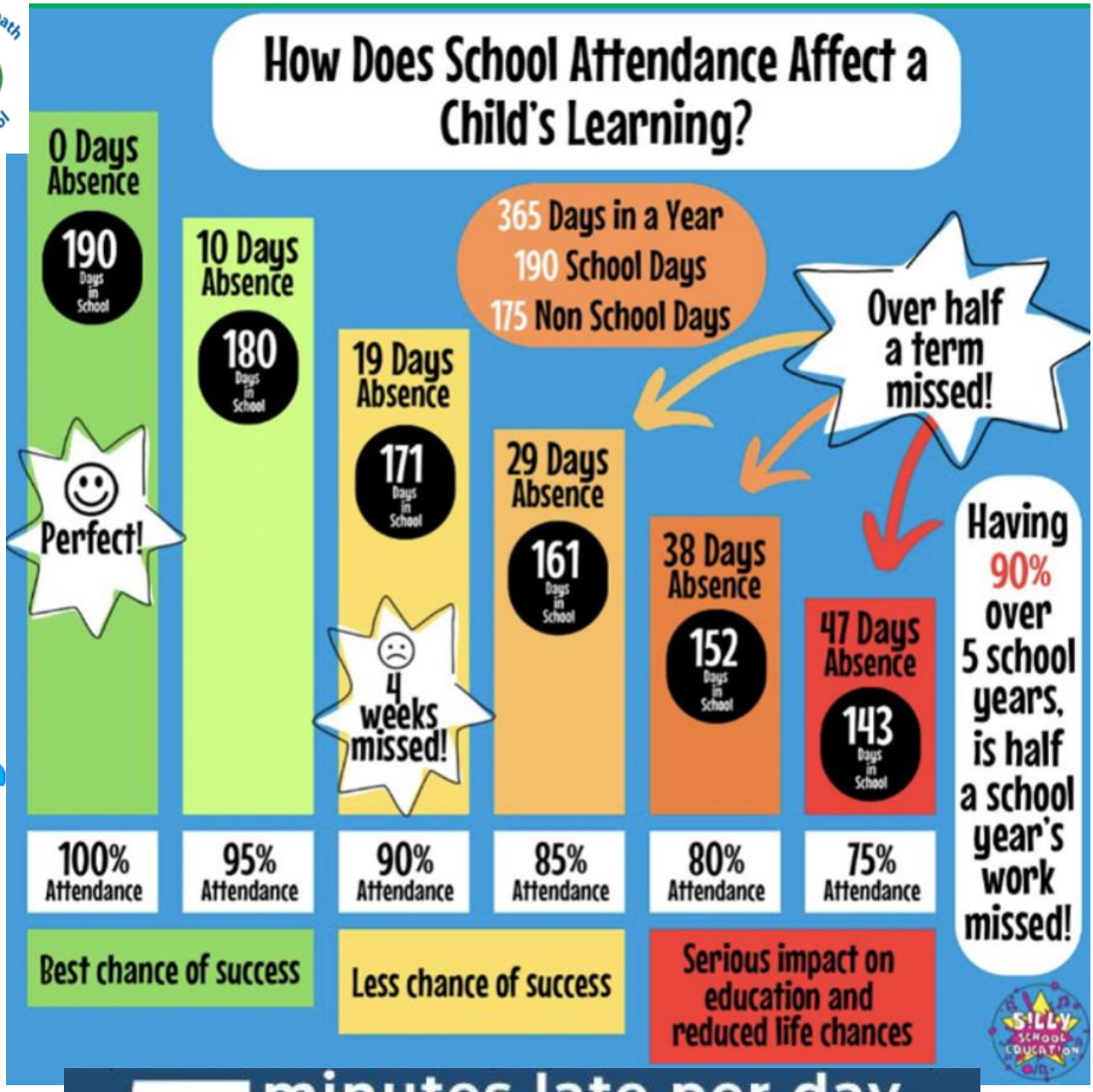
Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.



unicef UNITED KINGDOM
RIGHTS RESPECTING SCHOOLS

UN Convention on the Rights of the Child
Article 29: Goals of Education
Article 24: Health and health services

Lighthorne Heath Primary School Newsletter





unicef UNITED KINGDOM
RIGHTS RESPECTING SCHOOLS

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

Lighthorne Heath Primary School Newsletter

Reading

A Guide to Supporting Your Child's Reading

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?

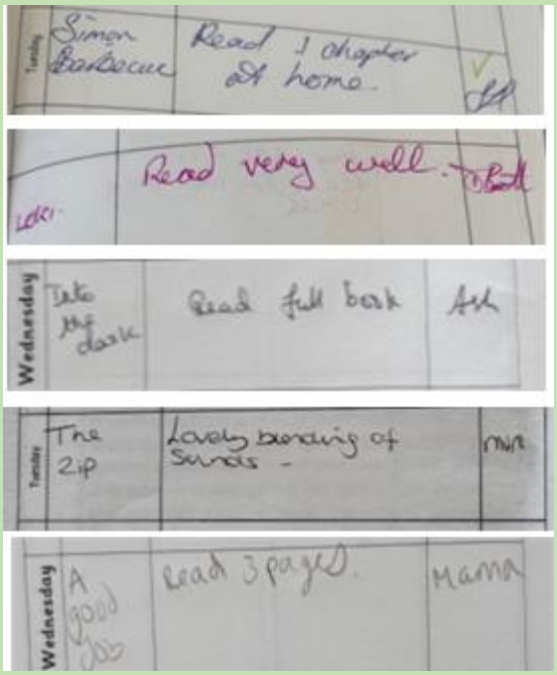
Summarising and Reflecting:
Can you tell me what happened in the story in your own words?
What was your favourite part? Why?
Did the book end the way you expected?

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 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



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

Lighthorne Heath Primary School Newsletter

Reading



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.



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

Lighthorne Heath Primary School Newsletter

Reception

Mrs Gill's Lighthorne Hero is Arlo S for his super progress in reading. Arlo impressed us this week when he was able to sight read some of the words in his book. Well done Arlo.





Year 1

This week our hero is Emilia. Emilia works hard both in class and at home. She has produced some wonderful homework to support her learning. This week she created a fabulous rocket using a variety of junk modelling techniques, which she carefully explained and shared with the class.



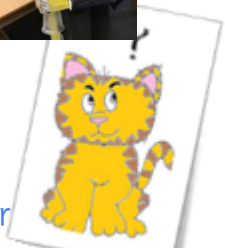




Year 2

Joshua is our Year 2 hero this week for his wonderful participation in class lessons. He has produced some wonderful writing this week using what he knows about letters sounds.





Years 3 & 4

Our Hero in Years 3 & 4 is Atlanta for her input into our English writing about biographies. Atlanta has shown a good understanding of the type of text a biography is, can identify the key features of a biography and has started to use what she has learned to inform her own writing.





Years 5 & 6

Our learning hero in Years 5 & 6 this week is Ellie. She has shown such wonderful resilience and given thoughtful responses during lessons throughout the week. Keep up the fantastic work Ellie.

Enjoy learning

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

Lighthorne Heath Primary School Newsletter

Emotional Wellbeing and Mental Health



MHST

Mental Health Support Team in Schools



Dimensions tool

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

Tips For Wellness

Digital Detox

Taking a digital detox is important to give our minds and bodies a break from screens and technology. Too much screen time can lead to tired eyes, difficulty sleeping, and feeling stressed or distracted. Stepping away from devices helps us to recharge, focus better, improve our mood, and spend more quality time with family and friends. It also encourages healthier habits like playing outside, reading, and being creative, all of which support overall wellbeing!

Our tips for taking a digital detox:

1. **Set yourself clear limits for screen time -** Set specific time limits for screen time, such as an hour after school or 30 minutes of games or social media. Try setting limits on your device, or a visual reminder.
2. **Create Scree-Free Zones -** When you are eating meals with your family or friends, leave your phone or devices in a different room. This allows you to talk and enjoy your food without distractions and improves your quality of connections with others.
3. **Avoid screens at night -** Try to avoid using devices in your bedroom, most importantly for at least 30 minutes before bed. Keeping your bedroom a peaceful space can help you to fall asleep more easily.
4. **Do fun activities without screens -** Try drawing, playing a game with your family, playing a musical instrument or reading instead of your usual device. Spend time outdoors if you can!
5. **Take small breaks from screens -** After playing video games or watching TV for a while, get up and move around. Try to take short breaks where you move between rooms, stretch or walk around.
6. **Turn off notifications -** This can reduce the number of distractions and help you focus on what is important to you. You might even discover a new activity you enjoy!
7. **Find mindful alternatives -** Try meditating or doing breathing exercises to reduce feelings of stress, rather than screen use.

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.

unicef UNITED KINGDOM RIGHTS RESPECTING SCHOOLS

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

Lighthorne Heath Primary School Newsletter

Diary Dates

November	
Monday 16th November	Warwickshire School Attendance Officer visiting school
Friday 27th November	Non uniform day. We request that children bring a donation of wrapped chocolates for the Christmas Chocolate Tombola.
Monday 30th November	Height/Weight Check Reception and Year 6.
December	
Thursday 03rd December	N,R, Year 1 and 2 Christmas Trip to Warwick Art Centre
Tuesday 08th December	Year 3 and 4 Christmas Trip to Belgrade Theatre
Thursday 10th December	Years 3, 4, 5 & 6 Christmas performance. 2.30pm
Friday 11th December	Reception, years 1 & 2 Christmas performance. 2.30pm
Monday 14th December	Christmas Fair 3.30pm, all welcome
Tuesday 15th December	Year 5 and 6 Christmas Trip to RSC Stratford
Wednesday 16th December	Christmas lunch. Children are invited to wear a Christmas jumper to help celebrate.



Now that the evenings are darker and the weather is colder, our children will be spending more time indoors. Why not make the most of this and do some winter crafts? Follow the QR code for lots of ideas.

unicef UNITED KINGDOM
RIGHTS RESPECTING SCHOOLS

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

Lighthorne Heath Primary School Newsletter

Next week is Week 2. Jacket potatoes and fillings are also available daily.



Free School Meals

For the new school year starting in September 2026, there will be two categories of free school meal eligibility depending on your financial circumstances:

- **Targeted free school meals** for those getting Universal Credit with annual household earnings of £7,400 or less, or another qualifying benefit
- **Expanded free school meals** for anyone getting Universal credit whose annual earnings are above £7,400.

Households in **both categories** will benefit from the financial savings of getting free school meals.

For more information and to apply follow this link:

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

Lighthorne Heath Primary School Newsletter



UN Convention on the Rights of the Child
Article 29: Goals of Education
Article 31: Leisure, play and culture

Lighthorne Heath Primary School Newsletter

Year 5 and Year 6 Christmas Trip

RSC ROYAL SHAKESPEARE COMPANY

The Bear and the Piano

A heart-warming and magical story about friendship, music and bravery. When a lonely bear discovers a piano on a snowy mountainside, he finds a new friend and a world of possibilities.

Join us for this unforgettable performance at the RSC, full of music, wonder and heart!



The Royal Shakespeare Company (RSC), Stratford

Tuesday 15th December 2026

Cost: £18.90 per pupil

UNICEF UNITED KINGDOM RIGHTS RESPECTING SCHOOLS

UN Convention on the Rights of the Child
Article 29: Goals of Education
Article 31: Leisure, play and culture

Lighthorne Heath Primary School Newsletter



UN Convention on the Rights of the Child
Article 29: Goals of Education
Article 31: Leisure, play and culture

Lighthorne Heath Primary School

Community Information

Free Parenting Courses

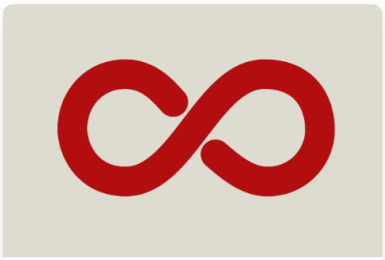
Warwickshire offers a range of free parenting courses covering topics such as play, sleep, behaviour and co-parenting.

The courses provide helpful tips, techniques and ideas from experienced parenting professionals to support you in feeling confident as a parent. Follow the link below to view the full course timetable.

https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/



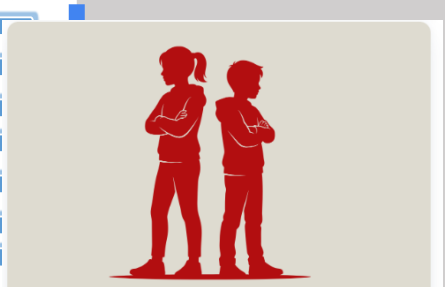
Let's Play online parenting course



Parenting Neurodivergent Children online course



Parents Together online parenting course



Sibling Arguments online parenting course



Bringing Up Confident Children online course



Challenging Behaviour in Teens online course

unicef UNITED KINGDOM RIGHTS RESPECTING SCHOOLS

UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

Lighthorne Heath Primary School

Community Information

SUPPORT AND ADVICE FOR FAMILIES IN WARWICKSHIRE

CHILDREN & FAMILY SUPPORT

No one ever said being a parent or carer was easy! There are lots of support services available in Warwickshire to support you and your family...

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)

01926 742274
fis@warwickshire.gov.uk
@WarwickshireFIS @WarksFIS

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

FAMILY SUPPORT

Get in touch with a Family Support Worker for advice and guidance on parenting and all aspects of family life.

Support can be offered through telephone calls, video calls, text messages or email to suit your needs.

01926 412412

Available Monday to Friday 9am to 4pm. All enquiries will be responded to during this time.

To contact your local district or borough family support team via email please visit: www.warwickshire.gov.uk/familysupport for more information.



SCAN THE QR CODE

Scan the QR Code to sign up to the Family Information Service newsletter for regular updates to support you and your family!

www.warwickshire.gov.uk/parentupdates

For more information and advice for families including parenting courses, workshops and other support services go to: www.warwickshire.gov.uk/childrenandfamilies

Warwickshire County Council

Delivered by cass

Chat and a cuppa

Face-to-face support groups for parents/carers of autistic children

For Coventry and Warwickshire residents only

Chat and Cuppa – LEAMINGTON | support group for parents/carers by...

Wed, Dec 2 • 12:30 PM

Royal Leamington Spa

Free

unicef UNITED KINGDOM RIGHTS RESPECTING SCHOOLS

UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

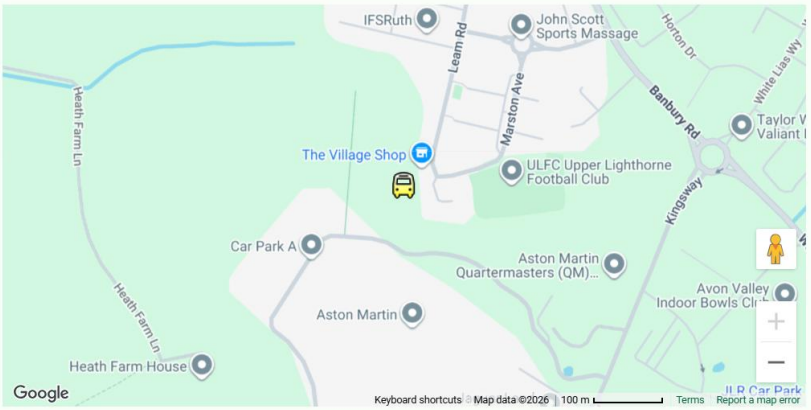
Community Information

Warwickshire Mobile Library
DISCOVER | IMAGINE | CONNECT
www.warwickshire.gov.uk/libraries
01926 851031



The Warwickshire Mobile Library Service is a fantastic and convenient way to access books, audiobooks and other library resources within our local community. We are pleased to welcome the Mobile Library to Lighthorne Heath Village Hall on the following dates: **[insert dates]**. Come along, browse the selection and make use of this valuable local service. **Scan the QR code for more information, including dates, times and services available.**

Village Hall, Lighthorne Heath



This location is on the following routes:

Hawkes Point Mobile - L Route

The Mobile library will be here from 15:15 to 15:45

This route will operate on:

14 September 2026 12 October 2026 9 November 2026 7 December 2026

unicef UNITED KINGDOM
RIGHTS RESPECTING SCHOOLS

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