

Nursery and Reception

This week Reception and Nursery have enjoyed taking part in a range of activities for Science Week linked to our learning theme, 'Dangerous Dinosaurs'. One activity challenged the children to rescue a dinosaur without using their hands. Ruby had the brilliant idea to add something to the water to make it rise up. Everyone added pebbles to help the dinosaur slowly rise to the top of the bowl. We also investigated dinosaur poo that we discovered in the garden. It was full of leaves and berries.

Science Week



discussion



We are scientists!



Problem solving

investigating



Team work



We also took part in a live science lessons with many other schools across the country. Based on the book, 'The Gruffalo's Child', we learnt about shadows. The children then made their own shadow tubes using torches to create the shadows. It was a lot of fun!

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

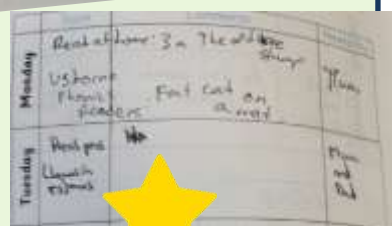
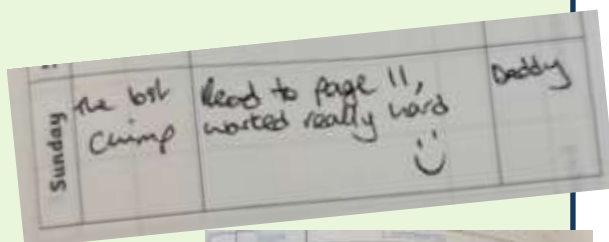
Reading



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.



Help your child with

reading

I Spy

Play 'I Spy' games. Can you find words beginning with...? Can you find a picture of a ...? How many ... can you see?

Ask Questions

Ask questions about the story as you read it e.g. What is the story about? Why do you think they made that choice? Was it a good choice? Why did that happen? What do you think will happen next? What was your favourite part of the story? Why?

Make it Fun

Enjoy reading together. Give characters funny voices and engage with the pictures. Make a game out of finding words that rhyme or start with the same sound.

Be Seen

Make sure you are seen reading. Keep books magazines at easy reach.

Get Out

Go to your public library regularly. Find the books you loved as a kid to read together.

Create

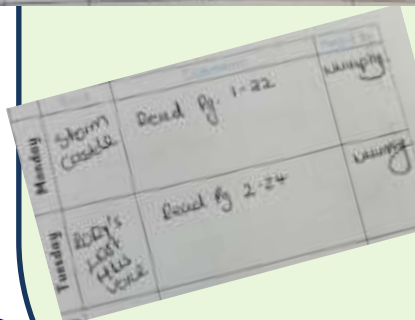
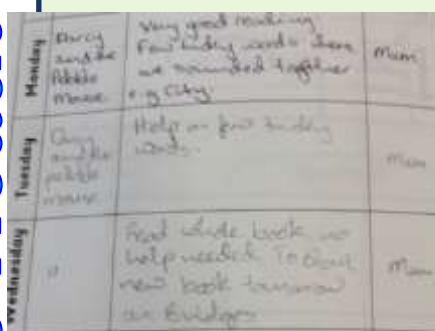
Use reading to inspire drawings or new stories.

Go Online

Look online & in app stores for appropriate word & spelling games.

Make Space

Have a special place or a certain time when you read together.





We love reading!

World Book Day Competition

Thank you to all of the children who entered our World Book Day competition to design a gift card, Mrs Hartley loved them all and choosing the winners was difficult. All entries have been sent to the national organiser.

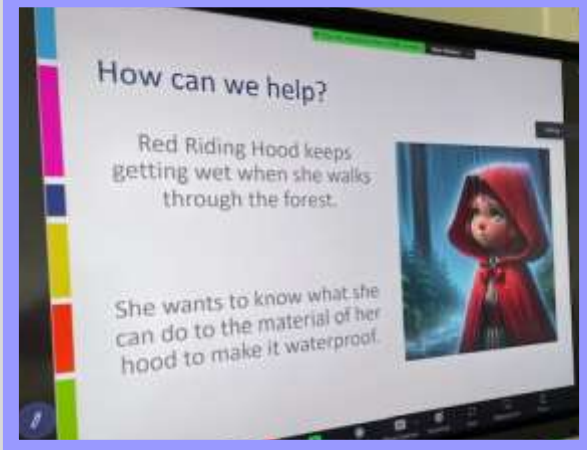
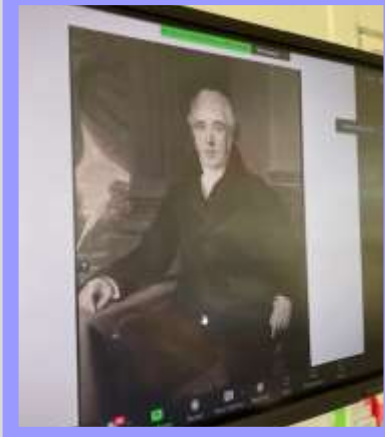
Our school winners are Jessica, Ralph and Emily who each win a £10 book token.



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

“Reading aloud everyday is the single most important thing you can do to prepare your child to learn.”

Science week– Waterproof materials..



The children in Years 1 and 2 enjoyed investigating how to make a material waterproof as part of our Science week activities. This online lesson was led by scientists from The Science Primary Trust along with a special message from a historical figure, Sir Charles Mackintosh who talked to them about his invention of the waterproof raincoat.

The children were tasked with experimenting with PVA glue and wax crayons to find out the best way to waterproof a piece of cloth in order to protect Red Riding Hood from the rain. Working in groups, they thought about fair testing (measuring the same amount of water to test with) and observed carefully to see how much water was left behind. They concluded that the layer of PVA glue was the most successful way of creating a waterproof material.

Later in the day, the schools taking part came together to share and present their findings. Well done to Krishla, who was able to speak on behalf of our class and was congratulated by the Scientists for her clear science knowledge and presentation skills.





EASTER Celebrations

Mrs Hendriksen and school Mental Health Ambassadors have planned a number of events for Easter.

Decorate an egg competition.

Children are invited to decorate an egg. This could be a real egg, a paper or card egg, a chocolate egg or any other artistic interpretation of this. Please bring your creation to school on Monday 7th April. Winners will be announced in assembly on Tuesday 8th April.



Tuesday 8th April

Easter cake sale (donations welcome) and chocolate tombola in the playground after school. Please bring cash. Cakes and raffle tickets 50p each



Thursday 10th April

Easter Egg Bingo. 3.15pm in the school Hall, all welcome (children must be accompanied by an adult). £1 a book of tickets



UN Convention on the Rights of the Child

Article 31 Leisure, play and culture

Article 29: Goals of education





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

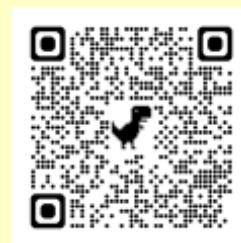
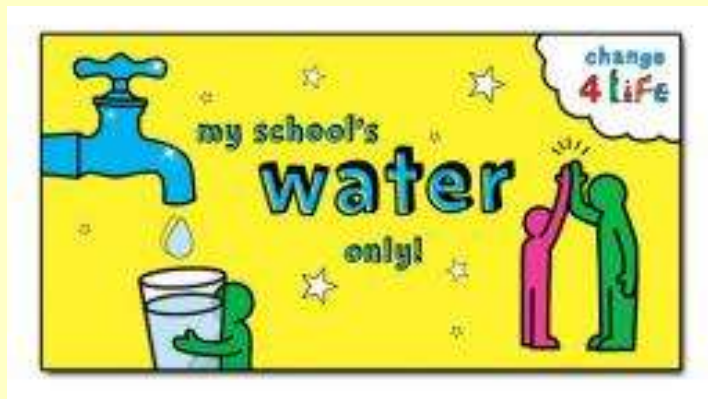
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

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





Invasion

Workshop

Years 3 and 4

This week, our classroom journeyed back in time to the Anglo-Saxon era, thanks to an engaging workshop hosted by Light Up Education. The children experienced history first-hand, deepening their understanding of this significant period in British history.

History: Exploring the Anglo-Saxon Era

The workshop provided an immersive experience that aligns with the National Curriculum's objectives for Key Stage 2, including:

- Chronological Understanding: Placing the Anglo-Saxon period within the broader timeline of British history.
- Historical Enquiry: Investigating how people lived during the Anglo-Saxon era.
- Interpretations of History: Understanding how historical events and lifestyles are represented.

Highlights of the Workshop

The children participated in various activities that brought the Anglo-Saxon period to life:

- Artefact Handling: Exploring replicas of Anglo-Saxon tools, weapons, and everyday items to understand their uses and significance. They even got to shoot a bow and arrow!
- Role-Playing: Engaging in scenarios that depicted war such as a (trying to) replicate a shield wall and battle scenarios.
- Interactive Discussions: Learning about Anglo-Saxon society, including their laws, customs, and contributions to modern Britain.

Developing Key Skills

Through this workshop, the children enhanced several essential skills:

- Critical Thinking: Analysing historical artefacts and their purposes.
- Empathy: Understanding the perspectives and experiences of people from the past.
- Collaboration: Working together in role-playing activities to reconstruct historical scenarios.





SCIENCE WEEK



This week the children in the Years 5 & 6 class have been celebrating British Science week along with thousands of other children across the country.

On Tuesday, we took part in an online lesson with other children from across the Midlands. We learned more about friction and were set a scientific task to create a marble run in small groups. Using a cardboard base, lolly sticks, bottle tops and blu-tak we had to construct a run with the intention of making the marble reach the bottom in the slowest possible time.

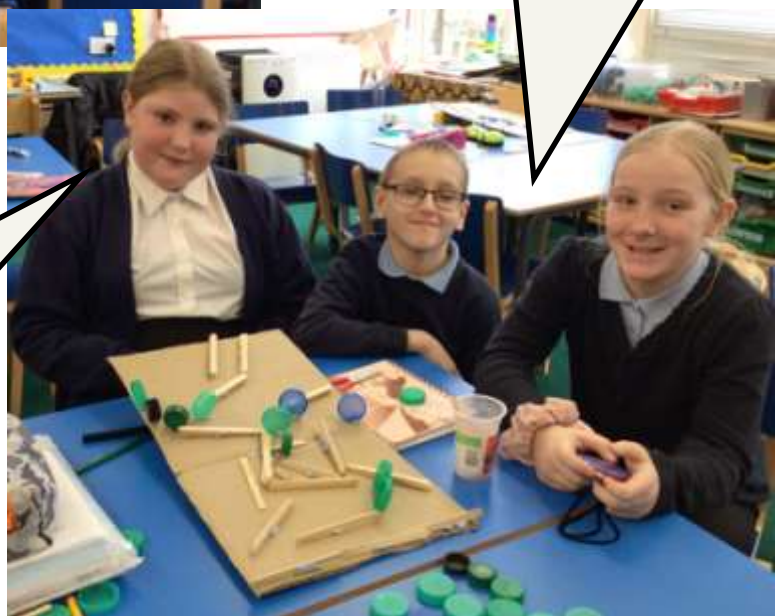
We experimented with the placement of lolly sticks and bottle tops to force the marble to take a longer route and to slow its journey down. We tested ideas and refined our design before timing them with a stop watch.



The online part of our learning

We used building bricks to prop our board at an angle. If the angle was too high the marble would move too quickly; too low and the marble would not descend the ramp at all.

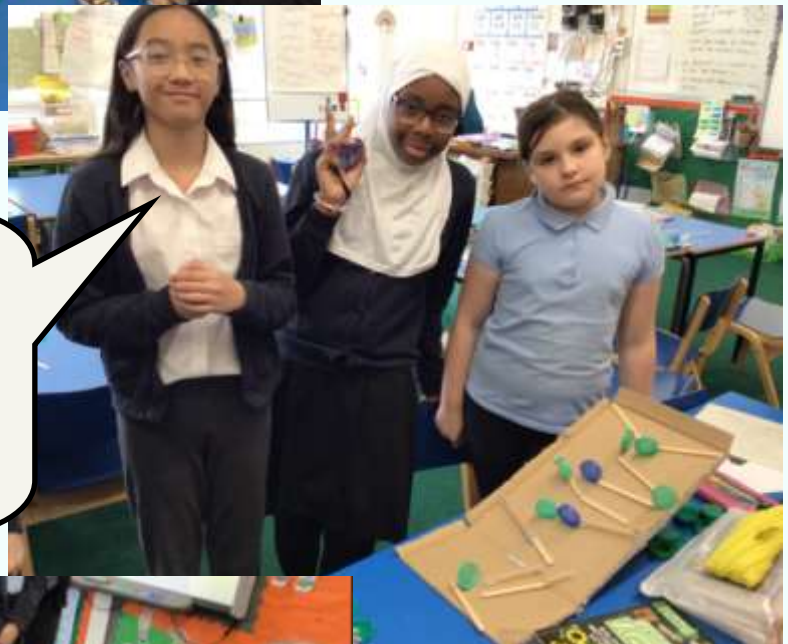
We had to make sure the marble did not stop completely as it would lose momentum and then would not reach the bottom





We kept testing and adjusting our run to make sure the marble kept moving, but tried to slow it down as much as possible.

We had to use our problem-solving skills to keep improving our design. Sometimes we were successful, other times we had to re-adjust.



In the afternoon, we confidently shared our findings with the other schools during a follow-up lesson. We were able to reflect on our learning and what we would change if we did the



The online lesson linked well with our 'Scream Machine' topic as it gave us an opportunity to use our existing knowledge in a way that was practical and fun.

Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Self-Care

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

Our tips for self-care:

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

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

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

Primary resources:



Self-Care



Mindfulness

Secondary resources:



Self-Care



Mindfulness

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

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Diary Dates



Spring Term	
March	
Tuesday 18th March	Attendance Caseworker visit to school
Friday 21st March	3.05-3.45 Y6 parents information session-Y6 SATS tests
Saturday 22nd March	World Water Day Class teachers will be sending home learning linked to this.
Tuesday 25th March	Chef Idris Caldora in with Y5 & 6
Thursday 27th March	Y 5 & 6 The Tempest (First Encounters) RSC at The
Friday 28th March	Mufti Day
Monday 7th April	Send your decorated eggs to school
Tuesday 8th April	Easter Cake Sale Chocolate Tombola After school. Items 50p. Please bring cash.
Thursday 10th April	Easter Egg Bingo
Friday 11th April	Break up for the Easter Holidays



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

EYES

Franco is our class learning hero this week because he has impressed us with his contribution to class discussions and his creative ideas in Drawing Club. At the start of the week, Franco labelled his dinosaur with the label 'long neck' using his phonic knowledge to give the reader more information.

Well done Franco!

Years 1 and 2

This week our hero is Emily for working cooperatively in her group and listening to the ideas of others. Emily was a superstar during our Science investigation and was able to take turns and support others as well as listening and sharing ideas. Fantastic teamwork Emily, we are really proud of you, keep it up!

Years 3 and 4

This week's Year 3 & 4 learning hero is Jessica for always giving 100% in everything she does! Her incredible focus, determination to get things done, and kind, caring nature make her a joy to have in the classroom. Keep being amazing, Jessica!

Years 5 and 6

Our Y5 & 6 hero this week is Malaya. Mrs. Cox has been impressed with her hard work, dedication and general attitude to learning. She has also completed additional tasks at home to support her preparation for the year 6 SATs later this year. Keep up the good work, Malaya



Have a go



Concentrate



Be curious!



Enjoy learning

Co-operate

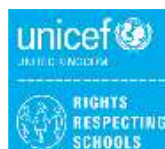
Persevere

Keep on improving

Use your imagination

UN Convention on the Rights of the Child

Article 29: Goals of education





Nature's Nook

The community orchard is officially open!

Our Eco-Committee went out last week and met with members of the local community to officially name and pen our community orchard! Danny attended and saw the name he chose up on the sign. The fruit trees have been re-labelled and we can already see some buds starting to grow!



UN Convention on the Rights of the Child
Article 24– Access to a clean and safe environment.



An important child safety website for empowering parents, carers and children with the information to help them understand online safety and to help them with their children's online safety. This guide provides an overview of the risks that children face online and offers advice on how to keep them safe. It also provides information on how to report a problem and how to get help.

What Parents & Carers Need to Know about YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content - including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some really inappropriate material. This can include pornography and violence, which some young users may find upsetting.

HIGH VISIBILITY

Content creators can also be put at risk - especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'autoplay' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as well-known influencers in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTube users by copying their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drugs and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from choosing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' - so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have 95+ social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube - and, if applicable, with content creators - to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Oliver Goodwin, a former journalist in the gaming industry since 2010, providing advice with expert commentary and gaming guides. He is the owner of Just Well Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is accepted for information as of the date of release: 26.01.2023.



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



7 Top Tips to Support Reading at Home

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

- 1 Concentrate on reading quality (it isn't all about reading lots!)



Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

- 2 Ask your child lots of questions



All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of 'Wh' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'what do you think Harry is feeling?'

- 3 Ask your child to make predictions about what they have read



If it is a book, look at the front cover—or the last chapter—and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?'

- 4 Ask your child to summarise what they have read



When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?'

- 5 Ask your child to write about what they have read



Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

- 6 Read and discuss reading with friends or family



Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

- 7 Maintain the motivation to read



Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'

Education Endowment Foundation (2018). *Preparing for Literacy: Improving Communication, Language and Literacy in the Early Years*. Education Endowment Foundation: London. Available online: eef.org.uk/literacy-early-years

Education Endowment Foundation (2019). *Improving Literacy in Secondary Schools*. Education Endowment Foundation: London. Available online: eef.org.uk/literacy-s3-s4

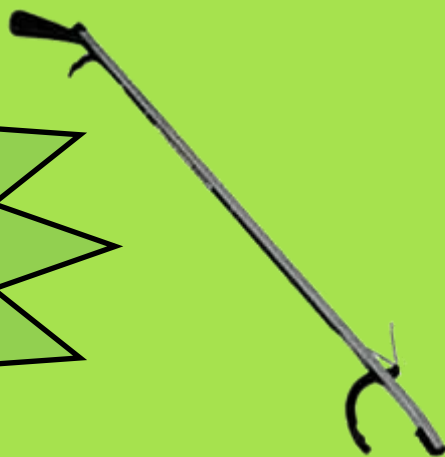
Breadmore, H.L., Vardy, E.J., Cunningham, A.J., Kwok, R.K.W., & Carroll, J.M. (2019). *Literacy Development: Evidence Review*. Education Endowment Foundation: London. Available online: educationendowmentfoundation.org.uk/public/files/Literacy_Development_Evidence_Review.pdf



Education
Endowment
Foundation



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.



Week three

Warwickshire, Coventry: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4
Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4

Choose a main meal...

Southern Style Chicken Strips in a Wrap with Potato Wedges (G)

Vegetarian Only

(v) Jacket Potato with Cheese (D)

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

MONDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) Chocolate Orange Cookie with
Orange Wedges (G)
or Fresh Fruit

Choose a main meal...

Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G,SB,SU)

Vegetarian Only

(vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)

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

TUESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg) (h) Shortbread (G)
or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

British Roast Pork Loin, Apple Sauce and Gravy

Vegetarian Only

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

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

WEDNESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Strawberry Swirl Mousse (D)
or Fresh Fruit

Choose a main meal...

(h) Mild and Creamy Chicken Korma with Wholegrain rice (D)

Vegetarian Only

(vg) Quorn Dippers with Seasoned Wedges (G)

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

THURSDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Pancakes with Fruit (G D E)
or Fresh Fruit

Choose a main meal... FISHY FRIDAY

(msc) Fish Fillet Fingers (G,F) with Chipped Potatoes

Vegetarian Only

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

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

FRIDAY

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v)(h) 'School Favourite' Sprinkles
Sponge Cake (G,E.)
or Fresh Fruit

Educaterers' New Menu

Next week we will be on Week 3 of the current 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.



Lighthorne Heath Primary School Newsletter

Easter

With

HAF

FREE places for eligible families

Healthy lunch provided

TIMES 9.30am to 3.30pm

Limited Spaces

Monday 14th to Thursday 17th April at...

Lighthorne Heath Primary School

For more information go to
haf.onsidelive.co.uk

onside
COACHING.CO.UK



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: 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



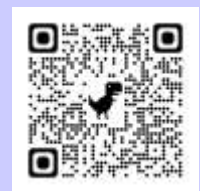
Prepare food for others



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>

Parents Together

[Read More](#)

Let's Play

[Read More](#)

Coping with teens

[Read More](#)

New Baby in the Family

[Read More](#)

Raising Confident Children

[Read More](#)

Sibling arguments

[Read More](#)

Giving praise effectively
9 easy steps to give praise effectively

Steps for empathy
10 easy steps to show and develop your empathy

Time to calm down
10 steps for giving time to calm down

Choices and consequences
7 steps for giving choices and consequences

Active ignoring
8 steps for active ignoring unwanted behaviour

Problem solving
7 steps for problem solving



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



Warwickshire County Council

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

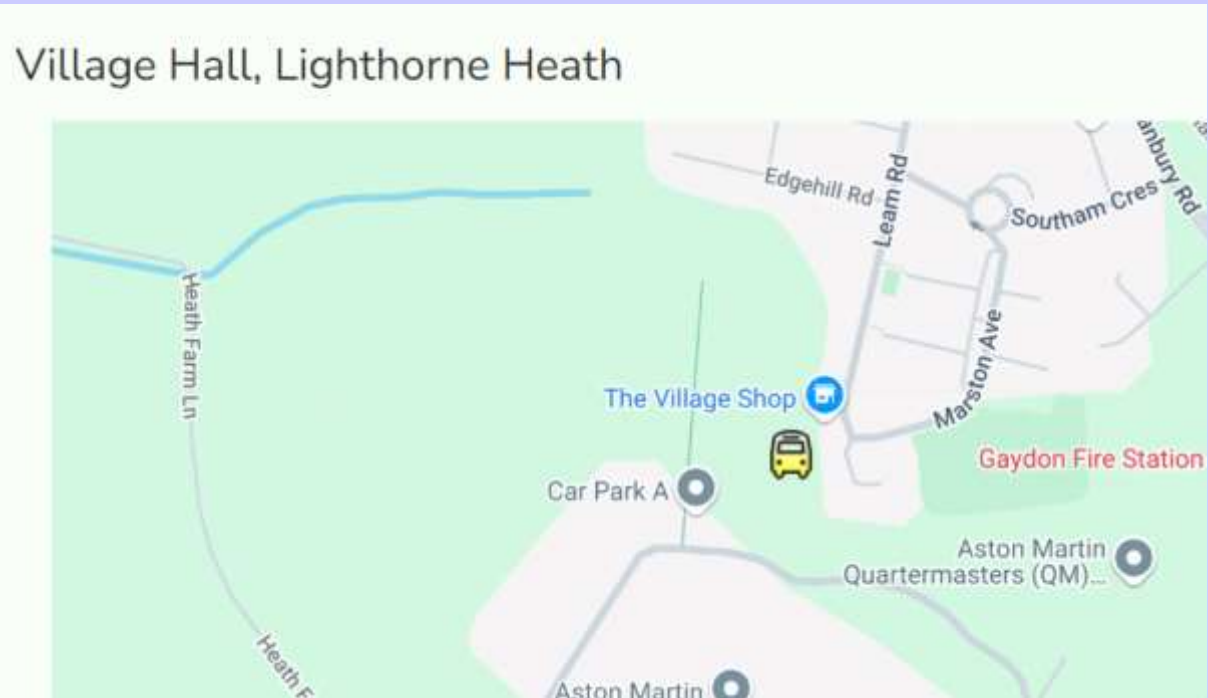
Email: mobilelibraryservice@warwickshire.gov.uk

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		



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: 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



ULFC EASTER HOLIDAY CAMP

UPPER LIGHTHORNE FOOTBALL CLUB

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



Upper Lighthorne Football Club

BRAND NEW VALIANTS (GIRLS ONLY) U8S TEAM

We are on the lookout for Girls, currently in Yr 2 or Yr 1 to join our upcoming Under 8s girls team!

Training starts in March, and will continue through the summer before the season starts in early September!

Open to all girls, no previous playing experience needed! We focus on the FUNdamentals of football and ensuring your daughter has the best start to her ULFC journey!

- FREE SUMMER TRAINING
- MONDAY EVENINGS 6-7pm
- Starts MARCH 31st, 2025

Lighthorne Heath Sports Field
Marston Avenue, CV33 9UA

OPEN TO GIRLS IN SCHOOL YEAR 1 OR 2

MESSAGE FOR MORE INFORMATION

upperlighthornefc@outlook.com

07456 199129

www.upperlighthornefootballclub.co.uk



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture



JOIN THE CLASS OF 2025!

JUNIOR BAKE OFF

**... IS LOOKING FOR BRILLIANT BAKERS, AGES
9-15 FOR THE NEXT NEW AND EXCITING
SERIES!**

**APPLICATIONS CLOSE
SUNDAY 23RD MARCH**

[APPLYFORJUNIORBAKEOFF.CO.UK](https://applyforjuniorbakeoff.co.uk)





FREE ONLINE SAFETY WORKSHOP

FOR PARENTS OF SCHOOL AGED CHILDREN

Get practical hints and tips to support your children and keep them safe online, and learn how to keep up to date in the ever changing online world.



Wed 19th
MARCH

7pm-8pm



Speaker

KAT HOWARD

Head of Education & Wellbeing (UK)
Smoothwall



Register for the Zoom link and parent flyer here:

<https://forms.office.com/e/x2JJkWLx8y>

Kat has been working in and with schools for over 20 years to develop their understanding of online safety. She is passionate about the importance of online safety in schools and the wider community.

For more information on online safety, visit <https://warwickshire.onlinesafetyhub.uk/>



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility

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