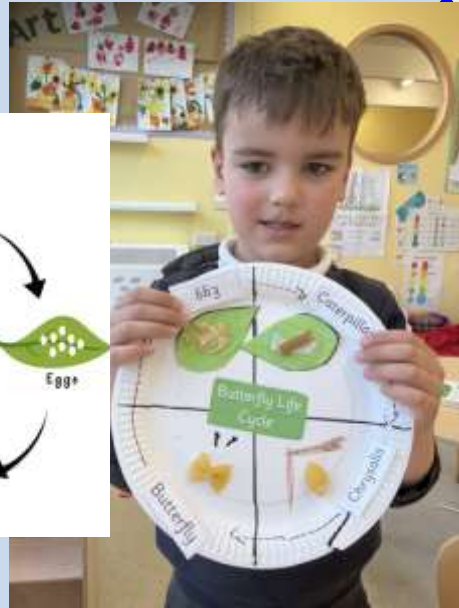
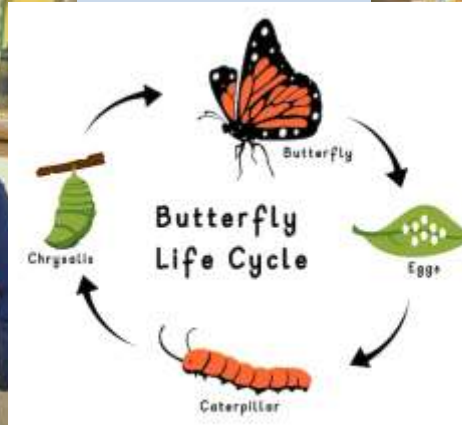


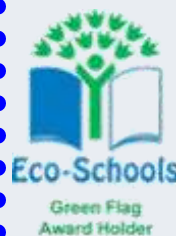
Reception



Ready Steady Grow

In Reception, we have been very lucky to welcome caterpillars into our classroom. The children have enjoyed observing the caterpillars closely and have already noticed how they are growing and shedding their skin.

This week our focus story has been The Very Hungry Caterpillar. We discussed the healthy and unhealthy foods the caterpillar ate and learned about the life cycle of a butterfly. The children used different types of pasta to represent the different stages of a butterfly's life.



Lighthorne Heath Primary School Newsletter

Years 1 and 2

PSHE– Relationships



This half term the children in Years 1 and 2 are learning about relationships as part of their Jigsaw PSHE lessons. This week they learned about greetings, discussing different touches people use when they meet someone (hand shake, high five, fist bump.) We discussed as a class that different types of physical greeting are acceptable or not in different situations, and that it is OK to say 'no' if there is a touch they don't like. They worked in groups to come up with a special way of greeting each other using some kind of physical touch which was acceptable to all members of the group.



We worked as a team. We listened to each others opinions about the physical greetings preferred and those that were disliked. Once we reached an agreement, we made up our team physical greeting and shared it with the class.



Looking at Learning



UN Convention on the Rights of the Child

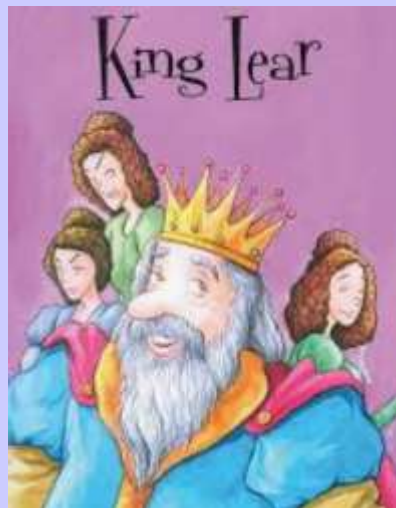
Article 29: Goals of education





Looking at Learning

During Shakespeare Week, Year 3 and 4 brought King Lear to life through exciting role-play activities and the creation of freeze frames. This helped the children explore key scenes and develop a deeper understanding of the characters within the play.



The children also engaged in thoughtful discussions about important themes such as good versus evil, considering how these ideas are represented through Lear's daughters.



Bucket Drumming

In music this term the children in years 5 & 6 have been enjoying learning 'bucket drumming'

There are many benefits to bucket drumming:

Rhythm Mastery: Students learn to maintain a steady beat and internalize complex rhythmic patterns through kinaesthetic learning.

Active Engagement: It provides an energetic creative outlet for students who may struggle to sit still, allowing them to channel excitement into organized music-making.

Cross-Curricular Links: Drumming can be used to reinforce math concepts (counting beats and fractions) and language skills (syllable rhythms and call-and-response).

Ensemble Skills: Working in a "bucket drumline" teaches collaboration and listening, as students must synchronize their parts to create a unified sound.

Confidence and Leadership: Mastering new skills and performing for others boosts self-esteem and provides opportunities for peer leadership roles.



NATIONAL CURRICULUM

Key stage 2

Pupils should be taught to sing and play musically with increasing confidence and control. They should develop an understanding of musical composition, organising and manipulating ideas within musical structures and reproducing sounds from aural memory.

Pupils should be taught to:

- play and perform in solo and ensemble contexts, using their voices and playing musical instruments with increasing accuracy, fluency, control and expression
- improvise and compose music for a range of purposes using the inter-related dimensions of music
- listen with attention to detail and recall sounds with increasing aural memory
- use and understand staff and other musical notations
- appreciate and understand a wide range of high-quality live and recorded music drawn from different traditions and from great composers and musicians
- develop an understanding of the history of music.



Looking at Learning



Playing the bucket drums as a class is lots of fun. We have to listen carefully so that we **don't speed up**.

We have been learning how to read basic drum notation so that we can play along with a piece of music.

BUCKET MUSIC NOTATION LEGEND

centre of bucket edge of bucket stick click side of bucket



Questions to ask your child when reading fiction:

Predicting:

What do you think this book will be about based on the title and cover?

Have you read any books by this author before? What were they like?

What do you already know about this topic?

Understanding the Story:

What is happening in the story so far?

Who are the main characters? What do we know about them?

Where and when does the story take place?

Making Connections:

Does this story remind you of anything in your life?

Have you read another book like this before?

How do you think the character is feeling? Why?

Vocabulary and Language:

What does this word mean? Can you use it in a sentence?

Are there any words that you don't understand?

How do the illustrations help to tell the story?

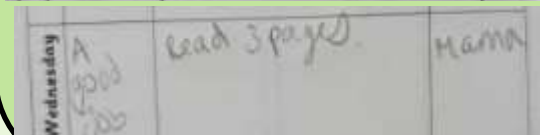
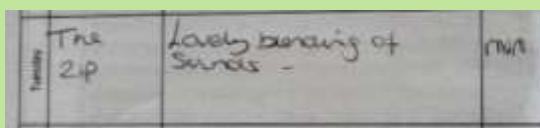
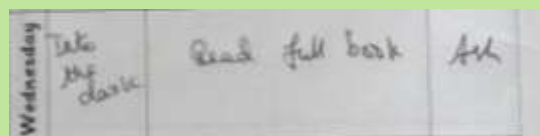
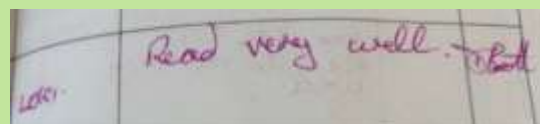
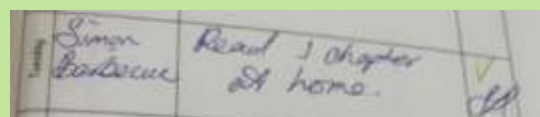
Encouraging Critical Thinking:

What do you think will happen next?

Filling in the reading record:

When signing your child's reading record, please include the date that your child read, the title of the book (or the material that they read) and your initials.

You are welcome to include additional **information about your child's** engagement, comprehension and confidence or some praise if you would **(and this is useful) but you don't have to.**



READING INCENTIVE

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

1. Share a book with an adult at home at least 3 times each week (you can read your school reading book or any other reading material).
2. Ask the adult to sign your reading diary each time they share a book with you.
3. Make sure that your reading diary is in school each day. On Friday, bring this to the office and show the Learning Detectives. If your diary is signed 3 times or more for that week, you will receive a raffle ticket.
4. The raffle tickets will go to celebration assembly and prizes will be given each week for raffle tickets drawn.

Diary Dates



Summer Term	
April	
Week beginning 20th April	Shakespeare Week
Friday 24th April	Non uniform day. Please bring £1 for school fund
Tuesday 28th April	Family Reading Workshop, KS2
May	
Monday 4th May	Bank Holiday
Friday 8th May	EYFS to Atwell Farm Park
Week beginning 11th May	Key Stage 2 SATS
Monday 18th May	Sponsored walk- afternoon
Friday 22nd May	Non uniform day. Please bring £1 for school fund
Monday 25th- Friday 29th May	Half Term Holiday
Monday 1st June	INSET day- school closed



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

INSET Days 2025-26

- Friday 10th October 2025
- Monday 1st December 2025
- Monday 1st June 2026
- Monday 20th July 2026

UN Convention on the Rights of the Child



Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility







Activities to help children move more every day

Children need 60 minutes of physical activity each day, with at least 30 minutes of that outside of school. You don't need to buy expensive equipment or find lots of extra time to make a difference. Every bit of movement adds up to support their health and wellbeing.



Need some inspiration? The NHS advice pages have lots of ideas to help! Whatever your family enjoys, there's a fun way to get moving together.



 <p>Not sure where to start? Take the sports and activities quiz! Answer 3 quick questions to discover the perfect sports, activities and a Disney game tailored to your child's interests.</p>	 <p>Indoor activities for kids We have loads of fun ideas for at-home games and activities to keep the kids active when they're inside.</p>	 <p>10 Minute Shake Up games Have you tried our Disney, Pixar and Marvel inspired games? Shake Up activities are fun for all the family – and a great way for kids to get active!</p>	 <p>Accessible activities Explore tips and activities designed to help kids with additional needs stay active in ways that work best for them.</p>
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Why being active matters

There are lots of good reasons for kids to be active! Research shows that physical activity helps school-age children in lots of ways.

Here are some of the benefits of staying active:

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



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

Lighthorne Heath Primary School Newsletter



educaterers

Monday	
	or
(h) Mac 'n' Cheese (G,D)	(v) Cheese (D)
Tuesday	
	or
(h) Beef Lasagne (G,D)	(vg) Garden Vegetable Fingers (G)
Wednesday	
	or
Roast Chicken Fillet Yorkshire Pudding (G,E,D)	(v) Plant Power Toad in the Hole (G,E,D)
Thursday	
	or
Pork Hot Dog (G,SU,SB)	(v)(h) Vegetable Curry
Friday	
	or
Salmon Fishcake (F,G)	(v) Cheese & Tomato Pizza Wedge (G)

Educaterers' New Menu

Next week is Week 3.
jacket potato and choice of fillings available daily

Free School Meals

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



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

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



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

SPONSORED WALK!

TOGETHER WE CAN MAKE A DIFFERENCE!

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

TOMMY the dog (black labrador) will join us!



MONDAY 18TH MAY AFTERNOON

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!

Emotional Wellbeing and Mental Health



Meaningful May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small
11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times
18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful
25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today
ACTION FOR HAPPINESS			Happier · Kinder · Together			

Check our Action For Happiness' Meaningful May calendar for some great ideas to make you smile this May.

4 Send your friend a photo from a time you enjoyed together	22 Find a way to help a project or charity you care about	27 Focus on how your actions make a difference for others
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Lighthorne Heath Learning Heroes

Reception

Mrs Gill's learning hero this week is Ethan. Ethan has shown a brilliant 'can do' attitude this term, especially with his fine motor skills and letter formation. He has worked super hard on his letter formation, not only during handwriting sessions, but also in his independent writing tasks in provision. Well done, Ethan!



Lighthorne Heath Primary School Newsletter

Co-

Years 1 & 2

This week, we have chosen Honey as our hero. Honey has proved to be hardworking and responsible, often helping to organise and tidy the classroom after lessons. This week she wrote a fabulous character description, which included some lovely comparisons and adjectives. Great work Honey!



go

centrate

Persevere

Years 3 & 4

Sienna has been chosen as this week's Year 3 and 4 Lighthorne Hero. Mrs Madahar has been very impressed with her brilliant attitude to learning, especially in maths, where she has been learning about fractions. Sienna has been contributing well in lessons and tries her best. Well done, Sienna!



Be curious!

Keep improving

Years 5 & 6

Miss Mackie's hero is Joseph. He has done some fantastic expressive reading this week and been a supportive and friendly classmate. Keep up the great work, Joseph.



Enjoy learning

Use your imagination



UN Convention on the Rights of the Child
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

Lighthorne Heath Primary School Newsletter



Routines workshop (virtual)

Sat 25 Apr, 09:00 BST

Free



Understanding Children's Behaviour virtual workshop

Thu 7 May, 09:30 BST

Free



Sleep workshop (virtual)

Mon 18 May, 10:30 BST

Free



Parenting Together (virtual workshop)

Tue 26 May, 11:00 BST

Free



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

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

Solihull Approach Online Guides

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

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

There are 15 to choose from including:

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

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

Family and Relationship Support

A guide to free support available to Warwickshire families

www.warwickshire.gov.uk/parentguides

Warwickshire County Council



The Family Information Service

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

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

Free Phone: 0800 408 1558

Email: fis@warwickshire.gov.uk

@WarwickshireFIS

@WarksFIS

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



UN Convention on the Rights of the Child

Article 29: Goals of education

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



UN Convention on the Rights of the Child

Article 29: Goals of education

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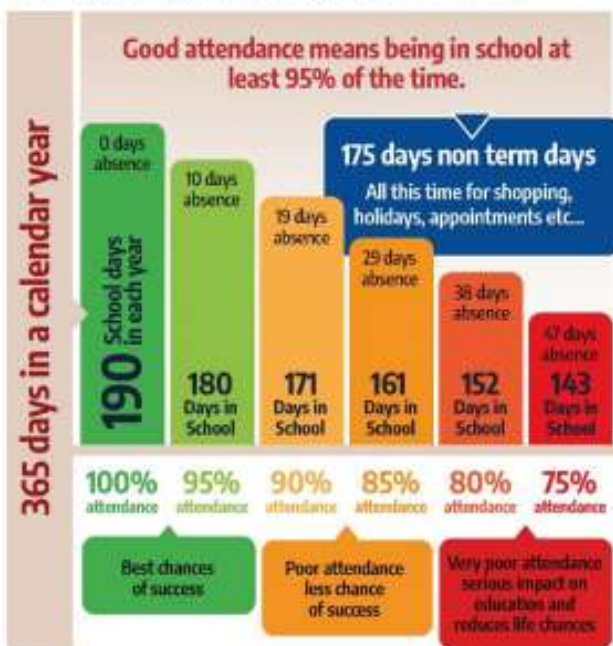


Attendance and Punctuality



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.



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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 wellbeing, 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.

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

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

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

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

BEHAVIOUR CHANGES

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

ESCALATION AND PARTICIPATION

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

DESENSITISATION

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

HARMFUL IDEOLOGIES

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

DISPROPORTIONATE IMPACT

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

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

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

AVOID HARSH RESTRICTIONS

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

KNOW WHAT'S ILLEGAL

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

UNDERSTAND TECH AND TRAUMA

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

Meet Our Expert

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



X @wake_up_weds f /wuw.thenationalcollege @wake.up.wednesday @wake.up.weds

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



Some useful information for parents and carers, including online webinars can be accessed via The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of how to support their children if issues arise.



School admissions



Warwickshire County Council

If you have a child who is due to start Reception or Year 7 next September, you need to apply for their school place. Applications can be made via the Warwickshire School Admissions Service. Visit their website for more information <https://www.warwickshire.gov.uk/school-admissions-appeals>

Applying for a primary school place



Applying for a Secondary School Place





DESIGNED FOR
CHILDREN
AGED
7-11

OFFICIAL JUNIOR PROGRAMME

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

TUESDAYS 4:30PM

COMING SOON TO LIGHTHORNE HEATH

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

everyoneactive.com



everyone
ACTIVE

COMMUNITY ACTIVITIES IN UPPER LIGHTHORNE



→ **Indoor Short Mat Bowls**

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



→ **Allotment Sessions**

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

→ **Free Community Health Walk**

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



→ **Outdoor Community Pétanque**

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



→ **Free Chair Exercise**

Thursdays at 1 pm at Lighthorne Heath Village Hall.

→ **Indoor Bowls for Health Programme**

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



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

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



SPRING MEET-UP



Friday 17th April

📍 Village Hall

— From 4:30pm —

Hopefully it's not April showers on the 17th...
but we've got the hall anyway if it is.

Crafts • Games • Music...

(or whatever actually happens on the day)

Come along, meet new people,
let the kids run around a bit

No pressure, no expectations
Just turn up if you fancy it



Parents must stay with their children
Simple. Friendly. See what occurs.

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

2026:

5th Jan, 2nd Feb, 2nd March, 30th March,
27th April, 26th May, 22nd June, 20th
July, 17th August, 14th September, 12th
October, 9th November, 7th December



Each mobile library stocks:

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

For more information, call (01926) 851031 or visit our website at
warwickshire.gov.uk/mobilelibraries
To see our current routes, go to:
https://apps.warwickshire.gov.uk/MobileLibraries/library_routes