



Newsletter 34

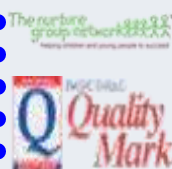
Friday 26h June 2026



01926 640326



admin2064@welearn365.com



Reception

Careers Week



Hi, How can I help you to-day?

Last week, as part of Careers Week, we were very lucky to welcome some of our Reception parents into school to talk about their jobs.

The children enjoyed learning about a range of fascinating careers. They discovered the importance of health and safety in the workplace, learned how professionals work in laboratories to test car paints, and even had the opportunity to look at real car parts. The children also heard from a parent who spoke about their role in supporting others through coaching and leading workshops.

The children also took part in Unifrog lessons, where they learned about people who help us in our community and the important roles they play, such as police officers and paramedics.



UN Convention on the Rights of the Child

Article 29: Goals of education



Exciting news from Lighthorne Heath Primary School

We are delighted to announce that, from September 2026, our Nursery will be expanding to offer 30 hours/wk. term time provision for eligible 3 and 4 year olds.

- ✓ Fully funded places available
- ✓ Welcoming, nurturing environment
- ✓ Experienced Early Years team

We are now taking enquiries for September starters and beyond. To find out more, please email admin2064@welearn365.com. Visits welcome.



Looking at Learning

SCHOOL NEWSLETTER

Reception

'Snuggle and Share'

on Wednesday
1st July
at 3pm

Reception 'Snuggle and Share' will be held on
Wednesday 1st July at 3.00pm.
This is a wonderful opportunity for you to
sit with your child, look through their
learning folders, and celebrate the fantastic
progress they have made so far this year.
We hope to see you all there!



Victorian Life - St John's Museum Visit

Our Year 1 and Year 2 children enjoyed a fantastic educational visit to St John's Museum in Warwick where they spent the day discovering what life was like during Victorian times.

The day began with a visit to a Victorian school room. The children experienced a lesson led by a very strict Victorian teacher and quickly learned that school was very different over 100 years ago! They practised learning by rote, repeating facts aloud and following instructions carefully. Everyone worked hard to stay focused and avoid getting into trouble with the teacher!

After their classroom lesson, the children took part in a Victorian "drill" session in the museum courtyard. They marched in neat lines, following commands and practising the discipline that Victorian children would have experienced at school.





Throughout the day, the children learned about daily life in Victorian Britain. They discovered that working-class families often lived in small terraced houses with limited space, while wealthier families lived in much larger homes and employed servants to help with household jobs. The children enjoyed comparing Victorian homes and lifestyles with their own lives today.

In the afternoon, the children explored toys from the past. They worked together to place pictures of toys in chronological order, from Victorian times to the present day, and discussed how toys have changed over time.

The highlight of the session was the opportunity to handle and play with a variety of traditional toys, allowing the children to experience first-hand how Victorian children entertained themselves.

The visit was a wonderful opportunity to bring our history learning to life. The children represented the school brilliantly, showing enthusiasm, curiosity and excellent behaviour throughout the day.



Careers Week

Last week, our school celebrated an exciting and inspiring Careers Week, giving pupils the opportunity to learn about a wide range of jobs and professions.

Years 1 & 2 were delighted to welcome Jeanette, Charlotte and Frankie who generously gave their time to share their workplace experiences with our children.

Pupils enjoyed asking questions, taking part in interactive activities, and discovering how their learning in school connects to the world of work. The week encouraged children to think about their future aspirations and the many opportunities available to them.



Jeanette is a paramedic and teaches at the local university. She taught the children how to identify when someone may be experiencing an emergency and how to respond appropriately. Pupils learned important life-saving skills, including how to call for help and the basic steps of CPR.



Careers Week

Canine Partners

Amazing dogs. Transforming lives.



Alongside lots of exciting visitor that generously gave their time during careers week, we had a visit from Christine from Canine Partners. She told us all about the work that Canine Partners do. We learned how they train dogs to help people with disabilities. This includes emptying the washing machine, opening doors, pressing buttons on lifts.

Canine Partners

We are Canine Partners. We create loving, life-changing partnerships between disabled people and expertly trained assistance dogs.

Our dogs don't just help us day-to-day, they help us believe we can do more. I couldn't imagine life without Xolani. She's given me back belief in myself.

Jess, with Canine Partner Xolani

To find out more about our work visit caninepartners.org.uk

Canine Partners

Help us create more life-changing partnerships

Volunteer

We have a variety of roles available, whether that's supporting one of our dogs during their training or helping our fundraising team spread the word and raise money. Whichever role you choose, you'll play a vital role in helping a dog change someone's life.

Fundraise

From community events to workplace challenges, there are many ways you can help raise vital funds for Canine Partners.

However you choose to get involved, we'll support you every step of the way.

Donate

You can support us by giving a donation, sponsoring a puppy or playing our weekly lottery.

We rely solely on donations so every pound you give will help us to continue our life-changing work.

To learn out more about our work visit caninepartners.org.uk/about-us

Canine Partners is a registered charity in England and Wales. Registered office: Sandy House, Chapel Lane, Lighthorne Heath, Loughborough, LE12 5BQ.

UN Convention on the Rights of the Child

Article 29: Goals of education

Ethel String Quartet



We were so lucky to have a visit from the Ethel String Quartet last Friday.

They invited us into their magical world and we used our imaginations to hear elves, fairies and trolls moving around! We learned about each instrument, violin, viola and cello and how they sound different to each other.

The children had the opportunity to ask questions including 'how long did it take you to learn?' to which they replied 'we never stop learning!'. The children were all so engaged by this experience!



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture



What a fantastic week we had in Year 3 and 4 during Careers Week.

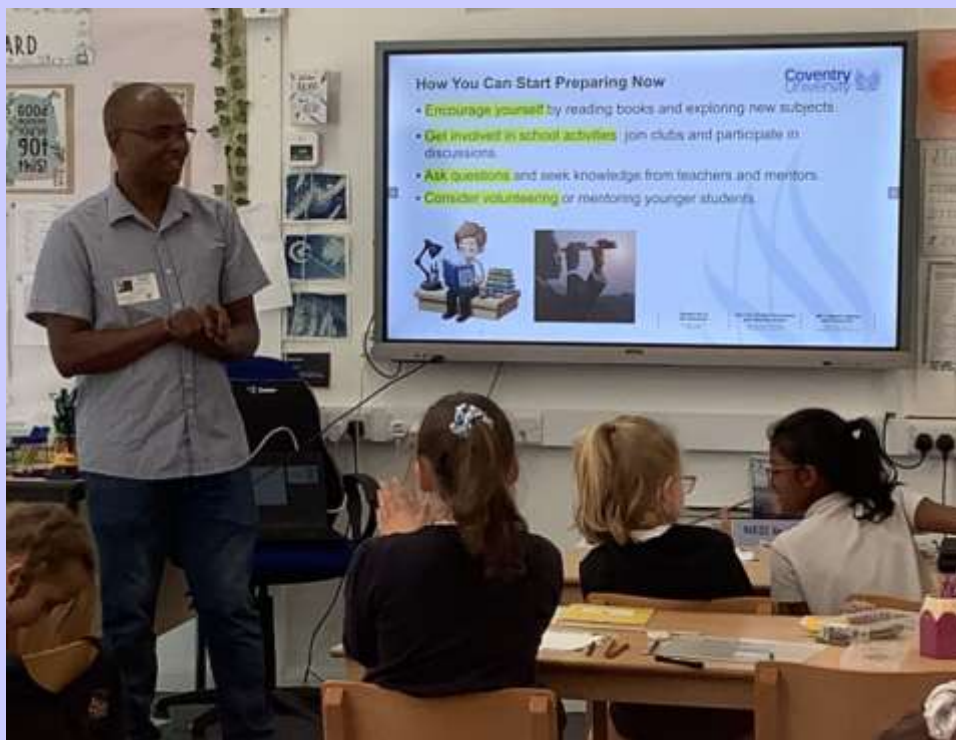
The children listened with great interest and asked many thoughtful and insightful questions to our visitors.



We have learnt all about the day-to-day role of a paramedic from Sienna and Kristoinette's mum, discovered the journey to becoming a university lecturer from Omoghe's dad, and explored the importance of voluntary work and the invaluable support provided by Guide Dogs with Freya's mum. Daisy's dad talked about his job working with numbers and Beanie's mum, a professional singer, performed We Will Rock You to the class. Many of the children were inspired in different ways.



Looking at Learning



A huge thank you to everyone who has given up their time to inspire and engage our children. We are looking forward to welcoming a few more visitors to share their careers and experiences with us, and we look forward to sharing these with you next week.





Last week, the children in years 5 & 6 enjoyed Careers Week alongside the rest of the school.

Throughout the week, we welcomed a number of visitors who spoke to the children about their careers and shared their experiences. The children were fascinated to learn about a wide range of professions and the different pathways people took to reach their chosen careers. They also had the opportunity to ask thoughtful questions, helping them to develop a deeper understanding of each role.

One of the key messages that stood out to the children was the importance of having a growth mindset. Our visitors emphasised that achieving your goals often requires perseverance, resilience, and a willingness to keep trying, even when challenges arise. This was an inspiring lesson that will support the children both in school and in their future aspirations.



UN Convention on the Rights of the Child

Article 29: Goals of education

The children particularly enjoyed their lesson on managing money.

They learned some topic specific language:

1) Salary

D) The amount of money someone is paid each year for doing their job.

2) Wage

C) Money you earn for the hours or days you work. You usually get it at the end of the month.

3) Budget

B) A plan for how to use your money so you don't spend too much and have enough for what you need.

4) Bonus

A) Extra money or a reward given to someone for doing a great job at work or reaching a goal.

We talked about the difference between wants and needs. The children completed a mini task budgeting for a weeks worth of pocket money. They worked in small groups to plan a birthday party with a set budget. The children spoke a job called an events planner, and the different elements of the role which would be similar to their task.

Events manager for the day!

Your budget is **£2,000.**

1. How much you'll spend on essentials (**needs**).

2. Which optional extras you'll choose (**wants**).

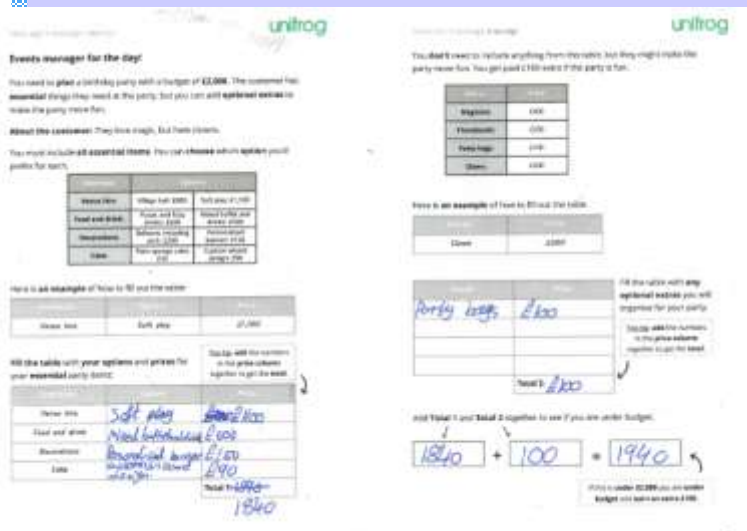
3. Calculate your **total spending** and work out if you will earn your extra £100.

Essentials:	Options:	
Venue hire:	Village hall: £800	Soft play: £1,100
Food and drink:	Pizzas and fizzy drinks: £600	Mixed buffet and drinks: £500
Decorations:	Balloons including arch: £200	Personalised banner: £150
Cake:	Plain sponge cake: £50	Custom wizard design: £90

Extras:	Price:
Magician:	£400
Photobooth:	£250
Party bags:	£100
Clown:	£200

Finish under budget to earn an extra £100.

Earn another £100 if the customer has a fun time.



We needed to remember to include the essentials (needs) before the optional extras (wants) in order to keep our client happy.



Use 5-star rated, high-SPF sun cream



Drink plenty of water



Cover up with a hat and long sleeves



Wear sunglasses to protect your eyes



Stay in the shade between 11 to 3

As the hot weather continues and the summer holidays approach, we would like to remind all families of the importance of staying safe in the sunshine.

Please ensure that children come to school with sun cream applied and with a hat and filled water bottle (we have a water cooler in school for them to refill from). In school, staff employ a number of measures to keep the children safe and comfortable. This includes keeping classrooms well ventilated, the use of fans, use of shaded outdoor spaces and encouraging children to keep hydrated.

It is also important to continue to follow safety guidance at home. This includes supervising children around water including paddling pools at home. Follow the QR code for more tips on staying safe in and near water.



UN Convention on the Rights of the Child

Article 29: Goals of education

Looking at Learning



Reducing waste!



Bring in
your
broken
pens!

Our Eco Committee are collecting pens for recycling! Pens are difficult to recycle due to the different parts and materials used. We are collecting any pens that would normally end of in the bin. We have a box in the office area so send them in with your child and they can add them to the boxes in school.



UN Convention on the Rights of the Child
Article 29: Goals of education
Article 12: Respect for the views of the child



Dear Parents and Carers,

As you may have seen, next week is National Thank a Teacher Day (17th June). This is an opportunity to recognise and thank all the wonderful staff who work at Lighthorne Heath Primary School.



We would like to celebrate every member of our team who makes a difference to the lives and education of our children. This includes teachers, teaching assistants, office staff, lunchtime supervisors, site staff, volunteers and everyone else who helps our school run smoothly each day. Their dedication, care and hard work play a vital role in helping our pupils learn, grow and thrive.

You can show your appreciation by sending a free e-card before Tuesday 17th June. It only takes a few moments to complete and will be delivered on National Thank a Teacher Day. You are welcome to send cards to individual members of staff or whole teams.

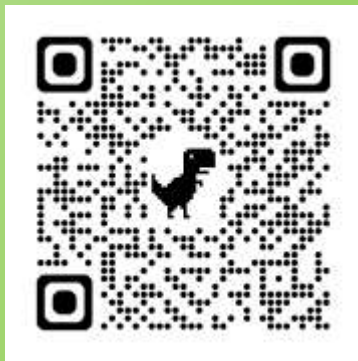
To send an e-card, please visit: thankateacher.co.uk

You can choose to send your message anonymously or include your name. If you are unsure of a staff member's email address, simply enter their name and the school email address (admin2064@welearn365.com) and your message will be forwarded to the correct person.

Every message received is greatly appreciated and provides a wonderful opportunity to recognise the positive impact our staff have on the children and families of Lighthorne Heath Primary School.



Please help us make someone's day by taking part in this national celebration and sending a message of thanks.



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

Diary Dates



Summer Term

June	
Friday 26th June	Non uniform day, please donate to school fund– suggested donation £1
Tuesday 30th June	Years 5 & 6 residential trip, 1 night
Wednesday 1st July	Reception sharing event, 3pm
Friday 3rd July	Years 3 & 4 history workshop
Tuesday 7th July	Playmaking drama group to Stratford with Miss Mackie
Wednesday 8th July	Induction day– class changeover New Reception Stay and Play
Thursday 9th July	Y1 & 2 Sharing Assembly, 3pm
Friday 10th July	Year 6 leavers celebration (pizza party), 3.20-5.00 in school
Tuesday 14th July	Year 5 & 6 Sublime Science Workshop
Wednesday 15th July	Year 6 leavers assembly 10.30am, parents welcome
Friday 17th July	



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



Week 1

Monday



or



or

Pork Meatballs in Tomato Sauce (G)

(v)(h) Tomato Pasta Bake (G.D)

Tuesday



or



(h) Mild Chicken Curry

(v) Cheese & Tomato Pizza Wedge (G.D)

Wednesday



or



Roast Pork, Apple Sauce

(vg) Quorn Roast, Apple Sauce (G)

Thursday



or



(h) Broccoli & Sweetcorn Pasta (D.G)

((v) Cheese (D)

Friday



or



Fish Fillet Fingers (F.G)

(vg) Garden Vegetable Fingers (G)

Educaterers' New Menu

Next week is Week 1
Jacket potato and choice
of fillings available daily

Free School Meals

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

educaterers

Emotional Wellbeing and Mental Health



Mental Health in Schools Team
Tips For Wellness



Dimensions tool



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

Sleep

Our bodies need sleep and rest to help us function every day. When we are sleeping, it gives our brain and body time to repair and regenerate, re-energise and improve our motivation. We also need sleep to be able to process information, problem solve, learn new things and concentrate (you might notice you find it particularly difficult to focus at school after a bad night's sleep!) Sleep also benefits our mental wellbeing, by helping us to regulate our emotions and mood.

It is important to find time for our brain to completely 'switch off' and rest, to take some time out of our busy day to stop, take a break and do something that promotes our wellbeing!

Our tips for improving sleep:

1. **Maintain a regular sleep schedule** – this includes going to bed around the same time every night, as well as waking up at a similar time every morning (even on weekends!) Sleeping in later than normal can disrupt the body's circadian rhythm, which can lead to more tiredness.
2. **Create a calming environment** - dim the lights an hour before bed. Keep the room dark, if possible, try using an eye mask or black out blinds. A cool bedroom and slight drop in body temperature can help us to go to sleep.
3. **Reduce electronics** – using electrical devices before bedtime is one of the main reasons we have sleep difficulties. The light exposure on the screens can trick our brain into thinking it is still daytime, which stops our body from being able to wind down and feel tired! Turn devices on night mode or leave outside your bedroom to limit temptation.
4. **Minimise daytime naps** – napping during the day can make it harder to fall asleep at night, they also break up sleep (which means lower quality sleep and fewer benefits).
5. **Complete homework after school** – getting stuck into homework tasks before bed can delay tiredness, as our brains are busy trying to concentrate! Try to do activities that relax you before bed, to help you switch off from schoolwork.
6. **Spend time relaxing** – you may want to have a shower or run a warm bath, listen to calming music, read a book, journal or keep a diary from the day, stretch, meditate, or spend time with a pet.
7. Scan the QR code for more helpful information and **sleep tips!**



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

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

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

Lighthorne Heath Learning Heroes

Reception

Mrs Gill has chosen Harsh as her Learning Hero this week. Harsh is a fantastic role model in the Reception class and always shows real enthusiasm for learning. This week, he has impressed us with his excellent participation in class discussions. Well done, Harsh!



Co-

Years 1 & 2

This week we have chosen Livleen as our years 1 & 2 hero. Livleen showed fantastic enthusiasm during our Victorian Day. She was a great sport when dressing up in Victorian costume and fully embraced the experience with a positive attitude and a big smile.

Have a go



Concentrate

Years 3 & 4

Mrs Madahar has chosen Emily as the Year 3 and 4 Lighthorne Hero this week! Emily has impressed Mrs Madahar with the fantastic improvement in her handwriting. She has been working incredibly hard to make it neater, more consistent and even better every day, and her determination is really paying off. It is wonderful to see the pride she is taking in the presentation of her work. Well done!



Be curious!

Years 5 & 6 Our hero in years 5 & 6 this week is Sadiye. She has been kind and helpful, making good choices and showing great maturity. Well done, Sadiye!



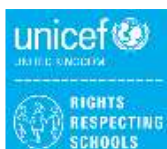
Enjoy learning

Persevere



Keep improving

Use your imagination



UN Convention on the Rights of the Child

Article 29: Goals of education

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?

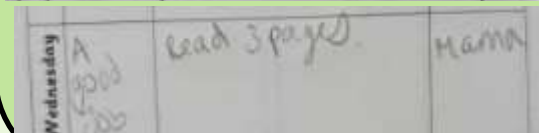
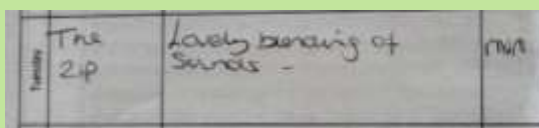
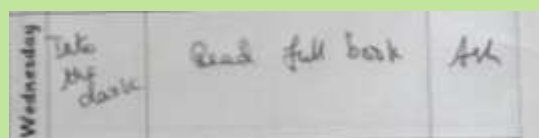
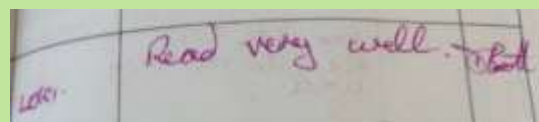
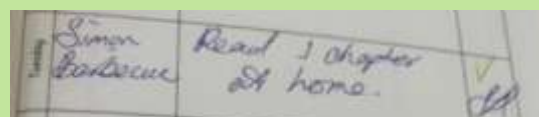
Encouraging Critical Thinking:

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.



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.



EXCITING MATHS CLUB COMING TO YOUR SCHOOL

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

WE LOVE MATHS - YOU WILL TOO



WWW.SPAGHETTIMATHS.CO.UK



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

SPAGHETTI MATHS
untangling numbers

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

What will my child do?

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



untangling numbers

Inspiring educational maths activities for the world.

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

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



Going fast

Boundaries and Rules Workshop (Virtual)

Tue 26 May, 18:00 BST

Free



Understanding Children's Behaviour virtual workshop

Mon 8 Jun, 12:30 BST

Free



Sleep workshop (virtual)

Mon 18 May, 10:30 BST

Free



Understanding your teenager workshop (virtual)

Tue 2 Jun, 09:30 BST

Free



Parenting Together (virtual workshop)

Tue 26 May, 12:00 BST

Free



Family and Relationship Support

A guide to free support available to Warwickshire families

www.warwickshire.gov.uk/parentguides

Warwickshire County Council



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

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



Solihull Approach Online Guides

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

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

There are 15 to choose from including:

Understanding your pregnancy

Understanding your baby

Understanding your child

Understanding your teenager's brain

Understanding your child with additional needs

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

The Family Information Service

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

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

Free Phone: 0800 408 1558

Email: fis@warwickshire.gov.uk

@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



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.



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.



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.



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!



Accessible activities
Explore tips and activities designed to help kids with additional needs stay active in ways that work best for them.



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



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

Article 5, Parental Guidance, Article 18, Parental responsibility



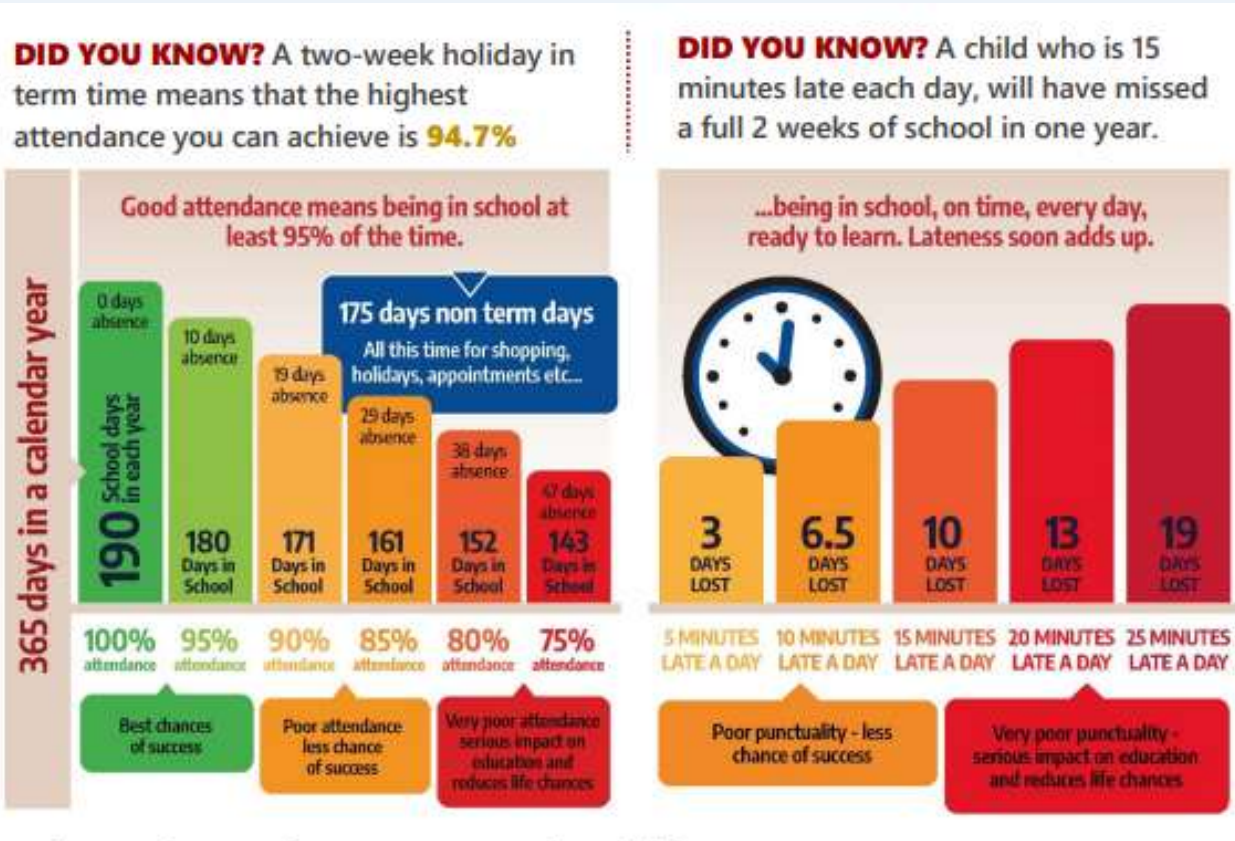
Attendance Matters

Regular school attendance is essential for every child's learning, wellbeing, and future success. At our school, we are committed to promoting good attendance and working proactively with families to ensure all pupils benefit from being in school every day they can.

Attendance is everyone's responsibility. Good attendance supports academic achievement, personal development, safeguarding, and welfare. The most effective schools consistently promote the benefits of attending school regularly and on time.

Parents and carers have a legal responsibility to ensure their child receives a suitable full-time education and attends school every day unless there is a valid reason for absence, such as illness, authorised leave in exceptional circumstances,. If your child is absent, please contact the school as early as possible on the first day to explain the reason.

Thank you for your continued support in helping every child make the most of their education.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



Active kids this Summer!



WAF

FREE
Holiday Club
for EVERY
Lighthorne Heath
Pupil!

Book early –
places are limited!



SPORTS



CREATIVE
ACTIVITIES



HEALTHY
MEALS



NEW
FRIENDS



OUTDOOR
FUN

LUNCH INCLUDED!
Nutritious meals every day



A fun, safe and welcoming holiday club
run by the Onside Coaching team.



TIMES
9.30am – 3.30pm



AT
Lighthorne Heath
Primary School



FOR CHILDREN
Reception
to Year 6

Reception to Year 6
(All LH pupils)

WEEK 3

Monday 3rd to
Thursday 6th August

WEEK 4

Monday 10th to
Thursday 13th August

WEEK 5

Monday 17th to
Thursday 20th August

**BOOK IN UNDER
2 MINUTES!**
Quick, easy and secure

BOOK NOW AT
haf.onsidelive.co.uk
Scan me to book! →



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and well-being, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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 5% 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 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

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

ESCALATION AND PARTICIPATION

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

DESENSITISATION

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

HARMFUL IDEOLOGIES

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

DISPROPORTIONATE IMPACT

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

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

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

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a 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.

AVOID HARSH RESTRICTIONS

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

UNDERSTAND TECH AND TRAUMA

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

Meet Our Expert

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



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

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

14 May

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

2 March

National Offer Day

27 March

Deadline for
submitting appeals



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

Swim Lessons

with **Leamington Swimming Club**



LEAMINGTON SPA
AMATEUR SWIMMING CLUB



This is a unique opportunity for children in Years 3 and 4 to improve their swimming and learn the skills used by our competitive swimmers.

21st June, 28th June, 5th July, 12th July

3 to 3.50pm

Newbold Comyn Leisure Centre

Cost £20

All children should be able to swim 50m front crawl, backstroke and breaststroke.

Email **info@swimleamington.org**
to reserve your place



Family Learning

What is Family Learning?

Family Learning takes place among family members including parents, grandparents and carers. Families learn together, in a relaxed atmosphere and parents and carers discover how their children learn and develop.

Family Learning includes courses for adults and children together as well as adult only courses, including adult-only qualifications.

Examples of courses are Family Food, Understanding your Child, Story and Number Explorers (REAL programme), Play and Learn, Film Club, Story Sacks, and more!

These types of Family Learning courses are always FREE. They help you to help your child with reading, maths, wellbeing and more!

Our qualification courses

Our qualifications for parents and carers who want to develop their knowledge and skills to help their own families and gain a qualification alongside! They also suit people who want to work with children and families and are looking for a way to do that that fits into family life.

Level 1 Moving On has topics around family life, like 'Family Cooking', 'Making and Using Story Sacks', 'Using Crafts with Children', 'Family Relationships' and more! This course is FREE.

Our Level 2 Supporting Teaching and Learning is a qualification for those working in support roles in education, or those who want to in the future. Topics include 'Understanding children's learning and development', 'Enabling Effective Learning Environments', 'Building Professional Relationships', 'Promoting Positive Behaviour' and more!

Flyers for our courses have been sent to your child's school. Ask for a copy of the parent flyer or qualification flyer, if you are interested.

Family Learning and University of Warwick

Did you know, if you complete a Family Learning qualification you get a **guaranteed interview** on one of these degree courses at the University of Warwick:

BA (Hons) Early Childhood

BA (Hons) Child and Family: Health and Wellbeing

Please see university website for fee information, terms and conditions about their courses. More information on the qualification flyers.

Those who complete a
Family Learning
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Express Interest in Level 1: <https://forms.cloud.microsoft/e/7B6czA60Vp>

Express Interest in Level 2: <https://forms.cloud.microsoft/e/j42Epxpnqc>

If you are interested in finding out more about Family Learning, please email
FamilyLearningACL@warwickshire.gov.uk

COMMUNITY ACTIVITIES IN UPPER LIGHTHORNE



→ Indoor Short Mat Bowls

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



→ Allotment Sessions

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



→ Free Community Health Walk

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

→ Outdoor Community Pétanque

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



→ Free Chair Exercise

Thursdays at 1 pm at Lighthorne Heath Village Hall.

→ Indoor Bowls for Health Programme

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



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

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

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

2026:

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



Each mobile library stocks:

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

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