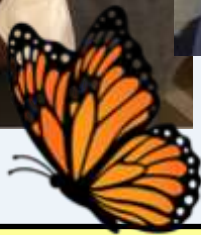


Nursery and Reception



This week we have been excited to watch our butterflies emerge from their chrysalides. It has been a great experience to see the butterflies go through metamorphosis, where they go through four stages of development, and in each stage they look completely different. When they first arrived in school they were caterpillars and we have watched as they have slowly got bigger. They then turned into a chrysalis where we had to be very careful not to knock or damage them. Finally they emerged as butterflies. Aren't they beautiful!



Wow! Look at the sunflowers that the children took home and how they have grown.



UN Convention on the Rights of the Child

Article 29: Goals of education





SUMMER FAIR

What an exciting summer fair we had on Tuesday.

The sun was shining and lots of teachers, parents and children set up stalls. We had a teddy tombola, a cake sale, guess how many sweets in the jar and lots of other exciting activities.

One of the most popular games was guess the teachers by their baby pictures and everybody loved the teddy tombola!

Thank you to everyone who came and helped us to raise just over £300 for our school.

by Niamh
and Bella.

Thank You



KEEPING COOL IN THE HEAT

Please be reassured that staff are working hard to continue to ensure that children are both comfortable and safe during the current heatwave.

In classes, children have been briefed about the actions that they can put in place to keep themselves cool. In addition, staff have set up fans, opened doors and windows to encourage airflow and are regularly stopping children to ensure that they drink plenty of cold water.

We are particularly fortunate to have lots of lovely outdoor space with plenty of shade. Children played outside at lunchtime today but were only permitted in areas of shade. Class teachers are also utilising our outdoor shade during class time as it is often cooler outdoors than in.

Thank you for ensuring that your children are appropriately dressed and have what they need, including sun cream, sun hats and water bottles. We hope that week is a little cooler.



Take One Picture— Art Project

2026 focus painting:
Canaletto, 'A Regatta on the Grand Canal'



Image: Canaletto: 'A Regatta on the Grand Canal', about 1740



Over the last two weeks, the children in Years 1 and 2 have been learning about Canaletto's painting 'A Regatta on the Grand Canal', which is this year's focus painting for the National Gallery Take One picture project.

In our first session, they were taken on an online gallery tour, where they saw the painting within the gallery and learned the background story that the painting tells. Following this, they worked in pairs to find evidence that a celebration was taking place, they spotted flags, costumes, feathers decorating the boats and lots of colour and pattern on the buildings.

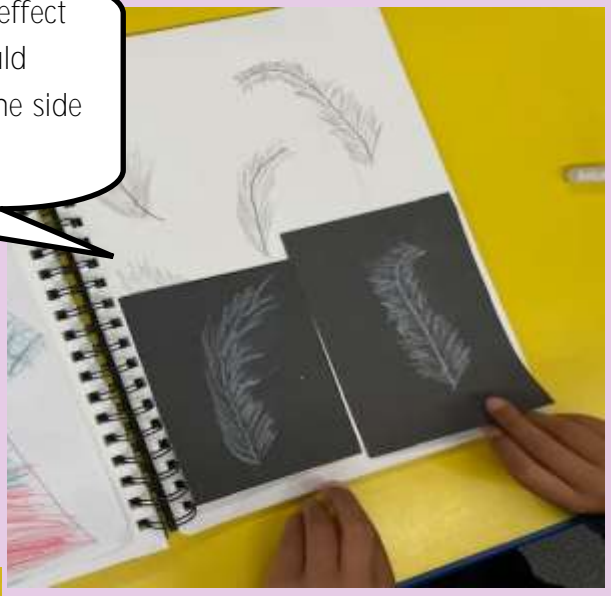
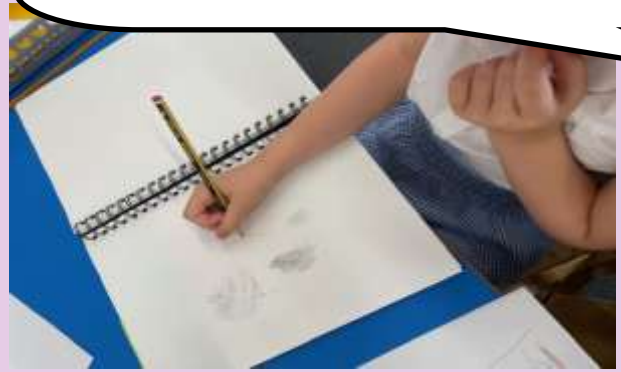
Working together they helped to plan how the class project would unfold, deciding that the feathers, flags and costumes would be a great starting point. Learning that the painting was set in Venice, they decided to incorporate the colours of the Italian flag within their work, designing costumes and using their observational skills to sketch feathers which will be added to their final design.



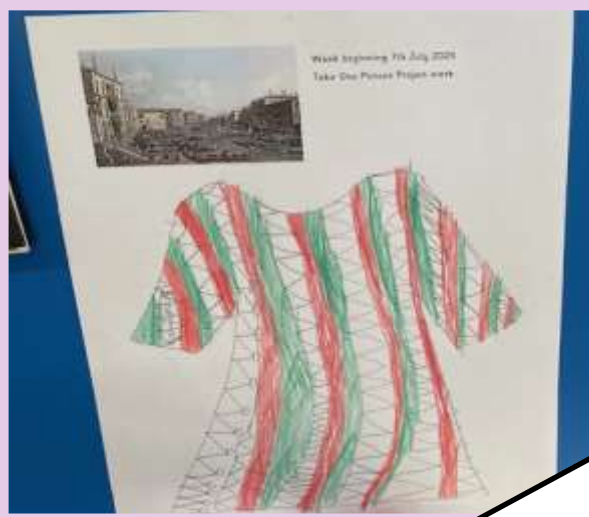
We spotted huge crowds of people wearing colourful clothes. Huge feathers were used to decorate the boats and flags decorated the buildings.



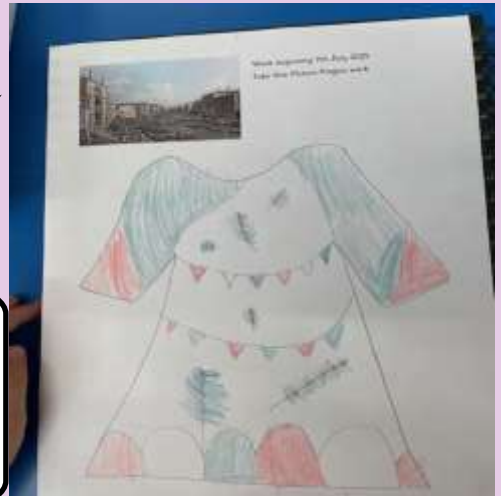
I used the side of my pencil to create a soft effect when I drew my feather. I learned that I could switch between the point of my pencil and the side of it to create different effects.



I really liked working with the chalk on black paper, it made the feather drawing stand out. When I smudged the chalk it created a lovely soft effect too!



We used the colours green, red and white to design our costumes because these are the colours of the Italian flag. We thought carefully about the patterns we chose to reflect what we had seen in the painting.





Following feedback from children and parents, we will be trialling a change in our practices regarding changing for PE.

From September, on the day that your child has their Physical Education lesson, they should come to school wearing their PE kit. This will avoid the need for them changing in school (where time as

well as clothing items are frequently lost) and reduce the need for children to bring additional bags into school.

Children must wear correct PE kit. This consists of black or navy shorts or jogging bottoms, a plain white T-shirt (no logos) and plimsolls or suitable sports trainers. We expect children to be in their full and correct school uniform on non PE days.

PE days will be as follows:

Reception— Wednesday






Years 1 & 2— Friday

Years 3 & 4—Tuesday

Years 5 & 6—Monday



PE Kit Checklist

 t-shirt <input type="checkbox"/>	 shorts <input type="checkbox"/>
 hair tie <input type="checkbox"/>	 plimsolls <input type="checkbox"/>
 tracksuit for cold weather <input type="checkbox"/>	





Pre-school expansion



We are very excited that from September 2025 we will be offering morning and afternoon Pre-School sessions. Children are able to join pre-school the term after they turn 3 years old. We are pleased that this expansion means we will be able to accommodate families with 15 and 30 hour funding. We are currently working hard to finalise the details and admission form but would welcome expressions of interest to join the waiting list by emailing admin2064@welearn365.com



School day changes

In line with guidance from the Department for Education (DfE), all mainstream state-funded schools are expected to ensure that their school week is a minimum of 32.5 hours. This expectation has been set to help ensure all pupils receive consistent access to high-quality education across the country.

To meet this requirement, we will be extending our school day so that it ends at 3:20pm each day, from September.

This small adjustment will ensure that we are fully compliant with national expectations and will support us in continuing to deliver a high standard of education to all our pupils.

We understand that changes to the school day may require some families to adjust their routines slightly, and we thank you in advance for your support and understanding as we implement this change.



UN Convention on the Rights of the Child

Article 29: Goals of education

Music

This week, the children prepared and performed a mini musical all about rivers. It was a cross-curricular project that blended Geography, English, Music, and Drama.

The performance, titled *The River's Journey*, followed a river's path from its source in the mountains all the way to the sea. This supported our Geography curriculum focus on understanding the water cycle and the features of rivers, key objectives from the National Curriculum for Key Stage 2. The children demonstrated a secure understanding of how rivers form and change as they travel across the landscape, using scientific vocabulary confidently in both spoken word and song.

The children have spent their music lessons with Mrs Owen rehearsing poetry, song lyrics, and instrumental compositions, all of which they helped to write and develop. Each child took part in group compositions, where they created music to reflect different stages of the river's journey from the source and the stream, to the waterfall, meander, and finally, the sea. These compositions were introduced by the children and performed with instruments, showing both their creativity and collaboration.

The children also incorporated poetry and spoken word, including original verses that reflected the mood and pace of the river at each stage. These literary pieces linked directly to our English curriculum goals of writing for different audiences and purposes, as well as using expression and intonation when reading aloud.

We finished with a joyful song titled *All Around the World* and an instrumental piece called *On the Sea Shore*, which brought the river's journey to a beautiful and peaceful conclusion.



Road Safety Award



We are delighted to announce that our school has achieved a Platinum Safe and Active School Award presented to us by WCC Road Safety Education team who have been working with our school for several years to help us promote Road Safety and active travel to our children and families. This year for the first time there has been a platinum award. The road safety team have many schools who have been working with them for a number of years, including our school, and one of them requested a challenge higher than the Gold Award to work towards. They agreed, that now the Safe and Active Schools programme has been embedded for several years, schools can and should be striving to achieve bigger and better things.

The road safety team said, "Platinum Award winning schools are the very best of our many fabulous schools. They have built road safety and active travel into the everyday life of schools. Activities have become normal for children in those schools and expected by parents. This shift in behaviour is exactly what our programme set out to achieve, Safe and Active Travel for all children in the school at all times."



In recognition of this award, the school has been awarded a fantastic balance bike and helmet for our foundation stage classroom which will arrive in September



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



Poetry

In our English lessons this week, years 5 & 6 have been looking at how poetry can be used to create different moods. We studied a poem called 'The Raven' by Edgar Allan Poe.

This poem helped to portray a deep sadness that reflects what we have been reading about in our guided reading book 'The Journey' by Francesca Sanna.

In groups we learned a stanza of the poem and performed these to the rest of the class with accompa-



Deep into that darkness peering,
Long I stood there, wondering,
fearing,



WHAT IS A STANZA?



A stanza is a division of a poem consisting of two or more lines arranged together as a unit by rhythmic pattern and meter.

The length and pattern of a stanza decides what type of poem it is.

Some types of stanzas:

- Couplet: 2 lines
- Tercet: 3 lines
- Quatrain: 4 lines
- Cinquain: 5 lines
- Sestet: 6 lines
- Septet: 7 lines



We then worked in pairs to rewrite a stanza in the style of the poet Edgar Allan Poe, but using 'The Journey' as our inspiration.



Own books



You may have noticed our new OWN BOOKS bookshelf in the school reception area.

The books on the shelf are free to take home. You are welcome to keep the book, or, if you wish, return it to the shelf for someone else to enjoy.

Please use the shelf, you are welcome to browse the books on offer, however, we politely request that if the reception area is particularly busy you return when it is a little quieter.

There are books for teenagers and adults too, we want to get everyone reading. It is your responsibility as parent/ carer to make sure that your child is supervised when using the shelf and that any book chosen is age appropriate.

If you would like to donate any books to the scheme, please speak to Mrs Manley or Mrs Hendrickson (we are happy to take donations of appropriate books that are in good condition, however, we do not have the space to store a large number of books).

More information can be found at www.ownbooks.co.uk

- 1) Children who read have more words in their vocabularies
- 2) Children who read have vivid imaginations
- 3) Children who read are good at seeing pictures in their heads
- 4) Children who read are good at solving problems in their heads
- 5) Children who read are good at writing
- 6) Children who read are good at communicating in words
- 7) Children who read are inquisitive and lively
- 8) Children who read are good at concentrating
- 9) Children who read are good at reading
- 10) Children who read know quite a lot about many things
- 11) Children who read are generally very smart
- 12) Children who read have lots of words to use to express their ideas feelings and thoughts
- 13) Children who read love to read and share the good books with each other





Diary Dates



Summer Term	
June	
July	
Tuesday 15th—Thursday 17th July	Years 5&6 residential trip to PGL Liddington
Friday 18th July	Last day of term
Leavers Assembly	Leavers Assembly 10.00am
	Mufti day

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

EYFS

Our learning hero this week is Diego for incredible collaborative play and sharing. We've noticed this week how Diego is encouraging other children to talk and play together. He's settled into Nursery routines very quickly and is a fantastic addition to our class. Well done Diego!



Co-operate

Years 1 and 2

Our hero this week is Isla for the fantastic contributions she made towards planning for our class art project this week. Isla had some really clear ideas about using printing and combining the theme of feathers to create a piece of artwork based on the painting. She displayed great concentration and care when sketching the feathers and designing her costume too. Great work Isla!

Have a go



Concentrate

Years 3 and 4

This week's year 3 & 4 hero is Rogan, for his fantastic work ethic and his ability to give clear, thoughtful explanations during lessons. He always gives 100% effort, listens carefully, and helps others understand by sharing his ideas with confidence and clarity. Well done Rogan, keep up the great work!



Be curious!

Years 5 and 6

My hero this week is Immy for all the hard work and commitment she puts into her learning week after week. She is kind, helpful and a fantastic role model to the other children. Well done Imogen.



Enjoy learning

Use your imagination

Emotional Wellbeing and Mental Health



Mental Health in Schools Team Tips For Wellness



Transitions

Moving to a new school, changing classes, or starting secondary school are big moments in a child's life. Transitions can be challenging for young people due to the loss of familiarity. Children often imagine worst-case scenarios if they do not know what to expect, which can impact their mental health and wellbeing. Some children can put pressure on themselves to adapt quickly to new situations, even if they are truly feeling worried or stressed!

Your child may present with; anxiety or worry, withdrawal, sleep problems, clinginess or irritability. Keep an eye out for any changes in their mood or behaviour in the lead up to September!

Our top tips for a smooth transition:

1. **Talk it through** – let your child express their feelings. Be calm and reassuring.
2. **Build familiarity**– if your child is starting a new school, explore the route together and encourage your child to engage in transition days.
3. **Keep a routine** – Stick to regular sleep and mealtimes in the lead-up to school changes and throughout the summer holidays. You could even encourage your child to practice their morning routine, including packing their bag or getting dressed.
4. **Be positive** – Speak positively about the new school or teacher. Young people can often mirror other people's attitudes.
5. **Comfort object** – It is common for young people to feel worried leaving their parent or carer after a break from school. You could try letting your child carry a small reminder from home, like a photograph of their family, or a note from you in their pocket to help reduce anxiety.

Talking to a Primary
aged child



Webinar about the transition
to secondary school



Talking to a
teenager



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.



Attendance and Punctuality

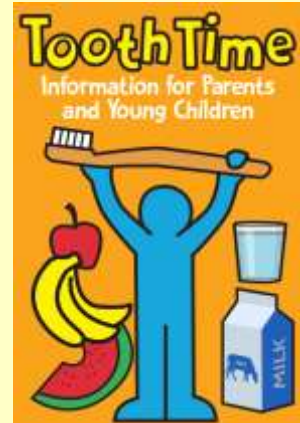


UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility





A regular teeth-cleaning routine is essential for good dental health.

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion (ideally in the morning).
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.
- Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.

Good oral health is important!

What do we need to know about toothbrushing?

As soon as your child's first tooth appears, brush twice a day for two minutes, using a small, soft tooth brush and fluoride toothpaste. Always brush last thing at night before bed and on one other occasion. Fluoride is a mineral and can help prevent tooth decay, this is added to many brands of toothpaste.

Children under three should use a smear of fluoride toothpaste, which contains at least 1000ppm (PPM – parts per million, this is the measurement of fluoride strength). Children over three should use a pea size amount between 1350-1500ppm.

Brushing should be supervised until at least 7 years of age.



Spit out the toothpaste after toothbrushing, do not rinse after. This helps the fluoride stay in the mouth longer and work harder to strengthen the teeth.

Remember to change your toothbrush every 3 months.

What kind of foods can my child eat?

Choose sugar free snacks in between meals such as fresh fruits and vegetables.



Healthy Fruit Options

Plain milk and water are the only safe drinks for teeth.



If you choose to give your child other drinks, well-diluted fruit juice or squash should be limited to meal times.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental responsibilities

Article 24: Health and health services



SUN SAFETY

This week, we have seen increased temperatures and several particularly sunny days at school.

During warm weather, please make sure that your child is safe at school by ensuring the following:

1. Sun Hat

Make sure your child brings a sun hat to school every day.



2. Named Water Bottle

Send your child with a named water bottle (water only, please).

They can refill their bottles throughout the day from our water cooler to stay well hydrated.



3. Apply Sun Cream

Please apply sun cream before school.

Children will be outside throughout the day—using the playground, school field, and class gardens.

While we provide access to shade and avoid extended sun exposure, we recommend a long-lasting sunscreen for added protection.



Let's Work Together to Keep Everyone Safe in the Sun!

HAF

Onside
Coaching

Active Kids

This Summer!

Summer Holiday Activities
& Food Programme



At Lighthorne Heath Primary School

Monday 28th July to
Thursday 14th August

**100%
FREE**
for eligible families

**Sports & Activities, Team Games, Nutritious Meals,
New Friendships, Confidence Building and more!**

Limited spaces available, don't miss out...

BOOK NOW AT haf.onsidelive.co.uk



Monday



Pork Meatball Pasta Bake G.D

Vegetarian Customers Only



(v) Tomato Pasta Bake D.G.

Tuesday



(v) Cheese & Tomato Pizza Wedge G.D



(v) Jacket Potato with Cheese D.

Wednesday



Roast Beef in Gravy, York Pud D.E.G



(vg) Quorn Roast G.
(v) Yorkshire Pudding D.E.G

Thursday



(vg) Quorn Dippers in a Wrap G



(v) Jacket Potato with Chees D.

Friday



Battered Fish Fillet F.G



(v) Texan Sausage & Bean Bake G.D

Educaterers' New Menu

Next week, we will be on Week 1 of the new Educaterers menu.

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.

Guide to Supporting Your Child's Reading

Lighthorne Heath
Primary School
Reading Diary
2024-25

Questions to ask your child when reading fiction:

Predicting:

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

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

What do you already know about this topic?

Understanding the Story:

What is happening in the story so far?

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

Where and when does the story take place?

Making Connections:

Does this story remind you of anything in your life?

Have you read another book like this before?

How do you think the character is feeling? Why?

Vocabulary and Language:

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

Are there any words that you don't understand?

How do the illustrations help to tell the story?

Encouraging Critical Thinking:

What do you think will happen next?

Why do you think the character made that choice?

If you were in this situation, what would you do?

Summarising and Reflecting:

Can you tell me what happened in the story in your own words?

What was your favourite part? Why?

Did the book end the way you expected?

Extending the Story:

If you could ask the author one question, what would it be?

Can you think of a different ending to the story?

What lesson did you learn from this book?

Filling in the reading record:

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

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

Simon
Barbecue Read 1 chapter at home. ✓

Read very well. ✓

Wednesday Take the class Read full book Ash

Friday The 2p Lovely bearing of Simon - Mrs

Wednesday A good job Read 3 pages. Mama



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.



Quality support for autistic people, families and professionals

The Community Autism Support Service offers a number of training and information sessions to parents in Warwickshire who are keen to find out more about neurodivergence, this includes supporting children who may have ADHD and/ or autism.

The service also runs a number of face to face drop in sessions. Please visit the site for more information and to access links for further support.

The service aims to:

- Improve the understanding of autistic adults, young people and children, and those diagnosed autistic, and their families, to understand autism and themselves better.
- Support people to manage and thrive at home, in education, in employment and in the community.
- Help individuals improve their communication, interaction, processing and sensory skills.
- Help improve people's self-esteem and confidence, manage relationships and enjoy day-to-day life.
- Support neurodiverse/autistic individuals with managing symptoms of low to moderate emotional wellbeing and mental health difficulties.
- Provide an environment where all aspects of autism are recognised, accepted and respected.
- Offer parent, family and carer support through peer activities.
- Provide resources and signpost to other community-based support.



Help Your Child Discover the Joy of Reading This Summer!

This summer, give your child the chance to fall in love with reading! The **Summer Reading Challenge**, created by The Reading Agency and delivered in partnership with public libraries, is a **FREE**, fun-packed way to keep kids reading and learning all summer long.

This year's theme is **Story Garden**, where imagination blossoms and stories grow! Children will explore creativity, storytelling, and the magic of books through exciting activities and adventures.

Why Join?

- It's **FREE!** Available at local libraries and online
- Inspires a **lifelong love** of reading
- Boosts **confidence, creativity, and imagination**
- Earn **rewards, certificates, and prizes**
- Fun for the whole **family**. Visit your **local library** together
- **95%** of children said they **read more** after joining!
- Children **choose their own books** to read over the summer, **collect rewards** for each milestone they reach, and **receive a certificate or medal** when they complete the challenge.



Visit your local library or go online at
summerreadingchallenge.org.uk
 to get started from 5 July 2025.

Help your child start their reading adventure today!



Working in partnership with

Bromford.



Trustgreen

Come along and say hello

We're holding a Summer fun day
and we'd love to see you there.



When: 2pm – 6pm on Friday 25 July 2025

Where: The event is spread across two venues

- Avon Valley Bowls Club, Avon Valley Way (parking available)
- The playground next to the allotments, off Gaydon Coppice Avenue (no parking)

Join us for food and drinks, arts and crafts, and fun and games for the kids.

It's a great chance to meet other residents of the Upper Lighthorne developments, people from the Sage Homes team, along with other service and support providers we're working with to deliver the event, and the local Police too.

Activities and locations

If you need to park at the event, you can do so at the Bowls Club (there's no parking by the playground). To reach the playground (a five-minute walk away), just follow the path by Gaydon Coppice Avenue.

At the Bowls Club

- Free parking
- Bowls and Petanque
- Family games
- Tea and coffee

At the playground

- Bouncy castle and penalty shoot-out
- Arts, crafts and face painting
- Burger and ice cream vans
- Sage Homes team, support agencies, local organisations and Police

Drop in, if you can

There's no need to book, just drop in and say hi. If you have any questions, please contact: Dina at dina.norris@sagehomes.co.uk.

Family Support Drop In Sessions



Would you like the opportunity to speak to a Family Support Worker?

Family Support Workers can offer support with

Developing Routines and Boundaries
Understanding your child's behaviour
Behaviour Management
Health and Wellbeing
Childrens Mental Health

Join us for a consultation with a Family Support Worker at
Lighthorne Heath Children and Family Centre
2nd and 4th Wednesday of every month
1pm - 3pm



Phone: 01926 414 144
Option 1, then 2 for Family Support
Available Monday to Friday 9am to 5pm



Warwickshire
County Council

31 MAY - 7 SEPT 2025



BRICK DINOS

at
Herbert

Art Gallery & Museum

Book online theherbert.org

Step back in time with dinosaurs in LEGO® bricks

Explore the prehistoric world with Brick Dinos, brought to life with stunning LEGO creations by artist Warren Elsmore and his team. This educational and entertaining experience features LEGO dinosaur sculptures designed in collaboration with palaeontologists.



Warren Elsmore
BUILDING EXCITEMENT



Stratfordde

Stratford-upon-Avon
District Children and
Family Centres

Barnardo's Warwickshire - Stratford District Children and Family Centres - Summer Specials

A coordination of services for children, young people and families - aged 0-19 years and up to 25 with SEND

Alcester 01789 764093

Stratford & Shipston 01789 266624

Lighthorne Heath & Southam & Wellesbourne 01926 691105

BARNARDOS

Supporting children,
Young people,
Families

MONDAY

Stratford C&FC

Great Big Story Time & Workshop

4 August

10.00 - 11.30am

Alcester C&FC

Arty Party (5-11 yrs)

4 August

10.00 - 12.00noon

Alcester C&FC

Great Big Story Time & Workshop

18 August

10.00 - 11.30am

TUESDAY

Lighthorne Heath
C&FC

Toddler Time

9.30 - 11.00am

Badger Valley,
Shipston

Family Time

1.15 - 2.45pm

Stratford C&FC

Baby Time

2.00 - 3.00pm

WEDNESDAY

Stratford C&FC

Little Stars SEND (0-5yrs)

09.30 - 11.00am

Alcester C&FC

Family Time

9.45 - 11.15am

Lighthorne Heath
C&FC

Great Big Story Time & Workshop

6 August

10.00 - 11.30am

Stratford C&FC

Family Time

01.30 - 3.00pm

Wellesbourne Library

Baby Sensory

from 16/7

2.00 - 3.00pm

THURSDAY

Wellesbourne
Methodist Church

Let's Play

09.30 - 11.00am

Badger Valley,
Shipston

Baby Time

from 24/7 - 28/8

09.30 - 10.30am

The Graham Adams
Centre, Southam

Let's Play

11.30 - 1.00pm

Lighthorne Heath
C&FC

Baby Time

1.00 - 2.30pm

FRIDAY

Stratford C&FC

Yoga with Rhianna

(3-8yrs & parents join in)

15 August

10.00 - 11.00am

Alcester C&FC

Little Stars SEND (0-5yrs)

10.00 - 11.30am

Alcester C&FC

Baby Time

1.00 - 2.00pm

Barnardos new web page



09/07/2025

Eventbrite
Bookings

If you are unable to
attend please CANCEL
your booking on
Eventbrite to allow
others to have your
place

Venues Contact Details

Alcester C&FC, c/o St. Nicholas CE Primary School,
St Faiths Road, Alcester, B49 6AG
Tel: 01789 764093

Lighthorne Heath C&FC, Stratford Road, Lighthorne
Heath, CV33 9TW

Graham Adams Centre, St James Road, Southam,
CV47 0LY

Wellesbourne Methodist Church, Bridge Street,
Wellesbourne, CV35 9LR

Wellesbourne Library, Kington Road, Wellesbourne,
CV35 9NF

Tel: 01926 691105

Stratford C&FC, c/o Bishopton Primary School, Drayton
Avenue, Stratford upon Avon, CV37 9PB

Badger Valley, Tilemans Lane, Shipston on Stour,
CV36 4HP

Ellen Badger Hospital - Room D, Stratford Road,
Shipston on Stour, CV36 4AX

Tel: 01789 266624

Baby Self - Weigh facilities at the Children and Family Centres

The facilities are only for non-walkers
up to a maximum age of 18 months
and you must book on the Health
Visiting Eventbrite page to attend

Refuge
08004 081552

Family Help
The Family Support Line
01926 412412
(Monday - Friday, 9am - 4pm)

Safeguarding Concerns Warwickshire Children and Families

Front Door
01926 414144
(Mon-Thu 8.30am - 5.30pm,
Fri 8.30am - 5pm)
Emergency Duty Team
(out of hours only)
01926 886922

Stratford District Children & Families Centres' offer includes

Baby Time: Relax, play and socialise with your baby in a friendly, informal environment, suitable from newborn

Baby Massage: 5 week programme teaching parents the skills of massage which has many benefits for baby & helps to create a close bond, suitable for babies after they've had their 6 to 8 weeks check

Baby Sensory: a play session for you and your baby to explore their senses and learn about the world around them. Exploring a variety of sight, sounds and textures in a friendly and relaxed environment

Baby & Toddler Chatter Matters: 5 week courses of fun through songs, rhymes and sensory activities for babies and toddlers to support their early communication skills. Suitable from 5 months up to 2 years

Let's Play & Toddler Time: These sessions are aimed at toddlers, offering language enrichment learning through play. They incorporate paint and print, messy play, sound and music and outdoor play

Bookstart: a group for 2-4 year olds (& parents) exploring early literacy and maths through stories, rhymes, puppets and crafts

SEND Little Stars (0-5yrs): Small, friendly groups to support learning and play for children with additional needs. Children must have a diagnosis or be in the process of being diagnosed. A great opportunity to interact and meet other families

Wellcomm screens: A speech & language toolkit which can pinpoint areas in your child's speech which can be enhanced with targeted activities to help your child speak clearly and with confidence

Health Visiting Team Clinic

Talk to a trained health care professional about any family health or developmental concerns and/or get your child weighed.

If your child is ill please contact your GP.

Prebooked appointments, please contact your Health Visitor to arrange.

For more information regarding Health Visiting Team Clinics

in the South please visit:

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting>

Stratford - 01926 567164 Shipston & Wellesbourne - 01789 412844
Southam - 01926 615045

Alcester, Bidford on Avon, Studley & Henley - 01926 567098

Advice & support for parents of pre-school children in Warwickshire

Warwickshire Health Visiting Team

Text Chat Service

TEXT: 07520 615293

(9am - 5pm Monday to Friday)

Advice Duty Line number

01926 567143

Parenting Project

Offers a Family Wellbeing Pathway that support families with children 0-19 (25 SEND)

Family Wellbeing Service, Counselling Service, Parent Mentor Service and MHSC group work in the school

Contact familywellbeing@parentingproject.org.uk for more information or visit the website <https://parentingproject.org.uk/>

Speech & Language Therapy

Get in touch with the SALT team if you have concerns regarding your child's speech and language

01789 405100 ext 346

or email

SLT.AdminSouth@swft.nhs.uk



Sensory Time

At SYDNI we have developed a unique sensory room to support members of our community. It is available for hire to individuals, families or groups.

If you'd like to know more, or to register your interest in booking the Sensory Room, then phone the Centre on 01926 422071 or e-mail bookings@sydni.org

The room has been designed with sensory stimulation and engagement in mind. It has;

- An interactive, sensory bubble machine with colours and lights
- A sensory designed rocking chair to relax and sit back
- Sensory touch set for different textures and experiences
- Hug Ball – Great to put your hands inside and cuddle
- Coloured gel sensory mats
- A sensory mirror
- A sensory light – projects colours and has relaxing sounds
- Sequined sensory emotions cushions
- Mood enhancing fairy lights for relaxation
- An interactive fish bubble machine
- Lots of soft toys
- Plants and wall plants to touch



Cottage Square Sydenham Leamington Spa CV31 1PT sydni.org
Opening hours: Monday - Friday 9.00-5.00

We would like to thank ASDA Foundation and Warwick District Council Grant for sponsorship of the project.



We are looking for additional players for several of our teams ahead of the 25/26 season.

Our focus is on the FUNdamentals of football, we don't trails players and instead all we ask is a desire to learn and play from all of our players

Under 9s – School Year 3 (Yr 4 in Sept 25')

Under 8s – School Year 2 (Yr 3 in Sept 25')

Wednesday evening training
Saturday morning games
Message us for more information

07466 169120
upperlighthornefc@outlook.com

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Our GO GO MINI'S Holiday Camp is perfect for Reception Children (aged 4-5). We've tailored our approach to help our youngest guests get the most out of the Holiday Camp experience.

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GO GO EINSTEIN'S STEM

GO GO CREATORS ART

GO GO GROOVERS DANCE

JNR's

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THE SCIENCE LAB

ACTION STATIONS

CRAFT CLUB

SHINING STARS

SNR's

8-12 YEARS (YEAR GROUPS 3-6)

CR8TIVE'S

SPORT SKILLZ

MAD SCIENCE

BATTLE SESSIONS

STEP UP

VENUES

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HEATHCOTE PRIMARY WARWICK GATES	EMSCOTE INFANT WARWICK	

GO GO XTRA!

FOR 7-12 YEARS (YEAR GROUPS 3-7)

READY FOR MORE INDEPENDENCE?

Introducing GO GO XTRA! Our NEW Holiday Camp for 7-12 year olds who are ready for a fresh experience. We go that XTRA! mile to offer engaging activities that will broaden our youngsters' minds & develop independence... setting them up for the teenage years ahead.

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Where the children decide how they spend their day, from fast-paced sports to technical skills-labs & coding sessions.

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June

In this month's online activity we're celebrating the greatest endurance race in the world - Le Mans 24 Hours!

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10 Jun 2025

Every kind of automotive enthusiast and every kind of motor is invited to the June edition of the ever popular Gaydon ...

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14-15 JUN 2025

Take a nostalgic drive to the Classic & Vintage Commercial Show and see over 400 pre-2004 commercial vehicles ...

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Peep child development groups

FREE

peep 

What is Peep?

Peep supports parents and carers in understanding and enhancing their child's development through sharing fun, simple, low cost ideas and information with each other, and helping to create strong support networks.



What are Peep groups like?

Our 5-6-week groups offer opportunities to do more of the little things, like talking, listening, playing, singing and sharing books. Groups are small (4-6 families), encouraging, non-judgemental and friendly.

For 1-2yr olds (or 3yrs with SEND)

Where can I find a group?

Stratford Children & Family Centre (CV37 9PB)

Alcester Children & Family Centre (B49 6AG)

Lighthorne Heath Children & Family Centre (CV33 9TW)

Shipston Scout Hut (CV36 4EW)

For more information, please contact:

Sarah Walker

peep@homestartsouthwarwickshire.org.uk

07435 117 198

To reserve your space



What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI 12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences; they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

PLAYING IN ISOLATION

Many parents will be referred to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £3.99), which unlocks new levels and mini-games.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Cathy Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of Tech Radar, she is now a freelance technology journalist, author and podcaster.



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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.