

Reception

Marvelous maths

We have been learning about numbers 1 to 10. The children have rolled a dice each and seen which is the greater number. They also gave the bigger number of the two for the crocodile to eat.



2

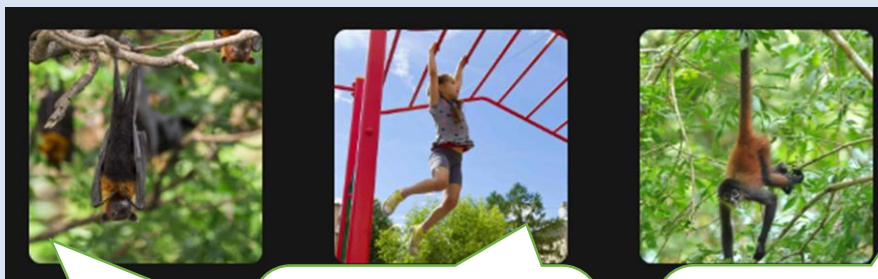
Problem solving is very important in Early Years and the children worked well as a team to find a way to roll the conkers down the gutter. They used a crate to stand on and linked up one behind the other. One child held the gutter while the others carefully placed and rolled the conkers down. They communicated with each other, shared ideas and worked together to make their plan successful.

Year 1 – Science

Animals including humans.



This week in Science, Year 1 identified and sorted a range of common animals in different ways. They explored the image below, challenged with finding as many similarities and differences as they could.



They are all hanging on using their arms or legs.

The monkey and the bat have fur but the girl has skin.

They all have legs but the bat has wings too.

We had an interesting discussion as one child shared “did you know that people are animals too?” and another shared, “They are all mammals!” The children learned that Humans are a type of animal and there are lots of similarities and differences between animal groups. They went on to sort their chosen three animals and what they had in common.



They all have legs and fur. They walk too.



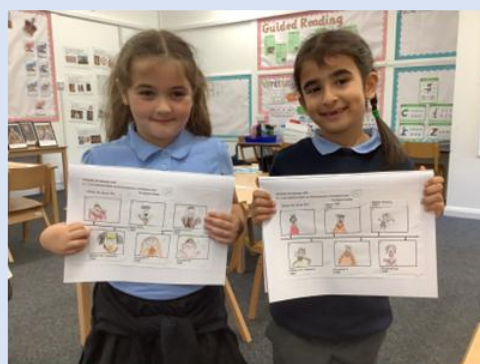
The animals I chose have all got four legs. They can all be pet animals.

Year 2

Magnificent Monarchs

This half term, the children in Year 2 have begun learning about Magnificent Monarchs in their History lessons.

This week, they became Royal Detectives and explored clues and portraits to identify six important monarchs: Alfred the Great, William the Conqueror, Henry VIII, Elizabeth I, Queen Victoria and Elizabeth II. The children worked together to match each monarch to the correct name and date. They then created a human timeline, arranging the monarchs from earliest to most recent. Finally, the children completed their own timelines by drawing each monarch and matching the correct names and dates. They thoroughly enjoyed solving the clues and learning about Britain's royal history.



Years 3 & 4



This week, the children got hands-on with their learning about the digestive system. Together, we recreated the journey of food through the body using a zip-lock bag as the stomach, biscuits and milk as food, orange juice to represent stomach acid, and tights as the small intestine.



The children squeezed, mixed and explored the process, seeing how nutrients are absorbed before the remaining waste leaves the body as poo!



It was a brilliant way to bring their learning to life, although the experience was definitely a little gross for some! The children loved getting involved, and it certainly made learning about the digestive system memorable.

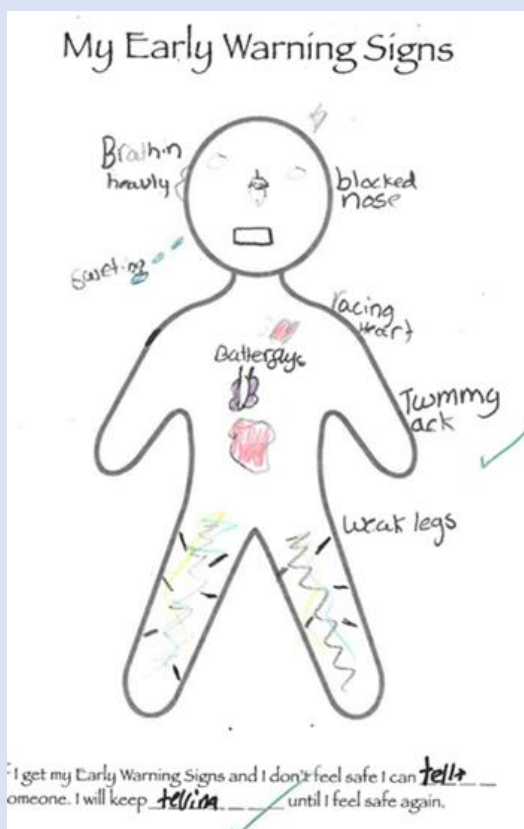
Years 5 & 6



This week, we have been working on the Taking Care Project in PSHE. We have been learning about the people and resources that make up our support network and thinking about who we can turn to when we need help, advice or someone to talk to.

We also explored our early warning signs – the physical and emotional signs our bodies can give us when we are starting to feel worried, upset, angry or uncomfortable. The children discussed how recognising these signs early can help us to take action and use strategies to look after ourselves.

It has been a valuable opportunity for the children to develop their self-awareness and understand that asking for help is a strength.



Our bodies are brilliant at letting us know that something doesn't feel right. These are what we call our early warning signs.

Years 5 & 6

Lighthorne Heath Primary School Newsletter



Each finger on the hand is a space for a different adult. It is important to have adults from lots of different areas of our lives. This means that no matter where we are, if we need to talk to someone we can pick from our network.

On the sleeve we write down emergency contacts for if we need them. These include 999 for the emergency services and 0800 11 11 for Childline who are happy to listen if we ever need to talk to someone.



Warwickshire
Adult & Community Learning

All about Bears

Family
Learning

Workshop for parents and their children

We're Going on a Bear Hunt

Michael Rosen Helen Oxenbury



A free Bear-themed workshop at Lighthorne Heath Primary School

29th September

9:00-10:30am

Fun, free session for children
and their parents.

This will include stories, early writing,
oral language and reading skills,
sensory activities, art
Crafts, games and more!

Please book your place at
The school office.



www.facebook.com/warksac1
www.twitter.com/warksac1
www.instagram.com/warksac1



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

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

We have a water cooler in school and children are welcome to fill up their bottles when they need.



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

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



GOOD ATTENDANCE

MEANS BEING IN SCHOOL AT LEAST 94% OF THE TIME... OR HAVING NO MORE THAN 8 DAYS OFF!



0

DAYS ABSENCE
100% ATTENDANCE



MORE TIME IN SCHOOL MEANS MORE TIME TO LEARN, DEVELOP & GROW!

8

DAYS ABSENCE
96% ATTENDANCE

19

DAYS ABSENCE
90% ATTENDANCE



LESS TIME IN SCHOOL MEANS LESS TIME TO BECOME THE VERY BEST YOU!

29

DAYS ABSENCE
85% ATTENDANCE



38

DAYS ABSENCE
80% ATTENDANCE



POOR ATTENDANCE MEANS DRASTICALLY REDUCED LIFE CHANCES!



47

DAYS ABSENCE
75% ATTENDANCE

A Guide to Supporting Your Child's Reading

Questions to ask your child when reading fiction:

Predicting:

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

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

What do you already know about this topic?

Understanding the Story:

What is happening in the story so far?

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

Where and when does the story take place?

Making Connections:

Does this story remind you of anything in your life?

Have you read another book like this before?

How do you think the character is feeling? Why?

Vocabulary and Language:

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

Are there any words that you don't understand?

How do the illustrations help to tell the story?

Encouraging Critical Thinking:

What do you think will happen next?

Why do you think the character made that choice?

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

Summarising and Reflecting:

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

What was your favourite part? Why?

Did the book end the way you expected?

Extending the Story:

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

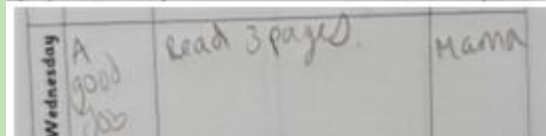
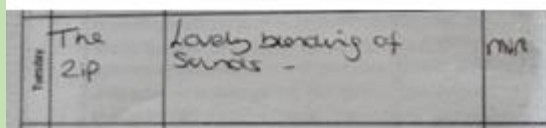
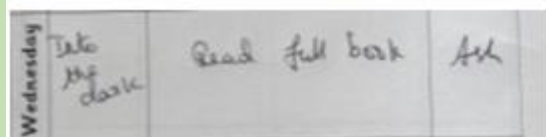
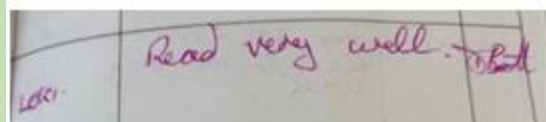
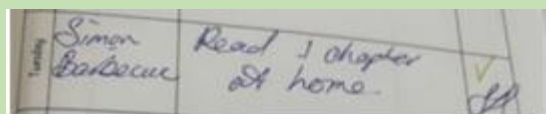
Can you think of a different ending to the story?

What did you learn from this book?

Filling in the reading record:

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

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



Reading



**READING
INCENTIVE**

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

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



Lighthorne Heath Learning Heroes

Reception

Kane is this week's reception class hero. Kane has developed lovely relationships with the adults in class and is coming to school each day with a wonderful smile. Well done, Kane.



Co-operate



Have a go

Year 1

This week we have chosen Lizzie as our hero for her contributions and ideas during our Science lesson this week. Lizzie shared her knowledge that "people are animals too" which helped spark an interesting discussion and new learning for many of the others. Well done Lizzie!



Persevere

Year 2

Miss Singh has chosen Milan as this week's Lighthorne Hero. Milan has worked incredibly hard to complete all his work and has put lots of effort into his learning. He particularly loves reading with the adults. Well done, Milan!



Concentrate

Years 3 & 4

Mrs Madahar has chosen Hudson as the Year 3 and 4 Class Hero this week! What a brilliant start to Year 3! Hudson has impressed us with his wonderful descriptive writing in English and has continuously demonstrated outstanding behaviour. He is always kind, caring and willing to help others, particularly our newer members of the class. Well done, Hudson.



Keep
improving



Be curious!

Years 5 & 6

Our Year 5/6 Hero this week is Freya P. for showing wonderful kindness and empathy at swimming. She gently encouraged and supported another child who was frightened to try a new skill, patiently talking them through it until they felt confident enough to succeed.

Thank you for being such a kind and caring classmate, Freya!



Use your imagination



Enjoy learning

Emotional Wellbeing and Mental Health



Mental Health Support Team
in Schools

Tips For Wellness Nutrition



Dimensions tool



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

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health**!

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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

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

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

Diary Dates



Spring Term	
September	
Friday 25 th September	Non uniform day. We request that children bring a donation to school fund. Suggested donation £1
Tuesday 29 th September	Family Learning session. For children and their parents in Reception, Years 1 and 2. Raising Early Achievement in Literacy, bear themed session. 9.00- 10.30am. Please contact the office to book
October	
Monday 5 th October	INSET day- school closed to pupils
Thursday 8 th October	Book Bus visiting school (more information to follow).
Friday 9 th October	World Mental Health Day. Please wear yellow to promote hope and happiness. We will be collecting money for Young Minds. Classes will complete activities to promote this important day.
Monday 19 th October	School Tour for prospective reception parents, 10.00-11.00am
Friday 23 rd October	Non uniform day. We request that children bring a donation to school fund. Suggested donation £1
26 th October– 30 th October	Half Term Holiday
November	
Monday 2 nd November	Autumn 2 begins
Monday 9 th November	School Tour for prospective reception parents, 4.00-5.00pm
Friday 27 th November	Non uniform day. We request that children bring a donation to school fund. Suggested donation £1
December	
December dates to follow.	

Next week is Week 3. Jacket potatoes and fillings are also available daily.

Monday



(V)(h) Mac 'n' Cheese (G.D)

or



(v) Cheese (D)

Tuesday



(h) Beef Lasagne (G.D)

or



(vg) Garden Vegetable Fingers (G)

Wednesday



Roast Chicken Fillet Yorkshire Pudding (G.E.D)

or



(v) Plant Power Toad in the Hole (G.E.D)

Thursday



Pork Hot Dog (G.SU.SB)

or



(v)(h) Vegetable Curry

Friday



Salmon Fishcake (F.G)

or



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

Free School Meals

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

• **Targeted free school meals** for those getting Universal Credit with annual household earnings of £7,400 or less, or another qualifying benefit

• **Expanded free school meals** for anyone getting Universal credit whose annual earnings are above £7,400. Households in **both categories** will benefit from the financial savings of getting free school meals.

For more information and to apply follow this link:



Free Parenting Courses

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

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



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



Let's Play online parenting course



Parenting Neurodivergent Children online course



Parents Together online parenting course



Sibling Arguments online parenting course



Bringing Up Confident Children online course



Challenging Behaviour in Teens online course

SUPPORT AND ADVICE FOR FAMILIES IN WARWICKSHIRE



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

THE FAMILY INFORMATION SERVICE

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

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

01926 742274

fis@warwickshire.gov.uk

@WarwickshireFIS @WarksFIS

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

FAMILY SUPPORT

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

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

01926 412412

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

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



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



Delivered by



Chat and a cuppa

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

For Coventry and Warwickshire residents only

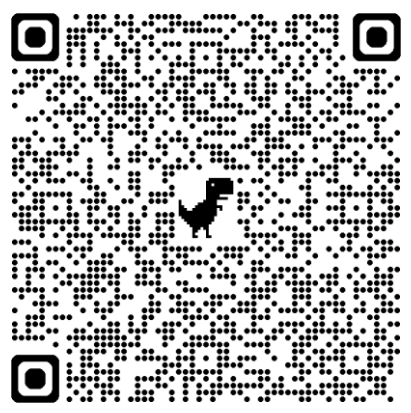


Chat and Cuppa – LEAMINGTON I
support group for parents/carers by...

Wed, Oct 7 • 12:30 PM + 2 more

Royal Leamington Spa

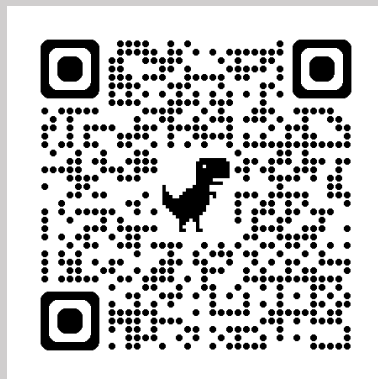
Free



UN Convention on the Rights of the Child

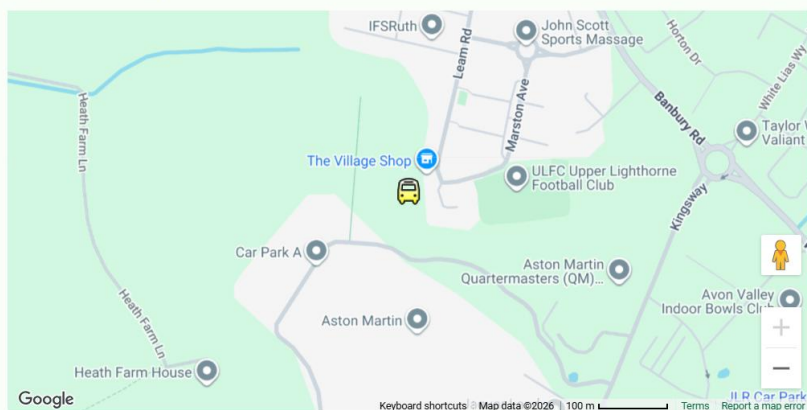
Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility



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

Village Hall, Lighthorne Heath



This location is on the following routes:

Hawkes Point Mobile - L Route

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

This route will operate on:

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

Let's Meet Up ♥



Wednesday 23rd September



From 5:00pm



Lighthorne Heath Village Hall
(next to the village shop)



Bring your kids, partner, pets,
or just yourself.

Who knows what will happen.
It's up to us!

All welcome
♥