



Reception Mermaid Emergency!

In Reception this week we have been looking at the story 'The Singing Mermaid.'

Reception were very excited to receive a letter from Merrissa, the Mermaid, who was sad because she had lost some of her beautiful scales.

We decided that we needed to help her so we carried out a Science experiment to find out which materials were waterproof. We learnt about what materials are, how to make a test fair and how to record and



Aluminium foil is waterproof and shiny so it would make an excellent scale. We discovered that paper is not waterproof and would get soggy, this would not be a good scale.





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.

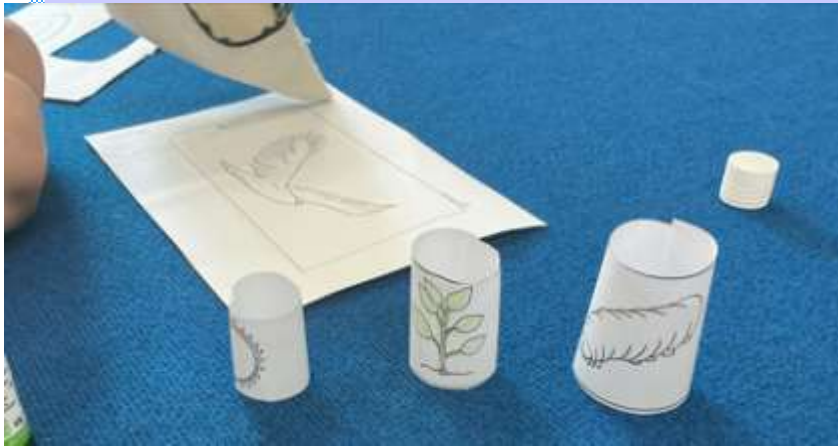
- ✓ Fully funded places available
- ✓ Welcoming, nurturing environment
- ✓ Experienced Early Years team

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





Food Chains



This week in Science, we explored food chains and learned how living things depend on one another for food. The children shared examples of simple food chains, such as:

dead leaves → worm → bird → cat, and discussed how energy passes from one living thing to the next.

We talked about why the cat is at the top of this food chain, as it is the final predator in this example. The children also revisited their previous learning about carnivores, herbivores and omnivores, helping them to identify the different types of animals within a food chain.

Year 1 enjoyed creating their own food chain tube models (see above), while Year 2 worked hard to sequence pictures to build and explain their own food chains (see below). It was wonderful to see the children applying their knowledge and confidently discussing how animals and plants are connected in nature.



The acorn provides food for the squirrel and the squirrel can then become prey for the fox. Plants and animals are connected and each living thing has an important role within a food chain.

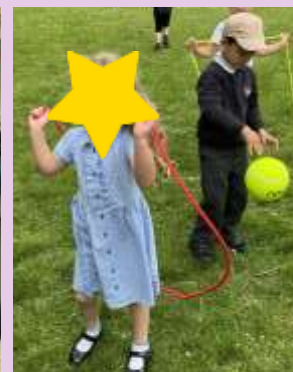
A Huge Thank You!

A huge thank you to all of the children and families who took part in our Sponsored Walk in May. We are absolutely delighted to announce that, together, we raised an amazing **£1,200!**

Your incredible support and generosity will make a real difference. The money was shared equally between Pets As Therapy as a heartfelt thank you for the wonderful support they provide to our school. The remaining funds have been used to benefit our children directly.

The children chose to spend the money on exciting new playground games and activities, and we are thrilled to say that they are already being enjoyed at playtimes. It has been wonderful to see the children making the most of the new equipment and having even more fun together.

Thank you once again for your enthusiasm, generosity and support. We couldn't have achieved this without you!



UN Convention on the Rights of the Child
Article 29: Goals of education
Article 31: Leisure, play and culture
Article 12: Respect for the views of the child



Following on from last week's Careers Week celebrations, we were delighted to welcome even more parents into Years 3 and 4 to share their careers and experiences with the children.

Daisy's dad spoke about the importance of his role in finance, explaining how his work supports businesses and highlighting the valuable skills needed in the financial sector. The children were fascinated to learn about the different opportunities available within this field.

Krishla's dad delivered an engaging and informative PowerPoint presentation about his role at Jaguar Land Rover. He gave the children a fantastic insight into the world of engineering and manufacturing, sharing how teamwork, innovation and problem-solving play an important part in designing and producing vehicles.

Mahfouz's mum also visited to talk about her role as a life coach. She shared some of the valuable skills and advice she uses to support others, encouraging the children to believe in themselves, set goals and develop resilience when facing challenges.

We would like to extend another huge thank you to all of our visitors for giving up their time to inspire our children.





This week the children in years 5 & 6 went on their residential trip to Longridge Outdoor activity centre in Buckinghamshire.

Here, they took part in adventure activities such as climbing, Jacob's ladder, crate stacking, laser tag, team challenges and bell boating.

Residential trips and outdoor adventure activities are valuable for school-age children because they help build confidence, independence, and teamwork. Taking part in activities such as hiking, climbing, and problem-solving challenges encourages children to develop resilience, communication skills, and physical fitness. These experiences also strengthen friendships, promote responsibility, and support mental wellbeing by giving children the opportunity to learn and grow in a new environment.



On Jacobs ladder, each rung is further apart than the last. We had to use teamwork in order to reach the high levels. When you got higher up, you had to use a special rope (called Bob) to pull yourself up to the next rung.



Jacob's Ladder

Looking at Learning



We managed to create and stand on a stack of 14 crates. When you jumped off, it felt like you were flying.



If you looked down when you were at the top, it was quite scary!





Bell Boating



We raced each other in bell boats. It was fun because we were boating up the famous River Thames.

We saw lots of wildlife, including a duck that could walk on water!



Looking at Learning



Laser Tag

Team Challenges





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



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

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
Wednesday 15th July	Year 6 leavers assembly 10.30am, parents welcome
Friday 17th July	End of Summer term



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

Upcoming Changes & Expansion to Free School Meals (FSM)

Dear Parents, Guardians and Carers,

We are writing to inform you about important national changes to Free School Meal (FSM) eligibility that will come into effect from the start of the 2026/27 school year.

Please be aware this does not change the entitlement of everyone in Early Years and Key Stage One (Reception, Year 1 and Year 2) to be entitled to Universal Free School Meal (UFSM). All pupils in these three years are entitled to a Free School Meal daily and you do not need to complete any forms to enable your child to access this.

The UK Government has confirmed that, from September 2026, all children in England whose households receive Universal Credit will be entitled to Free School Meals, regardless of their overall household income.

What is Changing?

Under current rules, families must earn below £7,400 per year (after tax and not including benefits) to qualify for free school meals. From September 2026, this earnings threshold will no longer apply — any family receiving Universal Credit will be eligible. This change is expected to support over half a million additional pupils across England.

What This Means for Your Family

- No income cap: If your household receives Universal Credit, your child will be eligible.
- Financial savings: Families could save up to £505 per child per year on school lunches.
- Support for wellbeing: Access to a nutritious daily meal has been shown to improve children's health, concentration, and learning outcomes.

When Will This Happen?

The new entitlement will begin at the start of the school year in September 2026. Schools nationwide are preparing now to accommodate the increased number of children who will receive meals. We, as your school's caterer, are fully prepared to support this fantastic new initiative and are keen to support even more pupils with access to our exciting and nutritionally balanced lunches each day. Remember this a free lunch every day of the school year.

Do Parents Need to Apply?

Yes. Although eligibility will cover all families on Universal Credit, parents, guardians and carers will still need to apply for free school meals so the school can process and confirm entitlement. Applications are expected to open before the start of the 2026 school year, typically requiring your National Insurance Number and Universal Credit Reference Number. The new rule also means that you will need to apply each year for free school meals as the once registered rollover will stop.

Week 2

Monday



Pork Sausages (G.SU.SB.D)

or



(v) Plant Power Sausages (D)

Tuesday



(h) Beef Bolognese (G.D)

or



(v) Vegetarian Bolognese (G.SB.D)

Wednesday



Roast Chicken Fillet Stuffing ball (G)

or



(vg) Quorn Roast Stuffing ball

Thursday



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

or



(v) Cheese (D)

Friday



Battered Fish Fillet (F.G)

or



(v)(h) Cheesy Omelette (E)

Educaterers' New Menu

Next week is Week 2
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.

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

Persistence

Persistence is all about keeping going, even when times are challenging. It is normal to want to give up when you are going through something difficult, but if you can stick with it and overcome the obstacles, you will be closer to achieving your goals.

Having a **growth mindset** will help us persist, which means you believe you can learn, grow and develop your skills by putting in the hard work and practise. This can be tricky, so make sure you reach out to friends and trusted adults to support you.

Our tips for persistence:

1. **Break the goal down into smaller steps.** You can set yourself smaller goals that are more achievable, to help you reach your ultimate goal. Make sure the smaller goals are linked to your ultimate goal; this may help to encourage you to keep going, as you will be able to measure your progress.
2. **Try something new** – this could be a new hobby, sport, craft activity, or puzzle. Having a go at something new can help to develop your persistence, whilst also having fun. You might find it challenging at first, but you will receive a greater sense of reward and achievement by sticking with it!
3. **Positive self-talk** – instead of saying "I can't", add "yet" onto the end of the sentence. This tells your brain that it might be difficult, but you will get there in the end.
4. **Talk to yourself like a friend** – we are often kinder to our friends than we are to ourselves, when we go through challenging times. Practise talking to yourself like you would talk to a friend! What advice would you give if a friend told you they were rubbish at something? What would you say if they felt they wanted to give up?
5. **Practise mindfulness.** A good way to improve our mental wellbeing is by paying more attention to the present moment and the world around us. Think about sounds and smells around you, what can you see, and how does this make you feel. By being more aware, this can improve our mental wellbeing and enable us to improve skills such as being persistent.

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.

Emotional Wellbeing and Mental Health



BEE HAPPY

Summer jar

If you are feeling a bit bored, have a look in the jar and try one of the activities. Colour the ones in that you try...

- Play a board game
- Write a story
- Create a photo booth with backgrounds and props
- Learn the lyrics to a song and sing it to your family
- Read your favourite book
- Do some baking
- Make a camp in your garden or room
- Design a nature collage
- Dance to loud music
- Collect twigs and make art
- Photograph everything that makes you happy
- Make homemade ice lollies
- Collect pebbles or rocks and paint them
- Make a paper aeroplane and fly it
- Design a board game
- Tidy one part of your room
- Draw a star and draw all the things you are good at on the star
- Make jewellery with pasta shapes or beads
- Go star gazing
- Practise fancy writing
- Plant a seed
- Make a treasure hunt with clues for your family
- Learn to tie knots with string
- Visit the library
- Make popcorn and then watch a movie
- Write a letter or make a card for someone
- Do an A-to-Z scavenger hunt
- Draw a happy picture
- Create a puppet show
- Learn a poem by heart
- Make a picnic and eat it in the park
- Create a plant pot fairy garden
- Make homemade ice cream
- Set up an obstacle course
- Learn to sew
- Draw with chalk
- Learn to juggle
- Practise skipping with a skipping rope

elsa support

Lighthorne Heath Learning Heroes

Reception

Mrs Gill has chosen Leon as her Learning Hero this week. Leon loves to learn and is an enthusiastic member of the class. He is always up for a challenge and demonstrates a brilliant growth mindset.



Co-

Years 1 & 2

This week our hero is Sana for her growing confidence when sharing ideas in class and for her fantastic attitude; she is always trying her best in lessons. We are so lucky to have such a polite, well-behaved, and kind member of our class. Well done Sana!

Have a go



Concentrate

Years 3 & 4

This week, Mrs Madahar has chosen Omoghene as the Year 3 and 4 Lighthorne Hero! Omoghene always tries his very best in every lesson and consistently demonstrates our learning characters. He works hard, has a positive attitude to learning, and is a fantastic role model for others. Well done, Omoghene !



Be curious!

Persevere

Years 5 & 6

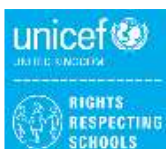
Our years 5 & 6 hero this week is Amelia. She was an absolute superstar during the residential supporting the other children by helping them to roll their sleeping bags or fit things into their cases. She showed care and maturity in helping everyone enjoy their experience. Well done, Amelia!



Enjoy learning

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?

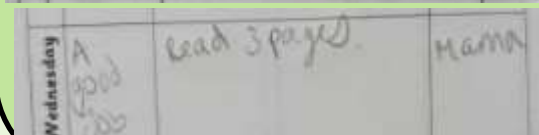
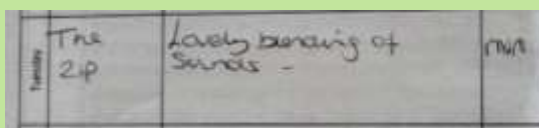
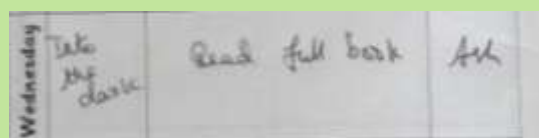
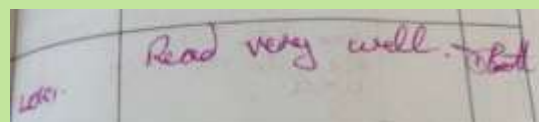
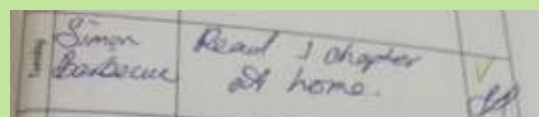
Encouraging Critical Thinking:

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.



LIGHTHORNE HEATH PRIMARY SCHOOL

COMMUNITY CLOTHES SWAP & TAKE

BRING WHAT YOU CAN. TAKE WHAT YOU NEED.



No need to donate to take something home.



TUESDAY
14TH JULY



3:00 PM – 5:00 PM



**LIGHTHORNE HEATH
PRIMARY SCHOOL**
School Playground



School finishes for the summer on Friday, making it the perfect time to clear out clothes and pick up something new for the summer and beyond!



WE'LL HAVE A RANGE OF ITEMS:



School uniform



Clothes (mainly primary age)



Baby clothes and equipment
(if donated)



Some teenage clothing
(boys and girls)



Women's clothing



Coats & shoes

... and more!



TREATS FOR SALE

ALL PROCEEDS GO TOWARDS
SUPPORTING OUR SCHOOL
AND LOCAL PROJECTS.



EVERYONE WELCOME!

| LET'S SUPPORT OUR SCHOOL COMMUNITY TOGETHER





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

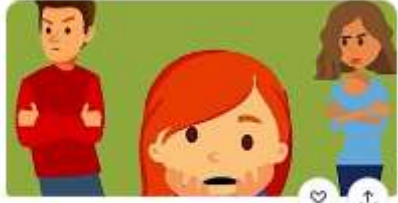
Free



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 staying 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



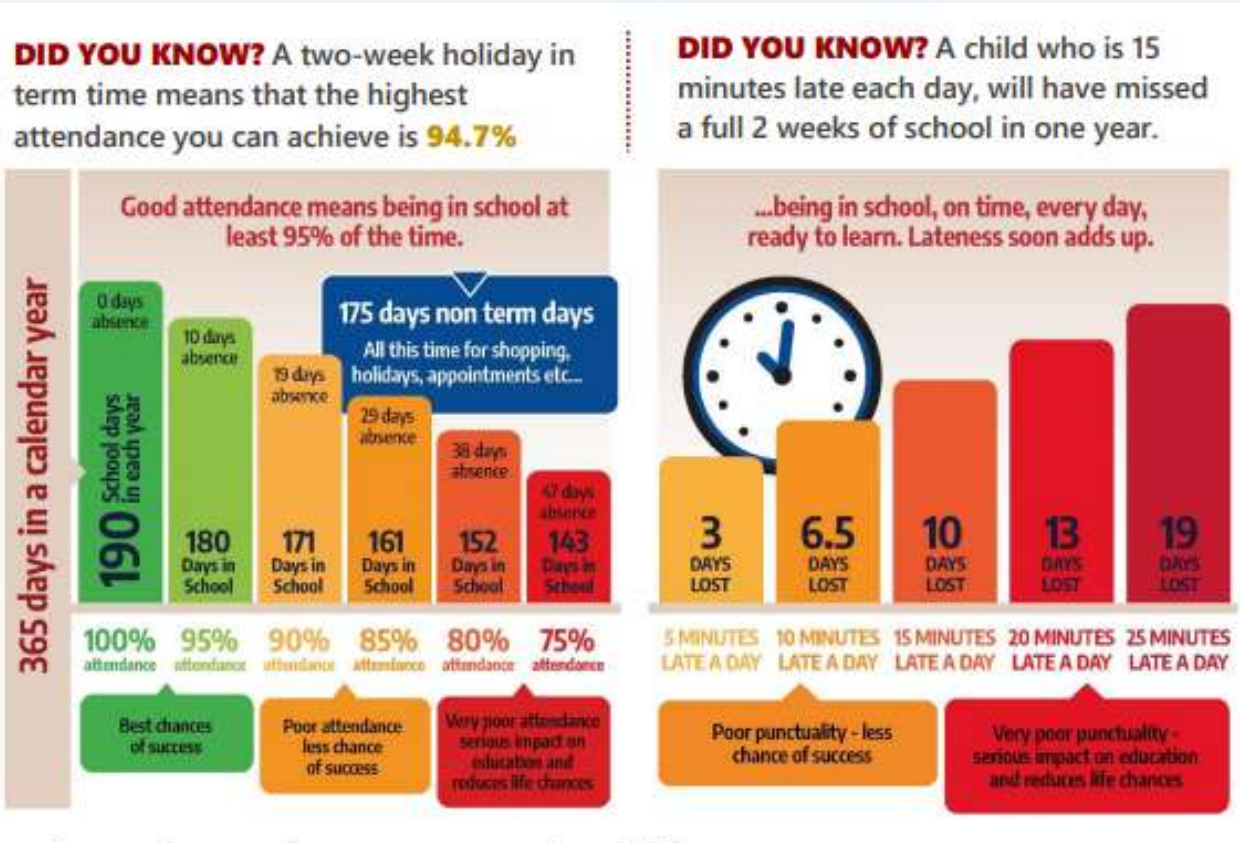
Attendance Matters

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! →



FUN • ACTIVE • FRIENDS • LUNCH INCLUDED • MEMORIES MADE!



Online Safety Information

Be smart on the internet

S SAFE Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R RELIABLE Information you find on the internet may not be true, or someone online may be lying about who they are.

t TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

You can report online abuse to the police at www.thinkuknow.co.uk

THINK UK KNOW

www.kidsmart.org.uk

KidSMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

Childnet International
www.childnet.com



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



The Mental Health in Schools Team presents:

Calm: a worry workshop for families

We are hosting several '**worry**' focused workshops over the summer holidays for parents/carers to attend **with** their **primary school aged child(ren)**. These are activity based and expected to last between **90 mins to two hours**. Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

This workshop will help you and your child understand what worries and anxiety are, and how they show up in thoughts, feelings and the body. We will explore a range of practical tools you can try together, such as breathing, grounding and helpful thinking. The session is interactive, with opportunities to take part in ways that feel comfortable for you.

Lillington Children Family Centre

3 Mason Avenue, CV32 7QE

Friday 7th August – 9:30am

Friday 28th August – 9:30am

Stratford Childrens Family Centre

Drayton Avenue, CV37 9PB

Monday 10th August – 1:00pm

Stratford Childrens Family Centre

Drayton Avenue, CV37 9PB

Thursday 20th August – 1:00pm

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk





**Children and
Young People Services**
Mental Health

The Mental Health in Schools Team presents:

Five ways to wellbeing

Join our fun and interactive Five Ways to Wellbeing workshops designed for children and parents to explore simple activities that support positive mental health. Through games, movement, and creative tasks, families will learn practical ways to connect, stay active, build confidence, and manage emotions together.

Our sessions are inclusive, flexible, and supportive—ensuring every child can take part in a way that feels comfortable for them.

We are hosting several workshops over the summer holidays for parents/carers to attend **with** their **primary school aged child(ren)**. The workshops are activity based and we expect them to last around **2 - 3 hours**.

Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

Orchard House Family Room 1
83 Radford Road, CV31 1JQ

Tuesday 28th July – 10:30am

Monday 3rd August – 10:30am

Orchard House Family Room 1
83 Radford Road, CV31 1JQ

Tuesday 18th August – 9:30pm

Thursday 27th August 9:30am

Stratford Health Care Centre
Arden Street
Stratford-Upon-Avon
CV37 6NQ

**Wednesday 12th August –
10:00am**

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk





The Mental Health in Schools Team present:

Worried about moving up to secondary school? Transitions workshop

Starting secondary school is a big change for both children and families. This workshop brings children and parents/carers together to understand common worries and learn simple, practical strategies to manage them. It will help you feel more prepared, confident, and able to support your child through the transition.

We are hosting several 'transitions' focused workshops over the summer holidays for **parents/carers and their year 6, going into year 7 child(ren)**. These are activity based and expected to last 1 hour – 90 minutes. Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

Lillington Children Family Centre

3 Mason Avenue, CV32 7QE

Friday 31st July – 9:30am

Stratford Childrens Family Centre

Drayton Avenue, CV37 9PB

Thursday 6th August - 1:00pm

Monday 24th August – 1:00pm

Orchard House Family Room 1

83 Radford Road, CV31 1JQ

Thursday 13th August 9:30am

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covworkpt.nhs.uk



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



ONLINE -UNDERSTAND HOW EXECUTIVE FUNCTIONING SKILLS IMPACT DAILY LIFE

Saturday 4 July 2026
10:00 - 11:00

A free online session helping parents, carers and professionals understand how executive functioning affects learning, behaviour and daily life for children with SEND, autism and ADHD.

[VIEW EVENT](#)



UNDERSTANDING YOUR SENSORY SYSTEM

Tuesday 7 July 2026
09:30 - 11:30

The moat family Hub (map)

A free SEN support session for parents and carers to understand how sensory processing can affect their child's behaviour, emotions and daily life.

[VIEW EVENT](#)



UNDERSTANDING SENSORY DIFFICULTIES IN CHILDREN (0-10 YEARS) - 10TH JULY - 9.15 - 11.15 AM - PATHWAYS FAMILY HUB, RADFORD

Friday 10 July 2026
09:15 - 11:15

Pathways family hub (map)

A free SEN-focused support session for parents and carers of children aged 0-10. Learn how sensory differences can affect behaviour, emotions, eating, sleep, movement, attention and daily life, with practical ways to support your child. Friday 10 July, 9:15am to 11:15am at Pathways Family Hub, Radford. Booking required.

[VIEW EVENT](#)



UNDERSTANDING PREGNANCY AND EARLY PARENTHOOD THROUGH A NEURODIVERGENT LENS

Monday 20 July 2026
10:00 - 11:30

Pathways Family Hub (map)

A free 3-week programme for neurodivergent parents-to-be and new parents, including pregnant women, dads and partners. Sessions will explore executive functioning, sensory processing and interoception during pregnancy, birth preparation and early parenthood.

[VIEW EVENT](#)

THE AUTISM & ADHD ADVOCATES CIC

Coventry & Warwickshire Family Support Service.

Nationwide online family support service.

sarahjane@autismadhdadvocates.org

07958496689





Warwickshire County Council

May 2026

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 qualification get a **guaranteed interview** at University of Warwick!

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