



# Leamington Hastings C of E Academy



## Plant, Grow, Flourish

Newsletter number: 13

Date: 05.12.25

Christmas has arrived at Leamington Hastings! On Monday, the whole school enjoyed a visit to Warwick Arts Centre to see *The Tiger Who Came To Tea*. On Tuesday, we took part in a Christingle service, supported by Karen Armbrister from the local church benefice. On Thursday, we had our Christmas Fair after school, along with taking part in the local Posada from Willoughby, and today myself and Mrs Wooldridge will take a group of children to perform in a Christmas choir concert at Coventry Cathedral! The children have behaved brilliantly throughout all the special events this week, showing respect, enthusiasm, and support for one another. Their singing during the Christingle service was a joy to hear, and was a great start to the festive season. The children have represented our school wonderfully this week, and they should be very proud of themselves.



A lot of the events this week have involved parental support. From volunteering on the trip, attending the Christingle service or fair, and donating items to be used at the fair, your involvement has made a huge difference. We are truly grateful for the time, enthusiasm, and generosity you have given; we couldn't carry out these events without you.



Mrs Cuddihy will be sending home the tickets for the Christmas performances today, so please do check your child's book bag for these. Each family receives two tickets per performance. Please bring the tickets with you on the day as this will allow us to know who we have in the building.



Thank you for your ongoing support. Have a lovely weekend.

Suzanne Marson

Headteacher



## **PUPIL ACHIEVEMENTS THIS WEEK**

### **LEARNING OF THE WEEK**

**Eagle Owls: Charlie**

**Snowy Owls: Will**

### **LEARNING BEHAVIOUR OF THE WEEK**

**Eagle Owls: Isla, Archie**

**Snowy Owls: Georgia**

### **FIVE READS RAFFLE TICKET:**

**Eagle Owls: Arnie, Joe, Sophia L, Isaac, Freddie,  
Max, Lara, Ella, Charlie, Lucas, Leo,  
Isla, Autumn**

**Snowy Owls: Will, Emily, Ava, Jude, Benjamin**

### **PRESENTATION AWARD:**

**Eagle Owls: Millie, Sam P**

**Snowy Owls: Jude**

### **CAUGHT SHOWING VALUES**

**Courage: Everyone**

**Generosity: Everyone**

### **HOME ACHIEVEMENTS**

**Achievements this week include swimming, football and gymnastics.**



# Spotlight on .....

At Leamington Hastings C of E Academy, we recognise the importance of promoting positive mental health and emotional wellbeing. By implementing the Zones of Regulation within our behaviour curriculum, we aim to teach our children to identify emotions in themselves and others, and provide them with a bank of strategies to help regulate their emotions when needed.

The Zones of Regulation is a curriculum based around the use of four colours, helping children to identify how they are feeling. The children are taught that there are no 'bad' emotions, and that all emotions are felt by everyone at some time. The children learn different strategies to cope with and manage their emotions, based on which colour zone they are in.



## The ZONES of Regulation™



### BLUE ZONE

Sad  
Sick  
Tired  
Bored  
Moving Slowly

The blue zone is used when a person is feeling low states of alertness or arousal.

When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control, as you are in the yellow zone, but with low energy emotions.



### GREEN ZONE

Happy  
Calm  
Feeling Okay  
Focused  
Relaxed

The green zone is used to describe when you're in a calm state of alertness.

Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you want to be in.



### YELLOW ZONE

Frustrated  
Worried  
Silly/Wiggly  
Excited  
Loss of Some Control

The yellow zone describes when you have a heightened sense of alertness.



This isn't always a bad thing, and you typically still have some control when you're in the yellow zone.

### RED ZONE

Mad/Angry  
Terrified  
Elated/Ecstatic  
Devastated  
Out of Control



The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions.



**Any new dates will be added in red**

Friday 5th December	<p><b>Diocese of Coventry Multi Academy Trust Choir Concert at Coventry Cathedral</b></p> <p>KS1. Each child will need to wear school uniform and bring a water bottle and packed tea with them (provided from home).</p>
Monday 8th December	<p><b>Christmas Wreath Making Evening—Fully Booked</b></p> <p>Hosted by Leamington Hastings School PTA. All proceeds will go towards new school equipment. Event held at Grandborough village hall.</p>
Monday 8th December	<p><b>Christmas around the world</b></p> <p>Children will be learning about Christmas around the world during the afternoon.</p>
Thursday 11th December	<p><b>Christmas jumper and craft day</b></p> <p>Children are welcome to come into school wearing non-uniform, including a Christmas jumper, for Save the Children Christmas Jumper Day. Any voluntary donations are welcome. Children will take part in a Christmas craft day on this day.</p>
Wednesday 17th December	<p><b>Christmas performance 1</b></p> <p>The children across school will perform their Christmas play at 2:30pm. Each family will receive two tickets for the play, which will be sent home nearer the time. Please enter and leave the school via the school office.</p> <p>Our lovely Friends committee will be selling refreshments during this event.</p>
Thursday 18th December	<p><b>Christmas performance 2</b></p> <p>The children across school will perform their Christmas play at 9:15am. Each family will receive two tickets for the play, which will be sent home nearer the time. Please enter and leave the school via the school office.</p> <p>Our lovely Friends committee will be selling refreshments during this event.</p>
Thursday 18th December	<p><b>Christmas church service, All Saints Church</b></p> <p>All parents are welcome to join us in All Saints Church for a Christmas church service to start at approximately 1:45pm.</p> <p>We will be travelling to church via minibus as the fields are too muddy to walk the whole school at this time of year. We would be grateful for any volunteers to accompany the children on the minibus. Please let the school office know if you are able to help.</p>
Thursday 8th January	<p><b>Dunchurch Boughton C of E Junior Academy Open Morning</b></p> <p>Year 2 parents. This is a wonderful opportunity to see the school in action, meet the staff, and discover the exciting learning journey that awaits your child as they move up from the Infant Schools. Please see the poster on the final page of the newsletter.</p>

**MOMENTS MATTER, ATTENDANCE COUNTS.** #AttendanceCounts

**DID YOU KNOW?**  
Being just 10 minutes late each day equates to 30 hours of lost learning each year...

5 MINUTES LATE 3 DAYS LOST	10 MINUTES LATE 6 DAYS LOST	15 MINUTES LATE 10 DAYS LOST	20 MINUTES LATE 13 DAYS LOST	30 MINUTES LATE 19 DAYS LOST
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## Attendance Weekly Summary

Whole school: 99.01% (Target 97%)

Reception	Year 1	Year 2
98%	100%	100%

### PE Days

Children should wear their P.E. kits to school on the following days:



Monday	Tuesday	Wednesday	Thursday	Friday
Early Years KS1	-	-	-	Early Years KS1

### After School Clubs: Autumn term 2

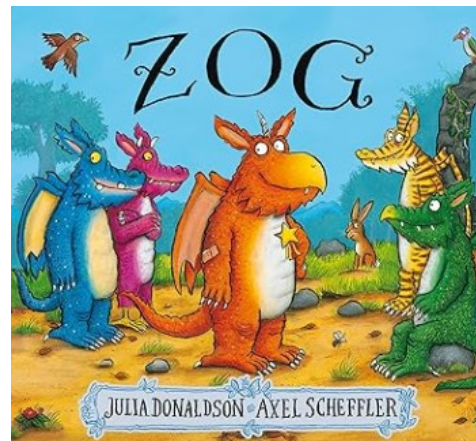
Monday	Tuesday	Wednesday	Thursday	Friday
Arts & Crafts	Pottery Club	Dodge Ball	Football	Cheerleading (excluding 19.12.25)

## BOOK OF THE WEEK

Title: Zog

Author: Julia Donaldson

Recommended by: Isaac



Isaac recommended this magical picture book which contains a variety of colourful characters including dragons, knights and a princess. His favourite character is Zog the biggest and keenest dragon.

## ONLINE SAFETY TIP OF THE WEEK

**B B C**

This week's

top tip for parents to keep children safe online.

Please find the [link](#) to the online safety tips.



## COLLECTIVE WORSHIP

In collective worship this week we have taken part in the local Posada from Willoughby. The Posada is travelling around local schools and homes, representing the journey that Mary and Joseph made from Nazareth to Bethlehem.

We have also considered the season of advent, and have learnt about the candles on an advent wreath.



## TERM DATES 2024/2025

### Autumn Term 2025

End of Term Friday 19th December

### Spring Term 2026

Start of Term: Monday 5th January

Half Term: Monday 16th February to Friday 20th February

**Teacher Training Day: Monday 23rd February**

End of term: Friday 27th March

### Summer Term 2026

Start of Term Monday 13th April

Half Term: Monday 25th May to Friday 29th May

**Teacher Training Day: Monday 1st June**

End of Term: Friday 17th July

**Disaggregated Teacher Training Day:  
Monday 20th July**

For Warwickshire school term dates please [click here](#).

## CHRISTIAN VALUE



## LEARNING BEHAVIOUR

Click on [Family Information Service](#) for further information



## Concentrating Crocodile



\*I carefully listen to others.

\*\* I can carefully practise tasks to help me get better.

\*\*\* I can manage my distractions and concentrate on my learning.

**BARNARDOS** Useful Contact Information **CHILDREN & FAMILY CENTRE**

**Family Information Service**  
Providing information, advice and one-to-one support for families with children & young people aged 0-25.  
New Free Tel: 0800 408 1558  
Tel: 01926 742274  
Email: [fs@warwickshire.gov.uk](mailto:fs@warwickshire.gov.uk)  
[www.warwickshire.gov.uk/fs](http://www.warwickshire.gov.uk/fs)

**Warwickshire Family Connect**  
For concerns about a child's wellbeing  
Tel: 01926 414144

**Early Support**  
Drop ins at the CFCs  
Long Lawford Tues - 2.00-4.00pm  
Claremont Weds - 2.15-4.15pm  
**Family Support Help Line**  
Monday to Friday: 9.00am to 4.00pm  
Tel: 01926 412412  
[www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies)

**Warwickshire's Child and Family Well-being Service**  
Tel: 0300 247 0072  
or email: [wcfw.contact@hrcgragroup.com](mailto:wcfw.contact@hrcgragroup.com)

**Warwickshire Health Visiting Drop in Clinic**  
Tuesdays: 9:30am to 11:00am  
Claremont Children & Family Centre

**Breastfeeding Support Drop-in Group for Babies and Toddlers**  
Wednesdays: 10:00am to 11:30am  
Claremont Children & Family Centre

**Citizens Advice Bureau**  
Tel: 0808 250 5715  
Boughton Leigh Children and Family Centre  
Drop in: Monday 22nd December 9:00am - 1:00pm

**ROSA Drop in Clinic for those impacted by sexual violence**  
Contact Claremont Children & Family Centre for more details.  
Tel: 01788579488

**Midwives**  
Maternity advice,  
The Owen Building, St. Cross Hospital  
Tel: 01788 663184

**Adult and Community Learning**  
<https://warwickshire.gov.uk/ac/>  
Tel: 01926 736392

**Speech and Language Therapy Preschool Team**  
Tel: 01788 555107

**HCRG Sexual Health & Contraception Drop-in**  
2nd Wednesday of the month at Claremont CFC  
4th Monday of the month at Boughton Leigh CFC 9.30-11.30am

Interested in volunteering? please contact [sarena.langan@barnardos.org.uk](mailto:sarena.langan@barnardos.org.uk)

**WHAT'S ON GUIDE**  
**Rugby Children & Family Centres**  
Christmas 2025

**Rugby Children & Family Centres (CFC)**  
Boughton Leigh Children & Family Centre  
Wetherell Way, Rugby,  
CV21 1LT Tel: 01788 570347

Claremont Children & Family Centre  
Claremont Road, Rugby,  
CV21 3LU Tel: 01788 579488

Long Lawford Children & Family Centre  
Holbrook Road, Long Lawford,  
Rugby, CV23 9AL Tel: 01788 561313  
Email: [rugbycfc@barnardos.org.uk](mailto:rugbycfc@barnardos.org.uk)  
Website: <https://coventryandwarwickshire.barnardos.org.uk/children-and-family-centres/rugby/>

**MERRY CHRISTMAS**

Please note the changes in times to a lot of the groups from our regular term time timetable  
On the 2nd January Boughton Leigh will be closed. Please contact one of the other centres if you require any information.

You need to apply for September 2026 if your child:

- was born between **1 September 2021** and **31 August 2022** (for a place in Reception).
- If your child will be in Year 2 at an infant school in September 2025 (for a place in a junior school).

The applications process opens on 1 November 2025 and the deadline for applying for a Reception or Junior place is **15 January 2026**. If you apply by this date, you will receive your child's school offer on National Offer Day (16 April 2026).

1 November Application open


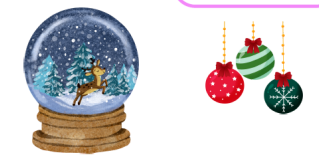
15 January Closing date for applications

1 February Extended closing date for Reception places

16 April National offer day

14 May Deadline for submitting appeals

**Rugby Borough Children and Family Centres (CFC)**  
Christmas Timetable 22nd December 2025 to 2nd January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Walk-in Wardrobe</b> Pre-loved clothes for 0-5's 9.30am to 11.30am <b>Toy Library</b> 9.30am to 11.30am Claremont CFC 22nd December only	<b>Family Time</b> Aimed at 0-8years 10.00am to 11.30am Boughton Leigh CFC 23rd and 30th December	<b>Little Stars</b> For children with additional needs 10.00am to 11.00am Claremont CFC 24th and 31st December	 <b>BANK HOLIDAYS</b> ALL CENTRES CLOSED BOTH CHRISTMAS DAY AND NEW YEARS DAY	<b>BOXING DAY</b> 26th December <b>BANK HOLIDAY</b> ALL CENTRES CLOSED
<b>Baby Time</b> Non-walkers from birth 10.00-11.00 am Claremont CFC 22nd and 29th December	<b>Baby Time</b> Non-walkers from birth 10.00am to 11.00am The Barn @ Houlton (CV23 1AL) 23rd December Only	<b>Family Time</b> Aimed at 0-8yrs 10-11.30 am Long Lawford CFC 31st December only		<b>2nd January</b> Claremont and Long Lawford CFCs open for enquiries only.
<b>Toddler Time</b> Aimed at 0-5 years 10.00am to 11.30am Long Lawford CFC 22nd December only	<b>Baby Time</b> Non-walkers from birth 1:30pm-2:30pm Boughton Leigh CFC 23rd and 30th December	<b>Baby Time</b> Non-walkers from birth 1.30-2.30pm Long Lawford CFC 31st December only		<b>Saturday</b>
<b>Family Time</b> Aimed at 0-8yrs 1.30-3.00pm Claremont CFC 22nd and 29th December				<b>Saturdays</b> Next Saturdays is the 10th January
<b>Baby Time</b> Non-walkers from birth 1.30-2.30pm Long Lawford CFC 22nd December only				

TO BOOK a place on our sessions scan the QR code or follow the link: <https://rugbycfc.eventbrite.com>

Please click on the link [Allsorts](#) to view the online magazine



**MHST**  
Mental Health in Schools Team  
**Tips For Wellness**

**Sleep**

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

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

**Our tips for improving sleep:**

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

In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support 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.

**Draycote & Leam Valley Benefice**

**Advent Services 2025**

**30th November**  
9am Blue Christmas at St Peter's Grandborough  
11am Christingle at St Nicholas' Willoughby

**7th December**  
11am Family Carols at St Leonards, Birdingbury

**14th December**  
4pm Family Carols at St Nicholas' Willoughby  
6pm Carols by Candlelight at St Mark's Flecknoe

**19th December**  
6pm Carols by Candlelight at St Peter's Bourton-on-Dunsmore

**20th December**  
6pm Community Carols at the Birdingbury Club

**21st December**  
2.45pm Building Church Christmas at All Saints Leamington Hastings  
6pm Carols by Candlelight at All Saint Stretton-on-Dunsmore

**23rd December**  
6pm Family Carols at St Nicholas, Frankton

[www.draycoteandleamvalleybenefice.com](http://www.draycoteandleamvalleybenefice.com)

**After School Clubs Notice**

**Please be reminded that there are no after school clubs running on Friday 19th December.**