



# Leamington Hastings C of E Academy



## Plant, Grow, Flourish

Newsletter number: 21

Date: 13.02.26

What a busy week! We have focussed on mental wellbeing for children's mental health week, Tuesday was internet safety day and we have had our third passport to world views afternoon, all on top of our usual classroom learning. The children have particularly enjoyed creating their own unique stones this week, demonstrating that there is 'only one you'. If you haven't read this children's book, we would recommend it!



We ask for your continued support in helping us keep our school community and local neighbourhood safe by parking respectfully during drop off and pickup times. Recently, we have received concerns from local residents about cars blocking driveways and parking on the corner of the road on School Lane. We fully appreciate that the school run can be busy, but small acts of consideration make a big difference. Please can we remind everyone to avoid blocking driveways of neighbours, and not to park on corners or across junctions. Your cooperation helps maintain positive relationships with our neighbours and ensures the safety of all our children. Thank you for your support.



As we come to the end of another busy half term, I want to take a moment to thank you for your continued support. The children have worked incredibly hard over the past few weeks, and we are proud of the progress they have made both in their learning and in the positive attitudes they bring to school each day. We look forward to welcoming the children back on Tuesday 24th February, refreshed, recharged, and ready for another exciting half term of learning.



Suzanne Marson  
Headteacher



## Spotlight on

# Leamington Hastings Internet Safety and online support



## Social media

We advise that parents do not allow children open access to any social media platforms, including You Tube. Children can easily access unsuitable content if they are accessing sites whilst unsupervised.

Research shows that children are most concerned by the accidental viewing of unsuitable content online.

## How is internet safety taught in EYFS?

Children are taught in EYFS through the use of 'Tell A Grownup'.



## Internet safety stories

One way to support children to develop an awareness of internet safety is through stories. There are many age appropriate stories that address internet safety topics on our website [here](#).



## How is internet safety taught in KS1?

The use of TAG is built upon in Key Stage One, adding additional aspects of online safety—Tell, Ask, Go.



## What can you do if you are worried?

Talk to the staff in school who will be happy to help.

Children are taught to report anything that they are worried about online to an adult in school or at home.

The following links may help:

<https://www.ceopeducation.co.uk/parents/>

<https://www.common sense media.org/>

<https://www.ceop.police.uk/safety-centre/>

## Monitor your child's activity online

We recommend that children are always within the eyesight of an adult when accessing online content. There are apps that you can use to support with monitoring online activity such as <https://www.qustodio.com/en/>

## Screen time

'Screen time' refers to any time spent looking at a screen. It is recommended that screen time is limited before bed-time, stopping the use of screens at least one to two hours before the time a child is due to go to bed.



# ONLINE SAFETY FOR UNDER 5s

## 10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

### 1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.

PARENT CODE:  
\*\*\*\*\*

### 6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.

### 2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.

### 7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.

### 3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.

### 8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that their rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.

### 4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.

### 9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.

### 5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.

### 10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

### Meet Our Expert

Konstantina Moustaka is a professional development and EYF5 coordinator at an 'outstanding' nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 18 years.



**NOS** National Online Safety

#WakeUpWednesday

Source: [https://www.ofcom.gov.uk/data/press/pk\\_19/004/21489/inform-matters-us-and-uk-children-report-2022.pdf](https://www.ofcom.gov.uk/data/press/pk_19/004/21489/inform-matters-us-and-uk-children-report-2022.pdf)



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



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# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



## **PUPIL ACHIEVEMENTS THIS WEEK**

### **LEARNING OF THE WEEK**

**Eagle Owls: Millie**  
**Snowy Owls: Ava**

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

**Eagle Owls: Sam P, Charlie**  
**Snowy Owls: Edith**

### **FIVE READS RAFFLE TICKET WINNERS**

**Edith, Benjamin (Rec), Will**

### **FIVE READS RAFFLE TICKETS:**

**Eagle Owls: Joe, Lara, Lucas, Charlie, Isaac**  
**Snowy Owls: Ava, Will, Zara, Jude**

### **PRESENTATION AWARD:**

**Eagle Owls: Sam**  
**Snowy Owls: Zara**

### **CAUGHT SHOWING VALUES**

**Courage: Emily, Isla Y1, Ava, Benjamin Y2, Lucas, Isaac, Benjamin Rec), Ruben, Max, Sophia L, James, Lara, Freddie, Oscar, Autumn, Ella, Charlie, Arnie, Isla (Rec), Sam H, Corrin, Leo, Millie, Joe, Sophia O**

**Friendship: Benjamin (Rec), Autumn, Sophia, Zara, Georgia, Jude, Arnie, James**

**Generosity: Edith, Lara x 2, Charlie, Mrs Wooldridge, Jude**

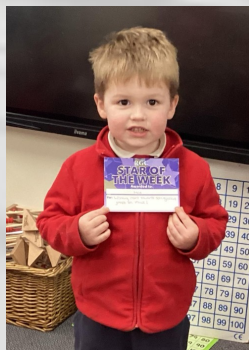
**Forgiveness: Lucas**

**Truthfulness: James**

**Thankfulness: Emily, Zara, Will, Leo**

### **HOME ACHIEVEMENTS**

**Achievements this week include gymnastics**





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

Friday 13th February	<b>LHA Tuck Shop</b> Friends of Leamington Hastings PTA pop up tuck shop at 3.15pm. Cash only.
Tuesday 24th February	<b>Stand up to Bullying Day</b> Children will be learning about what bullying is and isn't as part of collective worship.
Thursday 26th February	<b>Parent's Evening Booking Opens</b> Book your parent's evening slot by using MCAS, emailing or telephoning the school office
Thursday 26th February	<b>CBSO Trip</b> Reception, Year 1 and Year 2 will be attending a concert at the CBSO Centre.
Tuesday 3rd March	<b>Bubble Theatre</b> Bubble Theatre will be visiting Leamington Hastings C of E Academy
Wednesday 4th March	<b>Leicester Space Centre Trip</b> Year 1 and Year 2 will be attending the National Space Centre.
Thursday 5th March	<b>World Book Day</b> Children are invited to come to school dressed as their favourite book character. Competition for those who would like to take part—As we love reading at Leamington Hastings, we have decided to run an exciting 'story jar' competition to showcase favourite books. Children are invited to think about how their favourite book could be represented in a jar or box, for example, by using certain items, quotes or clues about the story. If your child would like to take part in the competition, please send the completed items into school on book day. Prizes will be awarded for the best creations!
Monday 9th March	<b>Science Week</b> Throughout science week, the children will take part in a variety of hands-on experiments, exciting investigations, and themed activities tailored to their year group. We'll also be focusing on the importance of asking questions and thinking like scientists. We would like to invite parents to join us for an afternoon of science on Monday 9 <sup>th</sup> March from 2:15pm.
Tuesday 10th March	<b>Class Photographs</b> Star Vison Photography will be on site to take class photographs on this day.
Thursday 12th March	<b>Mother's Day service</b> Mums, or a female representative, are invited to attend a Mother's Day service within school. One adult per family please. Please arrive in school via the School Office for a 2:30pm start.
Friday 20th March	<b>Passport to world views afternoon</b> Children will learn about the festival of Eid al Fitr

Tuesday 24th March	<b>Parent's evening night 1</b> You are invited to come into school for a 10 minute slot to talk about your child's progress so far this academic year. Please book your slot via MCAS or the school office. Appointments are available from 3:30 pm—6pm. Please enter and leave the school via the School Office entrance.
Wednesday 25th March	<b>Easter Church Service, All Saints Church</b> All parents are welcome to join us in All Saints Church for an Easter church service to start at approximately 1:45pm. We will be walking to church through the fields, please send your children to school with appropriate footwear on this day (you may want to provide wellies or walking boots). We would be grateful for any parent volunteers to help us to walk the children to and from church - please let the school office know if you are able to help. Please consent to this trip via MCAS.
Wednesday 25th March	<b>Parent's evening night 2</b> You are invited to come into school for a 10 minute slot to talk about your child's progress so far this academic year. Please book your slot via MCAS or the school office. Appointments are available from 3:30 pm—6pm. Please enter and leave the school via the School Office entrance.
Thursday 26th March	<b>Easter Fun</b> EYFS will be taking part in a variety of Easter fun activities on this day.
Friday 27th March	<b>Passport to world views afternoon—Rama Navami</b> Children will learn about the festival of Rama Navami during the afternoon.

Autumn Winter 2025 2026		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> 03.11.25 24.11.25 15.12.25 05.01.26 26.01.26 16.02.26 09.03.26	<b>Option One</b>	Plant Balls in Tomato Sauce with Rice	Beef Lasagne with Garlic Bread	Roast Chicken, Stuffing, Roast Potatoes and Gravy	<b>NEW</b> Chicken Biryani	Fishfingers with Chips & Tomato Sauce (Salmon Fish Fingers Available)
	<b>Option Two</b>	Autumn Vegetable Lasagne	Beetroot and Lentil Burger in a Bun with Potato Wedges	Vegetarian Wellington with Roast Potatoes and Gravy	<b>NEW</b> BBQ Sausage Pasta with Garlic Bread	Cheese and Bean Pasty with Chips and Tomato Sauce
	<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	<b>Dessert</b>	Cheese and Crackers	<b>NEW</b> Apple Crumb Cake with Custard	Fruit Medley	Jelly with Mandarins	Syrup Sponge with Custard
<b>WEEK TWO</b> 10.11.25 01.12.25 22.12.25 12.01.26 02.02.26 23.02.26 16.03.26	<b>Option One</b>	Classic Cheese and Tomato Pizza with Wedges	Spaghetti Bolognese	<b>CHICKEN SHACK</b> BBQ Chicken or Quorn with Seasoned Potatoes and Sweetcorn Salsa	Meatballs in Tomato Sauce with Rice	Fishfingers with Chips & Tomato Sauce
	<b>Option Two</b>	Mild Mexican Chilli with Rice	Vegan Spaghetti Bolognese	Vegetables of the Day	Creamy Chickpea and Coconut Curry with Rice	Cheese Whirl with Chips and Tomato Sauce
	<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	<b>Dessert</b>	<b>NEW</b> Gingerbread Cookie	Chocolate and Beetroot Brownie with Chocolate Sauce	Fruit Salad	Sticky Toffee Apple Crumble with Custard	Vanilla Shortbread
<b>WEEK THREE</b> 17.11.25 08.12.25 29.12.25 19.01.26 09.02.26 02.03.26 23.03.26	<b>Option One</b>	Macaroni Cheese	<b>NEW</b> Chicken Enchilada Bake with Paprika Wedges	Sausage with Roast Potatoes and Gravy	 Mild Caribbean Chicken with Golden Rice	Fishfingers with Chips & Tomato Sauce
	<b>Option Two</b>	<b>NEW</b> Chef's Special Lentil Curry with Rice	Tomato Pasta	Vegan Sausage and Roast Potatoes with Gravy	Caribbean Stew with Golden Rice	Red Pepper Frittata with Chips & Tomato Sauce
	<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	<b>Dessert</b>	Oaty Cookie	Pear Crumble with Custard	Fruit Salad	<b>NEW</b> Jamaican Ginger Cake with Custard	Cornflake Tart
<b>MENU KEY</b> Added Plant Protein  Wholemeal  Vegan  Chef's Special <b>Available Daily:</b> - Freshly cooked jacket potatoes with a choice of filling - Fresh Bread - Daily salad selection - Fruit						
<b>ALLERGY INFORMATION:</b> If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.						
 <b>caterlink</b> feeding the imagination						

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

**DID YOU KNOW?**

Being just 10 minutes late each day equates to 30 hours of lost learning each year...

## Attendance Weekly Summary

Whole school: 94.9% (Target 97%)

Reception	Year 1	Year 2
96%	100%	75%

### 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: Spring term 1

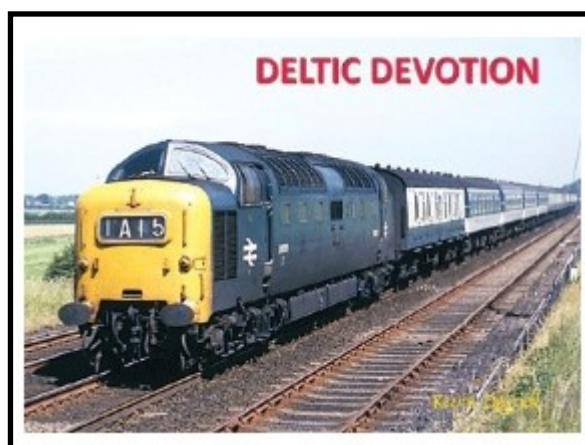
Monday	Tuesday	Wednesday	Thursday	Friday
Arts & Crafts	Drama Club	Construction Club	Dodgeball	Gymnastics

## BOOK OF THE WEEK

Title: Deltic Devotion

Author: Kevin Derrick

Recommended by: Benjamin



Benjamin recommended the book this week from his collection at home. He enjoys sharing this book which tells you all you need to know about Deltic trains.

## ONLINE SAFETY TIP OF THE WEEK



This week's top tip for parents to keep children safe online.

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

## TERM DATES 2024/2025

### Spring Term 2026

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

## COLLECTIVE WORSHIP

In collective worship this week, as part of Children's Mental Health Week, we have been exploring how we can look after our mental wellbeing. We have been learning about the different emotions linked to the Zones of Regulation and talking about what we can do if we find ourselves in the yellow, blue or red zones. The children have been thinking about strategies that can help them recognise their feelings and support themselves to move back into the green zone, where they feel calm, focused and ready to learn.



## CHRISTIAN VALUE THIS HALF TERM



## LEARNING BEHAVIOUR THIS HALF TERM

### Tough Tortoise



- \*I am brave and have a go at different things.
- \*\*I can persevere and keep going even when it is difficult.
- \*\*\*I can show resilience. I bounce back and try again to learn from my mistakes.



[Click to link](#) to the latest magazine

Click on the special edition [Family Information Service](#) for further information. Or click on the latest [Newsletter](#)



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

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

Children's Mental Health Week: 8<sup>th</sup>-15<sup>th</sup> Feb

### Kindness

Kindness means being friendly, generous, and considerate to others. It's all about showing care and respect through our actions and our words.

**Random Acts of Kindness Day** is celebrated each year on **February 17<sup>th</sup>**, however you can practice random acts of kindness all year round!

**Ideas for random acts of kindness**

Here are some easy ideas to spread kindness:

- Give compliments – A genuine compliment can make someone's day brighter.
- Hold the door open for someone.
- Share a smile – Smiling at people can help to boost their mood.
- Send a thank you note – Write a note of appreciation to someone who has helped you.
- Be a good listener – Sometimes, all someone needs is someone to talk to.
- Help your teacher – Offer to hand out something to the class or do something to help them.
- Ask someone how their day is going – Asking someone about their day can make them feel cared for and happier.
- Pick up a piece of litter
- Offer to help someone at home.

**Why is being kind important?**

Kindness is contagious! When you show kindness, it inspires others to do the same.

When you are kind to someone, it can help them to feel happy, it can brighten their day and boost their mood.

Kindness can help to make schools, homes and communities more welcoming and friendly. When people are kind, everyone feels more comfortable which can lead to better relationships and friendships.

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.

There is something for everyone at All Star Kids Club

# KIDS FEBRUARY HALF TERM CLUB

£23

**KIDS HOLIDAY CLUB IN A SAFE & WELCOMING ENVIRONMENT!**  
**FUN, EXCITING ACTIVITIES FOR CHILDREN**  
5-11 YEARS  
9AM - 3.30PM  
EARLY DROP OFF & LATE PICK UP AVAILABLE

Monday 16<sup>th</sup> Tuesday 17<sup>th</sup>  
Wednesday 18<sup>th</sup> Thursday 19<sup>th</sup> February

**MAKE NEW FRIENDS, TRY SOMETHING NEW & HAVE SO MUCH FUN!**

- ✓ Performing Arts
- ✓ Themed activities
- ✓ Multi sports
- ✓ Team building
- ✓ So much more...

**Leamington Hastings COFE Academy**  
Birdingbury Road, Hill, Rugby  
Warwickshire  
CV23 8EA

**BOOK NOW**

07823322803/07815991083  
allstarkidsclub@gmail.com

More Information

COMMUNITY MATERIALS KIT

# Lent Reflection & Craft

TUESDAYS | 10:15 - 12:00  
24th Feb - 31 Mar  
All Saints, Leamington Hastings

Gentle, welcoming time including crafts, journaling, prayers & drinks.  
All welcome, no experience needed. Come as you are.

 **Draycote & Leam Valley Benefice**