Lakeside News

Friday 8th May 2020

www.lakeside.ebor.academy
Email admin.lak@ebor.academy
SLT email -slt.lak@ebor.academy
Tel 01904 555200
Oakdale Road, Clifton Moor, York, YO30 4YL
Head of School: Helen Hayes-Smith
Executive Head teacher and Hub Lead: Gail Brown

A message from the Head of School…

Sharing

This week we are sharing learning from Team Oak and Team Hazel. It has been really lovely seeing the things that families have been doing, please keep on sending it in. We know families have found this week harder, please talk to us if you need us. Stay safe Mrs Hayes-Smith.

Lakeside is a nut-free school

Please can we remind you that there are several children in our school with serious nut allergies. Therefore, we kindly ask that you are extra vigilant when sending in food from home.

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E-Safety

Mrs Wade, Computing lead

York
Useful contact information

Service	Contact
York Family Information Service	01904 554444 Text: 07624 802244
York Foodbank	07871 610894
Independent Domestic Abuse Services York refuge York outreach	 01904 646630 01904 646 036
Support with debt	www.stepchange.org
Concerned about a child or young person?	01904 551900 Emergency: 01609 780780
If you need to make a safeguarding referral about a child or young person who has been or may be hurt or neglected or who has significant vulnerabilities please use the referral form. This is available on request by emailing childrensfrontdoor@york.gov.uk	
Non-Emergency police	101
Non-Emergency medical	111
Kids (Disabled children's charity)	467540
Childline	0800 11 11
York Drug and Alcohol Service	01904 464680
York Community Store	01904 426444
York Healthy Child Service - Health Visitors North team (Clifton Children's Centre) East team (The Avenues Children's Centre) West team (Hob Moor Children's Centre)	 01904 552322 01904 551760 01904 555475
York Salvation Army	01904 690697
Christians Against Poverty	0800 328 0006
York Samaritans	116 123 (free)
Limetrees - Support for your child's mental health	01904 615300

If there are concerns please let us know

Free School Meals

Due to uncertain times at the moment, we have had a number of enquiries regarding Free School Meals and how to obtain supermarket vouchers. When we are at school all our Early Years and KS1 children receive Universal Free School Meals and some KS2 children receive Free School Meals which are means tested. Early Years and KS1 children can also receive Free School Meals which are means tested.
Whilst we are now not at school if your child was receiving Free School Meals we can arrange for a food voucher to be sent to your email.

If you feel your family circumstances have changed in this situation and you could be entitled to Free School Meals, please visit northyorks.gov.uk/free-school-meals, download, complete and send off the form.
North Yorkshire County Council will then get in touch with us to confirm your eligibility and we can then apply for supermarket vouchers for you.

If you have any queries, please ring school. Many thanks Mrs Gunnell

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Lakeside Web Wellbeing Newsletter

ADMIN.LAK@EBOR.ACADEMY
SLT EMAIL -SLT.LAK@EBOR.ACADEMY

HELLO AGAIN!

We hope you are all well and are all keeping safe. Whilst the teachers have been working hard to provide online resources and tasks for their classes to complete, our children have also been working hard with their parents/carers, therefore we would like to say a huge thank you to our parents and carers who have supported their children's learning. With lockdown still continuing, it is even more important we continue to look after everyone's wellbeing through this unprecedented time.

MINDFUL MOMENT

Draw a rainbow and colour it in. Then fill the page with lots of lovely activities that you enjoy doing and make you feel happy. Display it somewhere in your house.

At times if you are feeling blue, look at your Happiness Rainbow for things you can

KEEPING ACTIVE

Getting fresh air and outside can do our wellbeing the world of good. Why don't you join Lakeside School and the rest of the schools in the trust, to 'Run Around the World!' If all of the members of the trust take part and run, walk, cycle or wheel 200 metres per day during each day in May, we will collectively have travelled over 40,000km. And that is the distance right around the planet. Register your achievements on a day-by-day basis by using the online form here:

https://forms.gle/8kur7UD439Vb5HCi6

HEALTHY EATING

Crustless Quiche

Ingredients- serves 4

-5 eggs
-4 tbsp semi skimmed milk
-2 tbsp rapeseed or olive oil
-4 spring onions, trimmed and chopped
-100g cherry tomatoes, halved
-85g ham, torn into pieces
-75g feta cheese crumbled
-Black pepper

1.Preheat oven to 180C or Gas Mark 5. Put a 20cm over proof shallow dish in the oven on a baking tray whilst the oven heats up.
2.Beat the eggs with the milk.
3.Remove the hot dish from the oven and swirl the oil over the base and sides. Add the onions and tomatoes and stir well.
4.Add the ham and cheese, and then pour over the egg mixture.
5.Season with black pepper.
6.Return to the top of the oven and bake for 15 mins or until the egg has set and the top is golden.

COPING WITH ANXIETY

Anxiety is a **normal**, human emotion that we all have and all need to keep us safe. BUT, the problem is, anxiety is a bit like a smoke alarm- it keeps us safe and protects us from harm but sometimes it gets confused and can't tell the difference between a real fire (life threatening danger) and burnt toast! (e.g. walking into a crowd, a spelling test etc.) When you feel anxious it can feel physically horrible and scary. I know that your anxiety can feel like it consumes you throughout your whole body and mind, and that you are covered in anxiety from head to toe. **BUT**, in reality your anxiety is only a part of you, it isn't the whole of you and will go away. Your anxiety just gets confused sometimes, trying to protect you when it is not needed. Here are some tips to separate yourself from your anxiety:

- Give your anxiety a name e.g. Bob! (it sometimes helps to make your anxiety into a character or draw it)
- When you start to feel anxious and the physical sensations of this, don't try and stop it or tell yourself you are wrong for feeling this way. Just purely bring an awareness to it 'I recognise that I am feeling anxious.'
- To ground yourself and kick start the 'thinking part of your brain' again, focus on 5 things you can see, smell, touch or hear in that moment.
- Say something to yourself like …'Thanks Bob for coming to protect me, but I'm ok at the moment, I'm safe, so I don't need you right now.'