

### **Lakeside News**

Friday 10th July 2020



SLT email <u>-stt.lak@ebor.academy</u>
Tel 01904 555200
Oakdale Road, Clifton Moor, York, YO30 4YL
Head of School: Helen Hayes-Smith
Executive Head teacher and Hub Lead: Gail Brown

Email admin.lak@ebor.academy

A message from the Head of School...

## THANK YOU!

All week the Chromebooks have been coming back into school and Mrs Wade has been getting excited seeing them go back into the trollies. Thank you to everyone who has brought them back and for any that are still at home please return them on Monday. It is really important that we have time to clean and check them ready for September. Don't forget to collect learning packs for the last week and the summer holidays.

As we are heading into the last week we are understandably receiving many questions about September. As soon as I can, I will get the specifics out regarding staggered starts and finishes and arrangements for entering the school grounds. As we are currently working through a new risk assessment for full school return I am aiming to get information out early next week. I appreciate the challenges this might pose with work patterns and we are endeavouring to stick as close to the normal day as possible with slight alterations. We are working closely with CMOOSC and Pre-School to ensure all are able to access the school grounds safely in a way that enables that all are able to maintain distance from each other. We are really excited about everyone returning in September but are also aware of concerns and the many questions you will have regarding how school will operate. Whilst there will be many differences we are still Lakeside and will work with you to ensure all children return to school and are supported throughout. Many thanks as always for your continued support. Mrs Hayes-Smith



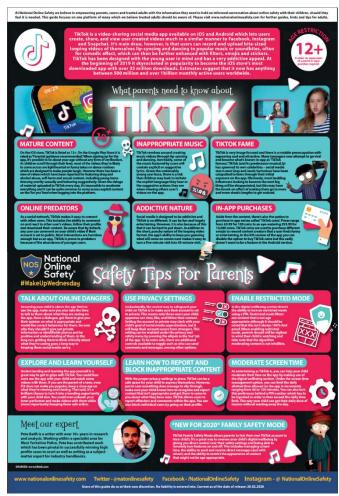


### Friday 10th July 2020



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

## E-Safety



#### Mrs Wade

## HELP LINES

#### York

Useful contact information

Service	Contact
York Family Information Service	01904554444
	Text: 07624 802244
York Foodbank	07871610894
Independent Domestic Abuse Services	
York refuge	01904 646630
York outreach	01904 646 036
Support with debt	www.stepchange.org
Concerned about a child or young person?	01904551900
	Emergency: 01609 780780
who has been or may be hurt or neglected or who ha bilities please use the referral form. This is available o childrensfrontdoor@york.gov.uk	n request by emailing
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)	01904552322
East team (The Avenues Children's Centre)	01904551760
West team (Hob Moor Children's Centre)	01904555475
York Salvation Army	01904 690697
Christians Against Poverty	0800 328 0006
York Samaritans	116 123 (free)
Limetrees - Support for your child's mental health	



## SCHOOL COUNCIL



A **huge** thanks to our amazing School Council.

You have all worked so hard on the projects we have been involved in this year.

Your enthusiasm has shone through.





Thank you and goodbye to our Year 6 member Francesca- keep up the great work in Secondary School.

Have a great Summer everyone Mrs Pullan x







Don't forget that the Silly Squad is due to start. Check last weeks' newsletter for more details.

The challenge will run in Explore York Libraries and Archives from Friday 10 July to Friday 18 September Sign up for Silly Squad, the Summer Reading Challenge 2020 at

https://www.exploreyork.org.uk/children/summer-reading-challenge/

#### Lakeside is a nut-free school



# LAKESIDE WEB WELLBEING NEWSLETTER









We are nearly at the end of this strange summer term with only one more week to go. Some families have found a new 'normal' in these times and some are ready to come back in September. We are very much looking forward to seeing you all in September, but are sure there will be some worries and anxieties. For some, this will be a fear of a second lockdown, for others it will be a general sense that things that used to feel safe and predictable, such as school, may no longer be something they can rely on. We will be focusing heavily on these emotions when we return and remember, noticing your feelings and saying how you feel can help you feel better.

Thank you Miss Bamford, Miss Reynolds & Mr Smart

## COPING TOOLBOX



Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries. Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better.

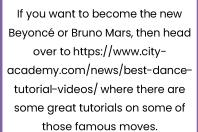
Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.

If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on a piece of paper.



Method

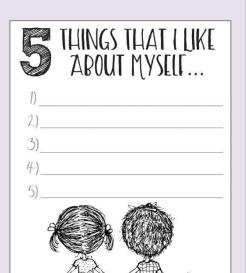
## KEEPING ACTIVE





## MINDFUL MOMENT





#### Homemade Hamburger

#### Ingredients (makes 4 burgers):

- 2 tsp soy or Worcestershire
- 1 red onion, chopped finely
- 450g lean minced beef
- Black pepper
- 4 burger buns
- Seasonal salad vegetables (lettuce, tomato, onion)
- 4 tbsp semi skimmed milk
- 2 tsp dried mixed herbs
- 2 slices of fibre enriched white bread
- Olive or rapeseed oil

## EATING HEALTHY





- Heat the oven to 200°C or Gas Mark 6. Then spread a little oil over a baking tray using a piece of kitchen paper or a pastry brush.
- Tear the bread into small pieces. Put it in a bowl with the mixed herbs and sprinkle over the milk and soy or Worcestershire sauce. Leave to soak for 2-3 minutes and then mash with a fork.
- Chop the onion finely and add it to the bread. Then add the beef and a little pepper.
- Mix everything together with your hands. Divide the mixture into two pieces and shape them into burgers.
- Put the burgers onto the oiled baking tray. Cook them in the oven for 10 minutes.
- Lift out the baking tray, turn the burgers over and cook them for 10 minutes more. Then check to see if they are cooked. Push a knife into the burger, then press the top. The juices that run out should be clear, not pink. If they are pink, bake for 10 more minutes and then check again.
- 7. Place burger on a bun and add salad.