Lakeside News

Friday 3rd July 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…

Keeping our children safe can present a challenge, but it is one we must take seriously

A school's role in safeguarding and protecting children does not just start and end at the school gate. Therefore at Lakeside we take great pride in supporting, educating and protecting our children from some of the challenges and stresses that they will encounter as they grow up. Something that is an ongoing focus for us and has become more prevalent through this period of school closures and lock down is internet safety and the online world. We will be working with parents where we feel children are not able to keep themselves safe online, or we get notified of concerns that could impact on a child's personal safety and welfare. Please take the time to read this information and then more crucially check your children's devices, and begin that important conversation with them about how they use technology safely and appropriately.

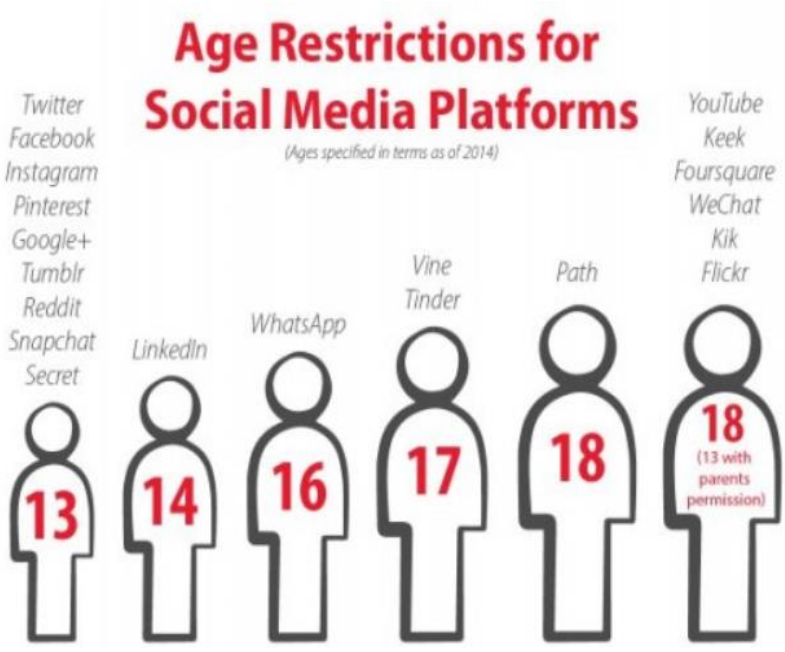
All media forms have recommended age restrictions for several reasons.

1. They recognise that it takes a large **degree of maturity** to understand the effect that a careless comment can cause others or for an individual to cope with the ups and downs that social media brings with it.
2. It is very difficult for young children to understand **what is true or false on social media** and they can be easily influenced to follow or believe something that is simply not true or appropriate.
3. It also recognises that many social media apps contain **huge catalogues of unmonitored and sometimes undesirable content** that young children should not be accessing.
4. **The longer children spend** on these platforms, **the more opportunity** there is for a child to experience cyberbullying, sexting, grooming and viewing inappropriate content. Young children will be unlikely to have the skills to deal with this in the appropriate way.

Age restrictions often surprise parents.
Here is a diagram that explains many of the recommended age limits associated with social media platforms.

Another platform to have grown exponentially recently is TikTok.

The recommended age is 13+



Continued overleaf …

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.

Lakeside News

Friday 3rd July 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

… continued

It is sometimes recognised that children are more IT savvy than their parents/carers.

This makes it **even more important** than ever that parents and carers understand their responsibility and the potential harm or distress that unmonitored freedom can bring. It is not something we can turn a blind eye to or avoid and hope it goes away. Children can often be angry and throw tantrums if their phones or media platforms are taken away and therefore make it challenging for parents and carers to make changes.

Evidence suggests that holding open family discussions are a good starting point.

Some questions you may want to ask are:

Do I know what my child is accessing whenever they go online?

Do I know their passwords and can I check what they are doing?

Are you worried about the amount of time your child is spending online?

Depending on your answers to the above questions, you may feel like you need to seek assistance and guidance.

Here are three documents that you may find useful.

The first outlines some of the potential risks and gives top tips for parents.

https://drive.google.com/file/d/1uHvc2ONDvM8U3pfJar083MQVrpmGRXez/view

The second shows how to create a family agreement and hold positive conversations around safe and responsible internet use.

https://drive.google.com/file/d/17wE28RU557cd8czrOiSS-CAL4-4hiRH5/view

The third offers guidance around cyberbullying and the use of internet matters.org as a resource and has the strapline Learn About It/Talk About It/Deal With It

https://drive.google.com/file/d/1qfXCBB4TgJxhr_kzNt_ZeLeTRRoWOKHf/view

Many thanks Mrs Hayes-Smith, Miss Bamford and Mrs Wade

Class Organisation 2020-2021 Reminder

For pupils moving into Year 1 and Year 2, where there will be mixed aged classes, and Year 6 where the year group is being split I have attached a link to a nomination form in Parenthub for you to complete in consultation with your child. We will endeavour to ensure that at least one of the names appears on the same class list as your son or daughter. We make no guarantees other than we will try to ensure there is one familiar face. Please try to remain positive in front of your child and talk up the benefits of meeting new people whilst emphasising they will only ever be a short time away from seeing their current best friend at playtime. Please complete the online form by **Monday 6th July 2020 12pm**

The form will close at this point to allow us to organise the classes and we will be unable to consider any requests after this.

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

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.

Lakeside Web Wellbeing Newsletter

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

HELLO!

When we were in full lockdown, the rules were the same for everyone, and what we each went through may have felt quite similar. We stayed at home, and we spoke to our friends online. Now the rules for each of us might be different. For example, you may be going back to school when your friends or siblings aren't. Or your parents might be going back to work while others stay at home. The rules are less clear, and apply to everyone differently. It will be like this for a while, and that may feel hard to deal with. We may also find that lockdown rules are tightened again in the future, and that the process of going 'back to normal' rises and falls like a wave. Recognising this is a good step, and will help you to cope if this happens.

Thank you Miss Bamford, Miss Reynolds & Mr Smart

Express Yourself

It's ok to express how you are feeling...

Sometimes in an attempt to put on a 'brave face' we push our feelings aside. But safely expressing these emotions and bringing them into the light is actually wonderfully healing. It allows then to be acknowledge and processed before we can gently let them go ...

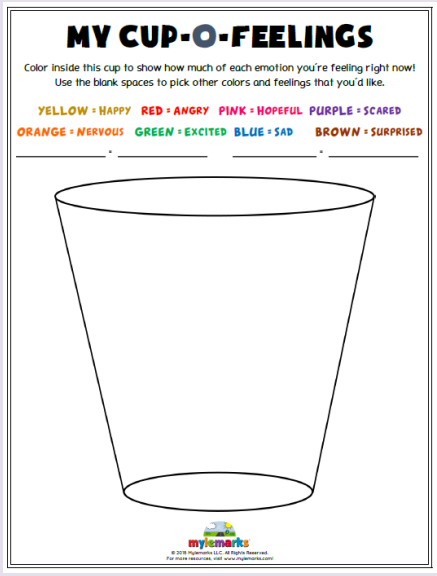
Keeping Active

Find your 30...

If you are at home, you can still play sport and Find Your 30. The Tiny Trainers have lots of ways to help you. Let's do this!
https://www.sportaus.gov.au/findyour30/challenge

Mindful Moment

Colour inside this cup to show how much of each emotion you are feeling right now!



Eating Healthy

Bread Rolls

Ingredients (makes 4) 200g strong white flour, 150ml warm water, 50g strong wholemeal flour, 1/2 tsp salt, 7g sachet of fast action dried yeast

Method

1. Preheat the oven to 220°C or gas mark 7. Line or grease the baking tray.
2. Place the flours and salt into the mixing bowl.
3. Stir in the yeast.
4. Make a well in the middle of the flour mixture and add the warm water. Mix to form a soft dough.
5. Sprinkle flour on to a clean work surface and place the dough on the surface.
6. Knead the dough for 10 minutes.
7. Divide the dough into 4 pieces and shape into rolls.
8. Cover the rolls and leave to prove for 30 minutes in a warm place until they double in size.
9. Bake for 10-15 minutes until golden brown.

Stay Safe , Stay Happy , Stay Together