



## A MESSAGE FROM MRS HAYES-SMITH...

## WELCOME TO LAKESIDE

We are really pleased to introduce you to two new additions for September.



Hello, I'm Mrs Lizzie Fowler, I'm thrilled to become a teacher at Lakeside Primary Academy and leading Key Stage One and Early Years.

I've been teaching for over seven years in York and Oxford. I am really looking forward to developing strong bonds with children, parents, staff and the local community. I've led local community projects such as renovating outdoor learning areas, leading the school choir at Strensall carnival and even teaching funkasize classes!

My passion is to be part of an inclusive, progressive and vibrant school where we support all children to achieve and thrive. Outside of school, my husband and I enjoy exploring Yorkshire with our very naughty dog Winnie!

My name is Karen Marshall and I am very excited to say I will be joining Lakeside as your Primary Music Subject Lead and Specialist teacher in September. I have already met the lovely Lakeside children on two occasions delivering a singing assembly and feel there are lots of opportunities moving forward for developing their musical skills. They have so much potential!

I have worked at Osbaldwick Primary for 8 years now as music lead and am also a private and peri music teacher with 30 years' experience (a bit of a dinosaur now). I am passionate about music being available for all children and will be doing whole class instrumental teaching myself across the school in addition to what the school already provides currently with Diane Martin.

Please watch this space for future concert opportunities for your children to perform in and for you to attend, for more music clubs available to them and please do introduce yourselves to me at the July 2nd event. It's a real privilege to be joining your children, the staff and parents at Lakeside. A leaflet is being prepared for parents on Music to go out at the end of the school year so do talk to your child(ren) about what new opportunities are happening in school in September. We are going to have a fantastic musical time working together moving forward.



## EYFS 'Lakeside Fashion Week!'

What a fabulous show we have had this week, it was absolutely amazing! Children and adults alike have had a brilliant time strutting up and down Lakeside's catwalk. The whole school watched the show on Tuesday and were such an enthusiastic audience. Well done everyone!

### 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.



## Mental Health



### Managing

### anger outbursts



We all feel anger sometimes – it's part of being human. When you feel angry, you might feel:

Attacked

Frustrated

Deceived

Invalidated or unfairly treated

Look out for warning signs:

- Fast heart rate
- Quick breathing
- Tension in body
- Tapping feet
- Clenched jaw/fists

Try techniques to manage feelings:

- Breathe slowly
- Relax your body
- Exercise
- Distract yourself
- Hit a pillow, or tear up newspaper

Walk away and cool down:

- Count to 10 before you react
- Talk to a trusted person outside of the situation
- Go for a short walk



## IT'S OK TO FEEL:



EVERYBODY FEELS THAT WAY SOMETIMES.  
WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

## HUMAN.

AND IT HELPS TO TALK ABOUT IT.

@elisegravel

## AFTER SCHOOL CLUBS

This week saw the start of our additional after school clubs. They have been really well attended and staff have thoroughly enjoyed leading them. Over the four weeks we hope that the children have a taste of enjoying a new challenge. Maybe there is a chess grand master ready to challenge the world, a storyteller waiting in the wings, an artist about to show their creative genius and a budding gardener!



Babies cry, you can cope. ICON is here to support families and professionals prevent injury to babies. Crying is normal, but stressful for parents.  
[iconcope.org](http://iconcope.org) Visit the #CYSCP website: [york.org.uk/Safer%20Childr...](http://york.org.uk/Safer%20Childr...)

**Safeguarding is  
Everyone's  
Responsibility**



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Mrs Wade

**Be smart on the internet**

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about CROSS-PLATFORM SHARING OF INAPPROPRIATE CONTENT

Creepy characters like Slender Man or Huggy Wuggy. Dangerous online challenges. Songs or videos that aren't suitable for youngsters. When things like these begin trending online, it can be difficult to prevent children accidentally stumbling across them – especially if they use a range of platforms, like online games, social media, streaming sites or messaging apps. A trend can originate in one online space and rapidly spread to other platforms or via chat apps. The frightening Huggy Wuggy character, for instance, first emerged as part of a game on Steam; now there are parody songs on TikTok, videos on YouTube and more than 45,000 results for #huggywuggy on Instagram.

### WHAT ARE THE RISKS?

#### UNSUITABLE VIDEOS AND IMAGES

Anyone can upload footage to a video-sharing platform, which has resulted in clips that appear age-appropriate but actually aren't so innocent. The audience for Peppa Pig, for instance, is very young – but there have been reports of Peppa cartoons with extreme violence spliced into them. Likewise, footage of the more-violent game character Huggy Wuggy has been inserted into numerous child-friendly videos (even on YouTube Kids), scaring many young viewers.

#### INAPPROPRIATE LANGUAGE

On a similar theme, there is always the possibility that user-uploaded video content could include language which really isn't suitable for children. The one-second imagery may look child-friendly, but if your child is wearing headphones, then you'll remain unaware of what is being said. Some videos have featured songs containing explicit language or characters graphically describing violence.

#### COPIES OF LIVE STREAMS

Social media and messaging apps can inadvertently spread extreme harmful content very quickly. Footage of violent attacks (such as the recent Buffalo supermarket shootings) can often be viewed on multiple platforms as people start to share the video. Moderators try to react swiftly to remove upsetting content, but the rate at which it goes viral makes it difficult to prevent the spread completely.

#### ACCIDENTAL EXPOSURE

Even if your child doesn't have access to social media platforms or video-streaming platforms (where the majority of issues arise), they might still use messaging apps to communicate with family and friends. There is always going to be a risk, therefore, of them seeing something which isn't child-friendly either shared by one of their peers or sent accidentally by a relative.

## Advice for Parents & Carers

### USE SAFETY FEATURES

Enable safety settings like Google SafeSearch and the similar restrictions on video-sharing platforms like YouTube. Whenever possible, stick to YouTube Kids for young children, as the software will help to filter out unsuitable content. Remember that filters aren't always enough to block all inappropriate material – especially when child-friendly videos have been edited maliciously.

### LESS IS BEST

Manage the number of online platforms your child has access to, based on their age and maturity. Just because their friends use a certain game or app, it doesn't mean your child must have it too. Follow the age guidelines for games and apps, and check regularly that privacy settings are in place.

### KEEP IT COMMUNAL

Encourage your child to stay in a communal family space when they're watching videos or playing online games on their devices – without headphones, if possible. This will make it far easier for you to keep one eye (and ear) on what they are seeing and hearing while they're online.

### AVOID FAN-MADE CONTENT

If your child watches cartoons and shows on YouTube, spend time with them making a playlist of videos that you're comfortable with them watching. Always source videos from official channels, as opposed to fan-made content; you can never be completely confident about material that another user has created or uploaded.

### REACT CALMLY

If you hear or see anything unsuitable on your child's device, calmly ask them to turn off the game or video in question. Explain that they haven't done anything wrong, but that you didn't like what you saw or heard and you would much rather they watched or played something else instead.

### SUPPORT AND REASSURE

Remind your child regularly that anyone can post anything online – and that not everything online is real. If your child is sent something that scares or worries them, ask them to show you. Watch it alone (to avoid unnerving them further), then praise them for coming to you and talk about what upset them. Recommend a break from their device to do something which helps them feel calm and happy.

**Meet Our Expert**  
Dr Claire Buchanan is an online safety consultant at Scyberware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government comparing the internet use and sexting behaviours of young people in the UK, USA and Australia.

**NOS National Online Safety**  
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.03.2022

## STARS OF THE WEEK

This week's stars are  
Scarlett, Lexi, Orobosa, Reece,  
Charlotte, Bobby, Kadie, Charlie, Leo  
and Firat.  
Well done everyone!

## HEAD TEACHER'S STAR OF THE WEEK

This week's stars are  
Jack and Lois.

The Trussell Trust support a nationwide network of food banks and together they provide emergency food and support. The nearest one is at Clifton Moor Community Church. If you feel you need support than please come and talk to us.

Clifton Moor Community Church

### OPENING TIMES

Mon	Closed
Tue	Closed
Wed	Closed
Thu	15:00 - 17:00
Fri	Closed
Sat	Closed
Sun	Closed

### ADDRESS

Rivelin Way  
Ravenscliffe  
York  
YO30 4WD

Directions via Google Maps



## DATES FOR YOUR DIARY –

Saturday 2<sup>nd</sup> July

Friday 1<sup>st</sup> July or Friday 15<sup>th</sup> July

Friday 8<sup>th</sup> July

Monday 20<sup>th</sup> June

Monday 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> July

Thursday 21<sup>st</sup> July 6pm

Friday 22<sup>nd</sup> July

Family Fun Day at Lakeside

Sports Day – KS1 am and KS2 pm

School closed – Training Day

Year 5 Level 1 Bikeability training

Year 5 level 2 Bikeability training

Year 6 Leavers Celebration

School closes at 12pm

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