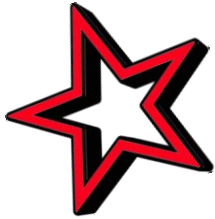




A MESSAGE FROM MRS HAYES-SMITH

WE HAVE A WORLD TITLE HOLDER IN OUR SCHOOL!



Last week Harry in Year 6 travelled all the way to Kilkarney in Ireland to compete in the WKKC (World Kickboxing and Karate Commission) Championships.

Harry took part in the continuous kickboxing competition and after a full week of competitive combat he took home the prestigious gold medal and the title of **'Under 10 World champion in continuous kickboxing'**

Whilst in Ireland he also picked up the world title in the team event for England. Spots within the highly sought after England squad are difficult to come by but Harry displayed maturity and skills beyond his years and made sure his place within the squad was secure.

He can now add the accolade of **'Under 10 team world champions in continuous kickboxing'** to the list of sporting success he has achieved in his young career.

Harry told us, "It was a really good experience and it got really tough but I persevered and was really pleased with the result."

This means Harry will now travel to Florida next year to defend his world titles.

We are so proud of Harry and all that he has achieved but also the manner in which he has achieved it. He showed commitment, determination and a great sporting attitude to the challenge that faced him and we are so happy that he has been rewarded for his hard work. We cannot wait to see his sporting career flourish further...

So watch this space!



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.



MUSIC MARK



We are thrilled to let parents know that Lakeside has been awarded the Music Mark for excellence in our music in school. We are super excited to be recognised for all the music that is now available for children in our school community. How did we get this award? The criteria is given below.

- Evidence of a willingness to engage in development conversations related to improving music provision
- Recognition of the value of music education as part of a broad and balanced curriculum
- A strategy for music in place which provides for all children

It is a very exciting time at Lakeside Primary Academy for Music. We have been working hard to increase what we offer for your children. Do check the parent music leaflet on the website and also look out for our future performances building on the brilliant Harvest singing last week. We are still looking for key stage 2 children for our **Monday Morning 'Give it a Go' - folk ensemble** with Miss Crawford. Just £2 per week, children will be bucket bashing along with playing any other none electrical instrument from glockenspiel to ukulele, djembe drum to violin. NO musical experience is necessary. Miss Crawford is a Community Musician who can help any child to become musical! So why not 'give it a go'.



Thursday, 03 November
EYFS/KS1 - 16:30 - 17:45
KS2 - 18:00 - 19:30

£3.50 per ticket
Snack & Drink
included

Tickets are limited so
order your tickets
quickly via
Parent Pay!

BONFIRE DISCO

There are still tickets available on Parentpay for the bonfire night disco on Thursday 3rd November. Please buy your tickets as soon as possible!

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



Talk my situation through with a trusted adult

Find out more to decide whether my anxiety is realistic

Share my feelings with my friends to see if they feel the same

IF I FEEL ANXIOUS I CAN:

Think of ways to talk myself through this

Ask if anyone else has conquered this fear

Give it some time to see if it's resolved

Find ways to distract my mind from dwelling on it until I can do something about it

Let my parents know so they can support me

www.totbehold.co.uk

Anxiety presents itself in many different ways...

The desire to control people and events 

Difficulty getting to sleep 

Feeling agitated or angry 

Defiance and other challenging behaviors 

Having high expectations for self, including school work & sports 

Avoiding activities or events (including school) 

Pain like stomachaches and headaches 

Struggling to pay attention and focus 

Intolerance of uncertainty 

Crying and difficulty managing emotions 

Over-planning for situations and events 

Feeling worried about situations or events 

www.thepathway2success.com Clipart by Kate Hadfield & Sarah Peorino

WHAT DO WE DO?

- Early intervention for young people in schools.
- Work with school staff to build a Whole School Approach to mental health.
- Act as a link between schools and local mental health services.
- Offer advice, support and signposting information.

USEFUL TRAINING COURSES

Below is a list of free training courses available to parents/carers that require self-enrolment to access:

- The Recovery College Online – www.recoverycollegeonline.co.uk – They are offering courses on:
 - Exploring stress
 - Your mental health and wellbeing
 - Exploring psychological resilience

AUTUMN TERM

We hope that the new term is going well so far. As the nights are drawing in, it can sometimes feel hard to get out and enjoy the fresh air, which is so beneficial for our well-being. Here are some fun ways of enjoying the outdoors in autumn:

- Catch and crunch the autumn leaves
- Collect natural materials to create pictures
- Make a campfire and toast marshmallows
- Stargaze on a clear night
- Put on your wellies and puddle hop



WORLD KINDNESS DAY SUNDAY 13TH NOVEMBER 2022

World kindness day is celebrated annually on the 13th of November. On this day, people attempts to make the world a better place by celebrating and promoting good deeds and plenty acts of kindness either as individuals or as organisations. Anybody wishing to take part in world kindness day can pledge a good deed and find a wide range of resources including ideas for random acts of kindness both large and small on the kindness UK website

www.kindnessuk.com

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.



MACMILLAN

Together we raised

£96.97

Thank you



ARE YOU A HERO?

The raffle was won by

Molly Pickering

in Team Ash

Well done everyone

what a great effort this

**Here
 Everyday
 Ready
 On time**

MESSAGE FROM MRS WADE



What Parents & Carers Need to Know about FIFA 23

FIFA 23, like its many predecessors, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA Sports' tweaks tend to focus on FIFA Ultimate Team mode, which can tempt gamers of all ages to spend real money recruiting better players for their sides. With each new release of FIFA comes a host of new players to unlock... meaning that youngsters can feel pressured to keep buying to compete with their friends.

WHAT ARE THE RISKS?

- RELEASE RAZZAMATAZZ**
FIFA 23 will be the first in a new season series, but it's still the same game. This year of release will see EA Sports' biggest marketing campaign to date, with a focus on recruiting new players to the game. This means that EA Sports will be spending a lot of money on advertising, which can be passed on to parents in the form of in-game purchases. EA Sports will also be offering a range of in-game items for purchase, such as new kits, stadiums, and player cards. EA Sports will also be offering a range of in-game items for purchase, such as new kits, stadiums, and player cards.
- AGE-INAPPROPRIATE CHAT**
Based on popular reports, EA Sports has observed a number of ill-considered comments from players on the game's chat system. Communication is a key element of the game, and EA Sports has introduced a range of measures to help protect players from inappropriate chat. EA Sports has also introduced a range of measures to help protect players from inappropriate chat.
- IN-GAME PROMOTIONS**
EA Sports has introduced a range of in-game promotions, such as limited-time offers and special events. These promotions can be very tempting, and EA Sports has introduced a range of measures to help protect players from inappropriate chat.
- BE SELECTIVE WITH CHATS**
It's important for FIFA players to chat online with friends, even if they're not friends in real life. EA Sports has introduced a range of measures to help protect players from inappropriate chat.
- CONTROL SPENDING**
EA Sports has introduced a range of measures to help protect players from inappropriate chat.
- AVOID EXTRA TIME**
EA Sports has introduced a range of measures to help protect players from inappropriate chat.

Advice for Parents & Carers

STAY ALERT FOR SCAMS
There are some key things to remember about potential FIFA scams. EA Sports has introduced a range of measures to help protect players from inappropriate chat.

Meet Our Expert
David Coleman is a former EA Sports employee and an expert on EA Sports' games. EA Sports has introduced a range of measures to help protect players from inappropriate chat.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety

READERS OF THE HALF TERM

This week we have celebrated lots of Head Teacher's Stars as our 'Readers of the Half Term'. Each one of them has been awarded a book from the prize box and I look forward to having a hot chocolate at the beginning of next term with lots of chat



DATES FOR YOUR DIARY –

Friday 21 st October	School Closes
Monday 31 st October	School Opens
Wednesday 2 nd November	Year 5 and 6 visit to Foodbank Warehouse
Thursday 3 rd November	School disco – EYFS & KS1 – 4.30pm to 5.45pm / KS2 – 6pm to 7.30pm
Friday 4 th November	Julian Sturdy MP Visit
Monday 7 th November – Wednesday 9 th November	Year 6 Residential to Robin Wood
Sunday 13 th November	Yorkshire Schools Dance Festival
Monday 14 th November – Friday 18 th November	Anti Bullying Week
Friday 18 th November	Children in Need
Wednesday 23 rd November	School Opening evening 6pm to 7pm
Friday 25 th November	Training Day – School Closed
Friday 16 th December	School Closes
Tuesday 3 rd January	School Opens

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.