



A MESSAGE FROM MRS HAYES-SMITH

EBOR PUPIL'S PARLIAMENT

Meet our new Pupil Parliament representatives for Lakeside.

This year Ebor Academy Trust have launched a pupil's parliament with two Year 5 representatives from across the Trust coming together. The aim is to drive small changes in each school that will make a big impact. The first meeting was on Zoom and it was really exciting to see everyone from the other schools. Using Global Goals we are going to work with Our Eco Warriors in Year 4 to really make a difference. We can't wait to get started making small changes that can have a big impact! Watch this space ...



Mental Health



Grounding Exercise

For use during a panic attack, when you need to stay calm, or anytime you feel "disconnected" from your body.

Look around you. Identify + name:

- 5 things you **see**
- 4 things you **feel**
- 3 things you **hear**
- 2 things you **smell**
- 1 thing you **taste**

puzzlepeacecounseling.com

SIX TOP TIPS FOR MANAGING YOUR ANGER

WWW.NARRATIVECOUNSELLING.COM

REMEMBER:

Your thoughts cause your anger, not the other person

ASK:

Is my anger going to help me achieve my goals to be non-violent and respectful?

STOP:

Being defensive. Listen to the other person and try to understand their perspective

THINK:

Where am I on the Tension/Stress Scale?

PRACTICE:

Deep breathing and relaxation techniques

IF NECESSARY:

Walk away and calm down

DATES FOR YOUR DIARY –

Tuesday 29th November

Tuesday 29th November

Wednesday 7th December

Thursday 8th December

Thursday 8th December

Friday 9th December

Thursday 15th December

Flu vaccine in school

Y5 & Y6 Reading Plus Parent Meeting 5.30 pm to 6 pm

EYFS Nativity to Parents 1.45pm to 2.30pm

EYFS Nativity to Parents 9.45am to 10.30am

Christmas Jumper Day

KS2 Christmas carol service at the church 1.30 to 2.30pm – 1 parent / carer can attend

KS1 Christmas Tree sing with Parents 2.30pm to 3pm

Lakeside is a nut aware 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.