



A MESSAGE FROM MRS MARSHALL AND MRS FOWLER

MUSICAL SHOWCASE

Last Friday we had a fabulous showcase of all our musical talent! It was the first time that the children performed to an audience and they were amazing. Thank you for all your lovely comments and well done to everyone who took part.



THE CHOIR

On Sunday 5th March our newly formed choir took to the stage at the Joseph Rowntree Theatre to showcase their singing. They were absolutely amazing! They performed first, sharing 3 songs and were followed by 3 adult choirs. I am so proud to say they were definitely the best! But then again I might be biased.

There were lots of fabulous compliments from the organisers and other performers. Thank you to everyone who made this happen especially Mrs Marshall.

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.



A MESSAGE FROM MRS HAYES-SMITH

SHARING THE CURRICULUM

We are really excited about 'Sharing the Curriculum' with you in the week beginning Monday 20th March to Wednesday 23rd March at either 9:00am to 9:30am or 2:30pm to 3:00pm.

Parents will have the opportunity to sign up for one session in the week beginning Monday 20th March to Wednesday 23rd March at either 9:00am to 9:30am or 2:30pm to 3:00pm. Children will come to the hall to share their learning in preparation for parents evening the following week. At this point there will not be a maximum number of parents attending each session but as parents sign up we will continue to monitor as if we need to close a session to further attendees we will.



What does 'Sharing the Curriculum' look like?

The books that the children will be sharing with you are Creative Curriculum, Science, Sketch books, English and Maths books.

The children will be primed to go through their books and share what they have learnt. The following questions will help you structure that conversation.

- Ask me what's my favourite piece of work.
- Ask me why it's my favourite piece of work.
- Help me to explain what I've been learning rather than doing.

This is an opportunity for you and your child to share together, if there are questions for staff please save them for parents evening the following week.

We hope by sharing our curriculum with you, you are proud of what the children are achieving and this can help facilitate conversations at home. We are really looking forward to seeing you.

PARENTS EVENING

Following on from feedback we will trial a mixture of Virtual and Face to face appointments this time. A number of parents still wished for a virtual appointment whilst others wished for a face to face appointment. Our Face to Face evening will be Wednesday 29th. Please can I make you aware that there will be a sufficient number of each appointments although there will not be an unlimited number of Face to Face. We will review as we go along.

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Mental Health



TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration

(ex: looking at or drawing motivational statements or images)

2. Something funny or cheering

(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

It's High Time We Normalize These Things:



Feeling lost and overwhelmed sometimes.



Not having it all figured out all the time



Acknowledging that an apology won't always fix things



Feeling negative emotions like anger, and disappointment



Having a bad day



Reaching out for help and support



Respectfully disagreeing



Changing your mind
! TheMindsJournal

LAKERS ACTIVITIES

Upcoming Lakers events in school. More information to follow via Parenthub

Egg decorating competition – Entries to be in school in school no earlier than Wednesday 29th March and will be judged on Thursday 30th March

Disco – Thursday 20th April EYFS & KS1 4:30–5:45pm KS2 6–7:15pm

DATES FOR YOUR DIARY –

Friday 17th March

Monday 20th March – Wednesday 22nd March

Monday 27th March to Thursday 30th March

Friday 31st March

Training Day – School Closed

Share the Curriculum Event 9–9:30 am and then 2:30–3:00pm in the hall (EYFS–Y6)

EYFS to Year 6 Parents Evening Week

School closes for Easter

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