



A MESSAGE FROM MRS HAYES-SMITH

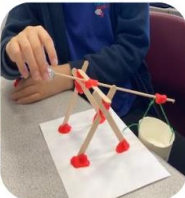
LOCATION, LOCATION, LOCATION

This week we have launched the second part of our theme 'Let's Explore' with the children exploring activities to 'Re Hook' them in. During the next 6 weeks we will be discussing all things geographical with a geography focus, 'Location, Location, Location.'

From meeting a real life explorer and surviving in the Forest, where the children enjoyed whittling wood, drinking hot chocolate and eating marshmallows and popcorn! To in Years 3 and 4, discovering the Nile by learning about a shaduf and the purpose of it. Then they tried to make their own models using lollypop sticks and playdough.



Cycle 2 Let's Explore		
	Weeks 1-6 A Picture in Time	Weeks 7-12 Location, Location, Location
Arctic Explorers		
Year 1 / Year 2	How can we use clues to find out about the past?	How can we collect information about our environment?
Egyptians		
Year 3 / Year 4	What was life like in Ancient Egypt?	How important is the River Nile?
Rainforest		
Year 5 / Year 6	Who discovered the rainforest?	Why are rainforests important for our planet?



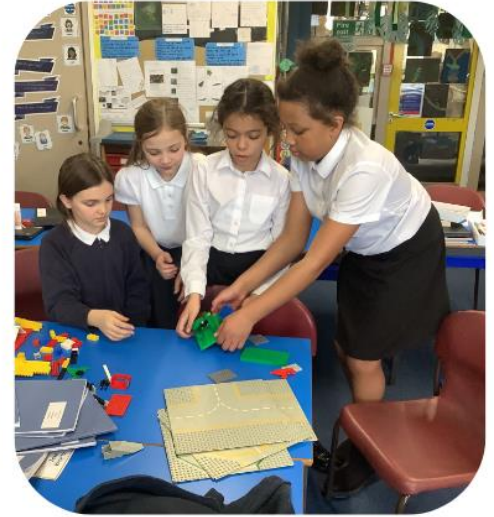
shaduf, also spelled Shadoof, **hand-operated device for lifting water**, invented in ancient times and still used in India, Egypt, and some other countries to irrigate land. Typically it consists of a long, tapering, nearly horizontal pole mounted like a seesaw.



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.

Then finally onto Year 5 and 6 who spent an afternoon exploring the rainforest! They climbed vines and trees in the hall, made shelters in forest school and built rainforest huts out of lego.



Team Willow welcomed some visitors into school today as part of their 'people who help us' topic. They discovered the roles of the job, picked up some important safety tips and even got the chance to use the hose and sit inside the fire engine!



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Mental Health



5 TIPS TO HELP TEENS COPE WITH STRESS

GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.



FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



DO THINGS THAT MAKE YOU HAPPY



Find activities or hobbies that make you **happy** and incorporate them into your daily life.



ENGAGE IN PHYSICAL ACTIVITY



Exercise takes our **mind off stress** and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.



AUTHOR VISIT ON WORLD BOOK DAY

We are delighted to announce that the children's book author and illustrator Helen Poole is visiting us on Thursday 2 March to read her rhyming picture books to the children, talk about being an author and illustrator, and do some creative illustration workshops.

If you would like to order a personally signed book/books for your child/children all books are £7 EACH and should be paid for via Parent pay by 28th February.

We do appreciate this is very short notice but we have just managed to secure this exciting visit.



Helen Poole

author • illustrator • designer

creating beautiful books to entertain all ages



DATES FOR YOUR DIARY –

Thursday 2 nd March	World Book Day 'Get Cosy With a Book'
Friday 3 rd March 13:45-14:45pm	Music Showcase at Clifton Moor Church – Choir, Year 5 violins, instrumental and keyboard students
Wednesday 8 th March 4:45 – 5:30pm	Year 2 SATS Meeting with parents
Friday 17 th March	Training Day – School Closed
Friday 31 st March	School closes for Easter

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