



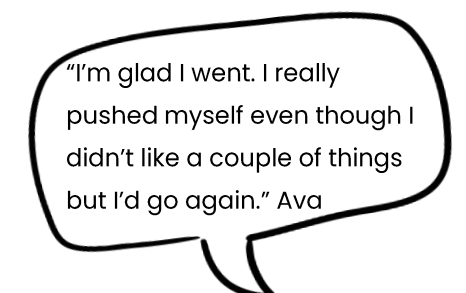
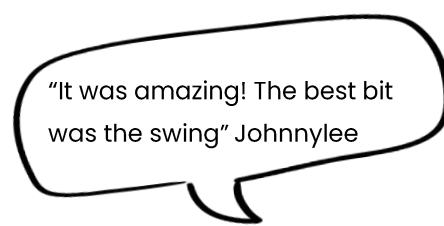
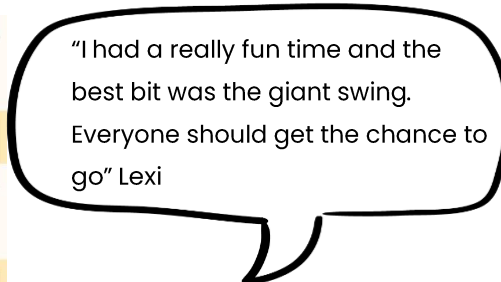
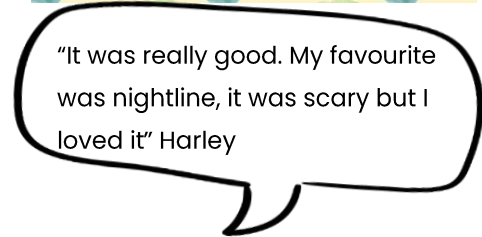
A MESSAGE FROM MRS HAYES-SMITH

ROBINWOOD

This week many of the Year 4 children have spent time away from home on a 3 day residential at Robinwood in Todmorden. It is a fantastic opportunity for the children experience a huge range of activities from the giant swing, the piranha pool to testing their archery skills as well as sleeping away from home!



"The best thing was the zip line. I really liked the food. Everything was amazing"
Oscar



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.



The children were incredible and challenged themselves. They demonstrated that they were Lakeside Learners by showing Respect, Self-Belief and Resilience!

Thank you also to all the staff and instructors who were amazing! The trip certainly wouldn't have happened without them.



KING'S CORONATION CELEBRATION - FRIDAY 5TH MAY

To celebrate the King's Coronation we are asking the children to dress in red, white and blue for the day.

We would also like to invite you into school to share a Coronation Breakfast on the morning of Friday 5th May at 9am. For the grownups, Mrs Seymour will be cooking bacon sandwiches or vegetarian sausages and the Lakers are providing croissants. The children will receive a crown shortbread biscuit. The event will be completed by 10 am at the latest.

If you would like to attend please fill in the google form on Parenthub.

If you would like a bacon sandwich or a vegetarian sausage please pay £1.50 on Parentpay. Orders for bacon sandwiches and vegetarian sausages need to be completed by Tuesday 2nd May so that we can order enough for everyone! Any donations on the day for the croissants will be greatly appreciated.



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Mental Health



STAY POSITIVE
set aside time to watch
funny stuff together.
Laughter helps reduce
anxiety



SLEEP
try to stick to a routine.
It's essential for good
health & the
immune system



GET CREATIVE
being creative &
doing craft can be
relaxing & calming
on the brain

BREATHING EXERCISES
there are free apps that teach
kids how to do this



**REDUCE
STIMULATION**
it gives the brain
a break if feeling
overwhelmed



EXERCISE
burns off energy, is
good for our body &
brain, & is fun



SUNLIGHT
helps our body make
Vitamin D which can make
kids feel happy & healthy



NATURE
getting outside improves
mood, encourages creativity,
& gets kids moving
gutidentity.com



MUSIC
80bpm can be calming,
help the body to relax,
& improve sleep



PETS
playing with pets can
reduce anxiety &
improve mood

DATES FOR YOUR DIARY –

Monday 1 May

Friday 5th May 9 am – 10am

Friday 5th May

Monday 8th May

Tuesday 9th – Friday 12th May

Friday 26th May

Monday 5th June

Early May Bank Holiday – School Closed

Coronation Breakfast Celebration with parents / carers

Children to wear Red, White and Blue for Coronation Celebration

Coronation Bank Holiday – School Closed

Year 6 Statutory Assessments

School closes for May Half term

School opens

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