



A MESSAGE FROM MRS HADFIELD AND MR GUNNELL

'MAKE MAY MOVE!'

This month we have been trying to 'Make May Move!'

Throughout this month we have been trying to keep 'extra' active!

KS2 classes have received some extra sports sessions in hockey and gymnastics and many classes have been trying to run 'a mile a day in May' collectively. There have also been balance challenges and we have more sports taster sessions in the pipeline before the end of the year!



As we move into the May half term we would love to see how active you are. Walks in the sunshine, a run along a beach or even trying a new sport. Whatever you decide to do, let us know by Tweeting it to our school and we can share our active stories!

Here's an idea of something active you could try during the holiday...

Strava Art

Ask a parent to download an exercise tracking app.

Turn it on when you start your walk or bike ride and do you walk. When you return take a look at what pattern you have made.

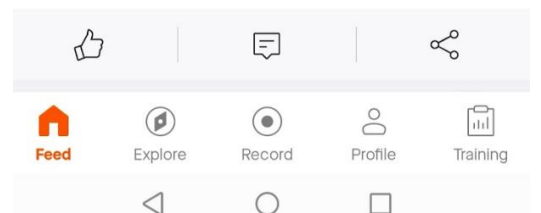
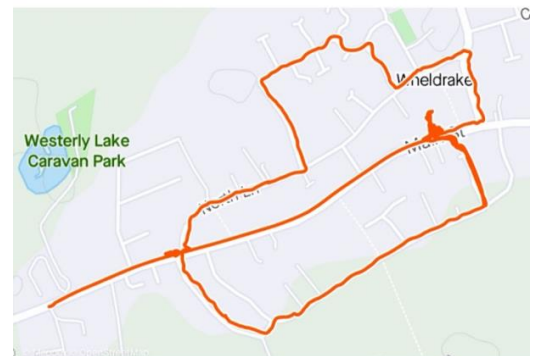
I made this one... I think it looks a bit like a duck or a boat! What do you think?

Then you could get creative! See if you create a piece of art by using maps to guide you. There are lots of creative ideas online.

Always make sure you have an adult with you and have their permission to use these apps.

Have fun, Mrs Hadfield and Mr Gunnell.

Distance 4.13 km | Pace 8:23 /km | Achievements 6



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.



Mental Health



How do you really feel?

by mellow doodles

HAPPY

proud, loving, optimistic, respected, fulfilled, hopeful, inspired, confident, hopeful

SAD

bored, empty, ashamed, powerless, isolated, vulnerable, lonely, ignored, depressed, abandoned, indifferent

ANGER

hurt, disgust, threatened, frustrated, embarrassed, irritated, provoked, resentful

PEACEFUL

content, loving, relaxed, thankful, trusting, thoughtful, nurturing, sentimental

FEAR

rejected, insecure, anxious, scared, humiliated, inadequate, frightened, overwhelmed, insignificant

Small ways to help your mental health this week:

by mellow doodles

- take a daily walk
- try a meditation app
- write a daily gratitude list
- do something kind for someone
- pre-plan your day
- create a calming playlist
- notice what you are achieving
- make time for human connection

how to help people struggling with their mental health

by mellow doodles

- start the conversation
- listen and hug
- avoid comparisons
- celebrate their small steps
- go to visit them
- learn about mental health
- give practical support
- ask other loved ones to help

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Friday 26th May 2023

GET READY FOR SEPTEMBER

As reported in the newsletter on Friday 21st April, in September 2023 to be compliant with the DfE directive of 32.5 hrs the school day will be from

Morning Session

8.45 am – 11.45 am Reception class
8.45 am – 11.45 am KS1 classes
8.45 am – 12.30 pm KS2 classes

Afternoon Session

12.30 pm – **3.15 pm** Reception class
12.30 pm – **3.15 pm** KS1 classes
1.15 pm – **3.15 pm** KS2 classes

We currently operate a 10 minute arrival time which was in place from COVID with the doors opening at 8:45am, this is no longer a requirement from September. So whilst the weather is good in the summer term, try getting into the habit of being at school for 8:45am.

Thank you

REPORT RACE HATE



HAVE YOU EXPERIENCED IT?

Name calling, being left out, physical attacks, being the butt of 'jokes', threatening behaviour

HAVE YOU WITNESSED IT?

You can also report incidents which happen to a friend, family member or even a stranger

WE CAN HELP

07704 120722

[HTTPS://YREN.CO.UK/RACE-HATE-CRIME/](https://yren.co.uk/race-hate-crime/)

YREN ARE:

LOCAL

We are a North Yorkshire based Racial Equality Charity, run by local Minority ethnic residents

INDEPENDENT

Everything you tell us can remain anonymous if you wish. We can also support you to approach North Yorkshire Police to report a hate crime or incident

AVAILABLE

Our helpline is open Monday to Friday 9am to 5pm
Answerphone available at all other times.

We WILL get back to you if you need to leave an answerphone message

DATES FOR YOUR DIARY –

Friday 26th May	School closes for May Half term
Monday 5th June	School opens
Monday 5th June – Friday 16th June	Y4 Multiplication Tables Check
Tuesday 13th June – Friday 16th June	Phonics Screening
Wednesday 14 th June at 7pm	EYFS New Starter Evening (For Adults)
Saturday 1 st July	Family Fun Day
Wednesday 5 th July	Millthorpe & Joseph Rowntree Year 6 Secondary Transition Visit
Wednesday 5 th July & Thursday 6 th July	Vale of York Year 6 Secondary Transition Visit
Thursday 6 th July 1.30pm till 3pm	EYFS New Starter Transition Sessions (For children)
Friday 7 th July	Sports Day – KS1 (am)
Friday 7 th July	Sports Day – KS2 (pm)
Thursday 13 th July 1.30pm till 3pm	EYFS New Starter Transition Sessions (For children)
Friday 14 th July	Sports Day – Back Up Date
Wednesday 19 th July	EYFS New Starter Transition Lunch (For children & Adult)
Wednesday 19 th July	Whole School Picnic
Friday 21 st July	School Closes at 12 noon

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