

A MESSAGE FROM MRS HAYES-SMITH

KING'S CORONATION BREAKFAST

What a fabulous morning we have had! We have thoroughly enjoyed welcoming parents into school to share our "King's Coronation Breakfast"



"I liked eating biscuits that were in the shape of a crown like the king has" Thomas

"I enjoyed eating breakfast with my mummy and brother. It was nice to see my friends with their family too" Jobe



"I really like it because it was fun to share breakfast with my mum." Lucy



"I liked being with my friends and showing our parents the decorations we'd created" Sophie

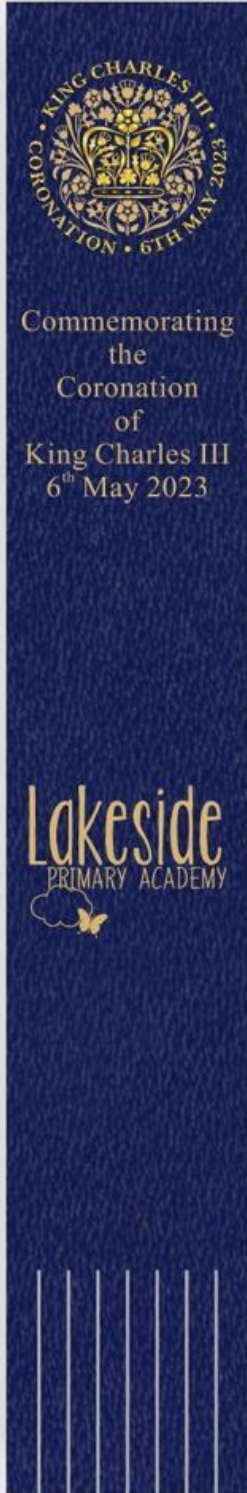


Lakeside is a nut aware school

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 LAKERS



We are really lucky to have a strong Parent Teacher Association who work incredibly hard to provide additional funds and activities for the children at Lakeside.

To celebrate the King's Coronation the Lakers have organised and paid for each child to receive a commemorative bookmark.

As soon as they arrive we will hand them out to the children.

We are very grateful for the support and hard work that they do. I am sure that they would be delighted to welcome new members as well as anyone who wishes to help on the family fun day on Saturday 1st July.

KING'S CORONATION CELEBRATION - FRIDAY 5TH MAY

To celebrate the King's Coronation Ebor recently ran a competition to design a plaque to sit alongside a commemorative tree which will be planted in the autumn. We were delighted that we had so many fabulous entries and it was so hard as staff to judge. I am really pleased to share Lakeside's winner is Alisha in Team Elder.



Winners will receive a smaller version of their artwork encased in a block of acrylic as a reminder of their achievement.

Thank you to Mrs Seymour and her team for their hard work this morning! Everything was delicious



Thank you also to Tesco who supplied, juice, bread and croissants.



DOGS OUTSIDE OF SCHOOL

Please can I ask that parents and carers avoid waiting at the end of the path with their dogs. We have a number of children who struggle to come past them and can become distressed.

Thank you



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Mental Health



To follow on with our focus with children and staff about asking twice.

How are you – really?

Your Mental Health Continuum

<p>CONTENT</p> <p>Feeling content, natural mood fluctuations in response to life events, able to meet challenges most days</p> <p>Strategies</p> <ul style="list-style-type: none"> • Connect with others • Move your body in ways that you enjoy • Eat at least 3 meals/day • Sleep 7-8 hours/night • Create and maintain other routines that help you feel good 	<p>OKAY</p> <p>Feeling more stressed, variability in mood, struggling to meet challenges, minor disruptions in performance and abilities</p> <p>Strategies</p> <ul style="list-style-type: none"> • Seek out positive supports • Seek out enjoyable activities • Take care of your body (sleep, food, movement) • Use strategies that have helped you cope in the past • Check in on your substance use • Learn about UNH's academic, physical, and mental health resources 	<p>STRUGGLING</p> <p>Feeling anxious, low mood, difficulty navigating challenges, disruption in daily functioning, low motivation</p> <p>Strategies</p> <ul style="list-style-type: none"> • Stay connected with others • Take care of your body • Consider how your substance use is impacting your well-being • Use coping strategies • Consider using UNH's academic, physical, and mental health resources 	<p>DISTRESSED</p> <p>Experiencing intense and distressing emotions, unable to meet life's demands</p> <p>Strategies</p> <ul style="list-style-type: none"> • Get professional physical or mental health care • Confide in most trusted supports • Take care of your body • Follow healthcare recommendations • Use coping strategies
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SUPPORTING THE COMMUNITY



Ellis, Joe, Lucy, Ella, Shaurya and Reuben (from Team Elm and Team Fir) are holding a stall at Rawcliffe Carnival to raise funds for New Earswick swimming pool. The pool are currently trying to raise £250,000 for essential repairs. The children are using this event to gain their community badge stage 1 for beavers. For this they have to find a cause they feel needs their support and put a plan into action to help. The children have decided to do a 100 square grid treasure map at the carnival and have been working hard to advertise their event and find prizes.

DATES FOR YOUR DIARY –

Monday 8th May

Tuesday 9th – Friday 12th May

Tuesday 16th – Friday 19th May

Monday 22nd – Friday 26th May

Friday 26th May

Monday 5th June

Coronation Bank Holiday – School Closed

Year 6 Statutory Assessments

KSI Statutory Assessments

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School closes for May Half term

School opens

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