

Lakeside News

Friday 30th June 2023



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Tel 01904 806444
Oakdale Road, Clifton Moor, York, YO30 4YL
Head Teacher: Helen Hayes-Smith
Executive Head teacher and CEQ Gail Brown
@LakesideYork

A MESSAGE FROM THE LAKERS



'FAMILY FUN DAY



What a fantastic day at the Family Fun Day! Huge thank you to The Lakers fo organising and to everyone who helped or volunteered in any way!



We have raised an amazing \(\sum_{\text{\color}} \)







Sponge the teacher was a definite highlight of the day!

















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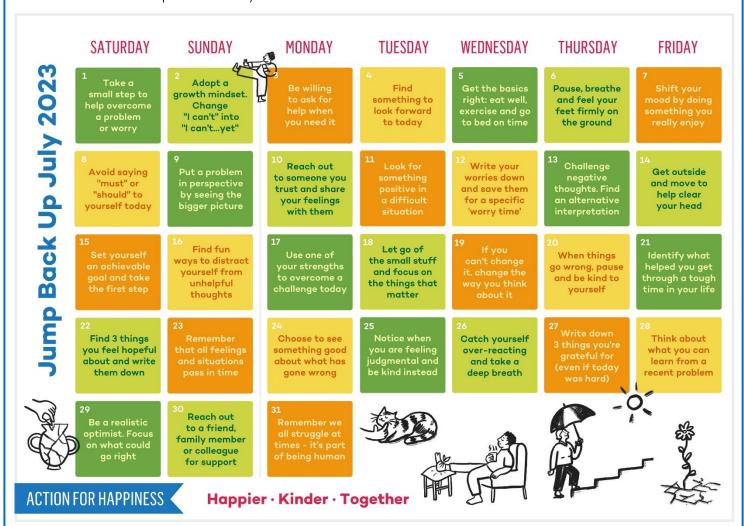
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RESILIENCE

Resilience is a skill we can develop. Even when we can't change a difficult situation, we can still choose how to respond and try to make the best of it.



JEWELLERY

Over the last few weeks we have noticed an increase in rings, bracelets and necklaces being worn in school. Please can I remind you of the uniform rules regarding this. (See attached)

Apart from the financial implications, if the jewellery is lost school cannot be held accountable, it is a significant health and safety concern. Children can be seriously injured if the jewellery is caught in equipment. Please leave the jewellery for evenings and weekends. If your child has jewellery on then you will received a phone call and be asked to come and take it

Jewellery / Make Up:

- Just one small gold or silver stud may be worn in each ear. This rule applies to both boys and girls.
- No other jewellery may be worn.
- Earrings must be removed by the pupil before PE lessons and swimming lessons.
- Plasters cannot be worn over earrings for PE.
 If children are going to have their ears pierced, we recommend they have them pierced at the start of the summer holidays to avoid disruption to their learning.
- Make up and nail varnish is not permitted

home.

Lakeside is a nut aware school



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Mental Health



Plea for Cool Packs

In school we use cool packs to regulate children when they are either distressed, anxious or angry. The Wellbeing in Mind Team has worked with both the staff and children to look at the benefits of using them as a strategy to regulate. This slide explains the main points and there is a photograph as an example.





- When you put your full face into cold water, or you put a zip lock bag with cold water on your eyes and upper cheeks, and *hold your breath*, it tells your brain you are diving under water.
- This causes the diveresponse to occur (it may take 15-30 seconds to start).
- Your heart slows down, blood flow to non-essential organs is reduced, and blood flow is redirected to the brain and heart.
- This will be useful when you are having very strong and intense emotions or when you are having very strong urges to engage in dangerous behaviours.
- This strategy works best when you are sitting quietly.





If you have a food delivery like 'Hello Fresh' for example they contain cool packs to keep the food fresh. If you have no need for these instead of throwing them out we would be very grateful for them. If you have any to donate to us please drop them into the school office.

DATES FOR YOUR DIARY — PLEASE NOTE CHANGES

Tuesday 4th July KS2 Picnic with Parents

Wednesday 5th July Millthorpe & Joseph Rowntree Year 6 Secondary Transition Visit

Wednesday 5th July only Vale of York Year 6 Secondary Transition Visit

Thursday 6th July 1.30pm till 3pm EYFS New Starter Transition Sessions (For children)

Monday 10th July EYFS & KS1 Teddy Bears Picnic with Parents

Wednesday 12th July 6pm till 7.30pm Y6 Production to Parents

Thursday 13th July 1.30pm till 3pm EYFS New Starter Transition Sessions (For children)

Friday 14th July Sports Day – KS2 (am)
Friday 14th July Sports Day – KS1 (pm)

Wednesday 19th July EYFS New Starter Transition Lunch (For children & Adult)

Wednesday 19th July Whole School Picnic (No parents)

Wednesday 19th July 6pm till 7pm Y6 Graduation

Friday 21st July School closes at 12pm

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