



## A MESSAGE FROM THE LAKERS

# 'FAMILY FUN DAY

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



We have raised an amazing **£2,880**

Sponge the teacher was a definite highlight of the day!



**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.



# 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.

Jump Back Up July 2023

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

## 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 receive a phone call and be asked to come and take it home.

## 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

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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 **dive response** 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 4 <sup>th</sup> July	KS2 Picnic with Parents
Wednesday 5 <sup>th</sup> July	Millthorpe & Joseph Rowntree Year 6 Secondary Transition Visit
<b>Wednesday 5<sup>th</sup> July only</b>	<b>Vale of York Year 6 Secondary Transition Visit</b>
Thursday 6 <sup>th</sup> July 1.30pm till 3pm	EYFS New Starter Transition Sessions (For children)
Monday 10 <sup>th</sup> July	EYFS & KS1 Teddy Bears Picnic with Parents
Wednesday 12 <sup>th</sup> July 6pm till 7.30pm	Y6 Production to Parents
Thursday 13 <sup>th</sup> July 1.30pm till 3pm	EYFS New Starter Transition Sessions (For children)
<b>Friday 14<sup>th</sup> July</b>	<b>Sports Day – KS2 (am)</b>
<b>Friday 14<sup>th</sup> July</b>	<b>Sports Day – KS1 (pm)</b>
Wednesday 19 <sup>th</sup> July	EYFS New Starter Transition Lunch (For children & Adult)
Wednesday 19 <sup>th</sup> July	Whole School Picnic (No parents)
Wednesday 19 <sup>th</sup> July 6pm till 7pm	Y6 Graduation
Friday 21 <sup>st</sup> July	School closes at 12pm

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