



A MESSAGE FROM KS1

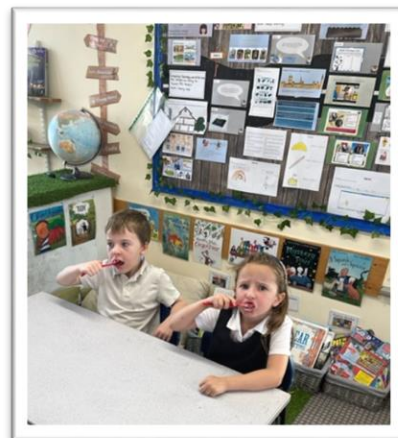


'TOOTH BRUSHING'



Year 1 and 2 are taking part in the supervised tooth brushing programme. This is a nationally recognized, evidence-based initiative, designed to improve children's oral health, increase exposure to fluoride and promote behavioural and self-care skills.

Oral health has been added to the EYFS framework because good oral health habits need to be formed from an early age.



After lunch we brush our teeth for 2 minutes with fluoride toothpaste. We all have their own tooth brushes which will be kept in covered storage racks and new toothbrushes are provided each term.

A MESSAGE FROM MR GUNNELL AND MRS HADFIELD

We are so proud of these children who travelled to Askham Bryan College on Wednesday afternoon to compete in the York Schools Cross Country. It was a very popular event and there were very competitive races throughout the afternoon. We are so impressed with how these children demonstrated our school virtues of resilience, self-belief and respect by rolling up their sleeves and getting stuck into their races. You should be very proud of yourselves because we certainly are! Children who finished within the top 8 in Years 3, 4, 5 and 6 go on to the finals event at Giggleswick School on Thursday 23rd November. A big congratulations to Harry who finished 4th and Lexi who finished 7th in their respective races and now go through to the finals. Well done all.



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



8 THINGS CHILDREN CAN DO TO MAKE A POSITIVE DIFFERENCE

Try to build time in your daily routine to do physical activity

Try to chat regularly with friends, family or someone you trust

Try to offer your help to those around you and do a good thing every day

Try to be honest and open with people

Try to encourage others to share how they are feeling with you

Try to find time to relax and focus on yourself

Try to go to sleep and wake-up at the same time each day

Try to keep yourself and the things around you clean and tidy



DATES FOR YOUR DIARY –

Thursday 19th October 2pm

Friday 20th October 2pm

Monday 23rd October to Thursday 26th October

Wednesday 25th October – 9:00am

Friday 27th October

Monday 6th November

Thursday 9th November

Harvest Festival KS1 – Teams Leopards and Gorillas

Harvest Festival KS2 – Teams Elephants, Turtles, Rhinos, and Organutans

EYFS to Year 6 Parents Evening Week

Macmillan coffee morning with Well Being in Mind Team attending.

School Closes

School Opens

School Disco – EYFS & KS1 4:30-5:45pm

KS2 6-7:15pm

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