



A MESSAGE FROM MRS HAYES-SMITH

A SNAPSHOT OF OUR CHRISTMAS ACTIVITIES



MERRY
Christmas



May we wish all our children, families, staff and governors a healthy and Happy New Year. We look forward to welcoming you back to school for the new term starting Monday 8th January 2024.

We hope you have a lovely festive Christmas

Mrs Hayes-Smith

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.



Good luck!

At the end of this term we have a few goodbyes to say.



Firstly to Mrs Seymour who is off to be a relief cook for Hutchison's where she will support kitchens across the region. She has been at Lakeside for over 18 years and has looked after us so well. We wish her well and can't wait to hear of her adventures across the region.



Next to Mr Collins who is heading back to Clifton With Rawcliffe and we wish him well with the next part of his career.



Finally to Miss Walker who started with us as an apprentice and has realised her ambition of working in a specialist setting. From January she will be joining the team within the Danesgate Community and we wish her great success for the future.



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.



Thank You!

A school is only made that extra special place with adults who go above and beyond. We are fortunate as a school to have so many people to whom that applies. However there is one group who selflessly support the school without any more reward than a smile, a thank you and delight at children's achievements.

These are the amazing volunteers which includes the local governing body who give their time so willingly. We thank them for all that they do.



THE LAKERS

At Lakeside we are supported tremendously by the Lakers, our parent and teacher association. This term the Lakers have contributed to Christmas party celebrations and a book for all children in Reception, Year 1 & 2. We are also looking at organising treats for Year 3, 4, 5, & 6 in the New Year. Again this year the Lakers are helping us to support trips and visitors within school by subsidising costs.



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.



CHRISTMAS HAMPER WINNERS



Thank you to staff
providing treats for the
hampers.



Thank you to everyone who has sent the staffroom
treats and gifts for the staff in over the last week,
they are very much appreciated.

ARE YOU A HERO?

HERE EVERY DAY READY ON TIME



This December 30 selection boxes have been given out in our daily attendance raffle as well as whole class treats with the Classopoly board. We all know daily attendance is important to ensure that we can be the best we can be. Next year let's see if we can really have an amazing whole school attendance each week.

#InItToWinIt #AttendanceMatters

8th JANUARY 2024

We are looking forward
to seeing you ready to
learn on Monday 8th
January

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



National FRC[®] Mental Health Promotion Project

MENTAL HEALTH TIPS TO SURVIVE CHRISTMAS

REACH OUT

Christmas is a time of joy but for many can be the darkest and hardest time of the year. If you find yourself feeling overwhelmed, don't be afraid to ask for help. While everyone around you seems to be happy, you may feel persistently stressed or anxious, sad or even hopeless. Find someone to talk to: it could be a friend, partner, family member, colleague, doctor, therapist or a helpline. There is always someone who will listen. Sharing your thoughts and feelings can really help free your mind and unlock options that may help.

BUDGET

Christmas time can be a very expensive time of year. People often feel under pressure to buy presents, attend events and spend more money than they can afford. Make a Christmas budget, factor in the significant things such as family outings and stick to it. Come January you will be glad.

BE MINDFUL OF ALCOHOL CONSUMPTION

Christmas can be a time of overindulgence in food and alcohol. Socialising is often based around alcohol and the pub. Alcohol, although it makes some users feel relaxed, drinking large amounts can lead to low mood and irritability, it can contribute to a loss of inhibitions, conflict and misunderstanding. Try to be mindful of the amount you may consume and to be aware of how you may feel the following day.

SLEEP

The Christmas season can be hectic meaning our sleep pattern can be thrown out of sync. We cannot function effectively without sleep - it helps to repair and restore our brains and bodies, and is vital for maintaining good mental health. Ongoing sleep disturbance can lead to tiredness, irritability and difficulty concentrating. Try to stick to your normal sleeping pattern so that you have the energy for the hustle and bustle of the festive season.

NOURISH YOUR BODY

When it comes to mental health, what you eat can make a difference to how you feel. A diet rich in foods like fruits, vegetables, wholegrain cereals, nuts and seeds can help protect your mental health. Making healthier food choices will ultimately improve your physical and mental wellbeing, keeping the everything in moderation mindset over the festive period will stand to you, removing that sluggish feeling in January.

BE MINDFUL

Mindfulness is simply paying attention to whatever is happening in the present moment and experiencing it without judgement. We are either in the past or the future, but rarely in the now. Savour the moments and memories made over the festive season. Be present in that moment and stop worrying about the future.

EXERCISE

Being physically active can enhance your mood, reduce stress and anxiety, encourage the release of endorphins and improve self-esteem. Keeping active over the festive period will help protect both your physical health and your mental health. Regular exercise will help you sleep and relax, look and feel better. Get outside, breath in some fresh air feel it deep within your lungs, you will feel better for it.

HAVE COMPASSION FOR YOURSELF AND OTHERS

Being considerate, generous and kind can make anyone's day. The true meaning of Christmas is to remove suffering by sharing and giving, having fun and spending time with the most important people in your life. With 1 in 4 people experiencing a mental illness at some point in their life, there is bound to be someone you know who is not feeling festive. Reach out to them, ask them how they are. You could be the one reason they do not feel alone over the festive season.

DATES FOR YOUR DIARY –

Monday 8 th January	School Opens
Tuesday 9 th January @ 5.30 pm	SATs meeting for Y6 Parents
Wednesday 10 th January 2024 at 9am	WIMT coffee morning about sleep
Thursday 11 th January	Y3 Swimming starts
Friday 9 th February	School closes for half term
Monday 19 th February	School Opens
Friday 22 nd March	School closes for Easter

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.