



A MESSAGE FROM MRS HAYES-SMITH



I hope you have had a good start to the year and are ready for the coming year. The end of one year and the start of another often leads us to reflect and then make plans for the future. As school we constantly reflect and aim to improve. This week we have been reflecting on what it means to be part of a community and what we can do to improve it. We have asked key questions such as

# What does it mean to be a community? How do communities work together?

We talked about different communities for example a children's orchestra and our Lakeside football team. How the orchestra working together playing all their parts at the right time in the right order produces music that we can listen to and hopefully enjoy. Mr Gunnell shared that the football team worked together to win their match. That it wouldn't be any good if someone decided not to play because they couldn't be bothered or even if they worked against their fellow team mates. The 'community' that is the team had to work together to angle the win or even to play the game properly.



## What is a Community?

A community is defined as a 'group of people who work together for a common interest' and so an orchestra, a football team and, yes, a school are communities. Everyone is, hopefully, all working together and towards a common goal.

## 'Helping one another'

Likewise, Lakeside is a community, with everyone hopefully working towards the attainment and education of one another, whether it be teacher or pupil. The idea is that everyone should be able to rely on one another to play their part, do their job and hopefully reach the best possible outcome for the whole.



To support improving our community each class has chosen a 'secret mission' which they are working on in the hope that myself and other staff work out what it is as there has been such an improvement. So far I think there is a 'secret mission' to make sure all locker doors are shut as well as holding doors open for others!

**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



## Grow your happy Display poster



1. Make sure your child gets enough sleep. Children who have good sleep habits have better attention, behaviour, memory and overall better mental and physical health. A pre-school child needs between 11 to 12 hours sleep a night.
2. Encourage kids to get outdoors in nature. Being outdoors in green spaces reduces stress and tension and makes us happier.
3. Ensure your child gets plenty of exercise. Guidelines from the NHS suggest that children under 5 should be active for at least 3 hours each day. Regular exercise will boost their mental and emotional health.
4. Encourage your child to be creative. Creative play allows your child to try out new ideas and can be a great opportunity to encourage new ways of thinking and problem-solving.
5. Encourage them to be helpful and do things for others. They could give away outgrown toys and clothes, make buns for friends and family.
6. Give them lots of opportunities to play. It is absolutely essential for a child's happiness. Playing is a great way of helping children to stay not just physically happy and healthy but it can contribute towards good mental health too. Playing is also important for children as it teaches them to be creative, learn problem-solving skills and learn self-control.



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## BUG BUSTING WEEK

From tomorrow it is our half termly 'Bug Busting' week

### Bug Busting Week - What to do.

Please remember that we need every family to participate in order for our efforts to be effective.

Please proceed as follows:-

Starting from tomorrow, please check for head lice and eggs and wet-comb the hair of every member of your family at least once every three days for at least one full week.

Experts are divided as to whether wet-combing or chemical treatment is best but unless you find lice or eggs, it is better not to treat heads with chemical preparations.

If you are unfamiliar with head lice and would like more information or support about detection and treatment, please see Mrs Hayes-Smith or Miss Bamford.

Here is the link to the NHS website  
[nhs.uk/conditions/head-lice-and-nits](https://www.nhs.uk/conditions/head-lice-and-nits)

## WELLBEING IN MIND TEAM



The sleep workshop for parents by the Wellbeing in Mind team will be rerun on **Thursday 29th February - 3.30-4.30 pm**. To enable you to listen we will supervise the children and nearer the time will send out a google form to determine numbers. It is a really good opportunity to pick up tips to help support your child's sleep habits and health.

## DATES FOR YOUR DIARY -

Wednesday 29th February 2024 at 3:30pm	WIMT coffee afternoon about sleep
Friday 9 <sup>th</sup> February	School closes for half term
Monday 19 <sup>th</sup> February	School Opens
Monday 18 <sup>th</sup> March to Thursday 21 <sup>st</sup> March	EYFS to Year 6 Parents Evening Week - Monday phone call appointments - Tuesday Virtual appointments - Wednesday Face to Face appointments - Thursday additional appointments
Friday 22 <sup>nd</sup> March	School closes for Easter

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