



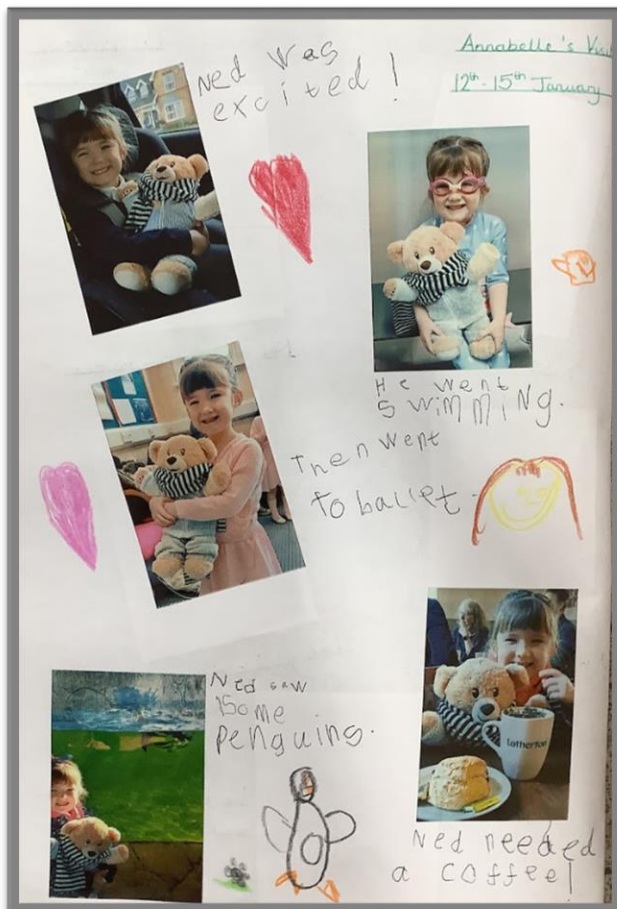
A MESSAGE FROM MRS HADFIELD AND MISS PILLINGER

'Ned the Ted'

Team Tigers have a new friend in class, 'Ned the Ted' who is going home with a different child each weekend.



Annabelle's Mum crocheted a pirate outfit for 'Ned the Ted'. It was the first weekend visit and he had lots of fun with Annabelle.



I wonder what he will get up to on his next adventure?

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.



A MESSAGE FROM MRS HAYES SMITH



We would like to introduce our new cook Miss Stacey Bastiman. She has been working at Lakeside now for a couple of weeks and we have really liked getting to know her.

"I'm very excited to have joined Lakeside and am looking forward to getting to know the children. I do enjoy cooking but my favourite thing to do is bake cakes, lemon drizzle is my favourite. I hope over the coming months I will be able to put this on the menu for the children to try."

A MESSAGE FROM THE 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.

PERSONAL DETAILS FORM

Thank you to everyone who has returned their child's form. Please can any remaining forms be returned as soon as possible so that we can update the system.

Thank you

COLD WEATHER & SCHOOL UNIFORM

With the cold weather it is really important that the children have layers on to keep them warm. The heating in school is constantly monitored and if there are issues then they are addressed. One of the issues we do have is that the classroom doors open onto the playground and if they are left open heat quickly disappears. We are working with all of the classes to ensure that everyone is aware to shut the doors to retain as much heat as possible but it is equally important that the children are dressed appropriately. Many children are wearing just a t-shirt then wishing to wear their coats in class if they are cold. This can be quite restricting for them as coats at this time of the year are often bulky. If there is a genuine heating issue then yes we do suggest wearing their coat in the interim. Please can we remind you of our uniform expectations and that the children should be following these at all times. This also applies to PE kit where we ask that children not wear branded items or colours other than black or blue for tops along with their colour team t-shirt. We do have a lot of spare uniform in school so please talk to us if you need something and we will do our best to find some. If you wish to donate any uniform we would be very grateful and if you know of any older children that have left our school we would happily take older clothes.

School Uniform Rules

At Lakeside Primary Academy, a high standard of personal appearance is expected of all pupils. Our pupils wear their school uniform with pride. It consists of:

General Uniform for all children:

- Plain black or grey skirt or pinafore, or plain straight black or grey trousers or tailored shorts.
- Blue striped or checked summer dress.
- Navy blue or white polo shirt or white blouse / shirt. Plain or with Lakeside Primary Academy logo
- Navy blue jumper / cardigan. Plain or with Lakeside Primary Academy logo
- Plain black sensible styled shoes.
- Sensible waterproof coat
- A book bag is advisable

For PE lessons, we ask the children to wear:

- Black/ Navy PE shorts / skirt/ skort.
- House t-shirt or plain white t-shirt.
- Spare socks for girls wearing tights.
- Black plimsoles.
- Outdoor trainers (non-marking soles). (Not required in Reception)
- Black/Navy, plain jogging bottoms/ leggings. (Not required in Reception)
- Black/Navy, plain warm top/outdoor tracksuit top. (Not required in Reception)

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

Please label each item of clothing with your child's name especially the sweatshirts / cardigans.



When children swim in KS2, we ask that the children bring a swimming bag with the following:

- Girls – full swimming costume / Boys – short fitted swim shorts
- Towel
- Goggles
- Swimming hat

Forest School:

- Children in FS2 need to have a spare pair of wellies in school.
- Forest Kits (Waterproof coat & trousers) are provided in school.

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Mental Health



Mental Health Tips for Parents & Kids



Remind your child **it's okay to have sad days**. Help them feel comfortable **talking about it** and putting their **feelings into words**.



Children need to **feel comfortable**, not defeated, when they make mistakes or fails. Parents can **give children support** to renew their **motivation and hope**.

Establish a **home** where your child feels **accepted and loved**.



Focus on the positive. Teach your child about the gift of **gratitude**.



Everyone needs a break. Check in with your child when they do. Take a break with **meditation** to teach your children the importance of **mindfulness and rest**.

How you can support Your children's emotional understanding?

- Ask your children how they are feeling and try to notice their feelings throughout the day. e.g. when a child has a concern or problem, ask questions or make comments like, "It looks like you might be feeling sad about something."



Make your own simple flashcards—start with happy and sad. These cards can be used to open up conversations with your child.

<https://www.teatimemonkeys.com/emoji-emotions-flashcards/>



Play a Game—get a ball, throw it and say "When I'm sad, I" and take it turns to answer. Answers could include—throw things, shout and cry. Vary questions. Help them think of better solutions.



Look at photos of people you know, or look at pictures in a book and ask you child to tell you a story about how they are feeling. It will help their imagination too.

- Talk with children throughout the day about emotions. For example, when reading books to children, label the characters' emotions and point out the facial expression and body language of the characters in books.
- Talk about how you are feeling during the day. For example, "I am feeling happy today because today we are going to the park!" or "I am feeling sad today because we are not able to visit Granny." Encourage your child to look at your face and your body language as you say, "How can you tell I'm feeling happy today?"
- Talk about how people might feel in different situations to help children understand that all people have feelings. For example, when reading a book, ask questions like, "Why do you think she felt that way? How could you tell she was feeling sad?"
- Label feelings for children when they do not have the words to express how they are feeling. For example, "It looks like you might think that you won't get a turn on the swings today. That feeling is called worried. Let's figure out a plan to help you with the problem if you are feeling worried."
- When your child experiences a strong emotions, it's important to support their efforts to calm down so they will be better able to talk about how they are feeling. After children learn how to calm down and talk about how they are feeling, they can then begin to problem solve.

DATES FOR YOUR DIARY –

Wednesday 29th February 2024 at 3:30pm

Friday 9th February

Monday 19th February

Monday 18th March to Thursday 21st March

Friday 22nd March

WIMT coffee afternoon about sleep

School closes for half term

School Opens

EYFS to Year 6 Parents Evening Week

- Monday phone call appointments

- Tuesday Virtual appointments

- Wednesday Face to Face appointments

- Thursday additional appointments

School closes for Easter

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