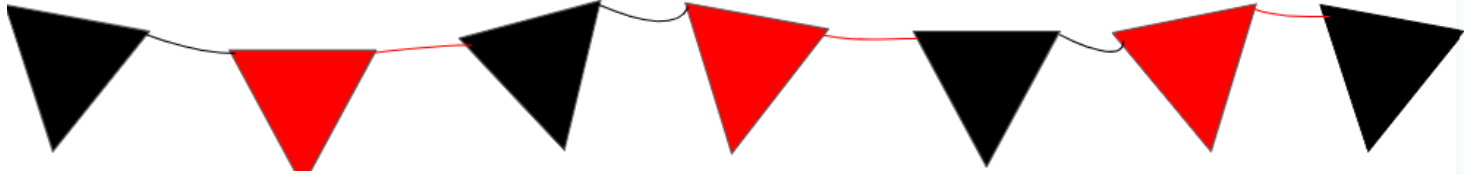


A MESSAGE FROM MRS WAKELEY AND THE SCHOOL COUNCIL



Red Nose Day



Lakeside Primary have had a fabulous time supporting Red Nose Day 2024. Classes have been taking part in their own challenges such as: how long can you hula-hoop for, how long can you stand still for, and how long can you keep a balloon in the air for?



All classes have had the opportunity to take part in the 'Nose and Spoon Race' with some very tricky noses that did not always want to stay on the spoon!



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.



ARE YOU A HERO?

**Here
Everyday
Ready
On time**

Next week we will running our Easter HERO raffle

Each day if you are in school and on time you will receive a raffle ticket.

Then each day 2 children will be drawn from EYFS & KS1 and KS2 will be selected to receive an Easter Egg

#be in it to win it



EBOR ACADEMY TRUST

WHY EVERY DAY COUNTS

Success at school starts with attendance

There are 175 non school days a year – that's 175 days to spend on family time, appointments, holidays, shopping and everything else.

There are 190 school days each year	181 days at school means	171 days at school means	161 days at school means	152 days at school means	143 days at school means
No lost learning =	..9 days of missed learning =	..19 days of missed learning =	..29 days of missed learning =	..38 days of missed learning =	..47 days of missed learning =
100% attendance	96% attendance	90% attendance	85% attendance	80% attendance	75% attendance
Good	Worrying	Serious Concern			
Best chance of success and gets your child off to a flying start!	Less chance of success and makes it harder to make progress.	It's just not fair on your child – and could lead to court action.			



WHY IS IT IMPORTANT TO HAVE UP TO DATE PHONE NUMBERS?

School may need to contact you in a range of situations and it is essential that we have up to date contact numbers.

It is important that we have at least 3 contacts with phone numbers.

If a pupil is absent from school, or fails to arrive at school, with no contact from parents/carers then school staff will attempt to contact all emergency contacts to establish the whereabouts and wellbeing of the child.

Where school staff have been unable to make contact further action such as home visits, safe and well checks and referrals to other agencies including the police may need to be made. We have a duty of care to ensure you and your child is safe.

If you need any help with this please just call in at the office and we are here to answer any questions.

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Sports update!

CROSS COUNTRY SUPERSTARS!

A massive congratulations to Harry and Lexi from Year 5 who, on Tuesday, went to Giggleswick School near Settle to represent York in the North Yorkshire Schools Cross Country Championships.

It was a tough course with steep inclines and plenty of mud yet these two superstars battled through with Lexi finishing 20th and Harry finishing 7th in their respective races.

This is such a fantastic achievement and we are so proud of them both for not only representing York so strongly, but for also flying the flag for Lakeside.

Well done both!



GOALS GALORE FOR OUR FOOTBALL TEAMS!

Well done to the Year 5/6 girls' football team who played on Monday night against Dringhouses. On a small pitch, there were goals flying in left, right and centre with Lakeside coming out on top! Brilliant effort and attitude from everyone!

Goal scorers: Lexi-7, Esme- 5 and Missy 1.

Another well done to the Year 6 football team who beat Knavesmire last night in a closely contested match. After scoring in the first half, the team defended like warriors in the second half to seal a 1-0 win.

Goal scorer: Harry DG.



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Mental Health



THE STRESS RELIEF GIRAFFE

WHAT YOUR CHILD CAN DO:

- OUT OF CONTROL**
 - Calm breathing exercises
 - Use visualisation meditation techniques
- SCARED OF LOSING CONTROL**
 - Body tightening exercises (progressive muscle relaxation)
 - Sigh to become fully present in the moment
 - Practice music therapy
- NERVOUS**
 - Change location / surroundings
 - Use a stress ball / fidget toy
 - Give themselves a 10-second hug to boost their mood
- UNSURE**
 - Colour, draw, write, craft, etc.
 - Practice positive self-talk / words of affirmation
 - Exercise
 - Go outside
- CALM**
 - Play
 - Hydrate with water

Anxiety presents itself in many different ways...

- The desire to control people and events
- Difficulty getting to sleep
- Feeling agitated or angry
- Defiance and other challenging behaviors
- Having high expectations for self, including school work & sports
- Avoiding activities or events (including school)
- Pain like stomachaches and headaches
- Struggling to pay attention and focus
- Intolerance of uncertainty
- Crying and difficulty managing emotions
- Over-planning for situations and events
- Feeling worried about situations or events

DATES FOR YOUR DIARY –

Friday 22nd March

Monday 8th April

Wednesday 10th April

Monday 15th April

Monday 22nd April to Wednesday 24 April

Monday 6th May

Monday 13th May to Thursday 16th May

School closes for Easter

School opens

Spring School Disco – EYFS & KS1 4:30–5:45pm

KS2 6–7:15pm

Training Day – School closed

Y4 Residential Trip to Kingswood Dearne Valley

Bank Holiday – School Closed

Year 6 SATS

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