



A MESSAGE FROM MRS WAKELEY AND MISS PILLINGER

# World Book Day!

What a fabulous day! We hope you all had fun and it was great to see so many parents and carers to share a book. Thank you everyone!



**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.





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Due to a technical hitch more photos will be posted next week.

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This week's pupil voice looked at the subject of computing. The new Digital Leaders met for the first time and we discussed how we would support computing throughout the school.

Pupil Voice

I wanted to become a digital leader because I wanted to help people in my class on their devices. I think it will be fun, interesting and hard

work.  
Maya

We are looking at making top tips. For example if someone sends you a message that you don't know and it upsets you then just block them. Then tell a trusted adult.

Charlotte



I would like to find out how people overcome when they get angry on a game and maybe make some top tips.

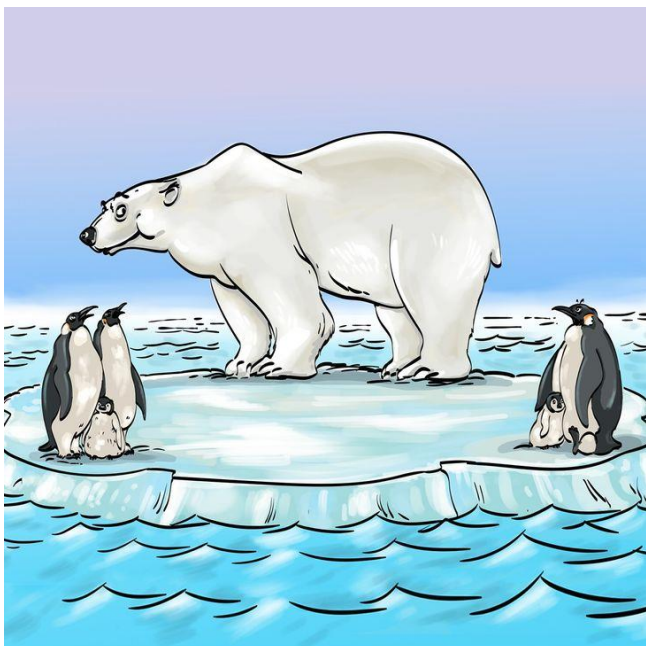
Oscar

I am looking forward to finding out more about online world.

Toby

## SCIENCE QUIZ

### - What's wrong here?



Thank you to everyone who took part in our science quiz last week.

Here's our next picture to get our brains thinking.

Talk to your adults at home, what do they think?

Have fun! To enter you must use your school email, your parents email will not work.

Log onto the google forms using your @lp.ebor.academy email address, the form will also be placed in your classroom.

**Science Quiz click here to post your answer**

<https://forms.gle/2zK8HsHJQmcdhd4n6>

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## Mental Health



### RAINBOW BREATHING



Start on red.  
Place finger on white circle.  
Breathe in and trace finger to other side of rainbow.  
Move to orange.  
Breathe out and trace finger back to other side.  
Repeat until all colors have been traced.



**STAY POSITIVE**  
set aside time to watch funny stuff together. Laughter helps reduce anxiety



**GET CREATIVE**  
being creative & doing craft can be relaxing & calming on the brain



**SUNLIGHT**  
helps our body make Vitamin D which can make kids feel happy & healthy



**PETS**  
playing with pets can reduce anxiety & improve mood



**SLEEP**  
try to stick to a routine. It's essential for good health & the immune system



**REDUCE STIMULATION**  
it gives the brain a break if feeling overwhelmed



**EXERCISE**  
burns off energy, is good for our body & brain, & is fun



**MUSIC**  
80bpm can be calming, help the body to relax, & improve sleep

### CALMING IDEAS for CHILDREN

**NATURE**  
getting outside improves mood, encourages creativity, & gets kids moving

gutidentity.com

### DATES FOR YOUR DIARY –

Tuesday 12<sup>th</sup> March (morning)  
Thursday 14<sup>th</sup> March (morning)  
Monday 18<sup>th</sup> March to Thursday 21<sup>st</sup> March

Friday 22<sup>nd</sup> March  
Monday 8<sup>th</sup> April  
Wednesday 10<sup>th</sup> April  
Monday 15<sup>th</sup> April

Y4, 5 & 6 Cinema Visit – Teenage Mutant Ninja Turtles  
Y1, 2 & 3 Cinema Visit – Asterix: The Secret of the Magic Potion  
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  
School opens  
Spring School Disco – EYFS & KS1 4:30-5:45pm  
KS2 6-7:15pm  
Training Day – School closed

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