



A MESSAGE FROM MRS MARSHALL

School choirs become composers!



Lakeside and Osbaldwick choirs wowed a packed audience at the 'York Late Music Performance on April 27th at Millthorpe School' where they performed the compositions created with composer Kate Pearson. Both choirs worked with Kate over several weeks.

Lakeside - The song which they created the words and music for was called colours and included a boomwhacker instrumental section in the middle. Here is a quick excerpt from the song which talked about how colours brighten our world and make it a happier place.

Green as the end of a peacock's tail, the flying scotsman train,
The everyday behaviour chart, the trees in Spring and Summer,
The Fire Exit is over there, Green as the pickles in the jar
Pickle, pickle, pickle x 2

The world is full of many things, many different colours, many different colours.
Green, Blue, Red, Orange, Yellow, Pink and Purple. Colourful bright, colour bright not boring but beautiful.

Kate Pearson, the composer who worked with the children said: "Lakeside school were inspired by the bright colours of the boomwhackers. After experimenting with different ways of playing the boomwhackers, the children decided to write a song that celebrated all the colours that surround us in everyday life, from the exoticism of a peacock's tail to the furnishings in their school music room. The song goes on to compare the rainbow made by combining the boomwhacker colours with the way that the differences between people bring variety, harmony and fun into all of our lives."

The schools made a special application to be part of the project, Music Specialist Lead Mrs Marshall said: "It was amazing for the children to hear their improvised melodies and brainstorming words turn into actual music. Kate Pearson is a nationally recognised composer writing yearly the Children's Opera for the Royal Northern College of Music. Working with her gave the children a unique insight into composing. Lots of staff worked hard together to make the project happen, as well as parents really supporting it and children embracing the opportunity. At the concert the children also saw other performances and live music from String Quartets and other school songs, including Changes by Knavesmire Year 6 class."

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.



UNIFORM SWAP SHOP

Just to remind you that in the entrance way to school we have set up our '**Uniform Swap Shop**'. Uniform will be arranged in age order and if there is something you need please take it, but leave the hanger.

There is also a collection bin if you wish to donate any items that we can recycle.

Mrs Smith will be in charge of keeping the rack filled up but if there is something that you need but can't find it please ask.

If anyone has school shoes or trainers that are in a good condition that they no longer need then please bring them into school.



Music at Lakeside - Update

We've had a really exciting time in music preparing for our forthcoming showcases. You will soon be receiving invitations to come into school on a Thursday afternoon from 2.30 pm (on various dates which will be confirmed next week).

EYFS and key stage 1 – You will see the children perform poetry, body percussion, untuned percussion and tuned percussion. There are also a full range of fun songs including the teacher favourite 'I once saw and Elephant' and children's favourite 'Just like a Roman.'

Lower key stage 2 (Yr 3 & 4) – Year 3 will be showing their new recorder playing skills with a range of songs plus a rhythm 'play along.' Year 4 will be performing the ukulele. Both classes will be singing, including partner songs and also rounds. They are fantastic at singing in parts now.

Year 5 and 6 – Year 5 will be performing violin, ukulele and percussion (tuned and untuned). Some fun songs will also be performed! Including a number with Makaton signing. Year 6 will be again doing their production, watch this space for more information after SATS.

Remember: Choir is always looking for more members (Thursday 8 am), we have over 30 children now and it is sounding fantastic. We will be doing a parent concert at the end of term in school time. Don't forget the very affordable 'Make Music' club on Monday mornings at 8.15 am (just £3 per week) and all the peri lessons. Head to the school website to check out our parent leaflet. We are now taking bookings for September. We are very grateful for all Miss Crawford's hard and wonderful work over the last couple of years. She will be moving on but we have a replacement ready to start, Nina will be taking over all Hannah's teaching and the transition will be very smooth. Mrs Marshall has worked with Nina before and can assure all parents and children, she is a superb teacher. Costs of lessons will be £25 a month for 15 minute one to one or £50 per month 30 minute one to one. If your child qualifies for free school dinners we can now offer lessons free of charge, just speak to Mrs Whittaker our new Well Being lead.

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Mental Health



Keys to emotional well-being

Use positive self-talk



Remind yourself that you're a work in progress



Work towards your goals & dreams



Stay physically active



Get enough sleep and rest



Spend time with family & friends

Eat a balanced diet



Talk about your thoughts & feelings



Do activities you love



Care for yourself



Keep learning things that interest you



Give back to others

www.thepathway2success.com

Clipart by Kate Hadfield

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

1 Do something kind for someone you really care about

THURSDAY

2 Focus on what you can do rather than what you can't do

FRIDAY

3 Take a step towards an important goal, however small

SATURDAY

4 Send your friend a photo from a time you enjoyed together

SUNDAY

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future

ACTION FOR HAPPINESS

Happier · Kinder · Together

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CITY, KICK, ABOUT.

ARE YOU LOOKING FOR SOMEWHERE TO
PLAY FOOTIE & HAVE A KICK ABOUT?

**RUNNING EVERY SECOND
FRIDAY OF THE MONTH**

at Vale of York Academy,
Rawcliffe Drive, YO30 6ZS
for young people aged 8 - 17

For further details call 07834 588259
or email inclusion@yorkcityfcfoundation.co.uk

FOUNDATION /York City Football Club Foundation @YCFoundation



FANCY A KICK ABOUT?

**EVERY SECOND FRIDAY
OF THE MONTH**

Friday 10th May, 14th June, 12th July,
9th August, 13th September, 11th October,
8th November, 13th December, January 10th 2025

8-12 years 5-6pm | 13-17 years 6-7pm



FOUNDATION



City Kickabout is a social inclusion programme offering football for all, working with various local youth partners, offering positive diversionary activity & opportunities. All participants will need to provide parent/guardian contact details in case of emergency. U12's must be completed by parent/guardian. Coaches reserve the right to refuse access to the sessions if details not provided or if the player code of conduct is not followed.



DATES FOR YOUR DIARY –

Monday 13th May to Thursday 16th May
Friday 24th May
Monday 3rd June
Monday 3rd June to Friday 14th June
Monday 10th June to Friday 14th June
Friday 28th June
Saturday 29th June

Year 6 SATS
School Closes for Half Term
School Opens
Y4 Multiplication time check
Phonics Screening
Training Day – School Closed
Lakers Family Fun Day

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