



## A MESSAGE FROM YEAR 6 ...

# Carlton Lodge Residential

Last week the Year 6 went to Carlton Lodge for their Year 6 Residential. The children were great ambassadors for the school and showed real enthusiasm for the whole experience. We are so proud of each and every child that came to Carlton Lodge! They were resilient, determined and challenged themselves in so many different ways. It was a pleasure to take them! Mrs Richards, Mr Walsh, Mrs Dobson, Mrs Shephard and Miss Bi.



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## CLIMBING WALL



## PROBLEM SOLVING



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## RAFT BUILDING



## BUSHCRAFT



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## ARCHERY



## CANOEING



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## HIGH ROPES



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## OUR THOUGHTS ABOUT THE RESIDENTIAL

I liked canoeing because it was on water and normally I don't like water activities. **Harry H**

I enjoyed doing the high ropes because it was challenging and fun. **Maisie**

I liked bushcrafting because we got to have marshmallows and made our own fires. **Evie**

It gave me a break from electronics! **Talia**

It allowed me to try new things, such as the high ropes. **Ruby R**

It was jaw dropping and really really good. **Harley**

It was a really fun experience but very cold so if you go in the winter make sure you bring layers! **Olive**

Really good experience. **Lewis**

It is really good as we can use these skills we have learnt later on in our jobs. **Zac**

The zip line was scary but I liked it. **Emirhan**

It was really fun and an opportunity to try new things. **Arthur**

I liked bushcraft because I got to eat a cricket! **Tillie**

It was excellent and the English breakfast was epic! **James**

I really enjoyed it, even though at times it was a bit scared. **Autumn**

It let me face my fears, because I am not keen on heights! **Maxwell**





## SAFEGUARDING THOUGHT OF THE WEEK

06.12.24

### What We Need to Know About Supporting Children to Build Emotional Resilience

The National College's free online safety guide on how to nurture self-esteem in children and young people and help them to effectively process difficult feelings.

Facing unpleasant feelings can be a challenge, even for adults – let alone for children and young people, whose minds are still developing. To many youngsters, a mistake in an exam, a hurtful word or even losing in a game can sometimes feel like the worst thing in the world, causing them to react accordingly.

However, this isn't always an effective way to deal with difficult emotions or life's setbacks, so it's important that parents and educators are able to impress a healthy approach to these feelings on the children in their care. This free guide offers you expert tips on how to instil emotional resilience in young people, helping them to learn from unexpected feelings and situations – and to process them in a mature, effective manner.

At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**  
Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.
- 2 MODEL POSITIVE BEHAVIOUR**  
Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**  
Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."
- 4 FOSTER A GROWTH MINDSET**  
Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.
- 5 PROMOTE SELF-CARE PRACTICES**  
Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- 6 BUILD HEALTHY RELATIONSHIPS**  
Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.
- 7 SUPPORT EMOTIONAL AWARENESS**  
Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.
- 8 ENCOURAGE INDEPENDENCE**  
Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- 9 DEVELOP COPING STRATEGIES**  
Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.
- 10 CELEBRATE SMALL WINS**  
Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

**Meet Our Expert**  
Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.

**#WakeUpWednesday**  
The National College

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## Mental Health



## ARE YOU A HERO?

HERE

EVERYDAY

READY

ON TIME

### Attendance Matters



02.12.2024 – 20.12.2024

Each day your child is in school they will receive a raffle ticket and be entered into our Spectacular December Raffle where there is a selection box every day to win.

## DATES FOR YOUR DIARY –

Wednesday 11<sup>th</sup> December

Wednesday 11<sup>th</sup> December 2:00 pm

Wednesday 11<sup>th</sup> December 6:00 pm

Thursday 12<sup>th</sup> December 9:30 am

Thursday 12<sup>th</sup> December 2:30 pm

Friday 13<sup>th</sup> December 9:30 am

Thursday, 12th December 3:20 pm – 4:20 pm

Friday 20<sup>th</sup> December

Monday 6<sup>th</sup> January 2025

Tuesday 7<sup>th</sup> January 2025

Christmas Dinner and Jumper Day

EYFS Nativity to parents (Team Tigers)

Open Evening for prospective parents for September 2025

Key Stage 2 Christmas Concert at school

Key Stage 1 Carols around the Christmas tree at school

EYFS Nativity to parents (Team Tigers)

Parent Wellbeing Workshop with the WBIM Team focusing on resilience

School closes at normal time

**SCHOOL CLOSED – TRAINING DAY**

School reopens

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