



A MESSAGE FROM MRS DOBSON... PART 2

Science Learning!

“The important thing is to never stop questioning.” – Albert Einstein



Elephants



We also watched a Science Week Live Lesson with astronaut Tim Peake where we learned all about how to survive in space and the adaptations you have to make. 🚀



📅 For Science Week we have been looking at the importance of hygiene by watching the changes in mould growth on slices of bread. We touched slices with dirty hands, hand sanitiser and even wiped one slice on all the Chromebooks in our class! We have predicted which slice of bread will change the most and can't wait to see the results over the next few weeks. 🌈 📅



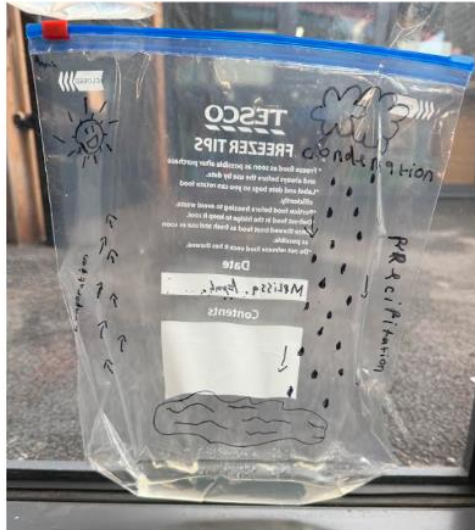
Lakeside is a nut aware school

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.



Turtles

Year 4 learnt about the Water Cycle. They observed the processes of evaporation, precipitation and condensation, and created visual representations of the Water Cycle to demonstrate their understanding. They enjoyed seeing how their Science work linked to their current Geography topic about Rivers.



Rhinos

Adaptation Yoga



Seed selection-
planting tomato
seeds.



The life cycle of a
butterfly.

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Lemurs

We then looked at how these adaptations or traits are passed on through genes in DNA by breeding reebops to create babies and observe the variation possible from just two parents.

We have been looking at how animals adapt to their environment in order to survive. We created a brand new animal and explained how it had adapted to its environment.



Adapted to shed in summer and grow thick fur in winter this animal is always very comfy. It usually nests up in trees far away from enemies. The pidge-cat can store water in summer just in case of a drought!



Animal: pidge-cat
Habitat: Grasslands
Species: Bird/Mammal
Family: Columidea

Life span: 15-20 years
Diet: worms, mice and berries

Neither a cat or a pigeon, it's a combination! Ears for hearing predators, wings to escape and teeth to eat. This fluffy animal is a perfect pet as well! With affectionate behaviour they will always demand for cuddles.

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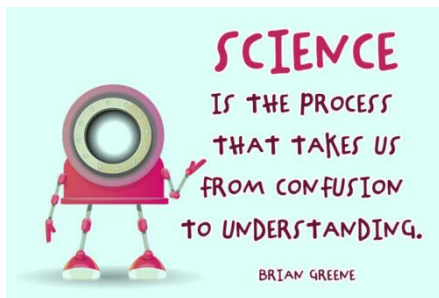
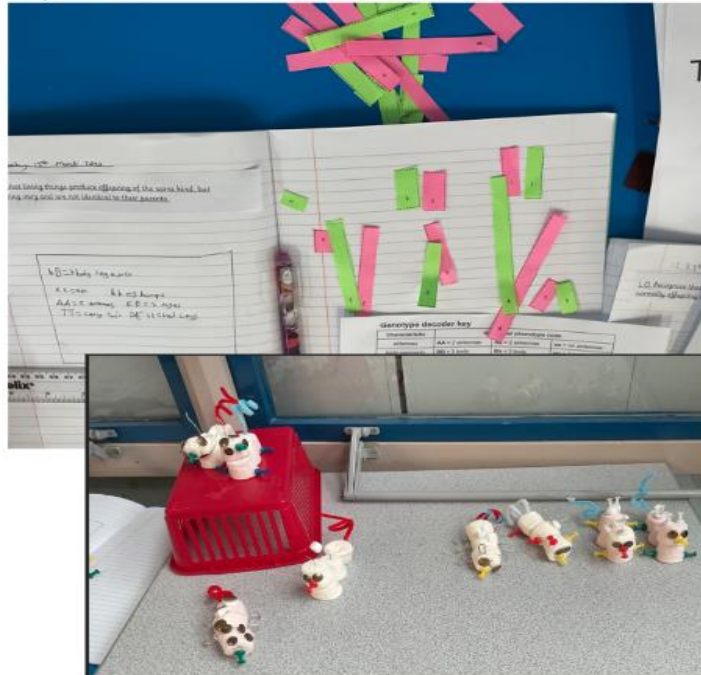
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Orangutans

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Tuesday 11th March 2025

Lo. Identify how animals and plants are adapted to suit their environment in different ways.

It can't be afraid of the dark

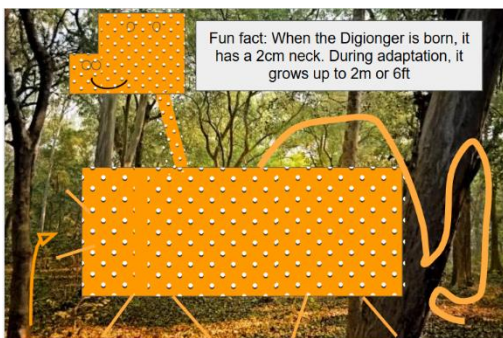
It's got sharp teeth and a wide mouth so it can scare other animals

It's got so many legs so it can stick to wall and roof.

It has big eyes so it can see in the dark.

It has big wings so it can fly for a long time.

It sleeps in the day and in the night it finds food and water



It grows arms to easily attack and eat preys.

Some digiongers cant grow

Name:
Digionger
Habitat:
Forest
How it adapts:
Other info:
The tail is kind of bad because it can get caught in trees and can hurt the animal.

L.O: Identify how animals and plants are adapted to suit their environment in different ways

“To invent, you need a good imagination and a pile of junk.” – Thomas Edison



North Yorkshire Cross Country - Primary Schools Championship



Last Thursday, three members of Lakeside travelled to the otherside of the county to Giggleswick School, Settle to compete in the North Yorkshire Cross Country Championship. Lexi, Autumn and Harry (Year 6) had been selected to take part in this event after finishing within the top spots during the York cross country races last October.



The course at Giggleswick was a tough one! Steep hills combined with a fast pace made it hard going for everyone taking part.

Our talented crew ran in the last two races of the day and they really did save the best until last!

Autumn and Lexi ran in the Year 6 girls race with Autumn chasing down the lead packs and finishing a strong 13th and Lexi putting on a great sprint finish to claim 36th. Harry ran in the final race of the day and finished in a very impressive 10th place in a very competitive field.

We are so proud of Lexi, Autumn and Harry for this great achievement. This is even more so impressive as none of these athletes consider cross country to be their number one sport! Keep shining all!



★ Music Showcase

Lakeside Children Deliver Impressive Musical Performances

Over 50 children participated in our annual Music Showcase, featuring the school choir and students taking individual or small group music lessons. A full audience of parents, grandparents, and family friends enjoyed a diverse program. The choir performed songs with harmonies and actions, while the band played a range of music, from popular Taylor Swift songs to Eurythmics classics. The concert also featured violin group and solo performances, as well as cornet and flute pieces. The Make Music Group opened the show with a performance of "You are my Sunshine," incorporating piano, singing, drums, percussion, glockenspiel, and ukulele.

We were pleased to welcome representatives from the York Music Hub, whose funding has enabled the school to provide instrumental lessons to all children, regardless of their financial background. We are grateful to our peri music teachers, Miss Kumin, Mr. Wilton, and Mr. Hepworth, for their work in preparing the children for this showcase.

Mrs. Marshall commented, "I was very proud of all the children who participated, both in the choir and as instrumentalists. They represented themselves, the school, and their families brilliantly. We are fortunate to have such talented children and dedicated teachers at Lakeside who support their musical development. The concert was a successful team effort."

Mrs. Hayes-Smith added, "It was such a fabulous event and to share our musical talents with the community was amazing."



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HELP US TO HELP SAVE THE PLANET

New food waste rules are here!
Do your part by sorting your waste the right way:

This week in assembly we talked about how we can be a great team member by supporting the kitchen staff with the new food waste rules. For the time being we are asking pack ups to please take their rubbish home to recycle whilst we begin to recycle at school. We will keep you updated when we can change this.



FOOD WASTE

Scrape leftovers into the food waste bin

RECYCLABLES

Put cans, bottles; and packaging in the recycling bin

GENERAL WASTE

Only non-recyclables go in the general waste bin



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SAFEGUARDING THOUGHT OF THE WEEK

28.03.25

What We Need to Know about Horror Films & Age Ratings

Many children and young people enjoy exploring new and exciting genres and themes in the films and TV they consume – and as they grow, the maturity of this content will likely increase with them. However, without proper supervision and safeguarding, youngsters looking for a new title to enjoy – especially in the horror genre – might get a little more than they're ready for.

The emotional and psychological impacts of viewing age-inappropriate content can be severe. It's vital for parents and educators to know how to keep the children in their care as safe as possible while young people explore new, potentially grittier or darker, pieces of media. The National College guide breaks down the risks of viewing age-inappropriate content, with a particular focus on horror, and offers expert advice on how to limit youngsters' exposure to material that might upset or disturb them.

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.

What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

- U: Suitable for all ages
- PG: For children aged 8 and above; this content shouldn't unsettle them
- 12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references
- 15: Suitable only for 15-year-olds and above
- 18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider rereads of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.

#WakeUpWednesday®

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.10.2024

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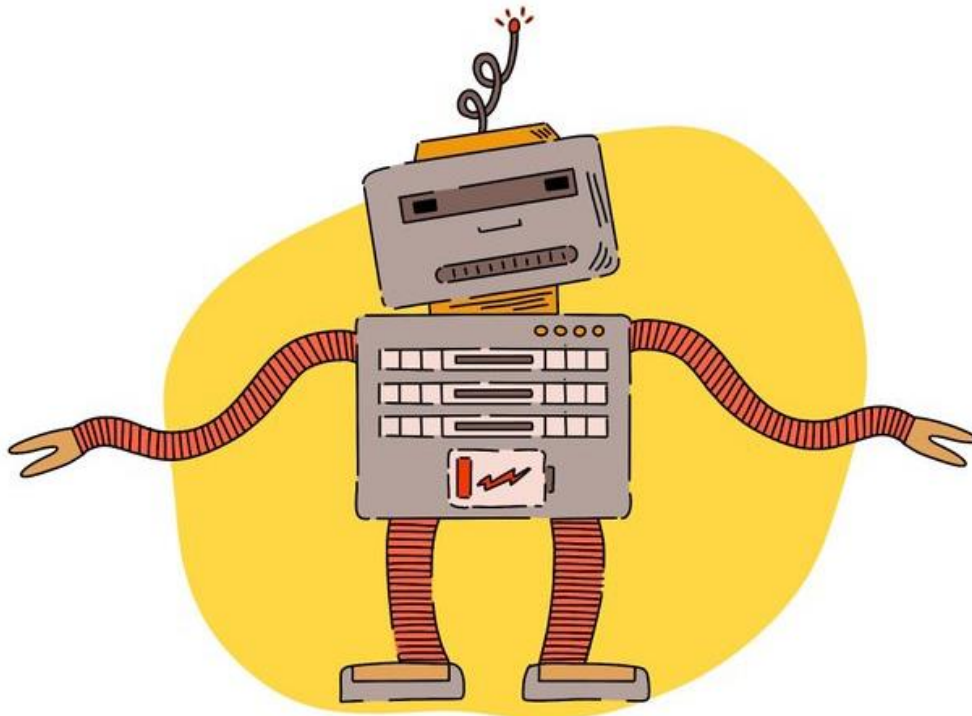
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Mental Health



We are not robots, processes or machines
We have good days and bad days
We are weak and strong
We feel, care and think
We need nurturing, growing and looking after
We are humans



@NeedsAtWork

soniasparklesdraws @sonia_sparkles soniasparkles.com

DATES FOR YOUR DIARY –

Monday 31st March – Wednesday 2nd April 2025

Monday 31st March – Thursday 3rd April 2025

Friday 4th April 2025

Tuesday 22nd April 2025

Friday 25th April 2025

Monday 5th May 2025

Monday 12th May – Thursday 15th May 2025

Friday 23rd May 2025

Monday 2nd June 2025

Saturday 5th July 2025 11am to 2pm

Tuesday 22nd July 2025

Y4 Residential to Newby Wiske Hall

Y6 Bikeability Training

School closes for Easter

School reopens

Lakers Spring Disco – further details to follow

Spring Bank Holiday – School Closed

Y6 SAT's

School closes for Half Term

School reopens

Lakers Family Fun Day

School closes for summer

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