



The Gusford Gazette

What do cows say on January 1st?
"Happy Moo Year!"

Issue 2416

Friday 5th January 2024

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Welcome Back

Happy New Year! I hope you all had a good break. It was great to see the children again on Thursday. Clubs start again next week.

Celebration Attendance Assemblies

Monday 8th January
10.00am Year 1 and 2
10.30am Year 4 and 6
11.00am Year 3 and 5

Grand Toilet Opening

Over the Christmas holidays, the Trust managed to complete the refurbishments of our Year 2 toilets originally organised by Mrs Madsen. Click below to watch the opening ceremonies.

Girls' Toilets:

<https://fb.watch/pnZjUdkuHO/>

Boys' Toilets:

<https://fb.watch/pnZl20SHfe/>

Flag Design Competition

On Tuesday next week, you will be able to see our new flagpole in the bungalow garden. We have an Ipswich Town FC flag, some Saint flags and an Elvis flag...but we need a school flag too. Can you help?

- Design your flag on A4 landscape (name and class on the back please)
- Use strong colours (pencil or felt-tips)
- If you write anything, please make sure there are no spelling mistakes and all words are large and clear

We will get the winning design made into our flag. Ms Talbot, our art co-ordinator, will judge the entries. Good luck.

School Uniform

Please remember school uniform, including school shoes, unless it is your child's PE day. Trainers are for the evenings and weekends. Thank you.

Awareness Days and Whole School Diary Dates

Monday 8th January. **Attendance Assemblies.**

Thursday 18th January. **Curious Families Workshop (Realise Futures).**

Friday 2nd February. **World Cancer Day.**

Bikeability

5/2 and 6/2 - 5NT
7/2 and 8/2 - 5SI
12/2 and 13/2 - 5LP
14/2 and 15/2 - Year 6

Monday 5th February and Wednesday 7th February. **Parents' Evenings** (appointment slips to follow).

Tuesday 6th February. **Safer Internet Day.**

Wednesday 7th February. **Our Big Schools' Birdwatch.**

Friday 9th February. **Gusford Performing Arts Festival.**

Tuesday 13th February. **Pancake Day (Shrove Tuesday).**

Wednesday 14th February. **Valentine's Day.**

End of Term. Friday 16th February.

Start of Term. Monday 26th February.

World Book Day. Thursday 7th March.

Mother's Day. Sunday 10th March.

Monday 11th March. Our **Choir are performing at Snape Maltings.**

Friday 15th March. **Year 5 Stargazing Sleepover.**

Monday 22nd April. **Bluey Club trip to Felixstowe.**

Tuesday 23rd April. **St George's Day.** Wear red and white (or club uniforms).

Week beginning Monday 13th May. **KS2 SATs.**

Friday 21st June-**Suffolk County Day** (wear something connected to Suffolk). No donation just celebration.

Sports Days

Nursery and Reception - Monday 1st July 1015-1145am
Years 5 and 6 - Tuesday 2nd July 1.30pm
Years 3 and 4 - Wednesday 3rd July 1.30pm
Years 1 and 2 - Thursday 4th July 1.30pm

Go-kart Festival. Saturday 13th July. 10.00am-12.00pm.

End of Term. Thursday 18th July (no school on Friday 19th July).



Attendance Matters

Dear Parents/Carers,

Our school and other schools across Ipswich are working with an evaluation partner to better understand any barriers that are preventing pupils attending school. As part of this, they have asked a small number of schools in the area to get responses from their parent community. This survey will take around 5 minutes and will ask you questions about your child's attendance at school, including things about your understanding of the school's attendance policy. There is also an opportunity for you to share your views on how the school could further support pupil's attendance at school.

We would really appreciate it if you were able to complete this survey. All responses will remain anonymous and will be used by the school and the wider area to better understand how to support pupils and families in our local community.

This survey is currently available in four different languages. Please click below to access the survey in your chosen language:

English survey:

<https://impacted.typeform.com/lpswichEnglish>

Polish survey:

<https://impacted.typeform.com/lpswichPolish>

Latvian survey:

<https://impacted.typeform.com/lpswichLatvian>

Portuguese survey:

<https://impacted.typeform.com/lpswichPortug>

The window for this survey is open from **8th January** until **26th January**.

Performing Arts Competition

Do you want to be a politician, newsreader, teacher or even a youtuber?

On Friday 9th February 2024, in the evening we are running a performing arts competition for our children which may help. There are three age groups: Year 2 and under, Year 4 and under and Year 6 and under and there are three categories you can enter in each of the age groups.

1. Recital set piece. Learning the given poem and then reciting it from memory (practise at home/school first).

2. Reading set piece. Reading the narrative text from the book (practise at home/school first).

3. Sight reading. Reading a given piece out loud but only after seeing it for the first time two minutes before the performance.

There will be certificates for everyone and medals for the 1st, 2nd and 3rd placed winners in each category. You can download an entry form and see all the set pieces on our website:

<https://gusfordprimary.net/curriculum/performing-arts-competition>

It's free to enter and should be good fun. Give the school a ring if you require any more details and good luck!

12 Days of Christmas Reading Challenge

Mrs Hopkins is collecting the names of our reading challenge winners. Watch this space!

Christchurch Junior Parkrun

Why not join me at the Ipswich Junior Parkrun (Christchurch Park) on Sunday morning, 9.00am start. Register below then come and say hello in the morning. Walk, run or jog.

<https://parkrun.org.uk/register/?eventName=ipswich-juniors>

WEEK THREE						
13/11/2023 04/12/2023 08/01/2024 29/01/2024 26/02/2024 18/03/2024	Option one	Cheese & Tomato Pizza with Wedges	 Mexican Beef with Rice 	Sausages, Onions and Gravy with Roast Potatoes	Chicken Pie with Mashed Potatoes 	Fishfingers or Salmon Fishcake with Chips & Tomato Sauce
	Option two	Tomato Pasta 	 Vegetable Fajitas with Rice 	Veggie Sausages, Onions and Gravy with Roast Potatoes 	Creamy Vegetable Pie with Mashed Potatoes	BBQ Quorn Fillet with Chips 
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Iced Sponge	NEW Chocolate Orange Cookie 	Fruit Jelly with Pineapple 	Peach Upside Down Cake with Custard	Cornflake Tart





**Active
Teacher**
Training



**Ambition
Institute**

Train to Teach Roadshow January 2024

- Find out how you can start a new career this year!
- Meet our friendly staff and discover our local schools.
- Whatever your qualifications or experience we have a route into teaching available to you.

4th January, 2.00pm-4.00pm
Gusford Primary School, Ipswich

5th January, 2.00pm-4.00pm
Hillside Primary School, Ipswich

8th January, 2.00pm-4.00pm
Sidegate Primary School, Ipswich

Email:
michaela.attlesey@activelearningtrust.org
to book your space today!

www.activelearningtrust.org/att





2024

A YEAR FOR BETTER EMOTIONAL HEALTH

EMOTIONAL WELLBEING CAN MAKE A
BIG DIFFERENCE TO CHILDREN'S
PROSPECTS IN SCHOOL AND BEYOND

In Suffolk, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents. So you can have **FREE ACCESS**.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.



- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child



GO TO [INOURPLACE.CO.UK](https://www.inourplace.co.uk)
AND ENTER THE CODE WOLSEY
FOR FREE ACCESS TO THE ONLINE COURSES



Education & Skills
Funding Agency

Learning in Families



Coming Next
Term

to

Gusford Primary
school

Free Family Festival workshop

Suitable for parents, grandparents
or carers and their children.

Come and share activities
together!

WHEN:

18th January 2024
afternoon

WHERE:

Gusford Primary school

HOW TO BOOK:

Watch out for the
letter of invitation
from the school next
term!

IN PARTNERSHIP WITH:

Gusford Primary School



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety®

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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