



# The Gusford Gazette

Q: Why did the dragon stop fighting with knights?  
A: He was tired of canned food...

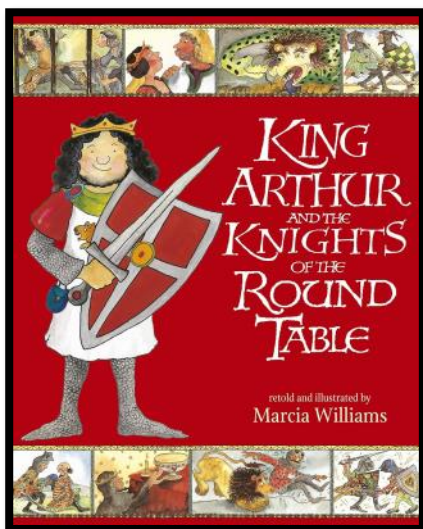
Issue 232

Friday 15th September 2023

Circulation: 540

## Knight Drawing Competition

Draw me a picture of a Knight and the top two entries will receive a special Knight comic book.



## Golden Tickets

Has your child received a Golden Ticket. Ask them today? See if they can remember why they were given one?



## Awareness Days and Diary Dates

Friday 29th September-**Macmillan** cake sale after school (cakes bought/donated in the morning and then resold after school). All money raised to Macmillan.

Wednesday 4th October- **The Photographer is coming!**

Friday 20th October-**Multiple Sclerosis (MS)** Orange Day (non-uniform £1.00 donation). All money raised to MS.

Tuesday 31st October-**Attendance Celebration** (for all those children with 96% attendance and above). 10.30am.

Friday 10th November-**Remembrance Day Service** 10.45am,. We will also be sending a small group of children to the British Legion's Schools' Service at Ipswich Cemetery.

Friday 17th November-**Snowwhite LIVE!** In the school hall. £1.00 donation please.

Wednesday 12th December-**School Christmas Lunch and Christmas Jumper Day** (no donation).

Friday 15th December-**Ipswich Town Day** (money raised towards installation of a school flag pole £1.00 donation)

Friday 2nd February-**World Cancer Day** (Sunday 4th). Non-uniform £1.00 donation. All money raised to CRUK.

Thursday 7th March-**World Book Day** (dress up as your favourite book character. No donation just celebration)

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

**"Together we believe, learn and achieve."**

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E-mail: Admin@GusfordPrimary.net Website: www.GusfordPrimary.net

## Gates at the start and end of the day

To help with security we have installed electric gates at the front of the school. In the morning they will be open as normal but we will close them after 9.10am when you will have to 'buzz' in. They will remain closed until 3.00pm when we will open them again at pick up time.

## Bikes in School

At the end of the day we enjoy seeing some of the secondary school children come to pick up their brothers and sisters. Please remind them to push their bikes once they get past the green gates. Thank you.

## Reading Focus Autumn Term

Nursery: The Gingerbread Man

Reception: Goldilocks and the Three Bears

Year 1: Julia Donaldson books

Year 2: The Tin Forest

Year 3: Stone Age Boy

Year 4: The Fireworks Maker's Daughter

Year 5: The Boy in the Tower

Year 6: Holes

## Parent Communications

Conversations with parents can sometimes be emotive particularly when we are talking about your children. We understand this. We do our absolute best to remain calm and respectful at all times. As with the NHS, the Police and other similar organisations we ask you for the same respect in return. Any aggressive or intimidatory behaviour will not be tolerated. Thank you for your support in this matter.

## Attendance Matters

Great news! Our attendance since returning has been 96% (last year it was 92%). Quite simply if the children are in school they are much more likely to be successful in their learning. Thank you.

## Why the name Gusford?

The school was built very close to an area known as Gusford Hall. This area is still marked on OS maps from the 1950's. The hamlet of Godlesford (later Gusford Hall) was given to a Knight, Sir John Ravensworth by King Henry VIII in 1540. Could this be why we have the logo of a Knight's helmet?



Thank you Abi, Martha, Harrison and Oliver for your super research.

## Reception September 2024 Open Evening

We are holding an Open Evening on Thursday 2nd November 6.00-8.00pm in the school hall. We'll tell you about the school and give you a tour. Refreshments available. You can phone up and book in or just turn up on the night. You are also welcome to ring the school at anytime and the Headteacher will show around while the children are at work.

## Clubs

Our school clubs start next week (on Monday). If the pick up arrangements go wrong at the end of the club please encourage your child to return to school and talk to an adult and we will sort it out. Thank you.

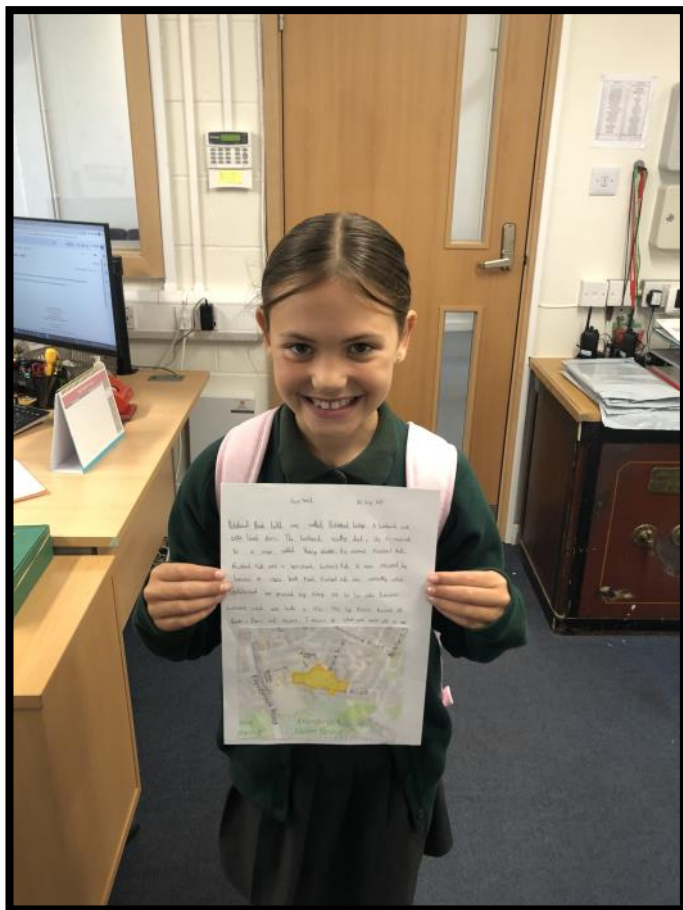
Option 1	Cheese and Tomato Pizza Whirl with New Potatoes	Spaghetti Bolognaise	Roast of the Day, Roast Potatoes, Stuffing & Gravy	<b>Yamas!</b> NEW Greek Chicken Pita with Seasoned Wedges or NEW Spinach & Cheese Parcel with Seasoned Wedges	Fishfingers with Chips & Tomato Sauce
Option 2	Tomato Pasta	Vegan Spaghetti Bolognaise	Vegan Quorn Fillet with Stuffing, Roast Potatoes & Gravy	Fresh Salad Rainbow Slaw	Quorn Burger with Chips & Tomato Sauce
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Apple Flapjack	Peas Baked Beans
Dessert	Peaches with Ice Cream	Chocolate and Apple Sponge	Fruit Salad	NEW Cornflake Tart	

Or a choice of Yoghurt & Fresh Fruit available daily

## Welcome Back!



## Gusford Hall Research



### Curriculum

Mrs Garner has updated all the curriculum information on the school website. If you want to find out what your child is learning and how you can help them, then please take a look:

[gusfordprimary.net](http://gusfordprimary.net)

Click on 'Curriculum' on the top menu and then choose a subject area.

### Trips

We have planned a programme of trips and visits for each year group. Next week we are going to send it to parents. The programme is linked to the curriculum your child will be following. We also hope it gives you a chance to look at the contributions we are going to ask for over the school year so you can plan ahead. We will also upload it to the school website. We hope it's useful.

### Wall of Fame

Each week a child from every class receives a special celebration certificate. This certificate will be awarded for displaying one of our school values:

- Kindness
- Honesty
- Respect
- Confidence
- Responsibility

If your child is chosen, we will invite Parents/Carers into Friday's Celebration Assembly and their photograph will go on our wall of fame.

### Flu Vaccinations

Please note that if you give permission, then your child will receive their flu vaccination on Tuesday 26th September.





# Cake Sale

**IN AID OF MACMILLAN CANCER SUPPORT  
FRIDAY 29TH SEPTEMBER 2023**

**GUSFORD PRIMARY SCHOOL  
IN THE SCHOOL HALL FROM 3.15PM**

**PLEASE BRING IN DONATED CAKES,  
BISCUITS AND GOODIES IN THE MORNING  
IN A NAMED TIN AND HAND TO YOUR CLASS  
TEACHER \* PLEASE NOTE NO NUTS\***



# Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

## PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

## ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

## AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

## DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

## FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

## ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

## TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

## BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

## Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipal.app/about/privacy.html>

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#WakeUpWednesday



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U  
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Please help her to reach her target  
for the MS society! The MS "BIG  
LEAP" is on 29th October