



The Gusford Gazette

Our cake sale raised £161.71 for Macmillan. Thank you children, parents, staff and Friends of Gusford.

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Reading at Home

Reading at home with your children is the single most important thing you can do to help your child with their learning in school. Turn off the television, close the laptop and put your phone on silent. Sit on the sofa or cuddle up at bedtime and take 10 minutes to really enjoy the time together.

1. You can take it in turns to read a sentence.
2. You can read a page first and then get them to read it themselves a second time.
3. If the book has pictures use the pictures as clues and talk about what you see.
4. Guess what might happen next before you turn the page.
5. Don't get cross if they keep getting stuck on the same word!!!
6. Make any links with other books you have read or something that actually happened in real life.

Reading in School

All Reception and Year 1 children will be heard read 3 times per week in phonics by an adult. A small group of children, who are finding it a little harder will be heard 4 times a week. In Year 2 to 6 all children will be heard a minimum of once a week by an adult. **Please can you ensure the children bring in their reading diaries everyday. Thank you.**

Share Sessions

Nursery/Reception 11th October 2:15 - 3:15pm

Year 2 12th October 2:15 - 3:15pm

Year 1 13th October 2:15 - 3:15pm

Seeing is Believing

Year 5/6 11th October 9:00 - 9:30am

Year 3/4 12th October 9:00 - 9:30am

Reading Cafe (8:20 - 8:40am)

October 5th Year 2, Year 3 and Year 5

October 12th Year 1 and Year 6

October 19th EYFS and Year 4

Parents are welcome at all sessions. No need to book, just turn up on the day.

Awareness Days and Diary Dates

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

Year 6 Open Evening at Chantry Academy Thursday 6th October, 6.00pm-8.00pm.

Parents' Evenings—Monday 16th October 4:00pm-7:30pm and Wednesday 18th October 3:45pm - 5:45pm (booking open nearer to the date)

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

Wednesday 1st November-**Attendance Celebration** (for all those children with 96% attendance and above). 10.30am.

We are holding an **Open Evening** on Thursday 2nd November 6.00-8.00pm in the school hall. 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.

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.

Friday 1st - Sunday 3rd December. St. Francis Church **Christmas Tree Festival** which will take place over the weekend. Look out for our tree,

Wednesday 12th December-**School Christmas Lunch and Christmas Jumper Day.**

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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Free School Meals

Gusford would like to ask you to encourage your child to have a school meal **on Thursday 5th October** as it is Census Day. This benefits the school for the whole academic year. We are serving **Fish fingers and chips or Jacket Potato with cheese/beans, followed by Vanilla Shortbread**, as well as our ever popular 'ham roll - pick and mix' in order to appeal to as many children as possible.

For every infant child (Reception, Year 1 and Year 2) that has a school meal on **Thursday 5th October**, the school will receive government funding to pay for provision of universal free school meals for infant pupils. Because our funding is based on the number of meals taken on census days, if our numbers are low the school will not receive enough funding to match the actual costs of providing meals throughout the year, and this will mean we have to use other school money for this purpose.

Please support the school by encouraging your child to have a school meal on this day, even if they don't normally have school meals. School meals are free for infant pupils so it will cost parents nothing to support the school in this way. Junior meals cost £2.40, unless your child is eligible for free school meals. It will also help our funding if our junior pupils who are eligible for free school meals have a school dinner on census day.

Challenge

Can you think of five adjectives to describe the Knight on our school uniform?

Example

1. A *courageous* Knight

Write them down, don't forget to put your name on it, make sure it gets to me and I will choose a winner next Friday.

Clothing Bank

Please remember that we have a clothing bank in school - This is located at the front of the school by the small gate. Friends of Gusford are very grateful for any donations of clean clothing and bedding. This is an easy way to help raise funds for the school.



Attendance Matters

Our attendance this week was 92%. 4AB were the highest attenders again with 98.6%. Quite simply if the children are in school they are much more likely to be successful in their learning. Thank you.

Flu Vaccinations

The Vaccination team vaccinated over 300 children on Tuesday- The next session will be on 12th December for any children that gave consent but were not in school yesterday.

Year 6 Booster Groups

All year and after school, we have planned a programme of booster groups for our Year 6 children. This will support their learning in school and prepare them for the next phase of their education. They are doing so well, Keep it up Year 6.

Option 1	Mae and Cheese Con A choice of different Mae Cheese flavours, with meat & vegetarian toppings	Pork Sausage Hot Dog with Potato Wedges	Minced Beef & Onion Pie with Roast Potatoes	Chef's Special Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce
Option 2		Vegan Sausage Hot Dog with Potato Wedges	Creamy Vegetable Pie with Roast Potatoes	Vegetable Curry with Rice	NEW BEET Burger with Chips & Tomato Sauce
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas Baked Beans
Dessert	Summer Lemon Cake	Chocolate Shortbread	Fruit Jelly	Peach Crumble with Cream	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily					

Chris Whitty is the Government's Chief Medical Officer. This is an extract from his letter to all schools earlier this month.

We are aware that the COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school so we have laid out some information which we hope you will find helpful.

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. We would encourage you to share the [NHS 'Is my child too ill for school?' guidance](#) with parents and carers in your schools and communities which has further information.

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it. DfE has published useful [guidance on mental health issues affecting a pupil's attendance](#) and those who are experiencing persistent symptoms can be encouraged to access additional support.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-26s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging. Instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



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Kentwell Hall

On Monday, Year 4 enjoyed a wonderful trip to Kentwell Hall! History was brought to life and the children were fantastic.



Macmillan Cake Sale

After school on Friday, some of the Y6 children, School Staff and the Friends of Gusford, organised a very successful cake sale for Macmillan. Raising just over £160. Macmillan provide services for people living with cancer at every stage of their cancer experience. They provide emotional, practical, physical, and financial support. They are 98% funded by voluntary donations, so fundraising is essential to make sure they can deliver the vital support people living with cancer need. Thank you for all your support.



A message from Dame Rachel de Souza (Children's Commissioner for England)

Good afternoon,

You may have seen that I recently launched The Big Ambition, a new campaign to hear directly from children, young people, and parents across the country about what they need to make their lives better.

I want to thank all the schools that have already participated and to the thousands of children that have had their say. I am keen to build momentum on this and so would appreciate it if you could encourage your school to take part in The Big Ambition, if you have not done so already.

As we approach the General Election, now is a crucial moment to take children and young people's voices to policymakers, Government, and decision makers, to make sure they are heard.

That is why I want to hear from every child and young person in England about their schools, communities, family life, and the wider world. I will also be asking what they want for their future, their hopes, dreams, and aspirations.

This survey is for all children and young people aged 6-18 and for parents/carers who can complete the survey on behalf of children aged 0-5. This will ensure we hear from early years settings. Adults can also assist children who are unable to complete the survey independently.

The survey can be completed here:

www.childrenscommissioner.gov.uk/thebigambition

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