



The Gusford Gazette

This week's attendance was 94.6%. 4PR actually had 100% attendance this week.

Issue 2420

Friday 2nd February 2024

Circulation: 540

World Cancer Day

World Cancer Day is on Sunday 4th February. We held our day on Friday. Thank you for all your support, so far we have raised £318. All proceeds to Cancer Research UK.



YouTube Shorts

You should be over 13 to post videos on YouTube. YouTube Shorts are short videos which are similar in format to videos you find on TikTok or Instagram Reels. 'Shorts' are available to watch on the YouTube homepage or on the Shorts tab in the app. As they are quick to watch, they can be addictive and lead to excessive screen time. If your child is watching these videos, ensure they know that there is a report button. The INEQUE Safeguarding Group discuss this feature in more detail here:

<https://ineque.com/2021/07/01/youtube-shorts-need-to-know/>

Attendance Matters

The rate of persistent absence (pupils who miss 10% or more of their possible sessions) at Gusford last year was 27%. Our current rate is 15%. More to go but great effort so far.

Awareness Days and Whole School Diary Dates

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.** Please book an appointment via Parentmail.

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

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

Wednesday 7th February. **On-line safety workshop for parents and children.** Booking slips available from the school office.

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 (no donation)

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.**

Oliver Twist. Friday 7th June 2024.

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

Visiting Circus. July 6th. On the school field. Shows at 1.00pm and 2.30pm.

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

Year 5 at East Stow

On Tuesday, Year 5 went back to Anglo-Saxon times in West Stow. They had a very interesting day.



6 Clocks

If you have a clock that no longer works, we would really like several in our Reception classes. We can set them to show different times in the school day, break, snack-time, lunch, home time etc. Thank you,

Share Sessions:

Nursery - Monday 12th February 10:30 - 11:30am
Reception - Thursday 15th February 2:15 - 3:15pm
Year 1 - Wednesday 14th February 2:15 - 3:15pm
Year 2 - Tuesday 13th February 2:15 - 3:15pm

Seeing is Believing:

Year 3 and 4 - Tuesday 13th February 9:00 - 9:30am
Year 5 and 6 - Thursday 15th February 9:00 - 9:30am

Reading Cafes:

Monday 4th March 8:20 - 8:40am - Year 6 and 2
Tuesday 5th March 8:20 - 8:40am - Year 5 and 1
Weds 6th March 8:20 - 8:40am - Year 4 & Reception
Thursday 7th March 8:20 - 8:40am - Open to everyone!
Friday 8th March 8:20 - 8:40am - Year 3 and Nursery

Beat The Streets

Libby, from Beat the Street-Ipswich, popped in to our assembly on Wednesday, to tell us about a fantastic game. We will send home the special cards as soon as we get them and the blue boxes will be going up around the town soon. Use the map to find out where the boxes are located and then simply use the card to hover over the boxes. The more boxes you visit the more points you win for you and the school. The game starts on Valentine's Day and lasts for 5 weeks.

<https://www.beatthestreet.me/ipswich/map>

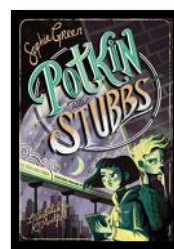
World Book 'Week'

World Book Week (Monday 4th March to Friday 8th March). We have three visiting authors:

Tuesday 5th March Nick Butterworth



Wednesday 6th March Sophie Green



Thursday 7th March Beverley Birch



WEEK TWO

06/11/2023
27/11/2023
18/12/2023
22/01/2024
19/02/2024
11/03/2024

Option one

Tomato Pasta

Sausage Roll with 1/2 Jacket Potato

CHICKEN SHACK

Roast Chicken, or Roasted Quorn Fillet Stuffing, Roast Potatoes and Gravy

Meatballs in a Tomato Sauce with Rice

Fishfingers with Chips & Tomato Sauce

Option two

Macaroni Cheese

Phat Mexican Bean Roll with 1/2 Jacket

Veggie Meatballs in Tomato Sauce with Rice

Quorn Burger with Chips & Tomato Sauce

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Dessert

Lemon Drizzle Cake

Apple Crumble with Custard

Peaches and Ice Cream

Chocolate Drizzle Cake with Chocolate Sauce

Vanilla Shortbread

RSE Consultation

Our Relationship and Sex Education (RSE/RSHE) policy has recently been updated. The policy and curriculum outline is on the school website and available for parental consultation.

<https://gusfordprimary.net/curriculum/pshe>

If you have any comments about the policy or the curriculum content, then please let us know by Monday 26th February 2024. Thank you.

Consequences in School

Last week we listed all the rewards the children can earn but there are also a number of consequences if children make the wrong choices. These include moving places in class, time out of a lesson, missing a break, moving down a place on the class behaviour chart, talking through an incident and where necessary apologising either verbally or by letter. We often contact parents if we think it will help and occasionally prevent children from attending a club, a trip or a visit. Some of these measures are supportive so it might mean parents are asked to come to school to discuss the strategies used, such as the use of a behaviour chart or individual behaviour plan where a key adult might also be identified to work with a child. We also ask for the help from our own support team or that of outside agencies, we use alternative provision (days at different schools) and arrange managed moves to different schools and ultimately, if every other avenue has been exhausted, we will consider suspension and exclusion.

Bird Feeders in Year 2

At the beginning of our instructions writing unit, Y2 made bird feeders this week. You can see the process and the finished feeders if you visit our Twitter or Facebook pages. The instructions are also there in case anyone else would like to make one.



Story Sacks Course

If you are interested in supporting your child's reading then see the letter the attached.

On-line safety Workshop

If you want to find out more about the issues facing children in connection with the use of technology then see the letter attached.

Mrs Garner's Science Club

Mrs Garner's Science Club had a super time today making volcanoes and then investigating what happens when we change the amount of each ingredient. They made some absolutely amazing eruptions!



Parents at the Door

Catching your child's classteacher at the door in the morning or at the end of the day can help solve minor issues both in and out of school but please remember that there are 30 children in a class and it isn't realistic to expect to speak to the teacher everyday.

Parents' Evenings

Next week, we are holding our Parents' Evenings on Monday 4.00pm to 7.30pm and on Wednesday 3.45pm to 5.45pm.

Performing Arts Festival

Next Friday (9.1.24) evening our Performing Arts Festival will be taking place. Follow us on Twitter and Facebook to see who wins a prestigious trophy.

Challenge

Do you know your 6 and 7 times table? If you do then I'll test you and if you get my 6 or 7 questions right then you will win a pencil. Good luck!

February 2024

Dear Parent/Grandparent/Carer

**Story Sacks course for parents/carers of children
in EYFS and Key Stage 1**

MAKE A STORYSACK FOR YOUR CHILD

Would you like to:

- **make a story sack for your child, which includes one of your child's favourite books plus resources you make to bring the story to life** (free story book provided)
- **learn how to use it to support your child's reading, writing and speaking and listening skills**

A tutor from Realise Futures Family Learning is coming into school this term to run a free 5 week course for parents. The course will run on Monday mornings from 9 to 11 am, starting on **Monday 26th February**. The basic resources will be provided. There will be a selection of free story books to choose from, or you can bring a favourite book of your child to base the story sack on. You don't have to be good at art and craft, just keen!!

Don't worry if you need to arrive late or leave early for a session, perhaps to drop or pick up a younger child – the tutor, Bernadette White, is flexible and understands how busy lives can be!

If you have a child who will soon start, or has recently started, their exciting journey in school, this is an ideal course for you – a gentle introduction into the many ways you can help support your child's learning, and a chance to meet other parents and chat through concerns.

If you would like to attend this course, please could you complete the slip on the back and return it to the school office by Friday 16th February, or email the tutor on bernadette.white@realisefutures.org and indicate which school you are from. Places will be allocated on a 'first come first served' basis. If you do not hear from us please assume that you have a place on the course.

If you have any additional support needs that you would like us to be made aware of, please email the tutor on bernadette.white@realisefutures.org

The tutor, Bernadette White, looks forward to seeing you.

Yours sincerely

Mr Stephen Tapley
Headteacher

✂

To: **School Office**

I would like to be included on the free story sack course starting Monday 26th February at 9.00am.

Name:

Child's name:

Class:



25th January 2024

Dear Parent/Grandparent/Carer

Re: Online Safety workshop with the children - at Gusford Primary School

To help celebrate National Safer Internet week, Realise Futures Family Learning is coming into school to run a free workshop on:

Wednesday 7th February 9 am – 11am

The workshop aims to help you to:

- understand the issues that are facing children in connection with the use of technology, and put measure in place to help keep them (& your computer) safe
- understand the positive impacts of technology in the lives of your children
- feel confident to share your concerns about technology with your children

Your children will join you for part of this activity. This workshop is free. Please return the tear off slip below to the school office by Friday 2nd February. **Places will be allocated on a first come, first served basis.**

I look forward to hearing from you.

Yours sincerely

Mr Stephen Tapley
Headteacher.

✂

To: School office

I would like to book a place on the workshop on **Wednesday 7th February, 9 - 11 am** at Gusford Primary School

Name of parent/carers:

Name of child in school:

Class

Realise Futures courses are a part of the Adult Learning programme in Suffolk. Courses aim to offer 'engagement activities' and learning opportunities for parents/carers and grandparents. We are funded by the Government and so they require you to complete a few basic forms which you will be asked to complete during the session. You can learn how to support your children more confidently, re-connect with learning and acquire new skills.





PANCAKE DAY

MENU

Tuesday 13th February

Sausage Roll with Potato Wedges

Mexican Bean Roll with Potato Wedges
Jacket Potato with Beans and Cheese

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Baked Beans
Sweetcorn

~~

Pancakes with a Choice of Toppings

Fresh Fruit
Flavoured Yoghurt





Gusford Primary School
Ipswich,
Wednesday 20th March
3:30pm - 5:00pm



FREE TASTER FUN DAY

FOR ALL LOCAL FAMILIES

Come and join the
Kicks and Tricks team for an
afternoon of fun activities



www.kicksandtricks.co.uk



Ofsted
Registered
Venues
★★★★★

VENUES

- Beaumont Primary School
- Cliff Lane Primary School
- Grace Cook Primary School
- Gusford Primary School
- Ipswich School Sports Centre
- Stowupland Sports Centre



EASTER CAMPS 2nd - 12th April

EARLY
RISERS
8AM-9AM
£5

DAY
CAMP
9AM-5PM
ONLY
£28

EXTRA
FUN
5pm-6pm
£5

FREE SPACES WITH THE
Holiday
Activity
Programme



For more information visit:
www.kicksandtricks.co.uk
info@kicksandtricks.co.uk



Social Media and Messaging

In our PSHE lessons, we are doing everything we can to provide the children with information about on-line safety and give them a chance to discuss their use of social media. We are organising additional input from 4YP for upper KS2 children. However, most social media apps (Whatsapp, Instagram, Snapchat) have an age limit of 13 or above. This is not because they are difficult to use but because it is difficult for younger children to deal with the consequences of negative messaging. If a problem does arise, the Police and the Child Exploitation and On-line Centre (CEOPs) say that **primary school children should not be using these platforms and state that it is a question of parental responsibility and ultimately safeguarding.**

So with this advice in mind, please make sure you know what your child is doing on-line and who they are messaging. Our staff do not have the time or capacity during the school day to investigate on-line incidents. The fall-out is upsetting to your child which then impacts on their ability to focus on their learning in school.

Thank you for your support in this matter.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the Internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

WIN TO WIN

27 new posts

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

National Online Safety
#WakeUpWednesday

February Fun

February can sometimes drag, this might help...if you think we have missed anything then please let us know.

1 st	First day of the month (White Rabbits). Happy Birthday Hana B!
2 nd	NSPCC Number Day and England v India (Cricket 2 nd Test).
3 rd	Take Your Child to the Library Day. England v Italy (Rugby 6 Nations). Preston v ITFC. Happy Birthday Lillia A!
4 th	World Cancer Day.
5 th	Children's Mental Health Week 5 th -11 th February and Parents' Evening. Happy Birthday Tyson A!
6 th	Safer Internet Day. Happy Birthday Harry G and Laurelle S!
7 th	Gusford's Big Schools' Birdwatch and Parents' Evening.
8 th	National Kite Flying Day.
9 th	Gusford's Performing Arts Festival. Happy Birthday Kai B, Harrison D and Noah M.
10 th	National Umbrella Day and England v Wales (Rugby 6 Nations). ITFC v WBA. Happy Birthday Sonny and Bentley.
11 th	Super Bowl Day (USA) and National Make a Friend Day. Happy Birthday George M.
12 th	Hug Day. Happy Birthday Fynley A-H and Parya M!
13 th	Shrove Tuesday (Pancake Day). Happy Birthday Alisha D and Oskar G!
14 th	Valentine's Day. Millwall v ITFC. Happy Birthday Dylan D and Lauren M!
15 th	Nirvana Day (Buddhist Celebration) and England v India (Cricket 3 rd Test).
16 th	Happy Birthday Baylen F-H and Ella H!
17 th	Random Act of Kindness Day. Swansea v ITFC. Fury v Usyk first undisputed unification clash since Lennox Lewis in 2000.
18 th	Battery Day (bring your used batteries for school for recycling).
19 th	International Tug of War Day. Happy Birthday Mary E!
20 th	ITFC v Rotherham. Happy Birthday Myles B and Zachariah P!
21 st	International Mother Language Day.
22 nd	World Scout Day. Happy Birthday Ofelia D, Mackenzie D, Ellie-Mai S and Olivia-Rose S!
23 rd	England v India (Cricket 4th Test).
24 th	Interesting date: 24.2.24 and England v Scotland (Rugby 6 Nations). ITFC v Birmingham.
25 th	Carabao Cup Final. Happy Birthday Pacey B, Thea D, Ashton-Jay M, Blake S and Mimi S!
26 th	National Tell a Fairy Tale Day. Happy Birthday Charlotte H, Maya S, Harry A and Aston S!
27 th	National Pokeman Day. Happy Birthday Leona B and Olivia-Grace F!
28 th	National Tooth Fairy Day.
29 th	National Toast Day.