



The Gusford Gazette

This week's attendance is 96.7%. This is really pleasing. Brilliant news.

Issue 2428

Friday 19th April 2024

Circulation: 540

Welcome Back

I hope everyone had a good break. It was great to see everyone again on Monday. Please pop in or make an appointment if you have any worries or concerns. We will do everything we can to ensure the children are safe and happy in school.

St. George's Day

St. George's Day on Tuesday. Non-uniform day. You can wear:

1. Red and/or white
2. Dragon/Princess/Prince/King/Queen/ Knight fancy dress
3. Beaver/Rainbow/Cub/Brownie/Scout/ Guide/Girls' Brigade/Boys' Brigade uniform

Thank you

David from Bookers, has kindly donated us lots of tag style chalks and mini-boards. Thank you.

Air Quality

Find out a little more about the importance of our air quality.

<https://www.healthysuffolk.org.uk/current-campaigns/suffolk-air-quality>

School History

We have been finding out about the [history](#) of Gusford. Click on the link to find out more. If you have any old photos, clippings or memories then please let us know.

Beat the Street

On Thursday, Libby from 'Beat the Street' is coming to school to award us with our Beat the Street prize.

Awareness Days and Whole School Diary Dates

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

Tuesday 23rd April. **St George's Day.** Wear red and white (or club uniforms). No donation just celebration.

Tuesday 23rd April. **School Disco.**

Year 4 Residential to Norfolk Lakes. 8th to 10th May.

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

Year 6 Residential to Hilltop. 3rd to 5th June.

Oliver Twist. Friday 7th June 2024.

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

Sports Days

Nursery & 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.

Year 5 and 6 Performance. Wednesday 10th July at 6.00pm. and Thursday 11th July at 2.00pm Ticket details to follow.

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

Y6 BBQ. Thursday 18th July. 5.30pm-7.00pm.

Last day of term. Friday 19th July.

Year 3 Bressingham Trip

On Friday, our Year 3 children visited Bressingham Steam Museum. Look out for the photos.



The Planetarium

The planetarium has been with us all week.



Earth Day

On Monday it is [Earth Day](#). In Year 5 they have been making models of the Rainforest.



How do you find 10% of an amount?

To find 10% of any amount always divide the amount by 10.

Question

What is 10% of 80?

Answer

80 divided by 10 = 8

Can you work out how to find 5%, 15% and 35%?

Dear Parents/Carers

Gusford would like to ask you to encourage your child to have a school meal **on Thursday 16th May** 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 or Fresh fruit salad**, 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 16th May**, 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.

Kind regards

Gusford School Office

School Disco Reminder

Tuesday 23rd April

| | |
|--------------|----------------|
| Reception | 2.30 – 3.00pm |
| Year 1, 2, 3 | 3.30 to 4.30pm |
| Year 4, 5, 6 | 5.00 to 6.00pm |

Music of the Month - April

Nina Simone



- Nina Simone was an American singer who became famous in the 1950s.
- She was very musically talented and started to teach herself the piano when she was 3 years old.
- She became famous not only because she was a brilliant pianist but also due to her unique and beautiful voice.
- She became very good at the piano and did a solo performance when she was 11 years old. At the performance, her parents sat at the front to see her play but were moved to the back because they were black. Nina refused to start playing until her parents were moved back to their original seats.

Writing Share Sessions

We have started a new writing scheme, 'The Write Stuff' and would like to invite you into school to see it in action. There will be a short presentation on how to support writing at home before time in classrooms with your children. We hope that you can join us!

Nursery - Monday 13th May 10:30 - 11:30am

Reception - Monday 13th May 2:15 - 3:15pm

Year 1 and 2 - Thursday 16th May 2:15 - 3:15pm

Year 3 and 4 - Thursday 23rd May 2:15 - 3:15pm

Year 5 and 6 - Tuesday 21st May 2:15 - 3:15pm

Spring Summer 2024

GUSFORD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

15/04/2024
06/05/2024
03/06/2024
24/06/2024
15/07/2024
02/09/2024
23/09/2024
14/10/2024

Option One

NEW Vegetable Stack with Rice 

Penne Bolognaise 

Sausages, Roast Potatoes & Gravy

Chicken Curry with Rice

Fishfingers with Chips & Tomato Sauce


Option Two

Cheese & Tomato Pizza with Pasta Salad 

Vegan Penne Bolognaise 

Vegan Sausages, Roast Potatoes & Gravy 

Vegetable Curry with Rice

BBQ Quorn with Chips 

Vegetables:

Vegetables of the Day


Vegetables of the Day

Vegetables of the Day

Vegetables of the Day


Vegetables of the Day

Dessert
Chocolate Sponge

Apple Crumble with Ice Cream 

NEW Berry Mousse

Iced Vanilla Sponge

Vanilla Shortbread 

WEEK TWO


22/04/2024
13/05/2024
10/06/2024
01/07/2024
09/09/2024
30/09/2024
21/10/2024

Option One

Pasta Kitchen
Cheese and Tomato Pasta or Tomato Pasta with Toppings 

Burger with Potato Wedges & Tomato Sauce


Roast Chicken, Stuffing, Roast Potatoes, & Gravy

Beef Lasagne with Garlic Bread 

Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce

Option Two

Vegetables of the Day 

Vegan Burger with Potato Wedges & Tomato Sauce 

Vegetable Wellington, Stuffing, Roast Potatoes & Gravy 

Vegetable Lasagne with Garlic Bread

NEW Vegan Sausage Roll 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
NEW Chocolate Brownie

NEW Iced Biscuit 

Peaches and Ice Cream

Jelly with Mandarins 

Oaty Cookie 

WEEK THREE

29/04/2024
20/05/2024
17/06/2024
08/07/2024
16/09/2024
07/10/2024

Option One

Macaroni Cheese


Sausage Rolls with Potato Wedges


Roast Gammon, with Mashed Potatoes & Gravy

Chicken Fajitas with Rice 

Fishfingers with Chips & Tomato Sauce

Option Two

Vegetable cous cous 

Vegan rolls with Potato Wedges 

Vegan Sausages with Mashed Potatoes & Gravy 

Vegetable Fajitas with Rice

Cheese & Bean Pasty with Chips

Vegetables:

Vegetables of the Day


Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Dessert
Fruit with Ice Cream


Syrup Snap Biscuit 

Summer Lemon Cake

Flapjack 

Chocolate Cookie 

MENU KEY

 Added Plant Power  Wholemeal  Vegan  Chef's Special

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection

ALLERGY INFORMATION.

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

caterlink
feeding the imagination

A Blue Peter Badge

A bit like a 'Blue Peter Badge', message the school and tell us about a special/interesting activity you have undertaken and you could be awarded with a unique and stylish badge under one of the following categories:

1. Performing arts (dance, learning a poem, debating)
2. Sport (being active)
3. Sustainability (looking after the environment)
4. Learning (reading, writing, science, maths, art)
5. Caring for others
6. Music (singing, instruments)



What Parents & Educators Need to Know about **ENERGY DRINKS**

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks