



The Gusford Gazette

This week's whole school attendance is 94.5% and 99% for RAL.

Issue 2431

Friday 10th May April 2024

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Year 4 at Norfolk Lakes

Lots of our Year 4 children had fun at 'Norfolk Lakes' this week (didn't they look tired when they got back?) Visit our Facebook page to see some of the fabulous photos. The children who chose to stay in school also had fun, they made clay creatures, played ball games, had a times table battle and enjoyed a lovely afternoon playing non-stop rounders.



BBC Radio Suffolk

A group of our children will be on 'Kids Talk' with Wayne Bavin on BBC Radio Suffolk Breakfast Show (just after 8.15am) week beginning 20th May.

The Choir at the Corn Exchange

If your child is in the Choir then they can listen to the songs that they will be singing at the Corn Exchange on Thursday 23rd May:

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

Awareness Days and Whole School Diary Dates

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

Year 3 and Year 4 VR Experience. 20th and 21st May.

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

Oliver Twist. Friday 7th June.

Year 1 trip to Framlingham Castle. 10th June

Year 6 Crucial Crew. Friday 14th June

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

Transition Days (spend some time with your new teacher). 26th and 27th June.

Sports Days

Nursery & Reception - Mon 1st July 10.15-11.45am

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 1 and Year 3 First Aid 9th and 10th July.

Year 2 trip to Southwold. 9th July.

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.

ITFC: We are Premier League!

What a weekend! Everything was just about perfect. Hard to really believe Ipswich are in the Premier League. Three cheers for the team, manager, owners and supporters. Still recovering.



SATS Week

Year 6 SATs (Government tests) take place week beginning Monday 13th May. Please encourage your child to come to the Year 6 Breakfast Club that starts at 8.15am.

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.

Thank You

Sophia B's Mum kindly donated some of their unwanted books. Thank you.



CAP Life Skills: Friday 7th June

Find out more about managing what you eat, your health and well being. Join us in the Bungalow on Friday 7th June. 9.15-10.45am. Places are limited. Ring the school office to book a place.

Challenge

Can you summarise the following stories in less than 30 seconds?

1. Robin Hood
2. Little Red Riding Hood
3. Harry Potter
4. The Lion King
5. The Hungry Caterpillar

Can you spot the verb in this sentence?

The Year 4 children returned from Norfolk Lakes.

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

Sunny Days

Please can you ensure your child brings in a water bottle everyday; a hat is also sensible, especially on hot days. On sunny days, we also suggest you apply 'long lasting' sun cream in the mornings (the older children have, in the past, brought in rollerball style sun lotion which is easier for a child to apply themselves). It is important to check the contents of the sun cream too, as some products still contain traces of nut. Thank you for your support in this matter.

DO YOU THINK YOU HAVE A TALENT THAT YOU
WOULD LIKE TO SHARE WITH THE WHOLE SCHOOL?

**GUSFORD'S
GOT
TALENT
*AUDITIONS***

YEAR 3 - TUESDAY 14TH MAY
YEAR 4 - THURSDAY 16TH MAY
YEAR 5 - TUESDAY 21ST MAY
YEAR 6 - THURSDAY 23RD MAY

PLEASE COME ALONG TO THE COMPUTER ROOM
AT LUNCHTIME FOR YOUR AUDITION

SPEAK TO MR. LIEW (IT OFFICE), MISS. BRADLEY (YEAR 2 TEACHER), MISS
MACHIN (YEAR 6 TEACHER) OR MRS. COLEMAN (SEN OFFICE) IF YOU HAVE
ANY QUESTIONS

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 Bolognese 🌍	Sausages, Roast Potatoes & Gravy	Chicken Curry with Rice	Fishfingers with Chips & Tomato Sauce
	Option Two	Cheese & Tomato Pizza with Pasta Salad 🌱	Vegan Penne Bolognese 🌱	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	NEW 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	THE PASTA KITCHEN 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 🌱	NEW 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	NEW 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 🌱	NEW 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 🌱	NEW Summer Lemon Cake 🌱	Flapjack 🌱	NEW Chocolate Cookie 🌱
MENU KEY	Added Plant Power Wholemeal Vegan Chef's Special					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.
Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection						caterlink feeding the imagination

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

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)





National Smile Month

“Love Your Smile”

13th May—13th June 2024

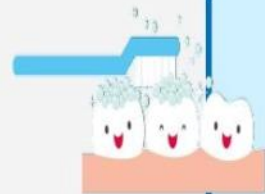


National Smile Month is a great time to promote good oral health.
Here are some tips on how you can help to
“LOVE YOUR SMILE”

Brush your teeth twice a day

1

With a fluoride toothpaste, before bed and one other time of day
Spit, don't rinse; rinsing washes the fluoride protection away
0-3's use a smear of toothpaste of at least 1000 ppm fluoride
3+ use a pea sized amount of toothpaste 1000 - 1450 ppm fluoride



2

Limit sugary snacks & drinks

Remember fresh fruit and veg make the best snacks for teeth
Water and milk are great too!
Reduce the frequency of sugary foods & drinks

3

Supervise your child

Supervise your child during toothbrushing until they are at least 7 years old



4

Visit your dental professional regularly

Ensure you and your family visit the dentist regularly

5

Change your toothbrush every 3 months

If the bristles on your toothbrush are worn, they won't remove as much plaque so it's time for a new one



Music of the Month - May

Salsa



- Salsa is a fusion of Cuban, Puerto Rican and American music and was developed in the 1960s.
- It originates from Cuba which is in Central America.
- The word salsa means 'sauce'.
- These instruments make up a salsa band:



Are you worried about how they are feeling?

DECREASING DEPRESSION

FREE TALK



May 14th 7-8pm

Jane Keyworth, Lead Facilitator at FACE gives a one hour online talk explaining what we can do to reduce the symptoms of depression.

Book online at facefamilyadvice.co.uk go to **PARENT** page

What Parents & Educators Need to Know about HELLDIVERS 2



WHAT ARE THE RISKS?

Within weeks of release, Helldivers 2 had become one of 2024's biggest gaming success stories. The sequel to a top-down shooter from 2015 has smashed sales expectations, owing to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

PEGI 18 RATING



Due to its intense violence and the presence of in-game purchases, Helldivers 2 carries a PEGI 18 rating. While players are generally fighting fantastical enemies like giant bugs and robots, their characters can be killed in various gruesome ways, up to and including dismemberment. It's certainly worth considering whether such a game is appropriate for younger players.

IN-GAME PURCHASES

In Helldivers 2, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game items can be acquired without spending so much as a penny – but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

VOICE CHAT AND MESSAGING

Helldivers 2 is always played online with others, who often use voice chat or in-game texts to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a roll of the dice, as the game can't control how people treat each other online. However, you can easily report other players for abusive behaviour via the game's 'Social' tab.

FRUSTRATION TRIGGER

The thrill of barely scraping through a dangerous mission in one piece is integral to Helldivers 2's appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players – even those who are legitimately old enough to play. Losing streaks can be incredibly annoying, so repeatedly failing in missions could easily provoke frustration or anger in younger players.

LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some people will naturally be disappointed they can't get involved and might look for similar alternatives to play on their own console – alternatives which may contain similar levels of violence and gore but lack the same balanced approach to user misconduct and in-game purchases as Helldivers 2.

Advice for Parents & Educators

GIVE IT A GO FIRST



Helldivers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots feels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

SET EXPECTATIONS



At the time of writing, Helldivers 2 costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game. If a young person tends to become frustrated easily, it's worth considering whether Helldivers 2 is really the game for them.

CONSIDER ALTERNATIVES



If playing on Xbox – where Helldivers 2 isn't available – consider something like Halo: The Master Chief Collection as an alternative. One of its game modes – Firefight – replicates Helldivers' mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted Deep Rock Galactic, which sees them play as fantasy dwarves in space, involving far less gruesome violence.

KEEP AN EYE ON PAYMENTS



Many titles offer in-game purchases, but Helldivers 2's are comparatively cheap. You'll still need to monitor your payment information (or use a prepaid card on the account), in case your child buys the in-game currency in bulk; on the whole, however, the game's selling methods are far less egregious than most similar titles on the market.

MONITOR COMMUNICATION & ADJUST SETTINGS



Thanks to an in-game "Ping" system (allowing players to highlight important details without speaking), communication isn't as integral to Helldivers 2 as it is in other games. You can turn off the chat options in-game on PC, or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the games media industry for five years. As well as being an avid long-time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including IGN, TechRadar and many more.





Education & Skills
Funding Agency

SUFFOLK ADULT LEARNING



Science Workshop

A free Science workshop in
Gusford Primary School,
based on the theme of Time

For parents/grandparents
and carers and their children

Monday 3rd June
1.30 - 3 pm

Would you like to:

- make and test a water clock?
- create a sundial?
- cheat gravity and try to make things fall more slowly?
- investigate how long a minute actually is?

All resources provided.

TO BOOK A PLACE, PLEASE EMAIL:

admin@gusfordprimary.net

or return this flier to the school
office with your name and your
child's name and class written on
the back