



The Gusford Gazette

Welcome Back!

Issue 2441

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Welcome Back

Lovely to see the children back at school on Wednesday morning. They looked brilliant and mostly pleased to be back. Thank you for ensuring they were all in school uniform. Last year, the average attendance across all primary schools in the country, for the whole year, was 94.5%. This week (Weds/Thurs/Friday) we made it to 95.5%. Fab start!

Building Works

Over the summer, we completed several building projects. At the back of the school we replaced the rotten sleepers around our outside classroom, we replaced the fencing around the bin area at the front of the school, we put in a new partition in the hall and updated the lighting and we are hoping to complete the EYFS outside area next week (if the weather holds we will start the wet pour on Monday). These projects were funded centrally by the Active Learning Trust. Our PTA, Friends of Gusford (FOG), have also bought a shed for the Forest School and we bought a 'Scrap Pod' for the middle playground.

Behaviour Chart (Traffic Light)

In school every child starts on green and aims for silver and gold. If a child needs two reminders they slip to amber and if things don't improve it's then red. Initially this may mean missing a break, a phone call home and the possibility of additional consequences (perhaps missing a disco or school treat). If your child makes it to gold they will receive a special card and five golden tickets and it will also be one of the 'gold' children who are chosen as the Star of the Week in our Celebration Assemblies on Friday.



Our Three Rights

Alongside our behaviour chart we have been sharing our three rights with the children. Teachers will often highlight these rights as the children's names move up and down our behaviour chart (traffic light). Our three rights are:

The right to be safe

The right to be respected

The right to learn

Golden Tickets

The children are also awarded golden tickets for effort, good behaviour, manners and upholding the Gusford values of **Kindness, Respect, Responsibility, Honesty** and **Confidence**. At the end of term (October) they can exchange these golden tickets for prizes in the cabinet at the front of the school. Small prizes for 100 tickets (party favours), books and keyring style prizes for 200 tickets and puzzles, science boxes and larger toys for 300 tickets.

Stay Safe Outside and In

CLEVER NEVER GOES is the new campaign that teaches children how to stay safe from abduction whether they are outside or online.

<https://clevernevergoes.org>

Bikes and Scooters

It is great that the older children cycle or scoot to school (they should wear helmets). Once they get past the green perimeter fence however they must dismount and push. It is too busy on site to ride through parents and children at pick-up and drop-off times. I will give the children one warning but if they ignore the warning, this will be followed by a week's ban from bringing their bike or scooter onto the school grounds. The bikes are best left by the front gate either outside the gate with a lock or inside the gate by the Year 3 classes (not outside Year 6). Thank you for your support in this matter.

Reading Challenge

If you took part in Mrs Hopkins reading challenge over the summer then please let us know this week. Thank you. Reading with your child is the single most important thing you can do at home to ensure the children are successful in school. Please make time for it everyday. You can help with reading in lots of different ways:

1. Discuss what you think might happen next in a story
2. You read a sentence, paragraph or page then they read a sentence, paragraph or page (you can either read it first and get your child to re-read it or just take turns, you do a page, I do a page)
3. Read it at the same time
4. Compare the story to other stories
5. Ask questions about the book they have read (retrieval questions-Who ate Little Red Riding Hood? The answer to these are in the text. Or try questions which require inference-Why do you think the wolf was so angry? You have to use clues from the text and your experiences outside the story to answer these)

Awareness Days and Whole School Diary Dates

Monday 16th September. **Headteacher's 'Surgery'**. Meet and chat in the library 3.30-4.30pm.

Sunday 22nd September. **Bluey Club (Forces children). Stay and Play.** 10.00am-12.00pm.

Friday 27th September. **Macmillan Cake Sale** (after school in the main hall). Cake donations welcome in the morning.

School Attendance Fines

Please note that if your child has more than four days unauthorised absence then both parents will be issued with a £80 fine for each child. It may appear a little harsh but our approach has to be clear and unequivocal. Thank you for your support in this matter. The fine for school absences across the country will be £80 if paid within 21 days, or £160 if paid within 28 days. In the case of repeated fines, if a parent receives a second fine for the same child within any three-year period, this will be charged at the higher rate of £160. Fines per parent will be capped to two fines within any three-year period. Once this limit has been reached, other action like a parenting order or prosecution will be considered. **All fines go directly to Suffolk County Council and not the school.**

School Uniform Reminder

Please remember school shoes for school. We do allow black Nike air force style trainers but not trainers with white soles or any additional colour.

Attendance

Our attendance last year was 94.5% which was spot on the national average for all primary schools in this country. This was 2.5% higher than the year before which is really good but we are aiming for 97%.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.



8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

Spring Summer 24 – Week One

9 Sept, 30 Sept, 21 Oct



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread	Pork Sausage served with Baked Omelette, Country Diced Potatoes & Baked Beans or Sweetcorn	Roast Chicken served with Skin on Roast Potatoes & Gravy	Creamy Korma Style Chicken & Lentil Curry served with Rice	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal	Creamy Vegetable Penne Pasta Carbonara	All Day Veggie Sausage Breakfast Served with Country Diced Potatoes & Baked Beans or Sweetcorn	Vegemince & Vegetable Pie (Ve) served with Mashed Potatoes	Cauliflower Cheese & Pasta Bake	Baked Bean & Cheese Panini with Chips
Filled Sandwiches	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Jacket	Available Daily with Cheese or Baked Bean				
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Marble Sponge & Custard	Chocolate Ice Cream	Iced Banana Traybake	Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice	Chocolate Shortbread Biscuits (Ve) & Fruit Slices

Available Daily: Fresh Bread, Fresh Fruit & Yoghurt

Spring Summer 24 – Week Two

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish
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Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average, our desserts do not exceed a third of a child's recommended 'free sugar' intake.



16 Sept, 7 Oct



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1 (& Halal Equivalent where Required)	Macaroni Cheese	Summer Hot Dog Baguette served with Freshly Made Coleslaw Salad	Roast Chicken served with Skin on Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 1	Vegetable Enchiladas (Ve) Served with a portion of Sunny Vegetable Rice	Summer Veggie Sausage Hot Dog Baguette (Ve) Served with Freshly Made Coleslaw Salad	Vegemince Cottage Pie (Ve)	Veggie Mince Bolognese & Penne Pasta (Ve)	Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup
Filled Sandwiches	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Jacket Potato	Available Daily with Cheese or Baked Bean				
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Ginger & Mandarin Traybake	Strawberry Jelly (Ve)	Freshly Baked Chocolate Cookie (Ve)	Flapjack Finger With a fresh slice of Watermelon (Ve)	Homemade Shortbread Biscuits (Ve)

Spring Summer 24 – Week Three

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish
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Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average, our desserts do not exceed a third of a child's recommended 'free sugar' intake.



2 Sept, 23 Sept, 14 Oct



Eafiverse

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1 (& Halal Equivalent where Required)	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread	Farm Assured Pork Sausage Roll with Homemade Skin on Baked Potato Wedges	Roast Chicken served with Skin on Roast Potatoes & Gravy	BBQ Chicken & Vegetables served with Noodles	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 1	Mildly Spiced Vegetable Chilli & Rice (Ve)	Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges	Savoury Vegetable Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes	BBQ Quorn, Vegetables & Noodles	Cheesy Beans Pitta Pocket
Filled Sandwiches	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Jacket Potato	Available Daily with Cheese or Baked Bean				
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Baked Apple Sponge served with Custard	Tutti Frutti Jelly and Mandarins (Ve)	Homemade Flapjack (Ve)	Zesty Lemon & Blueberry Yoghurt Cake	Freshly Baked Vanilla Cookie (Ve)

Available Daily: *Fresh Bread, Fresh Fruit & Yoghurt

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average, our desserts do not exceed a third of a child's recommended 'free sugar' intake.

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish
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Thank you for choosing a school!

Gusford Community Primary School

Sheldrake Drive, Ipswich, IP2 9LQ

When you shop with Asda Rewards, we'll donate 0.5% of your total spend every time to your selected primary school. This is additional to your own earnings and doesn't take anything out of your Cashpot.

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Monday to Friday

Short	3:15pm-4:15pm	£5
Long	3:15pm-5:00pm	£8
Extra	3:15pm-5:30pm	£10
Extended	3:15pm-6:00pm	£12



SCAN ME



To book:

KICKSANDTRICKS.IPALBOOKINGS.COM
School Provision > Gusford Wraparound

We provide a light, healthy snack at a short and long session. A light tea at the extra and extended sessions.

For more information visit:
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