



# The Gusford Gazette

Why not stand out in the crowd? Read on to find out how to win a stylish Gusford pencil.

Issue 2444

Friday 27th September 2024

Circulation: 570

## Macmillan Cake Sale

Our Macmillan Cake Sale raised £220. Thank you for all the cakes in the morning and thank you for coming to the Cake Sale at the end of the day.

## Kentwell Hall

On Tuesday, our Year 4 children enjoyed taking a step back into Tudor Times at Kentwell Hall.



## Asda Cashpot for Schools

You have raised over £364 for the school by shopping at Asda. Thank you. All you have to do is download the Asda rewards app and scan it at the till. 63 days to go!

<https://groceries.asda.com/event/asda-rewards>

## Attendance

Great news! Our attendance this week was 96.4%. This is brilliant. We are aiming for 97% across the year. Thank you for your support.

## Dominique Valente

Please tell me if you have finished your Dominique Valente book (you can keep the book) and I will put you into a draw for a special invite to the book launch at Dial Lane on Thursday 10th October when you can meet the author and get your book signed.

## Curriculum

Lots of our parents want to help with their children's learning in school. This is great. The class and curriculum pages on the school website contain lots of information about what the children will be learning this year and how best to support them.

<https://gusford-primary-school.schudio.com/curriculum>

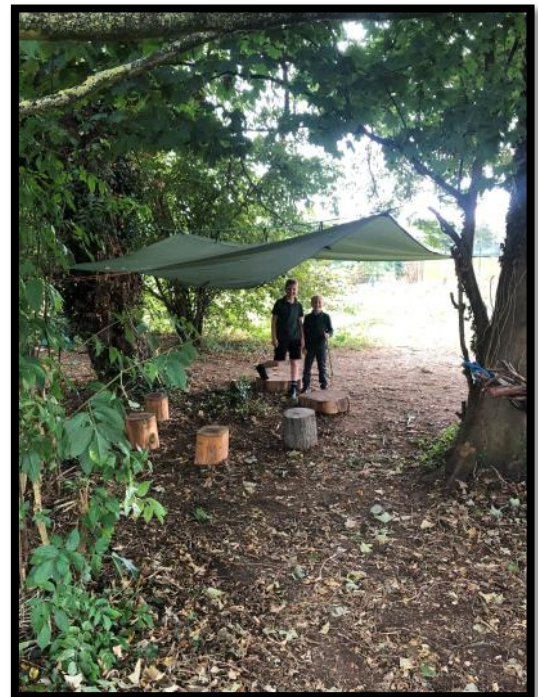
## One Minute Parental Survey

Please take a minute to complete this one minute parent survey.

<https://www.surveymonkey.com/r/CD7VKKX>

## Forest Area

This week Bryan has put up a mini shelter in the Forest Area and on Sunday he will be constructing a canopy over the story circle.



## School Lunches

Gusford would like to ask you to encourage your child to have a school meal on **Thursday 3rd October** as it is Census Day. This benefits the school for the whole academic year. This will be space themed and we are serving **Nebula Nuggets (Chicken or Vegetable) served with wondrous wedges and "shooting stars" Pea and sweetcorn medley, followed by Cosmic Chocolate Brownie 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 3rd 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.

## Reading

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

Tuesday 1st October. **Black History Month.**

Thursday 3rd October. **Space Themed Lunch.**

Monday 7th October. **Mental Health Awareness Week.**

Monday 7th October. **Individual photos.**

**Parents' Evenings (booking details to follow)**

Monday 14th October 4pm-7.30pm

Wednesday 16th October 3.45pm -5.45pm

Friday 18th October. **Year 3 trip to the Owl Sanctuary.**

**Attendance Celebration.** Tuesday 5th November. Invites to follow (this year we will be awarding bronze, silver and gold certificates).

**Remembrance Day Service in School and Bluey Children at Ipswich Cemetery.** Monday 11th November.

**Flu Vaccinations.** Monday 4th November and 'mop up' on Tuesday 12th November.

Sunday 17th November. **The Gusford Gambol** (community walk) to Chantry Park. Everyone welcome 10.00-12.30pm. Meet in the school car park.

Suffolk 1 present **'A Chorus Line' (Teen edition)** for **Year 6** Tuesday 19th November 1.30pm.

**Santa Fun Run** on School field. Sunday 8th December. Run, walk or jog. Everyone gets a Santa hat and a medal.

**Year 1 and Year 2 to theatre to see Pinocchio.** Tuesday 10th December.

**New Reception Open Evenings**

Wednesday 23rd October 10.15am-11.15am

Tuesday 12th November 5pm-6pm

Thursday 12th December 3pm - 4pm

**Christmas Performances**

Thursday 5th December EYFS 2pm

Friday 6th December EYFS 2pm

Monday 16th December Y1 and 2 2pm

Tuesday 17th December Y1 and 2 2pm

**Christmas Lunch.** Wednesday 11th December.

**Gusford Christmas Jumper Day.** Friday 13th December.

**Blue Christmas** (in support of ITFC). Come to school wearing blue. £1.00 donation. All money raised to the ITFC Foundation. Friday 20th December.

DIAL LANE BOOKS AND IPSWICH CHILDREN'S BOOK GROUP  
INVITE YOU TO THE MAGICAL BOOK LAUNCH FOR

# WITCHSPARK

by DOMINIQUE VALENTE

Thursday 10th October, 5.30pm – 8:30pm

Dial Lane Books  
8 Dial Lane, Ipswich IP1 1DL

'Find your Witchspark superpower' activity, author Q&A and book reading,  
followed by refreshments and book signing

RSVP by 30.9.24 to: [fritha.lindqvist@usborne.co.uk](mailto:fritha.lindqvist@usborne.co.uk)

Dress code:  
Victoriana or a hint  
of purple or sparkle  
(or just come  
as you are!)



## Blue Peter Style Badges

A bit like a 'Blue Peter Badge', message the school and tell us about an activity you have undertaken and you could be awarded with a unique and stylish badge. The scheme ends after the October half-term, so get your parents to message the school, ideally with a photo and tell us all about something you have done 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. Community (caring for others)
6. Music (singing, instruments)
7. Home Help (cooking, cleaning, gardening)
8. Lucky '7' if you earn all 7 badges



## Black History Month

At Gusford we discuss Black History, equality, and dealing with prejudice throughout the school year. However, it is a particular focus in October. On Thursday in assembly we will be looking at the work of Mary Seacole.

## Challenge

Can you name the five British values? Tell me at the gate and you will win a special Gusford pencil (they are a one off range of pencils, misty white and avocado green with a classic silver bevelled eraser...)

Mr Croxon (Trust Health and Safety Lead) has taken a couple of 'before and afters' of some of the ALT funded projects completed this summer.



Courtesy of Dan Wright (our Caretaker) you can take an aerial tour of our new EYFS area:

<https://www.facebook.com/gusfordprimaryschool/videos/1902982093536690>

In partnership with Knowsley CLCs, all parent/carers are invited to an:

# Online Safety Information Session

This session is delivered virtually so can be watched from anywhere!  
We will share the link with you privately.

**Current trends** – what children are doing online and what apps/games are popular amongst children.

**Understanding the Risks** – a look at the risks associated with using technology, in particular when using social media, online gaming & live streaming.

**What can you do?** – suggestions on how you can support your child with their online lives and what parental controls are available to help you.

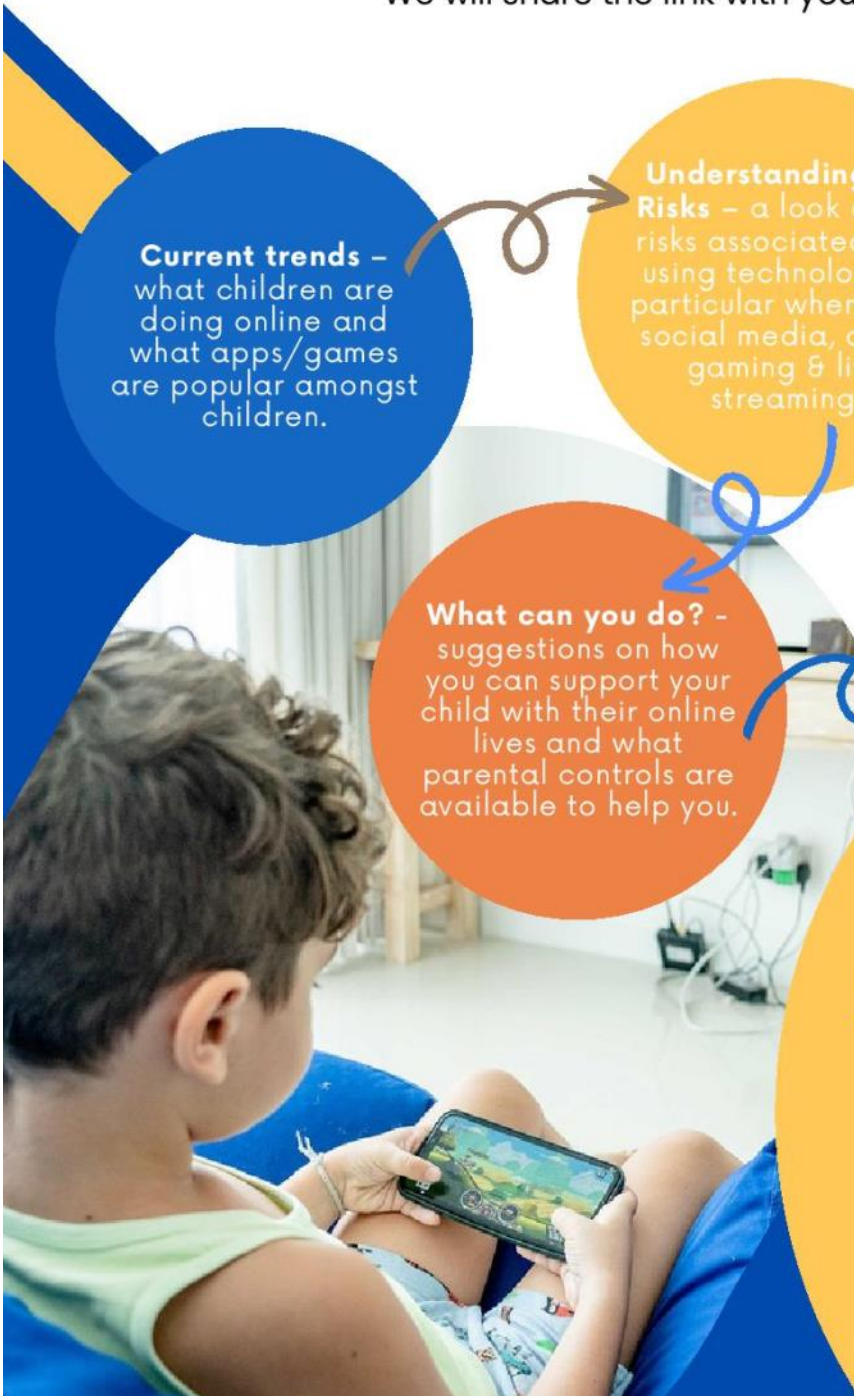
**Further Support** – signposting to services that are available to help you.

**WEDNESDAY  
2ND OCTOBER  
2024**

**4PM – 4.45PM**



Knowsley  
City Learning Centres



# What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION  
**13+**

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

## ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

## UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

## GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

## INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

## PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

## EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

## Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/Instagram-2022>

@wake\_up\_weds

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 00.00.2024

## 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



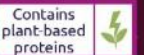
Eafiverse

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.



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.

You'll be able to track your school's Cashpot in the next 24 hours. Keep an eye on your selected Cashpot to track their progress and see how much they've earned!



Monday to Friday

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



SCAN ME



To book:

[KICKSANDTRICKS.IPALBOOKINGS.COM](https://www.kicksandtricks.co.uk)  
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:

[WWW.KICKSANDTRICKS.CO.UK](http://www.kicksandtricks.co.uk)

CALL 07939501775 | [INFO@KICKSANDTRICKS.CO.UK](mailto:info@kicksandtricks.co.uk)