



The Gusford Gazette

Why did Santa have to go to the hospital?
Because of his poor elf.

Issue 2453

Friday 6th December 2024

Circulation: 570

School Discos

Three great discos on Wednesday night. Thank you FOG for your brilliant organisation and thank you staff for your support. Please note that attendance at discos, clubs and certain school visits are dependent on behaviour in school during the day.



EYFS Wiggly Nativity

Our EYFS children (Nursery and Reception) put on a splendid performance of Wiggly Nativity on Thursday and Friday this week. Well done children, staff and thank you parents for your support.



Ipswich Symphony Orchestra

Lovely to pop in and see the second half of the Ipswich Symphony Orchestra (who rehearse in our hall) performing Beethoven last Saturday. Mrs Ingram was performing alongside the famous cellist Adrian Brendel. An amazing night!



ITFC Blue Christmas

On Tuesday, we held our ITFC Blue Christmas in an effort to help the Tractor Boys in their evening game against Crystal Palace. It didn't help this time but we did raise £300 for the ITFC Foundation. Thank you for your support.



Christmas Wreath

If you have any purple or pink candles at home we would love them for our school Christmas wreath.

Asda Cashpot for Schools

You have raised £900 for the school by shopping at Asda. Thank you.

Birthday Books

This week Alex and Lillie-Eve brought in Birthday Books. Rather than bringing in sweets we would encourage you to bring in a favourite book. We will glue in a special name label and put a photo on FB and X. The book will stay in class. Thank you.



Attendance

Our overall attendance this week was 95.9%. Our target is 97%. We can do it!

Tiger v Panda

Mr Rivett, our Business Manager has been running a Tiger v Panda vote. It was a close run thing but the Tiger just pipped the Panda. Look out for the next vote on favourite films.

Zack George aka Steel

Zack George (Gladiator) is spending the day at Gusford on Monday 3rd March. Find out more by clicking on the link below:

<https://primarytimes.co.uk/news/2024/09/healthy-habits-and-fitness-tips-for-families-with-zack-george>

Whole School Diary Dates

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.

Christmas Lunch. Wednesday 11th December.

New Reception Open Evening

Thursday 12th December 3pm - 4pm

Gusford Christmas Jumper Day. Friday 13th December.

Christmas Performances

Monday 16th December Y1 and 2 2pm

Tuesday 17th December Y1 and 2 2pm

Last day of term is Friday 20th December. We start again on Monday 6th January.

Attendance Celebration. Tuesday 7th January.

RSPB Bird watch. Friday 10th January.

Bikeability Session 1: Monday 13th to Thursday 16th January.

Bikeability Session 2: Monday 20th to Thursday 23rd January.

Youtube (shorts and videos)

Did you know we have our own Gusford Youtube channel?

<https://www.youtube.com/@GusfordPrimary>

School Santa Fun Run 8th December

Please make your way round to the middle playground for 10.00am. Sheldrake Drive entrance and Ellenbrook Road entrance will be open. Collect a hat from the registration table and then make your way to the start line for our warm up, Don't forget to collect your medal and Santa coin when you finish.

Things to do at Christmas

<https://www.facebook.com/gusfordprimaryschool/posts/122188113896091005>

Let's Talk Reading

'Let's Talk Reading' is an Ipswich Charity that has kindly donated us lots of new books for the children to take home. Thank you.

Bikes in school after Christmas

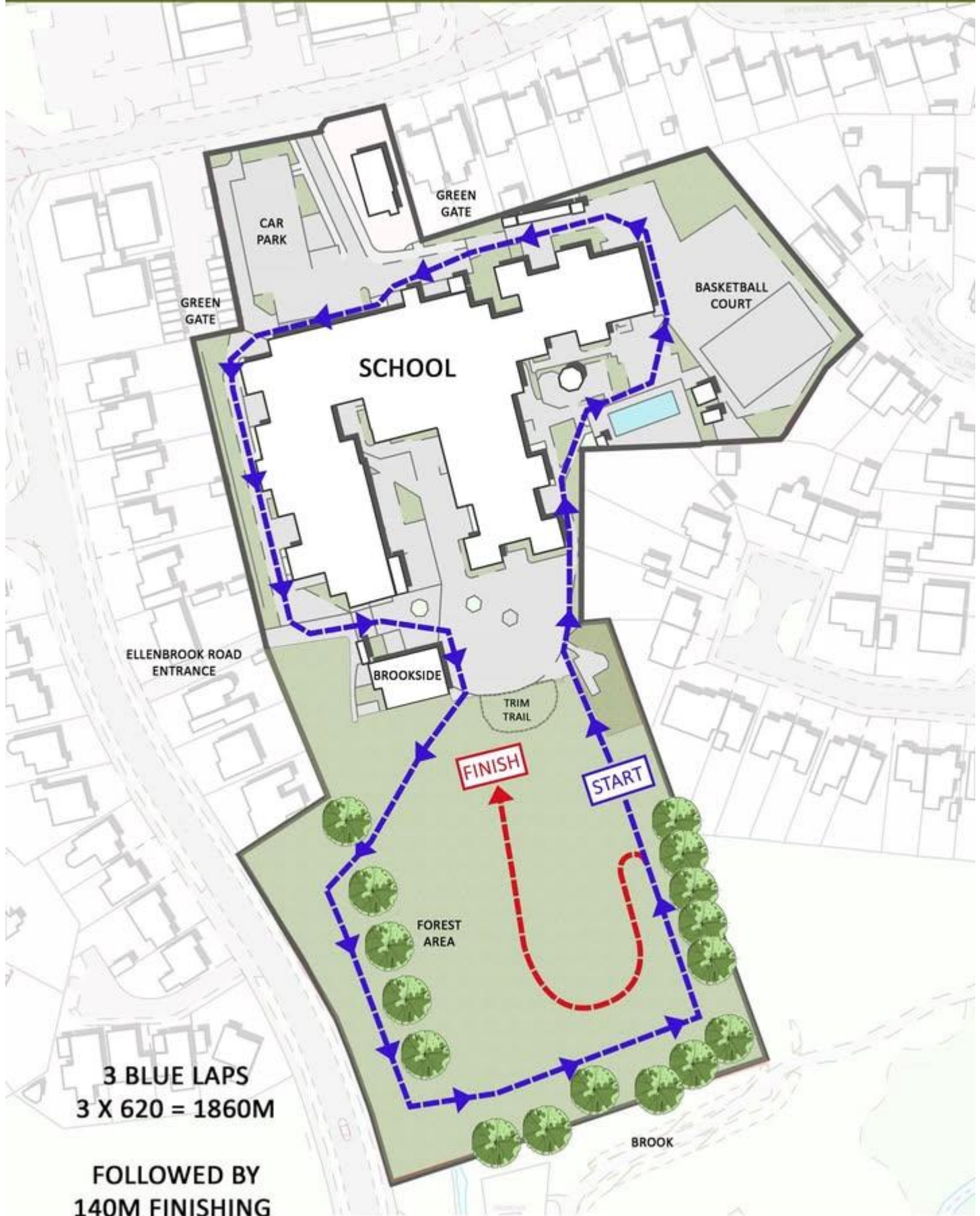
If you are planning to ride your bike to school after Christmas then you will need a cycle helmet.



Our Choir performed brilliantly at Mary Le Tower Church (Minster) on Friday evening. They even gave an impromptu performance on the bus on their way to the rehearsal. Mrs Ingram was very proud of all the children.

Well done singers, thank you Mrs Ingram, Miss Stawicka and Mrs Sayer and thank you parents for your support. The Choir will perform again in our Christmas assembly on Thursday 19th December.

SANTA 2K RUN



3 BLUE LAPS
3 X 620 = 1860M

FOLLOWED BY
140M FINISHING
LOOP



RECEPTION OPEN DAYS

A place your child will
discover, learn and love
every moment

Call our office to book
01473 682148



23 Oct
10.15am-
11.15am

12 Nov
5pm -
6pm

12 Dec
2pm -
3pm

<http://www.gusfordprimary.net>



01473 682148

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute, information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

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



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

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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: 04.12.2024

Autumn / Winter 2024/2025 - Week One

Dates: 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 2nd Feb, 14th Feb, 17th Mar, 7th Apr
Available Daily: Fresh Bread, Fresh Fruit & Yoghurt



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Tomato, Baked Bean & Spiral Pasta Bake 	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges 	Roast Chicken with Gravy, Stuffing & Roast Potatoes 	Beef Pasta Bolognese & Garlic Bread 	Fish Fingers & Chips
Main Meal Option 2	Cheese & Tomato Pizza with Tomato Pasta Salad 	Cheese & Onion Pastry Roll with Skin on Baked Wedges 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant-based Pasta Bolognese & Garlic Bread 	Crispy Vegetable Fingers & Chips
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans British Red Tractor Garden Peas
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans
Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard 	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie 	Fruity Strawberry Jelly & Mandarin Segments 	Vanilla & Cherry Cookie Cup & Custard

Portion(s) of fruit or veg Source of wholegrain Contains plant-based proteins 50% fruit Oily fish

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.



Autumn / Winter 2024/2025 - Week Two

Dates: 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 16th Mar, 14th Apr
Available Daily: Fresh Bread, Fresh Fruit & Yoghurt



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad 	Red Tractor Pork Sausage with Mashed Potatoes & Gravy 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes 	Garlic & Tomato Chicken Pasta Spirals 	Fish Fingers & Chips
Main Meal Option 2	Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa 	Plant Based Sausage with Mashed Potatoes & Gravy 	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes 	Garlic & Tomato Vegetable Pasta Spirals 	Crispy Vegetable Fingers & Chips
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Baked Beans or British Red Tractor Garden Peas 	Broccoli/Cauliflower & Carrots 	Broccoli/Cauliflower & Carrots, Sweetcorn 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans 	Jacket Potato with Cheese or Beans
Dessert	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread/ Pinwheels with Chocolate Sauce 	Toffee Cream Tart 	Chocolate Oaty Slice

Portion(s) of fruit or veg Source of wholegrain Contains plant-based proteins 50% fruit Oily fish

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.



Autumn / Winter 2024/2025 - Week Three

Dates: 4th Nov, 25th Nov, 16th Dec, 1st Jan, 27th Dec, 20th Jan, 20th Jan, 28th Mar

Available Daily: Fresh Bread, Fresh Fruit & Yoghurt



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Barbeque Chicken & Rice	Fish Fingers & Chips
Main Meal Option 2	Beany Shepherd's Pie	Cheese & Tomato Pizza with Tomato Pasta Salad	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Meatballs, Tomato Sauce & Mbed Rice	Cheese & Onion Pastry Roll & Chips
Filled Sandwiches	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato With Cheese or Beans
Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake with Custard

Portion(s) of fruit or veg Source of wholegrain Contains plant-based proteins 50% fruit Oily fish

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.



start

20 school days until the Christmas holidays attendance tracker!

25th November
Thomas Taylor author and illustrator visit. He illustrated the Harry Potter books.

26th November

27th November

28th November

29th November

10th December

9th December

Weekend

6th December

5th December
Christmas Choir Performance in assembly

4th December
EYFS nativity to whole school & School disco

3rd December
Blue Christmas Dress up in blue

2nd December
Christmas music on the gate
Mr Tapley's School Advent performance Assembly

11th December
Christmas dinner

12th December
KS1 Christmas Nativity performance to school.

13th December
Christmas jumper day

Weekend

16th December

17th December
Santa visits the class

18th December
Class Christmas quiz

19th December
Whole school sing-along of the 12 days of Christmas

20th December
Special Christmas playtime and lunchtime with music

Christmas Rewards

- 5 squares = 10 golden tickets
- 10 squares = 20 golden tickets
- 13 squares = 10 minutes extra play
- 15 squares = collect a 100 ticket prize
- 20 squares = Get a Santa hat!

You have finished. Well done!

Every day you are in school colour in another box on your attendance Christmas tracker.