



The Gusford Gazette

We break up for Christmas on Friday 20th December and return on Monday 6th January.

Issue 2454

Friday 13th December 2024

Circulation: 570

Santa Fun Run

Great fun at the Santa Run on Sunday morning. Well done runners. Thank you Mr Rivett, Santa (could you guess who it was?), Mrs Miles, Mrs McDonald, Mrs Duell and Jack Smith for your help.



Christmas Lunch

On Wednesday, Edwards and Blake along with our catering staff along with a little help from our school staff, produced a delicious Christmas lunch. We loved it but next time can we have pigs in blankets?



Pinocchio

On Monday, our Y1 and Y2 children visited the Avenue (Red Rose) Theatre to watch a super performance of Pinocchio. It was brilliant! Thank you to Dan's coaches for taking us there and back.



Christmas Jumper Day

On Friday, it was our Christmas Jumper Day. Thank you for all the donations to FIND. We know they will be useful.



Birthday Books

This week, Emily-Gray brought in a Birthday Book. 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 Blue Sky. The book will stay in class. Thank you.



Attendance

Please note if you go on holiday in term time both parents will be fined £80 for each of the children who are absent. No exceptions.

School Uniform

Please note the children are allowed to wear back school shoes or completely black shoe style trainers. Trainers with any other colour (however small) are not allowed. Hoodies aren't part of the school uniform either. Thank you for your support in this matter.

FOG Christmas Stall

On Thursday, the Friends of Gusford organised a Christmas Stall at the end of the day. We raised £220. Thank you for your support.

KS1 Christmas Performance

Great dress rehearsal on Thursday. Break a leg.



Whole School Diary Dates

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.

Anna James 'Pages & Co' author visit. Monday 13th January.

Y5 Bikeability Session 1: Monday 13th to Thursday 16th January.

Y5 Bikeability Session 2: Monday 20th to Thursday 23rd January.

Chapter 82 Storytelling Year 5. Thursday 23rd & 30th January.

Christian Foley (Rapping Children's Poet). Tuesday 28th January.

Henry VII Commemoration. Tuesday 28th January.

Parents' Evening. Monday 3rd February 3.45pm.

World Cancer Awareness Day (wear a hat to school-£1.00 donation).
Tuesday 4th February.

Parents' Evening. Wednesday 5th February 4.00pm.

NED Yo-Yo Demonstration. Thursday 6th February 2.00pm.

NSPCC Number Day. Friday 7th February.

End of Term. Friday 14th February (Valentine's Day).

Sports Equipment for Schools

With the help of the Rotary Club of Ipswich Wolsey, your contributions and 300 tickets donated by Sprites, we made it to over 1000 tokens. This means we will receive sports equipment worth £250.

Bikes in school after Christmas

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

Eco-Car Project

Our five engineers have been working hard on the Goblin G2 car project.



10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY



Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS



The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES



Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS



Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD



Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS



Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS



Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE



Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY



Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

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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: 11.12.2024

Please see below a statement from The Active Learning Trust about our use of X.

From Friday 20th December, please keep in touch with us using the following:

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

Facebook <https://www.facebook.com/gusfordprimaryschool>

Blue Sky <https://bsky.app/profile/gusford.bsky.social>

After careful consideration, we have decided to transition our social media channels to platforms that are better aligned with our Active Learning Trust values. This means that our schools will no longer maintain accounts on X/Twitter.

We look forward to connecting with you on other social platforms where we will continue to share updates and celebrate the achievements of our students and staff. Links to these have been provided above.

Thank you for your continued support.



Santa's Christmas Challenge

What can you draw in Santa's sack? I'll put the best ideas on 'Blue Sky'.



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
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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.



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
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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

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



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.