



The Gusford Gazette

Happy Christmas! See you again on Monday 6th January.

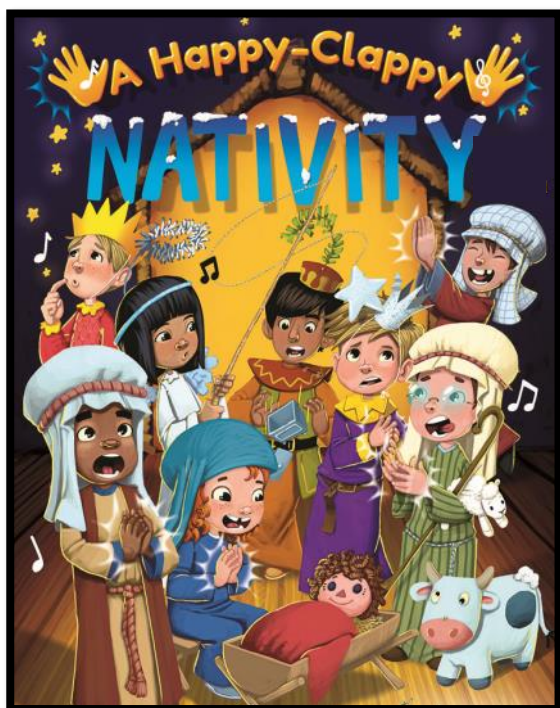
Issue 2455

Friday 20th December 2024

Circulation: 570

KS1 Christmas Performance

Two super performances of A Happy Clappy Nativity on Monday and Tuesday this week. It really was a joyous occasion. The children were fabulous. Thank you parents for your support and well done children.



Father Christmas Drops In

Father Christmas popped in on Tuesday afternoon. Lovely to see him, not so great that he had to chase off the Grinch first!

Staff Christmas Quiz

On Wednesday evening, Mrs Hopkins organised a super staff Christmas Quiz. It was a close run thing but the winners were 'Snow Idea' (Mrs Smith, Miss Machin, Mr Bland, Mr Bird, Mr Garwood and Miss Parmenter). Congratulations.

12 Days of Christmas

Mr Liew had produced a super version of the 12 Days of Christmas. Thank you to Year 3,4 and 5.

<https://www.facebook.com/gusfordprimaryschool/videos/616162034313467>

Bluey Club and Young Carers

On Thursday evening, our Bluey Club (Service Children) and Young Carers watched a brilliant version of 'Jack and the Beanstalk' at The Regent. It was great and we even got to see Abi (Year 6) who was one of the dancing stars,

New Shed Doors

Do you like our new shed doors?



Birthday Books

This week, Iris and Joshua brought in their 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 Blue Sky. The books will stay in class. Thank you.



Christmas Assembly

On Thursday, we held our special Christmas assembly. The choir, the children (and the staff) sang beautifully.



School Uniform

The children are allowed to wear black 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.

Bikes in school after Christmas

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

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.

Whole School Diary Dates

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).

Attendance this Year

Our overall attendance so far this year is 95.6% this is one percent above the national average for primary schools. Great news! The number of children whose attendance has fallen below 90% has also decreased to below the national average (which is good). Thank you for your support and look out for our January tracker.

Christmas Challenge

Can you build the longest linked Christmas word chain? It's like a paper chain but using words instead!

Santa Claus-Snow-Winter-Rudolf-Figgy Pudding -Gabriel-Lords a Leaping

Use the last letter of the last word to start the next. Sick of chocolate? Longest linked chain wins a selection box

Thank You

All the staff (myself included) want to say thank you for the lovely presents and cards you have given to us all. They are very much appreciated.

Ofsted Report

We are hoping our report is published before Christmas. We will let you know when it is available.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inesley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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.

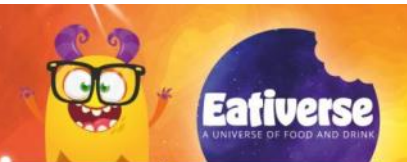



























13th Jan, 3rd Feb, 24th Feb, 17th March, 7th April

Autumn / Winter 2024/2025 - Week One

Dates: 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th 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 

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.



20th Jan, 10th Feb, 3rd March, 24th March, 14th April

Autumn / Winter 2024/2025 - Week Two

Dates: 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 14th 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.



6th Jan, 27th Jan, 17th Feb, 10th March, 31st March

Autumn / Winter 2024/2025 - Week Three

Dates: 4th Nov, 25th Nov, 16th Dec, 7th Jan, 27th Jan, 17th Feb, 10th Mar, 31st 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 & Mixed 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.

