



# The Gusford Gazette

Do you have a date for Valentine's day?  
Yes, February 14th.

Issue 2559

Friday 31st January 2025

Circulation: 570

## Christian Foley (The rapping Poet)

Christian Foley visited the school on Tuesday. He was absolutely amazing (he left us with some signed books which are still for sale) The children were taught raps and encouraged to come up with their own. We are running a little 'rap' contest in our assembly on Thursday 10th February. Please let me know if you want to perform.

## Gusford Community Pantry

The school are in the process of setting up a Community Pantry and Uniform Boutique. It is hoped that this will be up and running from late January/Early February and will give parents, who may be facing some financial difficulties, the opportunity to pick up essential food items, toiletries, cleaning products and uniform items at no cost (although donations will always be welcome). Local supermarkets will be helping to stock our Community Pantry, but, we also need to raise some funds to purchase additional items, In addition to this, donations of good quality, second-hand uniform, shoes, trainers and other essential school items would be gratefully received. For further information regarding the Community Pantry and Uniform Boutique, please contact the school office and ask to speak with Mrs Hockley (Parent Liaison Officer). Next week we will send more information to all parents about how and when to access this.



## Parking on Ellenbrook

Please be careful when parking close to the Ellenbrook Road entrance. Lots of our children use the footpath and blocking the walkway in the morning and at the end of the day is very dangerous.

## Henry VIII Non-uniform Day

On Tuesday, Chloe (rider) and Dobby (horse) visited school to help us commemorate the anniversary of Henry's VIII's death who passed away on 28th January 1547. It was great to see Chloe wearing the knight's armour and carrying the school flag.



## The Storytellers

Max and Dan returned to work with our Year 2 and Year 5 children on Thursday. They were so good. It was lovely to see the Year 5 children re-tell a story to their younger peers.

## Numbers at work

Do you know anyone who uses numbers at work? Show Mr Tapley or Miss Machin a photo, draw a picture or write an explanation of their job. All entries win a prize! NSPCC Non-uniform day: Numbers theme - 'Dress for digits'. No donation needed. Could you wear a football shirt? Maybe you love the Numberblocks, Tiny the tortoise or Numicon? What other clothes do you have with a maths theme?



## 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. Our attendance this week was 94.5%. Our target is 97%.

## Attendance Check

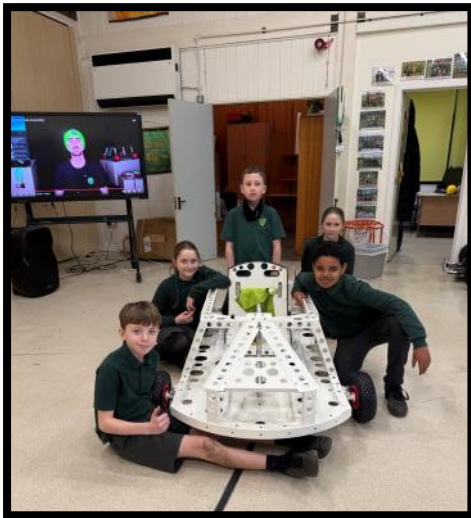
If your child is absent from school and we don't get a message we start to worry. We will therefore organise a welfare check (home visit) to ensure everyone is safe.

## 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.

## The Gusford Gusla

Mr Garwood says our Engineers did an amazing job this evening. Fitting the rear axel and rear wheels. Next job is all the electrics to get it running.



## Gusford Diary Dates

**Parents' Evening.** Monday 3rd February 3.45pm and Wednesday 5th February 4.00pm.

**Music at the gate.** Monday 3rd February,

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

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

**NSPCC Number Day.** Friday 7th February. Non-uniform no donation

**Valentines Window Dressing Competition.** Starts Monday 10th February.

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

**Start of Term.** Monday 24th February 2025.

**Performing Arts Public Speaking Competition.** Friday 28th February.

Monday 3rd March. **Steel from Gladiators workshop.**

**Thursday 6th March. World Book Day.** Dress up and procession.

Saturday 8th March. **International Women's Day**

**Year 5 Stargazing Sleepover,** Friday 14th March.

## Tracker Voucher

You can visit our FB page to see who won and how we selected the winner of the 15 day tracker voucher.

**Valentines Window Dressing Competition.** Starts Monday 10th February. Choose a window at home and decorate it in anyway you like to celebrate Valentines Day. Send me a photo or tell me where and I'll come and take a picture.

We would like to invite parents and carers into school for maths share sessions so that you can see maths in action at Gusford!



Nursery - Monday 10<sup>th</sup> February 10:30 - 11:30am  
Reception - Monday 10<sup>th</sup> February 2:15 - 3:15pm  
Year 1 and 2 - Tuesday 11<sup>th</sup> February 2:15 - 3:15pm  
Year 3 and 4 - Wednesday 12<sup>th</sup> February 2:15 - 3:15pm  
Year 5 and 6 - Thursday 13<sup>th</sup> February 2:15 - 3:15pm





# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



## Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penlstone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



# #WakeUpWednesday

The National College



**Ipswich  
Symphony  
Orchestra**

**FAMILY CONCERT**  
**I'VE GOT RHYTHM**

**JOHN WILLIAMS**

**Extracts from E.T.**

**BIZET**

**Extracts from Carmen Suites No 1 & No 2**

**FALLA**

**Extracts from The Three-Cornered Hat**

**BERNSTEIN**

**Extracts from West Side Story**

**CHABRIER**

**Marche Joyeuse**

**GERSHWIN**

**I Got Rhythm**

**J STRAUSS**

**Tritsch-Tratsch-Polka**

**Conductor Adam Gatehouse**

**Leader Steve Browne**

**Featuring the choir from St John's Primary School**

**Sunday 2 March 2025 2.30pm**

**Corn Exchange, King Street, Ipswich IP1 1DH**

**TICKETS**

From £11 / £8 under 18s (incl booking fee)

[www.ipswichtheatres.co.uk](http://www.ipswichtheatres.co.uk), from orchestra members and on the door

**Box office 01473 433 100**

[www.ipswichsymphonyorchestra.org](http://www.ipswichsymphonyorchestra.org) Registered charity #276724







## Hey KIDS and families!

NED's *Resiliency Ride* is visiting our school! The assembly is filled with storytelling, humor, illusions and amazing yo-yo tricks where our kids learn the hidden message in NED's name:

**N**ever give up  
**E**ncourage others  
**D**o your best®

Do you want to learn to yo? A yo-yo is both a learning tool and a tangible reminder of NED's message. While learning to yo, children will make mistakes, try again and improve.

### NED show at Gusford on Thursday 6th February.

Yo-Yos are available on Parentmail. You can order them now and we will distribute them after the show on Thursday. The children can bring them to school to play in the 'Yo-Yo zone' (the cage) on Friday 7th February.

#### STUDENT ORDER FORM:

#### CLASSIC YOS

£8

Learn the basics of yo-yoing with assorted fixed axel yo-yos.



#### SUPER SPINNERS

£10

Great for basic and intermediate tricks. With a strong throw, these auto-return yo-yos 'sleep' at the end of the string & then come back to you automatically.



#### SPECIALTY SELECTION

£13

Assorted professional long spin yo-yos for next level tricks!



#### REPLACEMENT STRING PACK

Ten assorted strings to change color or replace a worn out yo-yo string.



£4

#### YO-YO HOLSTER

Keep track of your yo and have it ready to go. Attach it to your belt loop or backpack (yo-yo not included).



£6

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

For more yo-yo fun and to learn tricks, check out: **NEDkids.com**



Yo-yo designs and colors may vary.

ITEM	PRICE	QTY.	SUBTOTAL
String Pack	£4		
Holster	£6		
Classic Yo	£8		
Super Spinner	£10		
Specialty Yo	£13		
<b>TOTAL DUE</b>			



# IES Hockey Club Junior Section

# Do you want to play hockey?



TRAINING

**SUNDAYS  
9.30-11AM**

## JUNIOR SECTION AGE GROUPS

- U8s - School years 1 to 3
- U10s - School years 4 and 5
- U12s - School years 6 and 7

School years 8 and above train on  
Tuesday evenings, 7.30-9pm

WE ARE BASED AT  
IPSWICH SCHOOL SPORTS  
CENTRE, RUSHMERE, IP5 1DE

For more information  
please visit :

**[www.ieshc.org](http://www.ieshc.org)**



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

Autumn / Winter 2024/2025 - Week One

Dates: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 23<sup>rd</sup> Dec, 13<sup>th</sup> Jan, 1<sup>st</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> 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

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

Autumn / Winter 2024/2025 - Week Two

Dates: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 30<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> 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

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

Autumn / Winter 2024/2025 - Week Three

Dates: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 5<sup>th</sup> Jan, 25<sup>th</sup> Jan, 15<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> 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