



The Gusford Gazette

We break up next week on Friday 14th February (Valentine's Day) and return on Monday 24th February.

Issue 2560

Friday 7th February 2025

Circulation: 570

Cancer UK

Tuesday was World Cancer Day. We raised £300 which will go directly to the charity. Thank you for wearing a hat!



'I Belong' visit to BT

On Tuesday, a group of our children along with Mr Webber and Mr Garwood, attended the BT Tower, for a technology day. They had a super time.



NED (Yo-Yo) Day

On Thursday, NED performed to our children in our assembly. It was brilliant. We followed this with a Yo-Yo zone on the playground. You can still buy Yo-Yos (in cash) from the front office.



History Off the Page

This week, our Reception children had a 'Toy Day', Year 6 came in dressed as Ancient Greeks and Year 2 found out about the Fire of London. The children were fascinated!



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 94.7%. Our target is 97%. If you attend school everyday this half term then you will receive a fantastic pair of ITFC gloves (in a similar fashion to the way we gave out the Santa hats).



School Car Park

The school car park is really busy in the morning. Lots of children and parents wait in and around the entrance. Please do not drive into the car park to drop off your children. Thank you for your consideration.

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.

Pantry and Boutique

In addition to donating £150 worth of food, toiletries and cleaning products when we were first setting up the Gusford Community Pantry, the lovely Kim from Tesco popped back to see us today with £50 in gift vouchers to buy more items for the next opening of the pantry on Friday 14th February. Mrs Clarke has also very kindly donated lots of food, toiletries and cleaning items

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.

Gusford Diary Dates

Share sessions. Monday 10th to Thursday 13th February.

Vanetines window dressing competition. Week beginning Monday 10th February.

Rapping competition. Perform your rap in Monday's assembly (10th February).

Safer Internet Day Tuesday 11th February.

Attendance tracker glove giveaway. Friday 14th February (we will have gloves left over to use as prizes)

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

Start of Term. Monday 24th February 2025.

Rotary Club in assembly. Monday 24th February.

Bookman visiting Reception. Monday 24th February.

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**

Beech and Chestnut (Y3) to Christchurch Park. Thursday 13th March.

Ash (Y3) to Christchurch Park. Friday 14th March.

Year 5 Stargazing Sleepover. Friday 14th March.

Year 6 to Cambridge. Monday 24th March.

'The Big Sing'. Wednesday 2nd and Thursday 3rd April at 2:15pm.

Parents Evenings

Thank you for all your support during our two Parents' Evenings. We are much more likely to succeed when we work together.

Public Speaking Competition

Can you read out a poem or an extraxc from a story, clearly and with expression? Why not enter our Public Speaking Competition. The winners of each category receive a medal and the best performance of the evening will take home a Dial Lane book voucher. Download an entry form from our website.

[Public speaking entry form](#)

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



Please note - change of date for Year 4

NSPCC Number Day



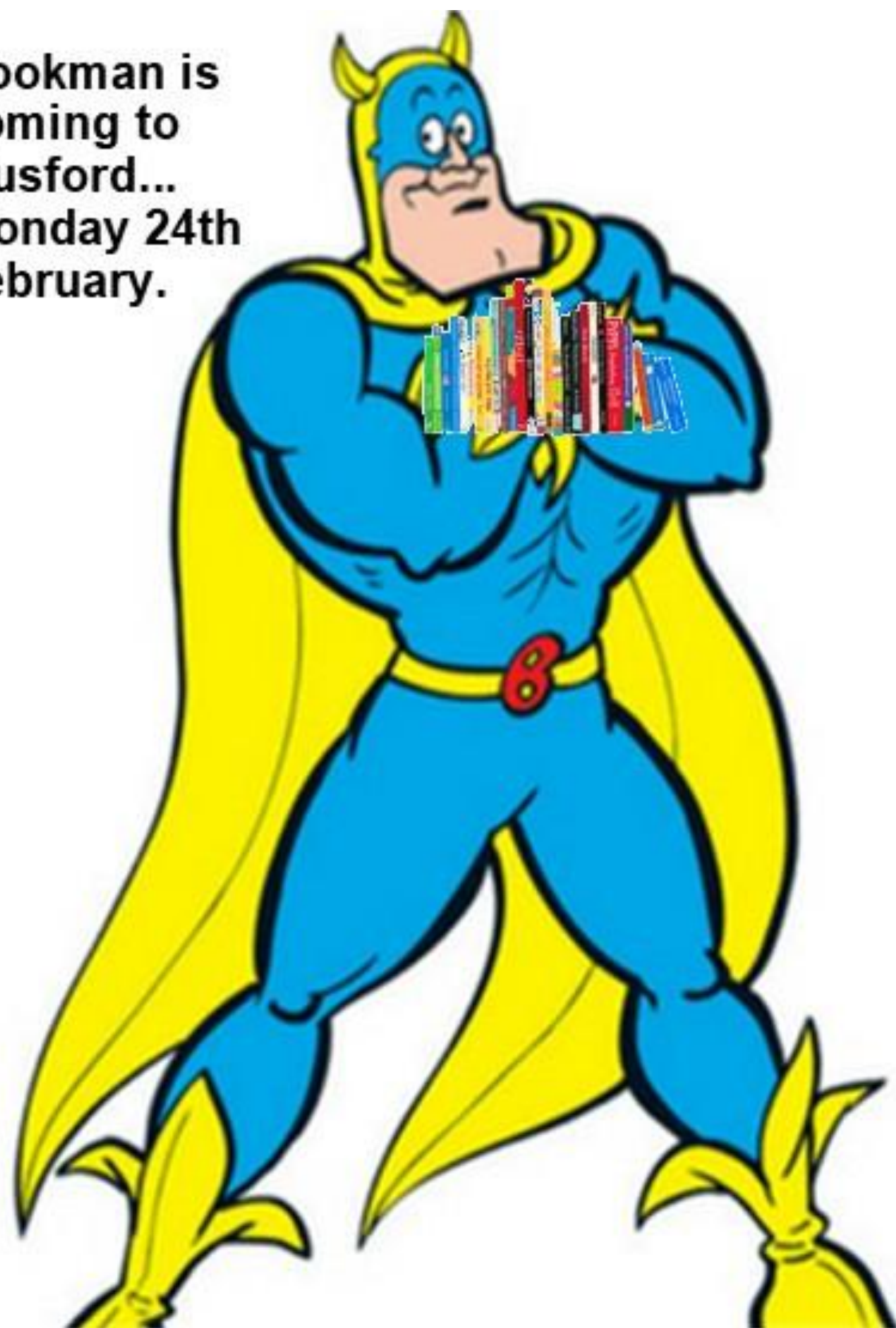
Pokemon Cards

Pokemon cards are great fun. Trading (swapping) them encourages lots of skills; communication, sharing, negotiation and comparison. However it is a breaktime activity and not something that should be carried out in lessons. Children will be asked to put their cards in the teacher's cupboard until the end of the day if they are brought out and swapped in lessons.

Christian Foley's Rapping Contest

On Monday we are carrying out our rap competition. If you have one, please let us know and we'll record it for you.

**Bookman is
coming to
Gusford...
Monday 24th
February.**



What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/fake-news-and-scams>

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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 |

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, 24th 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 |

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

Autumn / Winter 2024/2025 - Week Three

Dates: 4th Nov, 25th Nov, 18th Dec, 8th 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 |



NED'S SIX TRIX™

Scan the QR code to visit NED's Yo-Yo Channel (www.NEDKids.com), where you can watch step-by-step instruction videos and learn 30 more tricks!



Is your string too long?

1. Measure the String

Let the string out and set the yo-yo on the ground.

Pinch the string at your elbow and let the top part drop. Slide your other finger down two inches.

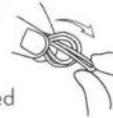


2. Make a Solid Loop

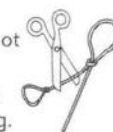
Tie a new knot by wrapping the string around your fingernail and pinching it with your thumb, just like tying a balloon. Slide it off your finger.



Slip the end underneath and pull it through to form a penny-sized loop.

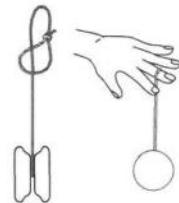


Pull the knot tight and cut off the extra string.



3. Make a Slip Loop

This loop will fit any size finger, so the yo-yo doesn't fall off your hand.



The Specialty yos need five wraps around the axle to do the first three tricks (See back)
Super Spinner yos need to be thrown 'softly' to do these 3 tricks.

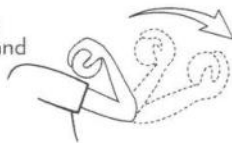
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Gravity Gripper

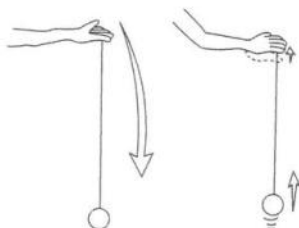
1. Place the yo-yo in your hand with your palm up. Make sure the string wraps over the top of your yo-yo.



2. Make a muscle, curl your wrist and fling your arm straight out in front of you.



3. Release the yo-yo with a hard downward throw. Turn your palm over, and catch the yo-yo. **Good job!**



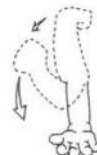
NED TIP

Is your yo-yo not coming up, but ends up spinning on its side? Line your shoulder, elbow and wrist straight out in front of you before

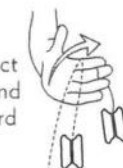
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Flip Flop

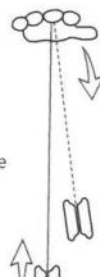
1. Release the yo-yo downward, like you would with the Gravity Gripper.



2. As the yo-yo comes up, direct it over your hand and back toward the floor.



3. As the yo-yo flops back down let it do a second Gravity Gripper.

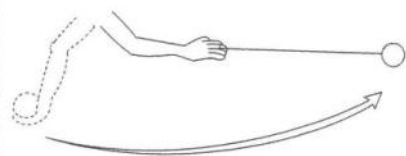


Congratulations! You've just done the Flip-Flop!

3

Forward Pass

1. Start with the yo-yo in your palm like you would for a Gravity Gripper. Now let your arms hang to your side, and draw your yo-yo hand back... ready to swing it quickly forward.



2. Let go of your yo-yo while it's behind you, and at the same instant, thrust your arm and hand forward in a swinging motion, leading with the back of your hand.

3. As the yo-yo comes back, turn your palm up to catch it. **Nice job on the Forward Pass!**





Remove wraps from the Classic Yo so there is just 1 left for tricks 4-6 (see below).



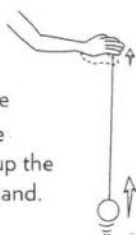
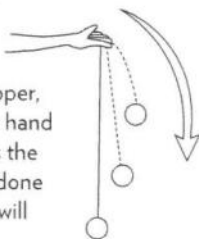
Always keep 3 wraps on the Super Spinner Yos.

4

Spinner

SLEEPER TRICK

1. Start this trick just like the Gravity Gripper, but gently stop your hand as the yo-yo reaches the end of the string. If done correctly, the yo-yo will spin or "sleep."
2. Turn your hand over (palm down) and give the string a tug. If there is still enough spin, the yo-yo will climb back up the string right into your hand.



NED TIP

The harder you throw your yo-yo down the longer it will spin AND the looser the string must be.

YO-YO WON'T STAY & SPIN?



Your string is too "tight." Look down at your yo-yo, and turn it counterclockwise, like the hands of a clock moving

backward. Now try it...

If your Super Spinner yo won't spin, use a harder overhand throw.

YO-YO WON'T COME UP?



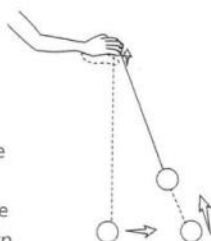
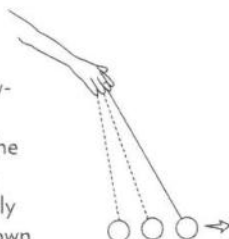
Your string is too "loose." Look down at your yo-yo and turn it clockwise. Or, simply let the yo hang down and it will naturally tighten. Now try it...

5

Walk the Dog

SLEEPER TRICK

1. Start by throwing a good Spinner. As the yo-yo swings forward, lightly let it touch down on the floor.
2. Let the yo-yo "walk" in front of you.
3. Before it runs out of spin give the string a small tug so the yo-yo will return to your hand.



NED TIP

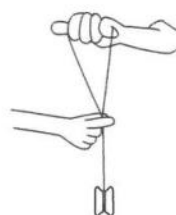
A hard floor surface - wood, gym or kitchen - works best for "walking your dog!"

6

Rock the Baby

SLEEPER TRICK

1. After throwing a good Spinner, grab the string a little above the middle with your free hand.
2. Bend the string down with your yo-yo hand, and pinch the string about 5 inches (13 cm) above your yo-yo.
3. Now swing the triangle down between you and your yo-yo and bring it into place, forming the cradle.



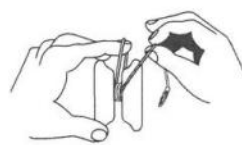
NED TIP

Try the trick a few times before adding the spin.

HOW TO WIND THE STRING on the Specialty Yos



1. Make the first wrap over one finger.



2. Continue to wrap string around the axle, to the side of your finger, 2-3 times.

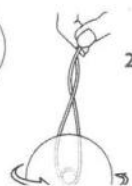
3. Remove finger and gently continue wrapping until wound.

4. The finger loop will disappear when you throw the yo-yo down!

HOW TO ADD or REMOVE WRAPS



1. Pinch the string about 3 inches (7cm) above your yo-yo.

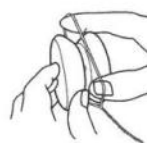


2. As you look down at your yo-yo, spin it counter-clockwise until the strands of the string split apart

3. TO REMOVE WRAPS: Take off one wrap at a time until there is only 1 wrap left around the axle.

TO ADD WRAPS:

Add one wrap at a time until there are 3 wraps (Classic Yo) or 5 wraps



4. Let go of the pinched string, and the yo-yo will spin, returning the string to its natural position.



NEW YEAR, NEW CAREER!

Visit our local train to teach roadshow and our expert course facilitators can help you decide which route is best for you and steer you on the right path!

GUSFORD PRIMARY SCHOOL, SHELDRAKE DRIVE IP2 9LQ

➞ **TUESDAY 4TH MARCH**

➞ **9:15AM - 12:15PM**

At our Roadshows we offer:



A hands- on immersive classroom experience in a low-stakes supportive forum to help you decide if teaching is right for you.



Meet our friendly staff, current trainees, pupils and discover our local schools to find out what teaching could mean for you.



Whatever your qualifications or experience we have a route into teaching available to you. Come along and chat to our experts!

To train to teach, and be eligible to register for our roadshow, you'll need to have (or currently be working towards) GCSEs at grade 4 (C) or above in English and maths and science. You will also need a degree in any subject to teach. If you do not have a degree, you can speak to us about one of our other routes into teaching.



Find out how you can start a new career this year!

To register simply scan the QR code or email:
Michaela.Attlesey@activelearningtrust.org

