



The Gusford Gazette

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

Issue 2561

Friday 14th February 2025

Circulation: 570

Rapping Competition

Visit our FB page to see some of our rap entries:

Jessie (J)
Oliver (Fisherman)
Harrison (Jewell)
Missy Fletcher featuring the Chestnut Posse
Harry (H)
Noah (The Flood)

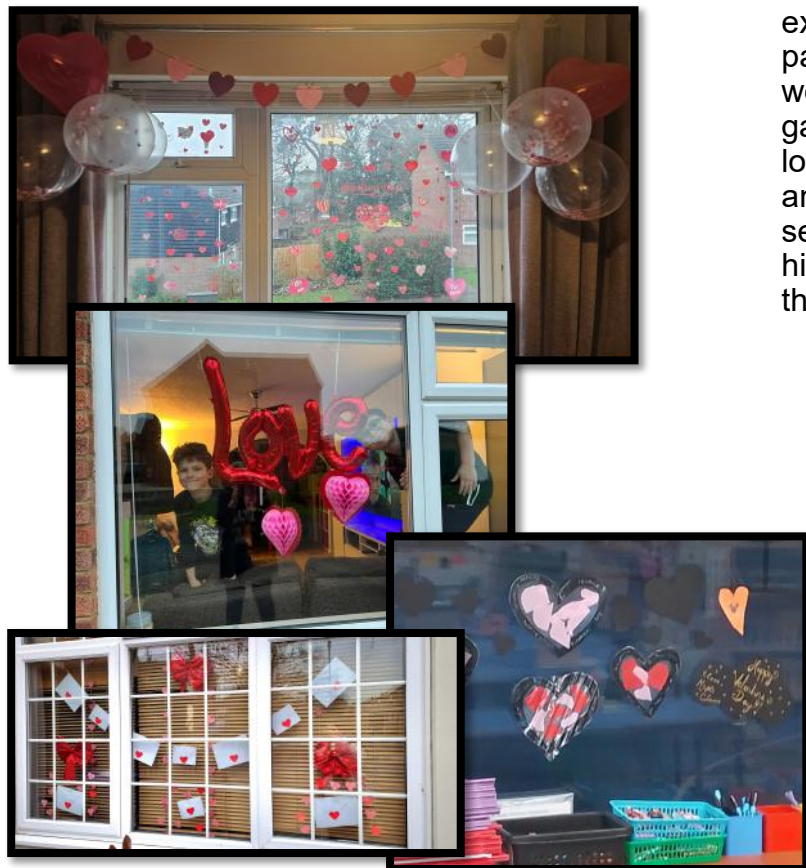
Safer Internet Day

On Tuesday we took part in safer internet day.

[Mr Webber's Assembly](#)

Valentines Window Dressing

It's never too late to decorate...send in your Valentines window photos and we will see if we can pick a winner.



Share Sessions

Thank you to everyone who attended our share sessions this week. When my children were younger I loved watching them in class.



Basketball

Mr Garwood says our basketball team performed exceptionally well, demonstrating incredible passion and dedication in every match. Although we did not make the finals this year, the players gave their all, securing two victories and narrowly losing the other two matches by just one point. I am extremely proud of their efforts. The players selected Luca as our Man of the Match, earning him the School Games goody bag. Well done to the entire team!



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 95.7%. Our target is 97%. If you have attended 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).



If you love the gloves but didn't manage 100% attendance-do not worry, we have kept some as prizes.

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.

Public Speaking Competition

Can you read out a poem or an extract 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.

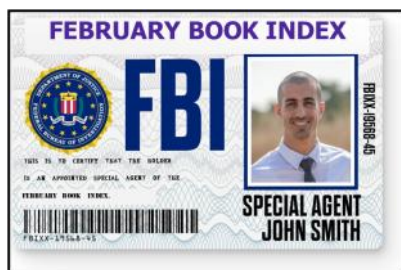
[Public speaking entry form](#)

No Lights Day

On Thursday, we held our 'no-lights' day. It helped bring attention to the fact that our climate is changing and that our actions, however small, can make a difference. Mr Webber and the Eco-Team are going to think of other ways that we can raise awareness.

Join the FBI

Become an FBI agent. Read a book and then send me your name and the title of the book you have read and you can join the FBI and receive your own personalised ID card after the holiday.



Gusford Diary Dates

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.

Sports Days

Tuesday 17th June Nursery & Reception Sports Day 10:15-11:45am

Wednesday 18th June Years 5 and 6 Sports Day 1.30pm

Thursday 19th June Years 3 and 4 Sports Day 1.30pm

Friday 20th June Years 1 and 2 Sports Day 1.30pm

Dress rehearsal for **Y6 performance.** Monday 7th July. Followed by an afternoon performance on Tuesday at 2.00pm and evening show on Wednesday at 6.00pm

Y6 Leavers' assembly 2pm. Thursday 17th July followed by Y6 BBQ 5pm - 6.30pm

Also, the **induction days for Y6** at high school are:

25/06 and 26/06 - East Bergholt and Claydon

01/07 - Holbrook

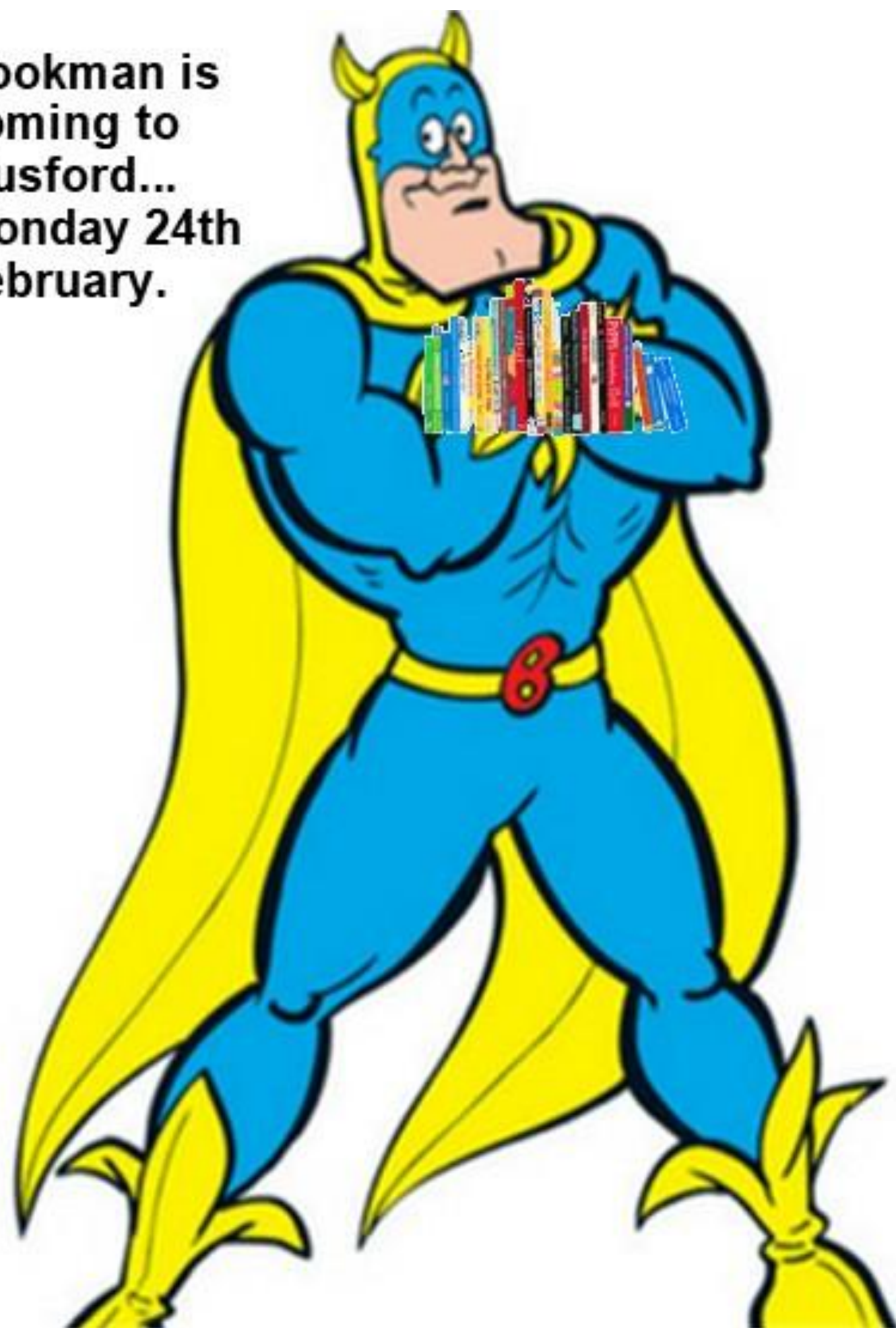
02/07 and 03/07 - Chantry

Birthday Books

We bought a special stand for Iris' Birthday Books. Just like [Dial Lane Books](#)



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



This really is something special

Eight of our girls participated in today's Premier League Primary Stars Cup, competing in seven matches, and advancing to the finals. Despite a hard-fought battle, they narrowly lost 1-0. However, their impressive performance has earned them a place in the regional qualifiers in Peterborough, where they will compete for a spot in the National Finals. Representing Gusford and Ipswich Town, they will proudly wear the ITFC kit as they continue their journey.



What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

WHAT ARE THE RISKS?

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

EASE OF ACCESS

The relatively lax age verification process of many dating apps makes them incredibly accessible to children who really shouldn't be using them. This carries the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.

CONTACT AND CONDUCT RISKS

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DM's' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.

SCAMS AND SEXUAL EXPLOITATION

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).

UNVERIFIED ACCOUNTS

As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A TikTok trend has advised young people to set their age limit to 80 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.

PEER PRESSURE

The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.

SKewed PERSPECTIVES

Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, all you see on these apps are pictures (with no insight into someone's personality), and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.

Advice for Parents & Educators

TALK ABOUT DATING APPS

Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can assist with conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.

ENCOURAGE DATA PROTECTION

Empower young people to protect their data and personal information. Explain why including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.

VERIFICATION STAMPS

Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ascertain a user's identity, including scanning valid documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.

REPORT AND BLOCK

Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block another user, so be sure young people are familiar with the settings.

Meet Our Expert

Rebecca Jennings works at RAISE (www.raiseducation.org.uk) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.



#WakeUpWednesday

The National College

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

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/www.thenationalcollege

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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: 12.02.2023

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, 10th Jan, 31st Jan, 21st 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

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

