



# The Gusford Gazette

Saturday is International Women's Day. Visit our FB site to see who we are celebrating this year.

Issue 2563

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## Steel

CrossFit athlete Zack George, better known as Steel from his appearances on the BBC show, visited Gusford Primary School in Sheldrake Drive on Monday. During his visit, Mr George gave an interactive presentation to the whole school where he answered a range of questions, took part in mindset activities, practiced breathing techniques and more. Then he went around to each classroom to answer more questions, took photographs and signed cards or drawings the children had brought in. Every child received an ActiPH water bottle with a picture of himself on. All the Staff said: "Our children were transfixed by Steel; not just because of his exploits on Gladiators or the fact that he has been crowned the UK's fittest man but because of the message he gave to the children, resilience, be positive, eat healthily, keep hydrated and work hard.



"He was great with the children and ensured they understood that a poor decision in the morning shouldn't upset their whole day. Focus on the glimmer." The visit was funded by Friends of Gusford and treasurer Samantha Collins, who said: "What an amazing day we all had at school with a visit from Zack George.

"Zack spoke to all the children about healthy balanced eating, exercise, confidence, mindset and hydration.

"He visited all the classes for questions, photos and autographs and gave every child an ActiPH bottle of water. We really hope the children enjoyed their visit and thank you to everyone for supporting our events which allow us to fund things like this.

[Ipswich Star](#)

## World Book Day

What a day! Thank you to all our families who came to our Reading Café. It was also lovely to see so many parents at the Grand Parade. The children had a lovely day and we will try and share the work they have done on WBD with you over the next few days.



## Girls' Football Regional Finals

Our Year 6 Girls' Team took part in the regional final in Peterborough on Tuesday. We had super support from everyone including the squad members who stayed at school. The team beat Norwich, Colchester and Stevenage and finished second in their group and fourth overall. We were so proud of all the girls.



## 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 95.3%. Our target is 97%

## Attendance Tracker

Have you seen the attendance tracker for this term? There are lots of activities and rewards the children can earn. We are hoping that most of them can make it to the end with 100%. Good luck.

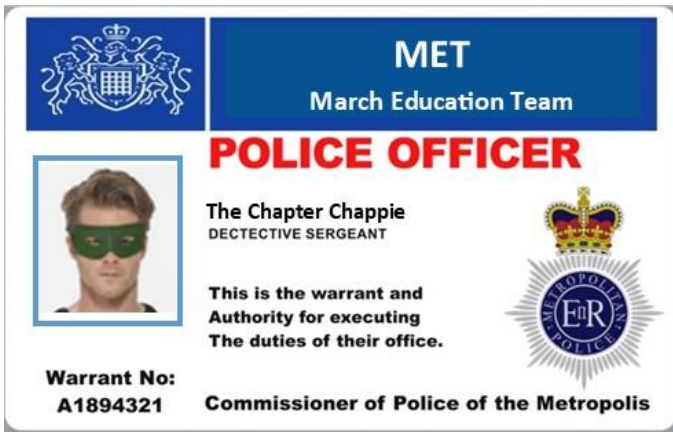
## Public Speaking

George in Year 2 memorised the poem 'The Sound Collector'.

[Sound Collector](#)

## Join the MET

Last month, lots of children joined the FBI and helped the Chapter Chappie defeat the Book Pincher. This month, if you read a book and tell me about it, you can help him out by joining the MET.



## Thursday Card Swap



## Gusford Diary Dates

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

**STEM week.** Beginning Monday 10th March

**Year 1 at Colchester Zoo,** Monday 10th March

**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 2<sup>nd</sup> & Thursday 3<sup>rd</sup> April 2:15pm.

**Year 4 WCET Festival Trinity Park.** Tuesday 17th June.

### 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

**Snake Maltings Music Festival.** Monday 7th July.

**Y6 performance.** Afternoon performance on Tuesday 8th July 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

## STEM Week

Next week is STEM week. Take a look at some of the activities the Friends of Gusford are supporting (see attached). Why not enter Mr Webber's STEM competition ?

## Year 3 Girls' Football Team

Our Y3 Girls started their Gusford football journey on Friday.





**Friends Of Gusford**  
**Many Hands Make Light Work**  
Charity number 1184135

**Gusford have arranged for children to participate in various workshops to help celebrate STEM week and Friends of Gusford are pleased to be able to fund these exciting workshops.**



Reception to Year 2 will take part in Ozobot workshops run by RobotFun. These 'Ozobot Workshops' will give the children a chance to engage in fun and creative coding using a variety of robots



Year 3 to Year 6 will be visited by Prime VR who are bringing VR headsets for the children to use in their workshops. During the workshops the children will travel to different times or places around the world that fit in with their current learning in school



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**In the STEM workshops run by Prime VR each year group will have a different experience they take part in. To find out more about your child's workshop theme take a look below**

### **YEAR 3 - Discover the Egyptians**

Transport pupils back in time so that they can discover this period of ancient history for themselves. Step foot inside a reconstructed tomb and see a whole city brought back to life. We'll also bring your class within touching distance of the Pyramids of Giza!



### **YEAR 4 - Explore Ancient Maya**

Take a virtual trip to Mexico to explore the ancient city of Chichén Itzá, a UNESCO world heritage site and one of the Seven New Wonders of the World. This city thrived between 600 AD and 1200 AD but is now an active archaeological site home to Mayan ruins, temples and even a ball court. Using 360° imagery, PrimeVR is able to show your class key landmarks across the city, including the Temple of Kukulcan, the Temple of the Warriors and El Caracol.





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## YEAR 5 - Explore the Rainforest

Students follow in the footsteps of David Attenborough by exploring the depths of the Amazon rainforest. Your class will explore each layer of the rainforest and will fly over the emergent layer as well as lurk amongst the creepy crawlies found on the forest floor. Come face to face with leafcutter ants, the Amazonian tarantula, the slow moving sloth, the deadly jaguar and the mischievous capuchin. This amazing workshop is brought to you in partnership with Wild Immersion, an organisation dedicated to raising the awareness of animal conservation.



## YEAR 6 - Explore Mount Everest

The class will be transported to see the tallest mountain on Earth, Mount Everest. Students will have the chance to visit base camp, one of the most popular trekking routes in the Himalayas, as well as Gokyo Village, a settlement which lies 4,750m above sea level. VR is a great way of putting mountains into perspective and really helps students to understand scale and landscape.

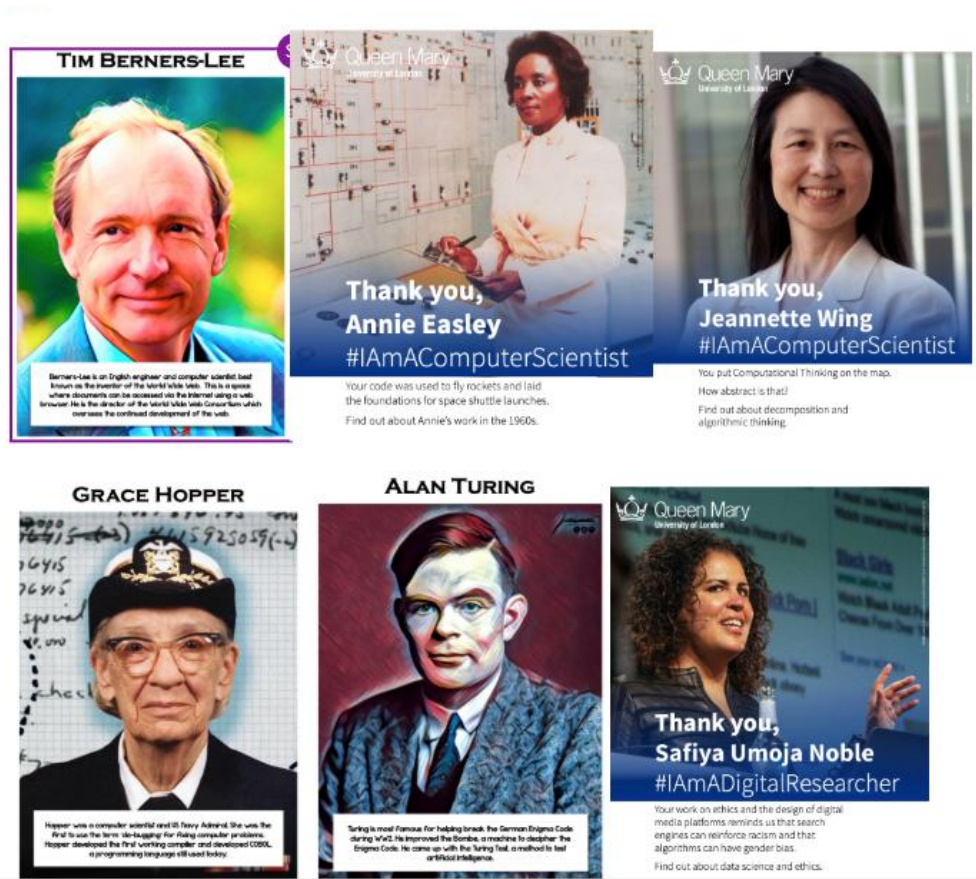


## STEM week competition (starting Monday 10th March)

Create a poster about a famous person in STEM. Here are a few examples of people you could make your poster about but who can you find who is important in the development of STEM? Please hand these in at the office and these will be passed on to be judged.

Judged by: Mr Tapley, Mrs Garner, Mr Webber and Miss Knights

Ideas:



Prizes up for grabs:



Have you seen the Page Pincher?

# Baddie

(The **Page Pincher** and  
the **Book Bandits**)

Letter Looter  
Sentence Snatcher  
Word Wrangler



# Goodie

Chapter  
Chappie

(and his Book Club  
friends from the FBI)



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