

Red Nose Day

We raised £400 on Red Nose Day. Thank you for your support.



How to get rid of head lice

Treat head lice as soon as you spot them. You can treat head lice without seeing a GP. Check everyone you live with, or have close contact with, and start treating anyone who has head lice on the same day. There's no need to keep your child off school if they have head lice. You do not need to wash your laundry on a hot wash.

Wet combing

Lice and nits can be removed by wet combing. You can buy a special fine-toothed comb (detection comb-the school recommends the 'Nitty Gritty') online or from pharmacies to remove head lice and nits. There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, using the detection comb, from the roots to the ends. It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair. When you've finished combing the hair, comb through all the hair again for a second time.
- Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online. Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs. Some treatments need to be repeated after a week to kill any newly hatched lice. Check the pack to see if they're OK for you or your child to use, and how to use them. If lotions or sprays do not work, speak to a pharmacist about other treatments.

Miss Rudd

You may have noticed Miss Rudd is pregnant. She is starting her maternity leave next week. She has done a super job to keep going. Best wishes Sian.

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.

Ed Sheeran

Did you manage to get hold of an Ed Sheeran Panini sticker? Charlie won a competition last Saturday and won a signed sticker.



Can you help our micro friends?

Ryan's Garden is in desperate need of accommodation for an assortment of insects. You can create one on your own, with friends or with your grown up. We need to create a city to keep the eco-system healthy, happy and thriving. Here are some examples to help you design and create a house.



Gusford Diary Dates

Year 6 to Cambridge. Monday 24th March.

Gonka Bar Sale. Friday 28th March at 2.45pm.

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

Last day for decorated eggs. Thursday 3rd April (to be judged on Friday 4th in assembly)

Mark Ashton's Charity Day. Wear Blue. £1.00 donation. Friday 4th April.

End of Term 4. Friday 4th April. We return on Wednesday 23rd April.

May Day Bank Holiday 5th May.

Summer Disco. Wednesday 21st May

End of Term 5. Friday 23rd May. We return on Monday 2nd June.

Y6 to Hilltop 2nd-4th June

Treasure Island Show. Friday 6th June

Bluey Trip to Felixstowe. Friday 13th June

June Jog. Sunday 14th June.

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

Summer Fete Saturday 21st June (Suffolk Day)

Snape Maltings Music Festival. Monday 7th July

Y6 performance. Dress rehearsal Friday 4th July. 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

End of Term 6. Friday 18th July. We return after the Summer holiday on Wednesday 3rd September.

(please note certain dates are subject to change)

Toys in School

We have a number of KS1 children bring toys into school and even to phonics lessons which is creating a very unsettled start to the day. Toys are best kept for toy day-not every day.



Friends Of Gusford

Many Hands Make Light Work

Charity number 1184135



Golden Ticket Chocolate Bar Sale - Friday 28th March 2.45pm

As part of World Book Day celebrations Friends of Gusford are running an exciting Golden Ticket Chocolate Bar sale. Children will have the opportunity to buy our fabulous Gonka chocolate bars for £2 each. Will your chocolate bar include a golden ticket containing one of our fabulous prizes?

Prizes include £100 cash, books and book sets

Payment for chocolate bars should be made via ParentMail which will go live today at 12pm. There is a limit of 10 bars per child that can be purchased. Additional bars may be available to purchase at a later date or on the day (cash payments only on the day).

Golden Ticket Chocolate bars will be available to collect on Friday 28th March from 2.45pm. This will either be in the library or the KS1 playground depending on the weather.

Thank you for your support

Friends of Gusford



Easter Egg Design Competition



Create your design on a hard-boiled egg for a chance to win a full-sized Easter Egg! Mini Easter Eggs will be awarded to runners-up.



Please bring in your entry to your class teacher by Thursday 3rd April for a chance to win!



Winners will be revealed on Friday's 4th April, during assembly!



What Parents & Educators Need to Know about STREAMERS

Livestreaming has become a big part of the entertainment people consume, and what began as a series of gamers sharing their screens has grown into a huge industry packed with personalities - and potential risks for your children. With over 2.5 million people watching Twitch, the most popular streaming service, at any one time, it's important to remain aware of the risks associated with streamers.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT



Some gaming streamers will stick to family-friendly titles, but others will play more violent games that tend to be more popular. Non-gaming streamers could, in theory, discuss just about anything, and some streamers will often stream in revealing outfits.

NEGATIVE INFLUENCES



While things have improved, streamers are often paid by companies to promote products, and this isn't always stated explicitly. While it's unlikely these goods will be harmful to your child, some streamers and influencers have engaged (knowingly or not) in scams in the past.

FINANCIAL HARM

Streamers will often have donation buttons on their screens for users to submit money. What can start as small amounts can quickly spiral as streamers engage with paying viewers more often, potentially leading to financial issues.

UNREALISTIC EXPECTATIONS



Influencers often showcase how glamorous their lives are, making some users feel as though they are lesser. However, it's important to stress that, in many ways, this is an act, or at the very least, not common. Logan Paul, who has been successful as a streamer and influencer, has a Pokemon card worth \$5 million, but this is atypical of anyone working in the medium.

MISINFORMATION



Streamers are, in many ways, just like us - and they can get things wrong or reel off an opinion without having thought about it. Some can simply say awful things to get a rise out of viewers or to sway them to their side of a hot topic.

ADDICTION AND SCREEN TIME



If your child is watching a lot of a particular streamer, it can be just as damaging to their social life as playing too many video games.

Advice for Parents & Educators

EXPLAIN HOW STREAMING WORKS



For a younger viewer, being a streamer or influencer seems aspirational, but it involves a lot of work and no small degree of good fortune. Streamers are often managed and unable to speak freely due to sponsors, and influencers are just that - influencing young minds, for better or for worse.

CHECK OUT STREAMING PLATFORMS



While Twitch was the de facto streaming service for years, YouTube has gained popularity, too. Then there are Kick and Rumble, which have grown in popularity with moves for big-name streamers - despite many being dogged by controversy.

DO NOT LOG PAYMENT INFORMATION



Streamers can reward donations with additional content, on-camera "shout outs" and more. If you're unsure about who or what your child is watching, consider avoiding linking payment information. This is especially notable with Twitch, which is owned by Amazon and therefore has some crossover.

SET SCREEN TIME LIMITS



You can set screentime limits for mobile apps on iOS and Google, but with other platforms like a PC it may be more difficult to keep tabs. Consider checking in regularly to ensure your children aren't watching content they shouldn't be.

Meet Our Expert

Lloyd Coombes is the Games Editor of the Daily Star, and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/streamers>

20 is plenty!

Children who read for **20 minutes** a day will...

Improve
**focus and
concentration**

Have a world of
**imagination and
creativity**
opened to them

Have
**stronger
writing skills**

Improve and
**strengthen
memory**

Be exposed to
**1.8 million
words a year**

Have a
**broad
vocabulary**

Improve
test results

Have better
**general
knowledge**

Encourage
**a love for
learning**

Learn how to
**develop
empathy**

Improve
**critical
thinking skills**

Improve
**communication
skills**

Have
**reduced
stress levels**

Silly School Education



Tree Planting

Come and join me 3.00pm -4.00pm on Saturday (main gate open and then use the Y3/4 entrance to walk around to Forest area). Bring a spade.

ICE ILLUSIONS MAJORETTES TROUPE

RECRUITING NOW!

We currently have spaces in our award winning team for ages **4-12 years old!**



ICE ILLUSIONS
MAJORETTE
TROUPE

sponsored by



**FIRST 2
SESSIONS
ARE FREE!**

COME ALONG AND LEARN:

- Baton Twirling
- Dancing, Marching & Strutts
- Use of Pom Poms, Flags, Ribbons, Wheels and so much more

Majorettes can help build confidence, coordination & social skills.

**MONDAY & FRIDAY
6PM-7:30PM
PINEWOOD COMMUNITY HALL**

Secure your space by contacting
Natasha on 07771 886316



@ice.illusions



@ice.illusionsmajorettes



ICE Illusions Majorettes Troupe - Ipswich

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, 1st 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, 16th Dec, 5th Jan, 27th Jan, 20th Feb, 13th 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

Spring / Summer Menu Week 1

5th May, 26th May, 16th June, 7th July, 8th Sept, 29th Sept, 20th Oct 2025

Eativerse

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Roast Chicken Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese, Onion & Potato Pie & Home-baked Potato Wedges	Macaroni Cheese	Beany Shepherd's Pie ^{VG}	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VG}	Vegetable & Bean Quesadilla, Chips
Halal Option	Halal Chicken Sausage Toad in the Hole & Home-baked Potato Wedges	Halal Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn	British Red Tractor Garden Peas, Sliced Carrots	Broccoli, Cauliflower & Carrots	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
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	Banana Mousse & Orange Smiles	Marble Sponge ^{VG} & Custard	Strawberry Jelly with Watermelon Slice ^{VG}	Vanilla Cookie ^{VG}	Iced Sponge Cake with Sprinkles

Spring / Summer Menu Week 2

21st April, 12th May, 2nd June, 23rd June, 14th July, 15th Sept, 6th Oct, 27th Oct 2025

Eativerse

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Veggie Sausage with Mash & Gravy Vg	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheesy Bean Pitta	Tomato & Baked Bean Pasta Bake Vg
Halal Option	Halal Chicken Sausage Roll & Home-baked Potato Wedges	Halal Red Tractor Beef Pasta Bolognese & Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
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	Banana Cake Vg & Custard	Shortbread & Orange Slices Vg	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg

Spring / Summer Menu Week 3

28th April, 19th May, 9th June, 30th June, 21st July, 11th Aug, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov 2025

Eativerse

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sweet & Sour Chicken Meatballs & Sunny Rice	Beef Lasagne & Garlic Bread	Roast Chicken Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheesy Tomato Pasta Bake	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Bean Burrito & Potato Wedges ^{VG}	Cheese & Onion Puff Pastry Roll
Halal Option	Halal Sweet & Sour Chicken Meatballs & Sunny Rice	Halal Red Tractor Beef Lasagne & Garlic Bread	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
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	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges ^{VG}	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VG} & Chocolate Sauce	Homemade Jam Sponge & Custard