



The Gusford Gazette

We break up on Friday 4th April and return after Easter on Wednesday 23rd April
(St George's Day)

Issue 2567

Friday 4th April 2025

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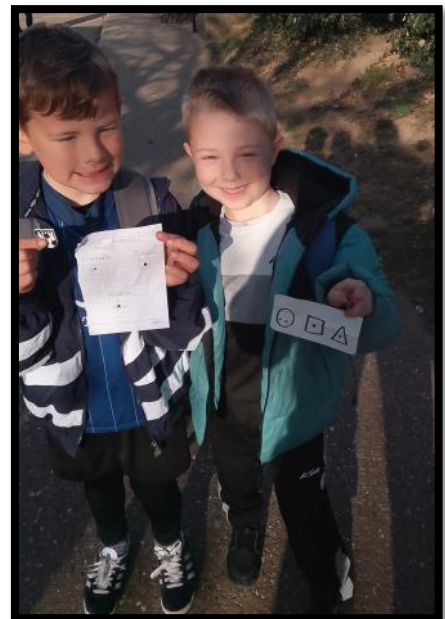
Engineers to Lotus

Our Green Team (Eco Car Engineers) went on an amazing trip to Lotus today. Getting to see lots of the F1 cars and the history behind it, plus how the production line works building the cars in the attached images (Thank you Mr Bland and Mr Garwood for organising such a special trip).



Three Brook Challenge

On Friday 4th April, 61 children took part in the Three Brook Challenge. Did you collect all three punches and earn a prize? Thank you for taking part and thank you to our Olympic standard punchers, Mrs Wiles, Mrs McDonald and Mr Rivett.



Summer Fun Run

Why not sign up for our Summer Fun Run? (very similar to our Santa Fun Run)

<https://forms.office.com/e/CTqKVNTQGf>



Blue Day

On Friday it was our Lenton Brook Foundation (Mark Ashton's Charity) non-uniform day. Thank you for taking part we raised close to £250.



Exciting Cross-Country Event: A message from Mr Garwood

What a fantastic day of running! A total of 72 determined children from Years 4, 5, and 6 took on today's cross-country challenge, pushing themselves to the limit. Our Year 4 runners tackled an impressive 1,500 meters, while Years 5 and 6 took on the longer 2,200-meter course.

Everyone gave it their all, showing incredible perseverance and sportsmanship. A special shout-out to the three students who finished in the top 10—an amazing achievement!

A huge thank you to the Gusford staff who helped make this event possible. It was a brilliant way to end our sports events this term, and we couldn't be prouder of our young runners!



The Big Sing

Our Year 3 and 4 children really enjoyed the Big Sing this week. They were wonderful. It was great to welcome so many parents too and thank you for your support (especially with the dancing).



Gusford Diary Dates

End of Term 4. Friday 4th April. We return on Wednesday 23rd April (St George's Day)

Paper Plane Champs. Weds/Thur/Friday. Starting 23rd April

Thursday 24th April. **Attendance Assemblies:**

Year 1 and 2 - 10am

Year 3 and 4 - 1030am

Year 5 and 6 - 11am

The Two Johns-Internet Safety. Wednesday 30th April.

Let's Dance Festival. Y6 Dancers at Chantry Academy. Thursday 1st May

May Day Bank Holiday Monday 5th May

Year 6 SATs Week. Starting Monday 12th May

Summer Disco. Wednesday 21st May

End of Term 5. Fri 23rd May. We return on Mon 2nd June.

Y6 to Hilltop 2nd-4th June

Treasure Island Show. Friday 6th June

Bluey Trip to Felixstowe. Friday 13th 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)

Summer Fun Run. Sunday 6th July

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.

New reception starter dates:

All children:

Parent information evening (adults only) - June 5th 5pm

Stay and play (with parents) - June 16th 2pm-3pm

Morning sessions (on their own) July 2nd and July 3rd 9.30am-11.30am (This will also be our moving up day for our children)

Picnic day - July 15th The children come in on their own at 9.30am-11.30am and then parents will join them and bring in a picnic for them both at 11.30am.

Additional session for non Gusford Nursery children:

Stay and play (with parents) - June 10th 2pm-3pm

Easter Egg Competition

Mrs Beardon said all the entries were so good they should all get a prize. Please pick up your eggs and prizes before we break up (school is open Monday morning). Mrs Beardon did pick her top three though which included: Rapunzel in first place, followed by shell eggs and Mr and Mrs Potato egg in equal second. Thank you for taking part.



Aeroplane Championship

Practise making a paper aeroplane this Easter and enter our championship after the holiday. See poster attached for more details.



Reception Walkabout

The reception children walked so well to the Chantry Library! We took it in turns to share a story as a group and explore the books in the library, time in the play park and going on a Spring hunt using a checklist! So much fun!



TTRS Challenge

Calling Years 3, 4, 5 and 6 - the final battle of the Spring Key Stage 2 times table tournament has commenced! Be the 'MVP' (Most Valuable Player) in your class on Times Table Rockstars over the Easter holidays to win a 'Rock Star' badge. Score as many correct answers as you can to be in with a chance to win.



Reading Challenge

Please see reading challenge attached. Each child will need to date each square as they complete the activity. They can then hand these back to their class teacher during our first week back to school in April. They will win 5 golden tickets for every square they complete. Please share any photos or videos for our Bluesky account. Children will also get 3 golden tickets for every reading diary entry they complete. Good luck and have fun reading!

Easter Reading Bingo Challenge

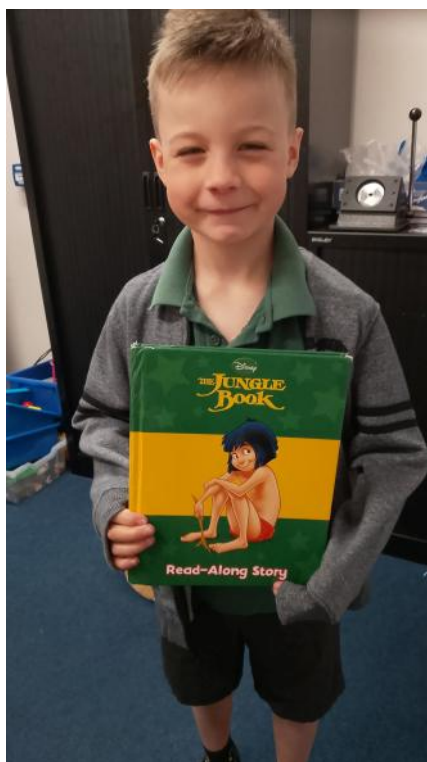


Date each square as you complete it and hand back to your teacher during the first week back to school in April. Win 5 golden tickets for every square you complete. Please share any photos or videos of you reading with admin@gusfordprimary.net. These will be posted onto the school's Bluesky account. Good luck and have fun!

Read a book with an animal in it	Read outside in the sunshine	Read whilst eating a chocolate egg	Read instructions for making an Easter card or chocolate nests	Read whilst in the bath fully clothed
Read in the dark with a torch	Read in a whisper voice	Read before you open your first Easter egg.	Read your favourite book again	Read aloud to a family member or a friend
Read something that makes you giggle	Read a book that was written before you were born	Read in a loud voice	Read a book that you read when you were little	Read in your pyjama's

Birthday Book

Happy Birthday Amari and thank you for the Birthday Book.





Paper Plane Championship

Starting Wednesday 23rd April

Morning break in the school hall: Wednesday/Friday

Lunchtime on the field: Wednesday/Friday

After school on the field (3.30-4.15pm): Thursday (Parents welcome)

Category 1: Furthest indoor flight (distance)

Category 2: Longest indoor flight time (hang-time)

Category 3: Furthest outdoor flight (distance)

Trophy for the winner of each category



Restrictions

- No card. Paper only (150 gsm max)
- A4 or A3 paper
- No glue or cello tape or similar fixings/adhesives
- Blue-tac allowed for balance
- Planes can be pre-made at home
- Planes must be manually released (thrown)

Good luck!



PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

FOR YOUNG PEOPLE

4YP

EASTER HOLIDAYS at 4YP

**MON
7
APRIL**

Spring Arts & Crafts Day

10am-3pm Years 4-6 (8-11 yr-olds)

Paint Your Flowers & Bubble Pop Art

Meet at 4YP Hub from 9.45am. Activities start at 10am. Lunch included.

**TUES
8
APRIL**

Spring Arts & Crafts Day

10am-3pm Years 7-11 (12-16 yr olds)

Gelli printing & Spring bunting

Meet at 4YP Hub from 9.45am. Activities start at 10am. Lunch included.

**WED
9
APRIL**

Get Out & Game Day

10am-3pm Years 4-6 (8-11 yr-olds)

Games in the park followed by cosy board games in afternoon

Meet at 4YP Hub from 9.45am. Activities start at 10am. Lunch included.

**THUR
10
APRIL**

Hub Design Workshop

2pm-6pm Years 7-11 (12-16 yr olds)

Turning concepts into plans with Make Architects

Meet at 4YP Hub at 2pm

**MON
14
APRIL**

Get Out & Game Day

10am-3pm Years 7-11 (12-16 yr olds)

Games in the park followed by cosy board games in afternoon

Meet at 4YP Hub from 9.45am. Activities start at 10am. Lunch included.

**TUES
15
APRIL**

Farm Visit

10am-3pm Years 4-6 (8-11 yr-olds)

Trip to Baylham House Rare Breeds Farm

Meet at 4YP Hub from 9.45am. Lunch included.

**WED
16
APRIL**

Clip'n' Climb trip

10am-3pm Years 7-11 (12-16 yr olds)

You don't need to have ever climbed before!

Meet at 4YP Hub from 9.45am. Lunch included.

For more Information
contact us at: 01473 252607
Youthteam@4yp.org.uk
www.4yp.org.uk

ALL ACTIVITIES ARE FREE!

During half term our usual weekly groups will
be running as normal. Find the 4YP Hub at:
14 Lower Brook Street, Ipswich IP4 1AP.

→
**SEE OVER
TO SIGN UP**

Choking baby

What to do

1. If coughing they may clear it themselves
2. Up to five back blows
3. Up to five chest thrusts
4. 999/112 if unsuccessful
5. Repeat steps two and three until help arrives
6. If casualty becomes unresponsive be prepared to begin CPR



St John Ambulance



Choking child

What to do

1. 'Are you choking?'
2. Up to five back blows
3. Up to five abdominal thrusts
4. 999/112 if unsuccessful
5. Repeat steps two and three until help arrives
6. If casualty becomes unresponsive be prepared to begin CPR



St John Ambulance



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

What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The
National
College