



The Gusford Gazette

Join us for our Children in Need Community walk on Sunday 19th October.

Issue 2585

Friday 10th October

Circulation: 570

Ipswich Book Festival

Over 40 events across 14 venues. Brilliant and a must go for next year. Lovely to meet Tasneem talk about her latest book 'Odd Girl Out' in the old Superdry shop last Sunday afternoon.



Mental Health Day

Friday was World Mental Health Day.



Parents' Evenings

Monday 13th (4.00-7.30pm) and Wednesday 15th October (3.45-5.45pm). We look forward to seeing you all.

Gusford Diary Dates

Ipswich Star Reception photos. Week beginning Monday 13th October

Parents' Evenings. Monday 13th (4.00-7.30pm) and Wednesday 15th October (3.45-5.45pm)

Children in Need Community Walk. Sunday 19th October. Meet 10.00am at school

Open Sessions

Wednesday 22nd October 10.15-11.15am

Tuesday 11th November 5.00-6.00pm

Thursday 4th December 1.45-2.45pm

End of Term 1. Friday 24th October. We return on Monday 3rd November.

Halloween Trail. Sunday 26th October to Saturday 1st November.

Beauty and the Beast Panto. Friday 21st November.

Children in Need Day. Friday 21st November.

Year 1 & 2 Alice in Wonderland Theatre Trip. Tuesday 2nd December

Carols from Gusford. Thursday 4th December. 6.30pm. Stoke Park Church.

Santa Fun Run. Sunday 7th December 9.30am on school field

Bluey and SYC Alice in Wonderland. Tuesday 9th December

Christmas Lunch Wednesday 10th December

Christmas Jumper Day. Friday 12th December

ITFC Blue Day (non-uniform). Friday 19th December

Find Santa.com. Sunday 21st December. Santa mug hunt

End of Term 2. Friday 19th December. We return on Tuesday 6th January

Bikeability

Group 1 26th to 29th January

Group 2 2nd to 5th February

Holidays in Term Time

Please note all holidays in term time will be followed by a fine. This is national policy. The fines go to Suffolk County Council and not the school.

Admissions

To apply for a place in Reception or Year 7 in Suffolk, visit the [Suffolk County Council admissions website](http://www.suffolk.gov.uk/admissions-website) at www.suffolk.gov.uk/admissions-website where you can complete an online application, find information, FAQs, and a list of the schools' admissions policies and Supplementary Information Forms (SIFs). For secondary school (Year 7), the closing date for applications is **Friday, October 31, 2025**.

Next Week in School

Mae Jemison assembly on Monday. Parents' Evenings. Monday 13th (4.00-7.30pm) and Wednesday 15th October (3.45-5.45pm). Baby Loss Awareness Day Wednesday 15th October.

Children in Need Community Walk

Sunday 19th October. Meet 10.00am at school.

Halloween Trail.

Sunday 26th October to Saturday 1st November. More details to follow.

Find Santa.com

Sunday 21st December.

I will hide 6 Santa mugs in and around Chantry, Stoke and Pinewood. They could be anywhere...Starting at 10.00am I will release clues on FB for the first mug. One clue every 10 minutes until it's found. Once we have confirmation it has been found I will move on to the second mug and so on.

Baby Loss Awareness Week

Next week is Baby Loss Awareness Week. Wednesday 15th is the key day. You are welcome to come and plant a bulb in the Bungalow front garden. We have Snowdrop, Crocus, and Iris bulbs. We will make a little planting area this weekend so we can watch them flower in the Spring. Just pop in and ask for a bulb next week.

Local support group:

<https://www.facebook.com/share/g/1CtX8XTT5W/>

Wrap Around Care

Kicks and Tricks are ending their after school club contract October half-term. The school has decided to run the club themselves, with school staff, in a similar way to our breakfast club. More details to follow.

Charles Ignatius Sancho

Sancho was born on a British slave ship in the Atlantic, after becoming a free man Sancho started his own business as a shopkeeper, while also starting to write and publish various essays, plays and books. Sancho quickly became involved in the British abolitionist movement, which sought to outlaw the slave trade and he became one of its most devoted supporters. Sancho's status as a property-owner meant he was legally qualified to vote in a general election, a right he exercised in 1774 and 1780, becoming the second known British African to have voted in Britain after John London.



This coming Monday, a group of children from Miss Law's Class are running the assembly and are keen to tell us more about Mae Jemison.

Attendance

Our attendance this year is 96%, the national average is 95.5%. Our target is 97%. We can do this.

Flag Design Competition

Can you design a flag that symbolises community cohesion, inclusion, compassion and care? Send in your designs on A4 paper (landscape) and we will make the winning design into an actual flag. Deadline for entries October half term. Good luck.

U11s Football

Our first sporting event of the year! The girls showed fantastic effort, learning and developing throughout the tournament. A special well done to Evie, who received the Fair play award for our school. They all made us incredibly proud. Winning 1, drawing 2 and losing 2.



Jack Abbot MP Christmas Competition

Why not have a go at designing Jack Abbot's Christmas card? See details attached.

October 2025

Dear Parents and Carers,

Wraparound care at Gusford Primary School

We are pleased to announce that we are expanding our wraparound care provision at Gusford Primary School. In addition to our well-established Breakfast Club, we will now be offering an After School Club each evening after school. Both clubs will be led by highly experienced members of our school staff, who will organize a variety of engaging and fun activities for the children to enjoy during each session.

Breakfast Club will continue to be run each morning from 7.45am until 8.40am. The cost for this will remain at £3 per session. Please continue to book your child's place in advance on Arbor. Please see the attached poster for details of our pricing and time bands.

After School Club will begin on Monday 3rd November 2025 and will run every evening from 3.15pm until 5.30pm. After School Club care is not currently available to children that attend our Nursery setting.

We are pleased to offer three different options that you will be able to choose from to suit you and your family. These are flexible and you are able to book different times for different days as required.

3:15pm 4:30pm: £4 per child.
3:15pm – 5:00pm: £7 per child.
3:15pm – 5:30pm: £10 per child.

Parents will be able to book these on Arbor shortly. Please try to book your child's place in advance as we anticipate this being a busy club. All children must be collected by 5.30pm.

We understand that all families experience emergencies, but we have seen an increase in the number of children that are routinely collected late from school. With this in mind – if you cannot collect your child until after 3.30pm they will be taken to our After School Care and you will be charged accordingly via Arbor. Unfortunately, we do not have the capacity to look after children in our office at the end of the school day as it is very busy.

Kind regards

Mr. Tapley

GoOD 4 Us

The GoOD for Us Team delivered a super assembly on Thursday afternoon on Bartemaous and inclusion. Did you know he was once a blind man?



Seed Bombing

Last Sunday, Freddie, Freya and Dad joined Mrs Sayer and I for a bit of seed bombing this morning. Look out for our work this coming Spring.



Foxburrow Farm

Y2 had an enjoyable day at Foxburrow Farm nature reserve. They learnt all about habitats, microhabitats, wildlife and invertebrates. The sessions were thoroughly engaging and the children were impeccably behaved. Thank you parents who gave up their free time to support this experience for our Y2 children. It makes such a difference in the smooth running of these events. The Y2 Team!

Red Rose Theatre

Our Red Rose Year 5 drama workshop was brilliant. We can't wait to have them back. Fun and talented.

<https://www.facebook.com/reel/772235108974704>

Year 1 at the Teddy Bears' Picnic



Children in Need Ramble

The Gusford Gambol

Sunday 19th October

Leaving from the school car park: 10.00am

Walking to Chantry Park: 30 mins

Following the park route with a refreshment break: 1 hr 30 mins

Return to school: 30 mins (for 12.30pm)

Children must be accompanied by an adult.

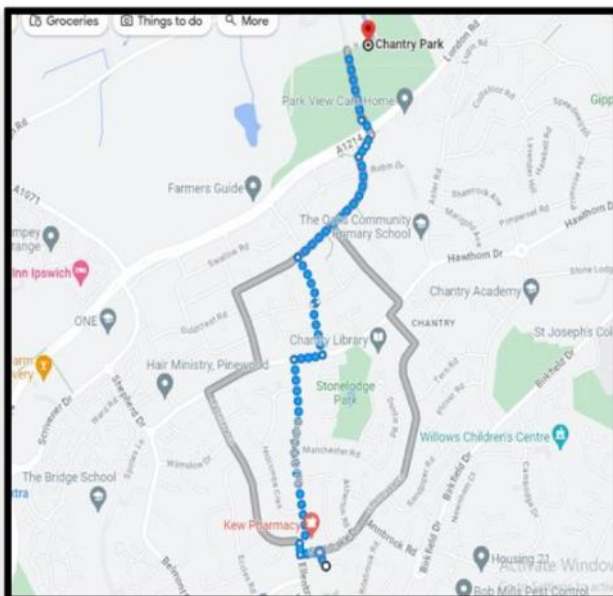
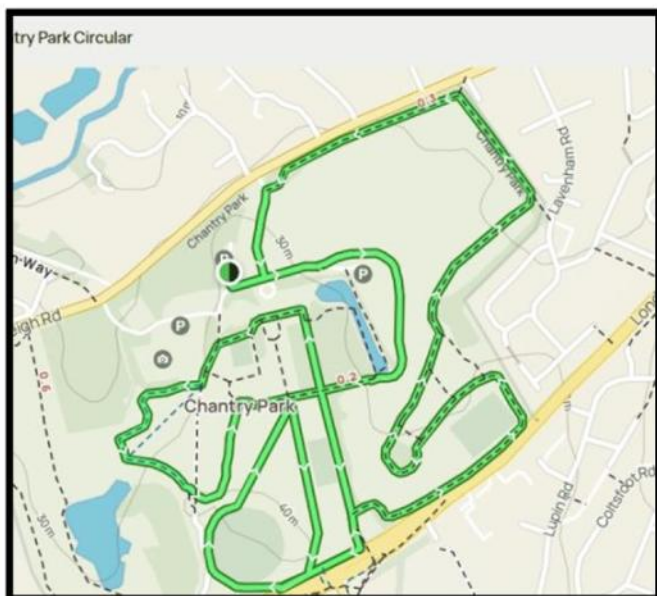
Dogs welcome.

We will go whatever the weather do please dress accordingly.

Please let the school office know if you want to join us.

You can donate via text to BBC Children in Need by texting the relevant key word to the relevant number (the “short code”). Each text message you send will result in a donation to BBC Children in Need and the amount donated will depend on the keyword stated in the sent message or the number texted. For example, by texting the word FIVE to 70705 you will donate £5.

Text messages cost the Donation Value, plus your standard network message charge (based on your service provider rates).





SCAN TO BOOK



SPOOKTACULAR HALLOWEEN CAMPS

**GHOSTLY NERF WARS
PUMPKIN CARVING
SPOOKY CRAFTS**



JOIN US ON THE 28TH AND 29TH OCTOBER

DAY - 9AM-3:30PM

EARLY - 8:30AM-3:30PM

LATE - 9AM - 4PM

ULTIMATE - 8:30AM - 4PM

TRICK OR TREAT!

**USE CODE: BOOSTED 10
TO TREAT YOURSELF TO
A 10% DISCOUNT**

All packages include activities, snack, drink and access to water all day
Please note that children need to bring packed lunches to a camp day

BOOK NOW AT: [BOOSTEDACTIVEHUBS.IPALBOOKINGS.COM](https://boostedactivehubs.ipalbookings.com)

Football - Hockey - Tag Rugby - Basketball - Rounders - Gymnastics - Pool - Tennis
Archery - Boccia - Air Hockey - Table Tennis - Arts and Crafts - Athletics - Scooters
Corn hole - Table top football - Badminton - Baseball - Rapid Fire Cricket - Darts
New Age Kurling - Orienteering - Cycling - Computing - Team invasion games



RECEPTION OPEN DAYS

A place your child will
discover, learn and love
every moment

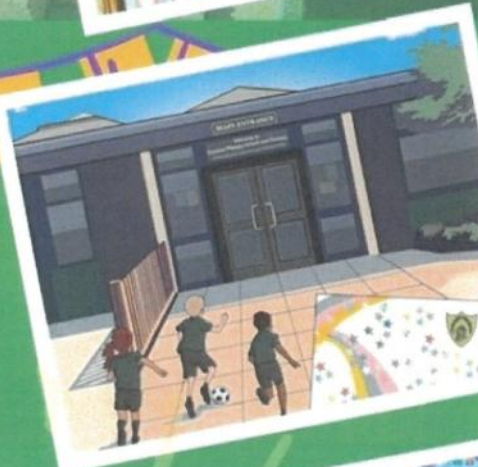
Call our office to book
01473 682148



22 Oct
10.15am–
11.15am

11 Nov
5pm –
6pm

4 Dec
1.45pm –
2.45pm



<http://www.gusfordprimary.net>



01473 682148



WRAP AROUND CARE

Monday to Friday

- Supervised by school staff from school premises
- Light healthy snack at all sessions
- Indoor and outdoor activities

**BOOK NOW ON ARBOR OR CONTACT
01473 682148**

SHORT 3.15PM-4.15PM	£4
LONG 3.15PM-5.00PM	£7
EXTRA 3.15PM-5.30PM	£10

MORE INFORMATION

admin@gusfordprimary.net



Jack Abbott's Christmas Card Competition



**Calling all
budding
artists**

As your local MP, Jack Abbott is offering one young person in Ipswich the chance to design the cover of his 2025 Christmas cards.

To enter, please complete the entry form and include your details.

**All primary school children in Ipswich are eligible to enter.
Any questions, email jack.abbott.mp@parliament.uk**

**Jack Abbott
Member of Parliament for Ipswich**



Jack Abbott's Christmas Card Competition

Entry form



Full name:

School:

School Year:

Please make sure the design fits in the box. Don't use any glitter. Thank you very much for taking part!

Jack Abbott
Member of Parliament for Ipswich



Suffolk
Wildlife Trust

Half term events in Ipswich



Wild Tots in Holywells

Monday 27th October

10 - 11:30 am



Wild Family Adventures in Holywells

Tuesday 28th October

10 - 11:45 am



Hedgehog home building at the Woolpack

Thursday 30th October

1 - 2:00 pm

All events need to be booked online.



Suffolk
Wildlife Trust

What's On

suffolkwildlifetrust.org

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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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: 18.12.2024

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