



The Gusford Gazette

Our Choir are performing LIVE on Wayne Bavin's [BBC Suffolk](#) Breakfast Show 8am-9am on Christmas Eve morning

Issue 2590

Friday 21st November 2025

Circulation: 570

BBC Radio Suffolk

Christmas is coming and the goose is getting fat...and our Choir have been asked to perform LIVE on Wayne Bavin's [BBC Suffolk](#) Breakfast Show 8am-9am on Christmas Eve morning. Invites to follow.

The Santa Sleigh

Santa is a busy man so don't miss his sleigh route around Ipswich: [Sleigh route](#)

Beauty and the Beast

M&M Theatre Productions put on a fabulous performance of 'Beauty and the Beast' for our Infants and Juniors on Friday morning. We loved it!



Attendance Matters

Our Attendance this week was back to 96%. On Tuesday we made it to 97.4%. We are still aiming for 97% by the end of the year. Thank you for your support in this matter.

Coughs and colds

If you are uncertain whether to send your child to school or not then please follow the NHS advice below.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

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.

Gusford Diary Dates

(certain dates are subject to change)

Macbeth (Year 5 Players). Tuesday 25th November.

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

Open Session

Thursday 4th December 1.45-2.45pm

Nativity Performances

EYFS Wiggly Nativity Thursday 4th December 10.30am

EYFS Wiggly Nativity Friday 5th December 2.15pm

KS1 Stable Boy Wednesday 17th December 2.00pm

KS1 Stable Boy Thursday 18th December 2.00pm

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. All money raised to support our community food store.

Christmas Bizarre. In the hall and on the playground from 3.30pm on Friday 12th December.

School Discos. Tuesday 16th December.

ITFC Blue Day (non-uniform). Friday 19th December. No donation just celebration of all things Ipswich.

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

Choir performing on BBC Radio Suffolk.

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

January Photography Competition; 'Winter Watch'

Bikeability

Group 1 26th to 29th January

Group 2 2nd to 5th February

Two Johns Internet Safety. Tuesday 13th January 2026

Big Schools' Bird Watch. Friday 16th January 2026

Choir at Young Voices O2. Tuesday 20th January 2026

Henry VIII Commemoration, Wednesday 28th January 2026

World Cancer Awareness Day. Wednesday 4th February 2026

NSPCC Number Day. Friday 6th February 2026

Performing Arts Festival. Thursday 26th February 2026

World Book Day. Thursday 5th March 2026

Red Nose Day Friday 13th March 2026

School Disco Tuesday 16th December

Please note that your child is unlikely to be invited to the disco if they are making bad choices in school. Tickets available now on Arbor.

<https://www.facebook.com/share/v/1AKDYXSK4m>

Children in Need: Thank You

Thank you so much for your donations. We send every penny to Children in Need. The children looked great in their Pudsey headbands and together with the money we raised from our Children in Need walk (Gusford Gambol) we made £280 and Thorpe's Mum has very generously offered to top it up to the £300 mark. Thank you again.

Year 3 at High Wood

Today Year 3 had an excellent trip to the High Woods Country Park. The children were amazing and enjoyed a range of different activities including fire making, marshmallow toasting, den building and forest crafts. The children also did an excellent job when it came to the orienteering activity using their compasses and the map to help each other navigate around the woods whilst referring to the 8 points found on a compass. Well done Year 3!

What an excellent day 😊



Santa Fun Run

Sunday 7th December starting 9.30am. Walk, jog or run. Everyone is welcome. You can use the QR code to sign up or come and see us in the front office. Everyone who takes part gets a medal, a drink and a santa hat. We are hoping Santa himself is going to make an appearance. Exciting times!

Macbeth in Year 5

A group of our Year 5 children have been rehearsing a version of Macbeth with Mrs Slater and Mrs Ingram. They have been so enthusiastic that they even came to school for a three hour rehearsal on Sunday morning. It's going to be brilliant. The premiere is at Dance East on 25th November at 7.00pm.

Football at Whitton

When Mr Garwood comes back from a sports event he always comments on the behaviour of the children and their team spirit. I went with the footballers this morning and I can see why he does. Even though it was literally freezing, it was a pleasure to spend the morning with the boys (I also really appreciated the support from the School Games Organisers and our parents, Mrs Fisher and Mrs Coote. Thank you).

Advent

Advent is the lead up to Christmas when Christians celebrate the birth of Jesus. This year Advent start on Sunday 30th November (the fourth Sunday before 25th December). We will light our first candle on the Advent wreath in school on Monday 1st December.

Multiplication Tables

Tables expectations by year group.

Year 1 Count in multiples of 2, 5 and 10. Recall and use doubles of all numbers to 10 and corresponding halves.

Year 2 Recall and use multiplication and division facts for the 2, 5 and 10 multiplication tables.

Year 3 Recall and use multiplication and division facts for the 3, 4 and 8 multiplication tables.

Year 4 Recall multiplication and division facts for all multiplication tables up to 12 x 12.

Year 5 Revision of all times tables and division facts up to 12 x 12.

Year 6 Revision of all times tables and division facts up to 12 x 12.

NHS Sleep Advice for Parents: Gusford Primary School

Sleep is vital for your child's development

Good sleep routines are important for your preschool child's growth, development and concentration.

A good night's sleep will help your child to learn at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively and solve problems, plus it will make them less susceptible to colds and other minor ailments, less irritable and better behaved.

Whilst nutrition and physical activity are both important, sleep is vital. From an early age it's important to introduce a good sleep routine into your child's life.

SOME TOP TIPS FOR MAINTAINING A GOOD SLEEP ROUTINE FOR YOUR CHILD

- Set a bedtime routine and stick to a time that you aim for your child to be in bed for
- Create a comfortable atmosphere that helps your child relax. Consider the temperature of the room, the lighting and any noises
- Be consistent so your child knows the wind down routine for bedtime, this might be a bath, story and milk
- Avoid caffeinated drinks such as tea or hot chocolate before bed as these may keep your child awake and stimulate their bladder
- Ensure your child uses the toilet prior to bed, try before getting into bed and after a bedtime story, this can help avoid night-time wetting
- Tidy toys away and ensure your child's room is not over stimulating or too inviting to play
- Talk to your child about the importance of sleep and how it helps them to be happy and kind the next day
- Don't let your child sleep for too long during the day, especially if it is close to bedtime. Sleeping before bedtime can have a negative impact on your child's sleeping patterns. They often will often wake up during the night and not be able to get back to sleep. This can make them tired or fall asleep during the day.
- Black out blinds can help to keep out any sunlight that may wake a child up early in the spring and summer months

- It's good to limit screen time (TV and electronic devices) during the day, as this can cause a decrease in the amount of sleep hormone (melatonin). Try to make sure it is stopped two hours prior to your child's bedtime to allow their body to start the relaxation process
- Ensure your child isn't hungry. Milk, banana or a light snack can help settle them. However, ideally serve dinner a couple of hours before bedtime to avoid any tummy upset from foods or bowel movements from digestion waking them up
- Tell your child stories about characters that need sleep
- Get your children outdoors in the day, exercising can help with a more sound and better sleep
- Ensure your child's bed is comfortable and has appropriate bedding. A calm, cool dark room will also help
- Let your child know you're around, cleaning and organising for the next day. For some children the comfort of hearing you around the house can help, for others you may have to try a gradual retreat from their room as they build their confidence, and settle in ·
- Try the sleep meditation music and story videos for children that can be found on YouTube

HOW MUCH SLEEP SHOULD MY CHILD BE GETTING?

The NHS recommends the following amounts of sleep per each age group:

- 3 years - daytime: 0 to 45 minutes and night-time: 11 hours 30 minutes to 12 hours
- 4 years - night-time: 11 hours 30 minutes
- 5 years - night-time: 11 hours

SOME USEFUL WEBSITES

[The Sleep Charity - Children ·](#)

[NHS - How much sleep do children need? ·](#)

[NHS - How to get to sleep ·](#)

[Great Ormond Street Hospital for Children - Sleep hygiene in children and young people](#)

Carols from Gusford

Featuring the Gusford Choir

Thursday 4th
December 2025
6:30pm

@ St. Peter's Church,
Stoke Park Drive



All members of the Gusford Community
are welcome to join our Christmas
celebration.

Refreshments will be served afterwards.



Adobe Express

The logo for the Ipswich Symphony Orchestra, featuring a large curly brace on the left and the text "Ipswich Symphony Orchestra" to its right.

**Ipswich
Symphony
Orchestra**

WAGNER

Die Meistersinger Overture


BEETHOVEN

Piano Concerto No 3 in C minor

Soloist Jeneba Kanneh-Mason

VAUGHAN WILLIAMS

Symphony No 5 in D major

A photograph of pianist Jeneba Kanneh-Mason sitting on a grand piano, smiling and looking towards the right. She is wearing an orange short-sleeved top and light-colored trousers. The piano is dark, and the background is a warm, abstract orange and yellow pattern.

*"With so much in full flower at
such an early age, her future will
surely be dazzling."*

Gramophone Magazine

Conductor

Adam Gatehouse

Leader

Steve Browne

Saturday 29 November 2025 7.30pm

Corn Exchange, King Street, Ipswich IP1 1DH

TICKETS

From £19 adults / £8 under 18s

www.ipswichtheatres.co.uk, from orchestra members and on the door

Box office 01473 433100

www.ipswichsymphonyorchestra.org



Registered Charity #276724



**VAUGHAN
WILLIAMS
FOUNDATION**





RECEPTION OPEN DAYS

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

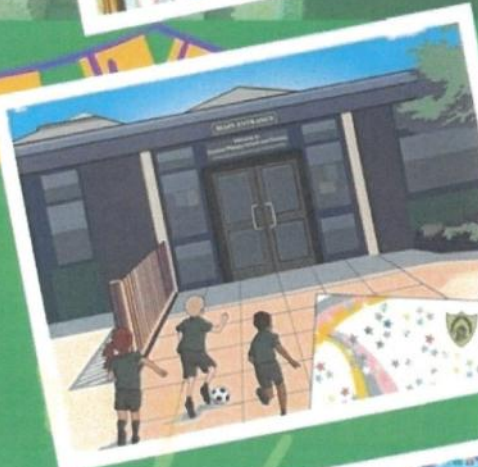
Call our office to book
01473 682148



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



DOES YOUR CHILD NEED A LITTLE EXTRA HELP?

Conquer the core subjects with Kip McGrath.

- ✓ Maths
- ✓ English
- ✓ Reading
- ✓ Spelling
- ✓ 11 Plus
- ✓ GCSE

BOOK YOUR FREE ASSESSMENT NOW !!!

Ipswich-West* 01473903966/07359609888

22 Falcon Street, Ipswich, IP1 1SL



www.kipmcgrath.co.uk/email: ipswichwest@kipmcgrath.co.uk

SANTA FUN WALK / RUN

Sunday Morning 9am 7th December 2025-
Three laps round the school grounds (2K)-
Free Refreshments-
Event Medal for all Participants-
Event Photography-
Great Fun All Round-

For Further Information Contact;
Paul Rivett (School Business Manager)
privett@gusfordprimary.net



Autumn / Winter Menu Week 1

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

Eativerse
A UNIVERSITY OF HULL AND BRISTOL

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG}	Vegetable Fingers & Chips with Ketchup ^{VG}
Halal Option	Halal Chicken Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	
Sandwich Box	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Baked Beans & Sweetcorn	Mixed Salad or Broccoli	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Jollof Rice with 5 Beans / Pasta with Cheese or Tomato & Basil Sauce				
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	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard	Strawberry Jelly ^{VG}	Oaty Date Cookie	Vanilla Ice Cream

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Autumn / Winter Menu Week 2

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

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WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	MSC Battered Pollock & Chips
Main Meal Option 2	Veggie Sausage & Mash with Gravy ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Macaroni Cheese	Cheese Fian & Chips
Halal Option	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Beef Pasta Bolognese & Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	
Sandwich Box	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Broccoli, Sweetcorn or Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	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	Shortbread Pin Wheels & Fruit Slices ^{VG}	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	Flapjack ^{VG}	Chocolate Mousse

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Autumn / Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

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WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Vegetable Sausage Hotdog served with Home-baked Wedges	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Lasagne & Garlic Bread	Crispy Vegetable Fingers & Chips ^{VG}
Halal Option	Beef Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	
Sandwich Box	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or 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	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices ^{VG}	Iced Sponge Cake with Sprinkles

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt