



# Gusford Primary School

*"Together we believe, learn and achieve"*

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Executive Headteacher: Mrs H Madsen

Co-Heads of School: Mrs C Hopkins and Mrs I Garner

Parent Newsletter 09/12/2022

Key Stage 1 performed a magical Christmas production this week and we are sure those many families that attended would agree we have some wonderful singers, presenters and budding actors and actresses in the making! The children have started to become extremely excited about Christmas now and this coming week they will enjoy eating their Christmas dinner with their teachers and support staff, enjoy some Christmas crafts and seasonal singing – whilst still continuing on their learning.



Congratulations to the following children who were chosen as star of the week!

- Nursery: Carter
- Reception: Zach, Jaiden
- Year 1: Lillia, Mawa, Jax
- Year 2: Charlie, Jace, Taylor A
- Year 3: Eliza, Ebony, Joshua
- Year 4: Loralye, Aaliyah-Mae, Ruby-Mae
- Year 5: James B, Aironas, James M
- Year 6: Alfie T, Honey, Noah

Atlantic and Shakespeare class won this week's class attendance – winning gold tickets for everyone in their class!



The online world is posing an ever-increasing risk to children, and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children. We are therefore delighted to offer you the opportunity to sign up to National Online Safety resources. To create your account, please follow [Sign up here](#) and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

## How are you, Suffolk?

Suffolk Mind and Suffolk County Council are working together to understand how wellbeing is among those living in Suffolk.

The data we collect will be used by Suffolk County Council to determine what actions may be needed to support wellbeing, so your response matters.



Scan the QR code on your smart phone or tablet to fill out our survey or visit: [suffolkmind.org.uk/emotional-needs-survey](http://suffolkmind.org.uk/emotional-needs-survey)



## Winter Wonderland Scavenger Walk

The children's team are hosting a one-off scavenger hunt around Christchurch park for the festive period.

Join us on Monday, 19th December 2022. Starting at 1 pm meeting at the OneLife Office, Chestnut Court, 18 Wingfield Street, Ipswich, IP41AR

Feel free to dress as festive as possible as there will be a prize for the **best dressed!** Join us afterwards for free hot drinks to warm you up!

Please **sign up** using the below link

[www.eventbrite.co.uk/e/winter-wonderland-christmas-scavenger-walk-for-families-onlife-e-suffolk-tickets-479282576083](http://www.eventbrite.co.uk/e/winter-wonderland-christmas-scavenger-walk-for-families-onlife-e-suffolk-tickets-479282576083)

Grade 2/3 - 1 hour long roughly  
This walk welcomes dogs on a short lead and there is on road parking (pay & display)  
For more information visit our website, [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

## Our Kids Clubs are back!

We support families to set and achieve healthy lifestyle goals!

Every Tuesday starting from 17th January  
St. Albans RC High School,  
80 Digby Rd, Ipswich IP4 3NJ

5.30pm - 7pm

Topics we cover:

Sleep Physical Activity Diet Wellbeing

### What our families say:

"We have started to become more active"

"We as a family are very grateful for all the help they (OneLife) have given us"

"It has shown me that by just being physically active is a good thing because you become a role model and it encourages them to join in and be more active"

"We started to walk to school instead of using the car"

### Eligibility Criteria:

Children between the ages 5-18, and who have a BMI > 91st centile. Child must also be living in Suffolk.

You can measure your BMI via our website

[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) 01473 718193



What's been going on in school this week!



What a busy week it has been!

Reception children have explored ice and how to break it and make it smaller. We tried smashing it, pouring water on it and using tools to chip away it.

Year 2 children enjoyed making healthy wraps as part of their DT project. Children chose different foods to go in their wrap and made sure it showed a balanced diet. We think everybody did an excellent job and they also enjoyed eating their wraps afterwards!

Massive well done to both Pacific and Bronte class who were last weeks attendance winners.



A HUGE thank you to all our EYFS and KS1 parents in supporting your children for us with providing costumes and practicing lines for our recent Nativity shows.

We hope you enjoyed seeing your children perform and sing as much as we have loved listening to them in school. Thank you for all your support.

Packed Lunch reminder

Please can we remind parents that children should not have chocolate bars/sweets in their lunch. As a school we have "Healthy School" status and encourage parents to provide a healthy lunch. Thank you for your co-operation.



Important Dates

Weds 14<sup>th</sup> December – Christmas Dinner  
Weds 14<sup>th</sup> December – Missed Flu Vaccinations

Weds 14<sup>th</sup> December – Christmas Disco  
Tickets available via ParentMail

Fri 16<sup>th</sup> December – Last Day of term

Tues 3<sup>rd</sup> January 2023 – PD Day  
Weds 4<sup>th</sup> January – Pupils return to school

Canteen Menu – We will be on week 1 next week

Week One	Option 1	Cheesy Swirl with New Potatoes	Chicken Korma with Rice	Roast of the Day with Stuffing, Roast Potatoes and Gravy	<b>Build a Burger Day</b> A choice of Burger (meat, veggie or vegan) with toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta	Vegetable Curry with Rice	Crunchy Top Veg Bake with Roast Potatoes	<b>BUILD A BURGER</b>	Quorn Sausages with Chips
	Vegetables	Cauliflower Peas	Green Beans Sweetcorn	Carrots Cabbage	Sweetcorn Mixed Peppers	Peas Baked Beans
	Dessert	Apple and Berry Crumble with Custard	Yoghurt and Raisin Cake	Fruit Jelly	Chocolate & Mandarin Brownie with Chocolate Sauce	Vanilla Shortbread

Or a choice of Yoghurt & Fresh Fruit available daily