



Hillside Primary School and Nursery

“Achieving Greatness Together”

Friday 15th November 2024



Dear Parents and Carers,

Anti Bullying Week 2024 , ‘Choose Respect!’

During the week we have been part of a national conversation about how to handle disagreements and differences of opinion without resorting to bullying. The idea is to support each other to champion kindness, because being kind is not a sign of weakness but a mark of strength. On Tuesday, we wore our odd socks to show we're ALL unique and different, and let's be kind to each other and respect each other's individuality. On Thursday, Ipswich Town Foundation led a workshop with class 4G, please refer to page 2 for further information.

I hope the specific parent resources sent home this week have been useful. They can also be found within this link alongside various other resources [Anti-Bullying | Hillside Primary School](#)

If you ever need any further support, please don't hesitate to speak to a member of staff. Please help us to ensure a zero-tolerance approach.

Wising you a happy weekend.

Best wishes,

Mrs Wass

What bullying isn't: 'falling out'

It's common for children to have arguments and friendship fall outs (often referred to as 'relational conflict') and they will need our guidance to resolve conflict, make amends, and move on.



IPSWICH TOWN FOUNDATION

4G and the Ipswich Foundation

4G learnt about Respect with Ipswich Town Football Foundation. We looked at acceptance and how we should treat people with a variety of backgrounds and beliefs. We learnt about the Premier League values and shared our ideas on how to react best in certain scenarios at school and at home. They enjoyed acting out their scenarios and were awarded prizes for all their efforts! A special well done to Bonnie who won a signed Luke Woolfenden t shirt!





Celebrating Odd Socks Day on Tuesday 12th November – we are all unique and different!



10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are cycling UK

#WakeUpWednesday

The National College®



Anti-Bullying Week 2024

MONDAY 11TH TO FRIDAY 15TH NOVEMBER

WORKING WITH THE SCHOOL

It can be a worrying or daunting experience to contact your child's school about a bullying incident, but remember that schools in the UK have a legal duty to prevent all forms of bullying and harassment. When approaching a school (or other setting) about bullying, here are our top tips:

1. Familiarise yourself with the school's approach:

Your child's schools should have an anti-bullying policy or strategy (sometimes found within their behaviour policy) which should detail their general approach to bullying, including how to report it and their procedure for responding to it. You should be able to access this on their website or you can contact them to send it, which they must provide you with by law. Familiarise yourself with this document so that you know what to expect when working with the school.



2. Prioritise working together to address the bullying:

While it's natural to feel upset and angry, it's crucial to approach the school with a calm demeanour and concentrate on collaborating to resolve the issue. This may be the first time they become aware of the problem, so be realistic about what you want them to do depending on the context of the situation. Remember that the school may have a different view of the situation and it is important to keep an open mind. The school should look into the allegations, take reasonable steps to stop the bullying and support those involved.



3. Keep a record: It is advisable to keep a record or log of what your child has told you – if you have this, bring it to the meeting at the school. At the meeting, ask for a timeframe for action to take place, and make notes of what you do, the date, to whom you speak and what they say and do.



4. Include your child: It is vital for your child to feel included in any discussions that have happened or actions that have been agreed, even if they aren't present at meetings with the school. Prior to any meetings, ask your child what they would like to happen next, and bring that information to the meeting. If your child isn't present at the meeting, reassure them afterwards of what was discussed, and make sure they are aware of any actions that were agreed and any timeframes. If they are the target of the bullying, they may need to be reminded that what happened to them is not OK, and that they have done the right thing in reporting the bullying. If they are the person bullying others, they may need support in exploring how they are feeling, what led to the behaviour, and what needs to change.



5. Check in: You may be able to tell from your child's behaviour whether the issue has been resolved or if it might be continuing after you have reported it to the school. Check in with your child to find out if they are happy with how things have been resolved, or if they still have any worries. The school may contact you to check in in the months following the incident. If they don't and you are still concerned about your child, you may want to contact them to ensure agreed actions have been completed, and that there have been no further issues at school.



What should the school be doing?

Your child's school is required by law to determine measures to encourage and promote good behaviour and prevent all forms of bullying. Headteachers also have powers to respond to bullying outside of school premises. If you have concerns with the way your child's school handles bullying, it might be helpful to refer to government guidance about bullying: [click to view for England, Wales or Northern Ireland](#).

Most of the time schools are willing and able to manage concerns about bullying but sometimes children and their parents and carers feel that the school are not listening and that they need to take further action. [See our website page about making a complaint about bullying](#)





Hillside Primary School and Nursery

“Achieving Greatness Together”

Friday 15th November 2024



**PE and Sport at Hillside '
Achieving athletic greatness
through opportunity'**



On Tuesday, some year 4 children took part in a dodgeball competition at Inspire Suffolk. The children played against 6 other schools and we all had so much fun. We developed our dodgeball skills and the children showed great sportsmanship towards the other teams. Well done!



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Remembrance Day – Monday 11th November

On Monday, to show our respect towards those who fought for us to keep us safe, the whole school took part in a Poppy Appeal Project. Each child created their own poppy, which came together into some beautiful wreaths.

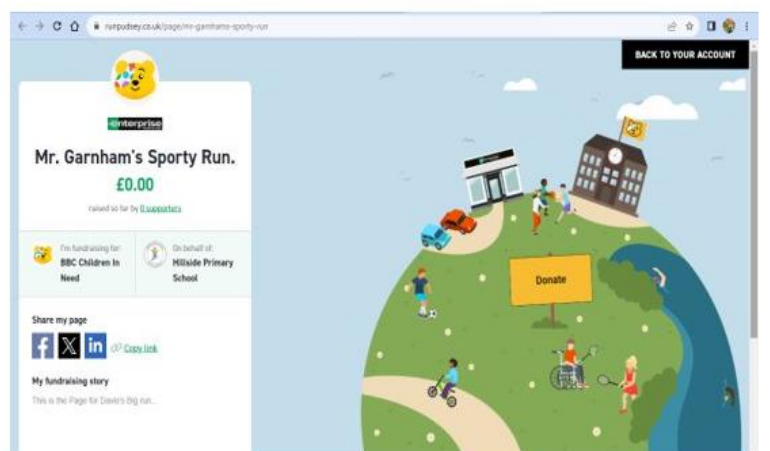
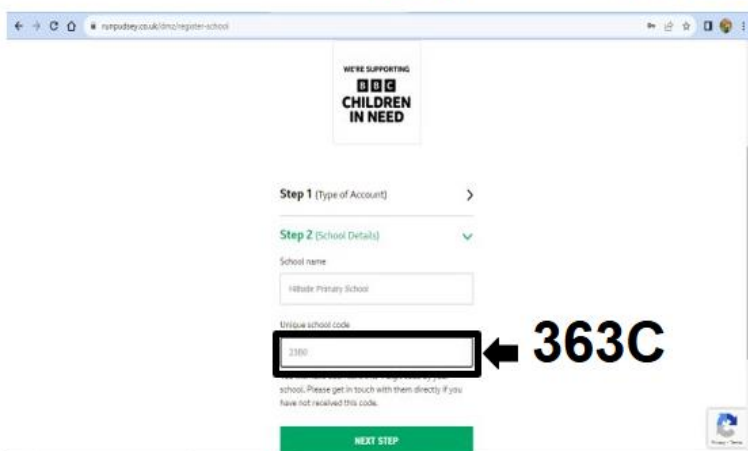
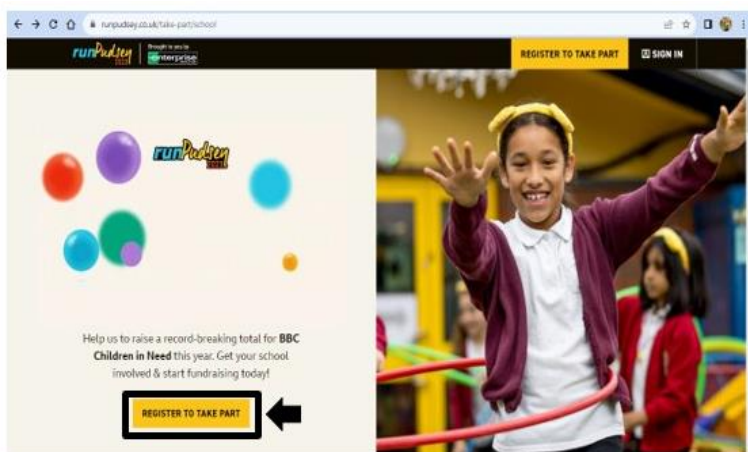




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On Friday 15th November we have been raising money for Children in Need. Children have come to school in non-uniform and taken part in a variety of sponsored sports!



This year for Children in Need we are using a website called 'runPudsey', this enables you to register an account for your child where you and others will be able to donate. Every child who registers and raises money through this will receive a medal as a thank you for their contributions!

Below is a step-by-step guide on how to register, following this link:
<https://www.runpudsey.co.uk/school/hillside-primary-school>



SUPPORT GROUP FOR ADOPTIVE PARENTS (LOWESTOFT)

In collaboration with Suffolk County Council and Adopt East



Face to face support group for adopters

Contact
cypsthelpline@suffolk.gov.uk
to register an interest



**TIMES
TABLES
ROCK
STARS**

PARENT
share

**THURSDAY 21ST
OCTOBER 2024**

FROM 2:15 - 3:00 PM

**Hillside Primary School
Year 4 classrooms**


COMPUTING



Arbor

HILLSIDE ARBOR DROP-IN HELP SESSIONS (RECEPTION FOYER)

Monday 18th November - 8am to 9am
Friday 22nd November - 8am to 9am

GET IT ON
 **Google Play**

 Download on the
App Store

Check on your
child from
anywhere



Make payments
on the go



Access all your
info in one
place



PUNCTUALITY

IF ANY OF THESE SOUND FAMILIAR THEN IT'S TIME TO FIX YOUR TIMEKEEPING!

My alarm clock exploded and I slept through it.

I was abducted by aliens - look I've got a note to prove it!

I'm fairly sure school starts at 10:00 - maybe I'm early?

The bus driver got off at the stop before mine.

5 minutes late per day,
every day of the week adds up to 3 days of lost school time.

10 minutes
=
6.5 days
lost per
school
year

15 minutes
=
10 days
lost per
school
year

20 minutes
=
13 days
lost per
school
year

30 minutes
=
19 days
lost per
school
year

WHAT TO DO THE NIGHT BEFORE



- Get everything you need for school ready.
- Set your alarm with plenty of time to spare.
- If you bring your lunch to school - make it now.
- Turn off electronic devices 30mins before sleep.
- If you use your phone before bed download a blue light filter app to look after your eyes.
- Remember that people aged 11 - 16 need 8 - 10 hours of sleep!

WHAT TO DO IN THE MORNING

- Get out of bed as soon as your alarm goes off.
- Have a shower first thing - it will wake you up!
- Have a nutritional, but quick, breakfast. Fruit, toast and healthy cereals are perfect and will give you enough energy to last to lunch time.
- Keep an eye on the clock and don't waste time.
- If you wait for friends, don't wait if they are late.
- If you're late - don't make excuses - we've heard them all before and honesty works much better!





Success really does start with attendance

We support first!

We want every single one of our children to be an

Attendance Hero:



**Here
Everyday
Ready
On time**



Target 24-25 96%

Whole School 92.9%

Every day counts!

4G 100%, 5C1 98.06%, 5C2 96.21%, 4T 96.09%, 3B 94.67%, 4C 94.5%, 1A 94.35%, 6C 94.29%, 6H 94%, 1D 93.04%, R2 92.63%, 2M 92.5%, 3R 91.79%, R1 91.28%, 2D 88.97%

If your child is not well enough to attend school please report this by phoning the Office on 01473 601402 option 1 from 7.30am. We MUST receive this information by 8.45am

Please support us in reducing the number of school days lost.

A day off school means a day where learning is lost.



Success really does start with attendance

Top Tips

Let Children Know that Good School Attendance Is Important!

- Attendance is a parent and student responsibility. Let your child know that you think attending school daily is important. Show them you are interested in their school activities and tell them that you want them to do well in school.
- Good attendance habits start at an early age. Make sure your child goes to school regularly and on time. This helps them develop a positive view of school and the importance of attendance.
- Discuss with your child that arriving to school on time and to report to class when dropped off is essential.
 - Become involved in your child's school life and school activities.
- Take an interest in your child's school work. Check homework for accuracy and completeness.
 - Read the school newsletter. Post the school calendar and notes on the refrigerator, or other prominent location to highlight school activities and important student information.
- Do not provide inappropriate excuses for your child to miss school. Do not let them take time off from school for minor ailments – particularly those which would not prevent you from going to work.
- Don't expect or let older children stay home from school to babysit younger siblings.
- Set good examples and enforce rules. Speak well of the school and support school staff.
- Make a contract with your child to improve his/her attendance. Reward positive improvements.





Education & Skills
Funding Agency

Learning in Families



LEARNING
IN FAMILY
COURSES ARE
FREE



Story Sacks - a free 3-week course for parents/carers of Nursery, Reception & Year 1 children

MAKE A STORYSACK FOR YOUR CHILD

- make a story sack for your child, which includes one of your child's favourite books plus resources you make to bring the story to life (free story book provided)
- learn how to use it to support your child's reading, writing and speaking and listening skills

There will be a selection of free story books to choose from, or you can bring a favourite book of your child to base the story sack on.

You don't have to be good at art and craft, just keen!!

WHEN:

Starting Thursday 28th
November 9 -11 am

WHERE:

Hillside Primary School

HOW TO BOOK:

Email
office@hillsideprimary.co.uk

or return this flyer to the school office with your name and your child's name and class written on the back

The course is free. In order to keep it at no cost to you or the school, our funders need us to ask you to complete some documentation, which is held securely in accordance with our 'Privacy Policy'. Please bear with us on this.



Diary Dates for Autumn Term

Thursday 28th November – Individual photographs

Monday 9th December – Year 1 and 2 Theatre visit (more details to follow)

Tuesday 10th December – Reception visiting the local library and Nursery Naviity to parents @ 11am and 2.45pm

Wednesday 11th December - Year 4 and 5 Theatre visit (more details to follow)

Thursday 12th December – Year 4 and 5 Carol Service (more details to follow)

Thursday 12th December - Year 3 and 6 Theatre visit (more details to follow)

Friday 13th December – Christmas Jumper Day

Friday 13th December – Christmas Fair at Hillside @ 3.15pm

Monday 16th December – Christmas parent coffee event from 8.45am and Online Safety workshops (more details to follow)

Tuesday 17th December – 8.45am KS1 Christmas production

Wednesday 18th December – 2pm Reception production

Thursday 19th December – 2pm KS1 production

Thursday 19th December - Year 3 and 6 Carol Service (more details to follow)

Friday 20th December – Last day of the term (Non school uniform)

Monday 6th January 25 – Non pupil Day

Tuesday 7th January – Children return o school





Parent and children share activities

These are great opportunities to enjoy learning together – all welcome!

17th October – Year 2 Sewing @ 1.30pm – completed

22nd October – Reception Phonics @ 1.30pm – completed

21st November – Year 4 computing @ 2.15pm

26th November – Year 5 DT @ 2pm

2nd December - Year 3 History @ 2pm

6th December – Year 1 Art @ 1.30pm

9th December – Reception Art @ 2pm

Friday 13th December – Nursery Art @ 10.30am and 2.15pm

17th December – Year 6 Art @ 2.15pm

Hillside School Dates 2024-2025

September 2024							October 2024							November 2024							December 2024						
M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
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30														30	31						30	31					

January 2025							February 2025							March 2025							April 2025						
M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
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27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30				

May 2025							June 2025							July 2025							August 2025						
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23	24	25	26	27	28	29	23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31



















■ Staff training days – school closed
■ School holiday closures
■ Bank Holidays

Autumn / Winter 2024/2025 - Week One

Dates: 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd 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 Baguette	Ham	Cheese	Tuna Mayo	Cheese	Ham
Vegetables	Carrots & Sweetcorn 	Peas, Baked Beans 	Cauliflower & Carrots 	Broccoli, Carrots 	Baked Beans Sweetcorn 
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato Tuna Mayonnaise or Cheese 	Jacket Potato Tuna Mayonnaise or Cheese 
Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	Chocolate Brownie 	Fruity Strawberry Jelly & Mandarin Segments 	Vanilla & Cherry Cookie Cup & Custard

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 	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	Mediterranean Vegetable Tart Served with Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals 	Plant-based Sausage & Chips
Filled Baguette	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Baked Beans or British Red Tractor Garden Peas 	Broccoli/Cauliflower 	Cauliflower Carrots, 	Sweetcorn & Carrots 	Baked Beans, British Red Tractor Garden Peas 
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 
Dessert	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread	Toffee Cream Tart	Chocolate Oaty Slice

Autumn / Winter 2024/2025 - Week Three

Date: 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th 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 	Roast Vegetable & Lentil Roast with Sticky Ketchup Glaze, Roast Potatoes & Gravy 	Vegetable Meatballs, Tomato Sauce & Mixed Rice 	Cheese & Onion Pastry Roll & Chips
Filled Baguette	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Broccoli/Cauliflower 	Sweetcorn & Carrots 	Cauliflower & Carrots 	Baked Beans & Peas 	Baked Beans, Sweetcorn 
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 	Jacket Potato with Tuna Mayonnaise or Cheese 
Dessert	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch & Chocolate Sauce	Strawberry Mousse	Lemon Drizzle Cake with Custard



**If your child was born between
1 September 2020 and
31 August 2021,
you must apply for a full-time
Reception Year school place by
15 January 2025**



You **must** make an application even if your child already has a place in a nursery class, pre-school or family hub

To apply for a place or for more information you can visit:

www.suffolk.gov.uk/admissions

Information is also available from:

- The Admissions Team on **0345 600 0981**
- Your local school