



*Dear Parents and Carers,*

## ***Achieving Greatness Together'***

### ***Hillside starts the week with Martin Luther King Day and Athletics success!***

*On Monday, we talked about Martin Luther King and how he is remembered for his tireless work during the Civil Rights Movement and his dream that one day everyone would be treated as equal. We are really proud of how Equality, Diversity and Inclusion are embedded within the curriculum here at Hillside.*

*On Monday, Miss Cantin and Miss Demeter took 18 Children to Suffolk One to take part in Sports hall Athletics, competing against 10 other schools. Each child had to take part in 2 running races and 2 field events. The children showed great sportsmanship towards the other schools and to each other. I am really proud with how well the children did and we are looking forward to getting the results.*

*Thank you for all your ongoing support!*

*It is greatly appreciated.*

*Wishing you a great weekend.*

*Best wishes,*

*Mrs Wass*





# Ipswich Symphony Orchestra

## FAMILY CONCERT I'VE GOT RHYTHM

JOHN WILLIAMS  
Extracts from E.T.

BIZET  
Extracts from Carmen Suites No 1 & No 2

FALLA  
Extracts from The Three-Cornered Hat

BERNSTEIN  
Extracts from West Side Story

CHABRIER  
Marche Joyeuse

GERSHWIN  
I Got Rhythm

J STRAUSS  
Tritsch-Tratsch-Polka

Conductor Adam Gatehouse

Leader Steve Browne

Featuring the choir from St John's Primary School

Sunday 2 March 2025 2.30pm  
Corn Exchange, King Street, Ipswich IP1 1DH

### TICKETS

From £11 / £8 under 18s (incl booking fee)

[www.ipswichtheatres.co.uk](http://www.ipswichtheatres.co.uk), from orchestra members and on the door

Box office 01473 433 100

[www.ipswichsymphonyorchestra.org](http://www.ipswichsymphonyorchestra.org) Registered charity #276724





Foxhall Dental is now accepting new NHS  
children 12 years old and below

Please call our reception team on **01473 258396** for more information  
and schedule a dental check-up

49 Foxhall Road, Ipswich. IP3 8JU

[foxhalldentalsurgery@googlemail.com](mailto:foxhalldentalsurgery@googlemail.com)



[www.hillsideprimary.co.uk](http://www.hillsideprimary.co.uk)



[@hillsideprimary.bsky.social](https://www.bsky.social/@hillsideprimary)



[www.facebook.com/hillsideprimaryschool](https://www.facebook.com/hillsideprimaryschool)



# KS1 invitation

## Bedtime Story Session

You are invited to share a bedtime story with your child on Thursday 13th February at 2pm in the lower hall.

Children are invited to come to school in pyjamas all ready for a nice hot chocolate and special story session.

We hope to see you there!





# Be a superhero

and come to school every day!

If you miss school, you miss out.

## HERO



Here, every day, ready and on time



Dear Parents

Hillside will soon be launching the Best Practice with Teaching Assistants Award which is a quality programme.

The core purposes that underpin the Best Practice with Teaching Assistants Award are:

1. To recognise and celebrate the invaluable, increasingly complex role of teaching assistants in supporting the teaching and learning and pastoral care of pupils.
2. To evaluate, monitor and support the leadership, management and work of teaching assistants in order to maximise pupil attainment, achievement and well-being of pupils.

Thank you for your ongoing support. We would really appreciate your support in developing our school to continue to grow and develop.



# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

## WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there *have* been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

## 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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



## Diary Dates for Spring Term

WB 3rd February – Children's Mental Health Week  
10th February – Reading Week at Hillside  
11th February – Safer Internet Day  
Thursday 13th February – KS1 bedtime story session( more information to follow)  
Friday 14th February – Last day of the half term  
Monday 24th February – Return to school  
Monday 3rd March- 2.15pm Parent Council  
Monday 3rd March – Year 2 History Parent event at 2pm  
Tuesday 4th March—Year 2 Parent SATS meeting @ 1.30pm  
Thursday 13th March – Year 1 Phonics parent meeting @1.30pm  
Friday 28th March – Year 2 local area walk  
Friday 4th April –Last day of the term  
Tuesday 22nd April – Return to school  
WB 12th May – Year 6 SATS week

### **P.E days**

Monday – Nursery & Year 2  
Tuesday – Reception, Year 2 and Year 3  
Wednesday – Year 1, Year 3, Year 4, Year 5  
Thursday – Year 4 and Year 6  
Friday – Year 1 and Year 6 plus Year 5 swimming







***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 93.04%**

***Every day counts!***

**4G 97.27%, 2M 96.43%, 6H 95.45%, 3B 95.33%, 5C1 94.52%, 1A 94.35%, 2D 93.93%, 1D 92.25%, 4T 91.82%, 3R 91.43%, R2 90.96%, R1 90.48%, 5C2 88.97%, 6C 88.28%, 4C 88.1%**

*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.***





















## Autumn / Winter 2024/2025 - Week One

Dates: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 23<sup>rd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> 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: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 30<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> 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: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> 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



Education & Skills  
Funding Agency

# Learning in Families



LEARNING  
IN FAMILY  
COURSES ARE  
**FREE**



## Travel Together Through Books course

A free 3 week course for parents/grandparents/carers to help you support your children's reading skills

- What is phonics all about?
- How do we best help a child when they are stuck with reading?
- How do we support a child with understanding the text?
- How do we encourage a child to acquire the skills of inference and deduction?

Come and join our free and friendly group and use the opportunity to find the answers to these questions and also to meet and chat to other parents

### WHEN:

Starting Thursday 30<sup>th</sup>  
January 9 - 11.30 am

### WHERE:

Hillside Primary School

### HOW TO BOOK:

Email  
[office@hillsideprimary.co.uk](mailto: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.



[www.hillsideprimary.co.uk](http://www.hillsideprimary.co.uk)



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[www.facebook.com/hillsideprimaryschool](https://www.facebook.com/hillsideprimaryschool)