

Dragi părinți și îngrijitori,

“Atingerea Măreției Impreună!”



Hillside începe săptămâna cu Ziua Martin Luther King și succes în atletism!

Luni, am vorbit despre Martin Luther King și despre cum este amintit pentru munca sa neobosită în timpul Mișcării pentru Drepturile Civile și visul că într-o zi toată lumea va fi tratată ca egală. Suntem cu adevărat mândri de modul în care Egalitatea, Diversitatea și Incluziunea sunt încorporate în curriculumul de aici, la Hillside.

Luni, domnișoara Cantin și domnișoara Demeter au dus 18 copii la Suffolk One pentru a participa la atletism la sala de sport, concurând împotriva altor 10 școli. Fiecare copil a trebuit să participe la 2 curse de alergare și 2 evenimente de teren. Copiii au dat dovadă de o mare sportivitate față de celelalte școli și unul față de celălalt. Sunt foarte mândră de cât de bine s-au descurcat copiii și așteptăm cu nerăbdare să obținem rezultatele.

Vă dorim uj weekend minunat.

Cele mai bune urări,

D-na. 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, from orchestra members and on the door

Box office 01473 433 100

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



www.hillsideprimary.co.uk



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



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

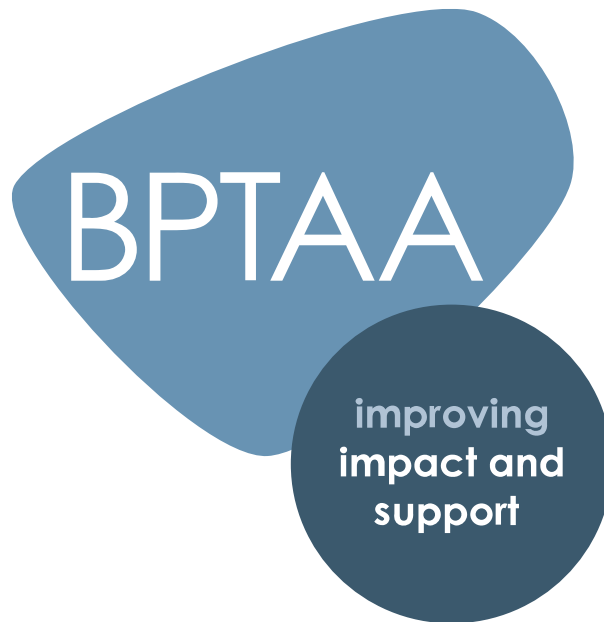
and come to school every day!

If you miss school, you miss out.

HERO



Here, every day, ready and on time



Dragi Părinți,

Hillside va lansa în curând Premiul pentru cele mai bune practici cu asistenți didactici, care este un program de calitate.

Obiectivele principale care stau la baza Premiului pentru cea mai bună practică cu asistenți didactici sunt:

1. Să recunoască și să celebreze rolul neprețuit și din ce în ce mai complex al asistenților didactici în sprijinirea predării și învățării și îngrijirii pastorale a elevilor.
2. Să evalueze, să monitorizeze și să susțină conducerea, managementul și munca asistenților didactici pentru a maximiza rezultatele, realizările și bunăstarea elevilor.

Vă mulțumim pentru sprijinul dumneavoastră continuu. Apreciam cu adevărat sprijinul dumneavoastră în dezvoltarea școlii noastre pentru a continua să crească și să se dezvolte.



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.



#WakeUpWednesday®

The National College®

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



Date din Jurnal pentru Trimestrul de Primavară

Săptămâna Incepând cu 3 Februarie– Săptămâna Sănătății
Mintale a Copiilor

10 Februarie – Ziua Lecturii la Hillside

11 Februarie – Ziua Internetului Securizat

Joi 13 Februarie – KS1 sesiune de povești de culcare (mai multe detalii vor urma)

Vineri 14 Februarie – Ultima zi a jumătății de trimestru

Luni 24 Februarie – Intoarcerea la școală

Luni 3 Martie- 2.15pm Consiliul Părinților

Luni 3 Martie – Anul 2 Istorie Eveniment cu Părinții la 2pm

Joi 4 Martie—Anul 2 Intalnire SATS cu Părinții la 1.30pm

Joi 13 Martie – Anul 1 Fonetică Intalnire cu Părinții la 1.30pm

Vineri 28 Martie – Anul 2 Plimbare in zona locală

Vineri 4 Aprilie – Ultima Zi a Trimestrului

Tuesday 22nd April – Intoarcerea la școală

Săptămâna Incepând cu 12 Mai – Anul 6 săptămâna SATS

Zile P.E

Luni – Nursery, Anul 2

Marti – Receptia, Anul 2, Anul 3

Miercuri– Anul 1, Anul 3, Anul 4, Anul 5

Joi – Anul 4, Anul 6

Vineri – Anul 1, Anul 6 plus Anul 5 inot



Succesul chiar începe cu prezența!

Noi susținem în primul rând!

Ne dorim ca fiecare dintre copiii noștri să fie un erou al prezenței:



Aici
Zilnic
Pregătiți
La timp

Țintă 24-25 96%

Fiecare Zi Contează!!



Întreaga Școală
93.04%

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%, 5C 2 88.97%, 6C 88.28%, 4C 88.1%

Dacă copilul dumneavoastră nu este suficient de bine pentru a veni la școală, vă rugăm să raportați acest lucru sunând la Birou la 01473 601402 opțiunea 1 de la ora 7:30. TREBUIE să primim aceste informații până la ora 8.45.

Vă rugăm să ne sprijiniți în reducerea numărului de zile de școală pierdute.



















O zi liberă de școală înseamnă o zi în care învățarea este pierdută.

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



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 30th
January 9 - 11.30 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.



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