



Dear Parents and Carers,

'Live well'



NHS advice about healthy living, includes eating a balanced diet, healthy weight and exercise.

This week, we have promoted our healthy food choices available in our school dining hall which we are referring to as our 'Brambles restaurant'. Don't forget all Reception, KS1 and families eligible for Pupil Premium can access a free hot cooked meal every day. Our menu and examples of our delicious food is on page 2.

Travelling to school and arriving on time

We encourage active travel to school including walking and cycling. On Monday, we launched our walking bus led by Miss Doncaster and Mrs Wickramarachchi.

Viaansh said, 'I like walking with my Hillside Jacket on!'

Please check our leaflet on page 3 which includes great tips for travelling to school. Don't forget our doors open at 8.30am!

Best wishes, Mrs Wass





Autumn / Winter Menu Week 1					
10 th Nov, 1 st & 22 nd Dec, 19 th Jan, 9 th Feb, 2 nd & 29 th March					
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}
Sandwiches	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Baked Beans & Sweetcorn	Country Mixed Veg or Broccoli	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, 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					
27 th Oct, 17 th Nov, 8 th Dec, 5 th & 26 th Jan, 16 th Feb, 9 th March					
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 & Baked Bean Hot Pot ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Macaroni Cheese	Cheese Fian & Chips
Sandwiches	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
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 Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Chocolate Mousse	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	Flapjack ^{VG}	Shortbread Pin Wheels & Fruit Slices ^{VG}

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

Autumn / Winter Menu Week 3					
3 rd & 24 th Nov, 15 th Dec, 12 th Jan, 2 nd & 23 rd Feb, 16 th March					
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 ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Lasagne & Garlic Bread	Crispy Vegetable Fingers & Chips ^{VG}
Sandwiches	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
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 Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or 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

England's target for 'free sugar' intake for your child
* Recommended fruit and vegetable portion sizes are calculated using School Food Standards.
On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.





Travel to Hillside Primary School



Please do not park on the zig-zags outside the school.

We want to ask all pupils and families to actively travel to school (walk, wheel, scoot, cycle), but if you need to drive, please park outside the red bubble, helping to keep our pupils and families safe.

The map shows the walking bus stops, if you would like to join the walking bus, please speak to reception.



walkingandcycling@suffolk.gov.uk

thewaytosuffolk.org.uk

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

Designed by Pindar Creative www.pindarcreative.co.uk

Active Travel

The Way to Go team are encouraging everybody in Suffolk to travel in a more active and sustainable way – and this includes the journey to school!

What do we mean by active travel?



Walking



Cycling



Wheeling

There are so many benefits to walking, cycling or wheeling to school. Fewer vehicles on the road mean a lower level of emissions and less congestion making the roads safer and healthier for everybody.

Morning exercise can help support brain power and performance in class. Plus physical activity has been linked to a reduced risk of experiencing anxiety and better learning outcomes for our children.

Rather than drive your child to school, could you consider walking, cycling or wheeling? Maybe starting once a week and then working up to walking, cycling or wheeling more frequently?



Cycling and wheeling

There are lots of benefits of cycling or wheeling to school!

- ☒ It unlocks freedom and independence
- ☒ It empowers children to not just cycle to school but everywhere - the park, the shops, to see friends
- ☒ It helps maintain mental wellbeing as well as keeping children physically fit
- ☒ It's FUN

Safe Cycling Tips

- Wear a cycle helmet
- Lock your bike – don't lose it
- Use cycle lights

Why not ask your school whether they offer Bikeability cycling training?

Bikeability is a course designed to give children the skills and confidence to cycle on the road.



The Way to Go Team

Families who are looking to cycle more frequently and want a refresh of their cycling skills can book a family cycling session.

If you're interested get in touch directly by emailing walkingandcycling@suffolk.gov.uk

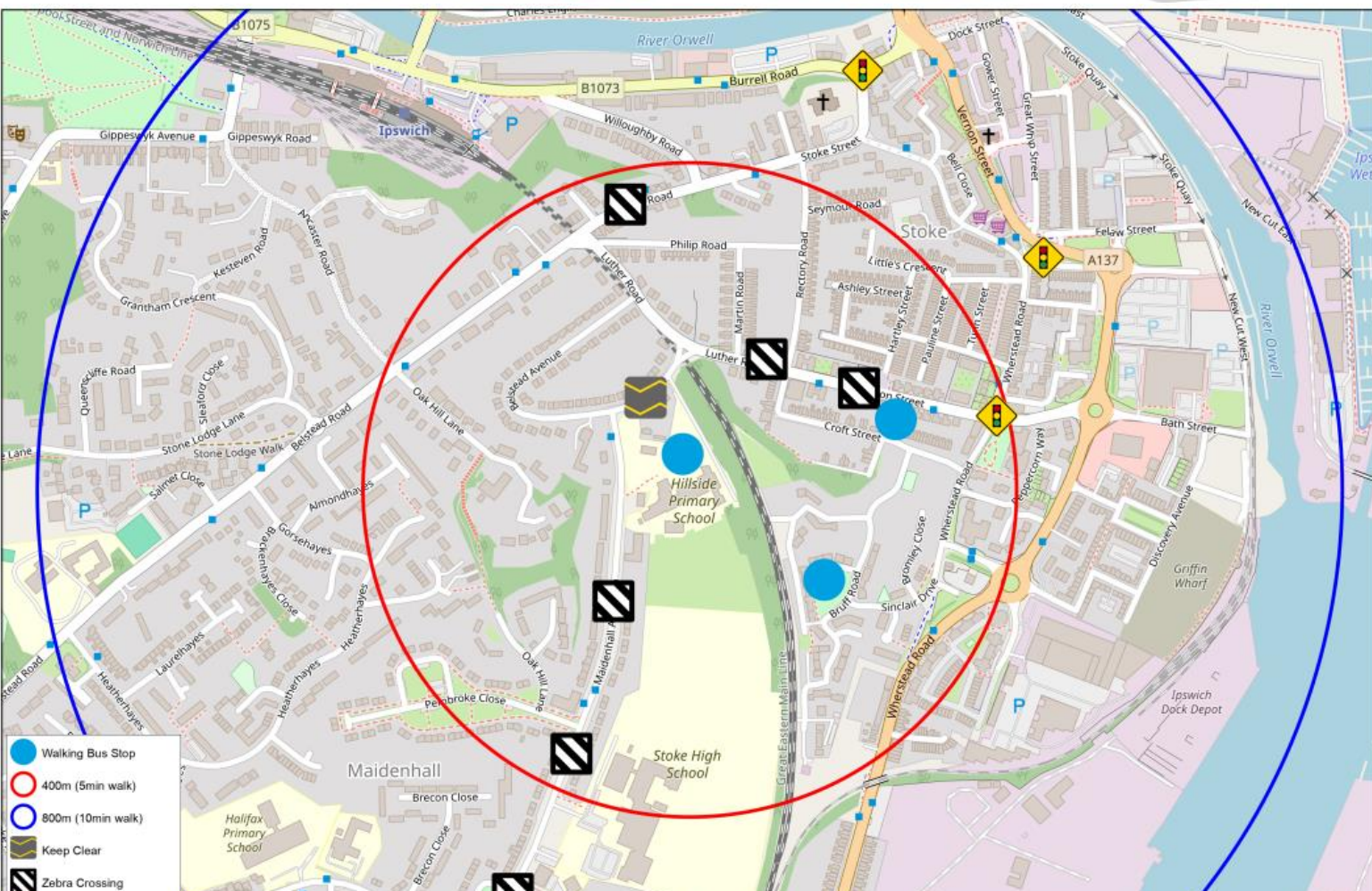
The Way to Go team can also arrange Dr Bike sessions. This is when our bike mechanics will carry out safety checks to ensure that bikes are road-worthy.

Ask the school if this is available and if not, they can get in touch with us to organise it. Email walkingandcycling@suffolk.gov.uk

Park and walk

Why not try

- ① Being dropped off a few minutes away from the school
- ② Use the map overleaf to identify somewhere at least five or even ten minutes from the school, then walk the rest of your journey. Get some exercise on the way!
- ③ There will be less congestion around the school making it safer and healthier for everyone
- ④ If you have to drive, have you considered car-sharing? You could save money and reduce your carbon footprint by sharing the car journey with another family





Parliament Week

Recently, a group of children from Year 5 and 6 took part in an event organised by our local MP, Jack Abbott, as part of Parliament Week! The afternoon started with a true or false quiz where the children learnt a lot about the role Jack Abbott plays in parliament and how he represents Ipswich.

They then worked in teams, alongside children from other schools, to create their own political party. They had to choose the name, decide on a Prime Minister, design the logo and create 3 pledges that would persuade people to vote for them! All children were given the opportunity to vote using a ballot box and the winner was then announced!





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Suffolk
County Council

SAFEGUARDING CHILDREN

Suffolk County Council is committed to
safeguarding children.

To report a child at risk of harm, abuse
or neglect, you can contact Customer

First on

0808 800 4005



We are aware that parents sometimes have concerns about the welfare of other children in the school or within their community. As parents, you are often aware of problems or issues that we, as a school do not have information about. Safeguarding children and young people is everyone's responsibility and it is important that we all know how to report concerns to the appropriate people. If you feel that you have information about a child or young person who is at risk of harm; whether that is neglect, emotional abuse, sexual abuse or physical abuse, please contact Customer First on 0800 800 4005 or via their online report forms. This can be done entirely anonymously, so you do not need to worry about others knowing that you have shared the concern. If you are unsure if the information you have warrants a safeguarding concern or want support around the worries that you have, please feel free to contact the school and ask to speak to one of the safeguarding team.



www.hillsideprimary.co.uk



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



www.facebook.com/hillsideprimaryschool



Success really does start with attendance

We support first and think about the family!

We want every single one of our children to be an Attendance Hero:

Good attendance means...
being in school at least 95% of the time or 180 to 190 days



**Here
Everyday
Ready
On time**

Target 25-26 = 96%



Whole School 94.9%

Every day counts!

6M 99.33%, 6C 98.67%, RL 97.89%, 4T 97.67%, 3C 97.33%, 4H 97.33%, 2M 96.67%, 5P 95%, 5LC 94.67%, C1 93.55%, 2C 92.69%, 1D 92.38%, 3R 92%, 1L 91.5%, RB 89.83%

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.





How to Support your Child's Learning

There are many things that you can do to support your child's learning at home, and we actively encourage you to do so. See below for our homework expectations and parents share dates for this term. On the next pages, we have also shared recommendations for reading at home and parent guides to Numbots and Times Tables Rock Stars.



Homework Year 1 - 6

Daily:

- Reading for 20 minutes 5 times/week
- Numbots/Times Tables Rock Stars for 3 minutes 5 times/week

Weekly:

- My Maths
- Sticky Question

Half termly:

- Activities/tasks on the curriculum overview

Parent Share Dates

- Nursery - 7th October 10:30am - All About Me Focus
- Nursery - 12th December 10:30am - Christmas Focus
- Reception - 2nd October 2:00pm - Phonics Meeting
- Reception - 11th December 2:00pm - Reception Christmas Performance
- Year 1 - 10th October 2:00pm - DT Focus
- Year 2 - 16th October 2:00pm - DT Focus
- Year 3 - 17th October 2:00pm - History Focus
- Year 4 - 26th September 2:00pm - French Focus
- Year 5 - 25th November 2:00pm - Science Focus
- Year 6 - 2nd December 2:00pm - History Focus





A Gentle Reminder for the Holidays

Matching pyjamas don't make a magical Christmas

Perfect decorations can't replace the warmth of a happy home.

A messy kitchen means memories were made.

It's okay if traditions are simple—they're yours, and that's enough.

There's no 'perfect parent' at Christmas, only one who loves.

Years from now, they'll remember the hugs, laughter, and love - not the gifts.

Your presence will always outshine any present.

Let kindness, connection, and joy be your guide this season.

MHM MENTAL
HEALTH
MOVEMENT





Diary Dates

Thursday 11th December – Reception Christmas performance at 9.15am and 2pm

Friday 12th December- Nursery Christmas performance at 10.30am

Friday 12th December – Christmas Jumper Day. PTA Christmas Fair. School Christmas Dinner.

Monday 15th December – Yr 4 & 5 theatre trip

Monday 15th December – Year 1 and 2 Christmas production at 2pm

Tuesday 16th December – Year 1 and 2 Christmas production at 9.15am

Tuesday 16th December -Year 3 and 4 Carol service at 10am

Wednesday 17th December – Yr 1 and 6 theatre trip

Thursday 18th December – 8.345am Coffee event for parents and Year 5 and 6 Carol Service at 10am

Friday 19th December – Non-school uniform day. Christmas class parties.

Friday 19th December – Last day of the term

Monday 5th January 2026 – Non Pupil Day

Tuesday 6th January – Children return to school

Wednesday 7th January – Measles Vaccination in the school

If you missed the vaccination clinic that was held in November, there will be another chance on 7th January.





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SEND COFFEE MORNING



**Thursday 18th December
8:45am**

A chance to meet with
Miss Wood and Miss Ola

We will also be joined by
Simon Bainbridge

Head of SENDV from Active Learning Trust



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Ho Ho Ho!

Eativerse
A UNIVERSE OF FOOD AND DRINK

Friday 12th December 2025

Roast Chicken

or

Roasted Pastry Crown with Roasted Vegetables and
Mozzarella

or

Quorn Grill (v)/ Quorn Sausage (ve)

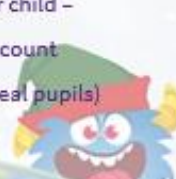
Served with

Roast Potatoes, Yorkshire Pudding, Sage & Onion
Stuffing, Cocktail Sausage, Brussels Sprouts, Carrots,
Peas & Gravy.

Dessert

Chocolate Mousse Cookie Cup

Please note: Dinner will be **£3.00** per child –
please top up your child's Arbor account
(free for all universal and free school meal pupils)



**Join Jamie,
Charlie, Klug, Pip & Bud
for a yummy Christmas lunch!**





Attendance tips of the week!

Avoid appointments first thing as the register code will be absent, come in to get mark then go out, before returning for the rest of the day.

Minimising unauthorised late arrivals(from 9.15am) will also help, as arriving after the register closes counts as an absent mark.

House points

Suffolk: 136

Cambridge: 63

Oxford: 36

Bristol: 53





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**If your child was born between
1 September 2021 and
31 August 2022,
you must apply for a full-time
Reception Year school place by
15 January 2026**



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



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