



Hillside Primary School and Nursery

“Achieving Greatness Together”

Friday 29th November 2024



Active Learning Values

-  I aspire, we achieve
-  We're curious, creative and bold
-  A family, not a house share
-  Comfortable being candid
-  Humour, humility, humanity

Dear Parents and Carers,

HILLSIDE IS PROUD TO BE PART OF THE ALT FAMILY OF SCHOOLS!

The Active Learning Trust(ALT) is a family of primary, secondary and special schools based across Suffolk and Cambridgeshire.

Every week, we receive support from the ALT in different ways. This week we hosted a maths event for various school staff. We also received support from the SEND team. To find out more about the ALT, please click here [The Active Learning Trust](#)

Thank you to all the parents who have recently attended our Year 4 and 5 parent shares. Up next, Year 3 on Monday at 2pm. We hope you can join us.

Wishing you a happy weekend. Thank you for all your support.

Best wishes,

Mrs Wass





Coat DONATIONS



WE ARE KINDLY REQUESTING ANY COAT DONATIONS TO
SUPPORT OUR COMMUNITY.



Stay warm!

Made with PosterMyWall.com



Join us for

Christmas

PARENT COFFEE MORNING

enjoy Christmas food and drink on
Monday 16th December 8:45am



Guest visitors:

The 2 Johns - More to follow

We hope to see you there!



What Parents & Educators Need to Know about

SNAP STREAK

97 DAYS

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger *does* connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

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/snapchat-2021>

@wake_up_weds

/wuw.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.11.2024



FOOD DONATION

26TH NOVEMBER - 10TH DECEMBER, 2024



We are excited to share our Christmas Hamper Fundraiser to support Year 5 activities! We need your help to make this a success. The hampers will not only be lovely prizes but will also help fund great experiences for our pupils.

DROP-OFF LOCATION

 **Office Hillside Primary School***
Belstead Ave, Ipswich, IP2 8NU

*with a class teacher for pupils

ITEMS NEEDED

- ▶ Turkey
- ▶ Stuffing
- ▶ Gravy
- ▶ Canned Food
- ▶ Pringles
- ▶ Chocolate finger
- ▶ Tins Chocolate
- ▶ Biscuits
- ▶ Crackers
- ▶ Mince pies
- ▶ Christmas crackers
- ▶ Christmas cake
- ▶ Sweets
- ▶ Christmas pudding
- ▶ Cheese
- ▶ Jam
- ▶ Toffee bites
- ▶ Mulled wine
- ▶ Drinking Chocolate
- ▶ Tea & Coffee

For More Information : +44 (0)1473 601402 (Hillside Primary School Office)



ST JOSEPH'S COLLEGE
Prep

OPEN TRAINING



[Book Now](#)

Free training with our
professional coaches

Saturday 14 December, 9.00-11.00am

Ages 7-11. All abilities welcome.

Come experience an exciting day of sports with our expert coaching staff! Girls are invited to train in Football and Netball, while Boys will take on Rugby and Football. Our coaches are ready to guide players of all skill levels through drills, teamwork exercises, and strategies to help you elevate your game



RUGBY



NETBALL



FOOTBALL



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 92.8%

Every day counts!

R2 96.88%, 4G 96.82%, 5C2 96.21%, 1A 95.65%, 1D 94.55%, 2M 91.43%, 6C 91.43%, 3R 90%, 4T 90%, 6H 89.67%, 2D 88.58%, R1 88.57%, 4C 87.5%, 3B 84.67%, 5C1 82.9%

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.





GOOD TIMEKEEPING



What to do the night before:

Get everything you need for school ready



Set your alarm allowing plenty of time

Make your lunch and drink if you bring a packed lunch to school



Turn off devices half an hour before bedtime

Have a good night's sleep - a minimum of eight hours!



Five minutes late per day soon adds up to three days of lost school time

For mental health support for young people
visit: www.youngminds.org.uk



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.



Enhancing people's lives



Success really does start with

attendance

Top Tips

**Every Lesson, Every Day, Every
Student**

Show Interest in your child's school Activities

- ⑩ Attend Parent Teacher Conferences
- ⑩ Attend Back to School Night and Parent Meetings
- ⑩ Volunteer in the classroom, on field trips or during school events.
- ⑩ Make education a family priority.
- ⑩ Encourage your child to get more involved with their school. Sign them up for extra-curricular activities they like or an after-school program. Studies show the more involved a child and parents are with their school, the better their



Smile... and greet your child.
Please put your mobile phone away.
Thank you.

www.OutsideClassroomBooks.co.uk



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 Nativity to parents @ 10.30am and 2.15pm

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!

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 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
January 2025	February 2025	March 2025	April 2025
M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May 2025	June 2025	July 2025	August 2025
M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Legend:
Staff training days – school closed
School holiday closures
Bank Holidays

What to do

Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
Asthma flare up	Worsening of usual symptoms	➤	Follow your care plan	Stay off school if feeling too unwell
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters	➤	Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
Common cold	Runny nose, sneezing, sore throat	➤	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	➤	Pharmacy	Try not to touch eye to avoid spreading*
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat	➤	Pharmacy	Ensure good hand hygiene*
German measles/ Rubella	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards	●	GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
Glandular fever	High temperature, swollen glands, sore throat; usually more painful than any before	➤	GP	*
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)	➤	GP	Attend school while monitoring symptoms
Head lice	Itchy scalp (may be worse at night)	➤	Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	●	GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash	●	GP	Back to school four days from on-set of rash, and if feeling well enough
Ringworm	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty	➤	Pharmacy	
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm	➤	GP	Back to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash	●	GP	Exclusion period during first 24 hours of antibiotics*
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash	➤	GP	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea	➤	Pharmacy	Contact GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus	➤	Pharmacy	Ensure good hand hygiene
Tonsillitis/ Strep throat	Intense sore throat for more than 1 day	➤	Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
Whooping cough	Violent coughing, with a 'whoop'	●	GP	Exclusion period during first five days of antibiotics
Covid				Visit www.nhs.uk for latest guidance

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.



















Working in partnership with

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

Raising awareness of online safety

<https://www.twinkl.co.uk/news/ski-bidi-toilet-what-parents-need-to-know-about-the-viral-video-turned-playground-game>

Due to its content its not appropriate to young children, although there is not age restriction. Suggested is 13+.

This game may bypass their parental controls,

Thank you for supporting us to keep our children safe!

Be a superhero
and come to school every day!
If you miss school, you miss out.
HERO
Here, every day, ready and on time

**Y3'S STONE AGE
MUSEUM**
PLUS, TRY OUT SOME CAVE ART!
MUSEUM
MONDAY 2ND DECEMBER
2PM - 3PM

Ho Ho Ho!

Eativerse
A UNIVERSE OF FOOD AND DRINK

Join Jamie, Charlie, Klug,
Pip & Bud for a yummy

**Christmas
lunch!**



Join us on Wednesday 18th December



Christmas Tree

PRIZES FOR THE TOP 3!

Deadline: Friday 13th December

Decoration Competition