



*Drodzy Rodzice i Opiekunowie,  
**Wspólnie osiągnijmy wielkość”***

***Hillside rozpoczyna tydzień od Dnia Martina Luthera Kinga i sukcesu w lekkoatletyce!***

*W poniedziałek rozmawialiśmy o Martinie Lutherze Kingu i o tym, jak go zapamiętano za jego niestrudzoną pracę w Ruchu Praw Obywatelskich i jego marzenie, że pewnego dnia wszyscy będą traktowani na równi. Jesteśmy naprawdę dumni z tego, jak równość, różnorodność i włączenie społeczne są wbudowane w program nauczania w Hillside.*

*W poniedziałek panny Cantin i panna Demeter zabrały 18 dzieci do Suffolk One, aby wzięły udział w zawodach lekkoatletycznych w hali sportowej, rywalizując z 10 innymi szkołami. Każde dziecko musiało wziąć udział w 2 biegach i 2 konkurencjach terenowych. Dzieci wykazały się dużą sportową postawą wobec innych szkół i siebie nawzajem. Jestem naprawdę dumny z tego, jak dobrze poradziły sobie dzieci i nie możemy się doczekać wyników.*

*Dziękujemy za Państwa nieustające wsparcie!  
Jest ono bardzo doceniane.*

*Życzę miłego weekendu.*

*Najlepsze życzenia,  
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  
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49 Foxhall Road, Ipswich. IP3 8JU

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



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



# KS1 zaproszenie

## 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

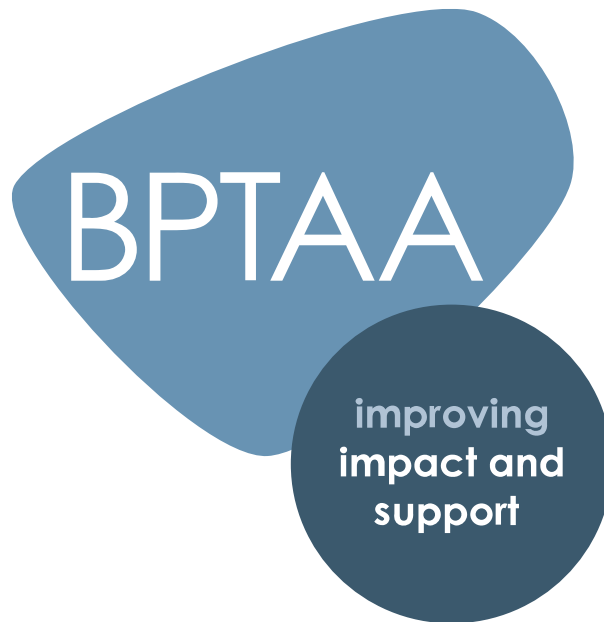
and come to school every day!

If you miss school, you miss out.

## HERO



Here, every day, ready and on time



Drodzy rodzice,

Hillside wkrótce rozpoczniemy program Best Practice Teaching Assistants Award który jest programem jakości.

Podstawowe cele leżące u podstaw nagrody za najlepsze praktyki w zakresie asystentów nauczycieli to:

1. Uznanie i celebrowanie nieocenionej, coraz bardziej złożonej roli asystentów nauczycieli we wspieraniu nauczania i uczenia się oraz opiece nad uczniami.
2. Ocena, monitorowanie i wspieranie przywództwa, zarządzania i pracy asystentów nauczycieli w celu maksymalizacji osiągnięć uczniów, osiągnięć i dobrego samopoczucia uczniów.

Dziękujemy za ciągłe wsparcie. Będziemy wdzięczni za wsparcie w dalszym rozwoju naszej szkoły.



# 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>



## Wazne Daty

Tydzien zaczynajacy sie od 3go lutego – Tydzień Zdrowia  
Psychicznego Dzieci

10go lutego – tydzien czytania

11go lutego – Dzień Bezpiecznego Internetu

Czwartek 13go lutego – KS1 sesja opowieści na dobranoc  
(więcej informacji wkrótce)

Piątek 14 lutego – Ostatni dzień półrocza

Poniedziałek 24 lutego – Powrót do szkoły

Poniedziałek 3go marca- 2.15pm Rada Rodzicow

Poniedziałek 3go marca – Year 2 Historia spotkanie dla  
rodzicow at 2pm

Wtorek 4go marca—klasy 2 SATS spotkanie z rodzicami @  
1.30pm

Czwartek 13 go marca – klasy 1 fonetyka spotkanie z rodzicami  
@1.30pm

Piatek 28go marca – klasy 2 lokalny spacer

Piatek 4go kwietnia –ostatni dzien semestru

Wtorek 22go kwietnia – powrot dzo szkoly

Tydzien zaczynajacy sie od 12go maja – klasy 6 SATS

### **Dni W-F u**

Poniedzialek – przedszkole & klasy 2

Wtorek – zerowka, kalsy 2 and klasy 3

Sroda –klasy 1, klasy 3, klasy 4, klasy 5

Czwartek –klasy 4 I klasy 6

Piatek – klasy 1 I klasy 6 I klasy 5 plywanie





## Sukces naprawdę zaczyna się od frekwencji

### Najpierw wspieramy!



Wszystkich dzieci było Bohaterami

Here  
Everyday  
Ready  
On time



Target 24-25 96%

Cała szkoła 93.04%

Liczy się każdy dzień!

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%

*Jeżeli stan Twojego dziecka nie pozwala na uczęszczanie do szkoły, prosimy zgłosić to dzwoniąc do Biura pod numer 01473 601402 opcja 1 od godziny 7:30. MUSIMY otrzymać tę informację do godziny 8:45*



















*Prosimy o wsparcie nas w zmniejszaniu liczby straconych dni szkolnych. Dzień wolny od szkoły oznacza dzień, w którym następuje utrata wiedzy.*

## 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<br>        | Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges  | Roast Chicken with Gravy, Stuffing & Roast Potatoes  | Beef Pasta Bolognese & Garlic Bread<br>         | Fish Fingers & Chips   |
| Main Meal Option 2    | Cheese & Tomato Pizza with Tomato Pasta Salad<br> | Cheese & Onion Pastry Roll with Skin on Baked Wedges  | Quorn Grill with Gravy, Stuffing & Roast Potatoes<br> | Plant-based Pasta Bolognese & Garlic Bread<br>  | Crispy Vegetable Fingers & Chips   |
| Filled Baguette       | Ham  | Cheese  | Tuna Mayo  | Cheese   | Ham  |
| Vegetables            | Carrots & Sweetcorn<br>                           | Peas, Baked Beans<br>                            | Cauliflower & Carrots<br>                             | Broccoli, Carrots<br>                           | Baked Beans Sweetcorn<br>                   |
| Baked Jacket Potatoes | Jacket Potato with Tuna Mayonnaise or Cheese<br>  | Jacket Potato with Tuna Mayonnaise or Cheese<br> | Jacket Potato with Tuna Mayonnaise or Cheese<br>      | Jacket Potato Tuna Mayonnaise or Cheese<br>     | Jacket Potato Tuna Mayonnaise or Cheese<br> |
| Dessert               | Chocolate Mousse and Orange Smiles<br>            | Homemade Jam Buns & Custard   | Chocolate Brownie<br>                                 | Fruity Strawberry Jelly & Mandarin Segments<br> | 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<br>             | Pork Sausage with Mashed Potatoes & Gravy   | Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes  | Garlic & Tomato Chicken Pasta Spirals<br>          | Fish Fingers & Chips  |
| Main Meal Option 2    | Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa<br> | Plant Based Sausage with Mashed Potatoes & Gravy  | Mediterranean Vegetable Tart Served with Roast Potatoes   | Garlic & Tomato Vegetable Pasta Spirals<br>      | Plant-based Sausage & Chips   |
| Filled Baguette       | Ham  | Cheese  | Tuna Mayonnaise   | Cheese  | Ham   |
| Vegetables            | Baked Beans or British Red Tractor Garden Peas<br>          | Broccoli/Cauliflower<br>                         | Cauliflower Carrots,<br>                         | Sweetcorn & Carrots<br>                          | Baked Beans, British Red Tractor Garden Peas<br> |
| Baked Jacket Potatoes | Jacket Potato with Tuna Mayonnaise or Cheese<br>            | Jacket Potato with Tuna Mayonnaise or Cheese<br> | Jacket Potato with Tuna Mayonnaise or Cheese<br> | Jacket Potato with Tuna Mayonnaise or Cheese<br> | Jacket Potato with Tuna Mayonnaise or Cheese<br> |
| Dessert               | Apple & Sultana Crumble Bar with Custard<br>                | Iced Carrot Cake & Orange Slices<br>             | 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<br> | Beef Lasagne with Garlic & Tomato Bread<br>       | Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes  | Barbeque Chicken & Rice<br>                        | Fish Fingers & Chips  |
| Main Meal Option 2    | Beany Shepherd's Pie<br>                          | Cheese & Tomato Pizza with Tomato Pasta Salad<br> | Roast Vegetable & Lentil Roast with Sticky Ketchup Glaze, Roast Potatoes & Gravy<br> | Vegetable Meatballs, Tomato Sauce & Mixed Rice<br> | Cheese & Onion Pastry Roll & Chips  |
| Filled Baguette       | Ham  | Cheese   | Tuna Mayonnaise   | Cheese  | Ham   |
| Vegetables            | Broccoli/Cauliflower<br>                          | Sweetcorn & Carrots<br>                           | Cauliflower & Carrots<br>  | Baked Beans & Peas<br>                             | Baked Beans, Sweetcorn<br>                       |
| Baked Jacket Potatoes | Jacket Potato with Tuna Mayonnaise or Cheese<br>  | Jacket Potato with Tuna Mayonnaise or Cheese<br>  | Jacket Potato with Tuna Mayonnaise or Cheese<br>                                     | Jacket Potato with Tuna Mayonnaise or Cheese<br>   | Jacket Potato with Tuna Mayonnaise or Cheese<br> |
| Dessert               | Lemon Cupcake with Fruit Slices<br>               | Chocolate Cookie & Orange Wedges<br>              | 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.



**REALISE  
FUTURE'S**

Enhancing people's lives



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