

Prezados encarregados de educação

Alcançando a Grandeza Juntos



Mascotes do Hillside ITFC lideram o caminho!

Nossa, que experiência incrível para as nossas crianças. No Domingo, Miss Baker, Sra. Curry, Sra. Canham, Miss Cantin, Mr. Liew, Miss Drechny e eu apoiamos um grupo de crianças enquanto elas entravam em campo como mascotes na frente de aproximadamente 30.000 torcedores durante o jogo da FA Cup em Ipswich Town. Eles também fizeram um passeio pelo estádio, se encontraram com os seus jogadores favoritos e até participaram de uma disputa de pênaltis contra Bluey, a mascote da equipa (mais fotos nas páginas 2 e 3). A experiência realmente os inspirou e nos deu lembranças para toda a vida. Obrigado a todos do ITFC!

Obrigado a todos os pais por participarem nas nossas reuniões de 'Ano Novo, Novas Oportunidades'. Nós realmente valorizamos trabalhar em parceria. Também tivemos reuniões do conselho de pais esta semana. Suas opiniões contínuas são realmente importantes para nós. Consulte a página 8 para obter mais detalhes.

Obrigado por todo o seu apoio contínuo!

É muito apreciado.

Muitas felicidades,

Sra. Wass





O Artista Viajante Teatro Wolsey 550 Enriquecimento do 6º ano

Tendo acabado de aprender sobre Monarcas na História, as crianças do 6º ano tiveram uma visita da era Tudor que nos mostrou seu estilo de vida como artista itinerante. Aprendemos sobre a vida como Tudor, ouvimos música executada com diferentes instrumentos simultaneamente e até fizemos malabarismos. Também aprendemos a fazer malabarismos e foi uma experiência fantástica para todos.



"Eu realmente gostava quando ela tocava gaita de foles."
Dakota

"Ficamos surpresos com a forma das habilidades do instrumento."
Christiane



"Se quer saber como fazer malabarismos... isso foi incrível!"
Ionut

What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION

13+

(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

#WakeUpWednesday

The National College

What Parents Need to Know about SQUID GAME

AGE RESTRICTION

15+

Suitable only for 15 years and over.

With themes of horror and violence, it's important for parents and carers to understand the potential risks posed to young audiences by the nine-episode Netflix-exclusive TV show, Squid Game. The series, rated 15+, is about a world where contestants who are deeply in debt play children's games in order to win cash prizes. The losers, however, are violently killed. The show's popularity has meant it has spread in various guises across online platforms, with a heightened risk of children and young people potentially viewing unsuitable content. That's why we've created this guide to help parents and carers understand exactly what Squid Game is all about.

INAPPROPRIATE CONTENT

Some might argue that Squid Game contains content that might not even be suitable for older teens, let alone young children. Characters are brutally tortured and killed through stabbings or getting shot as a result of rules developed and enforced by a masked game master. The show also features sexual content and threats of sexual violence, as well as a strong theme of gambling that runs throughout the whole show.

APEAL TO YOUNG PEOPLE

Whilst the content is very much adult-themed, some features of the show seem to appeal to young children at face-value. The name "Squid Game" may be interpreted as a programme aimed at children rather than adults. The content itself, such as the bright and childish aesthetics, may also appeal to young children, particularly as there's a focus on playground games to go with it.

SIMILAR CONTENT SUGGESTIONS

When using social media and streaming sites, content is recommended based on what the user has consumed i.e. what they have watched or searched for. Therefore, there is a greater chance of your child being exposed to similar violent or horror-themed content on social media after watching a show like Squid Game.

VIRAL SPIN-OFFS

As well as Netflix, Squid Game has grown in notoriety and prevalence on other platforms, like TikTok and YouTube, with clips of the show going viral. On YouTube Kids, a number of successful channels have taken advantage of the Squid Game trend, creating content such as "How to Draw Squid Game Characters" videos. Its popularity has also led to the creation of app games that put the player in the role of a contestant who is killed if they lose a game.

SCENE RE-ENACTMENTS

Squid Game's pervasive presence on social media has encouraged many content creators to re-enact scenes from the show, which has led to reports of children wanting to also imitate those scenes displayed on social media at home and in school. Much of this content stems from the "Red Light, Green Light" game from the first episode, where contestants attempt to make it past a giant animatronic girl before she shoots them.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Netflix has easily accessible built-in parental controls that allow you to set up a profile for your child with a specific age rating, block them from watching certain shows and even lock their account so it can't be accessed by anyone else. Netflix also allows you to access your child's viewing history to make sure they're not watching anything inappropriate for their age.

CHECK AGE RATINGS

Age ratings on TV shows and films are a way to gauge what is suitable for audiences of different ages. If you are unsure about the content your child is watching, check the age rating to see if the TV show or film is deemed suitable for their age group. If not, try watching the show yourself or talking to other parents who have seen it before to get a better understanding of why it's been rated a certain way.

MONITOR ONLINE ACTIVITY

Squid Game has become a social media craze and it's possible your child will see some content related to the show on various platforms. Therefore, it's important to be aware of which websites your child has visited on their smartphone, tablet or laptop, and to also keep an eye out for which accounts they are following on social media platforms, such as Instagram and TikTok.

HAVE OPEN CONVERSATIONS

Making sure your child is comfortable telling you about what they see online can go a long way to ensuring you are kept in the loop about their online use. Showing an interest in what your child is doing online gives you the opportunity to discuss what is and is not appropriate for their age group, and how they might recognise their own feelings towards content they see.

MONITOR BEHAVIOUR

Due to the viral nature of the show, even if your child has not seen Squid Game, it's important to keep an eye on their behaviour. There have been reports from schools of children "playing Squid Game" in the playground and acting aggressively towards the losers as a way to replicate the consequences of losing in the TV show. Viewing content that makes your child feel uncomfortable could also cause them to feel distressed or distracted, so it's important you can easily spot the signs.

WATCH THE SHOW

If you're trying to figure out whether you should let your child watch Squid Game, it might be a good idea to watch the show yourself first. Doing so will allow you to get a better understanding of the show's content and themes, as well as help you decide if this is something you'd feel comfortable with your child being exposed to.

Meet Our Expert

Carly Page is an experienced and highly respected freelance technology journalist, editor and consultant. Previously the editor of tech tabloid The INQUIRER, Carly now works as the news editor for Computer Shopper and IT Pro and writes for a number of publications including Forbes, TechRadar, Tes, The Metro, uSwitch and WIRED.



National Online Safety®

#WakeUpWednesday



Datas do diário para o período da Primavera

Semana que começa a 20 de Janeiro – semana simulada do SATS do 6º ano

Semana que começa a 3 de Fevereiro – Semana da Saúde Mental Infantil

10 de Fevereiro – Semana de Leitura em Hillside

11 de Fevereiro – Dia da Internet Mais Segura

Quinta-feira, 13 de Fevereiro – sessão de histórias para dormir KS1 (mais informações a seguir)

Sexta-feira, 14 de fevereiro – Último dia do semestre

Segunda-feira, 24 de Fevereiro – Retorno às aulas

Segunda-feira, 3 de Março - 14h15 Conselho de Pais

Segunda-feira, 3 de Março – Evento para pais da história do ano 2 às 14h

Sexta-feira, 28 de Março – Caminhada local do 2º ano

Sexta-feira, 4 de Abril – Último dia do semestre

Terça-feira, 22 de Abril – Retorno às aulas

Semana que começa a 12 de Maio – Semana SATS do 6º ano

Dias de educação física

Segunda-feira – Nursery e 2º ano

Terça-feira – Reception, Ano 2 e Ano 3

Quarta-feira – Ano 1, Ano 3, Ano 4, Ano 5

Quinta-feira – Ano 4 e Ano 6

Sexta-feira – Ano 1 e Ano 6 mais Ano 5 natação

Reuniões de envolvimento dos pais

Segunda-feira, 20 de Janeiro – Reuniões de pais do 1º ano (chegada pela porta da sala de aula às 8h30)

Quarta-feira, 22 de Janeiro – Reunião de pais do 3º ano (chegada pela porta da sala de aula às 8h30)





Parceria Parental

Conselho de Pais

Queremos que todas as classes e comunidades sejam representadas. Ainda temos vagas em R1, R2, 1A, 3R, 4G, 4C, 6H, 6C. Por favor, informe a equipe da secretaria se estiver interessado.

Consulte nossa ata aqui:

[Parent Partnership | Hillside Primary School](#)

Kit de educação física

Após nossa recente pesquisa com os pais, mudaremos as expectativas do kit de educação física de uma tshirt branca para uma tshirt roxa a partir de 25 de Setembro. Mais detalhes a seguir, incluindo como comprar uma opção de marca e sem marca com custo reduzido.

Foto da caixa de sugestões

Estamos ansiosos pelas suas sugestões!





Lembrando mais e fazendo mais em Escola Primária de Hillside!



We will ensure **ALL** groups of pupils make good progress

We will continue to **improve attendance** at Hillside

We will support children to access the curriculum by **adapting** to their needs

We will improve **assessment of your progress and attainment** to stop any child from falling behind

Our leaders will work **together and with other leading schools** to improve teaching, learning and the curriculum at Hillside Primary School

We will use exciting **visitors and trips** to make learning experiences memorable

What are we doing to improve our school this year?

We will continue to ensure that you are **kind and feel happy** at school

We will work with others and **train our teachers and learning support assistants** to be expert educators

We will continue to **value and celebrate all differences** in our community



O sucesso realmente começa com a presença

Apoiamos primeiro!

Queremos que cada um de nossas crianças seja um Herói de



Assiduidade:

Aqui

Todos os dias

Pronto

A horas

Meta 24-25 96%



Escola inteira 93,06%

Cada dia conta!

2M 98.21%, 3B 97.33%, 4C 96.67%, 6H 96.15%, 5C1 95.48%, 4G 95.45%,
3R 94.29%, 1D 94%, R2 93.89%, 1A 93.33%, 4T 93.18%, 6C 93.1%, 2D
90.36%, R1 89.52%, 5C2 84.14%

Se o seu filho não estiver suficientemente bem para frequentar a escola, por favor informe o facto telefonando para a secretaria no número 01473 601402 opção 1 a partir das 7h30. DEVEMOS receber esta informação até às 8h45

Por favor, apoie-nos na redução do número de dias letivos perdidos.

Um dia de folga na escola significa um dia em que a aprendizagem foi perdida.



Social, Emotional & Mental Health Service

SEMHS

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass

Supporting children and young people to manage their emotions

SENDIASS is hosting a relaxed online session for parents and carers exploring ways to help your child to understand and manage their feelings. We will also explore strategies which schools may use, and how they can access advice to enable them to support your child.

The presentation will be delivered by specialist teachers from Suffolk's Social, Emotional and Mental Health Service. This is one of the five Specialist Education Services in Suffolk, which support schools to support pupils with different special educational needs.

The session will explore:

- what your child's behaviour may be communicating
- strategies to support your child
- what can lead to meltdowns and how to support your child during and after a meltdown
- strategies schools may use and how they can access advice to help them support your child.

7th February 2025 10am – 11:30am

[Click to register](#)

'Really informative session and has given me a completely different outlook on how to deal with my son's 'meltdowns.'

'Makes so much sense, really helpful practical advice 🧡'

'This was so helpful. Really good practical information that other courses don't always cover.'





















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 4 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 23rd
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.



**REALISE
FUTURES**

Enhancing people's lives