

Caros Encarregados de Educação

Alcançar a Grandeza Juntos'



Hillside começa a semana com sucesso no Dia de Martin Luther King e no Atletismo!

Na Segunda-feira falamos sobre Martin Luther King e como ele é lembrado pelo seu trabalho incansável durante o Movimento dos Direitos Civis e por seu sonho de que um dia todos fossem tratados como iguais. Estamos muito orgulhosos de como a Igualdade, a Diversidade e a Inclusão estão incorporadas no currículo aqui na Hillside.

Na Segunda-feira, Miss Cantin e Miss Demeter levaram 18 crianças ao Suffolk One para participar do Sports Hall Athletics, competindo contra 10 outras escolas. Cada criança teve que participar de 2 corridas e 2 provas de campo. As crianças demonstraram grande espírito desportivo com as outras escolas e entre si. Estou muito orgulhosa do desempenho das crianças e estamos ansiosos para obter os resultados.

Obrigado por todo o seu apoio contínuo!

É muito apreciado.

Desejos de um ótimo fim de semana.

Muitas felicidades,

Sra. 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

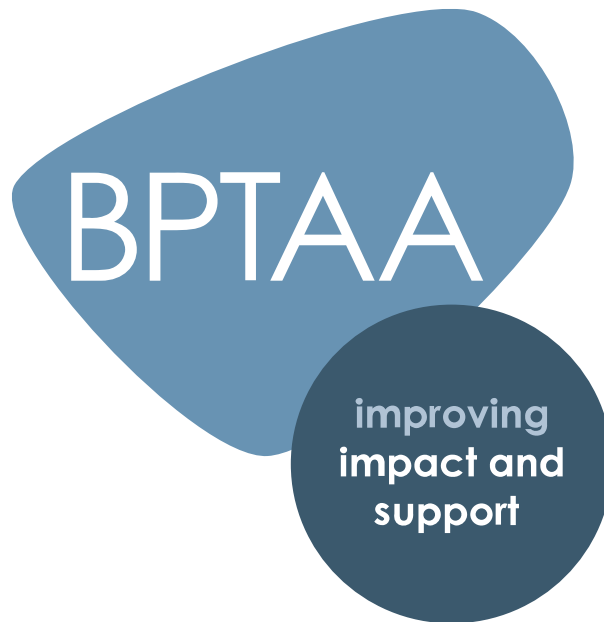
and come to school every day!

If you miss school, you miss out.

HERO



Here, every day, ready and on time



Caros Encarregados de Educação

A Hillside lançará em breve o Prêmio de Melhores Práticas com Assistentes de Ensino, que é um programa de qualidade.

Os principais objetivos que sustentam o Prémio de Melhores Práticas como Assistentes de Ensino são:

1. Reconhecer e celebrar o papel inestimável e cada vez mais complexo dos professores assistentes no apoio ao ensino e aprendizagem e no cuidado pastoral dos alunos.
2. Avaliar, monitorar e apoiar a liderança, gestão e trabalho dos assistentes de ensino, a fim de maximizar o desempenho, o desempenho e o bem-estar dos alunos.

Obrigado pelo seu apoio contínuo. Gostaríamos muito de receber seu apoio no desenvolvimento de nossa escola para continuar a crescer e se desenvolver.



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>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025



Datas do diário para o período da Primavera

Semana que começa em 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 de história do ano 2 às 14h

Terça-feira, 4 de Março - Reunião de pais do 2º ano SATS às 13h30

Quinta-feira, 13 de Março – Reunião de pais Phonics do 1º ano às 13h30

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 em 12 de Maio – Semana SATS do 6º ano

Dias de educação física:

Segunda-feira – Nursery e Ano 2

Terça-feira – Reception, Ano 2 e Ano 3

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

Quinta-feira – Ano 4 e Ano 6

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



O sucesso começa realmente com a assiduidade

Nós apoiamos primeiro!

Queremos que cada uma das nossas crianças seja um Herói da



assiduidade:

Aqui

Todos os dias

Pronto

A horas



Meta 24-25 96%

Toda a escola 93,04%

Cada dia conta!

**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%**

*Se o seu filho não estiver bem o suficiente para frequentar a escola,
comunique o facto, ligando para a secretaria através do número 01473
601402, opção 1, a partir das 7h30. DEVEMOS receber esta informação até
às 8h45*

Por favor, ajude-nos a reduzir o número de dias letivos perdidos.





















Um dia de folga da escola significa um dia em que a aprendizagem é perdida.

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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FUTURE-S**

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