

Caros Encarregados de Educação

'Alcançar a Grandeza Juntos'

Uau, nós certamente encerramos o semestre da primavera com empolgação!



Hoje, promovemos o amor pela Matemática aprendendo sobre a importância da Matemática na vida cotidiana; cozinhar, treinar, dizer as horas, fazer compras e construir casas. Também exploramos carreiras que usam Matemática, como ser enfermeiro ou astronauta! Cada classe realizou uma atividade vinculada ao texto "Quantas jujubas?" para mostrar como a Matemática progride na escola.

Estamos a realizar uma competição durante o feriado da Páscoa. Se seu filho jogar Numbots ou Times Tables Rock Stars todos os dias durante o feriado, ele ganhará um prêmio na loja do dojo e participará de um sorteio para ganhar um vale-presente da Amazon. Boa sorte!

Trabalhar em parceria com a nossa comunidade é importante para nós. Foi tão adorável ver um engajamento fantástico durante nossos eventos familiares recentes neste período: conversas de aprendizagem, voluntários durante visitas escolares, almoço para pessoas especiais, workshops de arte e compartilhamentos com os pais. Por favor, consulte as fotografias na página 3.

Obrigado por todo o seu apoio contínuo neste semestre. O sucesso começa com a assiduidade e nossa porcentagem estatutária de toda a escola aumentou para 93,4%. Precisamos continuar trabalhando juntos para atingir 95% e acima no próximo semestre.

*Desejando a você uma Páscoa maravilhosa. **Mantenha-se seguro!***

Retornamos à escola na Terça-feira, 22 de Abril. Boas férias!

Muitas felicidades, Sra. Wass



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Trabalhando com nossas famílias e comunidades



*Recentemente,
Romeo, o CEO da
Ipswich
Romanian, juntou-
se ao nosso café
da manhã*



*Ano 1 Compartilhamento
dos pais*



Oficina de Arte



*Experiência de
Páscoa do 5º ano
liderada pela
Rev. Cowan e sua
equipe*

Experiência de Páscoa do 3º ano

Na Segunda-feira, o 3º ano visitou a Igreja Batista Stoke Green para "Experimentar a Páscoa" para aprimorar seu aprendizado recente sobre a história da Páscoa cristã.

Eles aproveitaram uma variedade de peças de teatro, atividades interativas, canto e terminaram a manhã com um pãozinho quente!

Brenda de Stoke Green disse: Que lindo foi ter o 3º ano na igreja e com o comportamento deles foi um crédito para a escola! Muito bem, 3º ano!





Education & Skills
Funding Agency

Learning in Families



LEARNING
IN FAMILY
COURSES ARE
FREE



INVESTIGATIONS IN SCIENCE

COMING NEXT TERM

A course for parents/carers of primary school children

Would you like to learn about:

- Key concepts from the KS1 and KS2 Science National Curriculum.
- Exciting Science activities to do with your children at home, such as investigating light and sound, floating and sinking, and making a device to measure and record information about the weather (helpful for weekends & school holidays!)

Come and join our fun and friendly course!

- a free 5-week course
for parents/carers
(not in school holiday or
SATs week, 15th May)

WHEN:

Starting **Thursday 1st May**
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.



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Datas importantes do diário para o período de verão

Terça-feira 22 de Abril – Retorno às aulas

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

23 de Maio - Último dia do semestre

2 de Junho - Retorno à escola

24 de Junho – Fotografias da turma

2 de Julho – Viagem residencial do 6º ano até 4 de Julho

11 de Julho – Dia das Carreiras (mais detalhes a seguir)

Semana que começa em 14 de Julho – Semana de celebração do fim de ano (mais detalhes a seguir)

18 de Julho – Último dia de 24-25

Quarta-feira, 3 de Setembro – As crianças retornam à escola
Mais datas em breve!





Here at Hillside Nursery, we offer learning through play for children aged 3 and 4 in our engaging indoor and outdoor environments.

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

follow

What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

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

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NUMBOTS & TIMES TABLES ROCK STARS HOLIDAY CHALLENGE

PLAY NUMBOTS OR TIMES TABLES ROCK STARS EVERY DAY
OVER THE HOLIDAY AND WIN A DOJO SHOP PRIZE AND GO
INTO THE PRIZE DRAW TO WIN AN AMAZON VOUCHER!



O sucesso realmente começa com a assiduidade

Apoiamos primeiro!

Queremos que cada uma das nossas crianças seja um Herói da

Assiduidade:



Aqui

Todos os dias

Pronto

A hora

Meta 24-25 96%



Escola inteira 93.49%

Cada dia conta!

**5C1 99.33%, 3B 96.67%, 4T 95.91%, 2M 95.71%, 1A 94.23%, 6H 93.01%,
6C 93%, 5C2 92.5%, 3R 92.31%, 1D 91.92%, 2D 91.07%, R2 90%, 4C 90%,
4G 89.05%, R1 84.74%**

Se seu filho não estiver bem o suficiente para ir à escola, informe isso ligando para a Secretaria no número 01473 601402 opção 1 a partir das 7h30. DEVEMOS receber essas informações até às 8h45.

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

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



Hillside Primary School



Achieving Greatness Together

Welcome to Hillside Primary School, where we are proud to offer a happy and nurturing environment for all children to thrive.

Our well-established and vibrant school sits at the heart of our community.

We are welcoming applications now for entry into Reception for September 2025.



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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



Eativerse
A UNIVERSE OF FOOD AND DRINK

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



Eativerse
A UNIVERSE OF FOOD AND DRINK

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 

Spring / Summer Menu Week 1

5th May, 26th May, 16th June, 7th July, 8th Sept, 29th Sept, 20th Oct 2025

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Roast Chicken Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese, Onion & Potato Pie & Home-baked Potato Wedges	Macaroni Cheese	Beany Shepherd's Pie ^{VS}	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VS}	Vegetable & Bean Quesadilla, Chips
Filled Baguettes	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn	British Red Tractor Garden Peas, Sliced Carrots	Broccoli, Cauliflower & Carrots	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo, Cheese ^{VS}
Dessert	Banana Mousse & Orange Smiles	Marble Sponge ^{VS} & Chocolate Sauce	Strawberry Jelly with Watermelon Slice ^{VS}	Vanilla Cookie ^{VS}	Iced Sponge Cake with Sprinkles

Spring / Summer Menu Week 2

21st April, 12th May, 2nd June, 23rd June, 14th July, 15th Sept, 6th Oct, 27th Oct 2025

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Veggie Sausage with Mash & Gravy Vg	Vegetable & Chickpea Fajita Wrap, Roast Potatoes Vg	Cheesy Bean Pitta	Tomato & Baked Bean Pasta Bake Vg
Filled Baguette	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
vegetable's	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}
Dessert	Banana Cake Vg & Custard	Shortbread & Orange Slices Vg	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg

Spring / Summer Menu Week 3

28th April, 19th May, 9th June, 30th June, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov 2025

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sweet & Sour Chicken Meatballs & Sunny Rice	Beef Lasagne & Garlic Bread	Roast Chicken Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheesy Tomato Pasta Bake	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice ^{VS}	Mediterranean Vegetable & Chickpea Stew & Roast Potatoes ^{VS}	Bean Burrito & Potato Wedges ^{VS}	Cheese & Onion Puff Pastry Roll
Filled Baguette	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese ^{VS}
Dessert	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges ^{VS}	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VS} & Chocolate Sauce	Homemade Jam Sponge