

Hillside Primary School and Nursery "Achieving Greatness Together"



Friday 29th November 2024



HILLSIDE ESTE MANDRĂ CĂ FACE PARTE DIN FAMILIA ALT DE SCOLI!

Active Learning Trust(ALT) este o familie de școli primare, secundare și speciale cu sediul în Suffolk și Cambridgeshire.

În fiecare săptămână, primim sprijin din partea ALT în moduri diferite. Săptămâna aceasta am găzduit un eveniment de matematică pentru diverși membri ai școlii. Am primit sprijin și din partea echipei SEND. Pentru a afla mai multe despre ALT, vă rugăm să faceți clic aici <u>The</u> Active Learning Trust

Le mulțumim tuturor părinților care au participat recent la activitățile noastre pentru părinți de anul 4 și 5. Va urma Anul 3, Iuni, la ora 14.00. Sperăm că ne puteți alătura.

Vă dorim un weekend minunat. Vă mulțumim pentru tot sprijinul dumneavoastră.

Cele mai bune urări,

Doamna Wass















Coat DONATIONS



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







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What Parents & Educators Need to Know about

AP STREAK

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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 Al'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner, However, the oftware 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' 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

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

chat's 'Family Centre' lets you view the details of the child's account neir friends list and who they've spoken to in the last week – and report any oncerns. You must invite a child to the Family Centre for them to join. To keep the hild's location hidden on the app, go into settings and turn on 'Ghost Mode' and

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 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

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My Al'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.

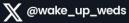
Meet Our Expert

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.



National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/snapchat-2021







(O) @wake.up.wednesday









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
- ▶ Grav
- Canned Food
- Prinales
- Chocolate finger
- ▶ Tins Chocolate
- Biscuits
- Crackers
- Mince pies
- Christmas crackers
- Christmas cake
- Sweets
- Christmas pudding
- ▶ Cheese
- Jan
- Toffee bites
- Mulled wine
- Drinking Chocolate
- Tea & Coffee

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









OPEN TRA



Free training with our professional coaches

Saturday 14 December, 9.00-11.00am

Ages 7-11. All abilities welcome.

Book Now







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





Succesul chiar începe cu prezența!

Noi susținem în primul rând!

Ne dorim ca fiecare dintre copiii noștri să fie un erou al prezenței:



Aici Zilnic Pregătiți La timp

Ţintă 24-25 96%



 $\hat{ ext{I}}$ ntreaga Şcoală<u>92.8%</u>

Fiecare Zi Contează!

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%

1

Dacă copilul dumneavoastră nu este suficient de bine pentru a veni la școală, vă rugăm să raportați acest lucru sunând la Birou la 01473 601402 opțiunea 1 de la ora 7:30. TREBUIE să primim aceste informații până la ora 8.45.

Vă rugăm să ne sprijiniți în reducerea numărului de zile de școală pierdute.

O zi liberă de școală înseamnă o zi în care învățarea este pierdută











G D D 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









Learning in Families



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@hilllsideprimary.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.









Succesul chiar începe cu prezența! Sfaturi

Fiecare Lectie, Fiecare Zi, Fiecare Elev

Arătați interes pentru activitățile școlare ale copilului dvs

- Participați la conferințe cu părinți şi profesori.
- Participați la Back to School Night și la întâlnirile cu părinții.
- Faceți voluntariat în sala de clasă, în excursii sau în timpul evenimentelor scolare.
- Faceți din educație o prioritate a familiei.
- Încurajează-ți copilul să se implice mai mult în școala lui. Înscrie-i la activități extracurriculare care le plac sau la un program după școală. Studiile arată că, cu cât un copil și părinții sunt mai implicați în școala lor, cu atât participarea și succesul lor sunt mai bune.



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

were, Outside Outcommittee education











Date din Jurnal pentru Trimestrul de Toamnă

Joi 28 Noiembrie- Fotografii Individuale

Luni 9 Decembrie – Vizită la teatru pentru anul 1 și 2 (mai multe detalii vor urma)

Marți, 10 Decembrie – Recepția - vizită la biblioteca locală și Creșa - Spectacolul Nasterii Domnului pentru părinți la 10:30 și 14:15

Miercuri 11 Decembrie - Anii 4 și 5 vizita la teatru (mai multe detalii vor urma)

Joi 12 Decembrie – Anii 4 și 5 Spectacol de Colinde (mai multe detalii vor urma)

Joi 12 Decembrie - Anii 3 și 6 vizita la teatru (mai multe detalii vor urma)

Vineri 13 Decembrie – Ziua Pulovărului de Crăciun

Vineri 13 Decembrie – Târgul de Crăciun la Hillside @ 3.15pm

Luni 16 Decembrie – Eveniment de cafea pentru părinți de Crăciun de la ora 8.45 Ateliere de siguranță online (mai multe detalii vor urma)

Marți, 17 Decembrie – ora 8.45 Spectacolul de Crăciun KS1

Miercuri 18 Decembrie – ora 14.00 Spectacolul de Crăciun Recepție

Joi, 19 Decembrie – ora 14:00, Spectacolul de Crăciun KS1

Joi 19 Decembrie - Anii 3 și 6 Spectacol de Colinde (mai multe detalii vor urma)

Vineri 20 Decembrie – Ultima zi a Trimestrului (Zi fără uniformă)

Luni 6 Ianuarie 25 – Zi fără elevi

Marți 7 Ianuarie 25- Copiii se întorc la școală











Activități împărtășite de părinți și copii

Acestea sunt oportunități grozave de a vă bucura și de a învăța împreună – toată lumea e binevenită!

26 Noiembrie - Anul 5 DT @ 2pm

2 Decembrie - Anul 3 Istorie @ 2pm

6 Decembrie - Anul 1 Artă @ 1.30pm

9 Decembrie - Recepția Artă @ 2pm

Vineri 13 Decembrie – Creșa Artă @ 10.30am și 2.15pm

17 Decembrie – Anul 6 Artă @ 2.15pm

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What to do

Advice on childhood illnesses

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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
Tonsilitis/ 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 <u>www.nhs.uk</u> 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





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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 Brea	ad, 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 <u>& Peas</u>	Baked Beans, Sweetcom
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 o
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-toknow-about-the-viral-video-turnedplayground-game

Datorită conținutului său, nu este potrivit pentru copiii mici, deși nu există restricții de vârstă. Sugerat este 13+.

Acest joc poate ocoli controlul parental.





If you miss school, you miss out.



Here, every day, ready and on time



PLUS, TRY OUT SOME CAVE ART!



MONDAY 2ND DECEMBER 2PM - 3PM









