

Dragi Părinți și Îngrijitori,

'Achieving Greatness Together'

Wow, cu siguranță am încheiat trimestrul de primăvară cu energie!



Astăzi, am promovat dragostea pentru matematică, învățând despre importanța matematicii în viața de zi cu zi; gătit, antrenament de fitness, cititul orei, cumpărături și construirea de case.

De asemenea, am explorat cariere care folosesc matematica, cum ar fi a fi asistent medical sau astronaut! Fiecare clasă a desfășurat o activitate legată de textul „Câte Jellybeans?” pentru a arăta cum progresează matematica în școală.

Avem o competiție care se desfășoară în perioada sărbătorii de Paște, în care, dacă copilul tău joacă Numbots sau Times Tables Rock Stars în fiecare zi în timpul sărbătorii, va câștiga un premiu pentru magazinul dojo și va intra la o extragere pentru a câștiga un voucher Amazon – mult noroc!

Lucrul în parteneriat cu comunitatea noastră este important pentru noi. A fost atât de încântător să vedem un angajament fantastic în timpul evenimentelor noastre recente de familie din acest trimestru: conversații de învățare, voluntari în timpul vizitelor la școală, prânz cu persoane speciale, ateliere de artă și împărtășirea părinților. Vă rugăm să consultați fotografiile de la pagina 3.

Vă mulțumim pentru tot sprijinul acordat în acest trimestru. Succesul începe cu prezența, iar procentul statutar în întreaga noastră școală a crescut la 93,4%. Trebuie să continuăm să lucrăm împreună pentru a ajunge la 95% și peste termenul următor.

*Vă doresc sărbători pascale minunate. **Fiți în siguranță!***

Ne întoarcem la școală marți, 22 aprilie. Sărbători fericite!

Cu stimă, Mrs Wass



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Lucrul cu familiile și comunitățile noastre



Recent, Romeo, CEO al Ipswich Roma s-a alăturat dimineții noastre de cafea



Anul 1 Eveniment cu parinții



Atelier de Artă



Anul 5 Experiență de Paște condusă de Rev Cowan și echipa ei

Anul 3 Experiență de Paște

Luni, Anul 3 a vizitat Stoke Green Baptist Church pentru „Experiență de Paște” pentru a-și îmbunătăți învățarea recentă despre povestea creștină a Paștelui.

S-au bucurat de o varietate de drame, activități interactive, cântând și și-au încheiat dimineața cu o briosă caldă!

Brenda de la Stoke Green a spus: „Cât de frumos a fost să avem anul 3 la biserică și comportamentul lor a fost un merit pentru școală!”. Bravo Anul 3!





Education & Skills
Funding Agency

Learning in Families



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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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Date din Jurnal pentru Trimestrul de vară

Marți 22 Aprilie – Întoarcerea la școală

Săptămâna începând cu 12 Mai – Anul 6 săptămâna SATS

20 Mai- Anul 6 începe înotul

23 Mai- Ultima zi a jumătății de trimestru

2 Iunie – Întoarcerea la școală

24 Iunie – Fotografii cu Clasa

2 - 4 Iulie – Anul 6 excursia rezidențială

11 Iulie – Ziua Carierelor (Mai multe date vor urma)

**Săptămâna începând cu 14 Iulie –
Săptămâna Sărbătorii de Sfârșit de An (mai multe
detalii vor urma)**

18 Iulie – Ultima Zi 24-25

**Miercuri 3 Septembrie – Copiii se întorc la școală
Mai multe date vor urma!**





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!



Succesul Chiar Începe cu Prezența!

Noi Susținem În Primul rând!

Noi dorim ca fiecare dintre copiii noștri să fie un Erou al Prezenței!

Tinta 24-25 96%



Întreaga Școală 93.49%

Fiecare Zi Contează!



**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%**

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.



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	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo, Cheese
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	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese
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	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese
Dessert	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges ^{VS}	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VS} & Chocolate Sauce	Homemade Jam Sponge