



Dragi părinți și îngrijitori,

"Atingând marea împreună"



La Hillside credem că cititul stă la baza învățării, bunăstării și succesului viitor. Vrem să continuăm să ne dezvoltăm cultura lecturii la școală. Săptămâna aceasta am ascultat ideile personalului, copiilor și Consiliului nostru de Părinți. Mai multe informații despre diversele noastre strategii pentru a susține "De la citit până la realizare" vor fi împărtășite săptămâna viitoare.

Sprijină-ți copilul încurajându-l să citească zilnic și nu uita să-i actualizezi dosarul de citire. Înregistrările de citire sunt verificate în fiecare dimineață la sosire. Probabil ați văzut că am lansat "Mica Bibliotecă Liberă" în afara școlii. Încurajăm pe toată lumea din comunitate să "Aleagă, citește și schimbă".



Vă mulțumesc pentru tot sprijinul continuu. Citește, citește și citește!

Doamna Wass





20 is plenty!

Children who read for **20 minutes** a day will...

Improve
focus and
concentration

Have a world of
imagination and
creativity
opened to them

Have
stronger
writing skills

Improve and
strengthen
memory

Be exposed to
**1.8 million
words a year**

Have a
broad
vocabulary

Have better
general
knowledge

Improve
test results

Improve
communication
skills

Encourage
a love for
learning

Learn how to
develop
empathy

Improve
critical
thinking skills

Have
reduced
stress levels

Silly School Education





Nu există wet play in EYFS!

Recepția s-a distrat minunat stropind în bălți săptămâna aceasta. Făcând cărările noastre colorate și alergând prin ploaie. Deși unii s-ar putea ascunde de vremea ploioasă, noi am avut parte de aventuri umeze, cu multă distracție.





Miercuri, clasa a VI-a a avut Parent Café, axată pe matematică. Au avut o după-amiază minunată jucând jocuri care le susțin învățarea și învățându-i pe adulții să practice multe abilități diferite.

Mulțumesc tuturor părinților care au putut veni!





Oferind fiecărui copil oportunități bogate de a fi creativ, colaborativ și activ în joaca lor în aer liber!

OPAL (Outdoor Play and Learning) este un program de îmbunătățire a școlii care transformă timpul de joacă, oferind resurse variate (naturale și create de om) și libertate, ajutând copiii să-și dezvolte reziliența, creativitatea și abilitățile sociale printr-un joc incluziv și autodirecționat, reducând plictiseala și problemele comportamentale și creând o cultură pozitivă a jocului activ și plin de bucurie.





Autumn / Winter Menu Week 1					
10 th Nov, 1 st & 22 nd Dec, 19 th Jan, 9 th Feb, 2 nd & 29 th March					
WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG}	Vegetable Fingers & Chips with Ketchup ^{VG}
Sandwiches	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Baked Beans & Sweetcorn	Country Mixed Veg or Broccoli	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard	Strawberry Jelly ^{VG}	Oaty Date Cookie	Vanilla Ice Cream

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Autumn / Winter Menu Week 2					
27 th Oct, 17 th Nov, 8 th Dec, 5 th & 26 th Jan, 16 th Feb, 9 th March					
WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	MSC Battered Pollock & Chips
Main Meal Option 2	Veggie Sausage & Baked Bean Hot Pot ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Macaroni Cheese	Cheese Fian & Chips
Sandwiches	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Broccoli, Sweetcorn or Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Chocolate Mousse	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	Flapjack ^{VG}	Shortbread Pin Wheels & Fruit Slices ^{VG}

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Autumn / Winter Menu Week 3					
3 rd & 24 th Nov, 15 th Dec, 12 th Jan, 2 nd & 23 rd Feb, 16 th March					
WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Vegetable Sausage Hotdog served with Home-baked Potato Wedges ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Lasagne & Garlic Bread	Crispy Vegetable Fingers & Chips ^{VG}
Sandwiches	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices ^{VG}	Iced Sponge Cake with Sprinkles

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

England's target for 'free sugar' intake for your child
* Recommended fruit and vegetable portion sizes are calculated using School Food Standards.
On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.





Succesul începe cu adevărat cu prezența Noi susținem mai întâi și ne gândim la familie!

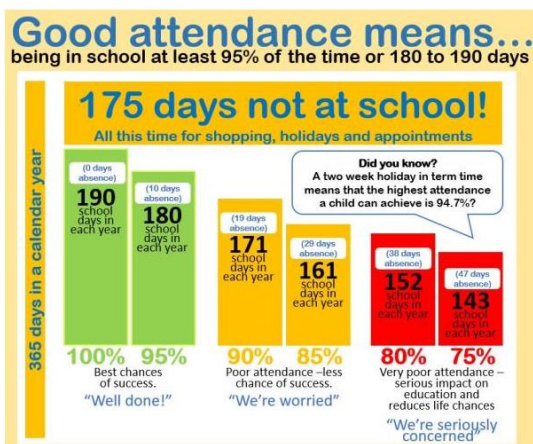
Ne dorim ca fiecare dintre copiii noștri să fie un Erou al Prezenței:

Aici

În fiecare zi

Gata

La timp



Ținta 25-26 = 96%



Întreaga școală 94,59%

Fiecare zi contează!

**2C 100%, 6M 98,89%, 3C 98,33%, 4H 97,22%, 5LC 96,67%, 6C 96,67%, RL96,53%,
1D95%, 1L 95%, 3R 92,78%, 4T 92,78%, RB 89,86%, 5P 87,22%, C1 86,84%, 2M
85,42%**

*Dacă copilul dumneavoastră nu este suficient de bine pentru a merge
la școală, vărugăm să raportați acest lucru sunând la Birou la 01473
601402 opțiunea 1, începândcu ora 7:30. TREBUIE să primim aceste informații până la
8:45 dimineața*

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

O zi liberă de la școală înseamnă o zi în care se pierde învățarea.





Date din Jurnal

Trimestrul de Primavara 2026

WB 9 februarie - Săptămâna Sănătății Mintale a Copiilor

Marți, 10 februarie - Ziua Internetului Mai Sigur

Vineri, 6 februarie - Ziua Numerelor NSPCC

Joi, 12 februarie - Atelier online de siguranță pentru familii

Vineri, 13 februarie - Ultima zi din vacanța de jumătate a semestrului

Luni, 23 februarie - Întoarcerea la școală

Luni, 2 martie - Săptămâna lecturii

Joi, 5 martie - Ziua Mondială a Cărții

WB 9 martie - Săptămâna Științei

Vineri, 20 martie – Ziua Nasului Roșu

Vineri, 27 martie - Ultima zi a semestrului

Luni, 12 aprilie – Ziua instruirii personalului

Marți, 13 aprilie – Copiii se întorc la școală

WB luni, 11 mai – Săptămâna SATS din clasa a VI-a

WB Luni, 11 mai - Săptămâna de conștientizare a sănătății mintale

De vineri, 3 iulie, până duminică, 5 iulie - clasa a VI-a, rezidențial



SAFEGUARDING CHILDREN

Suffolk County Council is committed to
safeguarding children.

To report a child at risk of harm, abuse
or neglect, you can contact Customer
First on

0808 800 4005



Cafenele pentru părinți

- Creșă – Marți, 10 februarie, 10:30 – Rămâneți și jucați-vă
- Recepție - joi, 12 februarie, ora 14:00 – realizarea/scrierea semnelor
- Clasa 1 – Marți, 24 februarie, ora 14:15 – Focus pe lectură
- Clasa a 2-a - Miercuri, 4 februarie, 14:15 – accent pe matematică
- Clasa a 3-a – Marți, 3 februarie, 14:15 – Accent pe matematică
- Clasa a 4-a – Vineri, 23 ianuarie, ora 14:15 – Focus pe înmulțire
- Clasa a 5-a – Joi, 22 ianuarie, ora 14:15 – Focus pe lectură
- Clasa a VI-a – Miercuri, 21 ianuarie, ora 14:15 – Concentrare pe matematică





At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.





Hillside
Primary
School



Active
Learning
Trust

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Department
for Education

IN PARTNERSHIP WITH:



Suffolk
County Council

REALISE
FUTURES

Enhancing people's lives



BOOK NOW

Speak to the office or
email:

jasim.miah@realisefutures.org



Online Safety for Families

FREE workshop for parents/carers of children at Hillside Primary and Nursery School.

- Understand the issues that face children in connection with the use of mobiles, computers, smart TV's and tablets
- Understand the positive uses of technology for learning and gaming and how to minimise risk
- Feel confident to enable your children to make healthy and safe decisions while online and how to set boundaries.

WHEN:

Thursday

12/02/26

9.30 to 11.30

WHERE:

**Online at your
home**



**BOOK YOUR
FREE SPACE**

EMAIL: jasim.miah@realisefutures.org

OR Call: 07522 569570

In Partnership with:
Hillside Primary and Nursery School
Belstead Ave, Ipswich IP2 8NU



www.hillsideprimary.co.uk



[@hillsideprimary.bsky.social](https://www.bsky.social/@hillsideprimary)



www.facebook.com/hillsideprimaryschool



Attendance tips of the week!

Reminder: Our doors open at 8.30am and we encourage attendance at this time. Attendance is expected by 8.44am.

This week we had **63 lates which although is an improvement is a concern and needs urgent improvement. We are monitoring closely every day.**

Let's all work together to support your child to attend school every day, on time, to make every day count.

PUNCTUALITY
IF ANY OF THESE SOUND FAMILIAR THEN IT'S TIME TO FIX YOUR TIMEKEEPING!

My alarm clock exploded and I slept through it. I was abducted by aliens - look I've got a note to prove it! I'm fairly sure school starts at 10:00 - maybe I'm early? The bus driver got off at the stop before mine.

5 minutes late per day,
every day of the week adds up to **3 days** of lost school time.

10 minutes = 6.5 days lost per school year
15 minutes = 10 days lost per school year
20 minutes = 13 days lost per school year
30 minutes = 19 days lost per school year

WHAT TO DO THE NIGHT BEFORE

- Get everything you need for school ready.
- Set your alarm with plenty of time to spare.
- If you bring your lunch to school - make it now.
- Turn off electronic devices 30mins before sleep.
- If you use your phone before bed download a blue light filter app to look after your eyes.
- Remember that people aged 11 - 16 need 8 - 10 hours of sleep!

WHAT TO DO IN THE MORNING

- Get out of bed as soon as your alarm goes off.
- Have a shower first thing - it will wake you up!
- Have a nutritional, but quick, breakfast. Fruit, toast and healthy cereals are perfect and will give you enough energy to last to lunch time.
- Keep an eye on the clock and don't waste time.
- If you wait for friends, don't wait if they are late.
- If you're late - don't make excuses - we've heard them all before and honesty works much better!

House points

Suffolk: 139

Cambridge: 126

Oxford: 86

Bristol: 97