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March 1st 2024 Issue 1 Spring Term 2



Welcome back!

We hope you all had an enjoyable half term holiday. It has been lovely to see the first signs of spring, with lighter mornings and evenings, the emergence of some spring flowers and even a little bit of sun!

Along with our friends in the Gosforth Schools' Trust we are running a Signs of Spring photography competition. Email or hand in your photo with your name and year group by April 26th. See below for more details!



In assembly on Monday our theme was International Day of Women and Girls in Science which took place before half term. Before even starting assembly, the children were able to tell me about a whole range of 'Wonder Women' and why this is an important day. In the words of one of the children 'In ye olden days women didn't get to vote or have an education!' Ask the children about it – their knowledge is amazing!

Mrs Lamb

Year 4 Multiplication Check

Year 4 parents, join us on **Tuesday 5th March from 2:45 – 3:20** to find out more about the Year 4 Multiplication check which takes place in June, what the check looks like and how we are teaching tables in school.

Don't worry if you are unable to attend. We will send the presentation out via Seesaw.

Miss Pope – Maths Lead and the Year 4 Team

Applying for Nursery Places

Nursery Application forms for places in September 2024 are now available on the school website and from the office.

The closing date for applications is 15th March 2024.

Offer letters will be emailed out on 22nd March 2024.

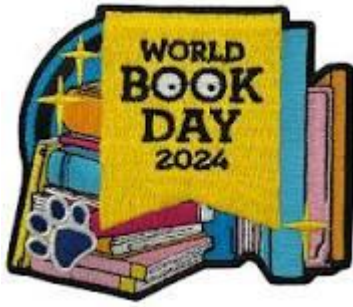
The deadline for accepting a place is Friday 19th April.



PTFA Meeting

Next mtg which will be the AGM: Monday 4th March from 6:15 - 7:15pm in the school hall.

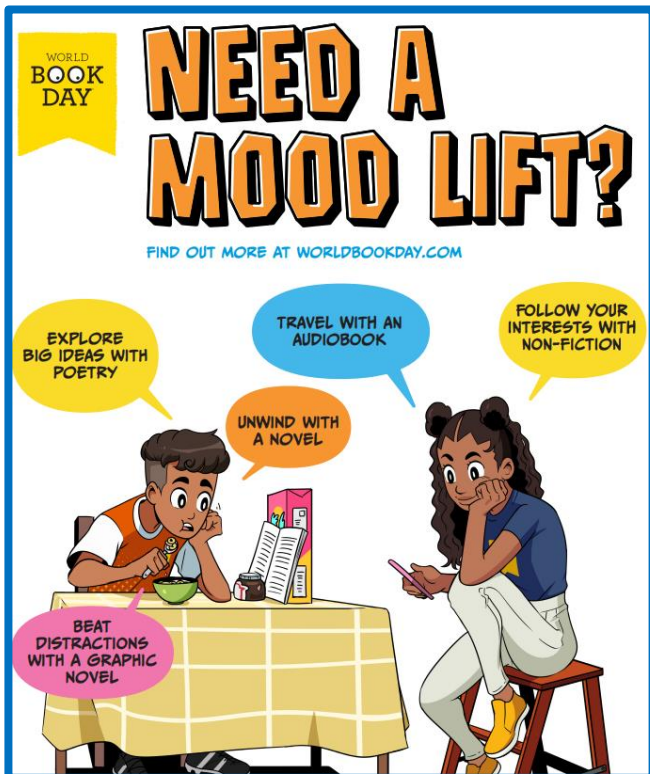
Check out details below about our next event for grown-ups! Join us or an evening of pottery painting at Canny Crafty.



We are all very excited to celebrate World Book Day 2024 on Thursday March 7th – it's a real highlight in our school calendar!

The theme this year is **Read your Way** – encouraging all children to choose the books they really want to read whether this is fiction, non-fiction, poetry, graphic novels, comics, match day programmes and/or sports fixtures info.

There is also a real focus this year on the positive impact on mental health and wellbeing that reading for pleasure can bring. You can explore their “reading for wellbeing” resources on the website for further details.



[Celebrate World Book Day - World Book Day](https://www.worldbookday.com)

Sharing a Bedtime Story

We are inviting children to come to school wearing pyjamas/ dressing gowns/comfies/onesies (all with underwear and trainers or shoes please not slippers!) for our usual “**favourite bedtime story**” theme. No football kits thank you.

Of course children don't have to dress any differently if they don't want to, the day is about highlighting reading for pleasure. We would just like to encourage everyone to bring in their favourite bedtime story from home to share with their friends.

Children will bring home a book token to be exchanged for a free book from WH Smiths and other book shops – there is a great selection this year.

We will be having a story time session across the whole school as well as a book cover design competition. We also have a virtual author visit arranged for the day - the brilliant Simon Bartram - and we would like to thank Literature Works and the generous support of our wonderful PTFA for making these visits possible.

It is going to be a very exciting day, happy reading!

Mrs Lambert



This year's British Science Week will take place at GPFS from the 11th to the 15th of March. The theme this year is Time, so we will be completing lots of time based challenges in school.

Our construction friends at Robertsons will also be coming in to tell us more about Science in Construction.

If you want to get involved at home you could design your own time-based science activity or find out more about a scientist that is important to you!

If you want to share anything with school please bring it in or send us a picture on SEESAW.

Miss Pope



This Week's Wake Up Wednesday Guide focuses on tips for supporting children with self-regulation.

Please see below.

Thanks

Miss Coughlan



Nursery Mother's Day Assembly – Wednesday 6th March

Nursery are so excited to welcome parents to our Mother's Day Assembly.

Assembly will start at 9.15 am in the hall. Children will share with you the things they love about their Mummy's. They'll sing lots of songs, and you may receive some special gifts too!

We really hope that all of our Nursery can attend that morning, even if it is not normally their session.

Thank you, hope you can all make it!
Ms Gasper

County Lines

Please see the information below regarding County Lines from Northumbria Police. This will also be attached to the newsletter and added to the school website so that you can follow the links.

Thanks

Mrs Lamb



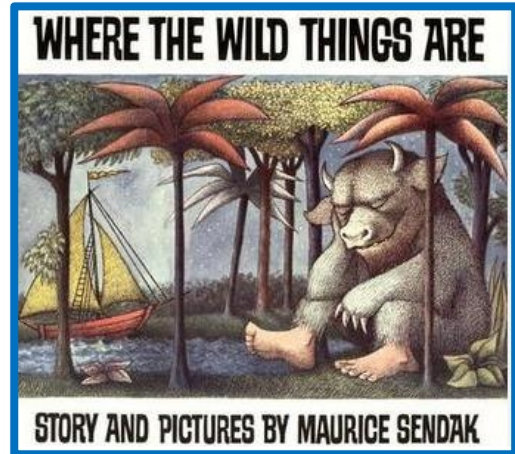
School Games Key Steps Gymnastics

On Thursday 15th February a group of children from Key Stage 2 attended a School Games Gymnastics event at the Royal Grammar School.

The children practised their gymnastics routine during a breakfast club in preparation for the event. The children enjoyed taking part in a range of gymnastic activities and performed their routine for everyone to see.

I am delighted to announce that our team was placed 3rd out of a total of 10 teams. Well done to you all!

Miss Walsh



World Book Day Dance Workshop

In preparation for our upcoming World Book Day, we all enjoyed taking part in a World Book Day dance workshop on Thursday! We focused on the book, 'Where the wild things are' by Maurice Sendak and created an exciting monster dance!

Look at those dance moves!

Miss Walsh



VINDOLANDA
CHARITABLE TRUST

KS2 Trip to Vindolanda and Roman Army Museum

Thursday 14th March

Today we have sent information via ParentPay about our exciting KS2 trip to Vindolanda Fort and Roman Army Museum. Please give consent via ParentPay. Thank you for your continued support
KS2 Team



Fibre is such an important part of our diets and we can double up on health benefits by trying to choose the most fibrous fruit and vegetables.

Generally, the darker the colour of a vegetable, the higher fibre content it will have. All types of bean top the fibre charts with broccoli and peas following on behind.

The most fibre of any fruit or vegetable is contained within the skin so keep it on if you can. Pears, raspberries and avocado are all fibre heroes in the fruit world and so are dried prunes and dates (although be careful with dried fruit due to their sugar content).

And remember to include lots of fluids after a meal to aid digestion.

Mrs Wells



The Children's Cancer Run 2024

We would like you and your family to join our school team at the Children's Cancer Run at Newcastle Racecourse, Gosforth Park on Sunday 19th May 2024.

Please ensure that you register online for the event:

Log on to

<https://register.enthuse.com/ps/event/ChildrensCancerRun2024>

Complete your entry form, selecting our school name as the team.

Click proceed to payment to complete the registration for you and your family.

This year there is a new feature that allows our school to have an online team fundraising page with a shared school total. We have been advised on the following: **Once your pupils have registered, that on their fundraising page they go to 'edit display name' and change their display name so that it does not include their full name** and don't update their picture for safeguarding reasons. For example, just first name or initials. If they do not do this then it is possible for external participants to see a child's full name and the school they go to.

Every child must be accompanied by an adult.
Thank you,

Miss Walsh

Pre-Loved Uniform

PRE-LOVED ITEMS WE CAN SELL		PRE-LOVED ITEMS WE CAN NOT SELL
OFFICIAL SCHOOL JUMPERS	£2.50	NON – OFFICIAL JUMPERS
OFFICIAL SCHOOL CARIGANS	£2.50	NON – OFFICIAL CARIGANS
OFFICIAL SCHOOL POLOS	£1.50	NON – OFFICIAL POLOS
GIRLS CHECKED DRESSES	£1.50	GREY BOYS TROUSERS
GREY PINAFORES	£1.50	GREY TAYLORED GIRLS TROUSERS
GREY SKIRTS	£0.50	GREY BOYS SHORTS
GREY GIRLS SOFT TROUSERS	£0.50	DAMAGED OR MARKED ITEMS
SCHOOL BAG (NEW STYLE)	£2.50	
SCHOOL BAG (OLD STYLE)	£1.50	
OFFICIAL PE T-SHIRT/SHORTS	£0.50	

Items are sold from 1 Park Drive, Melton Park NE3 5QB, with a drop off box at the front door. Please REMEMBER items, particularly red, must not be marked as they are unable to be sold on. You can text me Natasha Davy (Parent) on 07736276653. All money made comes back to school to be spent on playground equipment for our wonderful children.

Attendance

Our whole school attendance to date this academic year is **96.3%** slightly down on **96.4%** last year.

Our classes of the week are **Rec SC** with **97.6%** and **Violet** with **97.3%**

Well done everyone!
Mrs Lamb

TIMES TABLES ROCK STARS

William C and Alexander T are still top of our GPFS leader board as our speediest Rock Heroes! Super job Francesca D, Ava U and Alexa D for being our first Year 3 Rock Legends this year, keep it up girls! Ilana W-K, Francesca W and Francesca D are our top coin earners over the last two weeks and Violet are our top class! Thank you all for practicing at home, you are doing a great job.



Well done **Green Class** for your top effort on NumBots over the half-term break, you are our most active class! It is great to see so many of you using the challenge section as well now and improving your accuracy. Remember accuracy comes before speed so take your time on those first couple of goes to improve your accuracy. Well done to Joshua S in Violet who is now on Platinum!

Our top coin earners this week are:

Blue – Ilana W-K

Violet – Erin P

Indigo – Elia S

Yellow – Joshua M

Orange – Issam H

Green – Gracie D

Reception (Miss Parsons Munn) – Rosalyn R

Reception (Miss Coughlan) – Huw F

Excellent work all of you!
Miss Pope

Advanced Notice of Dates 2023-2024

Updates will be added in red

Monday 4 th March	PTFA AGM 6:15 – 7:15 pm in the school hall
Tuesday 5 th March	Year 4 Parents Multiplication Check parent Workshop
Thursday March 7 th 2024	World Book Day
Friday 8 th March	PTFA Canny Crafty Pottery Painting
Monday 11 th –Friday 15 th March	Science Week
Monday 11th –Friday 22nd March	Sustrans Big Walk and Wheel
Wednesday 13 th March PM	Reception Classes 'Brush Up' tooth brushing workshop
Thursday 14th March	KS2 Trip to Vindolanda/Roman Army Museum (Info to be sent via ParentPay)
Friday 15 th March	Red Nose Day
Tuesday 19th March	KS2 Computing Workshops – Building and Programming Roman Chariots
Wednesday 20 th March – Friday 22 nd March	Year 4 Robinwood
Thursday 28 th March	Last day of term
	Easter Holiday
Monday 15 th April	School reopens
Monday 29th April	Reception Healthy Active Lifestyle Event
Wednesday 1st May	KS1 Trip to Washington Wetlands
Monday 6 th May	May Bank Holiday
Friday 10th May	Y4 Safety Works Trip
Sunday 19th May	Children's Cancer Run
Monday 20th May	Walk to school week
Friday 24 th May	Daft Day
Friday 24 th May	Last Day of Term
	May Half term Holiday
Monday 3 rd June	Training Day
Wednesday 12th June	Year 4 Multiplication Tables Check
Friday 21st June	KS2 Big Gig 'Hello Sunshine'
Tuesday 25th June	Hoopstarz
Monday 1st July	Year 4 Leaver's Video Filming
Thursday 11 th – Friday 12 th July	Mr H Onsite Residential for Year 3 children
Friday 19 th July	Last day of term

Staff Training Days

Staff Training Days for GST schools this academic year will be:

- Monday 3rd June 2024

Rainbow Wraparound

Please contact us via

wraparound@gosforthpark.newcastle.sch.uk

or for any ad hoc bookings

Rainbow Wraparound: 07926 946 565.



If you don't already, please give us a follow on Twitter. Our school account is @GosforthPark1st

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.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



Signs of Spring

PHOTO COMPETITION

Take a picture to show signs of spring.

COMPETITION
DEADLINE

APRIL 26

WINNERS
ANNOUNCED

MAY 03



Email or hand in your photograph to your school along with your name and year group. A school winner will be selected for EYFS, Years 1&2, Years 3&4, Years 5&6 and Years 7&8.

A GST winner will be selected for each group.



Show your
photography skills to win a prize.



County Lines

Information for parents and carers of primary school-aged children



What is County Lines?

County Lines is a form of criminal exploitation involving the transport and sale of drugs. It can involve moving drugs and money from one street to the next, or from one end of the country to the other, and the people who do the 'running' are often children who have been targeted and groomed into doing so by criminal gangs. Drugs are advertised by text message on dedicated 'deal lines' and on social media.

Why do I need to know about this? My child is so young

Unfortunately, children as young as 7 have been known to be recruited by gangs who are involved in drug dealing and other criminal activity. Awareness is key, as is early intervention, and knowing how to seek help if you are concerned is important, too. Be particularly aware if your child has older siblings or spends a lot of time with older children when you're not present.

How do criminals exploit children?

TARGET

Criminals will watch an area - e.g. children coming and going from school or hanging around a park - to see if they can spot a particularly vulnerable child. They will then strike up a friendship and get to know them before moving to the 'test' stage.

TEST

The criminal will offer gifts such as money, expensive trainers, a phone, and will aim to make the child feel special and part of the gang. They will then test the child's loyalty by asking them to run small errands or hold onto items for them, whilst rewarding this loyalty with more gifts.

TRAP

The criminal will now control the child by isolating them from their friends and family, making threats against them if the child tells anyone about what the gang does. They will demand payback for all the gifts previously given, which could include moving and selling drugs, and sexual exploitation. The child will now feel indebted and trapped.

[This video illustrates the process.](#)

How do I protect my child, and what are the signs that a child could be being criminally exploited?

Be curious about their friendship groups and where they are when they're not at school or with you. Make sure they know they can come to you if they are approached by new 'friends' when they are out and about, especially older people. Remind them about [Childline](#) as a source of support, too. If you have concerns, share them with family members and the Designated Safeguarding Lead (DSL) at your child's school.

There are many signs that a child may be being groomed and/or exploited, including a change in their behaviour. Be conscious of any changes in presentation: they may begin to take more interest in their appearance and in the clothes they wear. Visit this [NSPCC weblink](#) for more information.

Report

You can report any information to the police: 999 in an emergency, or otherwise via 101 or [our website](#).

Visit [Crimestoppers](#) for advice on how to report County Lines-related information anonymously.

[Fearless](#) (part of Crimestoppers) is available for young people to make anonymous reports.

Crimestoppers.



Support

[Unseen's County Lines campaign](#)

- Request an information guide to learn more about County Lines.

Unseen also runs a [free helpline](#) offering advice and support.

[SafeCall - Missing People](#)

- A free and confidential anonymous helpline for children and their families affected by County Lines.

[NSPCC Helpline](#)

- Help and advice if you have concerns about a child's welfare.



missing people **NSPCC**



9TH MARCH 2024 / 1-4PM



HANDBALL

CHILDRENS TOURNAMENT

YEAR 2-YEAR 11



FUN, FRIENDLY, INCLUSIVE

BENFIELD CENTRE FOR
SPORTING EXCELLENCE, NE6 4NU

CAKE SALE + CHOCOLATE TOMBOLA

supported by

Hay & Kilner

£5 PER CHILD,

SIGN UP TODAY BY SCANNING THIS QR CODE OR EMAIL
NEWCASTLEVIKINGS@GMAIL.COM





Canny Crafty
Ceramic Painting • Craft Cafe

Friday Night Pottery Painting

If you want to have a night out with a difference, in a relaxing, creative and child-free space, then this is the event for you!! Choose your own pottery to paint. Once painted, leave your masterpiece to be glazed and fired and it will be ready to collect in 7-10 days.

Items cost between £14 – £40 depending upon the item(s) you choose to paint.

Family and friends are very welcome.

The PTFA will provide a tasty treat but feel free to bring your own refreshments, nibbles or even order in a takeaway. Pre-booking is essential as places are limited to 32 people..

Your £10 deposit will be deducted from your final bill on the night.



Friday 8th March
6-9pm
Canny Crafty
Salters Road

£15

This includes £10 towards the pottery you choose to paint and a kind £5 donation to our GPFS PTFA