



www.gosforthpark.newcastle.sch.uk

December 22nd 2023 Issue 7 Autumn Term 2



Christmas Shows

I know you will join me in extending our gratitude to all of the Gosforth Park staff who have worked incredibly hard to make our Christmas Shows a great success. Well done again to our fabulous children for all of their brilliant performances – we are so proud of you all!

Huge thanks to parents and visitors for all of your support at our Christmas events.

Wishing you a very Merry Christmas and a Happy New Year!

Mrs Lamb



Christmas Holiday

We break up for Christmas on **Friday 22nd December**, returning on **Monday 8th January**.



Healthy School



I can't believe we are now so close to Christmas! One last healthy message to sneak in before the holidays and for many of us, the festivities, begin: Stay active, don't forget the fruit and veg and above all, enjoy every minute of the family time you manage to get together.

Merry Christmas!

Mrs Wells



A Message from the PTFA

Merry Christmas Everyone! We would like to say a huge thank you for the amazing support this month. It is very much appreciated. We hope you all have a wonderful Christmas and see you in the New Year.

Next mtg: Monday 22nd January 6:15 - 7:15pm school hall all welcome

Reminder

Reception Applications for September 2023

Applications close: 15 January 2023

Santa Dash Daily Mile



On Wednesday we held a festive version of our much-loved daily mile. We invited all of our children to wear Santa hats, reindeer antlers or any other funky headgear to complete their mile run.

What a fantastic way to work up an appetite for our yummy Christmas dinner!

Miss Walsh



Topics and Holiday Research Projects

Our topics for next half term are:



Early Years – Space

Space challenges our children's imaginations and creativity through an abstract and exciting concept. Your child's confidence grows as they are immersed within a classroom filled with limitless possibilities. They can role-play as astronauts and travel to far away planets, design and build spaceships and solve problems related to missions that they have to complete.

KS1 – Pole to Pole

After focusing on the geography of our own locality, **Pole-to-Pole** takes us on a journey around the world! Children will be studying the geography of different continents and oceans and relating hot and cold areas to their distance from the equator.



KS2 – Hola!

This geography-based topic will teach your children about Spanish speaking countries around the world and immerse them in Spanish art and culture. Children are excited to learn more about Spain, share their prior knowledge and show off their language skills!



Please see the attached Topic Webs for more information about what your children will be learning across all of our curriculum areas.

Mr Hindess



We are delighted to be working with the mental Health charity RISE in the New Year who have already been working in some of the other Gosforth Schools trust schools with great reviews.

RISE are able to offer some individual, small group, whole class and whole school support to children around areas such as mindfulness, understanding emotions, managing worries, friendship, self-esteem and problem solving. They will also be delivering some staff training and will be hosting some parent workshops. There are two parent workshops each of which will be repeated twice with a 9-10 session and a 2:30 – 3:30 session. We hope you can join us!

Mrs Lamb



RISE are excited to be supporting Gosforth Park First School in January

RISE is a Mental Health Support Team who work in schools and colleges across Newcastle and Gateshead to support children and young people (aged 5-18) with their emotional wellbeing and mental health.

Annie and Gemma are Education Mental Health Practitioners (EMHPs) and will be working in Gosforth Park First School on Wednesdays next term to deliver a range of mental health sessions and workshops with children, staff, parents and carers.

We look forward to meeting everyone!

Your EMHP is Annie Middleton (she/her)

Hobbies:

- Swimming
- Dog walking
- Cooking
- Travelling

Favourite strategy:

Box Breathing

Box breathing is a simple technique that helps you to calm down when you are feeling stressed or anxious. It involves breathing in for a set time, holding the breath, breathing out, and then holding the breath again.

Would like everyone to know:

There is no such thing as a bad emotion! Emotions are like signals and help us to communicate how we are feeling.

Your EMHP is Gemma Walker (she/her)

Hobbies:

- Spending time with friends
- Cinema & Films
- Walking
- Beach trips

Favourite strategy:

Star Bug

Star Bug is a simple drawing that you can use to help you to understand your feelings. It is a star with a face and a body, and you can draw it to represent how you are feeling.

Would like everyone to know:

All feelings are valid! It is ok to feel all sorts of emotions at different times in our lives.

For more information about RISE please visit our website, You Tube channel and social media platforms:



Anxiety and Worries Workshop Information for Parents and Carers

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health. We also work with staff, parents, carers and other adults to support the mental health of children and young people and to signpost adults for further support for themselves.

Gosforth Park First School
Wednesday 24th January 2024
9-10am and 2:30-3:30pm

Fears and worries are normal experiences that we all have from time to time, but in some cases, they begin to affect our lives. For your child, this may affect their behaviour at home, at school or with their friends.

Many children experience these difficulties, yet as parents and carers you may feel that it is difficult to know what to do for the best.

The purpose of this workshop is to give parents/carers the opportunity to learn more about anxiety in children and how best to support children with their worries.

The workshop will focus on:

- How anxiety presents in children.
- Discussing the development and maintenance of anxiety in children.
- Tips and things you can do as adults to manage anxiety and build confidence and independence in children.



For more information about RISE please visit our website, You Tube channel and social media platforms:



Looking After Your Mental Health Parent and Carer Workshop

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health. We also work with staff, parents, carers and other adults to support the mental health of children and young people and to signpost adults for further support for themselves.

Gosforth Park First School
Wednesday 7th February 2024
9-10am and 2:30-3:30pm

The workshop will focus on:



- Signs and symptoms of burnout in adults
- Recognising the different types of emotional rest
- Looking at the 5 ways to wellbeing and self care
- Signposting to mental health resources and services
- Tips and strategies that you can use to support your wellbeing

For more information about RISE please visit our website, You Tube channel and social media platforms:



Congratulations!

Earlier in the term some of our children entered the National School Meals colouring competition and the winner was a pupil from Wingrove Primary school. However, the city catering team also gave a special mention to two other pupils in the city, one of whom was our very own Brooke! Huge well done!



Congratulations to Freya and Annie who won the Morrisons Great Park colouring competition. Thank you so much to our lovely friends at Morrisons and their community champion, Kian Jackson, for the extra treats you gave for the classes! Congratulations to Paighton who passed her black tag in taekwon do this week after learning some Korean words and showing her kicks and blocks!



Congratulations!



A huge well done to Will in Year 4 who has done some voluntary work recently. He visited our local food bank (North Newcastle Food Bank), found out a bit about how they help people, delivered leaflets requesting food donations to local residents, then helped to collect the donations and take them to the food bank.

We are very proud of Will for wanting to help others. He has told the food bank that he'd like to volunteer there as a cook when he's a bit older!

If anyone would like to volunteer or make donations (not just food; preloved toys and other items too), you can contact North Newcastle Foodbank at

foodbank@families1st.uk or, if any families would benefit from their support, get in touch with them.

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 **97.1%** up on **96.5%** last year.

Our classes of the week are **Yellow Class** with **99.5%** and **Orange Class** with **98.4%**

Well done everyone!
Mrs Lamb

TIMES TABLES ROCK STARS

Well done everyone for all your hard work on TTRS this term. Violet class are finishing the year as our most active class! Mila Haddon and Toby Smith are our top coin earners this week. Hopefully we can get some new rock stars and legends in 2024!



Green class are our top class again this week! Thank you everyone for trying so hard on NumBots this term, your robots are lucky to have you and are looking forward to 2024.

Keep practicing over the holidays!

Our top coin earners this week are:

Blue – Henry Hansford

Violet – Joshua Spedding

Indigo – Elia Son

Yellow – Joshua Mays

Orange – Anna Spedding

Green – George Kasis

Have a wonderful holiday everyone, Miss Pope.

Advanced Notice of Dates 2023-2024

Updates will be added in red

Monday 8 th January	School reopens
Monday 15th January PM	Orange Class visit to Holy Trinity Church
Wednesday 17th January PM	Yellow Class visit to Holy Trinity Church
Monday 22nd January PM	Green Class visit to Holy Trinity Church
Monday 22nd January	PTFA Meeting 6:15 - 7:15pm school hall all welcome
Wednesday 24th January	9:00 – 10:00 Parent/carer Workshop – Supporting children with anxiety
Wednesday 24th January	2:30 – 3:30 Parent/carer Workshop – Supporting children with anxiety
Tuesday 6 th Feb	Safer Internet Day
Wednesday 7th February	Reception trip to The Great North Museum and Planetarium
Wednesday 7th February	9:00 – 10:00 Parent/carer Workshop – Looking after your own wellbeing
Wednesday 7th February	2:30 – 3:30 Parent/carer Workshop – Looking after your own wellbeing
Friday 16 th February	Last day of term
	February Half Term Holiday
Monday 26 th February	School reopens
Monday 11 th –Friday 15 th March	Science Week
Wednesday 13th March PM	Reception Classes 'Brush Up' tooth brushing workshop
Friday 15 th March	Red Nose Day
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 6th May	May Bank Holiday
Friday 24 th May	Daft Day
Friday 24 th May	Last Day of Term
	May Half term Holiday
Monday 3rd June	Training Day
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

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



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Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVs

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



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