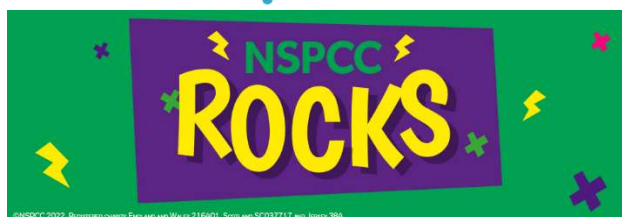




www.gosforthpark.newcastle.sch.uk

February 3rd 2023 Issue 3 Spring Term 1

Number Day 2023



Thank you to everyone for such brilliant number day costumes! We have had a great day filled with lots of number fun. Gosforth Park have raised a fantastic **£187** for the NSPCC – thank you as always for your generosity.
Ms Gasper



From the 13th to the 17th of March this year we are holding our **British Science Week** at Gosforth Park. This year's theme is '**Connections**'. We would love to connect with our Gosforth Park **community** and learn more about their jobs or roles in Science. If anyone would like to come in and tell the children about their job and how it links to Science **we would love to hear from you**. Chefs, farmers, audiologists, land surveyors and many more jobs have big connections to Science that the children will not have heard of or realised connect to Science. We want to introduce as many different and unusual jobs that link to Science as we can, to show the children that anyone can be a scientist!

Please let the office know if you or someone you know is available to come in during Science Week to talk to our pupils.

Miss Pope

Sickness Bugs

Please be reminded that if you child has suffered from diarrhoea or they have been sick they should not return to school for at least 48 hours (2 days) from their last bout.
Many thanks

DAILY GRATITUDE WORKBOOK

This workbook has five gratitude activities to encourage children to find things to be thankful for every day. Giving gratitude triggers a boost of happy hormones not only for the person receiving the thanks but also to the person giving the thanks. The more we practice gratitude the more our brain seeks out things to be grateful for, making us feel even happier.

DOWNLOAD NOW



Acts of gratitude trigger all of our happy hormones which is great for our mood and mindset.

Giving gratitude practice has huge health benefits both physically and mentally.

THANK YOU FOR MY BODY

Each day children are encouraged to scan the body and pick one thing to be thankful for. They are asked to think about what that body part allows them to do.



DOWNLOAD NOW

GOODNIGHT GRATITUDE

This nightly exercise encourages children to scan their day thinking of all the good things that have happened. They are looking for the best thing and offering thanks but in the process, they appreciate each good thing.



DOWNLOAD NOW

HAVE A GRATITUDE ATTITUDE

DOWNLOAD YOUR GRATITUDE WORKBOOK AT WWW.DOSEMAGAZINE.CO.UK/RESOURCES



SIGN UP TO DOSE MAGAZINE WHERE YOU CAN DOWNLOAD FREE RESOURCES
WWW.DOSEMAGAZINE.CO.UK

January's Dose magazine and resources can be found by following the link below.

<https://dosemagazine.co.uk/resources>



Healthy School

It was fantastic to see our reception children do so well on their balance bikes last week during Bikeability.

Learning to ride a bike with pedals and without stabilisers is a big step and many of them were successful in either achieving this or showed huge progress in reaching this milestone.

If your child isn't quite there yet with managing to ride their bikes independently, there is some good advice on the Sustrans website providing 9 steps to achieve this.

Find out more at

<https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/teach-a-child-to-ride-a-bike-without-stabilisers-in-nine-steps>

Mrs Wells

Applying for Nursery Places

Nursery Application forms for places in September 2023 are now available on the school website and from the office.

- The closing date for applications is 17th March 2023.
- Offer letters will be emailed out on 24th March 2023.
- The deadline for accepting a place is Friday 28th April.

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 currently sold from 6 Burnside Road NE3 2DU, 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 Kate Watkins (Parent) on 07947846974

As of the 20th of March Natasha Davy will be taking over uniform sales. Natasha's details will follow nearer this time.

Staff Training Days

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

- Friday 26th May 2023

Please see the dates for your diary below and the school calendar for 2022_2023.

In light of the announcement of His Majesty's coronation on Saturday 6 May 2023, an additional bank holiday has been announced on Monday 8 May and school will be closed on this day.



We are in the Top 20 of the local schools for our Times Table speeds, so well done everyone – let's see if we can get even higher!

Well done to Mohamed H, you are now a Rock Star – hope you have fun being part of our GPFS rock band!

17 of our children are now Rock Legends or Rock Heroes, answering their questions in under 2 seconds – we are all so impressed with your efforts – you really are our HEROES!



Orange class are our Mathletes of the week again this week – you're all working so hard. Over the week our school have spent 46 hours learning on Mathletics – this is so wonderful, and we love how much you're all enjoying your maths!

Sahib S-D, Alanna T and Joshua M have earned the most points this week – well done to you all!

Attendance

Our whole school attendance to date this academic year is **96.6%** which is above this time last year (94.3%)

Our classes of the week last week were **Blue Class** with **98.7%** attendance and **Reception SC, Yellow Class** and **Indigo Class** all with **98.3%** attendance.

Well done!

Mrs Lamb



The Switch is a hybrid console released by popular video game company Nintendo in 2017. It's classed as a hybrid because it's designed to be played both at home on a television, like traditional consoles (think a PlayStation or an Xbox) or out and about like a portable console, such as a GameBoy. It uses two detachable and wireless 'Joy-Con' controllers on either side of the console's screen, which can be used by one or two players. The Switch can be played on the internet with the purchase of Nintendo Switch Online, in the living room together or on the go during long journeys, but bear in mind it needs to be charged just like anything else!



NINTENDO SWITCH ONLINE

Nintendo Switch Online is a paid service that allows the console to be played (you guessed it!) online, by linking to other Switch consoles around the world. It can be purchased through the Nintendo eShop for a single account on the device, or with a family membership plan which covers 2 accounts. The purchase options come in three tiers: 1 month, 3 months and 12 months but be aware these auto-renew unless you specify otherwise.



ONLINE DANGERS

While online, your children will be able to play with and chat to people on compatible games, which will mostly be good-natured fun, but could potentially expose them to vulgar language, indecent images or worse. There are options to limit this though, which are detailed below. It's worth remembering that many games can be played offline, so while it's not essential to get Nintendo Switch Online, it is certainly something to consider.



NINTENDO eSHOP



The Nintendo eShop is where games can be purchased over the internet and downloaded directly onto the device. If you choose to enter your bank details (or PayPal account) onto the Switch, you can save them for easy access later on. Do note however that these can be viewed by anybody with access to the console, unless you specify otherwise. A child might accidentally purchase a game or item from the shop if these details are left improperly protected, which could leave you with a nasty surprise.

NINTENDO'S VIDEO GAME SELECTION

Nintendo as a company offers some of the most entertaining and safe video games on the market. Games featuring characters like Super Mario, Donkey Kong and Yoshi are always a safe bet for a child-friendly experience. It's always prudent to check each game before you buy it (especially if the game hasn't been made by Nintendo) but as a rule of thumb, anything official containing well-known names like these will be great for your children, giving you peace of mind while they enjoy them.



PORTABLE GAMING

Being able to take the Switch anywhere is a huge bonus when travelling. What's more is that almost every game can be enjoyed without the need to 'dock' the console with a television. Battery life on the Switch varies depending on what it's being used for but typically it will last around 3 or 4 hours before needing to be recharged. When the time comes, any USB-C charger will be able to do the job, but it's best and quickest to return it to the dock, which requires a normal plug socket.



Top Tips For Parents

PARENTAL CONTROLS

Nintendo released a free downloadable app that can be used in tandem with the Switch called Nintendo Switch Parental Controls. Once you've got the app on your mobile device, it's a simple process to pair your two devices, giving you a suite of options to help make sure your child is having fun in a safe and structured environment curated by you.



ONLINE RESTRICTIONS

Another major inclusion in the app is the ability to block your child from seeing anything to do with age restricted games. There's also an extremely helpful feature that restricts access to games that have free communication features between strangers on the internet. This includes things like private messages and unsolicited images. Should you be concerned that strangers might be using the games to talk to your child, a simple press of a button will disallow any access they might have.

PLAY WITH YOUR CHILD

One of the wonderful things about the Switch is that there are an abundance of great games you and your child can enjoy together, and even with the whole family. Nintendo has a long history of making and supporting fun, family friendly games like Mario Kart and Mario Party, both of which can be played with two or more players using the Joy-Con controllers.



NINTENDO ESHOP SETTINGS

In the Nintendo eShop you can set up a password to help stop your child or somebody else from accessing any sensitive information, such as bank account details. The options here include entering a password to access the eShop to begin with, when any saved credit card information access is attempted, or when PayPal is accessed. Choosing which areas are password protected helps ensure you're deciding what level of access is given on the device. For example, if you're happy to have your child browse the shop for games they might want, you can allow access to the eShop but introduce the password before a purchase is made ensuring no mishaps occur.



LIMITING PLAY TIME

By linking the app with the Nintendo Switch, you can set time limits and reminders when you think enough time has been spent playing. It also lets you see if a game is still being played and gives you the option to automatically put the console into sleep mode if the message is ignored. This should only be used as a last resort though as it could cause some friction between you!

SET PLAY TIMES

Another handy feature is the ability to set different playtimes for days of the week, allowing you to tailor play time around you and your child's schedules. This is great for setting boundaries and encouraging gaming as part of a healthy routine. It will also help your child organise with their friends when they can all be online.



SEE PLAY HISTORY

The Nintendo Switch Parental Controls app can also send a report telling you how much time your child spends playing each game. This is a great way to spot their favourite or most played games and might be a nice way for you to find out more about a title before talking to your child about it. It could also help identify any possible issues around playtime before they arise.



Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



<https://www.nintendo.com/switch/system/>, <https://www.nintendo.co.uk/Support/Parents/Safety/Keeping-your-child-safe/How-does-Nintendo-keep-your-child-safe-888083.html>, <https://www.youtube.com/watch?v=PLDWHOW9zqe>, <https://www.nintendo.co.uk/Nintendo-Switch/Nintendo-Switch-Online/Nintendo-Switch-Online-1183143.html>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.07.2019



www.StarStrikeSoccer.co.uk

Follow us on 

HOLIDAY CAMPS 2022 2023

DETAILS

VENUE: BLUE FLAMES, BENTON. NE12 9SF

9.15am - 3.30pm (Half Days Available upon request)

OCTOBER 24TH - 28TH (5 DAYS)

JANUARY 4TH - 6TH (3 DAYS)

FEBRUARY 20TH - 24TH (5 DAYS)

COST:

1 DAY - £15.00

2 DAYS - £30.00

3 DAYS - £40.00

4 DAYS - £50.00

5 DAYS - £55.00

Please note discount prices can't be spread over two camps.

Contact Graeme Doyle for Details
or register your child on 07887 766 460
info@starstrikesoccer.co.uk
www.starstrikesoccer.co.uk






www.StarStrikeSoccer.co.uk

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Star Strike Soccer have been conducting soccer courses for the past 25 years, all our coaches are experienced and F.A. Qualified and are D.B.S. checked. Our courses provide a fun, relaxed atmosphere for all children to learn and enjoy their skills and make new friends.

- Free medal for all children
- Take the Shaboom Challenge (Power Shooting Game)
- Skills, Techniques, Shooting, Goalkeeping, matches and lots more!
- All coaching indoors and outdoors
- Girls and Boys welcome

PAYMENT CAN BE MADE ON FIRST DAY OF THE COURSE
TO BOOK A PLACE TEXT CHILD'S NAME TO 07887 766 460






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NE6 4NU

SAT 11th FEBRUARY

4.45 - 6PM

ENGLANDHANDBALL

Scan here to book your place, or email newcastlevikings@gmail.com

AGES **7-10** WELCOME

All equipment provided

FREE EVENT



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(near Walkergate Metro Station)

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Wednesday evenings
— contact us now to pre-book a taster session!

FREE Taster sessions!




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   info@newcastlehandball.co.uk



Advanced Notice of Dates 2023

Updates will be added in red

Tuesday 7th February	Safer Internet Day
Wednesday 15 th Feb 6:15pm	Robinwood Parents' Meeting (Current Year 4)
Friday 17 th February	Last Day of Term
February Half Term	
Monday 27 th February	School reopens
Thursday March 2 nd	World Book Day (theme – You are a Reader!)
Monday 13 th March	British Science Week (theme - Connections)
Friday 17 th March	Nursery Applications Deadline (Nursery September 2023)
Monday 20th March	Indigo Class Trip to Laing Art Gallery and GNM
Wednesday 22 nd – Friday 24 th March	Year 4 Robinwood
Wednesday 29th March	Blue Class Trip to Laing Art Gallery and GNM
Thursday 30th March	Violet Class Trip to Laing Art Gallery and GNM
Friday 31 st March	Last Day of Term
Easter Holiday	
Monday 17 th April	School reopens
Monday 17 th April – Friday 28 th April	Year 4 Swimming – to be confirmed
Monday 1 st May	May Bank Holiday
Wednesday 3rd May	Class Photograph Day
Monday 8 th May	Bank Holiday
Thursday 25 th May	Last Day of Term
Friday 26 th May	Training Day
May Half Term	
Monday 5 th June	School reopens
Tuesday 27 th June	KS1 Sports Day – parents arrive from 2pm
Wednesday 28 th June	Reception Sports Day – parents arrive from 2pm
Thursday 29 th June	KS2 Sports Day – parents arrive from 2pm
Thursday 13 th – Friday 14 th July	Year 3 On-site Residential
Friday 21 st July	Last Day of Term



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