



www.gosforthpark.newcastle.sch.uk

February 2nd 2024 Issue 4 Spring Term 1

Number Day 2024

We had a great time celebrating NSPCC Number Day today. GPFS always impress with their creative number outfits! It was great to see all the fun number activities our classes got up to. Thank you for all your donations to the NSPCC. #SpeakOutStaySafe Miss Pope



On Monday, Reception and Key stage 1 took part in a rugby taster session. The children developed their skills and techniques for the sport and had an enjoyable time! Look out for our new club on a **Tuesday** and **Thursday** night! Miss Walsh





Building works

Check out the website for more building progress photos

[http://www.gosforthpark.newcastle.sch.uk/website/our expansion and refurbishment journey/659185](http://www.gosforthpark.newcastle.sch.uk/website/our%20expansion%20and%20refurbishment%20journey/659185)

Thanks
Mrs Lamb

Online Safety

Find out more about persuasive design online below.

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. Check out the handy guide from the National college.

Thanks

Miss Coughlan

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.



Healthy School



It's always good to see the children in school enjoying their healthy fruit and veg snacks. When it comes to snacks, fruit and veg are always best but if you need to grab a packaged snack, it's best to limit to 2 a day maximum. The better health website has some great ideas for all different kinds of snacks including better choices of packaged snack. These include a slice of malt loaf, sugar-free jelly, lower fat and sugar fromage frais, plain rice cakes or crackers with a low-fat cheese spread. It's always best to check the packaging as the longer the list of ingredients, especially when the list starts to include ingredients that you wouldn't normally find in a kitchen such as various processed sugars and additives, the less healthy it will be. There are also ideas for quick, easy to prepare snacks and fruit and veg snack ideas. Find out more on

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/&snack-tips>



Huge thanks to those of you who were able to attend one of the RISE workshops on Wednesday. We hope you enjoyed meeting the lovely Gemma and Annie and that you enjoyed the session.

The next sessions are on **Wednesday 7th February from 9-10 and 2:30 – 3:30**. We'll be wheeling out Ernie the urn for teas and coffees and will have biscuits at the ready. It would be great to have an indication of how many people we're expecting so Annie and Gemma can prepare resources.

If you're hoping to join us, please complete the form below.

Don't worry if you change your mind, you can still turn up and attend. Please pass on to grandparents and childminders that they are more than welcome to attend too.

Many thanks

Mrs Lamb

<https://forms.office.com/e/5DqkT4wYZe>

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:



Help kids boost their happy hormones on the winter months! Check out the DOSE Winter Newsletter (attached)

WINTER BREATH

On a cold morning on the way to school sometimes we can see our breath in front of us as we breathe out. Use this as an opportunity to practice Winter Breath.

- 1 Breathe in and fill your lungs
- 2 Hold your breath to the count of four
- 3 Breathe out to the count of six, trying to blow your breath as far from your body as you can

Repeat five times, making you feel relaxed and focused.

DOSE
www.dosemagazine.co.uk

Sign up to DOSE magazine where you can download free resources including the Winter Happiness Workbook

dosemagazine.co.uk



Isaac was beyond thrilled to receive his marathon band at the Junior Park Run last weekend. He has completed 22 park runs. Super effort and dedication Isaac!





Parents Evening

Our next parent evenings will be held on the **week beginning 12th February**.

Telephone appointments are available on the afternoon of Wednesday 13th February.
Face to face appointments will be held on the following evenings.

Nursery: Tues 13th /Weds 14th/Thurs 15th

Reception HPM: Tues 13th /Thurs 15th

Reception SC: Tues 13th / Thurs 15th

Green: Tues 13th / Thurs 15th

Orange: Tues 13th /Weds 14th

Yellow: Tues 13th /Thurs 15th

Indigo: Tues 13th /Thurs 15th

Violet: Tues 13th /Thurs 15th

Blue: Tues 13th /Thurs 15th

Bookings close on Friday 9th February at midday.

Many thanks
Mrs Lamb



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.



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 **96.8%** up on **95.7%** last year.

Our classes of the week are **Indigo Class** with **99.2%** and **Orange Class** with **98.9%**

Well done everyone!
Mrs Lamb

TIMES TABLES ROCK STARS

We've had some new brilliant scores on the latest gig! Well done Ava, Seva and Zayn for the brilliant new scores you achieved this week. We have got lots of new Rock Stars and Rock Legends this month so well done all of you. Well done to Lola, Joshua S and Francesca D for being our top coin earners this week.



It is amazing to see all the engagement from our Reception classes over the past couple of weeks on NumBots. All classes increased their activity this week which is great to see. Miss Coughlan's class were our top class again with Violet Class just 2% behind. Thank you for all your hard work at home!

Our top coin earners this week are:

Blue – Seth B

Violet – Erin Peace

Indigo – Toby Smith

Yellow – Arthur Watkins

Orange – Thea Turnbull

Green – George Kasis

Reception (Miss Parsons Munn) – Finley Rendall

Reception (Miss Coughlan) – Maxima Ozga-Lawn

Great job GPFS!
Miss Pope.

Advanced Notice of Dates 2023-2024

Updates will be added in red

Tuesday 6 th February	Safer Internet Day
Wednesday 7 th February	Reception trip to The Great North Museum and Planetarium
Wednesday 7 th February	9:00 – 10:00 Parent/carer Workshop – Looking after your own wellbeing
Wednesday 7 th February	2:30 – 3:30 Parent/carer Workshop – Looking after your own wellbeing
Week Beginning 12th February	Parents Consultation Evenings
Friday 16 th February	Last day of term
	February Half Term Holiday
Monday 26 th February	School reopens
Monday 4 th March	PTFA AGM 6:15 – 7:15 pm in the school hall
Thursday March 7th 2024	World Book Day
Friday 8 th March	PTFA Canny Crafty Pottery Painting
Monday 11 th – Friday 15 th March	Science Week
Wednesday 13 th 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 6 th May	May Bank Holiday
Friday 24 th May	Daft Day
Friday 24 th May	Last Day of Term
	May Half term Holiday
Monday 3 rd 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

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



AFTER SCHOOL CLUBS

RECEPTION, YR 1 & YR 2

TUESDAYS 15:25-16:25

THURSDAYS 15:25-16:25



TEAM FUN



SKILLS



CHALLENGES



GAMES

www.rugbyminis.co.uk/gosforthparkfirst

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

WIN TO WIN

27 new posts

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

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@national_online_safety

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