

## Parent Consultations



Thank you to everyone who came to discuss your child's progress on our parent consultation nights. It was lovely to be able to welcome you back into the school building after so long- some of you for the first time!

We have had some really positive comments about the new system (a choice between phone calls or face-to-face meetings) and we always value your feedback about how we can improve for future events.

We apologise if your parents evening had to be cancelled and we will be in touch shortly to rearrange. Thank you for your understanding.

### PTFA Meeting

Our Parents, Teachers and Friends Association meeting has been rescheduled for **Tuesday 19<sup>th</sup> October from 6:15 – 7:15pm.** All of our parents are welcome to attend this meeting where we will be discussing fundraising opportunities for the Autumn term. It's a great chance to get to know other parents and support school!

## Cake Sale



Our brilliant PTFA are delighted to invite you to our first fundraising event of the year. We will be holding a **cake sale** on the yard after school on **Friday 22<sup>nd</sup> October.**



If you would like to make a delicious donation, we will be gratefully accepting cakes and baked goods on the afternoon of Thursday 21<sup>st</sup> and the morning of Friday 22<sup>nd</sup> October at the school office. Please remember that all cakes sold must be **nut free.**



### Rainbow Wraparound

We still have some spaces available for October half term. If you would like a place, please contact Mrs Carrick at [wraparound@gosforthpark.newcastle.sch.uk](mailto:wraparound@gosforthpark.newcastle.sch.uk) See below for details of the week's activities.

## The People's Kitchen Donations



We would like to say a huge **thank you** to all of our wonderful families who have donated food and non-perishable items this year to The People's Kitchen.

The People's Kitchen provides a safe haven for the homeless and vulnerable people of Newcastle. We are so proud and thankful of the generosity of our Gosforth Park community.

### Poppy Appeal

Poppies are now available in school for a suggested donation of £1. They are the stick on kind (no pins). These are available at the school office and school council members will also be taking these around classes. If you would like your child to purchase one, please send in a donation.

Thanks

Mrs Lamb



## Healthy School

With the news being filled with rising costs of energy, food and products in general, we are all going to be facing higher bills. If you are searching for ways to minimise this impact, you may be looking to reduce food bills and make your budget stretch further.

One place to start looking for low cost but still nutritious meals is the BBC good food website. They have a huge selection of budget dinner recipes and if you scroll down beyond these recipes, you reach a section under the heading of 'More Student Collections' where you will find links to more recipes under several themes such as '£1 dinners', 'Budget Tray bake Dinners' and 'Healthy Student Packed Lunches'.

Not just for students, the whole family can benefit from these delicious ideas.

Start searching at:

[https://www.bbc.co.uk/food/collections/budget\\_dinner\\_recipe\\_and\\_ideas](https://www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas)

Mrs Wells

## PRE-LOVED UNIFORM

If anyone has any pre-loved cardigans that they can donate, size 7/8, we would be very grateful. These can be dropped off at Kate's or at school.

PRE-LOVED ITEMS ON SALE	PRICE
OFFICIAL SCHOOL JUMPERS	£2.50
OFFICIAL SCHOOL CARIGANS	£2.50
OFFICIAL SCHOOL POLOS	£1.50
GIRLS CHECKED DRESSES	£1.50
GREY PINAFORES	£1.50
GREY SKIRTS	£0.50
GREY GIRLS SOFT TROUSERS	£0.50
SCHOOL BAG (NEW STYLE)	£2.50
SCHOOL BAG (OLD STYLE)	£1.50
OFFICIAL PE T-SHIRT/SHORTS	£0.50

Items can be dropped off at any time in bags to the door of 6 Burnside road NE3 2DU – No need to knock. Text **Kate on 07947846974** to arrange a collection.

When dropping off pre-loved clothes, please make sure that they have been washed.

Huge thanks to Mrs Watkins for providing this service.

## Jam Jars

Rainbow Wraparound would really appreciate any clean jam jars you might have at home for one of their October Half Term craft activities. If you can help, please drop these at the school office. Thank you to all of those who have donated so far!

Many thanks  
Mrs Dodds



**Orange class** are our top scorers again this week – wonderful work all of you! Well done to **Sahib Singh Dhaliwal**, **Joshua Mays** and **Aidan Robson-Grice** – you have been our Mathletics superstars this week!



**Sahib Singh Dhaliwal**, **Francesca Davison** and **Alexander Gibbins** have been our amazing Rockstars this week – fantastic times table practise from all of you at home!



Our Oxford Reading Buddy Champions this week are **Aidan Robson Grice** in KS1 and **Archie Barratt** in KS2.

We are so happy with the engagement across school this week- we can already see so much progress!

# Updated COVID Guidance

## When to self-isolate

Self-isolate straight away and get a [PCR test \(a test that is sent to the lab\) on GOV.UK](#) as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You should also self-isolate straight away if:

- you've tested positive for COVID-19 – this means you have the virus
- someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check below if this applies to you)
- you've been told to self-isolate following contact with someone who tested positive – [find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)

Information:

You may need to quarantine when you arrive in England from abroad. [Check the quarantine rules when entering England on GOV.UK](#)

## When you do not need to self-isolate

If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:

- you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- you're under 18 years, 6 months old
- you're taking part or have taken part in a COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

Even if you do not have symptoms, you should still:

- get a [PCR test on GOV.UK](#) to check if you have COVID-19
- follow advice on [how to avoid catching and spreading COVID-19](#)
- consider limiting contact with [people who are at higher risk from COVID-19](#)

## Tell people you've been in close contact with that you have symptoms

Tell people you've been in close contact with in the past 48 hours that you might have COVID-19.

You should tell them to follow advice on [how to avoid catching and spreading COVID-19](#).

They do not need to self-isolate unless they're contacted by the NHS Test and Trace service.

If they get any symptoms of COVID-19, they should self-isolate and get a test as soon as possible.

## How to self-isolate

You must not leave your home if you're self-isolating.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one
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## How long to self-isolate

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you did not have symptoms) and the next 10 full days.

You may need to self-isolate for longer if you get symptoms while self-isolating or your symptoms do not go away.



# October Half Term

## Monday

*Banfire Themed Activities  
Fire Safety, Firework Art*

## Tuesday

*Ready, Steady, Cook!  
Banfire, Halloween and Autumn themed  
treats!*

## Wednesday

*Halloween  
Halloween Art and Crafts and  
Pumpkin Hunt*

## Thursday

*Magic Movers!  
Obstacle course and outdoor learning  
day - dress for outdoors whatever the  
weather!*

## Friday

*Diwali  
Festival of Light Arts and Crafts*

**TESCO** Bags of Help

*presents*



Kids get Active  
**FREE HANDBALL**

**FUN HANDBALL FOR KIDS FROM  
6-13 YEARS**

**Where:** Benfield Centre For Sporting  
Excellence

**When:** 30th October  
& 20th November  
12:00 - 14.00



**Book now to secure a place by scanning QR  
code or emailing [info@newcastlehandball.co.uk](mailto:info@newcastlehandball.co.uk)**



www.**StarStrike Soccer**.co.uk

# OCTOBER SOCCER CAMP 2021

**MON 25TH OCT -  
FRI 29TH (5 DAYS)**

**Venue: Blue Flames  
Sports Club NE12  
9SF 9.15 -  
3.30. Ages 4 to  
12. Girls and boys  
welcome.**

**£15.00 per day.  
Special discounts  
available.**



**PAY AND PLAY.  
NO BOOKING  
NEEDED.**

**Contact Graeme Doyle  
for  
details: 07887766460.**





**Lee Sterry**  
**sports**  
**coaching**

**OCTOBER HALF TERM**

For boys and girls from 4 -14 years old.

All activities Outdoors

Gosforth Academy (Football only) - 5 DAY COURSE

25<sup>th</sup> – 29<sup>th</sup> October

Cochrane Park - Multi sports (mixture of all sports each day including Mini tennis, kwik cricket ,Hockey, Dodgeball ,football, crazy golf and lots more )

25<sup>th</sup> 26<sup>th</sup> 28<sup>th</sup> 29<sup>th</sup> October – 4 day course (please note not running on the 27<sup>th</sup> October ) Limited spaces, booking available now

All bookings to be made online [www.ls-sc.co.uk](http://www.ls-sc.co.uk) payment through PayPal

Any information needed email us on [coaching@ls-sc.co.uk](mailto:coaching@ls-sc.co.uk) or mob 07729058119