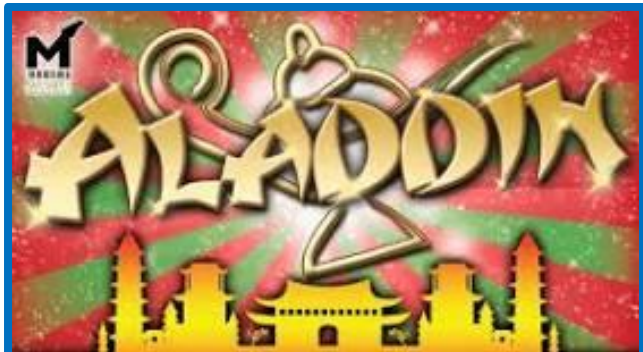


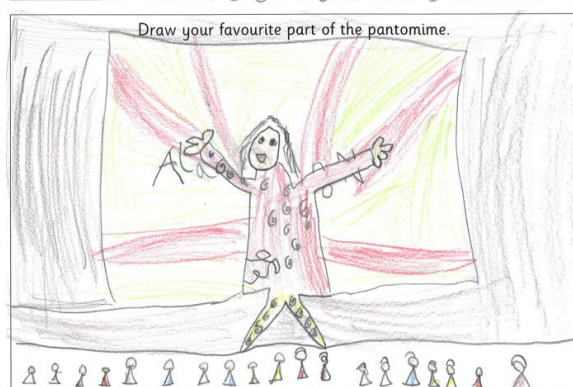
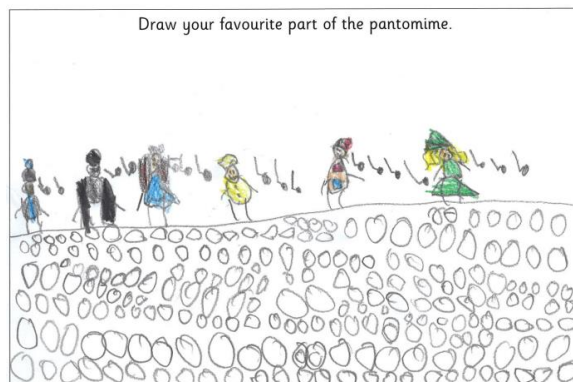
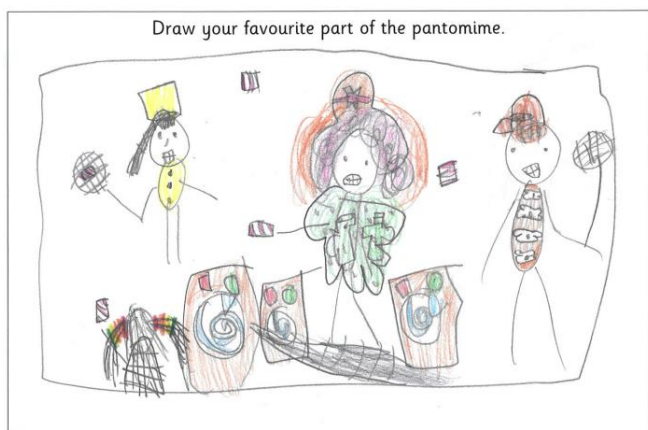
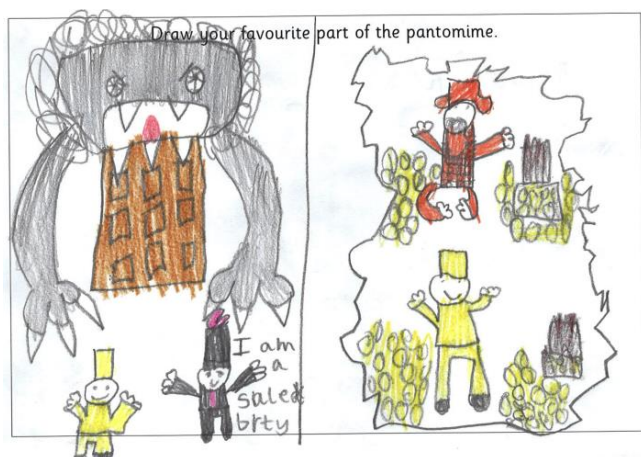


www.gosforthpark.newcastle.sch.uk

December 15th 2023 Issue 6 Autumn Term 2



We had a fantastic time at The Exchange Theatre yesterday morning. Oh yes we did! What an epic adventure – 274 children and adults bused there and back and only a little late for lunch. Huge well done to our amazing children who behaved beautifully and a massive thank you to all of our parent volunteers – we couldn't do it without you! Green Class drew their favourite parts of the show!



It's going to be a busy week for our wonderful **Year 4** children next week! They are completing their **swimming** course on **Monday, Tuesday, Wednesday** and **Friday**. Unfortunately, the pool is closed on Thursday due to companywide training. As previously, the children will be arriving back to school a little bit later and we are happy to hang on to siblings until the swimmers return.

All children can come to school in party clothes on Friday but please make sure swimmers have items that they can get off and on easily for swimming and have appropriate footwear for the walk to and from the pool.



A huge well done to our amazing Nursery children who wowed us with their Nursery Rhyme nativity on Wednesday. Weren't they just brilliant? Thank you so much to our wonderful Nursery team.



Healthy School

It's really important to remain active over the holidays and we hope that you can manage to get out and about to do so this Christmas, and that the weather is kind to us! But if not, the NHS change for life website has some fantastic child and family friendly games and activities that you can set up and enjoy at home. They have a wealth of resources, many linked to Disney films and characters and include a short Disney video with clear instructions of how to play. The link below leads to the activities and ideas. It also includes a sign up option to receive 8 weeks of Healthy Steps emails which include easy tips and games to play. Find out more at [Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk/ActivitiesforKids/HealthierFamilies)

Mrs Wells

Christmas Holiday

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

Christmas Shows

Tuesday 19th December

Reception Miss Coughlan: doors open at 10:30 for a 10:45 – 11:15 performance

Tuesday 19th December

Reception Miss Parsons-Munn: doors open at 2:15 for a 2:30 – 3:00 performance

Wednesday 20th December

Green: doors open at 9:15 for a 9:30 – 10:00 performance

Wednesday 20th December

Orange: doors open at 10:30 for a 10:45 – 11:15 performance

Wednesday 20th December

Yellow: doors open at 2:15 for a 2:30 – 3:00 performance

Thursday 21st December

Blue: doors open at 9:15 for a 9:30 – 10:00 performance

Thursday 21st December

Violet: doors open at 10:30 for a 10:45 – 11:15 performance

Thursday 21st December

Indigo: doors open at 2:15 for a 2:30 – 3:00 performance

Teas/coffees and biscuits will be available at the performance and raffles tickets will be on sale. The raffle will be drawn at the end of each performance.

Only **four** guests per household will be admitted. Babies in prams/pushchairs and toddlers will be admitted but will be counted as one of the four guests.

All guests must be seated during the performance.

Please queue from the bottom of the ramp so visitors and staff can still enter/exit via the main office.

Thanks

Online Safety

Our Online Safety guide this week gives some great tips for a tech free Christmas, however, we know in reality there will be lots of new devices around this holiday.

Our friends at GEM Education have created a short 5 minute online safety video which is suitable for all ages to watch.

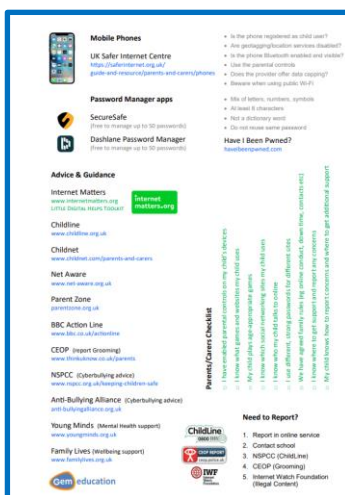
The main aim of the video is to show parents where you can find support to set up parental controls on new devices (which can set time limits, block spending, inappropriate content and contact among other features).

You can watch the video here ...

<https://youtu.be/5hJeHQen6tM>

and find the recommended resources at internetmatters.org

Please also see GEM Education's latest parent's guide attached to the newsletter.



The National College

As part of our membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.

That's why you've now got access to ***hundreds of courses, explainer videos and online safety guides*** to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Sign up is easy

Signing up to the platform is simple. Just follow

<https://nationalcollege.com/enrol/gosforth-park-first-school> and complete your details.

Once you're set up, you'll be able to choose 'Parent/Carer' as your user type and get instant access to all training and resources.

Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

You can download the National Online Safety app using the links below:

- [App store](#)
- [Google Play](#)

I hope you'll sign-up and make the most of their resources.

Kind regards

Mrs Lamb



Christmas Jumpers and a Special Guest...

On **Wednesday 20th December**, we will be inviting all of our children to wear their Christmas jumpers and other festive clothing.



Our well-connected PTFA members have arranged a **special guest visitor** who will be making an important stop at our Gosforth Park Grotto on his way to the North Pole!

Wednesday 20th December is also Christmas Dinner day!

Santa Dash Daily Mile



Also on **Wednesday 20th December**, we will be holding a festive version of our much-loved daily mile. We invite all of our children to wear Santa hats, reindeer antlers or any other funky headgear (don't forget your trainers!)

We cannot wait to share the photos on our school twitter page! @GosforthPark1st

Miss Walsh



NEWCASTLE PARENT, CARER
FORUM NEWSLETTER

Autumn 2023



Please see attached the Newcastle Parent and Carer Forum Newsletter

"Newcastle PCF are a steering group of parent and carer volunteers who listen to the views of other parents and carers in our community to gauge what is working, what's not working so well and to identify gaps in services. We will then liaise on a strategic level with the local authority, health and social care to work collaboratively to improve services for children and young people (0-25)."



Parking

Please remember

- ✓ not to idle and to switch engines off
- ✓ to be considerate of our neighbours
- ✓ leave the disabled bay free for disabled users and remember not all disabilities are visible
- ✓ to drive slowly

This message has also been shared with Robertons to share with their contractors.

Parent Pay

Please keep an eye out for emails coming from Parent Pay. The office staff had to make phone calls to over 40 parents who still hadn't consented or paid for the theatre trip this week. There have also been reminders in the newsletter. If you are having issues accessing Parent Pay, please let the office know or pop in with your phone and one of the office staff will be more than happy to help. We don't want any child to miss out on a trip but if we cannot get consent and have insufficient donations, future events may not be able to go ahead.



Unfortunately, it's not always the most wonderful time of the year for everyone. We know that Christmas and New Year can be a challenging time for many families for many different reasons. We have pulled together some resources on a range of different topics in one handy place for you to use or share with loved ones.

- [**The NHS**](#) - 999 and 111 services are available for emergency and urgent mental health matters, while the website also has details of care on offer
- [**If U Care Share**](#) - The charity has a range of resources on its website, including a 24/7 confidential Crisis Messenger for anyone struggling
- [**Hub of Hope**](#) - A searchable online resource which provides suggested services for a range of mental health and addiction issues based on location
- [**The Samaritans**](#) - The long-running charity offers 24/7 support by phone, email or its Self-help app
- [**NHS**](#) Support for Domestic Violence and Abuse
- [**NHS**](#) Addiction Support

- [**Struggling at Christmas**](#) Get free, safe and anonymous support from kooth.com. We have a range of flyers from Kooth on Loneliness, Loss, Social Anxiety and Family Difficulties which we'll send out on Parent Pay.
- [**EDNE**](#) Eating Distress North East (EDNE) offers independent confidential services to people affected by eating distress across the North East
- [**Free digital mental wellbeing support**](#) for adults across the UK is also available at quell.io
- [**Education Support**](#) offers help with the mental health and wellbeing of teachers and education staff in schools, colleges and universities and can be contacted on 08000 562 561
- [**Cruse**](#) Bereavement Care (CRUSE) is a national charity committed to promoting the well-being of bereaved people. Patients may contact the national Helpline seven days a week (various times) which is run by trained bereavement volunteers who offer emotional support to anyone affected by grief, calling free on 0808 808 1677.

Wishing you a peaceful and safe Christmas from the whole GPFS Family.

Mrs Lamb

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%** up on **95.3%** last year.

Our classes of the week are **Yellow Class** with **97%** and **Blue Class** with **96.9%**

Well done everyone!

Mrs Lamb

TIMES TABLES ROCK STARS

Super job Indigo class you have 95.8% accuracy this week but well done Violet for having the highest activity again. Well done Zayn Tabish, Rosie Muldoon-Smith and Jack Gwyther for being this week's top coin earners!



Well done Green Class for having the highest activity this week! Every class had at least 10% more activity this week so well done GPFS for getting that percentage up! Toby Smith is currently on the highest level at our school, silver, so well done Toby. Joshua Spedding and Alexander Tucker are not far behind, they are both on Bronze. Excellent work this term boys!

Our top coin earners this week are:

Blue – Jasmine Izanee

Violet – Alexander Gibbins

Indigo – Toby Smith

Yellow – Charlotte Wotherspoon

Orange – Alanna Turnbull

Green – George Kasis

Miss Pope

Advanced Notice of Dates 2023-2024

Updates will be added in red

Summer Holiday	
Mon 18 rd – Fri 22 nd December	Year 4 Swimming
Tuesday 19 th December	Reception Miss Coughlan Christmas Assembly for Parents 10:45 – 11:15 (up to 4 guests per family)
Tuesday 19 th December	Reception Christmas Assembly for Parents 2:30 – 3:00 (up to 4 guests per family)
Wednesday 20th December	Christmas Jumpers, dinner and special guest..
Wednesday 20 th December	Green Christmas Assembly for Parents 9:30 – 10:00 (up to 4 guests per family)
Wednesday 20 th December	Orange Christmas Assembly for Parents 10:45 – 11:15 (up to 4 guests per family)
Wednesday 20 th December	Yellow Christmas Assembly for Parents 2:30 – 3:00 (up to 4 guests per family)
Thursday 21 st December	Blue Christmas Assembly for Parents 9:30 – 10:00 (up to 4 guests per family)
Thursday 21 st December	Violet Christmas Assembly for Parents 10:45 – 11:15 (up to 4 guests per family)
Thursday 21 st December	Indigo Christmas Assembly for Parents 2:30 – 3:00 (up to 4 guests per family)
Friday 22 nd December	Last Day of Term
Christmas Holiday	
Monday 8 th January	School reopens
Tuesday 6 th Feb	Safer Internet Day
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
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

Festive dates for your
diary, all in one place!

PTFA CHRISTMAS NEWSLETTER

Christmas Performance Dates

13.12.23

Nursery 9:30 – 10:00

19.12.23

Reception Miss C

10:45 – 11:15

Reception Miss PM

2:30 – 3:00

20.12.23

Green 9:30 – 10:00

Orange 10:45 – 11:15

Yellow 2:30 – 3:00

21.12.23

Blue 9:30 – 10:00

Violet 10:45 – 11:15

Indigo 2:30 – 3:00

Raffle tickets, tea and
coffee, cans and mince
pies will be available to
purchase before each
Christmas Show.

Please donate
raffle prizes to
the school office
by Monday
11th December

Emergency Christmas Eve Bags

Everything you need

for family fun this Christmas Eve.



- Reindeer food
- Hot chocolate
- Christmas biscuit provided by
'Exclusively Biscuits'
- Create your own tree decoration
- Christmas activity

On sale via Parent Pay for £5 until *FRIDAY

1st December* and available to collect at
Christmas performances

We have also organised a
special festive visitor to come
into school on Wednesday
20th December...
More details on Parent Pay.

Aladdin Panto
Trip
14.12.23

Thank you so much for your
continued support and have a
Merry Christmas!



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



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.12.2023



SANTA CLAUS is coming to Toon!

THE ORIGINAL SANTA GROTTO BUS RETURNS FOR 2023!



FULLY ACCESSIBLE. NO BOOKING REQUIRED. FREE TO ALL.

Visit Santa on his magical, fully accessible and inclusive grotto bus this Christmas, for both children and adults! *Visits to Santa are free to all.*

Northumberland Street South (near TK Maxx), Newcastle City Centre

**Thursday 14th December - Saturday 16th December - 9am - 5pm
Sunday 17th December - 09.30am - 4.30pm**

Donations welcome - all proceeds go to The Sunshine Fund to help improve the lives of local disabled children.

For more information please contact Siobhan.Sargeant@thesunshinefund.org

