



[www.gosforthpark.newcastle.sch.uk](http://www.gosforthpark.newcastle.sch.uk)

February 10<sup>th</sup> 2023 Issue 5 Spring Term 1



On Tuesday, we had a special visitor in school, Mr Hughes from GEM Education, to talk to us about staying safe online. Key Stage One talked about what they like to do online and what devices they use.

KS2 solved online safety dilemmas and used green screen technology to create different types of posters.

Here are some top tips for staying safe online!  
 Francesa D: If anything pops up, like a message about cookies, ask a grown up about it.

Zoe T: Don't trust anyone online that you don't know because it could be anyone on the other side of that screen.

Aerin H: Beware of people offering prizes online as they are just trying to get your information from you.

Lucy M: If something scary comes up like vampires just don't watch it or you might have nightmares.

Elsie: If someone is mean to you online, don't be mean back. Tell your grown up.

William G: If a stranger asks to meet up or asks for personal information, tell a grown up straight away.

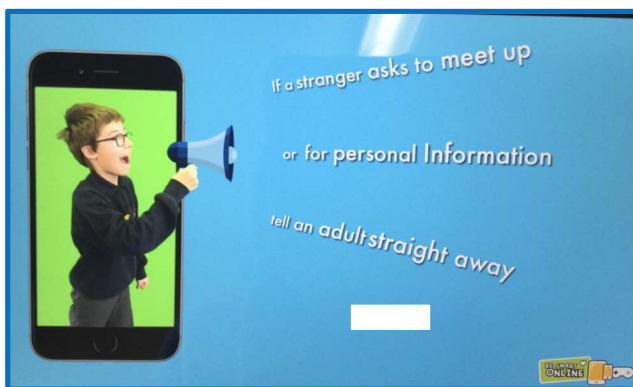
Well done everyone!

Miss Coughlan, Computing Lead

## Half Term Reminder:

**Last day of term: Friday 17<sup>th</sup> February**

**School re-opens: Monday 27<sup>th</sup> February**



## Gosforth Gets Going Zumba!

On Thursday morning a group of Year 1 children had the opportunity to take part in a Zumba session in our hall with lots of other children from the Gosforth Trust Schools.

They had great fun learning new dance steps and moving to the music!



Miss Walsh



Well done to Megan in Blue Class who took place in her first cheerleading competition at the weekend!



We are currently in the middle of Children's mental health week and this year's theme is Let's Connect. It focusses on how children thrive in making connections with others, whether it be family, friends or others in the child's community and this can support their mental health and sense of well-being. There are some fantastic free resources on how parents can support their children with their mental health online. These include tips and advice on exploring the Let's Connect theme at home and some creative activities with video guides. Find out more on <https://www.childrensmentalhealthweek.org.uk/families/>

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 17<sup>th</sup> March 2023.**
- **Offer letters will be emailed out on 24<sup>th</sup> March 2023.**
- **The deadline for accepting a place is Friday 28<sup>th</sup> 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.**

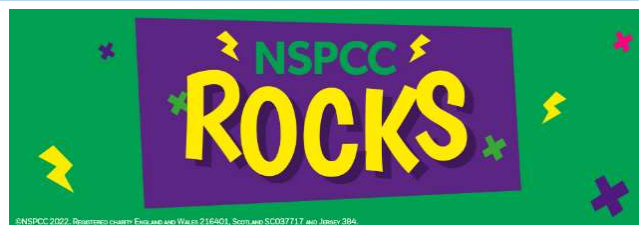
### Staff Training Days

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.**



Looking at our Effort scores this week – it is so impressive to see how many coins you've all earned!

Here are our top five coin earners – it's no wonder you're all so fast at working out your tables!

- Hania P
- Leo S
- Megan F
- Ruan C
- Alexander T



Well done to Green class, you have been working super-hard on Mathletics this week and earned so many points!

Sahib S-D, Alanna T and Nihal S-D have been working so hard on Mathletics, earning lots and lots of points, well done!

### Attendance

Our whole school attendance to date this academic year is **96.5%** which is above this time last year (94.4%)

Our classes of the week this week are **Green Class** and **Yellow Class** with **98.3%** attendance and **Reception SC** with **96.9%** attendance.

Well done!

Mrs Lamb



[www.StarStrikeSoccer.co.uk](http://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](mailto:info@starstrikesoccer.co.uk)  
[www.starstrikesoccer.co.uk](http://www.starstrikesoccer.co.uk)






[www.StarStrikeSoccer.co.uk](http://www.StarStrikeSoccer.co.uk)

Follow us on 

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**






COME & JOIN US...

# FREE HANDBALL OPEN DAY

FUN GAMES & ACTIVITIES




**AGES 7-10 WELCOME**

All equipment provided

## FREE EVENT

Benfield Centre for Sporting Excellence,  
Benfield Road, Newcastle upon Tyne,  
NE6 4NU

**SAT 11th FEBRUARY**

**4.45 - 6PM**

 **ENGLANDHANDBALL**

Scan here to book your place, or email [newcastlevikings@gmail.com](mailto:newcastlevikings@gmail.com)



Fast! Exciting! Action-Packed! Fun!

# HANDBALL



Get Active! Be Social! Meet New Friends!  
Sports sessions for Boys and Girls aged 3-15

## Join the VIKINGS!

Benfield Sports Centre  
Benfield Road, Newcastle NE6 4NU  
(near Walkergate Metro Station)

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

**FREE Taster sessions!**




[www.newcastlehandball.co.uk](http://www.newcastlehandball.co.uk)

[info@newcastlehandball.co.uk](mailto:info@newcastlehandball.co.uk)





# SCIENCE ADVENTURES AT NEWCASTLE UNIVERSITY

- This is a free event for children 5-11 years
- This includes a 2.5 hour session for children to take part in fun science activities and demonstrations, plus take part in research.
- We will provide activity booklets, a goody bag, and refreshments.



## Who is organising Science Adventures?

This is a new initiative run by researchers at the School of Psychology

Bang

## When is Science Adventures?

Monday 20<sup>th</sup> February 10am-12:30pm  
Monday 20<sup>th</sup> February 2-4:30pm  
Thursday 23<sup>rd</sup> February: 2-4:30pm  
Friday 24<sup>th</sup> February: 2-4:30pm

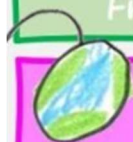
## Where is Science Adventures?

School of Psychology.  
Newcastle University



For more information, or to book a ticket, see:

<https://science-adventures-at-newcastle-university.ticketleap.com/science-adventures-at-newcastle-university/>





# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity. It's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: [https://www.ofcom.org.uk/\\_data/assets/pdf\\_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf](https://www.ofcom.org.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.02.2023



National  
Online  
Safety®

#WakeUpWednesday



# Advanced Notice of Dates 2023

Updates will be added in red

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



## Rainbow Wraparound

Please contact us via [wraparound@gosforthpark.newcastle.sch.uk](mailto: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