



www.gosforthpark.newcastle.sch.uk

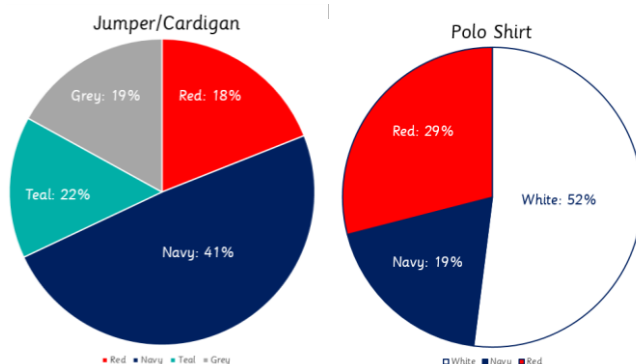
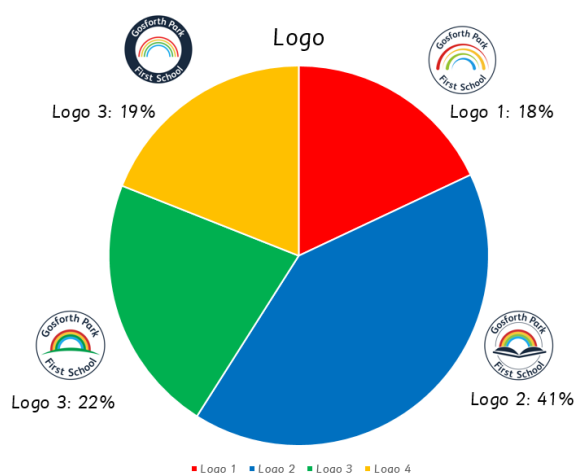
March 15th 2024 Issue 3 Spring Term 2

New School Logo Update



Many thanks to everyone for their comments and votes about our new school logo and uniform.

We have now added together all the votes from parents, children and staff and displayed them in the pie charts below. We have announced the result to the children in assembly and they are very excited. We have also talked to them about this being a fair and democratic process so even if the design/colour they like best did not win, we need to respect the final vote!



Navy Jumper/Cardigan with White Polo Shirt

It was lovely to have your input into this process: a school's logo and uniform is so important since it represents our school identity.

Over the next couple of weeks, we will ensure this design is perfect for printing and share it with our uniform provider so it is ready for any orders you would like to make from September.

Please can I again reassure everyone, there is no expectation to stop using the current logo/uniform items. The new logo will be gradually phased in. You can still use current branded items for as long as you wish to, including our pre-loved uniform.

This logo will be introduced to new parts of the school and on new documents from next term as the build and expansion progresses.

Again, many thanks for all your comments and feedback. This is a very exciting new chapter in the life of Gosforth Park First School.

Mrs Lamb

Building Update

We were very excited this week to get a peek at Blue Class's new room and the new community room. I am so pleased that our wonderful year 4 children will get to spend some time in the new part of the building before they move to middle school.

The concrete foundations for the rainbow canopy were poured yesterday!



We'd love to hear your ideas for how you'd like to use our **community room**. We've had a few ideas and would love to get your views via this online form <https://forms.office.com/e/SFsj22b5zt>

Please pass it on to grandparents, childminders and anyone else you think would like to use the space.

- Parent/carer coffee morning/afternoon
- Grandparents coffee morning/afternoon
- PTA coffee morning/afternoon
- Childminder group.
- SEN drop in coffee morning with Mr Hindess
- Summer sessions for children who are worried about transition (supported by the RISE team)
- Summer sessions for parents/carers who have children with worries/anxieties (supported by the RISE team)

The Children's Additional Needs Network

Marketplace Event Wednesday 3rd April 2024 10am - 2pm at Hadrian School, Newcastle Upon Tyne, NE15 6PY

The NECANN Marketplace is an event for Parents & Carers of children with additional needs and their families. The event is to help families explore what support and resources are available to them in the North East region. There will be a range of activities for children to take part in throughout the day:

- Inclusive sports clubs demonstrations
- NECANN members showcasing their services including therapies, aids/ equipment, charities & more
- Sensory room and activities
- Music, rebound Therapy, Face Painter and more

If you would like to attend the event please email NECANN to the address below.

Visit www.northeastcann.org
<https://hadrian.newcastle.sch.uk/parents/school-events/>

Email info@northeastcann.org



FRIDAY 15 MARCH

We have raised £194 so far! Thank you so much for your kind donations.

Mrs Lamb

Read for pleasure books

We are so lucky to have a wonderful wide ranging stock of read for pleasure books at our school. EYFS and Year 1 teachers have been sending children home with their Little Wandle reading book and a 'read for pleasure' book of their choice.

Thank you so much for always sending the Little Wandle books back but unfortunately the majority of the read for pleasure books are not being returned and we are now missing a great deal of stock.

Please, please can you have a look at home and return any as soon as possible? We will just send the Little Wandle reading books home next week while we wait and see what is returned.

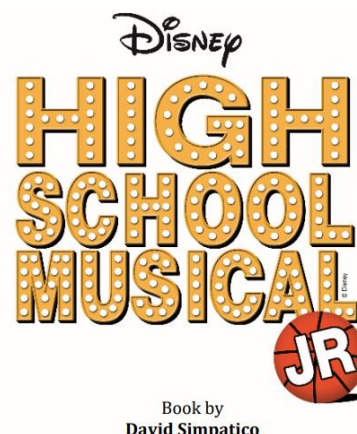
On that note – if you are having a story book, picture book sort out, any donations will be gratefully received!

Thank you so much,
Mrs Lambert



Well done to everyone who is taking part in the Sustrans Big Walk and Wheel by leaving the car at home. It has been lovely to see a busy bike and scooter area and to hear about our walkers too. Remember that this continues next week so there is plenty of time to take part and create good, healthy active habits in the process too.

Mrs Wells



GEMS Production

We have been warmly invited to bring our Year 4 pupils to Gosforth East Middle School's production of 'High School Music, Jr. Disney' on the afternoon of **Monday 18th March**.

This is a lovely opportunity for our Year 4s to have a sneak-peek inside their middle school and enjoy watching their former schoolmates perform on stage.

Miss Bell, Mr Patterson and Miss Bolton will be walking children across the field after lunchtime and returning them before the end of the school day.

A huge thank you to GEMS for the invitation- we can't wait!

Mr Hindess

Applying for Nursery Places

Applications are now closed.

Offer letters will be emailed out on 22nd March 2024.

The deadline for accepting a place is Friday 19th April.



2024 British Science Week: Time

We have had a brilliant week exploring time investigations this week at school.

Time Challenges: We worked in our groups against the clock to build the tallest tower from paper cups, make the longest paper chain, name as many yellow things as we could, pass the ball using only our elbows and help our blindfolded teammate scoop cotton wool into bowl. We discussed how time affected each challenge.

Stop the ice melting: We had to work in our teams to stop the ice melting. We chose our materials, container and where our ice would be kept. We checked on them every 10 minutes and observed and recorded the changes that had occurred.

Paper Planes: We also investigated how to keep paper airplanes airborne for the longest time possible. We created our own planes and discussed what technique would help keep our planes up. We used timers to measure how long they stayed up. Some classes recorded their results in tables and some used scatter graphs to see the correlation between wingspan and time airborne.

We had such a great time this week celebrating Science and it was fantastic to see all the brilliant ideas and teamwork across the key stages.

Miss Pope

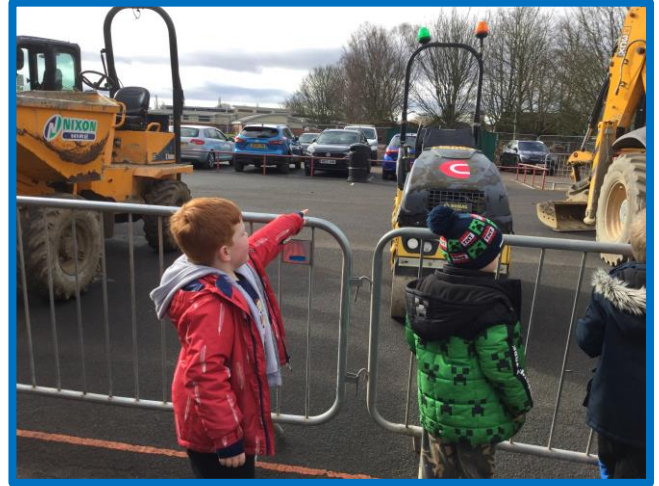


Science Week cont ...

Our friends from Robertson's and Wyn's came to join us this morning. In assembly, John the builder from Wyn's told us all about the machinery on site.



Each key stage then went outside to have a look and the children asked some brilliant questions!



The Robertson's team then visited each of our Key Stage 2 classes to hold **Construction: Myth Busting** workshops to tell children what it's actually like working in the industry. The team were very impressed with the behaviour and engagement from the children!



Well done everyone and a huge thanks to our friends at Robertson's and Wyn's for giving up their morning!

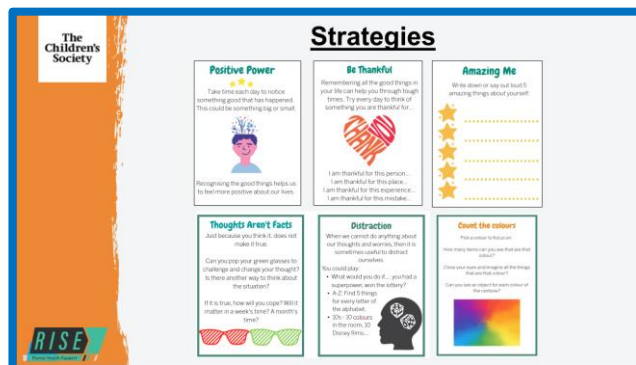
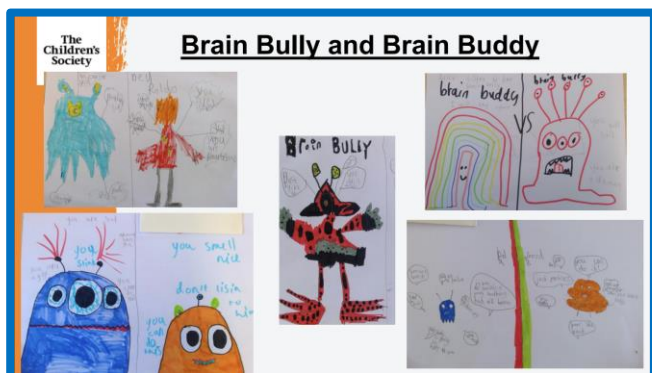


It was Annie and Gemma's last week in school this week. Don't worry – we're already planning on how we can get them back!

Over the last term Rise have delivered

- 4 x parent and carer workshops
- 1 x staff training
- 2 x whole school assemblies
- 4 x sessions with Indigo Class
- 1 x session with Yellow Class
- 3 x small groups
- 1:1 work

Children have learned about ...



You can find a wealth of mental Health resources from Rise using the information below or via our school website at http://www.gosforthpark.newcastle.sch.uk/website/mental_health_and_well-being_1/681190

Find us online...



www.youtube.com/@rise-ne



[@rise_mhst](https://twitter.com/rise_mhst)



[@rise.ne](https://www.instagram.com/rise.ne)



rise.childrenssociety.org.uk/

Thank you Annie and Gemma – we can't wait to see you soon!

Mrs Lamb

GPFS HANDBALLERS ENJOY FUN TOURNAMENT



On Saturday 9th March we saw 5 pupils from year 2 and year 3 attending a junior handball tournament ran by Newcastle Vikings Handball Club. There were players from different local primary schools and from the Vikings handball club. Mixed teams competed against each other in very intense and fun matches at Benfield. A great handball achievement by them all, fantastic teamwork, and team spirit. All the hard work they put into handball at school paid off. The next community tournament is on Saturday 8th June and more players are welcome to join. Contact newcastlevikings@gmail.com for more information.

Marlen



Alexa, Lucy, Sofia, Emilia and Hollie



Thanks so much to everyone who came to the pottery painting at Canny Crafty on Friday evening - what a talented bunch! We can't wait to see what your creations turn out like (see picture for a sneak peak of them before they went in the kiln).



Huge thanks also to Tesco at Kingston Park for very kindly donating the snacks for us to eat while we painted"

Thanks very much,

PTFA Meeting

Next meeting:

Tuesday 7th May from 6:15 - 7:15pm in the new community room!

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 **96.4%** up on **95.5%** last year.

Our classes of the week are **Orange** with **99%** and **Green** with **98.3%**

Well done everyone!

Mrs Lamb

TIMES TABLES ROCK STARS

Well done Jasmine I, Toby S and Lauren S for being our top coin earners this week. Violet Class are our most active class again this week with over 67% of you using TTRS this week! Our 8 times tables is our slowest times tables on TTRS with an average of 4.0 seconds and the 10 times tables is our quickest with 2.4 seconds. These are excellent times so well done everyone!



I have been looking carefully at accuracy this week on story mode and I am so impressed with Olly R, Freya R and Jessica S who have had 100% accuracy on all their games this week. We have lots of people improving their speed as well: Zara C, Teddy G, Harper D, Alanna T and Alessia R have achieved 3 stars on 100% of their levels this week. We need both speed and accuracy to master our fluency in Maths so keep up the great work everyone! Green class were our most active class again this week!

Our top coin earners this week are:

Blue – Jazmine I

Violet – Harper D

Indigo – Christopher L

Yellow – Charlotte W

Orange – Alanna T

Green – George K

Reception (Miss Parsons Munn) – Rosalyn R

Reception (Miss Coughlan) – Henry S

Thank you for all your hard work, Miss Pope.

Advanced Notice of Dates 2023-2024

Updates will be added in red

Tuesday 19 th March	KS2 Computing Workshops – Building and Programming Roman Chariots
Wednesday 20 th March – Friday 22 nd March	Year 4 Robinwood
Thursday 28 th March	Last day of term
	Easter Holiday
Monday 15th April	School Closed
Tuesday 16 th April	School reopens
Monday 29 th April	Reception Healthy Active Lifestyle Event
Wednesday 1 st May	KS1 Trip to Washington Wetlands
Monday 6 th May	May Bank Holiday
Friday 10 th May	Y4 Safety Works Trip
Sunday 19 th May	Children's Cancer Run
Friday 24 th May	Daft Day
Friday 24 th May	Last Day of Term
	May Half term Holiday
Monday 3 rd June	Training Day
Friday 7 th June	Wear Wellies Day
Wednesday 12 th June	Year 4 Multiplication Tables Check
Friday 21 st June	KS2 Big Gig 'Hello Sunshine'
Tuesday 25 th June	Hoopstarz
Monday 1 st July	Year 4 Leaver's Video Filming
Wednesday 3rd July	Year 4 transition to GEMs
Thursday 4th July	Year 4 transition to GEMs
Thursday 4th July	In school transition to new classes
Friday 5th July	Year 4 transition to GEMs
Thursday 11 th – Friday 12 th July	Mr H Onsite Residential for Year 3 children
Friday 19 th July	Last day of term

School Closed Monday 15th April

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

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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After School Club

 Follow us on Facebook
@mrhoutdoorexperiences

Mr H is BACK at Gosforth Park First School in April 2024! Mr H will be providing 1 night of after school club over 3 weeks, in April for KS1 and KS2 children.



- * Tuesday 16th, 23rd & 30th April 2024
- * The cost is £20 for the 3 weeks in total
- * Clubs are from school finishing time until 5pm



- * Children will complete activities such as: orienteering; lighting fires; cooking on fires; clay puppet shows; making clay pots; archery; tug'o'war; bug hunts; art in the environment; discovering the natural environment; and traditional outdoor games
- * **Contact—mrhoutdoorexperiences@yahoo.com for a place on the club and to receive payment details.**
Please provide your child's name and year group.



Signs of Spring

PHOTO COMPETITION

Take a picture to show signs of spring.

COMPETITION
DEADLINE

APRIL 26

WINNERS
ANNOUNCED

MAY 03



Email or hand in your photograph to your school along with your name and year group. A school winner will be selected for EYFS, Years 1&2, Years 3&4, Years 5&6 and Years 7&8.

A GST winner will be selected for each group.



Show your
photography skills to win a prize.





JOIN IN THE FUN WITH
OUR GPFS PTFA



Easter Egg Competition

£1 TO ENTER
VIA PARENT
PAY



DECORATE A BOILED EGG AND
BRING IT INTO SCHOOL ON
WEDNESDAY 27TH MARCH
FOR THE CHANCE TO WIN A
FAMILY BOWLING VOUCHER
OR CHOCOLATE EASTER EGG

