



www.gosforthpark.newcastle.sch.uk

April 19th 2024 Issue 1 Summer Term 1



Dear Parents

Thank you so much for your support and patience this week as we have been getting used to the logistics of operating across the new site. Things seem to have gone quite smoothly despite all of the challenges.

KS2 and Green class have settled well into their new rooms. We're all adjusting to the extra space and quieter corridors which has felt a little strange this week!

We know you are dying for a peek! KS2 parents – if the weather is dry next Friday we will invite you in from 3:15 to collect your child from class so you can see their new environment. Keep an eye out for ParentPay updates next Thursday.

The builders will be busy this weekend getting the new hall ready for next week.

Monday morning wraparound will take place in the usual hall accessed via the red ramp.

Monday afternoon wraparound will be in the new space accessed via the new wraparound entrance. Please keep an eye out for ParentPay updates on Monday in case any of the works are delayed over the weekend.

EYFS and KS1 Collections

Please notify the office or your child's class teacher in the morning if your child is going to be collected by someone else. We do not want to delay collection but will not let your child go home with someone else unless we have been notified. If we do not have confirmation of who is collecting, your child will be taken to the new main office while we confirm with a phone call.

New Community Room Opportunities

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!

PTFA Meeting

Next meeting:

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

Reminder

Please be reminded that the last day of this term is Friday 24th May.

We return to school on **Tuesday 4th June**.



New Library – request for help!

We are delighted with our amazing new school library – watch this space as it gets developed this half term! We need to catalogue and sort all the books so no “read for pleasure” picture books will be sent home in EYFS and KS1 for the next few weeks – just their reading books.

We have had some wonderful donations and we’re always happy to have more if you are having a sort out.

Thank you for your patience – I know it will be worth the wait!

Are any parents free to help me label and sort books on Thursday 25th April – even if you can spare an hour that would be really appreciated! Please contact the office if you are able to help.

Thank you

Mrs Lambert

admin@gosforthpark.newcastle.sch.uk



Rugby minis has started up again this half term! Clubs are on Tuesday and Thursday nights. Please contact them directly if you would like your child to attend.

Please note that children do not need to bring a different set of clothes for this club. They can bring in a pair of trainers to change into.
Miss Walsh



Healthy School

Getting enough vitamin D living in the North East of England can often be difficult. It is important for helping to build strong bones and can also help with brain function; aiding memory, attention, cognition, sleep and emotions. Many foods are fortified with vitamin D including breakfast cereals, milk, orange juice and almond milk and the best foods that are naturally high in the vitamin include fatty fish (e.g. salmon, tuna, mackerel), egg yolks and liver. When it comes to sunlight, even the smallest amount of UV rays from the sun help our bodies to create Vitamin D so the use of sunscreen is always advised to prevent the risks associated with over exposure to the sun.

Mrs Wells



Well done to Finn who was awarded his 50 metre swimming badge just before the Easter holidays!

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 **95.8%** last year.

Our classes of the week are **Yellow Class** and **Violet Class** with **100%**!

Well done everyone!
Mrs Lamb



Well done for all your practice over Easter to keep your times tables fresh in your mind as we go into the summer term. Year 4s keep using TTRS for additional practice for your multiplication check in June. Remember to update your studio score and earn a new rock status, don't be afraid to lose the one you have and keep practicing! It's great to see your sound check scores improving each month as well. Well done to our top coin earners over Easter Mila H, Beanie C-U and Eve W.



Great job to everyone who played on NumBots over Easter! Every class' activity was better compared with Christmas. **Green class** were our most active class with 87%, excellent work!

Our top coin earners this week are:

Blue – Jasmine I

Violet – Harper D

Indigo – Elia

Yellow – Patrick D

Orange – Alanna T

Green – Fionntan M

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

	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 6th May	May Bank Holiday
Tuesday 7 th May	PTFA Meeting 6.15pm - 7.15pm
Wednesday 8 th May	Y2 Safety Works Trip 1-3pm
Friday 10 th May	Y4 Safety Works Trip 10-12
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 3rd June	Training Day
Friday 7 th June	Wear Wellies Day
Monday 10th June to Friday 14th June	Year 1 Phonics screening check
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 3 rd July	Year 4 transition to GEMs
Thursday 4 th July	Year 4 transition to GEMs
Thursday 4 th July	In school transition to new classes
Friday 5 th 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

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



Is having a diagnosis of learning disability and/or autism important for you as a family?



Inclusion North is exploring this on behalf of Newcastle City Council.

The council want to understand what changes are needed to give parents and carers good support.

We would like to hear about your experience of getting a diagnosis of a learning disability or autism for your child or young person.

We have made a short survey for people living in Newcastle.



This survey is for parents and carers of children or young people who have a learning disability or who are autistic.

We welcome responses from everyone even if your child doesn't have a diagnosis.

Please scan the QR code. It will take you to the online survey.



Inclusion North exists to make inclusion a reality for all people with a learning disability, autistic people and their families.

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks



The National College



AFTER SCHOOL CLUBS

RECEPTION, YR 1 & YR 2

TUESDAYS 15:25-16:25

THURSDAYS 15:25-16:25

CHALLENGES



TEAM FUN



SKILLS



GAMES

www.rugbyminis.co.uk/gosforthparkfirst



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.

