



www.gosforthpark.newcastle.sch.uk

October 13th 2023 Issue 6 Autumn Term 1



Win!

We are delighted to announce that out of **all** the schools in the city - Gosforth Park First School came **first** in the Summer Reading Challenge!

Newcastle Libraries will present us with our trophy in assembly next Friday, 20th October. Can all children who took part please bring in their medals and certificates on the day?

We have also won £50 of books for our library!



Well done everyone – Mrs Lambert is over the moon!

Half Term Reading Fun

There are lots of great Halloween and Disney activities to enjoy over half term at Newcastle Libraries. To celebrate the Disney themed half term activities, they want you to join in by creating a new Disney hero! Use all of your powers of imagination to design their look, and bonus points for a short biography too. Three winners will receive a very special prize! Good luck!

October Half Term : Happy Halloween!

If you're trick or treating on Halloween, make sure to stop by your local library! We'll have trick or treat stations during usual opening times on October 31st at **Cruddas Park Library**, **Fenham Library**, **High Heaton Library**, **Kenton Library**, **Newburn Library**, and **Outer West Library**.

October Half Term : We love Disney!



Join us for a special afternoon celebrating our favourite Disney characters - there'll be a special story time, refreshments, disco, and even a caricaturist!

Suitable for under 11s - fancy dress extremely welcome!

Saturday 28th October, 1pm - 3pm
Level 2, City Library

We'll also be celebrating our favourite bad guys with Disney Villain craft sessions:

Blakelaw Library | 1st November | 11am - 12pm
Cruddas Park Library | 31st October | 11am - 12pm
Denton Burn Library | 4th November | 11am - 12pm
East End Library | 30th October | 2pm - 3pm
Fenham Library | 31st October | 1pm - 2pm
Gosforth Library | 31st October | 2pm - 3pm



October Half Term

We break up for half term on **Thursday 26th October**, returning on **Monday 6th November**. Friday 27th October 2023 is a Training Day.

Online Safety

Our Online Safety guide this week (see below) addresses the timely and delicate issue of speaking to children about worrying content that they've seen online. Young people are so connected to the world through their devices that, by now, the vast majority of them will be aware of recent events in Israel, even if they're not quite old enough to comprehend them fully.

Many children will have watched or read potentially distressing online news items– and will possibly need extra reassurance from trusted adults. The guide has practical advice on broaching upsetting subjects with young ones, allowing them to express their concerns and helping them to avoid becoming overwhelmed by their fears

The National College

We're delighted to let you know that we have become a member of The National College – a multi-award-winning online training provider for staff and parents.

What does this mean for you?

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.

Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

Cont ...

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](#)

They're always here to help

The National College has a brilliant support team if you have any questions. Their [help centre](#) provides a comprehensive bank of answers to most FAQs, but if you still can't find the answer you're looking for, you can always get in [contact](#) with them.

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

Kind regards

Mrs Lamb

Parent Consultations

We are excited to announce that we will be holding our parent consultation meetings from Reception to Year 4 during the week beginning 6th November. **Bookings will open on Monday 16th October at 9am** and are to be made via School Cloud **by Thursday 26th October at 4pm.**

Please visit

<https://gosforthparkfirst.schoolcloud.co.uk/>

to book your appointment. A guide on how to book is attached to your newsletter email.

Telephone appointments will be held on the afternoon of **Tuesday 7th November** and face to face appointments will be held on the evenings of **Tuesday 7th November** and **Thursday 9th November.**

Please

- Remain outside until your appointment time. A member of staff will invite you in at your allocated time (please be on time).
- Do not over run your appointment time as others will be waiting outside
- Children stay at home if possible, if not they can wait in the library.

Thanks

Mrs Lamb



PTFA update

We will be having the first cake sale of the year after school on Friday 20th October. Please bring any nut free cake donations to the school office on Thursday 19th October, or the morning of Friday 20th.



PTFA update

There are still some tickets left for our wreath making session on Sunday 26th November. The session will run from 1pm until 4pm in the school hall, and the cost is £40 per person (friends and family welcome). Please use the following link if you'd like to purchase a ticket:

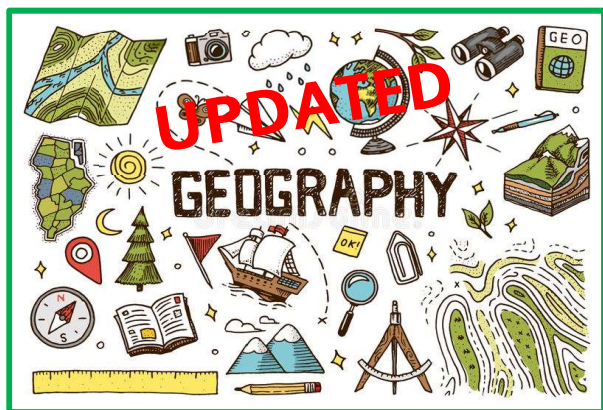
<https://www.eventbrite.co.uk/e/gpfs-ptfa-wreath-making-workshop-2-tickets-721508109177>



Thank you so much for the donations received for the Peoples Kitchen. We seriously underestimated the size of the table needed!

Thank you so much for your support and to our wonderful children who suggested this – we are so proud of you.

Mrs Lamb



KS2 **Updated** Dates Fieldwork Dates

KS2 Fieldwork will now take place on the following dates:

Indigo Class – Monday 20th November

Violet Class - Wednesday 22nd November


Blue Class – Thursday 23rd November

More information has been sent via ParentPay. There will be no cost for this opportunity, but we will be looking for some parent volunteers to help with the KS2 fieldwork. If you are able to kindly give up your time to volunteer please let us know when giving consent by ParentPay. We are sorry for any inconvenience caused by the change of dates.
Mr Hindess

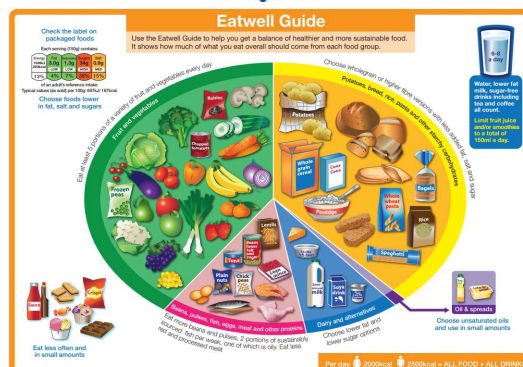


102,000 children starting school in England are at risk of catching measles

Check your child is up to date with their MMR vaccinations




Healthy School



When providing a packed lunch for your child, whether for a trip or their daily lunch, it's really important to try to incorporate all the food groups to help towards providing a balanced diet. The following website has a clear and colourful guide that you could use as a reference to help you:


<https://www.gov.uk/government/publications/the-eatwell-guide>. Don't forget, a healthy play time snack of either fruit or vegetables can be brought in too (provided in key stage 1 and early years), which will also add to your child's 5-a-day and help boost their immune system.

Mrs Wells



9 out of 10 unvaccinated children can catch measles if someone in their class has it

Check your child is up to date with their MMR vaccinations



Applying for Places

Please apply on time to avoid disappointment. We are currently full with waiting lists in all year groups.

Nursery Application forms for places in September 2024 will be available on the school website and from the office from Friday 12th January 2024

The closing date for applications is 15th March 2024.

Offer letters will be emailed out on 22nd March 2023.

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

Reception Applications for September 2024

Applications open: 1 September 2023

Applications close: 15 January 2024

National offer day: 17 April 2024

Further information can be found at

<https://www.newcastle.gov.uk/services/schools-learning-and-childcare/apply-school-place/applying-reception-places>

Parents are able to visit the school on the following dates. Please phone the school office to book a place.

Tuesday 17th October 9:30 – 10:30am

Monday 23rd October 9:30 – 10:30am

Tuesday 24th October 9:30 – 10:30am

Wednesday 18th October 5:15 – 6:15pm

Wednesday 25th October 5:15 – 6:15pm

Wednesday 15th November 5:15 – 6:15pm

Middle School Applications for September 2023

Applications open: 1 September 2022

Applications close: 31 October 2022

National Offer Day: 01 March 2023

Further information can be found at

<https://www.newcastle.gov.uk/services/schools-learning-and-childcare/apply-school-place/applying-transfer-places>

Year 4 parents should have all received booklets today regarding this from the Local Authority..

Mrs Lamb

Congratulations!



Congratulations to Georgie who has achieved her 10m swimming badge. Well done!



Congratulations to Michal who has attended Judo Competition organised at Queen's Campus Sport Centre, Durham University. Michal won all his fights and got the first place in his category! It's already his second distinction in local judo competitions since he started training with Battlehill Judo Club this summer. Michal's adventure with judo started over 3 years ago back in Poland in Polish American Judo Academy. Well done!

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.

TIMES TABLES ROCK STARS

Super job Violet class who were 77% active this week - what a brilliant increase! We have lots of people with faster times this week so keep it up so we can gain a few more Rock Legends at GPFS. Well done Muhammed Khan, Toby Smith and Joshua Spedding who are our top coin earners this week!



Well done to Yellow Class who were 88% active this week and our top coin earners! We have some new and some familiar top coin earners this week. Keep up the excellent work everyone!

Blue - Alexander Dye

Indigo - Toby Smith

Violet - Aiden Robson Grice

Yellow - Joseph Brindle

Orange - Alanna Turnbull

Green - Alice Blair

Miss Pope

Attendance

Our whole school attendance to date this academic year is **98.1%** up on **97.2%** last year. Our class of the week with **100%** is **Violet Class** followed closely by **Green Class** with **98.9!** Well done everyone!

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



NOS
National Online Safety
#WakeUpWednesday

<https://npsf.org.uk> | <https://www.bbc.com/news/health-57107777> | <https://www.nationalonline-safety.com/help/supporting-your-child-with-upsetting-content/> | <https://www.nationalonline-safety.com/talk-to-your-child-about-conflict-and-war/>



@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: 11.10.2023

Advanced Notice of Dates 2023-2024

Updates will be added in red

Summer Holiday	
Tuesday 10 th October	Flu Vaccination
Thursday 19 th October AM	Green Class Geography Skills and Fieldwork (on-site) Orange Class Geography Skills and Fieldwork (on-site)
Friday 20 th October AM	Yellow Class Geography Skills and Fieldwork (on-site)
Monday 23rd – Thursday 26th	Year 4 Swimming
Thursday 26 th October	Reception Halloween Craft Afternoon – parents welcome 2:00 – 3:00pm
Thursday 26 th October	Last Day of Term
Friday 27 th October	Training Day
October Half Term	
Tuesday 7 th November	Parent consultation appointments
Thursday 9 th November	Parent consultation appointments
Monday 13 th November	PTFA meeting 6.15pm in the school hall
13 th – 17 th November	Scholastic Book Fair in school
Wednesday 15 th November	School Photographer in school (individuals and siblings)
Friday 17 th November	Children in Need (Pudsey)
Monday 20th November	Indigo Class Geography Skills and Fieldwork
Wednesday 22nd November	Violet Class Geography Skills and Fieldwork
Thursday 23rd November	Blue Class Geography Skills and Fieldwork
Wednesday 13 th December	Nursery Christmas Assembly 9:30 – 10:00 (up to 4 guests per family)
Thursday 14 th December	Reception to Year 4 Aladdin at The Exchange Theatre
Monday 18rd – Friday 22nd	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 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	

Advanced Notice of Dates 2023-2024

Updates will be added in red

	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:

- Friday 27th October 2023
- 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

Fast! Exciting! Action-Packed! Fun!

HANDBALL



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



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www.newcastlehandball.co.uk



newcastlevikings@gmail.com

JOIN US AT



FOR A

Spooky Halloween

A FREE, FUN
- FILLED DAY OF
SCIENCE
ACTIVITIES...



BOO!

SCARY ATTIRE
ENCOURAGED!

BOOK A SESSION:

30TH OCT | 1ST NOV

10AM-12:30 OR 2PM-4:30PM

3rd Floor of the Dame Margret Barbour
Building, Wallace St, Richardson Rd,
Newcastle upon Tyne, NE2 4DR

BOOK ON NOW AT
TINYURL.COM/SCIADVENT



www.StarStrikeSoccer.co.uk

2023 - 2024 SOCCER CAMPS

DETAILS

VENUE: BLUE FLAMES, BENTON. NE12 9SF

GIRLS AND BOYS WELCOME, AGES 4 TO 12.
CAMP TIMES: 9.15AM TO 3.30PM

CAMP 1

MONDAY 30TH OCTOBER, TUESDAY 31ST OCTOBER,
WEDNESDAY 1ST NOVEMBER, THURSDAY 2ND NOVEMBER

CAMP 2

WEDNESDAY 3RD JANUARY,
THURSDAY 4TH JANUARY, FRIDAY 5TH JANUARY

COST:

1 DAY - £17.50
2 DAYS - £35.00
3 DAYS - £50.00
4 DAYS - £55.00

FANTASTIC
INDOOR & OUTDOOR
VENUE

Discount price can't be spread over more than one week.

Contact Graeme Doyle for Details
or register your child on 07887 766 460
info@starstrikesoccer.co.uk
www.starstrikesoccer.co.uk

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

