



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

January 12<sup>th</sup> 2024 Issue 1 Spring Term 1



On behalf of staff and governors I would like to wish you all a very Happy New Year! We hope you all had a lovely holiday. The children have all come back thrilled to see each other and ready to learn. We have a busy and exciting year ahead – look out for dates in the newsletter.

Mrs Lamb

## Building Update

The team have really been cracking on next door over the holidays and this week. The new roof which extends over the new staffroom and some office spaces is coming along nicely, the classrooms are being plastered and work began today on installing a new fence between us and the golf course. It's hard to believe but very exciting to think the team will be off site before summer and we'll have our new extended home very soon!

External works from the main gate to the new entrance will begin within a few weeks. We'll let you know when we have a date as the access road along to St Oswald's will be unavailable for some time during this phase. We apologise for any inconvenience caused during this phase of the works.

## Applying for Nursery Places

**Nursery Application forms for places in September 2024** are now available on the school website and from the office.

The closing date for applications is 15<sup>th</sup> March 2024.

Offer letters will be emailed out on 22<sup>nd</sup> March 2024.

The deadline for accepting a place is Friday 19<sup>th</sup> April.

We will be holding visits for parents on the following dates and times

- Tuesday 23<sup>rd</sup> January 4:00 – 4:30pm
- Wednesday 24<sup>th</sup> January 4:00 – 4:30pm
- Thursday 25<sup>th</sup> January 10:00 – 10:30 am
- Tuesday 30<sup>th</sup> January 4:00 – 4:30pm
- Wednesday 31<sup>st</sup> February 4:00 – 4:30pm
- Thursday 1<sup>st</sup> February 10:00 – 10:30 am

Please contact the school office to book a place.

## Dinner Money

Dinner money for this half term will be £66

## Nursery Yard

Please can we ask that children do not play football on the Nursery yard before school so that our little ones can get round to Nursery safely.

Many thanks

Mrs Lamb

## Attendance

### Huge well done and thanks to everyone

– we met our school attendance target of 97% at the end of December despite all of the awful bugs that have been doing the rounds. We're really hoping that we can maintain this for the rest of the year. Please remember, I cannot authorise holiday in term time. We will soon be sending our attendance letters and reports. If you have any queries or require any further support around attendance, please don't hesitate to get in touch.

To help plan for next year's holidays I have attached the school calendar for 2024 – 2025.

Many thanks  
Mrs Lamb

## Birthday Treats

There is absolutely no expectation for you to provide your child's class with birthday treats. Your child's birthday will be celebrated with a song in class.

If you really want to send in treats, these have to be nut free, individually wrapped with allergen information and vegetarian friendly (such as Cadbury's chocolate buttons or Haribo). These will not be eaten in class but will be sent home with children at the end of the day.

## Musicians of the Half term

The Musicians of the Half Term for Spring 1 are The Beatles! The most successful band of all time and one of – if not the most – influential music icons ever. We have loved listening to them in class this week and we are learning *Here Comes The Sun* and *With A Little Help From My Friends*. Please shuffle their songs on your Alexas and other speakers at home! Mr P

## Topics and Holiday Research Projects

Our topics for next half term are:



### Early Years – Space

**Space** challenges our children's imaginations and creativity through an abstract and exciting concept. Your child's confidence grows as they are immersed within a classroom filled with limitless possibilities. They can role-play as astronauts and travel to far away planets, design and build spaceships and solve problems related to missions that they have to complete.

### KS1 – Pole to Pole

After focusing on the geography of our own locality, **Pole-to-Pole** takes us on a journey around the world! Children will be studying the geography of different continents and oceans and relating hot and cold areas to their distance from the equator.



### KS2 – Hola!

This geography-based topic will teach your children about Spanish speaking countries around the world and immerse them in Spanish art and culture. Children are excited to learn more about Spain, share their prior knowledge and show off their language skills!



*Please see the attached Topic Webs for more information about what your children will be learning across all of our curriculum areas.*

Mr Hindess





We are delighted to be working with the mental Health charity RISE from next week. RISE are able to offer some individual, small group, whole class and whole school support to children around areas such as mindfulness, understanding emotions, managing worries, friendship, self-esteem and problem solving. They will also be delivering some staff training and will be hosting some parent workshops. There are two parent workshops each of which will be repeated twice with a 9-10 session and a 2:30 – 3:30 session. We hope you can join us!

Mrs Lamb


## RISE are excited to be supporting Gosforth Park First School in January

RISE is a Mental Health Support Team who work in schools and colleges across Newcastle and Gateshead to support children and young people (aged 5-18) with their emotional wellbeing and mental health.

Annie and Gemma are Education Mental Health Practitioners (EMHPs) and will be working in Gosforth Park First School on Wednesdays next term to deliver a range of mental health sessions and workshops with children, staff, parents and carers.

We look forward to meeting everyone!

**Your EMHP is**  
**Annie Middleton**  
(she/her)



**Hobbies:**

- Swimming
- Dog walking
- Cooking
- Travelling

**Favourite strategy:**

**Hot Chocolate Breathing**

Take a deep breath in through your nose and hold it for 10 seconds. Then breathe it out through your mouth. Repeat this 5 times.

**Would like everyone to know:**

There is no such thing as a bad emotion! Emotions are like signals and help us to communicate how we are feeling.

**Your EMHP is**  
**Gemma Walker**  
(she/her)



**Hobbies:**

- Spending time with friends
- Cinema & Films
- Walking
- Beach trips

**Favourite strategy:**

**Hot Bag**

Take a deep breath in through your nose and hold it for 10 seconds. Then breathe it out through your mouth. Repeat this 5 times.

**Would like everyone to know:**

All feelings are valid! It is ok to feel all sorts of emotions at different times in our lives.

For more information about RISE please visit our website, You Tube channel and social media platforms:



## Anxiety and Worries Workshop Information for Parents and Carers

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health. We also work with staff, parents, carers and other adults to support the mental health of children and young people and to signpost adults for further support for themselves.

**Gosforth Park First School**  
**Wednesday 24th January 2024**  
**9-10am and 2:30-3:30pm**

Fears and worries are normal experiences that we all have from time to time, but in some cases, they begin to affect our lives. For your child, this may affect their behaviour at home, at school or with their friends.

Many children experience these difficulties, yet as parents and carers you may feel that it is difficult to know what to do for the best.

The purpose of this workshop is to give parents/carers the opportunity to learn more about anxiety in children and how best to support children with their worries.

The workshop will focus on:

- How anxiety presents in children.
- Discussing the development and maintenance of anxiety in children.
- Tips and things you can do as adults to manage anxiety and build confidence and independence in children.



For more information about RISE please visit our website, You Tube channel and social media platforms:



## Looking After Your Mental Health Parent and Carer Workshop

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health. We also work with staff, parents, carers and other adults to support the mental health of children and young people and to signpost adults for further support for themselves.

**Gosforth Park First School**  
**Wednesday 7th February 2024**  
**9-10am and 2:30-3:30pm**

The workshop will focus on:

- Signs and symptoms of burnout in adults
- Recognising the different types of emotional rest
- Looking at the 5 ways to wellbeing and self care
- Signposting to mental health resources and services
- Tips and strategies that you can use to support your wellbeing

For more information about RISE please visit our website, You Tube channel and social media platforms:



## WHAT'S ON IN THE NORTH?



**children & families**  
NEWCASTLE

### Your Community Family Offer

Your local community hubs offer vibrant and social spaces. The community hubs are a central point for accessing a wide variety of activities, events, and support services. The hubs are a space for your family to take ownership of how you access support.

### What to expect

This is a guide of all the weekly events and activities available in Children & Families Newcastle North Locality.

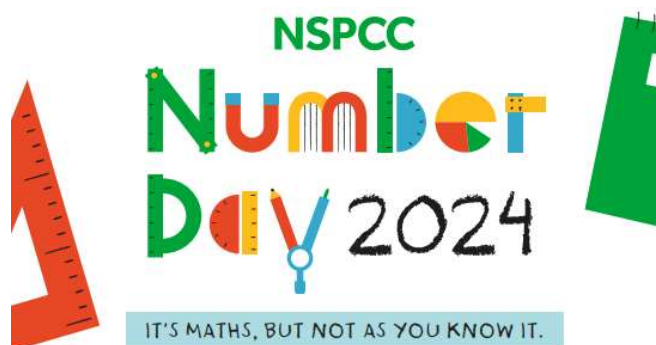
Please see the guide attached.



**Healthy School**

It's time for those resolutions again! Do you make any? What will they be? One thing that is always useful is to reflect on our health and if there is anything we want to do to make a positive change this year. Do we want to exercise more, improve our diets, reduce time spent on technology? You don't necessarily need to make a huge resolution that can be difficult to keep. Small steps throughout the year and always being mindful about our health can be more sustainable.

Mrs Wells



**Friday 2 February 2024**

**#numberday**



Charitable  
Trust



Number Day is supported by Maths Circle, Man Group and Oxford University Press, led by NSPCC.

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

We are excited to once again be hosting a NSPCC Number Day on Friday 2nd February at GPFS. We are raising money for the NSPCC so please come dressed in your best number-related clothes! Your teachers will have some fun number activities as well. We cannot accept cash donations anymore so please donate your £1 via Parent Pay.  
Miss Pope



**A meeting for all parents whose children are attending Robinwood in March 2024** will be held in the school hall on **Tuesday 23rd January at 6.30pm**. At this meeting you will be given all the relevant information and forms to complete. Please note – this meeting is not for the children to attend. I look forward to seeing you all there.  
Mrs Wilson



## 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 **96.5%** last year.

Our classes of the week are **Orange Class** with **98.8%** and **Blue Class** with **98.3%**

Well done everyone!

Mrs Lamb

## TIMES TABLES ROCK STARS

I hope you all had a super Christmas. Hopefully you're ready to make 2024 your best times tables year yet! Well done to Phoebe Elwood, Toby Smith, Finn Lynch and Mila Haddon, who were our top coin earners over the holidays. A new gig session is ready the next time you login if you want to update your rock star status!



Well done to **Green** class who were our top class over the holidays with 52% of the class using NumBots. At the start of the year is a great time to set yourself a goal for 2024, would you like to be on tin by the end of the year? Or chrome? Or silver? Have a think and set yourself a goal for you and your robot!

Our top coin earners this month are:

**Blue** – Alexander Tucker

**Violet** – Alexander Gibbins

**Indigo** – Toby Smith

**Yellow** – Max Hopkins

**Orange** – Imogen Wise

**Green** – George Kasis

Well done everyone, Miss Pope.



**Next mtg:** Monday 22nd January 6:15 - 7:15pm school hall all welcome

# Advanced Notice of Dates 2023-2024

Updates will be added in red

Monday 8 <sup>th</sup> January	School reopens
Monday 15 <sup>th</sup> January PM	Orange Class visit to Holy Trinity Church
Wednesday 17 <sup>th</sup> January PM	Yellow Class visit to Holy Trinity Church
Monday 22 <sup>nd</sup> January PM	Green Class visit to Holy Trinity Church
Monday 22 <sup>nd</sup> January	PTFA Meeting 6:15 - 7:15pm school hall all welcome
Wednesday 24 <sup>th</sup> January	9:00 – 10:00 Parent/carer Workshop – Supporting children with anxiety
Wednesday 24 <sup>th</sup> January	2:30 – 3:30 Parent/carer Workshop – Supporting children with anxiety
Tuesday 6 <sup>th</sup> Feb	Safer Internet Day
Wednesday 7 <sup>th</sup> February	Reception trip to The Great North Museum and Planetarium
Wednesday 7 <sup>th</sup> February	9:00 – 10:00 Parent/carer Workshop – Looking after your own wellbeing
Wednesday 7 <sup>th</sup> February	2:30 – 3:30 Parent/carer Workshop – Looking after your own wellbeing
Friday 16 <sup>th</sup> February	Last day of term
	February Half Term Holiday
Monday 26 <sup>th</sup> February	School reopens
Monday 11 <sup>th</sup> –Friday 15 <sup>th</sup> March	Science Week
Wednesday 13 <sup>th</sup> March PM	Reception Classes 'Brush Up' tooth brushing workshop
Friday 15 <sup>th</sup> March	Red Nose Day
Wednesday 20 <sup>th</sup> March – Friday 22 <sup>nd</sup> March	Year 4 Robinwood
Thursday 28 <sup>th</sup> March	Last day of term
	Easter Holiday
Monday 15 <sup>th</sup> April	School reopens
Monday 6 <sup>th</sup> May	May Bank Holiday
Friday 24 <sup>th</sup> May	Daft Day
Friday 24 <sup>th</sup> May	Last Day of Term
	May Half term Holiday
Monday 3 <sup>rd</sup> June	Training Day
Thursday 11 <sup>th</sup> – Friday 12 <sup>th</sup> July	Mr H Onsite Residential for Year 3 children
Friday 19 <sup>th</sup> July	Last day of term

## Staff Training Days

Staff Training Days for GST schools this academic year will be:

- Monday 3<sup>rd</sup> June 2024

## 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



# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## 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.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety

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# MUSICIAN OF THE HALF TERM

The Beatles are one of the most successful and influential pop-music groups of all time. This quartet of British musicians were rhythm guitarist John Lennon, bass guitarist Paul McCartney, lead guitarist George Harrison and drummer Ringo Starr.

The Beatles formed in the late 1960s. In its early years the band also had several other members. In 1962 they signed a recording contract with a large music company.

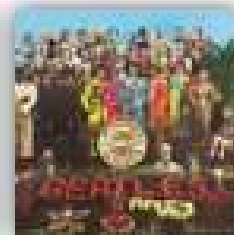
The band were only together from 1962 until 1970. In that time they released 17 albums in the USA and had 20 number 1 hits! Their last album was 'Let It Be', which was released 1 month after their public break up and the famous rooftop concert shown on TV.

In 2023, they released their last ever single titled 'Now and Then' which was created using a sample from John Lennon. Film director, Peter Jackson, pioneered new technology to edit and complete the single.

## THE BEATLES



- What were The Beatles originally called?
- How many records have The Beatles sold worldwide?
- Which famous childhood show did Ringo Starr narrate?
- What is Ringo Starr's real name?



## Track list

1. Twist and Shout
2. Penny Lane
3. Can't Buy me Love
4. She Loves You
5. Yesterday



6. Hey Jude
7. Let It Be
8. Help!
9. Here Comes the Sun
10. Now and Then