



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

July 4th 2025 Issue 5/7 Summer Term 2

**Confidence**



**Creativity**



# Y3 Onsite Residential



A massive **thank you** to Mr H, all of the GPFS staff and our amazing Y3 children for making this year's On-site Residential a huge success.



**Challenge**



**Community**

# Staffing News

We have some staff retiring from GPFS this Summer (we know they don't look old enough!)



After over **27 years of dedicated service** at Gosforth Park First School, Mrs Hall will be retiring (...or resigning!) at the end of this academic year. Throughout her time at GPFS, Mrs Hall has supported every child with warmth, patience and care, leaving a lasting impact on our school community. Her calm presence, gentle encouragement and unwavering commitment have made her a treasured colleague and a true friend to so many. She will be deeply missed. We wish her every happiness as she begins this well-earned new chapter!

**Mrs Easdon** is taking early retirement after **23 years of teaching**, helping hundreds of children across all year groups at GPFS.

Mrs Easdon's kindness, humour and creativity will be greatly missed by staff and families alike, and we wish her all the very best for the exciting adventures ahead.

**Mrs Jennison** is retiring after 11 years caring for our children at lunchtime with great kindness. We thank her for her hard work and dedication for the children and families of Gosforth Park First School over many years.

We are also saying goodbye to **Miss Gledhill** who has taught and nurtured her Year 1 children with much love, creativity and dedication this year.

Our incredibly helpful and patient **Miss Mohammed** is getting married over the summer and relocating to Manchester.

**Miss Fairburn** who has provided unwavering care and support with warmth and enthusiasm is relocating to Leeds.

We wish them all the best in their future and thank them for being such an important part of our GPFS team!

We would also like to say a huge thanks to **Mrs Orrick** and **Mr Grant** who have been working with us on supply this year.

I know you will join me in wishing **Miss Walsh** the very best for her imminent arrival and we can't wait to meet Baby Walsh!



We are excited to be welcoming some new faces to the team.

**Mr Edwards** and **Mr Guest** will be joining us as class teachers.

**Miss Matson** as HLTA

**Miss Middleton** in the office

**Mrs Shahid** (who already works in wraparound) and **Mrs Lloyd** will be joining our lunch team.

I know you will all give them a huge GPFS welcome!

Mrs Lamb





## Transition

On Thursday, our children from Reception to Year 4 had an exciting transition morning!

Mrs Lamb visited every classroom throughout the morning and was so pleased to see everyone getting to know each other and working creatively within their new teachers and classmates.

Please see below for the staffing structure for next academic year:

**Nursery** Ms Gasper, Mrs Wells  
Mrs Dunn, Mrs Dodds, Mrs Ivison

**Rec** Miss Parsons-Munn  
Mrs Matthewson, Mrs Sierkova

**Rec** Miss Coughlan  
Mrs Rivett, Mrs Dodds

**Year 1** Mr Edwards

**Year 1** Miss Pope

**Year 1 Support Team**  
Mrs T Lamb, Mrs Sarder, Miss  
Matson, Mrs Rivett, Mrs Sierkova

**Year 2** Mr Patterson

**Year 2** Miss Tate

**Year 2 Support Team**  
Miss Bolton, Mrs Fatima, Miss Curtis

**Year 3** Mr Hindess/Mrs Armstrong

**Year 3/4** Mr Guest

**Year 4** Miss Bell

**KS2 Support Team**  
Miss Smith, Mrs Lucas, Mrs Dlay,  
Mrs Sedgewick

## Reception Pirate Day + Rockpool School Thursday 10<sup>th</sup> July



As part of Reception's **Pirate Day**, on **Thursday 10<sup>th</sup> July**, we have organised a special Rockpool School experience! Children will have the opportunity to observe and interact with a range of familiar sea creatures.

**Thank you to our wonderful PTFA for fully funding this exciting experience for our Reception children!**



## Y2 Alnwick Castle

On **Tuesday**, Year Two visited **Alnwick Castle** as part of our *Kings, Queens and Castles* History Topic. Children had a brilliant time exploring the castle and spotting all of the features that we have talked about in school!

We also went on a scary dragon quest and roleplayed an invasion of the barbican. A massive thank you to all of the staff and parent helpers for making this trip possible.

Mr Hindess



## Gosforth Gets Going Cricket event

On Friday a group of year 4 children were selected to take part in a Gosforth Gets Going cricket event. The children took part in a range of fun cricket games throughout the morning. The children showed great enthusiasm and excellent sportsmanship throughout the session.



Well done team!

Miss Walsh



## Y4 Leaver's Video

Julian was in school this week to film our Y4 Leaver's Video but due to poor weather he is coming back to school on **Wednesday 9th July** to capture some extra footage.

Many thanks

Miss Bell



The RISE team has space for two 1:1 parent interventions to help their child with fears and worries. If you are interested in finding out more about this support, please contact [Newcastle2MHST@childrenssociety.org.uk](mailto:Newcastle2MHST@childrenssociety.org.uk) and check out the end of the newsletter for posters with more information.

Huge thanks to Annie from RISE for sharing the following information about different groups available over the summer.

### **Solihull Babies**

Thursdays from 17<sup>th</sup> July 10-12

@ Byker Sands Family Centre

Runs for 6 weeks

For more info about the Solihull approach please visit [The Solihull Approach \(0-5 years\) - Newcastle Hospitals NHS Foundation Trust](#)

### **Decider Skills**

Tuesdays from 29<sup>th</sup> July 10-12

@ Byker Sands Family Centre

And runs for 6 weeks

For children aged primary school age and above to attend with their parent/carer.

A fantastic new course to support young people and their parents to give them coping strategies to deal with life's stresses.

For more information on this please visit [The Decider Skills | The Decider](#)

### **Henry workshops (health and nutrition for the young)**

Wednesday 13<sup>th</sup> Aug 10-12

And/or 27<sup>th</sup> August 10-12

@ Byker Sands Family Centre

Fussy Eating and another session title tbc.

These are great sessions if you are worried about what a child is eating and would like to get some support to encourage them to try a wider range of foods.

For more information about this please visit [Homepage | HENRY](#)

### **Sleep Workshop**

Friday 29<sup>th</sup> August 10-12

@ Byker Sands Family Centre

Loads of helpful tips and advice for your child to get a better night's sleep

**All sessions are for parents and carers of children who live in Newcastle.**

**There is no creche available over the summer holidays and children are not able to attend (apart from the Decider Skills session) but if you wish to attend a programme and need creche you can apply for one of the Autumn term sessions where creche will be available. Dates and times tbc.**

**To apply for any of these courses please fill in the "raise an enquiry" form listed on the early help page -[Early Help - Newcastle](#)**

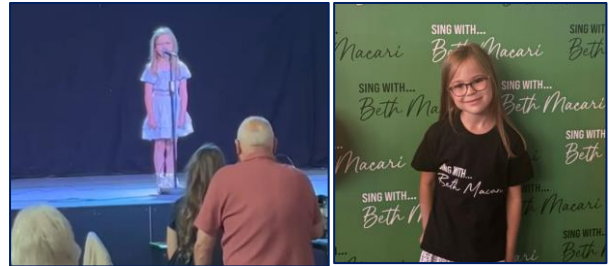




Our wonderful PTA will be selling **raffle tickets** before and after school each day next week from the outdoor classroom. They have some really brilliant prizes lined up and can take both cash and card payments. Thanks in advance for your support.

## Pre-loved Uniform

As you'll remember, our fantastic **PTA** purchased children from Reception to Year 3 a **new branded uniform item** for last September. We'd love to make sure these are reused, recycled and re-loved! Please bring along any pre-loved uniform to the **Summer Festival on Monday 15<sup>th</sup> July** (or sooner if not needed). There is a drop off area in the main entrance. School jumpers and cardigans do not have to be worn in the last week so we can get pre-loved uniform turned around for anyone wanting to purchase items for September.



Florence stood on stage recently at Anarchy Brewery and performed to a huge crowd for her Summer singing show. She performed 'Count on me' by Bruno Mars. Well done Florence!



Well done to Olivia who has been awarded her orange stripe belt in karate!



## Healthy School

The Go Smarter Go Active website has some fantastic downloadable maps for walks and/or cycle routes in our region. There are walks or rides of varying lengths, both circular and point to point where you can use public transport to return to the start. Each colourful map has things to look out for and facts about various points of interest. There is a link to the appropriate public transport website to help with planning and symbols to show suitability for different users including pushchairs, bikes and wheelchairs. So from Northumberland to County Durham and some great places in between, there are plenty of routes to choose from for an active day out! Find out more at

<https://gosmartergoactive.co.uk/travelitinerary/>

**GoSmarter  
GoActive**

Mrs Wells

## Reminder

Our last day of Summer term is **Friday 18<sup>th</sup> July**. We return on **Tuesday 2<sup>nd</sup> September** (Monday 1<sup>st</sup> September is a training day).



Our Golden Welly award goes to Mr Patterson's class this week.

They have shown so much creativity and imagination in the den building area, and have particularly loved all the new crates that arrived this week.

Ms Gasper

## Makaton

This week's sign is –

### Sign of the Week

#### Play

Sign



Symbol



## TIMES TABLES ROCK STARS

Miss Tate's class is our most active class again this week! Well done to everyone still improving their speed even after reaching Rock Star level. Our top coin earners are Alexander N, Ava U and Joshua S.



My class is the most active class this week! Keep using your hard earned coins to upgrade your robots and give them a makeover.

Our top coin earners are:

Miss Parsons-Munn – Isabel K

Miss Coughlan – Elliot B

Miss Gledhill – Enzo H

Miss Pope – Freddie J

Miss Walsh – Keir E

Mr Patterson – Oscar C

Mrs Easdon/Mrs Armstrong – Alfie R

Great work everyone, Miss Pope.

## Attendance

Our whole school attendance to date is a fantastic **96.8%** up from **96.5%** this time last year!

Our classes of the week this week are:

**Year 1 Miss Pope** with **100%** and **Year 2 Miss Walsh** with **100%**

Well done everyone!

## Uniform Reminder

**Year R – Year 4:**

- White Polo Shirt - either completely plain or with school logo
- Navy round neck sweatshirt or cardigan completely plain or with school logo
- Plain grey or black trousers, shorts, skirts, pinafores.
- During the Summer Term, navy gingham dresses may be worn
- Sensible fitting smart black shoes, trainers or boots. Shoes with a heel are not permitted.
- Plain grey, black or white tights or socks.

## PE

To be worn on PE days

- White Polo Shirt or round neck t-shirt - either completely plain or with school logo
- Navy shorts, joggers or leggings.
- Navy jumper or hoodie completely plain or with school logo
- Trainers

## Jewellery

- Small earring studs and a wrist watch may be worn (smart watches are not allowed); however these must be removed for PE. If earrings cannot be removed, they must be covered.
- Navy books bags are recommended (plain or with the school logo). We do not have space in school to store any bags larger than this, such as back packs.
- Coats can be of any type or colour. We play out in any weather. Please sure your child brings a coat every day.



# Important Dates 2024-2025



## Summer 2

<b>Monday 7th July</b>	<b>Nursery Trip to Kirkley Hall</b>
Wednesday 9 <sup>th</sup> July	Year 1 Seaside Workshops
<b>Thursday 10<sup>th</sup> July</b>	<b>Reception Pirate Day (dress up) and Rockpool School</b>
Friday 11 <sup>th</sup> July	End of Year Reports
Monday 14 <sup>th</sup> July	Summer Fayre + BBQ
Thursday 17 <sup>th</sup> July	Leavers Assembly + Presentations – doors open at 1.45pm for 2pm start
Friday 18 <sup>th</sup> July	Last Day of Term

## Reminder

Our last day of Summer term is **Friday 18<sup>th</sup> July**. We return on **Tuesday 2<sup>nd</sup> September** (Monday 1<sup>st</sup> September is a training day).

**Please find attached a copy of next year's calendar.**

### Community Schools

#### Term and Holiday dates for 2025 - 2026

#### SEPTEMBER 2025

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

#### OCTOBER 2025

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### NOVEMBER 2025

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

#### DECEMBER 2025

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

#### JANUARY 2026

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

#### FEBRUARY 2026

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

#### MARCH 2026

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

#### APRIL 2026

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

#### MAY 2026

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

#### JUNE 2026

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

#### JULY 2026

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### AUGUST 2026

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Autumn Term
  Spring Term
  Summer Term
  Bank Holiday
  School Holiday

1. Foundation Trust, Academy and Voluntary Aided (church) schools are not obliged to follow these dates and may choose to set a different calendar. You should contact individual schools for confirmation.
2. Maintained schools are usually open for the teaching of pupils for 190 days in a school year. This calendar shows 193 term time days. The additional 3 days will be used by schools for non-teaching days. Schools are closed to pupils on these days. The dates of the non-teaching days are not necessarily the same across all schools. Individual schools will notify parents of the dates when school is closed to pupils for non-teaching days.
3. Schools must identify 2 further non-teaching day or the equivalent outside of these specified term dates.
4. Schools must take account of closures to accommodate local or Parliamentary elections when setting non-teaching days
5. Headteachers in consultation with staff will determine when, where and how non-teaching days are planned.

**Schools re-open on Tuesday, 1<sup>st</sup> September 2026**

**Gosforth Schools' Trust additional school closures due to staff training:**

- Monday 1st September
- Friday 24th October
- Monday 1st June

# Year 4 Transition Information










Please see below for a useful outline of the upcoming dates for our Year 4 pupils, including dates for planned **transition activities**:

Year 4 Transition Planner 2024-25					
Half Term					
w/b	Monday	Tuesday	Wednesday	Thursday	Friday
07/07			Filming Leaver's Video x2		End of Year Reports to Parents
14/07	Summer Fayre + BBQ			Leaver's Assembly + Presentation 2pm	Last Day of Term + Shirt Signing

Please continue reading for more information about each of the transition activities and how they will help to prepare your child for their next school.

# Year 4 Transition Information Cont...

## Year 4 Transition Planner 2024-25

	<p><b>GEMS Teachers Visit</b> Before we head across to our new school, some of the Year 5 teachers will come to visit us! This will give our children a chance to get to know the staff and to ask them questions.</p>		<p><b>Buddy Letters</b> A lovely way to learn a bit more about their new school! Our old friends (ex- GPFS pupils) write to our Year 4 cohort to tell them all about Year 5 and to buddy them up if they ever feel a bit lost.</p>
	<p><b>SEMH Transition Group</b> Amanda from the Newcastle SEMH team will work with a group of Y4 pupils on some additional transition activities.</p>		<p><b>Additional Support</b> Mr Hindess and the KS2 team will be facilitating some additional transition activities for children who require a bit more support.</p>
	<p><b>Transition Days</b> Year 4 children will have 3 full days at their Middle School. They will find out who their teacher and classmates will be for Year 5. Our Year 4 staff will take the children to GEMS on Wednesday morning and be around to support, if required!</p>		<p><b>Leaver's Video</b> Children will have the opportunity to take part in our leaver's video to give them a lasting memory of their time at Gosforth Park to share with their family and keep forever.</p>
	<p><b>Leaver's Assembly</b> Our annual leaver's assembly is our way of giving your children the GPFS ending they deserve! We invite our Year 4 families to join us for your child's performance and presentations.</p>		<p><b>Shirt Signing</b> Everyone's favourite rite of passage! Children are encouraged to bring in an old GPFS jumper or t-shirt for their teachers and friends to sign.</p>
	<p><b><u>Useful Contact Information</u></b> <b>Mrs Wilson (Year 5 Lead)</b> anna.wilson@gosfortheast.newcastle.sch.uk 0191 2855445</p> <p><b>Mrs Armstrong (SENCO)</b> emma.armstrong@gosfortheast.newcastle.sch.uk 0191 2855445</p>		

Please also keep an eye out for any communication with GEMS about additional events or information.

If you have any questions in the meantime, please do not hesitate to contact Mr Hindess, Miss Tate or Miss Bell.

KS2 Team





# Rainbow Wraparound

Bookings must be made during the booking window which opens on the 10<sup>th</sup> of each month and closes on the 20<sup>th</sup> of each month, for the following month.

	Booking opens 12 noon	Booking closes 12 noon
October bookings	September 10 <sup>th</sup>	September 20 <sup>th</sup>
November bookings	October 10 <sup>th</sup>	October 20 <sup>th</sup>
December booking	November 10 <sup>th</sup>	November 20 <sup>th</sup>
January bookings	December 3 <sup>rd</sup>	December 17 <sup>th</sup>
February bookings	January 10 <sup>th</sup>	January 20 <sup>th</sup>
March bookings	February 10 <sup>th</sup>	February 20 <sup>th</sup>
April bookings	March 10 <sup>th</sup>	March 20 <sup>th</sup>
May bookings	April 10 <sup>th</sup>	April 20 <sup>th</sup>
June bookings	May 10 <sup>th</sup>	May 20 <sup>th</sup>
July bookings	June 10 <sup>th</sup>	June 20 <sup>th</sup>

Parents must make their own bookings on the school cloud system. The only exception to this is families using vouchers. If you are emailing dates for voucher bookings, you must include

- Your child's name
- The day and date
- The sessions required (breakfast, until 5pm, until 6pm).

If you would like to, you can book sessions in advance for the entire school year.

If you do wish to book the same sessions for the entire school year, please email Mrs Carrick at [wraparound@gosforthpark.newcastle.sch.uk](mailto:wraparound@gosforthpark.newcastle.sch.uk)

Block bookings can only be made via email or through school cloud (not text message).

Please email [wraparound@gosforthpark.newcastle.sch.uk](mailto:wraparound@gosforthpark.newcastle.sch.uk) for any wraparound queries, **NOT the admin inbox or Mrs Carrick directly, as this will delay any response and may result in you missing the booking window.**

**Please ensure all block bookings are made/requested before the booking window closes. We cannot guarantee any block bookings after this date.**

If you have any queries, please do not hesitate to get in touch.

Thanks

Mrs Carrick

[wraparound@gosforthpark.newcastle.sch.uk](mailto:wraparound@gosforthpark.newcastle.sch.uk)

# Helping Your Child with Fears and Worries Intervention Programme for Parents and Carers

## Parent-Led Cognitive Behavioural Therapy

**Is your child between 5-12 years of age and struggling with anxiety?**

PLCBT is a guided programme of five weekly online or in person sessions and additional telephone check-ins with an Education Mental Health Practitioner over a 12 week period, to equip you with CBT-based strategies and techniques to help your child.

PLCBT can support children to overcome fears such as going to the swimming pool, going to a party or sleep over, riding a bike, sleeping in their own bed, staying at a relatives for the night etc.

**Our EMHP has space for two 1:1 parent interventions starting this summer.**

**If you are interested in finding out more about receiving this support please contact  
[Newcastle2MHST@childrenssociety.org.uk](mailto:Newcastle2MHST@childrenssociety.org.uk)**

### You Are the Expert

Parent-led CBT acknowledges that you know your child best.

You are the best person to help your child to overcome their difficulties with worries or fears.

Sessions are based around this book which we will read over the course of the programme.



Helping your Child with Fears and Worries  
By Cathy Creswell & Lucy Willetts

### Key Areas Covered:

- Understanding current difficulties
- Explore what might be maintaining the anxiety
- Helping children explore anxious thoughts
- Testing out fears
- Building up brave behaviour
- Devising a graded exposure plan to face a fear
- Rewards
- Planning for the future

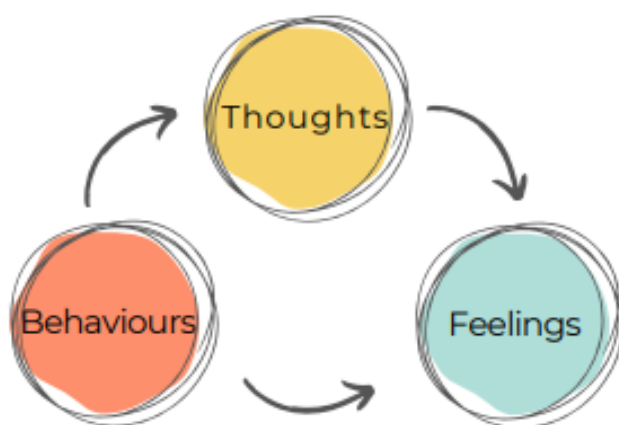


# Helping Your Child with Fears and Worries Intervention Programme for Parents and Carers

## Parent-Led Cognitive Behavioural Therapy

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. We know that parents and carers can do a fantastic job in helping their children to overcome problems with fears and worries.



The RISE Education Mental Health Practitioners (EMHPs) working with your child's school are providing an intervention programme to support parents and carers.

The Parent-Led Cognitive Behavioural Therapy Programme is an evidence-based approach that uses Cognitive Behavioural Therapy principles. Research has shown that it is highly effective at helping you to reduce your child's fears and worries. In these five sessions, we will aim to give you a clear, straightforward, step-by-step approach to help you to help your child.

These sessions provide an opportunity to help you feel able to support your child with their fears and worries.

Each workshop lasts around one hour and parents and carers will be expected to read or listen to chapters of the book between workshops. To get the full benefit from the sessions, it is important that you attend all of the sessions.

Prior to the sessions, you will complete an assessment phone call with an EMHP to determine if this will be appropriate support for you and your child.



AN UNFORGETTABLE EXPERIENCE FOR YOUR CHILDREN THIS HOLIDAY.  
PLAYING A RANGE OF SPORTS INCLUDING TENNIS, FOOTBALL, BASKETBALL, CRICKET, ROUNDEES,  
MINI OLYMPICS, MAKING NEW FRIENDS AND MOST IMPORTANTLY HAVING FUN!

## BOHEMIANS TENNIS & SPORTS SUMMER CAMP

FOR CHILDREN AGED 8-15 YEARS.

£100 PER WEEK  
£30 PER DAY  
MON-FRI  
9AM-4PM



WEEK 1: 21ST-25TH JULY  
WEEK 2: 28TH JULY - 1ST AUGUST  
WEEK 3: 4TH-8TH AUGUST

BOHEMIANS TENNIS CLUB, SOUTH RIDGE, BRUNTON PARK, GOSFORTH, NE3 2EJ TEL: 07866891868  
FOR MORE INFORMATION AND TO BOOK YOUR PLACE VISIT:  
[HTTPS://CLUBSPARK.LTA.ORG.UK/BENADAMSCOACHING/COACHING/CAMPS](https://clubspark.lta.org.uk/benadamsc coaching/coaching/camps)



**NEWCASTLE UNITED FOUNDATION**  
FAMILY FUN RUN 2025



Calling all kids (and adults) who love to run:

## ON YOUR MARKS, GET SET, GO!

Join us at the start line for **Newcastle United Foundation's Family Fun Run** on Saturday 5th July and gear yourself up for a fantastic day of fun, encouraging tunes, high fives and a special foundation medal guaranteed.



SCAN THE QR CODE  
TO SECURE YOUR PLACE



SATURDAY  
5TH JULY

ROUTE INCLUDES  
LAP OF ST. JAMES'  
PARK PITCH



[nufoundation.org.uk](http://nufoundation.org.uk)  
Registered Charity Number: 1124896



### 111 online - Emergency Prescriptions

This QR code facilitates access to NHS 111 online, the portal at which patients can request a Pharmacy First service for a limited emergency supply of a medicine they have run out, advise them to order via the QR code below. The pharmacy will then receive an electronic referral.



<https://111.nhs.uk/emergency-prescription>

## Got an itch? Tummy trouble? Tickly cough?

NHS



### Head to your local pharmacy.

Did you know? Pharmacists across the North East and North Cumbria can offer advice and FREE treatment for a wide range of common conditions\* - just like having a prescription from your GP!  
Please ask your pharmacy team for more details and eligibility.

Hay fever 1 year+  
Stings & Rashes 1 year+  
Infected insect bites 1 year+  
Headlice 1 year+  
Earache 1 to 17 years  
Impetigo 1 year+  
UTI's non pregnant women 16-64 years

Additional conditions can be treated, without the need to visit a GP. Ask a member of your pharmacy team about the minor ailments scheme.

#### Step 1

Go to your local community pharmacy (chemist) about your illness and they will offer advice.

#### Step 2

If needed, you will be offered treatment and if you qualify, this will be given free of charge.

#### Step 3

A suitable medicine may be offered to you.\*

\*You qualify for free treatment if you do not pay for your prescriptions.



Find further information at:  
[www.thinkpharmacyfirst.health](http://www.thinkpharmacyfirst.health)





GPFS PTFA

# Summer Festival Raffle Prizes

MONDAY 14TH JULY

DRAWN AT 5PM  
GPFS FIELD

TICKETS AVAILABLE TO  
BUY FROM 7<sup>TH</sup>  
JULY AFTER  
SCHOOL!

**Family Fun**

- Life Science Centre family passes
- New Adventureland's party passes
- £10 Hopscotch cafe voucher
- ...and many more!

**Food**

- £30 Tremelo Lounge voucher
- £15 Brunton Deli
- £30 Pizza Dough voucher
- £15 Koru
- ...and many more!

**Wow!**

- Signed England legends rugby shirt
- Estée Lauder goodie bag
- MAC makeover in Fenwicks

GPFS PTFA

# We need your help with the Summer Festival

**Chocolate Tombola**

Please donate a bar or box of chocolates on 23rd June (first day of sports week).

**Bottle Tombola**

Please bring in a bottle in a bottle bag on 23rd June (first day of sports week).

This can be any bottle: alcohol, bubble bath, ketchup etc.

**Teddy Tombola**

Please donate any unwanted cuddly toys by 7<sup>th</sup> July.

**Raffle Prizes**

Can you donate anything as a raffle prize? Please get in touch

**Cake Sale**

Please donate cakes on the morning of 14th July

**Finally!**

Sign up for a 30 minute slot on one of our stalls...

Link to our sign up sheet will be sent around soon.

All donations to be brought to the main school reception, and left in the community room.

GPFS PTFA  
Presents

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MONDAY 14TH JULY

BRING YOUR PICNIC BLANKETS AND GARDEN GAMES

3.30 - 5.30PM  
GPFS FIELD

**Food**

BURGER £3.50  
SAUSAGE £3.50  
VEGGIE SAUSAGE £2.50  
PIZZA SLICE £1

AS WELL AS ICE CREAM, HOT DOGS AND CAKE!

**Activities**

GLITTER TATTOOS £1  
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RAINBOW FACEPAINT 50P  
RAFFLE £1 A TICKET  
TOMBOLAS: BOTTLE, CHOCOLATE AND TEDDY £1  
AND LOTS MORE

PLEASE BRING CASH!



# What Parents & Educators Need to Know about APPLE IPADS

## WHAT ARE THE RISKS?

Tablets remain a staple of children's digital lives – and Apple's iPad is by far the most popular model. According to Ofcom, over half of younger children regularly use a tablet to play games, watch online content or access apps. With their broad functionality, iPads can be helpful tools, but without supervision, they may expose children to risks ranging from inappropriate content to screen overuse.

### COSTLY TO REPAIR

Unlike some child-friendly tablets, the iPad is not built for rough handling. Its slim design and high cost mean that a drop or spill can result in a costly repair. If a child is using the device regularly, a sturdy case and screen protector are strongly recommended to help prevent accidental damage.

### DATA PRIVACY

While Apple is known for strong privacy protections, a recent study found that many iOS apps aimed at children still share personal data. Over 40% of the tested apps sent at least one piece of user information to third parties, raising concerns about advertising and analytics being targeted at underage users.

### INAPPROPRIATE CONTENT

The App Store and Safari browser provide almost unrestricted access to online material. Children may stumble upon age-inappropriate content, whether through apps, advertisements or online searches. Even recommended content algorithms can surface unsuitable material.

### BYPASSING RESTRICTIONS

Siri – Apple's voice assistant – can potentially override restrictions, especially with the newer text-based commands introduced through Apple Intelligence. Without safeguards in place, children may inadvertently access inappropriate topics simply by asking a question, bypassing certain filters previously set by adults.

### SCREEN ADDICTION

iPads can be highly immersive, and excessive screen time may affect a child's emotional and behavioural development. Signs of overuse might include mood swings, irritability, and difficulty focusing on non-digital activities.

### REDUCED ATTENTION & COGNITIVE IMPACT

Prolonged use of tablets has been linked with reduced memory, slower processing speeds and difficulties in concentrating. Research shows that children who spend excessive time gaming or consuming media on tablets may struggle with language development and executive functioning over time.

## Advice for Parents & Educators

### ENABLE FAMILY SHARING

Family Sharing allows you to create a dedicated Apple ID for your child and manage their activity. You can approve purchases, control what content they can access, and set time limits – all done remotely from your own device. It's a simple but powerful way to maintain oversight.

### FILTER APPS, WEBSITES & IN-APP PURCHASES

Parental controls in iOS let you block explicit content in Safari, restrict app downloads, and manage in-app purchase permissions. You can also filter websites automatically to prevent access to adult material and disable the installation of certain app types completely.

### USE SCREEN TIME FEATURES EFFECTIVELY

Tools like Downtime and App Limits can reduce device overuse. Downtime allows you to block access during key times – such as before bed or during homework – while App Limits sets daily time caps on specific games or apps. Alerts help children anticipate when their time is almost up.

### PREVENT UNAPPROVED SPENDING

Children can accidentally (or intentionally) make purchases within apps. Activating Ask to Buy under Family Sharing ensures you receive a notification to approve any app or in-app purchase. This stops surprise charges and allows you to discuss purchases together before they're made.

### Meet Our Expert

Carly Page is a seasoned technology journalist with over a decade of experience. Formerly a senior cybersecurity reporter at TechCrunch, Carly now writes for publications including WIRED, Forbes, TechRadar, and Tes. With a deep understanding of online safety, she brings a valuable perspective to parenting in the digital age.



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