



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

September 5<sup>th</sup> 2025 Issue 1/8 Autumn Term 1



Welcome back! We hope you all had a lovely summer. It was lovely to see such smiley faces looking very smart in our new uniform on Tuesday morning. We'd like to extend a huge welcome to all of our new children and families in Nursery and Reception.

The children have settled beautifully into new routines – we are extremely proud of them all!

It is a bumper edition of the newsletter this week with lots of reminders and important information. Please remember to pass on to family, friends and child care providers who will not receive this directly. The newsletter can also be found on the front page of our website. Pop the kettle on and grab a cuppa!

Many thanks

Mrs Lamb

### **New Nursery and Reception Parents**

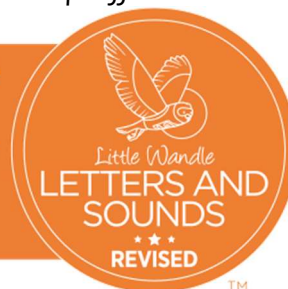
Please make sure you have activated your ParentPay account. All whole school communications including visits, trips, newsletter, flu vaccinations, extreme weather updates and school closure. are sent out this way. Thanks, Mrs Carrick



We had a great turn out at the Reception Parents coffee morning and look forward to seeing Nursery Parents on Monday in the community room after drop off!

We're teaching every child to read with Little Wandle Letters and Sounds Revised

A complete SSP validated by the Department for Education



Our early readers in Reception and Year 1 follow the Little Wandle programme for reading and phonics. We have had huge success with the programme over the last couple of years, developing confident readers who we hope will have a lifelong love of reading.

Huge thanks to all our new reception parents and carers who were able to join us this morning.

We will be holding our next session for year 1 parents next week:

Year 1: 9-10 Thursday 11th September

Please make your way to the Wraparound entrance after drop off.

We look forward to seeing you there!

Mr Patterson

Phonics and Early Reading Lead



We have lots of reminders for this week's newsletter as we settle back into routines after the summer break and welcome our new families.

## Drinks and Playtime Snacks

Children in Reception, Year 1 and Year 2 are offered a free fruit or vegetable snack daily at morning break or you may wish to provide your child with their own preferred fruit or vegetable choice. Key Stage 2 children are also permitted to bring in their own fruit or vegetable snack. Please remember that any form of packaged biscuit bar or snack such as cheese biscuit dippers etc. do not constitute as a fruit or veg snack and so should not be brought in to school for morning break. There is a wealth of fruit and vegetable choice out there that you can choose from, and children are able to bring in small pots of pre-prepared fruit or veg too. Grapes, olives or other similar shaped fruits should be halved lengthways as they are a choking hazard. Small stones such as those found in olives and cherries should be removed. Please remember that all children need to bring in fresh water in reusable water bottles to keep them hydrated. Many bottles are the same so please ensure that they are named too (no Air Up bottles).

## Smoking/Vaping

Smoking and vaping are not allowed anywhere on the school site.

## Nut Free School



Please remember (including informing anyone else who may prepare food for your child) that nuts, nut butters or any other product containing nuts are not permitted in school at any time, including in packed lunches, cake sales or lunches for school trips.

## 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. We have a wide range of allergies and dietary requirements which might mean not all children will be able to be included. If you really want to send in treats these have to be nut free, individually wrapped and vegetarian friendly. These will not be eaten in class but will be sent home with children at the end of the day. Please do not send in whole cakes to be cut.

## Bikes and Scooters

It's been lovely to see so many bikes and scooters coming to school this week.

Please remember to dismount any bikes or scooters at the main gate and walk them on to the school site to avoid any bumps with pedestrians. Please also remind children to walk them out of the school site. Playground gates will **close at 9:00am reopen at 3:20pm** and close again once the children have been collected. For children attending wraparound or anyone arriving late, there are racks near the main office and on the way round to the main playground. You can bring your own bike lock or padlock to secure these.

## Before and After School

If children are enjoying playing in the school grounds before and after school, please make sure they are supervised, particularly on the trim trail. **Children should not swing or climb on any railings or poles.** School gates are locked at 9:00am until the end of the school day and are then locked again at 3:40pm. Please make sure you leave the playground by 3:40 so we can lock the gates ready for Wraparound and other school clubs taking place on site.

## Parking

Parking at the front of school and in the surrounding streets has greatly improved recently. Please remember

- not to idle and to switch engines off
- to be considerate of our neighbours
- leave the disabled bay free for disabled users and remember not all disabilities are visible
- to drive slowly

## Flu Vaccination

The flu vaccination programme will commence in the autumn term for children from Reception to Year 4. The following date has been planned for our school.

**Wednesday 10<sup>th</sup> December**

We will send out further information via ParentPay in the next few weeks.

## Attendance

**Please be reminded I am unable to authorise absences during term time for family holidays.**

**Please inform grandparents, family and friends who may be looking to book birthday or Christmas trips away that these do not fall under exceptional circumstances and will not be authorised.**

**Both Newcastle City Council and the Department for Education are taking a tougher stance on attendance. Fixed penalty notices may be issued in the event of unauthorised absence in term time which is equal to or greater than 10 sessions (5 days). Fixed penalties for the first offence are £160 per parent, reducing to £80 if paid within 21 days. Please follow the link for further information. [Working together to improve school attendance \(applies from 19 August 2024\) \(publishing.service.gov.uk\)](#)**

Leave of absence request forms are available from the school office. As well as returning the form you will be required to meet with me or Mr Hindess.

## Medical/Dietary

Please notify the office as soon as possible if your child has any changes in their medical or dietary needs.



Please remember to put your mobile phone in your pocket/bag once on site unless it is an emergency.

## Visitor Toilet

If any visitor or little one needs to pay a visit, our visitor toilet is located in main reception.



Now our new pupils have started, we will begin the process of rolling the children over into their new classes on our digital platforms (above). There will be some disruption in service until this is done and we get new passwords out to you. We will get these to you as soon as we can.

## PE Days

<b>Rec</b> Miss Parsons-Munn	Tuesday and Friday
<b>Rec</b> Miss Coughlan	
<b>Year 1</b> Mr Edwards	Monday and Thursday
<b>Year 1</b> Miss Pope	
<b>Year 2</b> Mr Patterson	Tuesday and Friday
<b>Year 2</b> Miss Tate	Monday and Friday
<b>Year 3</b> Mr Hindess/ Mrs Armstrong	Wednesday and Friday
<b>Year 3/4</b> Mr Guest	Wednesday and Thursday
<b>Year 4</b> Miss Bell	Wednesday and Thursday





## School Dinners

If you wish to change your child's meal pattern to packed lunch instead of school dinner or vice versa, please let the school office know. School lunches will be £3.00 per day – £114 for the first half term.

## Free School Meals

Every child in Reception Year 1 and Year 2 is entitled to a free school meal but did you know...

Your child and their school may be able to get extra help if you receive one of the qualifying benefits below. We encourage all parents to apply for Free School Meals during their Reception Year, so Newcastle City Council can assess whether your child and their school can receive this extra help. Even if your child does not want to take up a cooked meal during the school day, your school can still receive this additional help.

You can check out eligibility and apply here.

- ✓ <https://www.newcastle.gov.uk/services/schools-learning-and-childcare/help-school-and-learning-costs/apply-free-school-meals>

This can help to pay towards the cost of trips and clubs for your child. If you are successful in your application we will provide you with a free school jumper or cardigan. If you are eligible for free school meals, vouchers are issued during holiday times for the supermarket of your choice! Newcastle City Council operates an Apply Once process for Free School Meals. During your child's academic life you will only ever have to apply once for Free School Meals while they attend a Newcastle school. If your application is refused, they will continue to check your details on a weekly basis, unless you tell them to stop. This means we will know if you start to get a qualifying benefit. They will approve your child's free school meals application and contact you. If you apply through the online portal, you will receive an immediate response to your application. School will be informed of your child's Free School Meal application on a weekly basis.

Thanks Mrs Lamb

## Reception 2026

We've already had lots of enquiries regarding visits for our Reception 2026 intake. Parents are able to visit the school on the following dates. Please phone the school office to book a place.

- Tuesday 7<sup>th</sup> October 5:00 – 6:00
- Tuesday 14<sup>th</sup> October 9:30 – 10:30am
- Tuesday 21<sup>st</sup> October 9:30 – 10:30am
- Wednesday 22<sup>nd</sup> October 9:30 – 10:30am
- Wednesday 6<sup>th</sup> November 9:30 – 10:30
- Wednesday 6<sup>th</sup> November 5:00 – 6:00
- Tuesday 11<sup>th</sup> November 9:30 – 10:30
- Wednesday 12<sup>th</sup> November 5:00 – 6:00

## Staff Training Days

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

- Friday 24<sup>th</sup> October 2025
- Monday 1<sup>st</sup> June 2026

Please see the dates for your diary below and the school calendar for 2025\_2026

Newcastle Schools' Term starts on Tuesday 1<sup>st</sup> September 2026. GST training days for 2026 – 2027 will be set later in this academic year.

## Attendance

Our whole school attendance to date this academic year is **97.2%** which is an amazing start to the school year!

**Reception Miss Coughlan, Reception Miss Parsons-Munn, Year 1 Mr Edwards, Year 3 Mr Hindess & Mrs Armstrong and Year 3/4 Mr Guest's Class** have all had **100%** attendance this week!

Well done everyone!

Mrs Lamb

## Public testing of the Emergency Alerts system Upcoming national test on 7 September 2025

The government will be carrying out a national test of the UK Emergency Alerts system on **7 September 2025 at 3pm**.

The [test alert](#) will be sent to all compatible 4G and 5G mobile phones and compatible tablets across the UK.



Welcome back everyone, I hope you had a fantastic summer! Well done to everyone who continued practicing their times tables and number bonds over the summer. Next week for Years 1 to 4 your teachers will hand-out your logins for both games (they should be the same as last year's for most). I can't wait to see who our first top coin earners will be! Miss Pope

### A message from St Aidan's

We are ready to welcome your children to our After School Club from Tuesday 9th September. We've spent the summer planning some great activities and crafts. Sessions include a snack and bible story too. Please get in touch if you'd like to register your child/ren before term starts. Tuesday's, 3.30pm – 5pm. Free of charge.

Contact our Children and Families Worker for more information

- email: [staidansfamilyworker@gmail.com](mailto:staidansfamilyworker@gmail.com)

Text: 07526275719



## Healthy School

To start off a healthy new academic year, here's some reminders about food and drink in school.

Please remember that all children need to bring in fresh water in reusable water bottles to keep them hydrated. Many bottles are the same so please ensure that they are named too.

Regarding playtime snacks: Children up to year 2 are offered a free fruit or vegetable snack daily at morning break or you may wish to provide your child with their own preferred fruit or vegetable choice. Key Stage 2 children are also permitted to bring in their own fruit or vegetable snack. Please remember that any form of packaged biscuit bar or snack such as cheese dippers etc. do not constitute as a healthy snack and so should not be brought in to school for morning break. There are a wealth of fruit and vegetable choices out there that you can choose from, and children are able to bring in small pots of pre-prepared fruit or veg too. Grapes, olives, cherry tomatoes or other similar shaped fruits should be halved lengthways as they are a choking hazard. Small stones such as those found in olives and cherries should be removed.

And please remember (including informing anyone else who may prepare food for your child) that **nuts, nut butters or any other product containing nuts** are not permitted in school at any time, including in packed lunches, cake sales or lunches for school trips. Thank you, Mrs Wells



### **We are an 'Operation Encompass' school**

Operation Encompass operates in all police forces across England. It helps police and schools work together to provide emotional and practical help to children. The system ensures that when police are called to an incident of domestic abuse, where there are children in the household who have experienced the domestic incident, the police should inform the key adult (usually the designated safeguarding lead) in school before the child or children arrive at school the following day. This ensures that the school has up to date relevant information about the child's circumstances and can enable immediate support to be put in place, according to the child's needs.



Each week we include a 10 tips guide from The #WakeUpWednesday campaign which provides information from [The National College](#), for parents and educators on topics like **online safety, stress management, physical well-being, self-regulation, healthy sleep, open communication, financial literacy,** and **water safety**. This week's is recognising and managing stress. This can be found at the end of the newsletter.

# Important Draft Dates 2025-26

New additions will be added in red

Autumn One	
Monday 1st September	Training Day
Tuesday 2nd September	School re-opens
Tuesday 2nd September	New Reception Parents/Carers Coffee morning in the community room 9:00 – 10:00
Friday 5th September	Reading meeting for Reception Parents 9:00 – 10:00 enter via Wraparound
Monday 8th September	New Nursery Parents/Carers Coffee morning in the community room 9:00 – 10:00 small hall enter via Wraparound
Thursday 11th September	Reading meeting for Year 1 Parents 9:00 – 10:00 enter via Wraparound
Friday 12th September	Reception Classes: Meet the teacher 9:00 – 10:00 enter via Wraparound
Monday 15 <sup>th</sup> September	Year 3, Year 3/4 and Year 4: Meet the teacher 3:45 – 4:15 enter via Year 3 and Year 4 cloakrooms
Tuesday 16 <sup>th</sup> September	Year 1: Meet the teacher 3:45 – 4:15 enter via external classroom doors
Tuesday 16 <sup>th</sup> September	Year 2: Meet the teacher 3:45 – 4:15 enter via red doors under Rainbow canopy
Friday 19 <sup>th</sup> September	Meet your Special Needs Coordinator (SENCO) 9:00 Community Room
Thursday 25 <sup>th</sup> September	Y4 Miss Bell Bikeability Level One
Thursday 5 <sup>th</sup> October	Y4 Mr Guest Bikeability Level One + any none-riders
Monday 6 <sup>th</sup> October	Y3 Geography Fieldwork – Gosforth Highstreet
Tuesday 7 <sup>th</sup> October	Y3/4 Geography Fieldwork – Gosforth Highstreet
Wednesday 8 <sup>th</sup> October	Y4 Geography Fieldwork – Gosforth Highstreet
Thursday 9 <sup>th</sup> October	Y1 trip to Royal Navy Museum
Wednesday 22 <sup>nd</sup> October	Y4 Playground Leaders Training
Friday 24 <sup>th</sup> October	Training Day
Autumn Two	
Monday 3rd November	School re-opens
Wednesday 5th November	School Photos (individual and sibling)
Thursday 27 <sup>th</sup> November	Y3 + Y3/4 trip to Victoria Tunnel + Northern Print Workshops
Tuesday 2 <sup>nd</sup> December	Y4 trip to Victoria Tunnel + Northern Print Workshops
Thursday 4 <sup>th</sup> December	Y2 trip to Discovery Museum
Christmas Performances and Events	
<b>Wednesday 10<sup>th</sup> December</b>	<b>Reception to Year 4 Flu Vaccinations</b>
Wednesday 10 <sup>th</sup> December	Nursery - doors open at 9:15 for a 9:30 – 10:00 performance
Wednesday 10 <sup>th</sup> December	Santa Dash Daily Mile
Wednesday 10 <sup>th</sup> December	Christmas Jumper Day
Wednesday 10 <sup>th</sup> December	Christmas Dinner Day
Thursday 11 <sup>th</sup> December	Reception Miss Coughlan - doors open at 9:15 for a 9:30 – 10:00 performance
Friday 12 <sup>th</sup> December	Reception Miss Parsons-Munn - doors open at 9:15 for a 9:30 – 10:00 performance
Monday 15 <sup>th</sup> December	Year 4 Miss Bell - doors open at 2:15 for a 2:30 – 3:00 performance
Tuesday 16 <sup>th</sup> December	Year 1 Miss Pope and Mr Edwards - doors open at 9:15 for a 9:30 – 10:00 performance
Tuesday 16 <sup>th</sup> December	Year 3/4 Mr Guest - doors open at 2:15 for a 2:30 – 3:00 performance
Wednesday 17 <sup>th</sup> December	Year 2 Mr Patterson and Miss Tate - doors open at 9:15 for a 9:30 – 10:00 performance
Wednesday 17 <sup>th</sup> December	Year 3 Mr Hindess & Mrs Armstrong - doors open at 2:15 for a 2:30 – 3:00 performance
Thursday 18 <sup>th</sup> December	Whole School trip to Gosforth Civic Theatre
Friday 19 <sup>th</sup> December	Reception to Year 4 Christmas Parties (wear party clothes!)

# Important Draft Dates 2025-26

## Spring One

Monday 5th January	School re-opens
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## Spring Two

Monday 23rd February	School re-opens
Wed 11th - Friday 13th March	Year 4 to Robinwood
Friday 3 <sup>rd</sup> April	Bank Holiday

## Summer One

Monday 20 <sup>th</sup> April	School re-opens
Monday 4 <sup>th</sup> May	Bank Holiday
w/b 4 <sup>th</sup> May	Year 4 Swimming Lessons (PM all week)
w/b 11 <sup>th</sup> May	Year 4 Swimming Lessons (PM all week)
Friday 22 <sup>nd</sup> May	'That History Bloke' Ancient Greeks Workshops KS2

## Summer Two

Monday 1st June	Training Day
Tuesday 2nd June	School re-opens
Tuesday 2nd June	'That History Bloke' Ancient Greeks Workshops KS2
w/b 22 <sup>nd</sup> June	Sports Week
w/b Monday 6th July	Transition Week
Thursday 9th – Friday 10th July	Year 3 Onsite Residential Sleepover
Thursday 16 <sup>th</sup> July	Year 4 Leaver's Assembly (more info TBC)
Friday 17th July	Final Day of 2025-26





# 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.

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

# ST AIDAN'S CHURCH BRUNTON PARK

TUESDAY'S  
3.30 – 5.00PM

AFTER SCHOOL  
DROP-OFF  
CLUB



FREE

CONTACT

[staidansfamilyworker@gmail.com](mailto:staidansfamilyworker@gmail.com)  
07526275719



# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College