



www.gosforthpark.newcastle.sch.uk

September 19th 2025 Issue 3/8 Autumn Term 1

MEET the TEACHER

We had a wonderful turn out for our meet the teacher events. Thank you so much for joining us. Parent Consultations are planned for just after the half term holiday. We will send out more information in the next few weeks.



Reception and Year 1 parents

Thank you so much for coming along to the phonics information mornings. For anyone who couldn't make it or would like to find out more, check out <https://www.littlewandle.org.uk/resources/f-or-parents/>. This has lots of informative videos and support documents to help with the sounds of graphemes, digraphs and trigraphs, as well as overviews of your child's learning journey across both year groups.

Mr Patterson

School Council



We are extremely proud of our newly appointed school council members. These were democratically elected in classes after two assemblies all about democracy and what we are looking for in an ideal candidate. We talked about not just choosing our best friends but choosing people who were right for the job.

Our newly appointed members are:

- ✓ **Year 4 Poppy**
- ✓ **Year 4 Arthur**
- ✓ **Year 4 Charlie**
- ✓ **Year 4 Brooke**
- ✓ **Year 3 Violet**
- ✓ **Year 3 Isaac**
- ✓ **Year 3 Lottie**
- ✓ **Year 3 Benjamin**
- ✓ **Year 2 Bonnie**
- ✓ **Year 2 Finn**
- ✓ **Year 2 Casper**
- ✓ **Year 2 Ada**
- ✓ **Year 1 Will**
- ✓ **Year 1 Rose**
- ✓ **Year 1 Ionas**
- ✓ **Year 1 Maisie**

One of school councils first jobs is to choose their school council badges which will be ordered next week!

Well done – Mrs Lamb

Starting School in September 2026!

Applying for Places

Nursery Application forms for places in September 2026 will be available on the school website and from the office from Friday 9th January 2026.

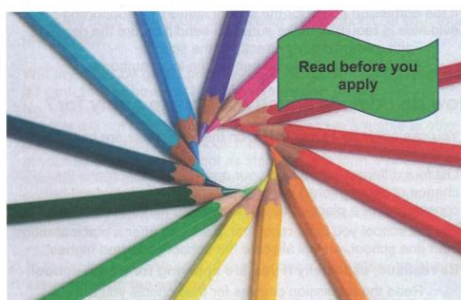
The closing date for applications is 27th March 2026 at noon.

Offer letters will be emailed out on Wednesday 1st April 2026.

The deadline for accepting a place is Friday 24th April.

Starting school in 2026

Essential information about making an application for a Reception place if you live in Newcastle



Find out more and apply online at www.newcastle.gov.uk

The closing date is 15 January 2026

Reception Applications for September 2025

Applications open: 1st September 2025

Applications close: 16th January 2026

National offer day: 16th April 2026

Further information can be found at

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

See visit dates further below.

Transferring school in 2026

Essential information about making an application to transfer to middle, secondary or high school.



Find out more and apply online at www.newcastle.gov.uk

The closing date is 31 October 2025.

Middle School Applications for September 2025

Applications open: 1st September 2025

Applications close: 31st October 2025

National Offer Day: 2nd March 2026

Further information can be found at

[Applying for Transfer places | Newcastle City Council](#)

Mrs Lamb



Gosforth East Middle School is holding an open evening on Wednesday 8th October for our Year 4 parents. We will send more information from Mr Stout via ParentPay.

Gosforth Central Middle School is holding an open evening on Tuesday 14th October for our Year 4 parents. Further information has already gone out on ParentPay

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



A polite request from NCC

The traffic management team of Newcastle City Council have recently had some complaints from nearby residents and Local Councillors for the area. The main issue seems to be referring to parking issues around the school. While I am aware there is not enough parking for all parents and staff, would it be possible for you to remind both staff and parents to park considerately of the neighbours and local residents ensuring they are not blocking any driveways or dropped kerbs and are not parking on any restrictions within the area.

Traffic Management
Newcastle City Council



Year 4 Bikeability Reminder

All Year 4 children are invited to complete their Bikeability cycling proficiency award. Children will need to bring their **bikes and helmets** on the dates below. They will take part in half a day of cycling skills. We have also arranged for a session for none-riders and children who need a bit more practice to become confident cyclists. We will be remaining on the school grounds for these sessions.

Y4 Miss Bell

Thursday 25th September

Y4 Mr Guest

Thursday 2nd October

None-riders (from both Y4 classes)

Thursday 2nd October

We will also send out reminders via Seesaw

Many thanks

Mr Hindess



The Gosforth Voices and Band rehearsals recommence soon. The first rehearsals for each:

Gosforth Voices - Wednesday 24 September, 3:45-4:45pm at Grange First School

Gosforth Band - Wednesday 1 October, 3:45-4:45pm at Archibald First School

A great opportunity for singers and musicians of all ability!

Check out the end of the newsletter for more information.

Thanks, Mr Patterson



Izzy, Molly, Oonagh and Rosa (Miss Pope's Year 1 class) all passed their first ballet exam receiving their Turquoise Rossette! They are all very pleased with their bannerette where all their future awards can be displayed. Well done everyone!

We love to read!

Huge well done and thanks to one of our lovely dads who has made this for our local community!

Our girls aged 3 and 5..love reading, their Daddy built them an outdoor book swap box outside of our house on the front drive. If you live locally, We live on Greenfield Road, Brunton Park..if your little one wants to swap their book please pop along and have a look. The more that get involved the better. The box is now full of books.



THE PEOPLE'S KITCHEN

est. 1985
NEWCASTLE

For Harvest this year we have decided to welcome donations for the People's Kitchen which provides hot meals and support for anyone who, for many different reasons, finds themselves struggling.

This is a critical time for this excellent charity, which is based near St James' Park, because it is when the warehouse is replenished with goods to sustain it through the year to come.

The charity provides a 'Harvest Wish List' for all who are willing to give. This includes tinned meals, vegetables, fruit and soups, cooking ingredients; tea, coffee and instant drinking chocolate; household items such as dishwashing cloths, pan scrubs, freezer bags, laundry, wash tablets and general toiletries are also welcome. Please note that fresh fruit and vegetables are not required because it is not necessarily possible to use them immediately.

Please send any donations into the school office and leave on top of the Lost Property unit by Monday 13th October.

Thank you for your support.

Miss Parsons-Munn

Please see the end of the newsletter for the Harvest Wish List.

Pre-Loved Uniform

PRE-LOVED ITEMS WE CAN SELL		PRE-LOVED ITEMS WE CAN NOT SELL
OFFICIAL SCHOOL JUMPERS/HOODIES	£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	

Items are sold from 1 Park Drive, Melton Park NE3 5QB, with a drop off box in front of the garage. Please only drop off items on the list that can be resold.

Please REMEMBER items 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.



Please remember that there is also a pre-loved uniform drop off area in the main entrance to help us to reuse, recycle and re-love uniform for the benefit of our children and community.



Have you visited the Snacktember website yet?

Snacktember is all about helping your children to explore better snacking, try new snacks and make their own snacks (with your help!).

Snacks can play a big part in what children eat so making some small, healthier changes could mean big health benefits.

Many children are having less than 3 of their 5 a day and so they will also be having less fibre than is needed for gut health.

Why not try a new simple snack each week, involving your child with choosing what they would like to try. Starting simple with raw fruit and veg cut in to finger food style portions takes minimal time and preparation and trying a range of colours brings the best variety of nutrients.

Find out more at [Snack-tember 2025 | British Nutrition Foundation](#)

Mrs Wells

TIMES TABLES ROCK STARS

It has been great to see so many of you on TTRS this week! Miss Bell's class is our most active class this week. Our top coin earners are **Joseph B, Darcy C** and **Fionntan M.**



I hope you have all been able to login and start updating your robots with your hard-earned coins. Remember to use both story and challenge mode to improve your skills. Our most active class is Mr Hindess and Mrs Armstrong's.

Our top coin earners this week are:

Miss Pope – **Toby B**

Mr Edwards – **Daniel M**

Miss Tate – **Nour I**

Mr Patterson – **Omar A**

Mr Hindess and Mrs Armstrong – **James C**

Mr Guest – **Alfie R**

Miss Bell – **Patrick B**

Keep working hard everyone, Miss Pope.

Attendance

Our whole school attendance to date this academic year is **96.8%** which is slightly down on this time last year (**97%**).

Our classes of the week this week are **Year 2 Mr Patterson** with **99.7%** and **Year 4 Miss Bell** and **Reception Miss Parsons-Munn** with **97.7%**

Well done everyone!

Mrs Lamb

Fraudulent App Alert

We have been alerted to a fraudulent app in the Apple App Store that mimics ParentPay branding.

Please be aware:

– **ParentPay does not have an app available for download from any app store**

– To use ParentPay, parents should visit <https://www.parentpay.com/> from a mobile phone or computer

– After logging in, parents can save a shortcut onto their phone's home screen.



Staff Training Days

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

- Friday 24th October 2025
- Monday 1st June 2026

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

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

Important Draft Dates 2025-26

New additions will be added in red.

Autumn One

Thursday 25 th September	Y4 Miss Bell Bikeability Level One
Thursday 5 th October	Y4 Mr Guest Bikeability Level One + any none-riders
Monday 6 th October	Y3 Geography Fieldwork – Gosforth Highstreet
Tuesday 7 th October	Y3/4 Geography Fieldwork – Gosforth Highstreet
Wednesday 8 th October	Y4 Geography Fieldwork – Gosforth Highstreet
Thursday 9 th October	Y1 trip to Royal Navy Museum
Wednesday 22 nd October	Y4 Playground Leaders Training
Friday 24 th October	Training Day

Autumn Two

Monday 3 rd November	School re-opens
Wednesday 5 th November	School Photos (individual and sibling)
Thursday 27 th November	Y3 + Y3/4 trip to Victoria Tunnel + Northern Print Workshops
Tuesday 2 nd December	Y4 trip to Victoria Tunnel + Northern Print Workshops
Thursday 4 th December	Y2 trip to Discovery Museum

Christmas Performances and Events

Wednesday 10th December	Reception to Year 4 Flu Vaccinations
Wednesday 10 th December	Nursery - doors open at 9:15 for a 9:30 – 10:00 performance
Wednesday 10 th December	Santa Dash Daily Mile
Wednesday 10 th December	Christmas Jumper Day
Wednesday 10 th December	Christmas Dinner Day
Thursday 11 th December	Reception Miss Coughlan - doors open at 9:15 for a 9:30 – 10:00 performance
Friday 12 th December	Reception Miss Parsons-Munn - doors open at 9:15 for a 9:30 – 10:00 performance
Monday 15 th December	Year 4 Miss Bell - doors open at 2:15 for a 2:30 – 3:00 performance
Tuesday 16 th December	Year 1 Miss Pope and Mr Edwards - doors open at 9:15 for a 9:30 – 10:00 performance
Tuesday 16 th December	Year 3/4 Mr Guest - doors open at 2:15 for a 2:30 – 3:00 performance
Wednesday 17 th December	Year 2 Mr Patterson and Miss Tate - doors open at 9:15 for a 9:30 – 10:00 performance
Wednesday 17 th December	Year 3 Mr Hindess & Mrs Armstrong - doors open at 2:15 for a 2:30 – 3:00 performance
Thursday 18 th December	Whole School trip to Gosforth Civic Theatre
Friday 19 th December	Reception to Year 4 Christmas Parties (wear party clothes!)

Important Draft Dates 2025-26

Spring One	
Monday 5th January	School re-opens
Spring Two	
Monday 23rd February	School re-opens
Wed 11th - Friday 13th March	Year 4 to Robinwood
Friday 3 rd April	Bank Holiday
Summer One	
Monday 20 th April	School re-opens
Monday 4 th May	Bank Holiday
w/b 4 th May	Year 4 Swimming Lessons (PM all week)
w/b 11 th May	Year 4 Swimming Lessons (PM all week)
Friday 22 nd 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 nd June	Sports Week
w/b Monday 6th July	Transition Week
Thursday 9th – Friday 10th July	Year 3 Onsite Residential Sleepover
Thursday 16 th 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 10th of each month and closes on the 20th of each month, for the following month.

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

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

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

Please email 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

What Parents & Educators Need to Know about

SNAP STREAK

97

SNAPCHAT

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.09.2025



Sunday 28th September
10am - 4pm



HARVEST FESTIVAL PROGRAMME

All the fun of a countryside farm show in the city

10AM - 12PM: GRAFTS

Drop-in any time between 10am and 12pm to make a farm animal crown!



10AM - 12PM: DROP OFF COMPETITION ENTRIES

Drop off your homemade bakes, impressive vegetables and veg patch creatures to be judged!

2PM: LIVE MUSIC, DRINKS, FOOD

Country music from Rob Heron and Tom Cronin, locally brewed Two by Two beers and fresh farm produce to try.



3-4PM: GUINEA PIG RACE, FARMYARD GAMES AND DEMOS



Which guinea will make it past the snacks to reach the end of the race first? How much do you think Truffle the pig weighs?

11.30AM - 12PM: KIDS FELL RACE

Don your animal crown and run! The route is approx 1 mile and suitable for age 4+ but all kids should be accompanied by a grown up.



12PM: JUDGING BEGINS

Our expert local judges will assess all the competition entries.

1PM: PRIZE CEREMONY AND COMMUNITY FEAST

See if you've won one of our fantastic prizes and try some of the delicious community bakes.



HARVEST FESTIVAL COMPETITION CATEGORIES

Creature from the Veg Patch

Can you make a creature - real or imaginary, from vegetables? Kids and adults can enter. [See our Pinterest board](#) for inspiration!



Most impressive vegetable

A giant courgette, a beautiful carrot, a very leafy cabbage - impress us!

Funniest vegetable

Have you grown a vegetable that looks like a gremlin, or a carrot with three legs? We want to see it.



Tastiest conserve

Jams, chutneys, marmalades - we want to taste them all!

Sweet baked good

This could be a classic Victoria sponge, a cupcake, a jam tart... let GBBO inspire you.



Savoury baked good

Pasty, pie, sausage roll - you decide!

To enter, head to www.ouseburnfarm.org.uk/whatson
Please provide a list of main ingredients when you submit your entry on the day.

ST AIDAN'S CHURCH BRUNTON PARK

TUESDAY'S
3.30 - 5.00PM

AFTER SCHOOL
DROP-OFF
CLUB



FREE

CONTACT

staidansfamilyworker@gmail.com
07526275719

THE PEOPLE'S KITCHEN

est. 1985
NEWCASTLE

FOOD FRIENDSHIP FUTURES



HOW YOU CAN HELP THE PEOPLE'S KITCHEN

Our work is only made possible thanks to your kindness and generosity. The People's Kitchen is run entirely by volunteers so every penny donated goes directly to helping our vulnerable Friends who might be homeless, at risk, unemployed, lonely, or living in poverty.



Items we need	Examples
Tinned Vegetables	Tomatoes Plum and Chopped, Peas, Carrots, Sweetcorn, Potatoes, Baked Beans
Tinned Fruit	Peaches, Pineapples, Fruit Cocktail, Pears, Mandarin Oranges
Soup	Tinned or Instant Vegetable, Tomato, Chicken, Broth, Lentil, Potato & Leek
Cooking/ Baking Ingredients	Sugar, Self-Raising Flour, Plain Flour, Jam, Desiccated Coconut, Cocoa, Porridge Oats, Dried Fruit, Cooking Oil, Lentils, Broth, Pulses (Chickpeas, Kidney Beans, Butter Beans)
Snacks	Pot Noodles, Crisps, Biscuits, Chocolate, Sweets
Drinks	UHT Milk, Coffee, Tea, Hot Chocolate, Cartons of Juice, Fruit Squash
Desserts	Rice Pudding, Jelly, Angel Delight, Instant & Tinned Custard, Evaporated Milk, Golden Syrup
Tinned Meat	Ham, Corned Beef, Chilli, Curry, Minced Beef, Bolognese, Stewing Steak
Cooking Sauces	Indian, Thai, Chinese, Italian, Mexican, Coconut Milk
Condiments	Tomato Ketchup, Brown Sauce, Mayonnaise, Salt, Pepper
Pasta & Rice	Lasagne, Egg Noodles, Rice
Stock and Gravy	Vegetarian, Beef, Chicken and Onion
Toiletries	Soap, Deodorant, Shampoo, Conditioner, Shower Gel, Razors, Toothpaste, Toothbrushes, Toilet Roll
Cleaning/Other	Washing Up Liquid, Washing Powder, Spare Carrier Bags
Pet Food	Dog and Cat Wet and Dry Food



NEWCASTLE MUSIC SERVICE

Gosforth Voices & Band

All rehearsals take place on Wednesdays, 3:45–4:45pm.

Voices rehearsals are held at Grange First School, Gosforth, NE3 2NP.

Band rehearsals are held at Archibald First School, Gosforth, NE3 1EB.

Autumn Term

1	Wednesday 24 September [V]
2	Wednesday 1 October [B]
3	Wednesday 8 October [V]
4	Wednesday 15 October [B]
5	Wednesday 22 October [V]

HALF TERM:

NO rehearsal Weds 29 October

6	Wednesday 5 November [V]
7	Wednesday 12 November [B]
8	Wednesday 19 November [B]
9	Wednesday 26 November [V]
10	Wednesday 3 December [B]

Spring Term

1	Wednesday 14 January [V]
2	Wednesday 21 January [B]
3	Wednesday 28 January [V]
4	Wednesday 4 February [B]
5	Wednesday 11 February [V]

HALF TERM:

NO rehearsal Weds 18 February

6	Wednesday 25 February [B]
7	Wednesday 4 March [V]
8	Wednesday 11 March [B]
9	Wednesday 18 March [V]
10	Wednesday 25 March [B]

Summer Term

1	Wednesday 22 April [V]
2	Wednesday 29 April [B]
3	Wednesday 6 May [V]
4	Wednesday 13 May [B]
5	Wednesday 20 May [V]

HALF TERM:

NO rehearsal Wednesday 27 May

6	Wednesday 3 June [B]
7	Wednesday 10 June [V]
8	Wednesday 17 June [B]
9	Wednesday 24 June [V]
10	Wednesday 1 July [B]



GOSFORTH VOICES & BAND

Do you enjoy singing and making music?

FREE



Our Gosforth Voices & Band groups meet on Wednesdays from 3:45-4:45pm. It's a fantastic opportunity to make music with others and meet new friends from other schools! We perform several times through the year too.

To join us, scan the QR code to find out more or visit our website:
www.newcastlemusicservice.co.uk/ensembles





Gosforth Voices is a choir aimed towards children in Years 3 & 4, meeting at Grange First School. It's a fantastic way to make new friends from other schools, develop confidence in singing and learn new songs.

Gosforth Band is a mixed instrumental ensemble designed for children from Year 3 up to Year 8. We rehearse at Archibald First School. It's open to complete beginners right through to experienced players. We get together to learn new pieces and develop as musicians, gaining valuable musicianship skills and a good sense of ensemble.

For more information and to sign up, please see our website:
www.newcastlemusicservice.co.uk/ensembles



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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?



**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.**

UTI's non pregnant women 16–64 years

Shingles 18 years+

Impetigo 1 year+

Sore throat 5 years+

Sinusitis 12 years+

Infected insect bites 1 year+

Earache 1 to 17 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**



Snack better this September!

**Snack
tember**

EXPLORE BETTER SNACKING...

TRY NEW SNACKS...

MAKE YOUR OWN SNACKS!



Inspiring healthier, more sustainable snacking
for children and young people. Find out more:
www.nutrition.org.uk/snack-tember-2025

Better snacking. One bite at a time.

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 **British
Nutrition
Foundation**