



www.gosforthpark.newcastle.sch.uk

October 10th 2025 Issue 6/8 Autumn Term 1



We were very lucky to be visited by some members of Trinity Church in Gosforth this morning, who taught us a little bit more about why we celebrate Harvest. We created a poem of the different things that we were thankful for, to represent each letter of the word Harvest. It was lovely to learn about the story of Harvest and discuss the different ways we can help others.

Miss Parsons-Munn

Reminder

We break up on Thursday 23rd October for half term. Friday 24th October is a staff training day. We return to school on Monday 3rd November

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



PTFA

We will be having the first cake sale of the year after school on Friday 17th October. Please bring any **nut free** cake donations to the school office on Thursday 16th October, or the morning of Friday 17th.

Please check out information below about our PTFA 100 Club and Wreath Making events



Year One Royal Navy Museum

On Thursday, Year 1 had a brilliant time at the Royal Navy Museum in Hartlepool. As part of our 'Pirates' topic, children climbed aboard the HMS Trincomalee to learn about what life would have been like onboard. We also enjoyed the Horrible Histories Pirates exhibition and took part in some rope making.

Thank you to all the staff and parent helpers for making this trip a success!

Year 1 Team



KS1 Geography Skills and Fieldwork

Pupils in KS1 have had a fantastic time this week taking part in some **Geography skills and fieldwork** on our school grounds.

We created 3D maps of our school and grounds using natural materials before taking part in some orienteering using a real map!

A massive thank you to Mr H for making these sessions so fun, purposeful and memorable for our children.

KS1 Team



KS2 Geography Skills and Fieldwork

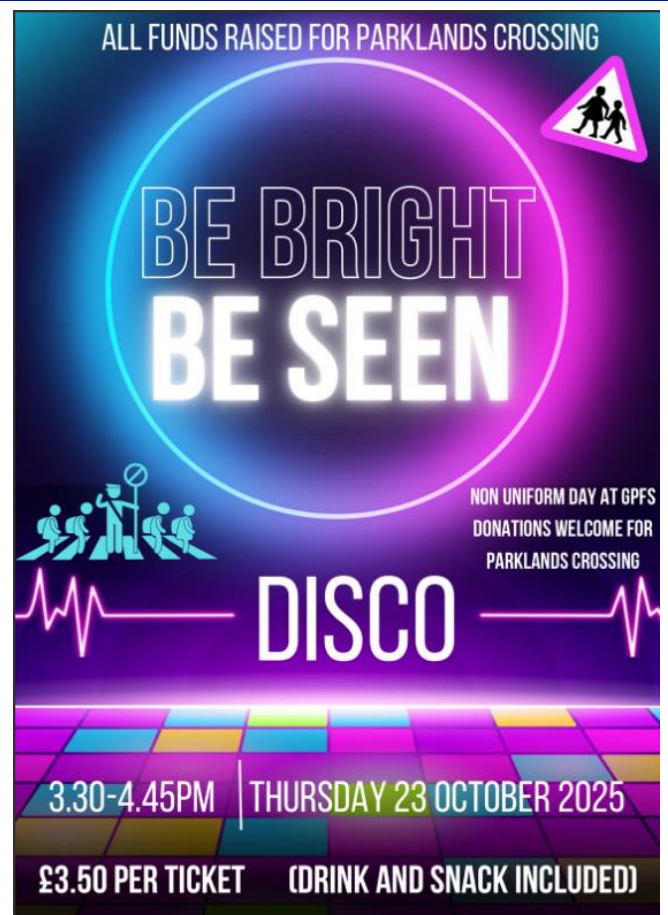
KS2 conducted our own fieldwork enquiry to gather data that would help us to answer the question, '**How can we improve Gosforth High Street?**'

We walked to the high street and conducted a survey of the public to ask their opinions. We also tallied the building usage along the high street and noticed how many empty buildings there were.

Our young Geographers were so confident and well behaved when out and about. They are a credit to GPFS.

A massive thank you to the staff and all of the parent helpers.

Mr Hindess



We are very much looking forward to the upcoming Be Bright Be Seen Disco.

Children not attending the disco: can be picked up from classrooms at the usual time and location. Any children not attending the disco and using Wraparound will be taken to Wraparound as usual.

Children attending the disco: will be taken to the disco by school staff who will be on hand throughout. Children will then return to classrooms to be collected at the usual location at **4:45**.

Children attending Wraparound after the disco will be taken there to be collected as per your Wraparound booking.

We know that the loud music can be a little overwhelming for some children so we'll also have some quieter rooms available if needed.

Mrs Lamb



Musician Of The Half Term

Frank Sinatra

Frank Sinatra (born Francis Albert Sinatra; December 12, 1915 – May 14, 1998) was a famous American singer and actor. He was one of the most popular entertainers from the 1940s to the 1960s. He sold an amazing 150 million records, making him one of the world's top-selling music artists.

Sinatra won many awards, including eleven Grammy Awards. These included special honours like the Grammy Trustees Award, Grammy Legend Award, and the Grammy Lifetime Achievement Award.

Sinatra made his motion-picture debut in the 1943 musical *Higher and Higher*. He would go on to play diverse roles in more than 50 films. He won his first Academy award in 1945 for the patriotic short subject *The House I Live In*.



Greatest Hits

My Way

New York, New York

Blue Moon

Somethin' Stupid

Come Fly with Me

For Once In My Life

Fly Me To The Moon

Moon River

The Lady Is A Tramp

Our Musician of the Half Term is Frank Sinatra! Have a listen at home to some of these songs. Mr P



Pearl in Year 3 brought in a real time capsule item! Look at these Frank Sinatra tickets from all the way back in 1977. They cost a whopping £50 each which is the equivalent of £400 today! WOW. Thanks for bringing this in, Pearl.

Mr P



MUSIC GROUPS & ENSEMBLES

Find your sound. Make music, make friends!



FREE

To find out more and sign up, scan the QR code or visit www.newcastlemusicservice.co.uk/ensembles



There are lots of singing and playing opportunities through our Music Service. All free and great fun! Scan the code to find out more.

Thank you, Mr Patterson



Healthy School

National Curry Week started on the 6th October and what better way to enable you to include more vegetables, including beans and pulses, than to include them in a curry sauce. If necessary, many vegetables, such as courgettes and carrots can be grated or chopped finely before adding to sauces where they then blend into the flavours, or a sauce can be pureed once cooked for the fussiest of eaters. If you are introducing your child to new flavours, start mild and maybe give them some sauce with a traditional bread to dip in to it first. And of course, there are several different curry flavours to try from all over the World including Thai, Caribbean and Indian. Needing some inspiration? Visit the following websites for recipes and cooking tips for a variety of global cuisines:

[Kids' curry recipes | Good Food](#) and [Global cuisine recipes - Food A Fact Of Life](#)

Mrs Wells



Well done to Lily who achieved Level 4 in her gymnastics this week.



Well done to Thea who has achieved her 800m swimming badge!



This lovely bunch came together to harvest what they had planted before Summer at the last kids allotment aka gardening club of the season.

They got a blue hubbard squash, loads of tomatoes, more potatoes than expected and some apples! Well done everyone!



Our Golden Welly award goes to Miss Pope's class this week. They have shown lots of imagination and creativity in our mud kitchen and water areas this week. Well done!

Our Opal challenge winner this week is Alanna from year four. She found all of the letters around our playground, and correctly solved the anagram, spelling the word 'orange'. Great anagram skills Alanna!

OPAL plea! – we would love some more plastic or wooden kitchen utensils for our mud kitchen please. If you have any sand toys that you no longer use, they would be fantastic for our new sand area. Donations can be placed in our OPAL donations box in the entrance area.

Thank you!

Ms Gasper

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.

TIMES TABLES ROCK STARS

Miss Bell and **Mr Guest's** class have exactly the same percentage of activity this week! This competition for most active class is so close, well done for all your hard work. Our top coin earners are Patrick B, Joseph B and Charlie B.



Our most active class this week is my class (Miss Pope) with an average of 630 coins each! Well done to the children who have completed story mode, remember to keep using challenge mode to help your speed and test different skills.

Our top coin earners this week are:

Miss Pope – Younes G

Mr Edwards – Elliot B

Miss Tate – Nour I

Mr Patterson – Martha H

Mr Hindess and Mrs Armstrong – Arisa K

Mr Guest – Iris E

Miss Bell – Gerard C

Keep up the good work everyone, Miss Pope.

Attendance

Our whole school attendance to date this academic year is **97.6%** which is very slightly down on this time last year (**97.7%**).

Our classes of the week this week are **Year 2 Mr Patterson** and **Reception Miss Parson-Munn** both with an amazing 99.7%!

Well done everyone!
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.

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>

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 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

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 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

Important Draft Dates 2025-26

New additions will be added in red.

Autumn One

Tuesday 14 th October	Reception trip to Beamish Museum
Friday 17 th October	PTFA Bake Sale – After School
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 10 th 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 Dates 2025-26

Spring One

Monday 5th January	School re-opens
Thursday 22 nd January	Year 2 Pants are Private sessions

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



100 CLUB LOTTERY

Month	Number Cost	1st Prize Allocation	2nd Prize Allocation	3rd Prize Allocation
October	£2	20%	10%	5%
November	£2	20%	10%	5%
December	£4	30%	20%	10%
January	£2	20%	10%	5%
February	£2	20%	10%	5%
March	£2	20%	10%	5%
April	£2	20%	10%	5%
May	£2	20%	10%	5%
June	£2	20%	10%	5%
July	£4	30%	20%	10%

* Please note that the cost for the prize draw in December and July is increased to account for the months of August and September, therefore allowing the prize fund to be larger, a nice treat just in time for the Christmas and Summer Holidays!

Welcome to the Gosforth Park First School PTA 100 Club which will commence from 01st October 2025. The primary aim of our 100 Club is to raise funds for school, but there is an added bonus that you could win a cash prize in doing so!

Here's how it works ...

- You must complete the membership agreement form, confirming you have read, understood and agree to abide by the 100 Club Terms and Conditions and agree to pay the fee of £24.00 per number.**
- You may have up to a maximum of 5 numbers per household (this may be amended depending on the level of interest). These will be allocated to you by the administrator of the PTA 100 Club and you will be informed of your number(s) before the first draw in October. These number(s) are then yours permanently and entered into each monthly draw for that academic year.**
- The 100 Club is a small society lottery and therefore is open to all parents, carers and other family members aged 16 years or over, as well as all CPFS school staff and governors. We are registered with Newcastle City Council: Registration Number: LOTT1049.**
- The draw will take place during PTA meetings or witnessed by a member of school staff and a member of the PTA committee, using <https://pickerwheel.com/tools/random-number-generator/>**
- If you win you will be personally notified via the contact information that you have provided on your agreement form and the prize money will be transferred by BACS transfer asap.**

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

GPFS PTA PRESENTS OUR

Wreath Making Workshops



£40pp
including all materials
and a festive treat.

Available to
book via
ParentPay

Saturday 29th November
GPFS Community Room
2 - 5pm or 5 - 8pm

ALL FUNDS RAISED FOR PARKLANDS CROSSING



BE BRIGHT BE SEEN



NON UNIFORM DAY AT GPFS
DONATIONS WELCOME FOR
PARKLANDS CROSSING



DISCO



3.30-4.45PM | THURSDAY 23 OCTOBER 2025

£3.50 PER TICKET (DRINK AND SNACK INCLUDED)

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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