



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

December 5th 2025 Issue 5/7 Autumn Term 2

## Christmas Shows

**Nursery:** doors open at 9:15 for a 9:30 – 10:00 performance

**Reception Miss Coughlan:** doors open at 9:15 for a 9:30 – 10:00 performance

**Reception Miss Parsons-Munn:** doors open at 9:15 for a 9:30 – 10:00 performance

**Year 4 SB:** doors open at 2:15 for a 2:30 – 3:00 performance

**Year 1:** doors open at 9:15 for a 9:30 – 10:00 performance

**Year 3/4 PG:** doors open at 2:15 for a 2:30 – 3:00 performance

**Year 2:** doors open at 9:15 for a 9:30 – 10:00 performance

**Year 3 JH/SA:** doors open at 2:15 for a 2:30 – 3:00 performance

Tea/coffee and biscuits will be available at the performance and raffle tickets will be on sale. The raffle will be drawn at the end of each performance.

Only **four** guests per household will be admitted. Babies in prams/pushchairs and toddlers will be admitted but will be counted as one of the four guests.

Looking forward to seeing you there!

## Christmas Jumper Day!



This **Wednesday 10<sup>th</sup> December** we are beginning to get into the festive spirit and holding our annual *Christmas Jumper Day* – we will also be having Christmas Dinner at lunchtime!

## Santa Dash Daily Mile



On **Wednesday 10<sup>th</sup> December**, we will also be holding a festive version of our much-loved daily mile. We invite all of our children to wear Santa hats, reindeer antlers or any other funky headgear if they want to (don't forget your trainers!).

Mr Guest

## Reminder

The last day of term is **Friday 19<sup>th</sup> December 2025**. School reopens on **Monday 5<sup>th</sup> January**.



Dear Parents,

This year our children from Reception to Year 4 will be going to Gosforth Civic Theatre to see their production of a show called 'A Town Called Christmas'. It is sure to be a magical show filled with puppets, fairy lights, songs and dancing. We will be walking from our school to the theatre on the day and the trip is being paid for from our generous PTA.

There will be two showings on the day:

Showing one- Reception and Year 1- 10:30 showing (leaving school at 9:45am)

Showing two- Year 2-Year 4- 13:30 showing (leaving school at 12:45pm)

All children will return to school before school finishing time.

Please ensure you provide permission for your child to attend the trip via ParentPay.

We would also love parent helpers to assist us in walking from the school to the theatre on the day. Parents are then welcome to stay and enjoy the show. Please inform the office if you are able to attend alongside your child. We are always very appreciative of the help and support you provide. Please understand that we cannot take all parents.

Thank you  
Miss Bell

## Gosforth Shopping Centre

This year, KS2 were invited by our friends at **Gosforth Shopping Centre** to take part in their festive gingerbread themed display.

Have a look for our GPFS decorations when you are out and about this Christmas!

Mrs Armstrong





## Reception Christmas Crafts Afternoon

A massive **thank you** to all of the parents who were able to attend our Reception Christmas Crafts afternoon today. It was lovely to welcome you all into school- we hope you had a lovely time!

The Reception Team



## PTFA Wreath Making

Huge thanks to everyone who came to our wreath makings events over the weekend, we have raised and **incredible £330** for PTFA. Look at these gorgeous wreaths!



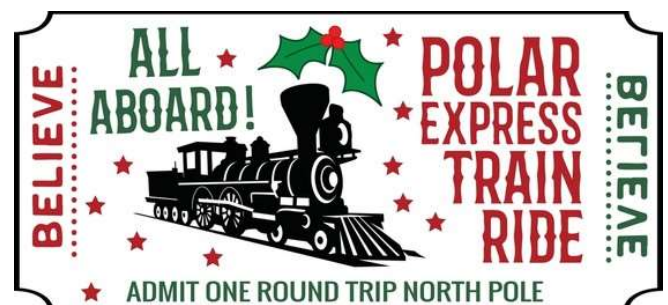
## Christmas PARTY

### Christmas Parties

Christmas parties from Reception to Year 4 will take place on **Friday 19<sup>th</sup> December**. We can't wait to see you in your party clothes. Make sure you've got play appropriate shoes and warm coats for outside!

### Reception Polar Express Day

**Wednesday 17<sup>th</sup> December**



#### All aboard!

On **Wednesday 17th December** children in Reception are looking forward to an exciting day of Christmas fun.

Children are invited to wear their pajamas (as well as their usual warm winter coats!) for a Polar Express themed day

We cant wait!

Miss Coughlan and Miss Parsons-Munn

## Victoria Tunnel

Miss Bell's class had a brilliant time on Tuesday. As part of our World War 2 topic, children took part in a local area study of the Victoria Tunnel (used as a shelter for the people of Newcastle during WW2)



A huge thank you to all of the teachers, pupils and parent helpers for making our trip a success!  
Miss Bell

## Reception Church Visit

Reception had a lovely walk to our local church, St Aidan's, on Thursday afternoon as part of our learning about the wider world. A huge thank you to all of the teachers, pupils, parent helpers and staff at St Aidan's for making our trip a success!



Miss Coughlan and Miss Parsons-Munn



# LET'S GO ZERO 2030

Miss Pope and I had a productive afternoon at the Civic Centre on Tuesday afternoon beginning to write our climate action plan. We are taking action now to reduce our carbon footprint. The plan covers four different areas.

1. **Decarbonisation and Energy Efficiency**
2. **Climate adaptation and resilience**
3. **Biodiversity and Green Infrastructure**
4. **Climate Education, Green Skills and Green Careers**

If you'd like to join our Sustainability working group, we would love to hear from you. We're also keen to hear from anyone who works in the field of any of the four areas above.

We'll be working on this more in the new year but there are a couple of things you can help us with now.

## Reduce, reuse, recycle

Please remember if you have any old **gold star wrist bands** to return them to school to be reused.

If you have any **pre-loved uniform** that no longer fits, please drop it in to our uniform recycling bin in the main entrance (washed please).

One of our lovely parents stores this at home and pre-loved uniform can be purchased for a fraction of the price. All money made comes back to school to be spent on playground equipment for our wonderful children.

## 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.



This is the 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.



## Healthy School

Most of us have struggled with our children being picky about certain foods and some of us may have a child who struggles to try anything new. The World Cancer Research Fund has some great tips on how to try to prevent picky habits becoming ingrained.



These include advice on repeated exposure, being a role model, offering choice, how to make food fun and advice on rewards, with common pitfalls to avoid. They also have a section on their website which you can read through with your child as it talks directly to them about why they may struggle to try new foods and what they can do about it, with your support.

Find the blog at [Top tips on feeding fussy eaters](#) and the section for children at [Fussy eaters | Tips for children | World Cancer Research Fund](#)

Mrs Wells

## Newcastle SEMH Service

**When children have big feelings  
over the holidays...**

We know that this time of year can be hard for both children and adults as the days feel long and the sunlight hours feel short! Newcastle SEMH service has sent out some tips for parents to help to navigate the intense feelings that the lead up to Christmas can bring.

Take a look at the end of the newsletter!

Mr Hindess

## 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.

### Nursery visit dates

- ★ Tuesday 20<sup>th</sup> January 4:00pm
- ★ Wednesday 21<sup>st</sup> January 4:00pm
- ★ Thursday 22<sup>nd</sup> January 9:30am
- ★ Tuesday 27<sup>th</sup> January 4:00pm
- ★ Wednesday 28<sup>th</sup> January 4:00pm
- ★ Thursday 29<sup>th</sup> January 9:30am

### Reception Applications for September 2026

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>

### Middle School Applications for September 2026

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

# TIMES TABLES ROCK STARS

**Miss Bell's** class have beaten Mrs Guest's class by just 1% this week! Well done Miss Bell's class. TTRS have released a limited edition Fibonacci Avatar until the end of December which you can unlock by practicing your times tables this month! Our top coin earners this week are: **Joseph B**, **Patrick B** and **Arisa K**.



**Miss Tate's class** is still the top of the leader board this week! They are becoming number fluency champions!

Our top coin earners this week are:

Miss Pope – **Toby B**

Mr Edwards – **Sean O**

Miss Tate – **Mohammed A**

Mr Patterson – **Alice W**

Mr Hindess and Mrs Armstrong – **Alice B**

Mr Guest – **Imogen W**

Miss Bell – **Gerard C**

Keep up the great progress, Miss Pope.

## Attendance

Our whole school attendance to date this academic year is **97%** which is the same as last year's **97%**.

Our classes of the week this week are **Year 3/4 Mr Guest** with **97.6%** and **Year 1 Mr Edwards** with **97.5%**!

Well done everyone!  
Mrs Lamb



This week the Golden Welly award goes to **Mr Edwards'** class.

They have joined in so well together using their imagination in tyre play and making sure lots of their friends are included – well done!

Ms Gasper



## FAO: Year 3 and Year 4 Parents

Hello,

Gosforth Park have been engaging with Northern Squash club's schools outreach work.

They are now offering free taster sessions at all of their junior beginner boys and beginner girls classes.

**Boys: Saturdays 9am - 10am**

**Sundays 2pm – 3pm**

**Girls: Saturdays 10am - 11am**

**Sundays 1pm – 2pm**

**Location** - McCracken Park, Great North Road,  
Newcastle upon Tyne, NE3 2DT  
Northern Squash Club

Thank you,  
Richard Vitty, Head Coach  
07757989582  
richard.vitty@gmail.com



With the festive season almost upon us, we know it's not always the most wonderful time of the year for everyone. We know that Christmas and New Year can be a challenging time for many families for many different reasons. We have pulled together some resources on a range of different topics in one handy place for you to use or share with loved ones.

- [The NHS](#) - 999 and 111 services are available for emergency and urgent mental health matters, while the website also has details of care on offer
- [If U Care Share](#) - The charity has a range of resources on its website, including a 24/7 confidential Crisis Messenger for anyone struggling
- [Hub of Hope](#) - A searchable online resource which provides suggested services for a range of mental health and addiction issues based on location
- [The Samaritans](#) - The long-running charity offers 24/7 support by phone, email or its Self-help app
- [NHS](#) Support for Domestic Violence and Abuse
- [NHS](#) Addiction Support

- [Struggling at Christmas](#) Get free, safe and anonymous support from kooth.com. We have a range of flyers from Kooth on Loneliness, Loss, Social Anxiety and Family Difficulties which we'll send out on Parent Pay.
- [EDNE](#) Eating Distress North East (EDNE) offers independent confidential services to people affected by eating distress across the North East
- [Free digital mental wellbeing support](#) for adults across the UK is also available at quell.io
- [Education Support](#) offers help with the mental health and wellbeing of teachers and education staff in schools, colleges and universities and can be contacted on 08000 562 561
- [Cruse](#) Bereavement Care (CRUSE) is a national charity committed to promoting the well-being of bereaved people. Patients may contact the national Helpline seven days a week (various times) which is run by trained bereavement volunteers who offer emotional support to anyone affected by grief, calling free on 0808 808 1677.

Wishing you a peaceful and safe Christmas from the whole GPFS Family.

Mrs Lamb



## Reminder

In more extreme weather, where it is not practical to grit the whole site, one of the following two systems will be in place.

**Red Route (red dotted line on map)** – this is the minimum which will be gritted in **extreme weather** (snow and ice) if school is open

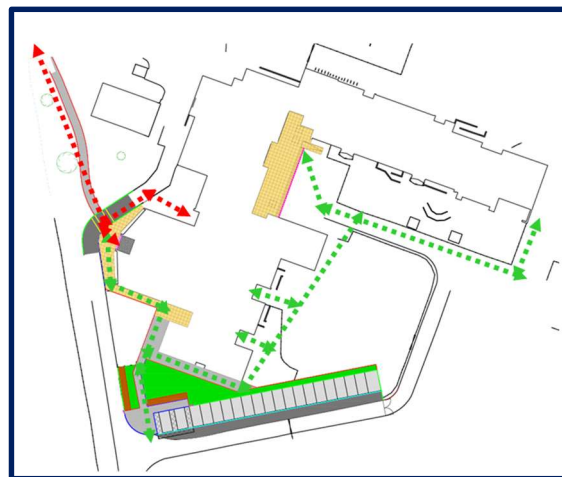
- The pathway leading from the school gate down the main path into the main entrance (this will be used by Year 1 - 4)
- The pathway leading from the school gate down the main path into the wraparound entrance (this will be used by Nursery and Reception)

Staff will be at the front of school to show children where to enter school when usual doors are not accessible.

**Green Route (green dotted line on map)** will be gritted in addition to the red route **on typical icy days** but not in exceptional circumstances and/or extreme weather.

This will cover

- The pathway leading from the school gate down the main path, past the front entrance, round the path and through the gate onto the main playground (in approximately a 1m wide path) to the KS2, KS1, Reception and Nursery doors.
- A pathway from the car park to the main path



We will send the following messages on ParentPay to let you know which system is in operation. Our full gritting policy can be found here:

<http://www.gustonpark.newcastle.sch.uk/website/policies/85462>

Dear Parents

School will be open today, however, due to extreme weather, please make sure you follow the gritted pathways allowing children to enter school via the main office (Year 1-4) and Wraparound entrance (Nursery and Reception). Please do not arrive early and do not let your child play on un-gritted/un-cleared areas before or after school.

Please take extreme care on your way to school and let the school office know as soon as possible if your child is unable to attend today.

Many thanks

Dear Parents

Please make sure you follow the gritted pathways allowing children to enter school via their usual allocated doors this morning. Please do not arrive early and do not let your child play on un-gritted/un-cleared areas before or after school.

Please take extreme care on your way to and from school.

Many thanks



# 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)

# Applying for working parents' free childcare



1



Apply through the childcare service using:

<https://www.beststartinlife.gov.uk>

You will need to confirm your identify

If successful you will receive an eligibility code – '50xxxxxxxx'



2

3



Take this code to your childcare provider with your NI number, child's date of birth and complete a Parent Declaration form

Your childcare provider checks the code is valid and if valid, confirms when you can start



4

5



Every three months, you **MUST** reconfirm your eligibility through your childcare account (helpline below)

**Your 30-hour eligibility code has a validity end date.**

**If you fail to reconfirm or become ineligible, you will stop receiving the free hours.**

**This is your responsibility.**

For support call the childcare service on

**0300 123 4097**



# What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

## TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at [videostandards.org.uk/RatingBoard/games](http://videostandards.org.uk/RatingBoard/games).

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## 'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

## DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

## CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like [systemrequirementslab.com](http://systemrequirementslab.com) can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or PlayStation games won't play on older consoles.

## MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

## BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

## APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

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## CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

## WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnite rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

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## LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

## IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

## STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has written regularly about internet safety issues.



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## **When children have big feelings over the holidays...**

### **It does not mean...**

**They are a bad child**

**You are a bad parent**

**They are trying to ruin your  
fun**

**You need to fix their feelings**

**They are trying to  
embarrass you**

**You need to jump to  
their demands**

**They are defiant and  
refuse to listen**

**They hate you**

### **It may mean...**

**They need a break**

**They are overwhelmed**

**They need a connection  
with you**

**They need you to be  
their calm**

**They are seeking a  
quiet, calm space**

**They are figuring out  
how to navigate  
their big feelings**

**They are tired, hungry  
or bored**

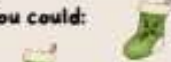




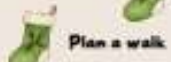
### Plan for downtime and recovery

There can be a lot of expectation around Christmas time to visit family and friends, or have them visit you. Consider when your child may need time to recharge. This may mean a few hours break from social visits or visitors, or maybe a full day.

You could:



Have a quiet day at home



Plan a walk



Bake together



Do some arts and crafts activities

### Prepare your child with visual cues and 'what ifs'

A visual timetable can be useful for laying out the day - it can help your child see:



Who is coming



When they are coming



What activities are planned

Include 'what ifs', such as:

If it is too loud, I can use my ear defenders

If I don't want to play the games, I can listen to music

If it is too hot, I can go outside

If I need some quiet time, I can sit in my room

### Grounding



Things you can see



Things you can hear



Things you can feel



Things you can smell



Thing you can taste



### Snowball Squeeze

Imagine you have 2 icy snowballs in the palm of your hands. Squeeze them until they melt by clenching your fists 3-2-1. Now relax your hands. Notice how your body feels after the release. Repeat as many times as you like until you feel calm.

### Hot Chocolate Breathing



Pretend you are holding a warm mug of hot chocolate. Take in a slow, deep breath through your nose to smell the delicious hot chocolate. Then breathe out slowly, through your mouth, to cool it down. Repeat this 5-10 times. Deep breathing is a great tool to calm your mind and body.

### Winter Walk

Go for a walk and see if you can spot:



A robin



A wreath



An outdoor  
candycane



A holly  
bush



Fairy  
lights



A reindeer



Santa



A  
beautifully  
decorated  
tree



Snowflakes



# 10 Top Tips for Parents and Educators

## ELECTRICAL SAFETY AND DEVICES

Electrical safety is a vital topic for parents and educators, especially with the growing use of devices like smartphones, laptops, and power banks. Electrical fires are a major risk and are the cause of many deaths and injuries each year. There are reportedly nearly 20,000 accidental fires of electrical origin each year in the UK. This guide offers practical advice to help families and schools prevent electrical hazards, and promote safety when using everyday devices.

### 1 CHECK FOR OVERHEATING

Devices such as laptops, tablets, and smartphones can overheat if used for long periods or when charging. Ensure that children don't use devices on soft surfaces like beds or sofas, which can block ventilation. If a device becomes unusually hot, turn it off and unplug it. Overheating can lead to fire hazards if left unchecked.

### 2 INSTALL RESIDUAL CURRENT DEVICES

Ensure that homes and schools are equipped with Residual Current Devices (RCDs). These devices cut off the power if an electrical fault occurs, preventing electric shocks and reducing the risk of fires. RCDs should be tested regularly to ensure they are working properly. More information about RCDs is available from Electrical Safety First.

### 3 AVOID OVERLOADING SOCKETS

Plugging too many devices into one socket can overload the electrical system and cause a fire. In schools and homes, ensure extension leads are not overloaded and never 'daisy chain' multiple extension cords together. Educate children on the dangers of connecting too many devices to a single outlet.

### 4 POWER BANKS: SAFE USE

Power banks are a handy way to charge devices, but they can also pose a risk if misused. Ensure power banks are of high quality and comply with UK safety standards. Teach children never to leave power banks charging unattended, and to avoid placing them under pillows or bedding where they may overheat.

### 5 REGULAR DEVICE INSPECTIONS

Regularly check devices for signs of wear and tear. Frayed charging cables, cracked device casings, or devices that are slow to charge may indicate electrical problems. If any issues are noticed, stop using the device until it can be repaired or replaced by a qualified technician. This proactive approach helps prevent fires caused by faulty devices.

### 6 UNPLUG DEVICES WHEN NOT IN USE

Encourage children and pupils to unplug devices when not in use, particularly overnight. Devices left plugged in unnecessarily can overheat or become fire hazards, especially if left charging unattended for long periods. Simple habits like unplugging can prevent serious incidents.

### 7 USE GENUINE CHARGERS

Always use chargers supplied by the manufacturer or from a reputable retailer. Faulty or counterfeit chargers can cause devices to overheat, short-circuit, or even catch fire. Teach children the importance of avoiding poor-quality chargers, and regularly inspect charging cables for signs of wear or damage. More tips on safe charging can be found at Electrical Safety First.

### 8 WATER & ELECTRICITY DON'T MIX

Teach children that water and electricity are a dangerous combination. Devices should never be used near sinks, bathtubs, or swimming pools. Parents and educators should ensure that any electrical appliances near water sources have proper waterproof casings and are plugged into RCD-protected outlets.

### 9 KEEP DEVICES VENTILATED

Devices need proper ventilation to avoid overheating. Avoid stacking items on top of plugged-in devices like laptops or gaming consoles, and make sure there is enough space around devices to allow for airflow. Proper ventilation helps prevent dangerous heat build-up, reducing the risk of fires.

### 10 SUPERVISE YOUNG CHILDREN

Younger children may not understand the dangers of electricity, so it's important to supervise them when they are using devices. Keep electrical cords out of reach and always remind children never to put objects into electrical outlets.

## Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings as well as many other industries to help them maintain a safe working environment.



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