



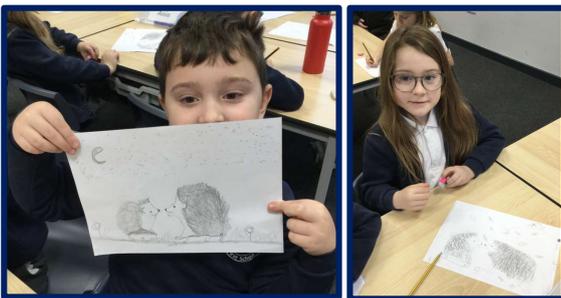
www.gosforthpark.newcastle.sch.uk

January 23rd 2026 Issue 3/6 Spring Term 1



Literature Works Day

On Thursday children across school took part in a *literature works* event with author **Vivian French** and illustrator **Kate Leiper**.



This event was held in memory of our governor Eric Ferguson and to raise money for Pancreatic Cancer UK. So far, we have raised £55

Thank you to everyone who has donated so far!

Mrs Lamb



Energy Workshops

Next week, as part of our Science Curriculum and linked to our Science Week focus *Sustainable, Environmental and Green Careers*, children from Y1 to Y4 will be taking part in Energy Workshops to learn about renewable and non-renewable energy. We will also be learning about why it is so important to save energy.

Miss Pope

Polite Request

Can I please politely request that children do not bring in toys and trinkets from home to play with or swap with their friends.

These have been causing some friendship issues and distracting children from their learning within lessons.

Keyrings on bags are fine but please remind your children that keyrings should remain on bags and are not to be played with or swapped.

Thanks so much for your support!

Mr Hindess

Year 2

Pants are Private

On Thursday afternoon children in Year 2 took part in a 'pants are private' session where they learnt about privacy and personal boundaries in an age-appropriate way.



Thank you to the NSPCC for delivering the sessions. There is a link below if parents would like to find out more:

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>

Miss Parsons-Munn



The **PTFA AGM** will be held on **Tuesday** in the community room. We hope you can join us!



Special Educational Needs Drop-Ins

Mr Hindess will be available between 9-10am to talk to parents about Special Educational Needs and Disabilities. These drop-ins are a chance to catch-up, ask questions and discuss any concerns.

No appointment necessary- teas and coffees will be available in the community room. If you are unable to make the time/date, please do not hesitate to contact me directly regarding all things SEND!

Mr Hindess

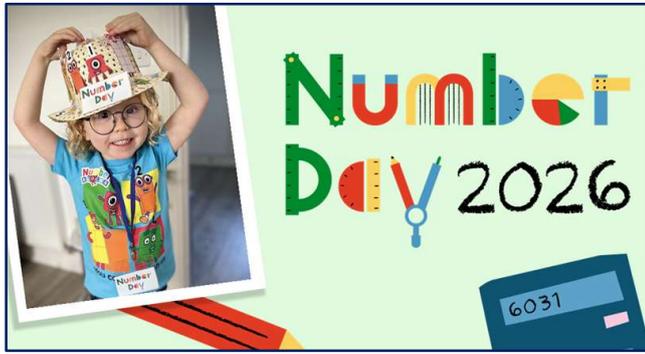


Robinwood Meeting

A meeting for all parents whose children are attending Robinwood in March 2026 will be held in the school hall.

At this meeting you will be given all the relevant information and forms to complete. Please note – this meeting is not for children to attend. Please enter via the Wraparound entrance.

I look forward to seeing you all there.
Mrs Lamb



NSPCC Number Day

Friday 6th February

We are excited to once again be hosting a NSPCC Number Day on Friday 6th February at GPFS. We are raising money for the NSPCC so please come dressed in your best number-related clothes! Your teachers will have some fun number activities as well.

We are asking for donations of £1 via Parent Pay. Thank you for your support.

Miss Pope

Science Week – Careers!

For Science Week this year we would like to focus on 'green' or sustainable careers. We are seeking **members of our community who work in sustainable, environmental or green careers** who would be willing to deliver an assembly to the pupils of GPFS. We would love to inspire our pupils at GPFS by sharing real-world career pathways related to sustainability. Our Science week will take place between the **9th-13th March**. Please get in touch with the school office if you are interested with a short description of your role and what days and time would work best for you during our Science week.

We look forward to hearing from you!

Miss Pope

Reception ASDA Visit

Next week, Reception children are very excited to be taking a walk to our local supermarket, ASDA!

We will be met by our ASDA community partner, Michelle, who will be helping us to find and pay for the ingredients we will need to make our own fruit platters!

Please remember to bring your warm coats.

Many thanks

Miss Coughlan and Miss Parsons-Munn



Healthy Schools
Newcastle

This week we have sent out letters with our Year 4 pupils for permission to deliver the **Health-Related Behaviour Questionnaire** of children and young people.

The questions concern a wide range of health behaviours, for example healthy eating and online safety.

As a result of the survey, Children and Families Newcastle will have reliable information from which it can better plan to meet the health needs of children and young people across the city.

If you would like to know more, there is a copy of the survey available for you to see at the school office.

Mrs Wells



This week the Golden Welly award goes to **Mr Hindess/Mrs Armstrong's class.**

We've noticed lots of creativity and imagination in your play, we love the way you build and use our outdoor equipment in different ways. Well done to you all!

We are hoping the weather will start to get a little bit drier soon, which would really help make the most of our outdoor space. Some of our den building equipment has become very soggy, so we would love any old plastic tablecloths, tarpaulins, or other waterproof coverings as our fabric options are really not working at this time of year! As always, donations are very welcome and can be left in our entrance area in the Opal box.

Thank you! Ms Gasper



The theme for Children's Mental Health Week 2026 is *This is My Place*, and the aim is to support the systems around children and young people to help them feel they belong.

Children will be taking part in some age appropriate mental-health themed activities within their PSHE lessons on the week beginning 9th February and Mr Hindess will be delivering a special assembly about children's mental health.

Mrs Wells

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. 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.



Mr Guest's class has been our most active class over the holidays and first couple weeks of the term! Year 4s remember to try to play for at least 15 minutes a week to improve your multiplication fluency for the upcoming check in June. Our top coin earners have been **Alexander N**, **Alayna R** and **Arisa K**.



Well done to everyone who practiced their number fluency over the holidays! Hopefully some of you managed to earn the Christmas Robot gear. **Mr Edwards' class** has been the top class over the last few weeks.

Our top coin earners this week are:

Miss Pope – **Finn H**

Mr Edwards – **Elliot B**

Miss Tate – **Nour I**

Mr Patterson – **Yusuf A**

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

Mr Guest – **Imogen W**

Miss Bell – **Gerard C**

Keep up the great work, Miss Pope.

Attendance

Our whole school attendance to date this academic year is **96.5%** which is down on last year's **97.3%**.

Our classes of the week this week are **Year 3 Mr Hindess/Mrs Armstrong** with **99.4%** and **Year 4 Miss Bell** with **96.6%**!

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 Friday 13th March 2026 at noon.

Offer letters will be emailed out on Friday 20th March 2026.

The deadline for accepting a place is Friday 17th April.

Nursery visit dates

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

National Offer Day: 2nd March 2026

Further information can be found at

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

Mrs Lamb



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

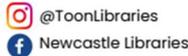
Mrs Carrick

wraparound@gosforthpark.newcastle.sch.uk

NEWCASTLE LIBRARIES

CHILDREN & FAMILIES NEWSLETTER
WINTER 2025/2026

Keep up to date with all things Toon Libraries:



Event booking:
www.eventbrite.newcastlelibraries.com



Christmas Crafts

Monday 22 December at 11am
Fenham Library & Kenton Library

Monday 22 December at 12pm
Blakelaw Library @ Leisure United

Monday 22 December at 2pm
West End Library, Cruddas Park Library, Denton Burn Library, East End Library

Tuesday 23 December at 11am
Outer West Library, Walker Library, City Library & High Heaton Library

Wednesday 24 December at 11am
Newburn Library & Gosforth Library

Wednesday 24 December at 1pm
Blakelaw Library @ Leisure United

Free, drop in, and suitable for the whole family!



BOOK BINDING WORKSHOP

Saturday 14 February, 11am - 1pm

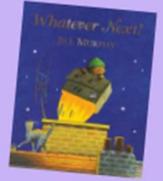
Ever wondered how books are made? In this 2 hour workshop, experts from the Society of Bookbinders North East help you make your own journal. You can even emboss your own name on the front cover!

Suitable for children aged 7+. Children must be accompanied by an adult at all times.

Free session, but booking essential. Booking via Eventbrite.

Whatever Next!

31 January, City Library, 10.30am and 12.30pm



We're celebrating National Storytelling Week with one of our favourite stories - Whatever Next by Jill Murphy.

Baby Bear uses his box to fly into space - what story will you tell using your cardboard box and your amazing imagination?!

Book your free place via Eventbrite for this story and craft session, suitable for children aged 4-11.



Early Words Together

Outer West Library, starts Monday 12 January, 10.30am
High Heaton Library, starts Tuesday 13 January, 2pm

National Literacy Trust

Change your story

First Words Together

Fenham Library Starts Friday 16 January, 10am

These sessions are a fun, free way to help parents develop their skills and confidence to support early language development in a home learning environment. First Words Together is suitable for children up to the age of two and Early Words Together focuses on children aged between 2 and 3 years old.

You will be signing up to attend **5 weekly sessions** with a different focus and theme each week. You'll also get resources to take away with you. Book your free space via Eventbrite.

SATS WORKSHOPS

Fenham Library, Tuesday 17 February, 11am
Gosforth Library, Wednesday 18 February, 11am
City Library, Thursday 19 February, 12pm
West End Library, Friday 20 February, 11am



Join Explore Learning for an hour long session designed to help Year 6 children gain confidence in the run up to SATS tests. This workshop aims to improve SATs preparation, aid familiarisation with SATs papers and help develop exam techniques. Book your free place via Eventbrite.

GAME CHANGERS



Read, play, craft and make friends at our Game Changers social clubs for 7-11 year olds (under 8s must be accompanied by a grown up)!

Whether you want to try a new board game, help create a book display, or have some company while you do your homework, you'll find plenty to keep you busy.

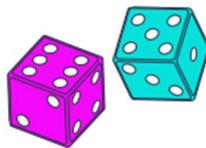
Monday: Fenham Library (3.30pm)

Tuesday: Outer West Library (3.30pm)

Wednesday: Newburn Library (3.30pm)

Thursday: High Heaton Library (3.30pm)

Saturday: Kenton Library (11am), Denton Burn Library (11am), West End Library (10.45am), Cruddas Park Library (11am)



STORYTIMES

Enjoy a relaxed and welcoming atmosphere, explore what the library has to offer, make friends and listen to stories that will encourage young children to develop a life-long love of books.

Under 5s, term time only.

Mondays: Fenham Library 10:30 am, City Library 10.30am, West End Library 2pm
Tuesdays: Gosforth Library, 11am
Wednesdays: Blakelaw Library, 10.30am
Thursdays: High Heaton Library 10.30am, Kenton Library 10.30am
Fridays: Gosforth Library 10.30am, Newburn 10.30am, East End Library 11am
Saturdays: Cruddas Park Library 10.30am, Walker Library 11am

LEGO CLUBS

This is a term time weekly drop-in and we provide all the materials. The clubs are for children aged 4 and up, and children must be with a parent or carer.

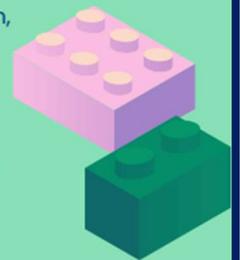
Mondays: Kenton Library - 3.30pm-4.30pm,
West End Library - 4pm-5pm

Tuesdays: Gosforth Library - 3.30-4.30pm

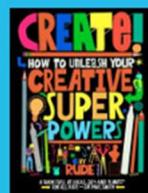
Thursdays: Walker Library - 3.45pm-5pm,
City Library - 4pm-6pm,

Fridays: Fenham Library - 3.30pm-4.30pm

Saturdays: Newburn Library - 10.30am-12.30pm, East End Library - 11am-12pm,
High Heaton Library - 11am-12pm,
Denton Burn Library - 11am-12pm, Cruddas Park Library - 11am-12.30pm,
Outer West Library - 11am-1pm



New Books - Available Now!



Visit libraries.newcastle.gov.uk to search for books, find out where they are, make a reservation (for free!) and select which branch you want to collect your book from!





GOSFORTH RFC

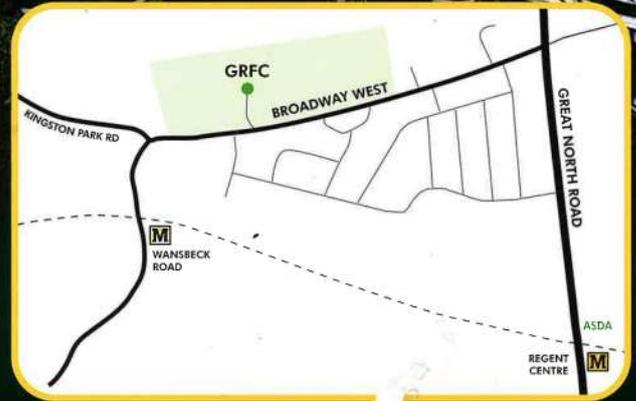


Aged 4-17? LET'S PLAY RUGBY!

Boys & Girls - fancy giving it a try?

Mini & Junior - Come and join us at Gosforth RFC on Sunday mornings 9:30am-12:00pm

All ability - we have coaches for all ages.
Parents - want to join our coaching team? Full training is provided



Find us:

BROADWAY WEST, GOSFORTH
NEWCASTLE UPON TYNE, NE3 2HY

Get in touch:

Jon Nugent - Chairman of Youth rugby
07776 308191
Chairman.GosforthRFC@gmail.com
www.gosforth-rfc.co.uk

Follow us:



GOSFORTH RFC



NSPCC

Number Day 2026

IT'S MATHS, BUT NOT AS YOU KNOW IT.

Friday 6 February



Tag us online:

#NumberDay

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Do you think your child may be neurodivergent?

Drop in and find out about support available near you.

At our drop in events, you can chat to services about the support they offer. You can find out more about;

- An autism & ADHD assessment
- Support for parents
- Activities and groups
- Mental health support
- and more!



- 19th January, 12.30pm - 3.30pm, St Martins, Byker, NE6 2RJ
- 24th February, 1.30pm - 4.30pm, Carnegie Hub, Benwell, NE4 8XS
- 20th March, 9.30am - 12.30pm, The Haven, Kenton, NE3 3RX



Hatchlings Theatre School
City of Newcastle Golf Club



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ENQUIRE NOW FOR A FREE TRIAL
ON SATURDAY 21ST FEBRUARY

ALONGSIDE THEATRE SKILLS, YOUR CHILD WILL ALSO GAIN...

- Confidence & self-belief
- Clear speaking & voice control
- Imagination & creativity
- Teamwork & social skills
- Movement & stage presence
- Focus & listening skills
- Self-expression & emotional awareness

SUITABLE FOR AGES 7-11



CLAIM YOUR FREE TRIAL



FOR MORE INFO CALL 07823408232

"PERFECTLY SCRUMPTIOUS"
The List ★★★★★

"BRILLIANT SONGS"
The Scotsman

"GENUINELY INSPIRED"
OndraReview ★★★★★

LITTLE SEEDS MUSIC presents

GINDERELLA Icecream SELLER

By David Gibb
Directed by Tristan Jackson-Pate



A DELICIOUS NEW MUSICAL FOR FAMILIES AND ICE CREAM LOVERS

SAT 21 FEB, 11AM & 2PM • GOSFORTH CIVIC THEATRE
gosforthcivictheatre.co.uk | Box Office 0191 284 3700

LITTLE SEEDS

Children's Speech & Language Clinic



Do you know a child who could benefit from the clinic?
If so, please feel free to pass on our details.

Scan the QR code below

Newcastle University Children's
Speech & Language Clinic
Application Form



For further information/general enquiries contact:

Jan Holroyd, Children's Speech and Language Clinic Secretary

Tel: 0191 208 7385 or email: ChildSLClinic@ncl.ac.uk



What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College