



www.gosforthpark.newcastle.sch.uk

September 4th 2026 Issue 1/8 Autumn Term 1



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

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

It is a bumper edition of the newsletter this week with lots of reminders and important information. **Please remember to pass on to family, friends and childcare providers who will not receive this directly.**

The newsletter can also be found on the front page of our website although dates are not included in that version for safeguarding reasons. Pop the kettle on and grab a cuppa!

Many thanks
Mrs Lamb

New Nursery and Reception Parents

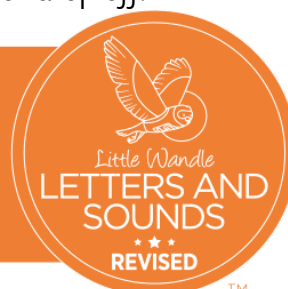
Please make sure you have activated your ParentPay account. All whole school communications including visits, trips, newsletter, flu vaccinations, extreme weather updates and school closure. are sent out this way. Thanks,
Mrs Carrick



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

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

A complete SSP validated by the Department for Education



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

We will be holding our reading session for Reception parents next week:

9-10 Friday 11th September

We will be holding our next session for Year 1 parents the following week:

9-10 Friday 18th September

Grandparents and other family members who might read with your child are more than welcome to attend.

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

We look forward to seeing you there!

Mr Patterson

Phonics and Early Reading Lead



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

Drinks and Playtime Snacks

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

Nut Aware School



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

Birthday Treats

There is absolutely no expectation for you to provide your child's class with birthday treats. Your child's birthday will be celebrated with a song in class. We have a wide range of allergies and dietary requirements which might mean not all children will be able to be included. If you really want to send in treats these have to be nut free, individually wrapped and vegetarian friendly. These will not be eaten in class but will be sent home with children at the end of the day. Please do not send in whole cakes to be cut.

Bikes and Scooters

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

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

Parking

We have recently received some feedback from local residents regarding parking in the surrounding streets and would ask everyone to be mindful of our neighbours when dropping off or collecting children. Please park considerately, avoid causing obstruction to driveways or junctions, and make use of available parking options where possible, including the nearby Asda car park. By working together, we can help ensure that our school remains a positive part of the local community. Thank you for your continued support.

Please remember

- not to idle and to switch engines off
- to be considerate of our neighbours
- leave the disabled bay free for disabled users and remember not all disabilities are visible
- to drive slowly
- do not leave belongings on show or leave children in cars unattended.

Flu Vaccination

Dear Parents/Carers,

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

Wednesday 16th September 2026

The online consent can be accessed via any online device. Please click on the following link:

<https://www.northumbriaimmunisations.co.uk/Forms/Flu>

this will direct you to an online consent form for you to complete using our school code:

NB108442

Consent submissions will close 48 working hours before the school session date. You can call to complete a consent after that but may have to attend a clinic instead.

If you decide you do not want your child to receive the flu vaccination, please complete a non-consent, this is the same form but you chose NO you do not consent to your child receiving the Flu nasal spray or Flu injection.

Please note that school staff do not have access to these systems and cannot consent or withdraw consent on your behalf.

Kind regards

Mrs Lamb

Before and After School

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



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

Visitor Toilet

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



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

PE Days

Rec Miss Proudfoot Rec Miss Coughlan	Monday and Friday
Year 1 Mr Edwards Year 1 Mrs Pennington	Tuesday and Thursday
Year 2 Mr Patterson	Tuesday and Friday
Year 2 Miss Walsh/Mrs Anderson	Monday and Friday
Year 3 Miss Tate	Wednesday and Thursday
Year 3 Mr Guest	Wednesday and Thursday
Year 4 Mr Hindess/ Mrs Armstrong	Wednesday and Thursday
Year 4 Miss Bell	Wednesday and Thursday



Congratulations to Gracie, Zara and Paighton (Year 4), who performed in a musical theatre production of *Oh What a Night* at the Tyne Theatre over the summer.

The girls showcased their talents by singing, dancing and acting throughout the show, delivering fantastic performances and making their families incredibly proud.

Well done, Gracie, Zara and Paighton on this wonderful achievement!



Celebrate Your Child's Achievements

If you would like us to celebrate your child's achievements in our newsletter, such as awards or accomplishments in swimming, football, rugby, dance, gymnastics, martial arts, or any other activity, please email admin@gosforthpark.newcastle.sch.uk by **12 noon on Thursday** for inclusion in that week's **Friday newsletter**.

Please note that any photographs submitted for publication in the newsletter will appear in the newsletter on the school website.

Mrs Lamb

Headlice

We have already been notified of several cases of headlice throughout the school. Our children are very good at sharing!

Please check your child's hair over the weekend.

To help prevent your child catching headlice and to ensure prompt detection we advise you to look particularly closely at your child's hair each week. Brushing and combing hair thoroughly every day can be effective preventative measures. Headlice can infest anyone, regardless of length of hair or standard of personal hygiene.

The eggs of the louse are often more easily detected than the insect itself. They look like shiny, grey/white oval specks stuck to the hair close to the scalp and cannot be easily brushed off like dandruff. They tend to be laid at the nape of the neck, behind the ears or on top of the head. It is advisable that all members of the family are inspected and that friends and the school are informed if head lice are found.

If lice or eggs (nits) are found they can be treated in two ways: you can either buy a preparation from the chemist; or wash the hair and apply conditioner and comb through thoroughly – this must be repeated every 3-4 days for two weeks.

Many Thanks



School Dinners

If you wish to change your child's meal pattern to packed lunch instead of school dinner or vice versa, please let the school office know. School lunches will be £3.10 per day – £114.70 for the first half term.

Free School Meals

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

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

You can check out eligibility and apply here.

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

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

Thanks Mrs Lamb

Reception 2027

We've already had lots of enquiries regarding visits for our Reception 2027 intake. Parents are able to visit the school on the following dates. Please phone the school office to book a place.

- Tuesday 6th October 5:00 – 6:00pm
- Tuesday 13th October 9:30 – 10:30am
- Tuesday 20th October 9:30 – 10:30am
- Wednesday 21st October 9:30 – 10:30am
- Wednesday 4th November 9:30 – 10:30am
- Tuesday 10th November 9:30 – 10:30am
- Wednesday 11th November 5:00 – 6:00pm
- Wednesday 18th November 5:00 – 6:00pm

Staff Training Days

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

- Friday 23rd October 2026
- Monday 7th June 2027

Please see the dates for your diary below and the school calendar for 2026_2027

Newcastle Schools' Term starts on Monday 6th September 2027. GST training days for 2027 – 2028 will be set later in this academic year.



Hello everyone,

It was great to see so many of you using NumBots and TTRS over the summer. Your logins will be passed out again next week in case you have lost them so you can start practicing again! I will be looking for those new rockstars and top coin earners from next week so log in as soon as you can and have a go!

Mrs Pennington

Attendance

Our whole school attendance to date this academic year is **98.1%** which is an amazing start to the school year!

Reception Miss Coughlan, Year 3 Mr Guest, Year 4 Miss Bell and Year 4 Mr Hindess/Miss Armstrong have all had 100% attendance this week!

Well done everyone!

Mrs Lamb

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

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

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

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

Smoking/Vaping

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



Healthy School

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

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

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

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

Pre-Loved Uniform

PRE-LOVED ITEMS WE CAN SELL (please donate)		PRE-LOVED ITEMS WE CAN NOT SELL
OFFICIAL SCHOOL JUMPERS/HOODIES	£2.50	OLD LOGO OR NON-BRANDED ITEMS
OFFICIAL SCHOOL CARIGANS	£2.50	TROUSERS/SHORTS
OFFICIAL SCHOOL POLOS	£1.50	PINAFORES/SKIRTS
GIRLS CHECKED DRESSES	£1.50	SHOES
SCHOOL BAG (NEW STYLE)	£2.50	DAMAGED, MARKED OR STAINED CLOTHING

Items are sold from 1 Park Drive, Melton
Park NE3 5QB, with a drop off box in front
of the garage.

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.



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.

Many thanks

Natasha Davy



We are an 'Operation Encompass' school

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



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



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	November 30 th	December 11 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
Summer Holiday	June 10 th	July 2 nd
September bookings	June 28 th	July 9 th

Wraparound will close at 5pm on Friday 18th December, Thursday 25th March and Friday 16th July.

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

Top Tips for SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

1 START EARLY

Gradually reintroduce school-day sleep, meal, and wake-up routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition feel less abrupt and give children and young people the time they need to readjust to the structure of school life.

2 REBUILD ROUTINES TOGETHER

Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and activities together at the beginning of the school day.

3 ENCOURAGE RESPONSIBILITY

Giving children and young people age-appropriate responsibilities can help foster their autonomy and engagement. For younger children at home, this might include getting dressed independently or checking their school bag. In education settings, children and young people could organise their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These manageable responsibilities can help them feel more involved in the school day while developing useful skills.

4 RECONNECT WITH PEERS

Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to speak to or spend time with school friends, while educators can use group activities, 'buddy' systems, or collaborative tasks to help rebuild classroom connections.

5 SUPPORT HEALTHY NUTRITION

Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families can gradually return to familiar school-day mealtimes, while education settings can reinforce healthy eating routines at the start of term and signpost breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.

6 COMMUNICATE OPENLY

Talk to the children and young people in your care about how they feel about the return to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly when starting a new year group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.

7 RECONNECT WITH LEARNING AND PEERS

Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-pressure recap activities and familiar tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and achievable can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.

8 PRIORITISE SLEEP

Ensure the children and young people in your care get age-appropriate sleep and begin returning to their usual bedtime habits before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.

9 PREPARE AHEAD

Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classrooms, timetables, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make the return feel more familiar and help build up their confidence and independence.

10 BE PATIENT AND FLEXIBLE

Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adapt to earlier mornings, classroom expectations, or busy schedules. Parents and educators can support children and young people's readjustment by maintaining consistent routines, all the while recognising that concentration, behaviour, or confidence may temporarily look different for them.

WELCOME BACK!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School, and a business development specialist for Minds Ahead, which works with schools to improve their mental health provision.



#WakeUpWednesday

The National College®

See full reference list on our website

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.08.2026



GOSFORTH RFC

*Date for your
diary*

REGISTRATION DAY



**SUNDAY 6TH
SEPTEMBER**

**FROM
10AM**

**BROADWAY WEST
NE3 2HY**

**WHETHER YOU'RE AN EXISTING MEMBER OR A NEW PLAYER JUST
WANTING TO GIVE RUGBY A TRY, COME ALONG AND JOIN US**

ST AIDAN'S CHURCH BRUNTON PARK

**TUESDAY'S
3.30 - 5.00PM**

**AFTER SCHOOL
DROP-OFF
CLUB**



**OUR FREE CLUB WITH GAMES,
ACTIVITIES, STORY, SNACK
AND... FUN!!!**

CONTACT

**staidansfamilyworker@gmail.com
07526275719**