



www.gosforthpark.newcastle.sch.uk

October 2nd 2026 Issue 6/8 Autumn Term 1



Dear Parents and Carers,

We are looking forward to welcoming you into school during the final week of this half term for our **Parent Consultation Evenings**.

Appointments for **Nursery – Year 4** will take place on:

- **Tuesday 20th October** from 3:45pm
- **Thursday 22nd October** from 3:45pm

You are able to book a **10-minute appointment** with your child's class teacher to discuss their progress and achievements. Bookings are available via **SchoolCloud** using the email address that you have provided to the school.

Your child's books will be available for you to view either before or after your appointment. **Booking opened at 8:00pm on Monday 28th September and closes at 8:00pm on Thursday 15th October.**

We look forward to meeting with you and sharing your child's learning journey.

Kind regards,
GPFS Team



For Harvest Festival this year we have decided to welcome donations for **Kenton Food Bank**.

Kenton Foodbank provide essential support to local individuals and families in crisis. Thanks to generous donations and dedicated volunteers they are able to make a real difference in our local community.

The charity is always especially grateful for donations of:

Tinned fruit
Custard
Rice pudding
Biscuits
Pasta sauce
UHT milk
Biscuits
Cereal
Nappies all sizes
Tea
Coffee

Please send any donations into the school office and leave on top of the Lost Property unit by **Friday 16th October**. Thank you, as always, for your generosity and support!

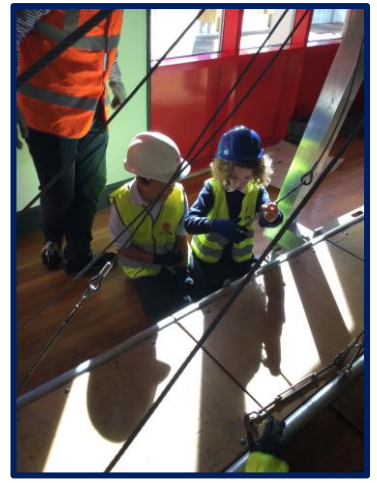
Mr Hindess & Miss Tate



KS2

Bridge Engineering Workshops

On Monday and Tuesday this week, we were joined by a team of engineers from AECOM who helped us to understand more about the important work of civil engineers. Children enjoyed working as teams to build and test paper bridges. They then worked as a class to build a 11m long replica suspension bridge!



A huge thank you to the team from AECOM and Alice's dad for organising this memorable and inspiring experience for our children.

Mr Hindess



PTFA Meeting – Everyone Welcome!

Our next **PTFA meeting** will take place on **Tuesday 6th October at 6:00pm** in the **Community Room**.

The meeting is open to all parents and carers and usually lasts around **one hour**. It is a great opportunity to meet other families, share ideas and help plan and organise upcoming PTFA events and activities for our children.

Tea and coffee will be provided.

Please note that this is an **adults-only meeting**.

Whether you are a regular attendee or would like to come along for the first time, we would love to see you there. Your support and ideas help make our PTFA events such a success for the children.

We look forward to seeing you there!



PTA will also be holding a bake sale on **Friday 16th October**. Please send in nut free donations on the day or the day before. These can be handed in at reception.

A fun and free day out for families!

The **Great North Children's Hospital** is holding its next **Pop-Up Hospital** event at **Newcastle Cathedral, St Nicholas Square**, on **Tuesday 27 October**.

These popular events are aimed mainly at **primary school-aged children and their families**, although everyone is welcome. Best of all, the event is **completely free to attend!**

The Pop-Up Hospital gives children the chance to learn more about health and wellbeing in a fun, friendly and interactive environment. A range of hospital teams will be there, including **Physiotherapy, Play Specialists, Dermatology, Occupational Therapy and Radiology**, with plenty for children to see, explore and enjoy.

There will also be a **children's ambulance and Police van to explore**, while **Tyne and Wear Fire and Rescue Service** will be providing advice and road safety activities. **Citizens Advice and Healthworks** will also be on hand to offer information and answer questions.

It sounds like a fantastic opportunity for children to discover more about hospitals and healthcare while having lots of fun along the way!



Tuesday 27 October



Great North Children's Hospital Pop-Up Hospital



Newcastle Cathedral, St Nicholas Square



Free to attend – everyone welcome

A great half-term activity for children and families, with lots to see and do!   

Year 4 Parents GEMS Open Evening



Gosforth East Middle School would like to invite all of our **Year 4** parents and children to join them for their open evening on **Wednesday 7th October at 6pm – 7.30pm**

During the visit, you will meet key members of staff and have an opportunity to tour the school and participate in a variety of learning experiences.

Please note that you must apply for your middle school place by 31st October. The easiest way to apply is by following the link below:

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

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

Mrs Lamb



Daft as a Brush
CANCER PATIENT CARE



A lovely festive event for our families!

Our friends at Daft as a Brush Cancer Patient Care will be switching on their Christmas Tree Lights on **Friday 13 November**.

The gates will open from **5.30pm**, with the big **Christmas lights switch-on taking place at 6.00pm**. ✨

Daft as a Brush is a wonderful local charity based on the Great North Road in Gosforth, providing **free transport for cancer patients travelling to and from hospital for chemotherapy and radiotherapy treatment**.

It promises to be a lovely opportunity to get into the Christmas spirit and support an organisation that does so much for people in our local community.



Friday 13 November



Gates open: 5.30pm



Christmas lights switch-on: 6.00pm



Daft as a Brush House, Great North Road, Gosforth, Newcastle upon Tyne, NE3 2DR Daft as a Brush Cancer Patient Care

Wrap up warm and enjoy the start of the festive season! 🎅 ✨

GOSFORTH VOICES & BAND

We're really looking forward to getting started with our **Gosforth Voices & Band groups** for the new year. It's a really lovely opportunity to meet new friends and work towards some fantastic performances.

Gosforth Voices is a choir aimed towards children in Year 3 & Year 4. It is a great way to make new friends from other schools, develop confidence in singing and learn new songs.

Gosforth Band is a mixed instrument ensemble designed for children Year 3 and up. It is open to complete beginners right through to experienced players.

Our first rehearsals are:

Gosforth Voices - Wednesday 23 September, 3:45-4:45pm at Regent Farm First School

Gosforth Band - Wednesday 30 September, 3:45-4:45pm at Archibald First School

Please see the poster at the end of the newsletter for more information. We would love to see you there!

Best wishes,

Gareth Miller
Team Coordinator
Newcastle Music Service



A massive Gosforth Park congratulations to Martha who achieved her 400m swimming badge this week!



A super well done to George who managed to attain his 10m badge. What a wonderful achievement! Well done



If you would like to celebrate your child's achievements in our weekly newsletter, please email:

admin@gosforthpark.newcastle.sch.uk
by 12 noon on Thursday.

Mrs Lamb



Veg Power and Netmums have joined forces to create a 3 part mini-series of podcasts called, 'Family Food Made Easy'.

They have been designed to tackle the daily challenges of feeding our families, exploring how to make healthy eating fun, accessible and affordable. The first episode focuses on fibre and its critical role in children's health. There is advice on how to boost fibre in everyday meals and creative cooking tips helping to involve children in the cooking process.

Keep an eye out in supermarkets too. Sainsburys have created a new, 'Full on Fibre' label so that you can see at a glance if an item is beneficial in this way.

Find out more by searching within your podcast app or following this link:

<https://audioboom.com/posts/8956536-family-food-made-easy-1-boosting-family-meals-with-more-fibre-with-rhiannon-lambert-lauren>

Mrs Wells

Attendance

Our whole school attendance to date this academic year is **98.3%**!

Our classes of the week are **Year 4 Mr Hindess and Mrs Armstrong** with **100%** closely followed by **Year 2 Miss Anderson and Miss Walsh** with **99.7%**

Well done everyone!

Mrs Lamb



This week our Golden Welly award goes to **Mr Patterson's class!**

Teachers have noticed how creative you are being with your play- especially within the mud kitchen, small world and nature garden areas of the playground.

We saw you making some lovely habitats for ladybirds and other insects!

Well done!

Ms Gasper



Our most active class this week is **Miss Tate's!** We are still waiting on that first rock star of this school year but we do have some new headliners: Alice W and Oonagh M. Our top coin earners were **Noah, Louis, Finley** and **Sophie**.



We've had a super surge of activity this week on NumBots in almost all our classes! Our most active class is **Mr Edwards'** class.

Our top coin earners were:

Mrs Pennington – Callum

Mr Edwards – Edward

Miss Anderson and Miss Walsh – Esmae

Mr Patterson – Rupert

Miss Tate – Rosie

Mr Guest – Louis

Miss Bell – Nobody this week!

Mr Hindess and Mrs Armstrong – Noah

Great work,

Mrs Pennington

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



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

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**

NEWCASTLE LIBRARIES

Keep up to date with all things Toon Libraries:



@ToonLibraries



Newcastle Libraries

**CHILDREN & FAMILIES NEWSLETTER
SEPTEMBER/OCTOBER 2026**

Event booking:

www.eventbrite.newcastlelibraries.com

Newcastle Libraries invites you to a very special Open Day!

On Saturday 3 October, 10am-2pm, Newcastle City Library will be a hive of activity, showcasing everything that you can access with a library card!

Enjoy storytimes and crafts, plus your chance to talk to library staff about great books, explore your family history, and uncover unique treasures from our archives! There'll even be free candy floss and a scavenger hunt for all ages!

No need to book, just drop in any time on the day!



HOLLY STERLING **Tuesday 27 October, 11am - 12pm, City Library**



Join author and illustrator Holly Sterling for a fun-filled event celebrating the picture book *Wednesday is for Wiggling*, illustrated by Holly herself!

Perfect for all young readers and families! Booking via Eventbrite.

**A great way
to support us
whilst also
having fun!**



100 CLUB LOTTERY



<https://www.zeffy.com/en-GB/ticketing/gpfs-2627-100-club>

**Welcome to the Gosforth Park First School PTA 100 Club which will commence from 1st October 2026. 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 ...**

- **By buying a number you are confirming you have read, understood and agreed to abide by the 100 Club Terms and Conditions.**
- **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 Zeffy and can be confirmed by the administrator of the PTA 100 Club before the first draw in October. This 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 GPFS school staff and governors. We are registered with Newcastle City Council: Registration Number: LOTT1049.**
- **The monthly draws 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 it will be announced in the school newsletter as well as on the WhatsApp Community and you will be personally notified via the contact information that you have provided and the prize money will be transferred by BACS transfer asap.**



GPFS PTA PRESENTS OUR

wreath Making workshops



**Saturday
21st
November**



**GPFS
Community
Room**

Adults Only

**Family and friends
are very welcome
to join the fun!**

**£40pp
including all
materials and a
festive treat**

Book via the following links...

2 - 5pm

<https://www.zeffy.com/en-GB/ticketing/gpfs-wreath-making-2pm>

5 - 8pm

<https://www.zeffy.com/en-GB/ticketing/gpfs-wreath-making-5pm>



GOSFORTH VOICES & BAND

Do you enjoy singing
and making music?



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

We perform several times through the year too.

To join us, scan the QR code to
find out more or visit our website:

www.newcastlemusicservice.co.uk/ensembles



Supported using public funding by



ARTS COUNCIL
ENGLAND



What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



The National College®

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.09.2026



Free Event!

Drop-in, no booking required



10.30am-12.30pm
& 1pm-2.30pm



THE
great north
CHILDREN'S HOSPITAL



**Pop-Up Hospital
Family Fun day**



**Tuesday 27th
October**

Join us at
Newcastle Cathedral

St Nicholas Square Newcastle upon Tyne
NE1 1PF

Enjoy fun interactive
activities from
departments such as.....



as.....



Physiotherapy



**NECTAR
ambulance service**



and many more!

**Tyne & Wear
Fire Service**



**The Play
Team**

Arts & Crafts



Find out more