



www.gosforthpark.newcastle.sch.uk

October 9th 2026 Issue 6/8 Autumn Term 1



Kenton Foodbank Workshops

Next week, Loree and Maureen from **Kenton Food Bank** will be coming into school to run workshops for our KS1 and KS2 children to learn more about this important local charity. Children will find out about the important work of the food bank and will be encouraged to **bring a donation of something they would love to receive in a food parcel** on the day of their workshop.

KS2 Workshops – Wednesday 14th October

KS1 Workshops – Thursday 15th October

The foodbank will gratefully accept any donations of non-perishable food items, fresh produce and essential household goods.

Thank you for your generosity and support!
Mr Hindess

Polite Reminder

Please be reminded that Friday 23rd October is a staff training day so school will be closed to all pupils.

We reopen on Monday 2nd November, after the half term holiday.

Many thanks – Mrs Lamb

Year 1 Trip The Royal Navy Museum

Next week Year 1 will be visiting the **Royal Navy Museum, Hartlepool** as part of our *Pirates* Topic.



Children will have a guided tour of the Museum. They will also step on board Europe's oldest floating warship HMS Trincomalee and see if they have what it takes to be a sailor in the 1800's! We will then get hands on with Horrible Histories Pirates: The Exhibition where we will captain our very own ship and design our own pirate flags.

Mrs Pennington & Mr Edwards



PTA are 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.

Reception Trip Beamish



Next week Reception will be visiting **Beamish living museum**. This exciting trip will support our understanding of the concept of 'the past' by experiencing what life was like 100 years ago. Children will explore the museum and take part in a 'Toys of the Past' workshop.

Remember to check the weather forecast on the day of the trip and wrap up warm!

Many thanks

The Reception Team



KS2

Dave Draws

On **Thursday 22nd October**, children in KS2 will be taking part in sketch map drawing sessions with 'Dave Draws' – a freelance illustrator and map doodler!

Dave is excited to return to Gosforth Park, after completing our incredible Gosforth doodle-map mural in the Community Room!

You can check out his work by following the link: <https://davedraws.co.uk/>

Mrs Lamb



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

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

Online Safety – Information for Parents and Carers 🔒

The National Crime Agency's CEOP Education team has published new guidance for parents and carers about **online harm groups**, sometimes referred to as 'Com Groups'. These groups may use grooming, manipulation, coercion or blackmail to target children and young people online.

The guidance explains what parents and carers should be aware of, the possible warning signs and what to do if you have concerns. We encourage families to take a few minutes to read this useful information:

👉 **Guidance for parents and carers:**

<https://www.ceopeducation.co.uk/parents/articles/online-harm-groups>



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! 🎅 ✨



Healthy School

A brief reminder about playtime snacks. If you would like to provide your child with a snack from home, please ensure it is fruit or vegetables only (grapes and cherry tomatoes halved please).

Children are provided with such a snack in Early Years and Key Stage One but you are still welcome to provide a healthy alternative if you wish.

Any packaged items such as biscuits, cheddars, granola bars and fruit strips etc are not a healthy snack due to either their high levels of sugar, artificial ingredients and/or lack of dietary fibre.

Fruit or veg in its whole (or chopped up!), unprocessed form only please.

Thank you,
Mrs Wells



Dear parents,

Just a gentle reminder that Little Wandle reading books must be returned to school on Mondays. There are only 6 books per pack which means each child gets one to take home. If one is not returned, a child misses out on getting a book home. This week, a child had to take a photocopied book home because one was not returned to school in time. Thank you for your continued support with reading!

Mr Patterson.



This week our Golden Welly award goes to **Miss Walsh and Miss Anderson's class**. They have been showing lots of creativity in their play, particularly in the mud kitchen making bug hotels!

Well done Year Two!

Ms Gasper

PTFA 100 Club Winners

Our PTFA winners this month are...

- ★ 1st *£28.40* number 58 - The Robson family
 - ★ 2nd *£14.20* number 31 - The Watkins family
 - ★ 3rd *£7.10* number 46 - The Hunt family
- Congratulations!

More Polite Reminders

Please do not allow your children to climb on the railings in the morning before drop-off or after school.

Please do not allow your child to bring in toys or fidgets from home, as these items can be a distraction or cause issues between friends. If you have specific concerns about your child's emotional regulation or ability to concentrate, please do not hesitate to speak to your class teacher and/or Mr Hindess (SENCO)

Thanks

TIMES TABLES ROCK STARS

Both Year 4 classes have stepped up their activity this week and Miss Bell's class is our most active! 8 times tables are definitely the one we find trickiest according to our heat map so keep practicing those 8s! Our top coin earners were **Elara, Emilia and Alessia**.



Mr Edward's class are top of the leaderboard again this week! Keep up the great work!

Our top coin earners were:

Mrs Pennington – Aroosh

Mr Edwards – Henrietta

Miss Anderson and Miss Walsh – Aaima

Mr Patterson – Rupert

Miss Tate – Nour

Mr Guest – Olivia

Miss Bell – Imogen

Mr Hindess and Mrs Armstrong – Rowan

Super effort this week, Mrs Pennington

Attendance

Our whole school attendance to date this academic year is **98.1%**!

Our classes of the week are **Year 2 Miss Anderson and Miss Walsh** with **100%** followed by **Year 1 Edwards** with **98.9%**
Well done everyone!
Mrs Lamb

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.



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



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**ARTS COUNCIL
ENGLAND**



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.....

Dietetics



**Tyne & Wear
Fire Service**



**The Play
Team**

**NECTAR
ambulance service**

Arts & Crafts

Physiotherapy



and many more!



Find out more

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

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