



Gosforth East Middle School News

Spring 2022

I had lots of fun going to the **Valentine's Silent Disco!** My mum dropped me and my friend off at school. When I got there I instantly filled up with excitement.

When I was walking in, I was handed some headphones and a raffle ticket. They showed me how to skip and change channels and change the volume. When me and my friend, Frankie walked in we were already singing and dancing. You were able to buy some drinks (I bought Sprite for 50p) and also some sweets and chocolate.

Everyone instantly started singing 'We don't talk about Bruno' from Encanto when it came on.

The headphones had 3 different channels where you could listen to 3 different choices of music. At the end we were able to hear who won the raffle ticket prize

The winner was Emma in 6PW! She won a giant Valentine's teddy bear!

I had loads of fun with my friends.

It was one of the best experiences ever, especially since the money raised (£500) went to The Children's Heart Unit Fund



Written by Rosie 6PW

Valentine's Silent Disco

I started getting dressed at 4 pm and I left to go to the disco at around 4:45 pm. The disco was a wonderful experience -they had snacks, chocolate, sweets and drinks.

The most popular channel, perhaps surprisingly, was oldies but goodies (green).” “My favourite song was Dancing queen by Abba”. **By Elizabeth Year 5**

When I got to the silent disco I saw my friends so I went in with them. I gave someone my ticket then they gave me a free raffle ticket. I got a set of headphones then went into the hall. Me and my friends put on the same song and danced it was so fun. After that fun we bought some crisps and a drink then danced some more. My favourite song was We Will Rock You. The best channel in my opinion was green which was oldies but goodies. Then, sadly, it was over and I told my family all about it.

By Jemima Year 5

I went to the Silent disco on the 14th of February at 5 o'clock after getting changed into a t-shirt with hearts on and a pink checked skirt. When I arrived

with Seb I got some headphones and took to the dancefloor with two of my friends. There were three channels [Tik-

Tok trending, Oldies but Goodies and Chart Toppers] and I used all of them. ‘We don’t talk about Bruno’ was on three times. There was always at least one song I was dancing to. I enjoyed myself so much I did not even feel the time ticking by; it seemed to end before it even started! I would certainly go again.

By Scarlett Year 6



My experience at the disco was very exciting. I got ready at 4:00 o clock- I was ecstatic.

I wore a gorgeous royal blue off the shoulder dress. With pink heels and a matching bag. I was dropped off at the school gates and headed in to meet Neela. I walked into school with a thousand compliments thrown at me.

I made an impact that's for sure. I rushed into the hall to see Neela running at me. We had a great time.

I danced with everyone in my year mainly with Neela, Sophia, Evie, Eva, Halla and Bobbi Jo. I loved the blue and green coloured stations.

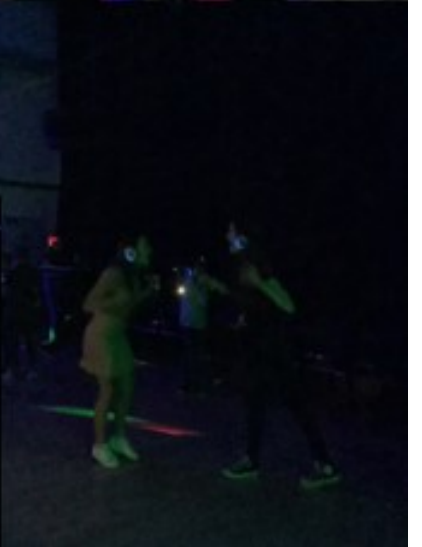
*So that's my experience and it couldn't have got any better. My favourite song had to be 'These Boots are Made for Walking'; I know this from the amazing 'Cruella'. **By Jaymie Year 6***

The Silent Disco was planned , organised and run by the Year 8 Key Group 'The Seven' ...very well done to them for putting on such a popular event.





VALENTINE'S DISCO PHOTOS!!!



By Eva and Sophia



In Year 5 we are doing a new topic in science about space. We have learned so far about our galaxy (The Milky Way). We have also learned about all the planets in our solar system. We all went on a school trip to the Centre for Life that was linked to our topic about space.

Eliza SSR

First, we walked from school to the Metro. When we got to the Metro, we got on it and went to the Center for Life. It was a remarkably busy Metro, so it was quite hard to fit in. When we finally arrived at the Center for Life, we met a few lovely ladies. They introduced themselves to us and then took us inside. The first thing we did was go into a lab, and we learnt about robotic arms and how they work.

After, we learned how much liquid an adult nappy could hold. We even tested it on Miss Foskin's hair! Then we saw a bottle get launched across the room. When the bottle launched it was very cool but also quite loud to HEAR.

Later that day, we went to the space commanding area where we did a Role-play and were all different characters. There were, Director, Commander, Incident Commander and Spacecraft Staff. That was such a fun and realistic part.

Next, we went to the planet dome which is a circle in the shape of a moon. It has a huge circle tv screen which they played a short movie about earth. Everyone enjoyed the short movie.

After we went to the theater room where we watched some science magic. **By Oscar and Izzy**

The lady had a jug and 4 glasses, she poured liquid into one glass and it was white then into another one and it was light pink and then she poured it into the third glass and it was white again after that came the fourth glass and it was dark pink. This happened by acids and alkalis which affect how the water changed colour.

By Jemima

One of the other experiments was setting a light to her hand (none of the GEMS pupils took part in this!). She did this by dipping her hand in some water with methane and washing up liquid then setting a light to it. The layer of water, washing up liquid and methane on the hand stopped them from getting burnt. **By Elizabeth**

During the trip to the Centre for Life, we did a workshop on surviving in space.

We learned that astronauts wear nappies (called M.A.Gs) during spacewalks as it takes 45 minutes to take their space suits on and off so they can't keep going back and forth into the ISS to go to the toilet! We tested how much urine the M.A.G would hold by pouring fake urine into a small square of M.A.G and the instructor poured over 130 ml of fake urine into an entire M.A.G AND, TO SHOW IT COULD ABSORB, HELD IT OVER OUR TEACHERS HEAD!!



Next we tried different grapes to see what type of food the astronauts would have on the ISS as they could not get fresh food delivered. Instead, they had freeze dried grapes which had been dunked in liquid nitrogen and left there.



We also used an hydraulic arm to take off broken solar panels from a model ISS and put new ones on. It was very fun but tricky to take the solar panels off.



By Felix and Joshua year 5

Centre for Life trip in pictures...



SIX... AT THEATRE ROYAL

On Wednesday 19th January, Year 6,7 and 8 Book Club went with Mrs Leahy and Mr Adcock to the Theatre Royal to watch a performance of SIX: the musical at 04:00-06:20.



"Six" is a British pop musical written by Toby Marlow and Lucy Moss while they were studying for their final exams at Cambridge University. It tells the stories of the six wives of Henry VIII, as they compete to decide who will lead the group based on how much they suffered while married to Henry. It consists of 9 songs, one for each wife, a start and end song and a song in the middle. At the start they were all fighting over who will be the leader of the band by finding out who had the most tragic life (a bit strange). They came together (eventually) and realised that they are all just as good as each other (but better than Henry).



Waiting for curtain up!

My favourite wife was Anne Boleyn. I would definitely go again."

By Scarlett and Neela Year 6.

I interviewed Emma in 6PW about her experience at SIX and this is what she said:

"I was quite nervous about it being too loud but after the show started it was absolutely incredible and I couldn't help but bob up and down to the music. My favourite songs were 'All you Wanna do' and 'Don't Lose Your Head'.



A final word from Skye Year 8

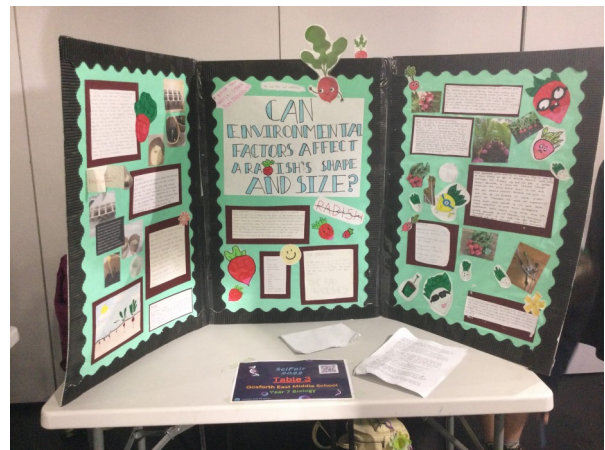
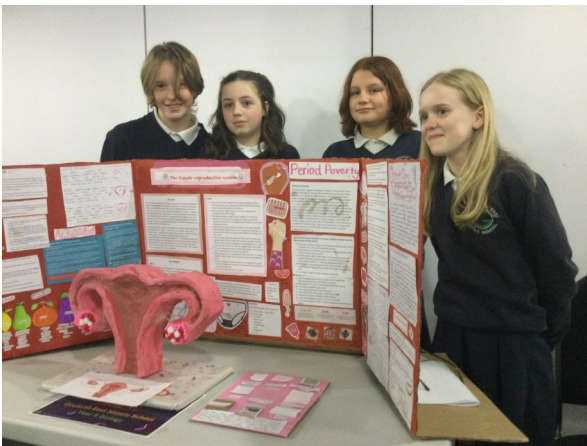
When we went to see SIX the musical we had a great time watching the show. I really enjoyed the modern twist it had that made it even funnier. The songs were all great. It appealed to everyone that went even those that were seeing it for the 2nd or more time. One of the great parts was how every time someone mentioned how hard it was for them the two that had their head chopped off made sure they knew that they didn't have it as bad as them!



Science Success

An amazing day was had by GEMS at Newcastle University Science Fair! 8 teams represented the school with two successful winners. Team Bubble won the Creativity Prize and Rad Radishes the Best Year 7 team... go girls!

Congratulations to everyone who took part!



KEY TRIP TO... Adventure Sunderland

Key is a club where we plan trips or events with a set budget. In February we went to Adventure Sunderland. Firstly, we started by taking the metro to Petersburg in Sunderland; It took around 40 minutes to get there. When we finally arrived in Petersburg, we walked to Adventure Sunderland Via the Harbour which looked very nice. We had to wait at the building's entrance for a bit until someone came to let us in. Our first activity was kayaking (doubles).

The best part of the kayaking was when we chased after each other and kept crashing. At the end we got to jump in the sea.

After lunch, we went climbing. Everyone did their best to get to the top of the climbing wall and most people got to the top. Next, we tried archery (the final activity) in the Scout Hall. Some of us found archery quite difficult but some found it easy. However, we all had a lot of fun.

Overall, we really enjoyed the day and would love to do it again. We are looking forward to going to Edinburgh Dungeons in March. Thank-you Mrs Bhatt, Mrs Cheape, Ms Graham, Miss O Sullivan for helping us every week.

By The Dynamic Owls

4Rs day: What it is all about?

On Friday 21 of January we had a special day called the 4Rs day where we did activities linked to the 4Rs - our core school values. The 4Rs are:- Relationships, Resourcefulness, Reflectiveness, Resilience

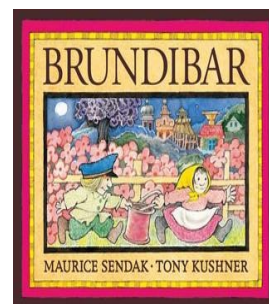
Resilience was one of the 4'rs. We have learnt how to be resilient by looking at a PowerPoint all about the pupils at GEMS, we have learnt that resilience is one of the most important life lessons, for example if everyone gave up if something was tricky or hard no one would be doing anything as life is supposed to be a challenge. We looked at some resilient celebrities who have faced some difficulties in their life and have discussed who our favourite idols are. In my personal opinion Rose Ayling-Ellis is a fantastic women and my idol as she is part of the deaf community and won strictly come dancing 2021. Who is your idol?

I have interviewed a girl called Maizie in GEMS community and she has given us answers to some questions we asked. Maizie had said that she really enjoyed the 4rs day as she got to do fun activities and learn more about the 4rs. Maizie stated she particularly liked resilience as it taught everyone a lesson to never give up. The last question was who was her idol she said it was her mum because she takes care of her and looks after her.

By Sophia Year 6

Brundibar trip

On the 10th of February year 8 and the sewing club members went on a trip to the Sage Gateshead to see the Brundibar opera. We all ate our lunch early so we could leave at twelve o'clock. We walked to the metro at Regent centre to travel to town. We got off at Central station to walk to the Sage. On the walk we went across the swing bridge which some people were nervous about but everyone made it across safely. When we arrived we were given an overview of the opera. Some of us knew the story from the art lessons or sewing club. Some of the set was designed by children from our school.



By Skye Year 8

Y5 Allotment Trip



Y5 went on an allotment trip in food tech. It was at West Jesmond. We went on the Metro and we walked for a little bit. If you were on the trip you would have learnt about the history of the allotments and learnt a lot about fruit and vegetables—it was fun.

By Elizabeth Year 5

Easter raffle



In the last week of term we had an Easter Hamper raffle. Each ticket was £1.



It was run by a key group, The Seven, as part of their fundraising for their £500 project. Thank you to everyone who helped make this a big success... hope you had the winning ticket. **By Elliot Year 5**

Beat BULLYING



The year fives had a talk on the morning of the 8th of March about bullying. The man that came in to do the talk was Mr Dave Burns and he goes to a lot of schools to talk about bullying, how to stop people from doing it to you, other people that you know are getting bullied and how you can get a prison record for doing it. He showed us some videos that showed us what people did when they were being bullied. He used some people and some teachers for examples of what to do when you are being bullied and how it can affect your life afterwards. We learnt that we should tell a grown up using any methods that we want. It is just important to tell someone because when somebody knows about your problem it feels smaller and manageable. **By Jemima Year 5**

Autism Awareness Week



In assembly we learnt about a week called Autism Awareness week. It was all about people who have Autism and how they can be different

What Autistic people find hard to do.

- . They don't sound interested in you without meaning to.
- . They find it hard to communicate or interact with other people.
- . They find it hard to understand what other people think or feel.

So we should try to understand this condition and respect Autistic people as much as we respect and tolerate other people and their differences. **By Eliza McKeever 5SR.**



The police recently came into school and had a talk about internet safety and what to do if you are abused online. They talked about harassment, trolling, abuse, hacking, racism, fraud and cyber bullying and so many more. But don't fear there are many ways to prevent yourself from being hurt. You can't completely stop these things from happening but you can understand more about these scams and abuses. Even if it is 'just online' you could be hurting other peoples feeling. We want every one's game or app to be safe and so everyone can have fun!

Why do we get age limits on apps?

Firstly there are many apps like WhatsApp and Tiktok and Snapchat and you might wonder why they have age limits -for example 16+ years -when they seem just to be fine. Although this is not illegal, it is advised to not use these Apps if you are under the age limits because the apps could contain inappropriate content. Always check with your Parents before you download!

What actually are these types of abuse online?

You may be wondering what things like fraud, trolling or hacking are- well that will be explained. Fraud is something (which can be illegal) that is a Trick, lie or cheat used against you which is often a scam. For example someone could trick you into buying something online which you never end up getting. Trolling is someone who intentionally disrupts online communities or games

What about cyber bullying?

As you probably already know, cyber bullying is bullying online (quite self-explanatory) but is definitely just as hurtful as real life bullying. So if it does happen to you, tell a trusted adult, friend or family. If you are put in a position where you could do or say something hurtful DON'T! Although this seems "funny" you could be hurting their feelings.

Overall I believe that everyone learnt something really important from our brilliant police visit! Remember to stay safe online.



Spanish Club

On a Wednesday lunchtime, a Spanish club takes place in Mrs Brenes-Vela's room. This is



They tried Spanish Christmas treats.

a fun club where you take part in activities to learn Spanish. Before Christmas, they learnt how to say what food they liked. For Christmas they did a scavenger hunt where they learnt how to say Christmas themed words



Spanish club learnt about fruit and veg.

and tasted some Spanish Christmas food. Each week something fun happens which are all as fun as each other. The teachers who are there are Mrs Brenes-Vela and Miss García-

Jiménez. By Scarlett Year 6

Karate, Karate: Let's have a party!

Karate club has recently begun and first of all, **DON'T BE INTIMIDATED**: karate is purely for self-defence so you won't be attacked by these strong people... unless you attack them first, in which case, **RUN!**

But anyways, let's talk about the more... sensible things. Karate club is a fun experience. You are taught wonderful skills by our legendary teacher, Mr. Myag-no, not Mr. Myagi, it's Sensei Lee.

Lee teaches new forms of punches and kicks every week. As of this being written, everybody who has partaken in it for the entire time can perform a roundhouse, reverse leg, front and back kick.

Karate club takes place from 3:20 - 4:20 on a Wednesday afternoon. So come on people: pop down and pop your feet out all over your opponents. By Seb Year 6



Some of the entries for the Easter craft competition run by the **Sewing Club**. Mrs Batt and Mrs Beatie are going to have a very tough decision to make!



Trip to Lockerbie Manor

A lot of the Year 5 children went on the trip to Lockerbie Manor in Scotland. We went on Wednesday 16th February and came back on Friday 18th February. A storm was on its way to Scotland and we were worried what the weather was going to be like. We did lots of activities like rock climbing and canoeing. We were lucky that the storm didn't do any harm to the activities.

Climbing: When we did climbing we climbed on this fake climbing wall and we were clipped in this harness which kept us safe. Not many people got to the top of the wall because there wasn't many things to hold on to. There were cracks in the wall so it could help you to climb up. I have done climbing before so I nearly got to the top but it was tricky. **By Eliza**

Abseiling: We had to climb a long staircase and come down the wall carefully. Grace has a comment 'Abseiling was great; it made me feel like I was flying'. It was also nice because our team was cheering us along. I couldn't do it. I got to the top and got all clipped in but then I couldn't manage it...next time! **By Hannah**



SURVIVAL SKILLS: One of them was to make an S.O.S sign and one was to build a place where you can get shelter. Before we did that we went around the area and tested out some shelters that were already there! We built the SOS sign out of leaves, wood and branches. Then we built the shelter out of tree branches and some leaves. When we had built our shelter, we tested it out and everyone got a photo in it. We then went back to the main tent and talked about how we made everything and what it was used for. We also got the chance to try to start a fire using a flint . **By Oscar Year 5**

We slept in rooms which had at least 4 people in and you got dressed, had free time and packed your bag in your room. We had an en-suite and slept in bunk beds. **by Elizabeth Year 5**

Lockerbie manor comment page

Heidi 5ER: It was fun and muddy I loved it!

Fraser 5SR/NS: I loved it but it was cold and the food wasn't good.

Dorian 5CF: I have made new friends and enjoyed all the activities.

Mrs Robson: It was non-stop fun

Kiran 5ER : It was good.

Heidi 5SC : I really liked abseiling and climbing.

Rufus 5ER: It was nice and it was fun.

Evan 5SC : It was great fun!

Hannah 5CF: I enjoyed Lockerbie because it is sometimes nice to be away from family

Zach 5SC: it was really great fun

Elizabeth 5CF : I liked all of the activities I participated in all of them but it was very cold

Elsa 5ER: it looked a bit haunted and the food wasn't very nice but everything else was great.

Oliver 5CF : it was scary but good at times.

James 5CF :I loved it!

Jack 5SC : it was fun and enjoyable.

Miley 5ER : I found it fun and abseiling was the best.

Romaine 5SR:I enjoyed it—I would go again.

Thomas 5ER : Abseiling was fun.



Research by Millie Year 5



Lockerbie in pictures....





On the week starting 28th February to 4th March World Book Week took place. Lots of activities took place throughout the week.

On Thursday 3rd March students were invited to dress up as a book character of their choice. The day focused especially on Harry Potter to celebrate the 25th anniversary of the publishing of JK Rowling's Harry Potter...a series of books that focus on Harry Potter's journey and his struggle with arch-enemy Voldemort.

There was a costume contest for teachers and students. Students voted for the best in their class and the best teacher in the school. The winners went to the school library and they found out the winner for year.

Multiple activities took place during the week such as 'drop everything and read' which involves stopping what you are doing and reading for 5 minutes. Everyone received a £1 book voucher which you can spend in your local supermarket or bookshop. Classes watched author videos and on World Book Day itself we had a special assembly where members of staff took on the roles of characters from books who had to defend their actions.



World Book day was created by UNESCO on 23rd April 1995. This was to encourage young people to discover the pleasure of reading. The first world book day in the UK and Ireland took place in 1997. Lately, World Book Day has not been able to take place due to Coronavirus. However, we were delighted that it could happen this year and it was bigger and better than ever in GEMS. **By Scarlett and Cara**

Recommended

Loki: A bad God's guide to being good



Loki: A Bad God's Guide To Being Good is about Loki (the trickster god) being transported to earth in the form of a human boy. This is because he had done one too many tricks. He must perform good deeds to be sent back to Asgard. Can he though? The only way to know is to read this book! It is a laugh-out-loud adventure written by Louie Stowell. I would rate it 10/10 because of the pictures and the book was very funny! It is written from the point of view of Loki. It is newly published and you can get it from Waterstones for £8. ...Why don't you use your World Book Day Voucher? **By Scarlett Year 6**



Strange Star by Emma Carroll

I really enjoyed this book! The genre is a sort-of adventure / ghost story book and is set in the 19th century. Lizzie is the main character. She is curious and adventurous. At the start of the book, she gets hit by a bolt of lightning, but luckily she doesn't get hurt. She does, however, get blinded, but that doesn't stop her from getting into all sorts of mysteries and adventures. You might also recognise a few familiar writers from the time who help Lizzie and her younger sister, Peg. Such as: Percy Shelley, Mary Shelley, Claire Clairmont, and Dr. John Polidori. I would say it is suitable for year 5 and up ☺ Over all, I would rate this book a 9/10. It is very gripping and definitely one to put on your wish-list!

Happy Reading! By Emma Year 6



World book day pictures
By Eva and Sophia



📖 BOOK RECOMMENDATIONS 📖

By Neela 6LW

Do you love reading but are stuck on what to read? If so, I hope this article will help you find your next read. I have gathered some book recommendations from children in .The books are:

*We are
made of
Stories*

.Pages and co by Anna James

.Rainbow Grey and Rainbow Grey:Eye of the storm both by Laura Ellen Anderson

.Strangeworlds Travel Agency by L.D Lapinski

.Girl in the window by Penny Joelson

.Hatmakers by Tamzin Merchant

.The dog who saved the world by Ross Welford

.Love Frankie by Jaqueline Wilson

.When life gives you mangoes by Kareen Getten

.Goodnight Mister Tom by Michelle Magorian.

*A book is
a dream
that you
hold in
your hands*
- Neil Gaiman

.Diary of a young girl (you might want to ask your parents before reading) by Anne Frank

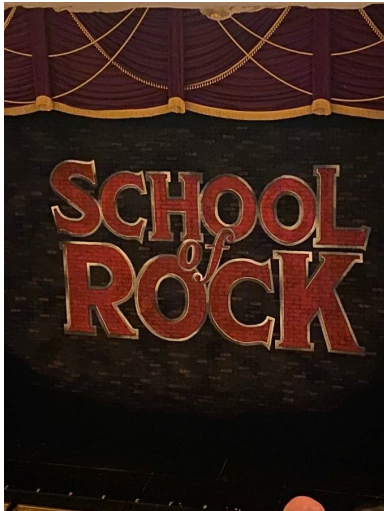
.Five children and it by E. Nesbit

.Ballet Shoes by Noel Streatfeild

.Agatha Oddly by Lena Jones

.The 1000 year old boy by Ross Welford

SCHOOL OF ROCK!



At the end of March, many kids decided to join a trip going to the stage production, School of Rock, at the Theatre Royal. It was fantastic and brilliant, in my opinion.

It was about a guitarist, Dewey Finn, who got kicked out of his band then pretended to be a teacher to be able to get the money for a big band competition. On realising that the children could play music, he formed another band called, **THE SCHOOL OF ROCK!**

It was well acted, with brilliant special effects, for example, the lighting and fog. I have no idea how they taught all the kids to play the instruments. I'm sure everyone who went enjoyed it lots!

Being there was amazing and an experience I will never forget. I enjoyed stamping, clapping and cheering with the crowd.

By Kate 6LW

Everyone excitedly waiting for the performance.



In my opinion I think the School of Rock is one of the best shows I have seen because I absolutely love music and my favourite type is rock. It was very entertaining and what is particular funny is that the main character Mr Shneeibly is mad and crazy and not like a teacher at all!

By Elizabeth Year 5



Song Academy Young Songwriters competition 2022 ...GEMS entries



Year 6 band 'Twisted'
singing 'Someone New'



Year 8 entry
'Rainbow'



Cross-Country
Chaps

Sport in Brief

Bench-ballers



Squash Squad

Devil-Ballers



Sport ...



Basketball tournament

Gosforth east middle school took part in the Hoops for Health tournament at the Eagles arena on Friday 4th February. The Year 5 basketball team had been practising since September. Together we had 33 points. We were playing on court B and C.. They did not play in the finals but did make the shoot-out but were beaten by Saint Teresa's but all who took part had a great time. By Elizabeth Year 5

Benchball Bonanza

On Thursday 20th January, an engaging, tournament of benchball occurred. Don't know what benchball is? Let me explain!

Benchball is a game where people will stand on benches, each bench at either end of the court, one bench for each team. Their teammates will then stand at the opposite end of the court to them and their bench. Once the whistle is blown, they must attempt to get the ball (which is thrown into the air at the beginning) to their teammate on the bench. If the person on the bench successfully catches the ball, either the person who threw the ball joins them on the bench or the team will score a point. In order to win, you must either have the most points at the end or get your team (but one) onto the bench. However, that wouldn't be as simple as it sounds. You cannot move with the ball, therefore meaning teamwork makes the dream work!

whole

By Seb Year 6



Football Competition

On Monday 31 January we had a football competition for Year 5 and 6. It was divided into girls and boys teams. The teams each played 3 matches. Each match had a referee that were the Sports Ambassadors.

The following results are: Year 5 girls 1.5SR 2.5ER Year 5 boys 1.5SR 2.5ER Year 6 girls 1.6NS 2. 6PW Year 6 boys 1.6NS 2.6PW.

By Eliza Year 5