



## Stars of the Week

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Frankie L	Tommy-A
Mr Whiteley	Toby W	Rosie G
Mrs Mitchell	Eddie G	-
Miss Gooding	Owen R	Evie S
Mrs Crossley	Charlie T	Daniel H
Mrs Jones	Willow C	Willow W
Mrs Cross	Lottie-L P	Daniel P-Y
Mrs Hughes	Emily B	Logan S
Miss Mutch	Zak H	Alfie L
Mrs Slinger	Pearl P	Jonah H
Mrs H & Mr E	Rares B	Ted R

# House Points

1725      1616      1406      1505

**APPLEGARTH VALUES AWARD**  
This week, \_\_\_\_\_ has demonstrated being **RESPECTFUL** by \_\_\_\_\_  
A super display of our values!  
Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**APPLEGARTH VALUES AWARD**  
This week, \_\_\_\_\_ has demonstrated being **READY** by \_\_\_\_\_  
A super display of our values!  
Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**APPLEGARTH VALUES AWARD**  
This week, \_\_\_\_\_ has demonstrated being **SAFE** by \_\_\_\_\_  
A super display of our values!  
Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Christmas Lunch



On Wednesday, we had our school Christmas dinner and it was brilliant. We had carols and Christmas music playing in the hall and the frosty weather seemed to make even more magical during playtime. A huge thank you to Mrs May and all the lunchtime staff for making this such a special events for pupils and staff.



# Christingle at the Methodist Church

Key Stage One thoroughly enjoyed making Christingles and taking part in a Christingle service at Northallerton Methodist Church this week. Despite the very frosty walk, their behaviour was impeccable and they enjoyed learning about the different parts of the Christingle, what they represent for Christians and having a chance to sing some of their Baarmy Bethlehem songs!



# Key Stage One Nativity

On Monday night and Tuesday morning, our Key Stage One pupils put on outstanding performances. Well done to all of the children and staff for all of their effort. Thank you to everyone at home for your amazing costumes and for supporting the events. A big thank you to the PTA who have been like Christmas Elves at all of our performances!

Please find the video and photographs on [The Blog](#), so you can catch up if you missed it or watch it again if you were there!



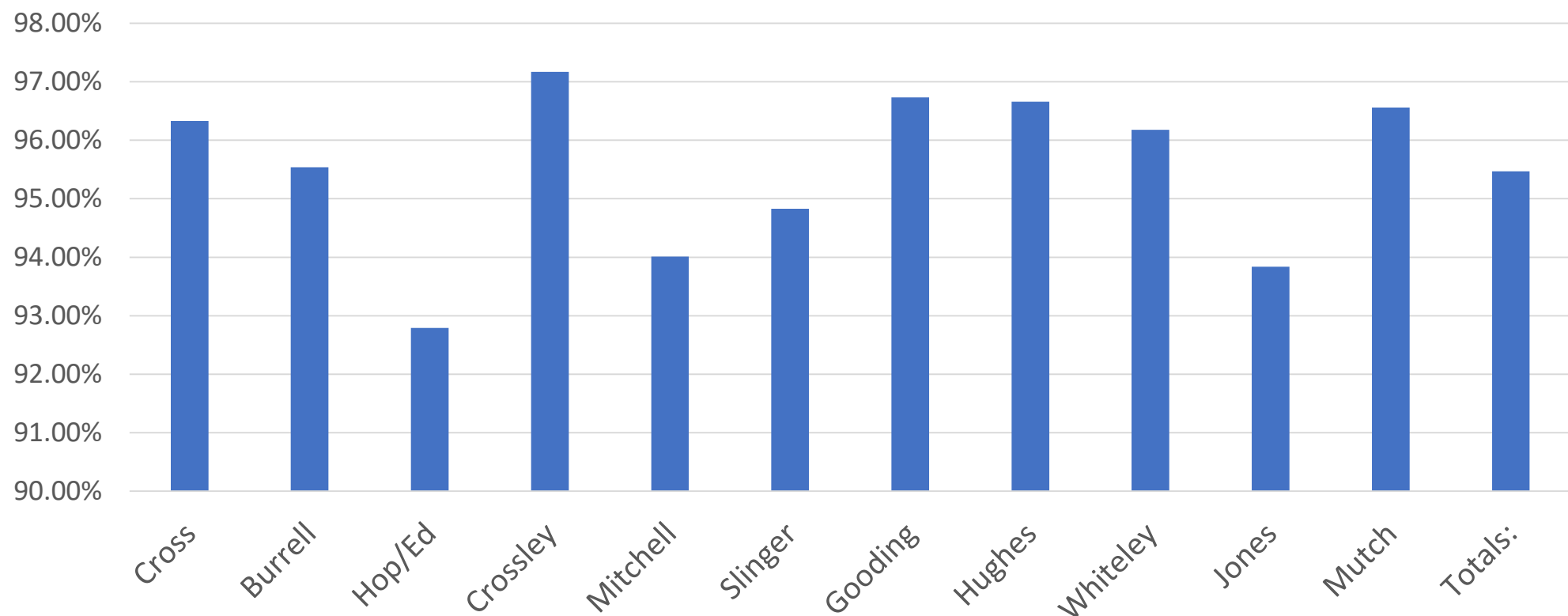
# Key Stage Two Carols at All Saints

Wow! What a special evening KS2 put on for families and our community last night. All Saints Church hosted our KS2 carol service where the children sang a range of beautiful hymns and readings from the Christmas story. Things are becoming very festive now – we are all very excited for the big day! For more pictures, please visit [The Blog](#).



# Attendance

## Attendance Totals



# ATTENDANCE

## WHY IS IT IMPORTANT?

### ABSENCE FROM SCHOOL

Children are required by law to attend school 190 days per year. The Government states that every pupil's attendance should be at least 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

89% & Below  
Drastic effect on  
academic achievement

95%-90%  
Cause for  
concern

100%-96%  
Excellent



# School Calendar

Event	Class/Phase	Venue	Date(s)/Time(s)
Christmas Jumper Day	Whole School	Applegarth Primary School	Friday 9 <sup>th</sup> December
Reception Nativity	Reception	Methodist Church TBC	Tuesday 13 <sup>th</sup> December 10:00am – 11:00am
Break up for Christmas	Whole School	Applegarth Primary School	Friday 16 <sup>th</sup> December

## Christmas Holidays

Teacher Training Day (no pupils on site)	Whole School	Applegarth Primary School	Tuesday 3 <sup>rd</sup> January
Pupils Return to School	Whole School	Applegarth Primary School	Wednesday 4 <sup>th</sup> January

## Our Safeguarding Team

At school we have five members of staff and a governor who make up our Safeguarding Leadership Team. Mr Peoples is our Designated Safeguarding Lead (DSL); he is the lead person responsible for child protection and safeguarding issues. Mrs Hopkin, Mr Edwards and Mrs Crossley are our Deputy Designated Safeguarding Leads (Deputy DSLs); a deputy DSL supports the DSL in their role safeguarding and child protection. Mrs Jo Burnside is our Safeguarding Link Governor. The role of the Safeguarding Governor is to support the DSL as well as regularly review, ask questions and make suggestions about our safeguarding policies and procedures and to report back to the governing body.

All staff at Applegarth know that safeguarding is **EVERYONE'S** responsibility. Find out more on our [Safeguarding Page](#).

For information about **Online Safety**, visit our dedicated [webpage](#).

You can also report any concerns you have to our [recently-changed welfare email: \[dsl@Applegarth.n-yorks.sch.uk\]\(mailto:dsl@Applegarth.n-yorks.sch.uk\)](#)

# What Parents & Carers Need to Know about

# SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound plings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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National  
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Safety®

#WakeUpWednesday





NORTHALLERTON  
**Christmas**

**Northallerton  
 Christmas  
 Event**

**SUNDAY 11 DECEMBER 2022**

High Street, Northallerton **11am - 6pm**

*Join us for a full day  
 of festive fun*

-  Entertainment
-  Various markets
-  Santa's Grotto
-  Children's rides
-  Festive Food and Drink
-  Donkey rides

For more information scan our QR code:





Join us For Christingle  
Sunday 11th December  
4pm @ All Saints Church,



Christingle is a great way for communities to get together this Christmas, to make memories, and have fun.

With Northallerton Silver  
Band

Retiring Collection For  
The Children's Society

Find us at  
CofE Northallerton



Follow us on Facebook





Presents

# BREAKFAST WITH SANTA



Enjoy Breakfast while Meeting  
Santa.. and even get a gift!

When:  
Christmas Eve  
December 24th  
9.30am - 11.30am

Tickets:

£19.95 per child

£4.95 per adult

Ticket includes: a bacon or sausage sandwich, soft play, meet and greet with Santa with photo opportunity with lots of Christmas fun throughout. Plus the kids all receive a gift from Santa.

Book Your Tickets Now:

[crazykingdomevents.co.uk/santa](http://crazykingdomevents.co.uk/santa)

Or scan  
our QR  
Code

