

## Stars of the Week

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Oliver F	Iris H
Mr Whiteley	Beatrice L	Harvey J
Mrs Mitchell	Ezra B	Ruby
Miss Gooding	Ivy H	Ronan
Mrs Crossley	Besty H	Riley S
Mrs Jones	Finley B	
Mrs Cross	George	Lottie-Leigh
Mrs Hughes	Maizee-Jai C	Myla W
Miss Mutch	Rita C	Rita C
Mrs Slinger	Noah C	Katie P
Mrs H & Mr E	Scarlett IA	Ellouise S



# Cross Country

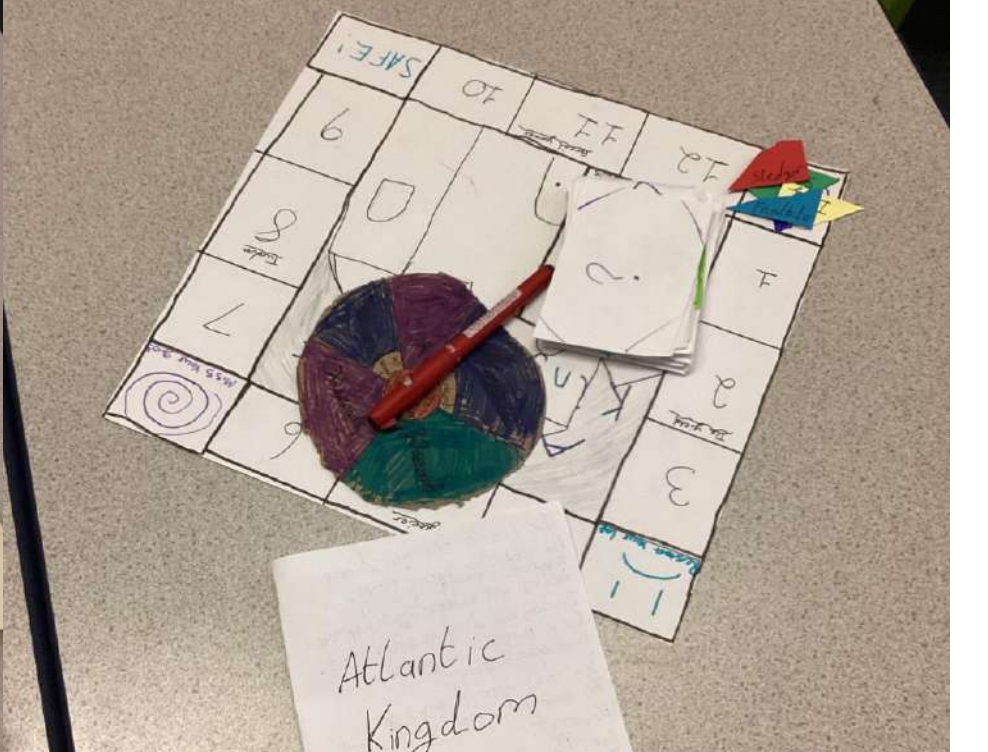
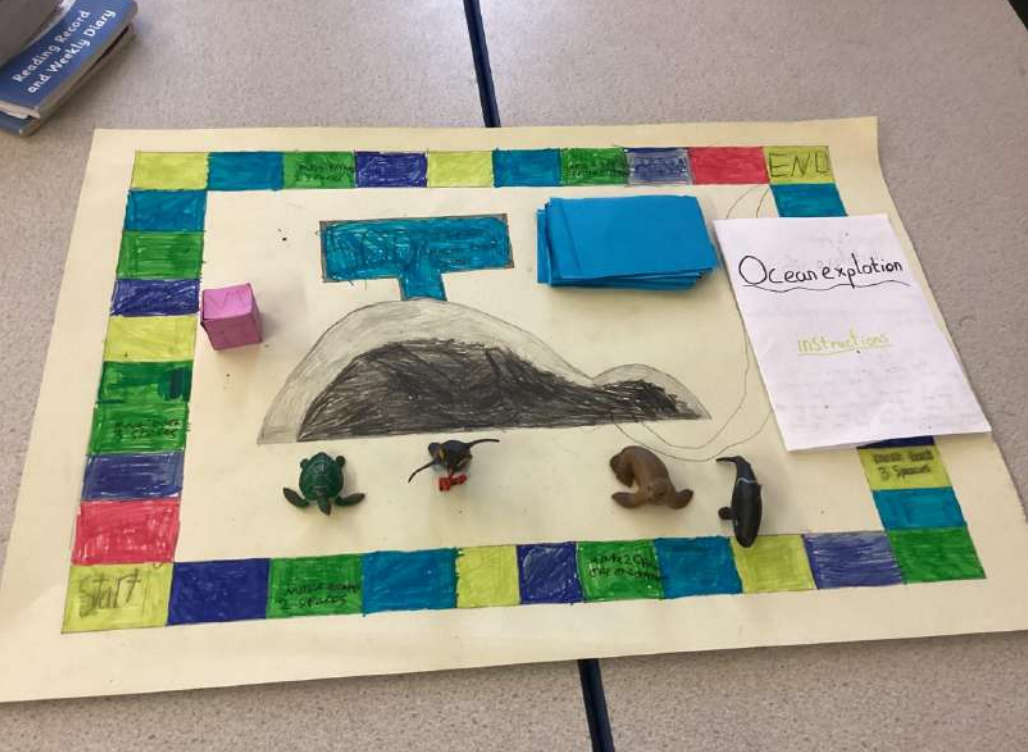
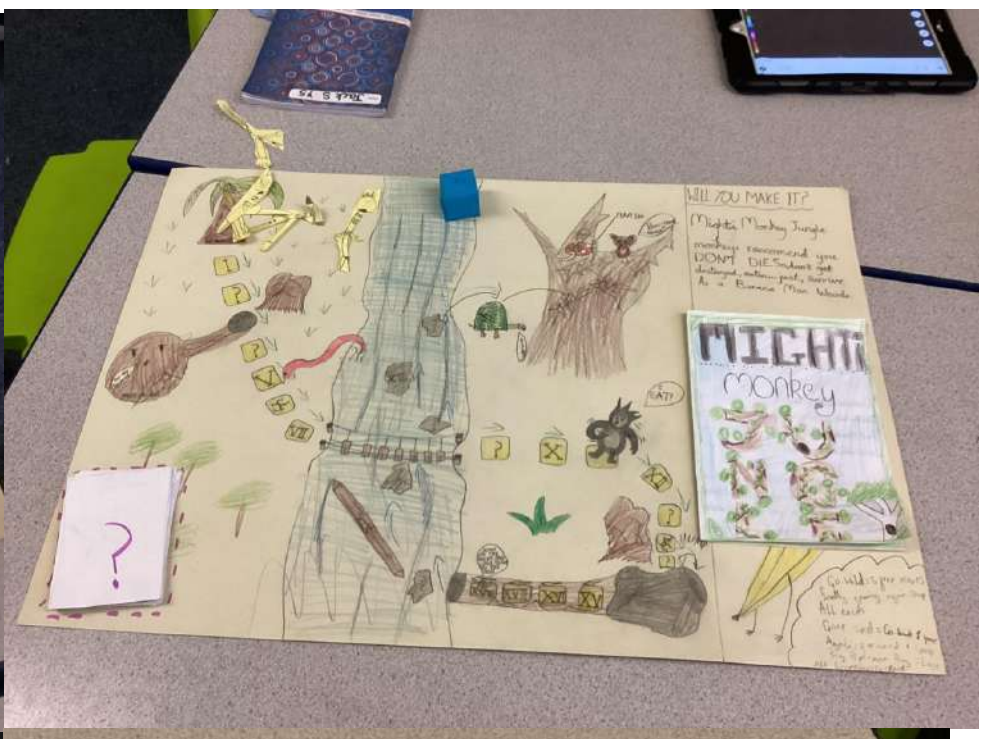
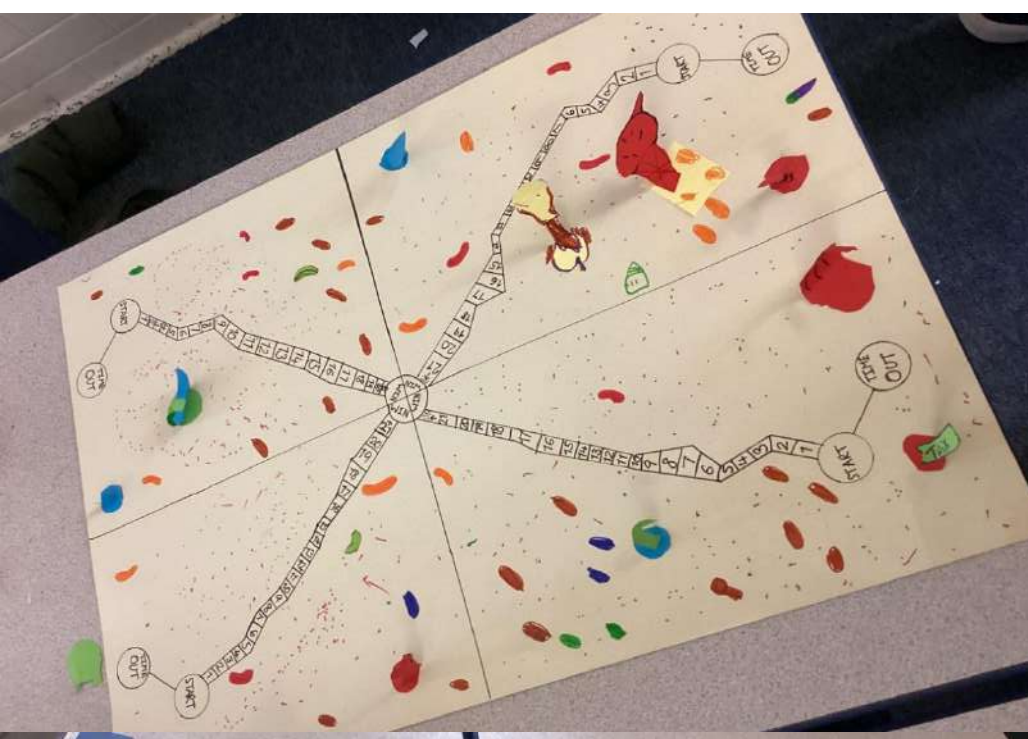
On Wednesday, a group of KS2 took part in Northallerton School's cross country competition at Northallerton Leisure Centre. Years 3 and 4 ran approximately 1,250m whilst years 5 and 6s ran 1,500m. Everyone did amazingly well and felt extremely proud to have finished the race. Harry S, Finley, Charlie B and Finn S all came home with medals, as well as Alexander for having great determination in his first cross country competition. A highlight was Charlie S, Noah and Owen cheering him on at the end and getting him to the finish line with their arms around him! Another great competition for Applegarth. More pictures are on [The Blog](#). The organisers have asked that if any pictures taken by families have gone on social media that they be taken down.



**We have listened to your views on the selection process and will make adjustments for next year.**

# NSPCC Number Day

Children looked spectacular in a range of weird and wonderful number costumes. They spent their maths sessions exploring and creating their own board games. Some examples from Year 5 can be seen below.



We raised £158.00 for the NSPCC

# Poverty Proofing – Governors Update

The challenges we are all facing with the increasing cost of living is continuing (made all the more difficult by the cold weather and long winter). As a governing body, we have considered ways we can support families at this difficult time. The barriers we have identified include (but are not limited to):

- Electronic devices/internet
- School meal prices and wraparound care
- School visits and residential
- Uniform
- After school activities
- School meals, food and heating at home

We are keeping these barriers in mind with any policy making, forward planning and decisions we make in order to minimise the financial strain on families.

Below is a list of links to signpost you to agencies and organisations who can support you and your family if you are in difficulty. Please remember that we are here to support you too.

## *Cost of Living Support*

There are a wide variety of support schemes and organisations in North Yorkshire which may be able to help or advise if you are struggling to pay for essentials.

<https://northyorks.gov.uk/cost-living-support>

## *Specified Adult Childcare credits*

You can apply for if you are a grandparent, or other family member caring for a child under 12: <https://www.gov.uk/government/publications/national-insurance-credits-for-adults-who-care-for-a-child-under-12-fact-sheet/specified-adult-childcare-credits-fact-sheet>

## *Hambleton Foodshare*

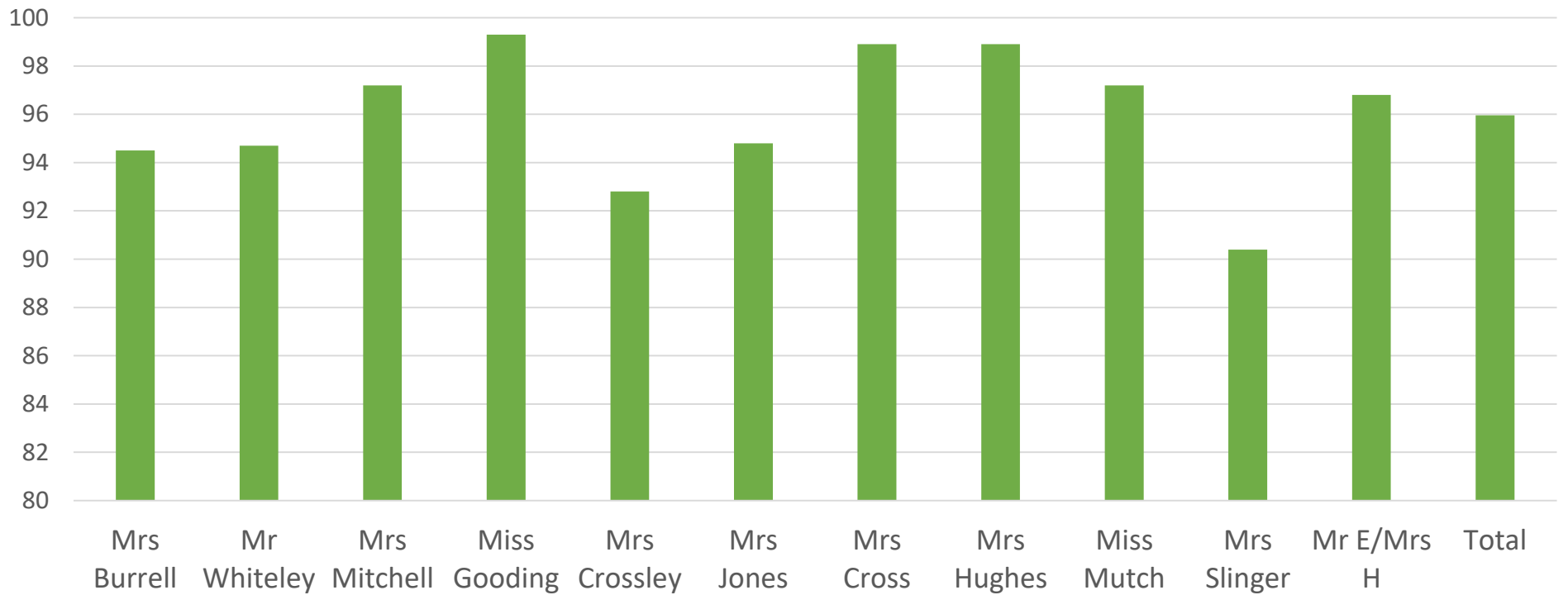
You can self refer if you need support with food and other essential items. <https://dev1.hambletonfoodshare.org.uk/>

## *Period Products*

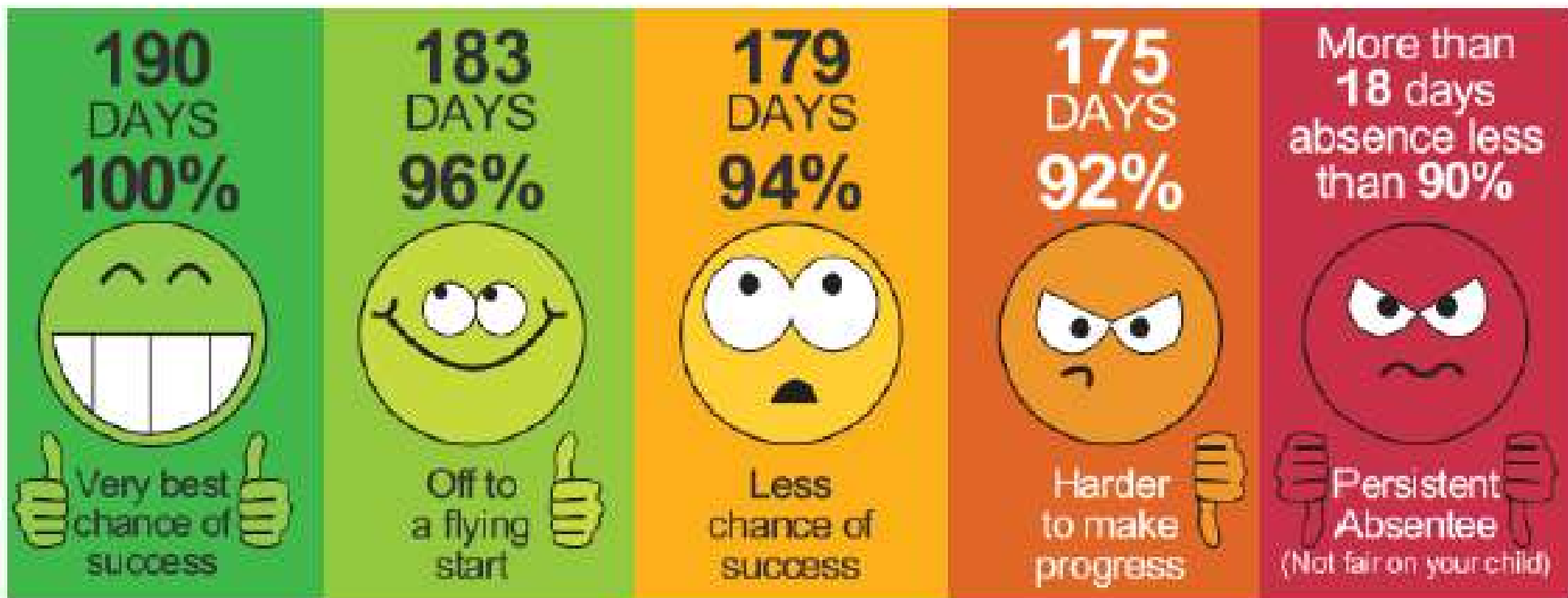
The period product scheme is underway in our school. We can provide free period products to girls if they need them.

# Attendance

## Weekly Attendance Totals W/C 30th January



There are **190** days in a school year which leaves **175** days to spend on family time, shopping, appointments and other things.



## School Calendar (this half term)

Event	Class/Phase	Venue	Date(s)/Time(s)
Half Term Holiday	Whole School	Applegarth Primary School	Monday 13 <sup>th</sup> February – Friday 17 <sup>th</sup> February

# School Calendar (long term)

Event	Class/Phase	Venue	Date(s)/Time(s)
Pancake Race	Whole School	Applegarth Park	Tuesday 21 <sup>st</sup> February Junior race 10:00am – 10:15am
Strike Action	TBC	Applegarth Primary School	Tuesday 28th February
<b>World Book Day</b>	<b>Whole School</b>	<b>Applegarth Primary School</b>	<b>Thursday 2<sup>nd</sup> March</b> <b>Bedtime stories/pyjama theme</b>
Reception - Year 5 Parent/Carer Evening Bookings Open	Reception – Year 5	-	Friday 10 <sup>th</sup> March 4:00pm <i>Bookings close Sunday 26<sup>th</sup> March at 8:00pm</i>
PTA Family Quiz	Parents and Carers	Applegarth Primary School	Friday 10 <sup>th</sup> March 7:00pm – 9:30pm (approx)
Strike Action	TBC	Applegarth Primary School	Wednesday 15 <sup>th</sup> March
Strike Action	TBC	Applegarth Primary School	Thursday 16 <sup>th</sup> March
Carlton Lodge Family Meeting	Year 5	Applegarth Primary School	Wednesday 22 <sup>nd</sup> March 5:00pm – 5:45pm (Provisional)
Reception – Year 5 Parent/Carer Evenings	Reception – Year 5	Applegarth Primary School (in person)	Thursday 23rd March 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)  Tuesday 28 <sup>th</sup> March 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)
Easter Bunny Run (PTA)	Whole School	Applegarth Primary School	Tuesday 28 <sup>th</sup> March
<b>Easter Performance</b>	<b>Key Stage Two</b>	<b>All Saints Church</b>	<b>Wednesday 29<sup>th</sup> March</b> <b>5:00pm – 6:00pm</b>
Easter Holidays	Whole School	Applegarth Primary School	Monday 3rd April - Friday 14th April
Professional Development Training Day	Whole School	Applegarth Primary School	Monday 17 <sup>th</sup> April
Key Stage One SATs	Year 2	Applegarth Primary School	Throughout May <b>DO NOT BOOK HOLIDAYS</b>
May Bank Holidays	Whole School	Applegarth Primary School	Monday 1 <sup>st</sup> May and Monday 8 <sup>th</sup> May

# School Calendar (long term continued)

Event	Class/Phase	Venue	Date(s)/Time(s)
Key Stage Two SATs Week	Year 6	Applegarth Primary School	Tuesday 9 <sup>th</sup> May – Friday 12 <sup>th</sup> May <b>DO NOT BOOK HOLIDAYS</b>
Carlton Lodge Residential	Year 5	Carlton Lodge, Carlton Miniott	Thursday 11 <sup>th</sup> May and Friday 12 <sup>th</sup> May
Coronation Disco (PTA)	Whole School	Applegarth Primary School	Thursday 18 <sup>th</sup> May Reception, and Key Stage One 5:00pm – 6:00pm Key Stage Two 6:15pm – 7:15pm
Half Term	Whole School	Applegarth Primary School	Monday 29 <sup>th</sup> May – Friday 2 <sup>nd</sup> June
Robinwood	Year 6	Robinwood, Alston	Monday 5 <sup>th</sup> June – Wednesday 7 <sup>th</sup> June
Phonics Screening Check	Year 1	Applegarth Primary School	Monday 12 <sup>th</sup> June – Friday 16 <sup>th</sup> June <b>DO NOT BOOK HOLIDAYS</b>
Multiplication Tables Check	Year 4	Applegarth Primary School	Monday 12 <sup>th</sup> June – Friday 30 <sup>th</sup> June <b>DO NOT BOOK HOLIDAYS</b>
Reception and Key Stage One Sports Day	Reception, Year 1 and Year 2	Applegarth Primary School	Tuesday 20 <sup>th</sup> June 9:30am – 12:00pm
Armed Forces Day	Service Pupils	Catterick Garrison, Ypres Lines	Wednesday 21 <sup>st</sup> June
Key Stage Two Sports Day	Years 3, 4, 5 and 6	Applegarth Primary School	Tuesday 27 <sup>th</sup> June 9:30am – 11:30am
Summer Fair (PTA)	Whole School	Applegarth Primary School	Friday 30 <sup>th</sup> June 3:15pm – 5:00pm
Year 6 Leavers Performance	Whole School and Families	Applegarth Primary School	Wednesday 19 <sup>th</sup> July 2:00pm – 3:00pm
Break up for Summer	Whole School	Applegarth Primary School	Friday 21 <sup>st</sup> July

# School Calendar (long term continued)

Event	Class/Phase	Venue	Date(s)/Time(s)
Halloween Disco (PTA)	Whole School	Applegarth Primary School	Thursday 26 <sup>th</sup> October Reception, and Key Stage One 5:00pm – 6:00pm Key Stage Two 6:15pm – 7:15pm
Christmas Carols *	Key Stage Two	All Saints Church	Wednesday 6 <sup>th</sup> December T 5:00pm – 6:00pm
Christmas Fair*	Whole School	Applegarth Primary School	Friday 8 <sup>th</sup> December 3:15pm – 5:00pm
Key Stage One Nativity*	Key Stage One	Applegarth Primary School	Monday 11 <sup>th</sup> December 6:00pm – 7:00pm Tuesday 12 <sup>th</sup> December 10:00am – 11:00am
Reception Nativity*	Reception	Methodist Church	Tuesday 19 <sup>th</sup> December 10:00am – 11:00am

**\*Provisional dates at the moment. We will confirm ASAP.**

## 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)



# Save the Date for World Book Day

WORLD  
**BOOK  
DAY**

2 MARCH 2023

Our theme this year is:



There's something very special about a bedtime story being read out loud. A bedtime story doesn't require children to focus on the mechanics of learning to read, but on the enjoyment of the story and the idea of being transported to other worlds before drifting into dreams about them.

We are asking children to come to school on **Thursday 2<sup>nd</sup> March** dressed in the **pyjamas and to bring in their favourite bedtime story to share with their class.** More details and activities for World Book Day will follow after half term.

This year's theme was one of the ideas created by our Y6 Reading Squad.

James Lofthouse Football for 4-12 year olds

# HALF-TERM HOLIDAY CAMP



Monday 13th, Tuesday 14th  
and Wednesday 15th February

4 - 6 years old 8.45am - 2.45pm

7 - 9 years old 9am - 3pm

9 - 12 years old 9.15am - 3.15pm

Brompton Primary School, DL6 2RQ



## Cost

£18 per child per day

£34 for 2 days

£48 for all 3 days

## Your child will need...

playing kit and boots to suit the weather, plenty to drink and a packed lunch.

Please note all sessions will be outside. Toilets are available in the school.

## Cancellations

If any days of the camps are cancelled, due to adverse weather conditions, a credit will be added to your account for future camps and sessions.

## Payments

To make a booking please use the booking system at [james-lofthouse-football.class4kids.co.uk/camp/7](http://james-lofthouse-football.class4kids.co.uk/camp/7)

If you book for 2 days please message me on 07908 199994 for a discount code.



For more information call James Lofthouse on 07908 199994 or email [j.lofthouse@jameslofthousefootball.com](mailto:j.lofthouse@jameslofthousefootball.com)  
You can also message direct on Facebook - booking is essential and on a first come first served basis



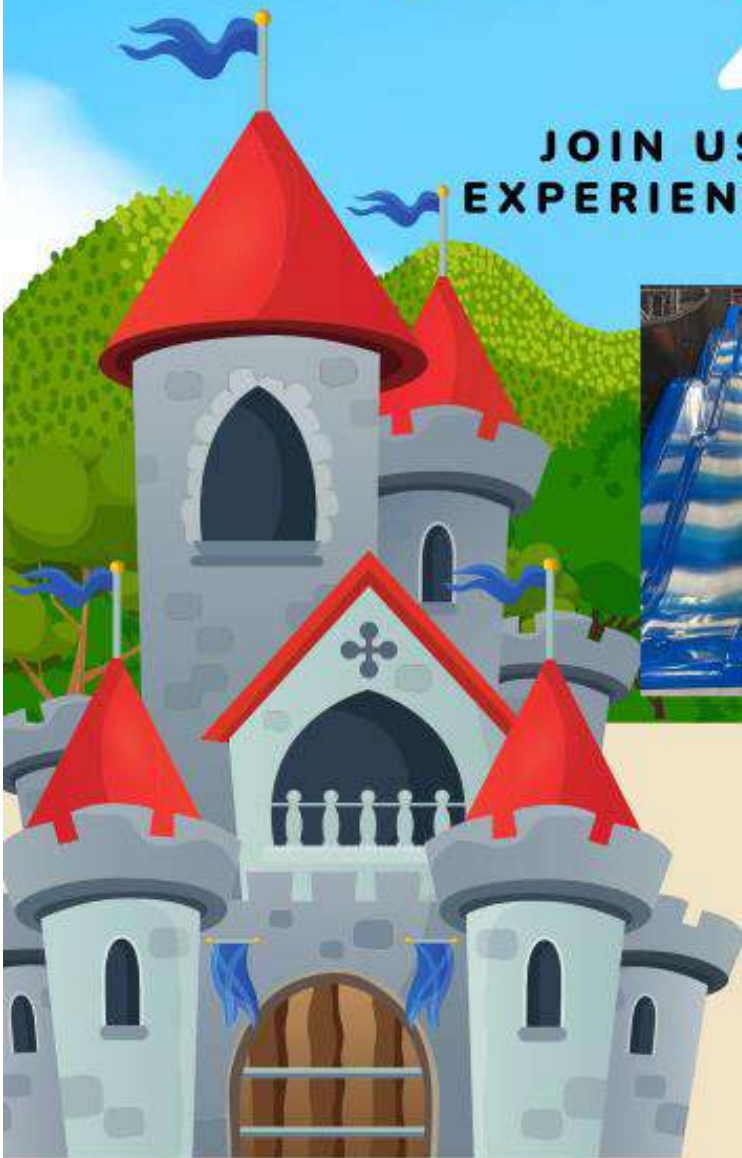


## ENJOY THIS HALF TERM

FOOTBALL PITCH / SOFTPLAY / DELICIOUS FOOD  
OPEN EVERY DAY THIS HALF TERM 9.30AM - 6PM

# FEBRUARY HALF TERM 2023

JOIN US FOR THE BEST KIDS  
EXPERIENCE IN NORTHALLERTON!



**AVOID DISAPPOINTMENT  
THIS SCHOOL HOLIDAY  
PLEASE BOOK AHEAD**

GO TO [CRAZYKINGDOM.CO.UK](http://CRAZYKINGDOM.CO.UK)  
AND CLICK "BOOK YOUR VISIT"

Or scan  
the QR  
Code





# Parent Carer Support Northallerton

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**Where: Northallerton  
Library, 1 Thirsk Road,  
Northallerton, DL6 1PT**

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**When: First Monday  
of every month**

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**Time: 10am - 12pm**

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The Parent Carer Support Group offers a safe social outlet for parents, providing a place to share lived experiences, access peer support, find and discover coping strategies and gain friendships with like-minded parents in similar situations.

There will also be opportunities to request guest speakers and have your voice heard!

This group is hosted in partnership with Lois Bootham - autism social prescriber at NYCC.

**carers  
plus**  
YORKSHIRE

To book your place contact:  
E: [becky.wallis@carersplus.net](mailto:becky.wallis@carersplus.net)  
T: 01609 780872



# You're Invited!

## World Book Day 2023 Menu

**Beauregard's Beef Dinner**  
with Baked Baby Potatoes

**Scrumdiddlyumptious**  
Sausage & Bean Feast

Oompa Loompa Carrots  
Mr Bucket's Cabbage  
Grandpa's Gravy

Mrs Bucket's Homemade Bread  
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Charlie's Chocolate Pudding  
with Chocolate Waterfall Sauce

## Thursday 2nd March

# Easter

## Menu

Roast Chicken, Yorkshire Pudding &  
Sage and Onion Stuffing

Veggie Sausages and  
Yorkshire Pudding

Roast or Mashed Potatoes

Gravy

Broccoli & Sweetcorn

Chocolate Fudge Pudding & Chocolate Sauce

- Vegetarian

## Monday 27<sup>th</sup> March

# zümbini®

With Rosie

Zumbini is a music and movement programme for children aged 0-5 which promotes the progression of physical, cognitive, social and emotional development through the exploration of music.

We have sessions for babies from birth to walking (Baby Binis) that combine musical exploration, sensory play and movement activities to support the development of your baby's first skills.

Mini Binis, for children from walking to school age, is designed to get your little ones moving and grooving to the unique, diverse Zumbini music as well as being introduced to a range of different instruments and songs.

Check out our facebook page to find out more...Zumbini with Rosie -  
Darlington, Teesside and North Yorkshire



Monday - Temple fun, Leeming bar

Tuesday - Northallerton

Thursday - Twiggy's Play, Thirsk



# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing - as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small - like finishing a difficult level in a Mario or Sonic game - can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun - and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous - allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



National Online Safety®  
#WakeUpWednesday

