



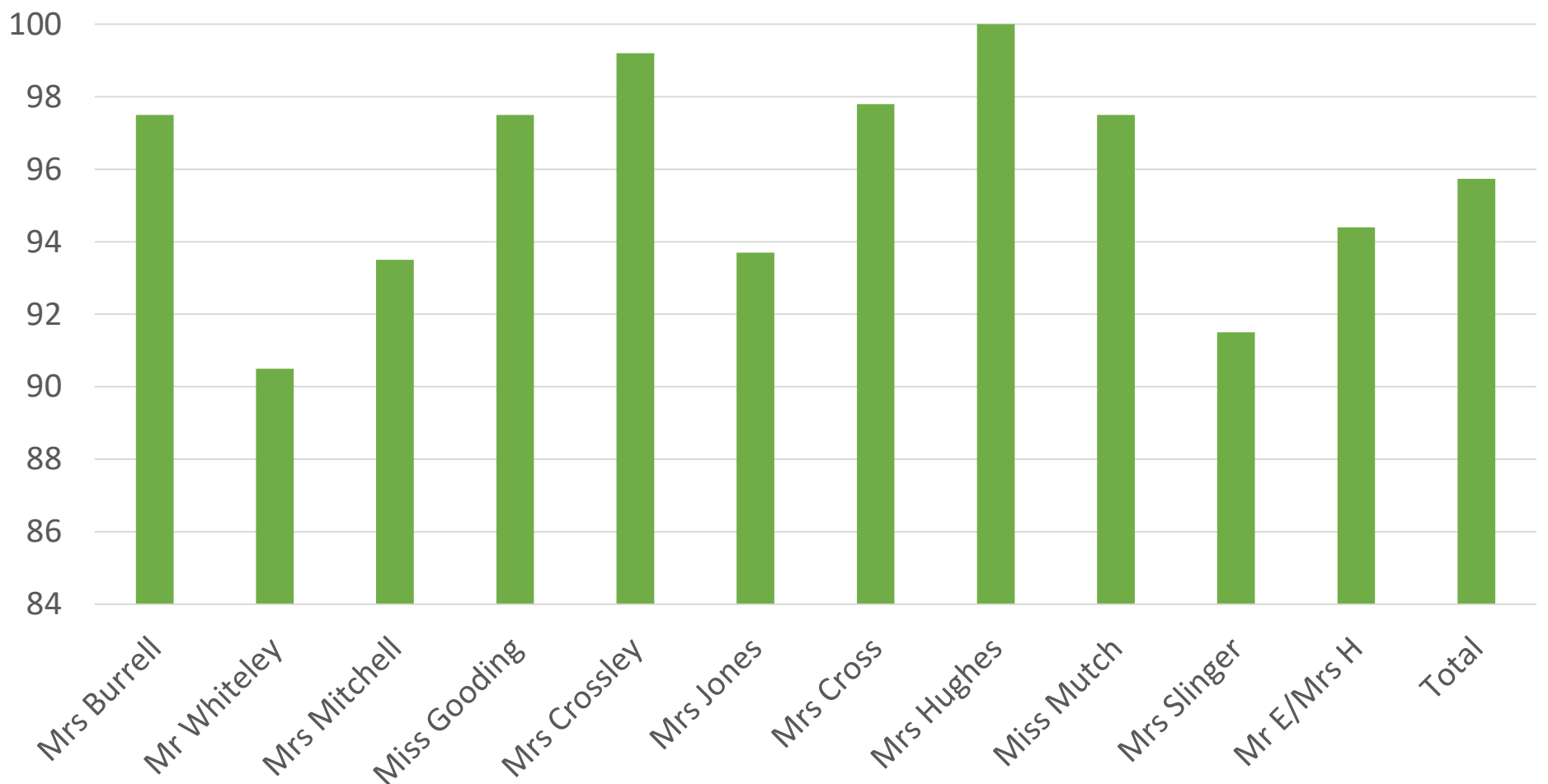
Stars of the Week

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Willow T	Noah G
Mr Whiteley	Alice W	Aria S
Mrs Mitchell	Matilde E	Jack S
Miss Gooding	Morgan G	Kobie L
Mrs Crossley	Harley M	-
Mrs Jones	Freddie H	Autumn K
Mrs Cross	Sethen P	Lily G
Mrs Hughes	Martha F	Mollie W
Miss Mutch	Charlie B	Scarlett S
Mrs Slinger	Oliver H	Maisy K
Mrs H & Mr E	Bella-Rae B	Ellie-Mai P



Attendance

Weekly Attendance Totals W/C 23rd January



Well done to Mrs Hughes' class for achieving 100% last week! Our whole school total is edging closer to 96%.



****We do not include pupils in these figures who have long term absence due to ongoing medical issues****

Governance Update

We have recruited a new parent governor who will join us for their first full governing body meeting next week. Sgt Jonathon Snelling has two children at Applegarth and has a valuable skillset and perspective that he can offer our school. We are pleased to have an individual with a military background to champion the service families that we have in our school community.

Well Done, Henry!

We wanted to share about Henry's trial last week. He did amazingly well and took it all in his stride. He was officially the fastest boy at the North Yorkshire County final trials for under 11s. He won both sprints and the vertical jump and placed second in the javelin and chest throw. He has qualified for the championships! His family are unbelievably proud (as are all of us in school) and Henry is very excited.



School Calendar (this half term)

Event	Class/Phase	Venue	Date(s)/Time(s)
NSPCC Number Day	Whole School	Applegarth Primary School	Friday 3 rd February
Year 6 Parent/Carer Evening	Mrs H/Mr E and Mrs Slinger	Applegarth Primary School (in-person)	Tuesday 31 st January 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)
Year 6 Parent/Carer Evening	Mrs H/Mr E	Applegarth Primary School (in-person)	Thursday 9 th February 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)
Half Term Holiday	Whole School	Applegarth Primary School	Monday 13 th February – Friday 17 th February

School Calendar (long term)

Event	Class/Phase	Venue	Date(s)/Time(s)
Pancake Race	Whole School	Applegarth Park	Tuesday 21 st February Junior race 10:00am – 10:15am
Strike Action	TBC	Applegarth Primary School	Tuesday 28th February
Reception - Year 5 Parent/Carer Evening Bookings Open	Reception – Year 5	-	Friday 10 th March 4:00pm <i>Bookings close Sunday 26th March at 8:00pm</i>
PTA Family Quiz	Parents and Carers	Applegarth Primary School	Friday 10 th March 7:00pm – 9:30pm (approx)
Strike Action	TBC	Applegarth Primary School	Wednesday 15 th March
Strike Action	TBC	Applegarth Primary School	Thursday 16 th March
Carlton Lodge Family Meeting	Year 5	Applegarth Primary School	Wednesday 22 nd 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 th March 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)
Easter Bunny Run (PTA)	Whole School	Applegarth Primary School	Tuesday 28 th March
Easter Holidays	Whole School	Applegarth Primary School	Monday 3rd April - Friday 14th April
Professional Development Training Day	Whole School	Applegarth Primary School	Monday 17 th April
Key Stage One SATs	Year 2	Applegarth Primary School	Throughout May DO NOT BOOK HOLIDAYS
May Bank Holidays	Whole School	Applegarth Primary School	Monday 1 st May and Monday 8 th 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 th May – Friday 12 th May DO NOT BOOK HOLIDAYS
Carlton Lodge Residential	Year 5	Carlton Lodge, Carlton Miniott	Thursday 11 th May and Friday 12 th May
Coronation Disco (PTA)	Whole School	Applegarth Primary School	Thursday 18 th 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 th May – Friday 2 nd June
Robinwood	Year 6	Robinwood, Alston	Monday 5 th June – Wednesday 7 th June
Phonics Screening Check	Year 1	Applegarth Primary School	Monday 12 th June – Friday 16 th June DO NOT BOOK HOLIDAYS
Multiplication Tables Check	Year 4	Applegarth Primary School	Monday 12 th June – Friday 30 th June DO NOT BOOK HOLIDAYS
Reception and Key Stage One Sports Day	Reception, Year 1 and Year 2	Applegarth Primary School	Tuesday 20 th June 9:30am – 12:00pm
Armed Forces Day	Service Pupils	Catterick Garrison, Ypres Lines	Wednesday 21st June
Key Stage Two Sports Day	Years 3, 4, 5 and 6	Applegarth Primary School	Tuesday 27 th June 9:30am – 11:30am
Summer Fair (PTA)	Whole School	Applegarth Primary School	Friday 30 th June 3:15pm – 5:00pm
Year 6 Leavers Performance	Whole School and Families	Applegarth Primary School	Wednesday 19 th July 2:00pm – 3:00pm
Break up for Summer	Whole School	Applegarth Primary School	Friday 21 st July

School Calendar (long term continued)

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

LET'S CONNECT



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

Parenthood...

The most rewarding job in
the world

And also the toughest

Need some advice about your
child's behaviour or emotions?

Contact YoungMinds'
Parents Helpline

0808 802 5544

youngminds.org.uk/parents

YM Parents
Helpline

0808 802 5544

youngminds.org.uk
Mon-Fri 9.30am-4pm

YOUNGMINDS

5 ways to wellbeing



Looking after your mental health is just as important as your physical health. Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing:



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

- Arrange to meet people regularly
- Reach out to someone
- Take time to get to know your neighbours



By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time.

- Go for a walk during your lunch break
- Try activities that bring our focus to the mind-body connection, like yoga or tai chi



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

- Take up a mindful hobby e.g. knitting
- Write down three things you feel grateful for



Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

- Try out a new recipe
- Join a class or learn a new language
- Learn something new about the people around you



Research has found a link between doing good things and an increase in wellbeing.

- Try and do one kind thing every day
- Become a Health in Mind Hero by giving your time through volunteering/ fundraising

Tips for Encouraging Open Discussions about

DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we *do* have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



National
Online
Safety®

#WakeUpWednesday