Applegarth Primary School
Newsletter
Friday 20th January 2023

Stars of the Week

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Tommy-A	Kai W
Mr Whiteley	Eva R-B	Amaya-L B
Mrs Mitchell	Eva J	-
Miss Gooding	Kobie L	Ivy C
Mrs Crossley	Phi-Yen N	Ruby B
Mrs Jones	Jude S	Amy P
Mrs Cross	Maya T	Olivia W
Mrs Hughes	Myla W	Gracie-Mae G
Miss Mutch	Finley W	Henry R
Mrs Slinger	Wilson M	Noah C
Mrs H & Mr E	Olivia N	Eva R

House Points

384 367 359 317

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: _____

Rosie

As some of you in the school community may be aware, one of our reception pupils, Rosie, is in hospital undergoing treatment for Leukemia. Everybody in school is deeply shocked and saddened by the diagnosis, and we want to do everything we can to help Rosie, her mum and her grandma. The Bees have been making cards, pictures and reading stories for Rosie to keep her spirits up. We plan to have a non uniform day on the last day of the half term to raise money for Rosie's family's chosen Leukemia charity too. **If you would like to support, you can donate directly to the [Just Giving page](#).** Whilst we all want to help, it's important to give the family space to process things. We are taking our lead from Rosie and her family, and we'll let you know if there's anything you can do to help. We are incredibly proud of the bravery, courage and strength Rosie has shown in the most unimaginable circumstances. We look forward to the day she rings the all-clear bell and comes back to school to have fun with her friends.
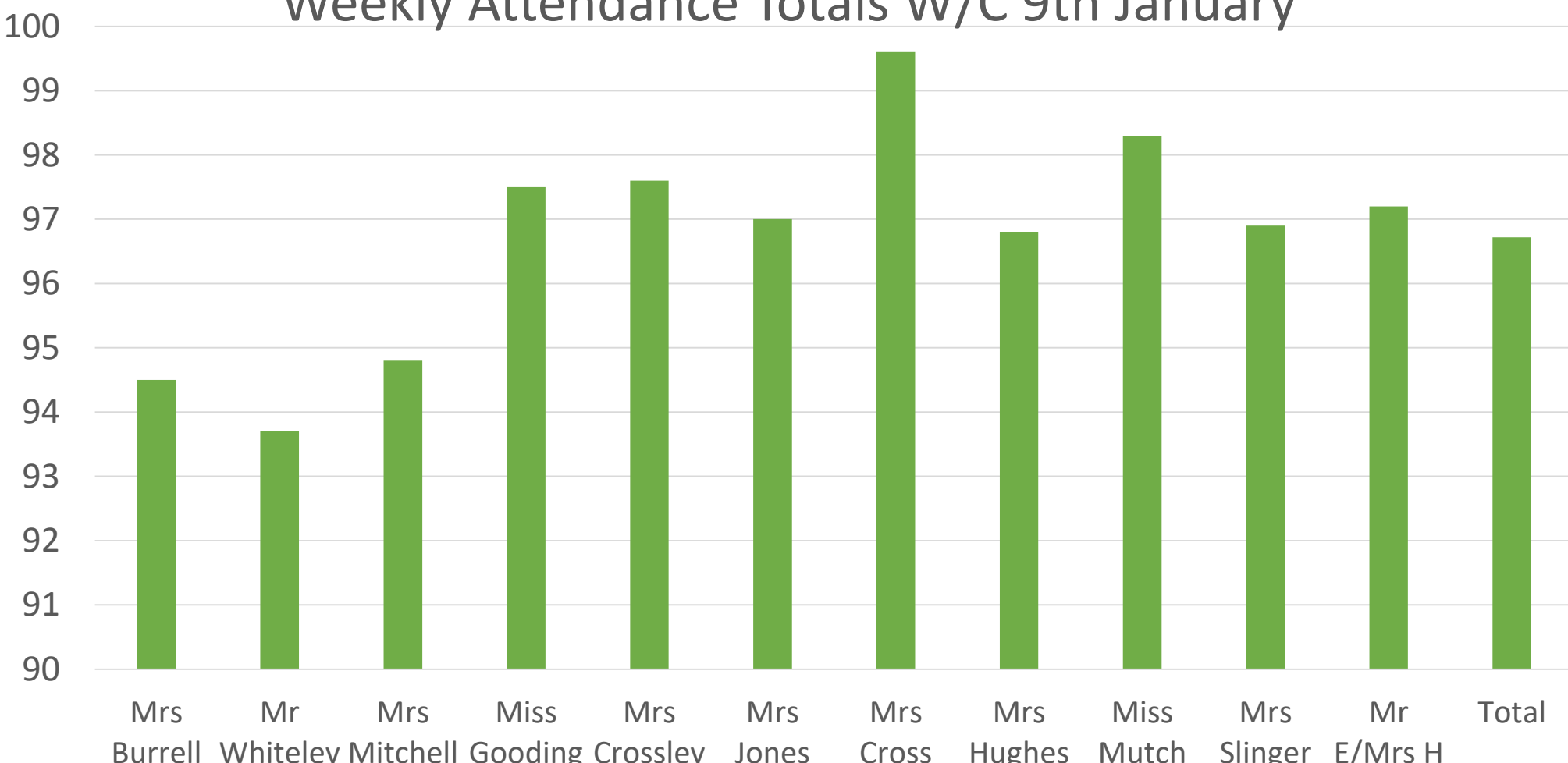
Rivers 2 U

Children in Y3/4 were so excited to have a visit from the Rivers2U bus this week. Catherine showed us the course of a river and we impressed her with our river knowledge. We also investigated some creatures that live in local rivers too with local expert, Mike and discussed what a problem pollution was in our rivers today. What an incredible experience, kindly funded by Yorkshire Water.

Attendance

Weekly Attendance Totals W/C 9th January

Teacher	Attendance
Mrs Burrell	94.5
Mr Whiteley	93.7
Mrs Mitchell	94.8
Miss Gooding	97.5
Mrs Crossley	97.6
Mrs Jones	97.0
Mrs Cross	99.6
Mrs Hughes	96.8
Miss Mutch	98.3
Mrs Slinger	96.9
Mr E/Mrs H	97.2
Total	96.7

Important Updates

We have been working with the Swaledale Alliance as part of an attendance improvement group. There are several recent pieces of work for you to be aware of:

- BRAND NEW *Quick Read Attendance Policy* for families. This has been sent out as a paper copy in reading bags and is attached to the newsletter email this week.
- Updated Attendance Policy in line with current DfE guidance.
- A dedicated attendance page on the school website as a one stop for any attendance related matters.

Thank you for supporting out initiative to improve attendance over the last three years. I am delighted to say we were in the top 25% of schools nationally last term☺

National School Attendance Award

2022/23 Autumn Term

Applegarth Primary

Top 25% of similar FFT Primary Schools in England

Ash Randall – Freestyle Footballer

Ash visited us yesterday and demonstrated his freestyle footballing to the whole school. Children were mesmerised with his ability and skills and each class had a session with Ash where they learned some new skills. It was a fantastic day- thanks to Mrs Hughes for organising it.

Author Response

Well done Charlie B in Mrs Cross' class for your deduction skills when reading the class novel. We got a response from the author on Twitter!

Applegarth Primary School

Midday Supervisory Assistant Vacancy
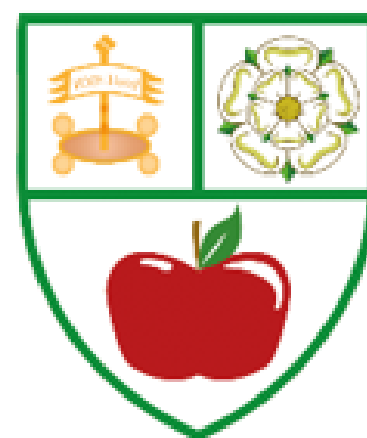
Hours: 6.25 hours per week

Contract: established, part-time, term time only

Salary: Grade B

Job details: Applegarth Primary School is looking to appoint an experienced, highly-motivated and committed midday supervisory assistant who can support and enhance our lunch time provision ensuring a high level of hygiene and safety is maintained.

The successful candidate will:

- Have excellent organisational skills
- Be punctual
- Communicate well
- Have good teamwork skills
- Respect confidentiality and the potential sensitivities of working in a school, e.g. safeguarding laws
- Have experience working in a school
- Be able to demonstrate in their application that they can fulfil the main duties of the job description and person specification as a minimum

Requirements

Experience working in a school with the responsibility for supervising pupils, leading play/ activities and maintaining hygienic environments. The successful candidate will also be subject to enhanced DBS checks by the school.

Contact details

For further information or to request an application pack, please contact the school office via telephone on 01609 773521 or email admin@applegarth.n-yorks.sch.uk

How to apply

Please send a completed application form either electronically to admin@applegarth.n-yorks.sch.uk or post to **Applegarth Primary School, Upwell Road, Northallerton, North Yorkshire, DL7 8QF**

Application closes at midnight on Sunday 22nd January, 2023

https://www.applegarth.n-yorks.sch.uk/our-school/job-vacancies/

School Calendar (this half term)

Event	Class/Phase	Venue	Date(s)/Time(s)
Year 6 Parent/Carer Evening Bookings Open	Year 6	https://applegarth.schoolcloud.co.uk/	Friday 6th January 4:00pm *Bookings close Sunday 29th January at 8:00pm*
NSPCC Number Day	Whole School	Applegarth Primary School	Friday 3rd February
Year 6 Parent/Carer Evening	Mrs H/Mr E and Mrs Slinger	Applegarth Primary School (in-person)	Tuesday 31st 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 9th February 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)
Half Term Holiday	Whole School	Applegarth Primary School	Monday 13th February – Friday 17th February

Remember you can always find live, up-to-date information on the calendar on our website. Mrs Fowler transfers all of the events on the newsletters every week, so you can stay informed wherever you are...

School Calendar (long term)

Event	Class/Phase	Venue	Date(s)/Time(s)
Reception - Year 5 Parent/Carer Evening Bookings Open	Reception – Year 5	-	Friday 10th March 4:00pm *Bookings close Sunday 26th March at 8:00pm*
Carlton Lodge Family Meeting	Year 5	Applegarth Primary School	Wednesday 22nd March 5:00pm – 5:45pm (Provisional)
Reception – Year 5 Parent/Carer Evenings	Reception – Year 5	Applegarth Primary School (in person)	Tuesday 28th March 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online) Wednesday 5th April 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)
Easter Holidays	Whole School	Applegarth Primary School	Monday 3rd April - Friday 14th April
Professional Development Training Day	Whole School	Applegarth Primary School	Monday 17th 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 1st May and Monday 8th May
Key Stage Two SATs Week	Year 6	Applegarth Primary School	Tuesday 9th May – Friday 12th May DO NOT BOOK HOLIDAYS
Carlton Lodge Residential	Year 5	Carlton Lodge, Carlton Miniott	Thursday 11th May and Friday 12th May
Half Term	Whole School	Applegarth Primary School	Monday 29th May – Friday 2nd June

School Calendar (long term continued)

Event	Class/Phase	Venue	Date(s)/Time(s)
Robinwood	Year 6	Robinwood, Alston	Monday 5th June – Wednesday 7th June
Phonics Screening Check	Year 1	Applegarth Primary School	Monday 12th June – Friday 16th June <mark>DO NOT BOOK HOLIDAYS</mark>
Multiplication Tables Check	Year 4	Applegarth Primary School	Monday 12th June – Friday 30th June <mark>DO NOT BOOK HOLIDAYS</mark>
Reception and Key Stage One Sports Day	Reception, Year 1 and Year 2	Applegarth Primary School	Tuesday 20th June 9:30am – 12:00pm
Key Stage Two Sports Day	Years 3, 4, 5 and 6	Applegarth Primary School	Tuesday 27th June 9:30am – 11:30am
Year 6 Leavers Performance	Whole School and Families	Applegarth Primary School	Wednesday 19th July 2:00pm – 3:00pm
Break up for Summer Holidays	Whole School	Applegarth Primary School	Friday 21st July

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**

NSPCC Number Day

Friday 3rd February
Dress up for Digits

Fancy dress inspired by all things maths or simply wear an item of clothing with a number on it. Donations welcome for the NSPCC.

*Supported by

Man Charitable Trust

OXFORD UNIVERSITY PRESS

*Number Day is supported by Man AHL and Oxford University Press, led by NSPCC.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

What Parents & Carers Need to Know about TWITTER

Twitter is a social media network which allows users to post short messages ('tweets') of up to 280 characters. Tweets can consist of text, photos, videos, audio, links, polls and GIFs – often linked by hashtags if they share a common theme or message. Hashtags receiving high levels of interest are said to be 'trending'. Twitter users can engage with other people's posts by liking, retweeting (sharing) or tweeting back (commenting on). Since the entrepreneur Elon Musk acquired Twitter in October 2022 for $44 billion, he has implemented several major changes to the platform.

WHAT ARE THE RISKS?

INTERACTION WITH STRANGERS

Tweets are public by default, meaning that anyone can view and interact with posts, follow someone and send direct messages. The concern here is that young people may therefore connect and communicate with strangers. Some individuals may follow a young person's Twitter account simply because they have similar interests; however, others may turn out to have more sinister intentions.

FIXATION ON VIEW COUNT

Twitter has recently introduced a 'view count' feature – telling users how many people have seen their tweet (even if they haven't reacted to it). Previous research has found that unfavourable comparisons with other social media users can cause young people to experience feelings of insecurity, jealousy and low self-esteem – leading to an obsession with increasing their numbers.

TROLLS AND BULLYING

The anonymity offered by fake profiles encourages some users to send tweets designed to provoke a reaction; to disrupt conversations; to spark an argument; or to harass the recipient. Such trolling and bullying can impact the mental wellbeing of both the target and anyone who witnesses it. Encourage your child to come to you if they experience such behaviour on Twitter, or if they see it taking place.

PAID-FOR VERIFICATION

Previously, if a Twitter profile displayed a blue tick icon, it meant that the owner – usually a celebrity or a major organisation – had been verified as genuine. Now, however, anyone can pay for a Twitter Blue subscription to receive the tick, with the platform carrying out limited checks on the account's authenticity. This could easily lead to more fake accounts impersonating real people or companies.

CONTENT MODERATION CHANGES

In late 2022, Twitter stated that their "policy enforcement will rely more heavily on de-amplification of violative content: freedom of speech, but not freedom of reach". No policies have changed yet, but this wording suggests they may limit who can see posts rather than removing them. While supporting free speech, this could encourage an environment where some toxic content remains online.

HIJACKED HASHTAGS

The hashtag (#) is one of Twitter's most recognisable facets, allowing users to find specific trends or topics. But the sheer volume of tweets each hour can rapidly distort a hashtag's meaning: an initially innocent search term can quickly end up returning inappropriate results. This is common with 'trending' hashtags, as people know that using them will get their tweet seen by a larger audience.

Advice for Parents & Carers

SET ACCOUNTS TO PRIVATE

To reduce some of the fear of your child's tweets being seen and shared by anyone, you can always make their account protected. This means that your child has to give approval for another user to view their posts. You can change Twitter's privacy settings so that your child can't be messaged directly by other people on the platform and their geographical location won't be shared.

FOSTER CRITICAL THINKING

It can be difficult for *anyone* to ascertain if something online is real or false, but particularly for young people. Encourage your child to check several reputable sources to determine if a story they've seen is true; remind them to watch out for scams and think about the message's possible motive. Emphasise that it's not a good idea to retweet something if they aren't sure it's correct.

ENGAGE SAFETY MODE

When Safety Mode is activated, Twitter checks for abusive or spammy behaviour such as hurtful language or repeated negative replies. The platform then flags these suspect accounts and blocks them from responding to your child's tweets. The autoblock function then prevents these accounts from interacting with your child's again for seven days.

EXPLORE THE NEW SETTINGS

Previously, any user could reply to anyone else's tweets. However, the new conversation settings let your child determine who can reply to their posts – either by selecting everyone (the default option), people they follow or only people they mention (using the @ symbol). This improvement has given users extra control, providing them with more protection from trolls and online abuse.

PAUSE BEFORE POSTING

It's important that young people think about what they're about to post and whether they might regret it later. Twitter has developed 'nudges': little prompts which appear if someone is about to tweet using harmful or offensive language. These nudges promote more positive online behaviour by giving users an opportunity to pause and consider their words before they post something.

BLOCK, REPORT OR MUTE

If someone is upsetting your child on Twitter, you can block and report them. Blocking stops them from messaging or following your child, while reporting an account alerts Twitter to investigate possible misuse. The 'mute' feature, meanwhile, keeps tweets from a specific account (or which include certain words) out of your child's timeline. The other user won't know that they've been muted.

BE CAREFUL WHO TO FOLLOW

As accounts are no longer being as rigorously verified under the 'blue tick' system, it's essential that young Twitter users understand what this means, in terms of people not necessarily being who they claim. Anyone who your child only knows online is *still* a stranger, regardless of how long they've been communicating for. Remind your child never to disclose personal information on social media.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

CREATING A GOOD BEDTIME ROUTINE

A bedtime routine is important in getting a good night's sleep. A routine helps to support children's body clock and aid relaxation. Consistency is key, sometimes sleep patterns may get worse before they get better. It is not uncommon to think that a new routine isn't working but it is important to stick to it for at least two weeks in order to see results.

Here are some helpful tips to create a good routine:

- Take some time to plan your routine and write it down. Work out what time it will start, this should be an hour before your child goes to sleep. Display the new routine somewhere where everybody in the home can follow it.

- Do the same thing at the same time each day, including having a set wake up time each morning. We know this is difficult at the weekend, but it is important to have these set times to support your child's body clock.

- Turn off all screens at the start of the routine, they may supress the body's production of melatonin, the sleep hormone, and make it more difficult to nod off.

- Consider whether having a light supper time snack in the routine would be helpful – we have a tip sheet all about sleepy food.

- Dim the lights in the hour before bed to encourage the production of melatonin, this will help to promote that sleepy feeling.

- Younger children may enjoy a bedtime box, filled with a selection of activities to carry out during the routine. Hand eye co-ordination activities such as jigsaws, colouring and threading are great for promoting relaxation. Older children may prefer to read, play a board game or take part in a craft activity.

- A bath 30 minutes before bed can help to promote sleep, the decrease in body temperature after a bath can help us to nod off more easily.

- Once in bed sharing a story is a great way to end the day or older children may prefer to read independently.

For more information, contact The Sleep Charity or your representative.