



Stars of the Week

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Leo T	Emira Z
Mr Whiteley	Jared C	Lexi F
Mrs Mitchell	Fraser M	Eddie G
Miss Gooding	Cohen S	Evan F
Mrs Crossley	Evie H	Lacie F
Mrs Jones	Elsie H	Eleanor M
Mrs Cross	Bonnie B	Charlie B
Mrs Hughes	Kieren W	Charlie B
Miss Mutch	Mina B	Cassie G
Mrs Slinger	Rowan B	Oliver B
Mrs H & Mr E	Alexander M	Charlie S



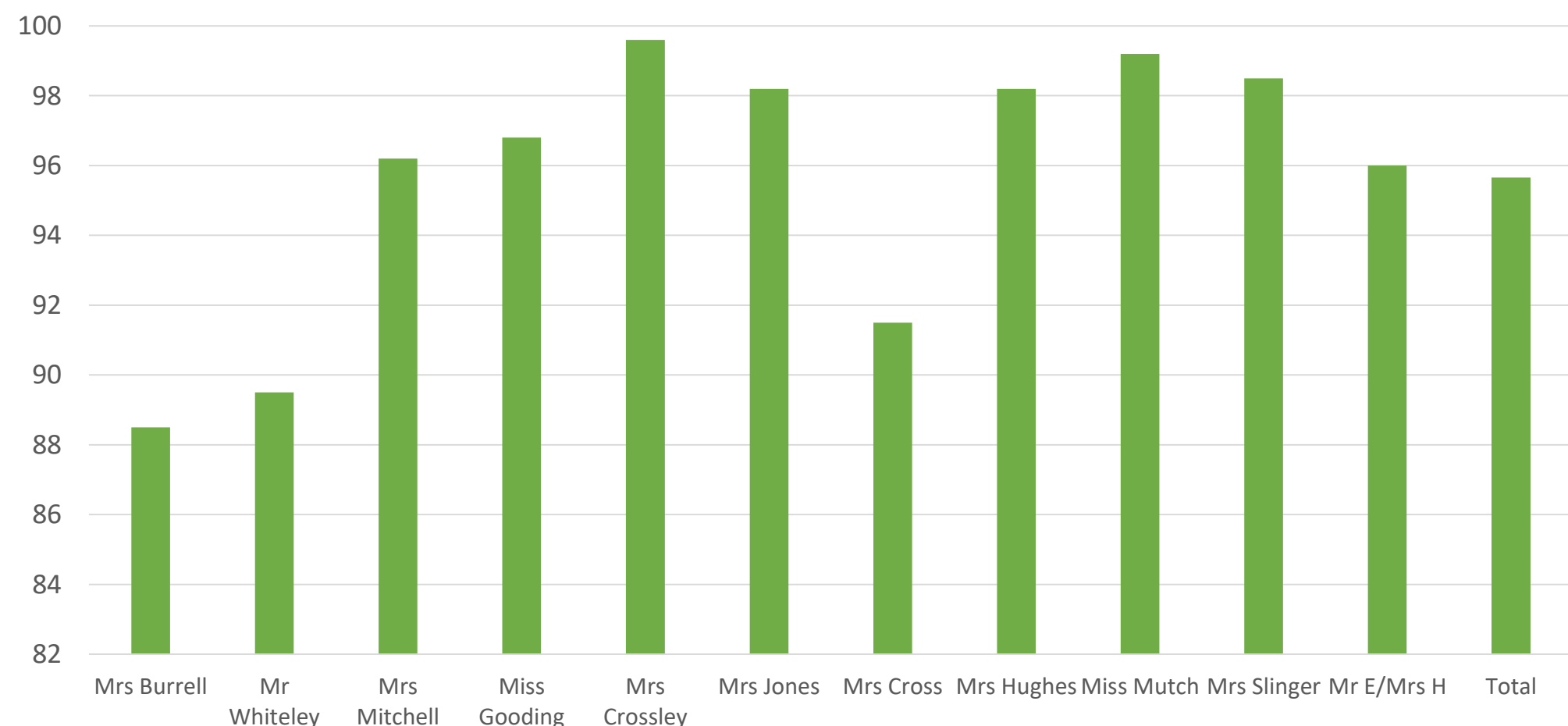
Update on Strike Action

As it stands, **the school (and all classes) will be open on Wednesday 1st February**. If anything changes in the meantime, we will notify you straight away. Having contingency childcare plans for all of the strike dates is still the most practical approach because the situation can change quickly. A reminder of the NEU strike days are below (and in the calendar section and on the website):

- Wednesday 1st February
- Tuesday 28th February
- Wednesday 15th March
- Thursday 16th March

Attendance

Weekly Attendance Totals W/C 16th January



Feedback from Working Family Group

Mrs Hopkin and I met with a group of working families last Friday and had a very productive discussion. It was encouraging how positive the conversation was, and I got the overwhelming sense that all the families wanted to do their very best to support their child/ren. The minor frustrations seemed to be the times where they were not given the chance to be supportive because a message did not get to them (or at least **not with enough notice**).

Things going well:

- Seesaw
- The School Gateway App
- Calendars on the newsletter and website

Challenges for working families:

Receiving texts on a morning for kit changes

No texts will be sent on a morning requesting changes of kit/uniform.

Getting messages to teachers if they are urgent

Continue to send notes or messages in reading bags and reading records. If it's urgent, email admin@applegarth.n-yorks.sch.uk marked **FAO: Mr/Ms XXXXX** to prompt staff to check for the urgent message.

Children forgetting to hand things over to teachers after breakfast club (and in general)

A breakfast club box will be in the main entrance on a morning (from after half term). You can leave trip letters, raffle ticket money etc. in there to make sure it reaches the office.

Other points:

Pupils in after school club getting involved in events (e.g. bedtime stories) which is great. Notify families this is happening in advance so they know not to pick them up half way through and can send them in the right clothing.

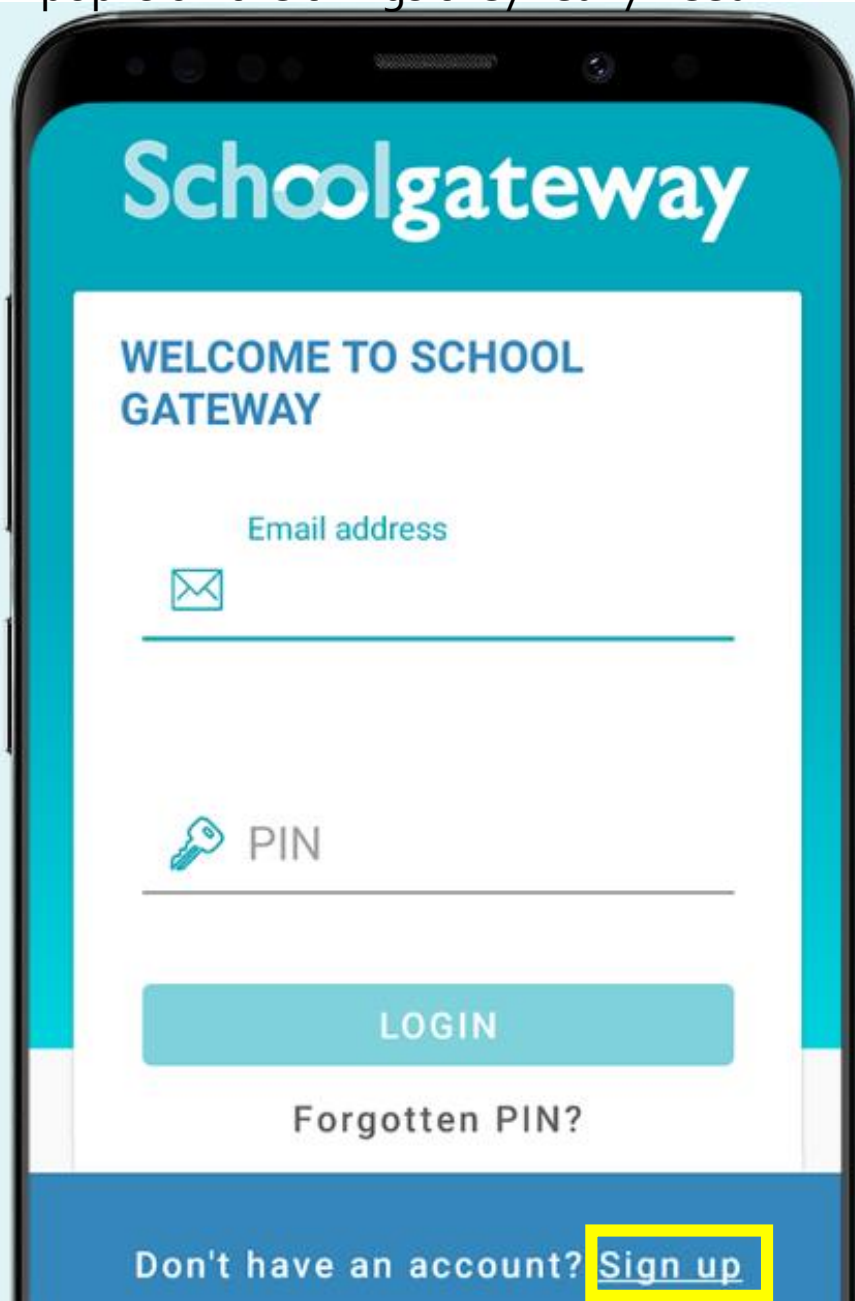
The PTA events are now on the calendar for the whole year and we will prewarn you if they are going to be involved.

Newer families do not know what all the passwords in reading records relate to.

We are updating our homework policy and we will link to help guides for each of the platforms, so you know how pupils should be using them and you can support your child.

Gateway App Info

The fastest and easiest way to interact with school messages, emails and calendars is by using the School Gateway App. App notifications are free for us to send which means more money to spend on pupils on the things they really need.



How to activate your account

1. Download the Android or iPhone app.



2. Press '**Sign Up**' then enter the email and mobile number your school has on record. If you're not sure if they have the right details, it's best to check and update first.
3. Press '**Send PIN**'. You will receive a text message with your unique PIN.
4. You're now ready to log in and start using School Gateway.
5. If you don't have a smartphone or prefer to use a computer, you can set up your account using [the web version](#) of School Gateway.
6. See a video guide [here](#)

How to log in

1. Once you have your PIN, go ahead and launch the School Gateway app on your smartphone or tablet.
2. Enter the email you have registered with your school and the PIN you received. If you didn't get a PIN, it is likely because your school doesn't have the right contact info. Get in touch with them to check.
3. If both the email and PIN are entered correctly, hit '**Login**' and you're ready to start engaging with your school.
4. You can also access School Gateway [on the web](#)



Future Track Star

Henry R, in Miss Mutch's class, has qualified for the county athletics trials final which takes place on Sunday in York. If he progresses through this, he will go on to represent North Yorkshire at the championships in March.

Henry competed in Richmond at the end of last year where he was the only Year 5 student against Year 6s. He did exceptionally well, but was told that due to being a Year 5, he wouldn't go any further. The board have reconsidered this (since he won three of the events) and have allowed him to compete.

We are all wishing him the best of luck and know that he will give it 100%. No matter what the outcome is, he has done himself proud to get to this stage. Well done, Henry.

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 6 th January 4:00pm <i>Bookings close Sunday 29th January at 8:00pm</i>
Strike Action	TBC	Applegarth Primary School	Wednesday 1st February
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 21st 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 10th March 4:00pm <i>Bookings close Sunday 26th March at 8:00pm</i>
PTA Family Quiz	Parents and Carers	Applegarth Primary School	Friday 10th March 7:00pm – 9:30pm (approx)
Strike Action	TBC	Applegarth Primary School	Wednesday 15th March
Strike Action	TBC	Applegarth Primary School	Thursday 16th March
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)	Thursday 23rd March 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online) Tuesday 28th March 3:30pm – 5:00pm (in person) 5:15pm – 6:00pm (online)
Easter Bunny Run (PTA)	Whole School	Applegarth Primary School	Tuesday 28th March
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

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
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 Holidays	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)

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

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure - criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.havebeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



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#WakeUpWednesday

★ How much sleep does my child need? ★

AGE GROUP

Infants 4 - 12 months old

Children 1 - 2 years old

Children 3 - 5 years old

Children 6 - 12 years old

Teens 13 - 18 years old

HOURS PER NIGHT

12 - 16 hours per 24 hour period

11 - 14 hours per 24 hour period

10 - 13 hours per 24 hour period

9 - 12 hours per 24 hour period

8 - 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics

