

# Applegarth Primary School Newsletter

Friday 31<sup>st</sup> March 2023



## Golden Awards



Mrs Burrell	Mr Whiteley	Mrs Mitchell	Miss Gooding	Mrs Crossley
Theo P	Eva R-B	Eddie G	Theo B	Hannah B

Mrs Jones	Mrs Cross	Mrs Hughes	Miss Mutch	Mrs Slinger	Mr Edwards/ Mrs Hopkin
Esme H	Lottie-Leigh P	Emily B	Henry R	Maisy K	Olivia N

# House Points



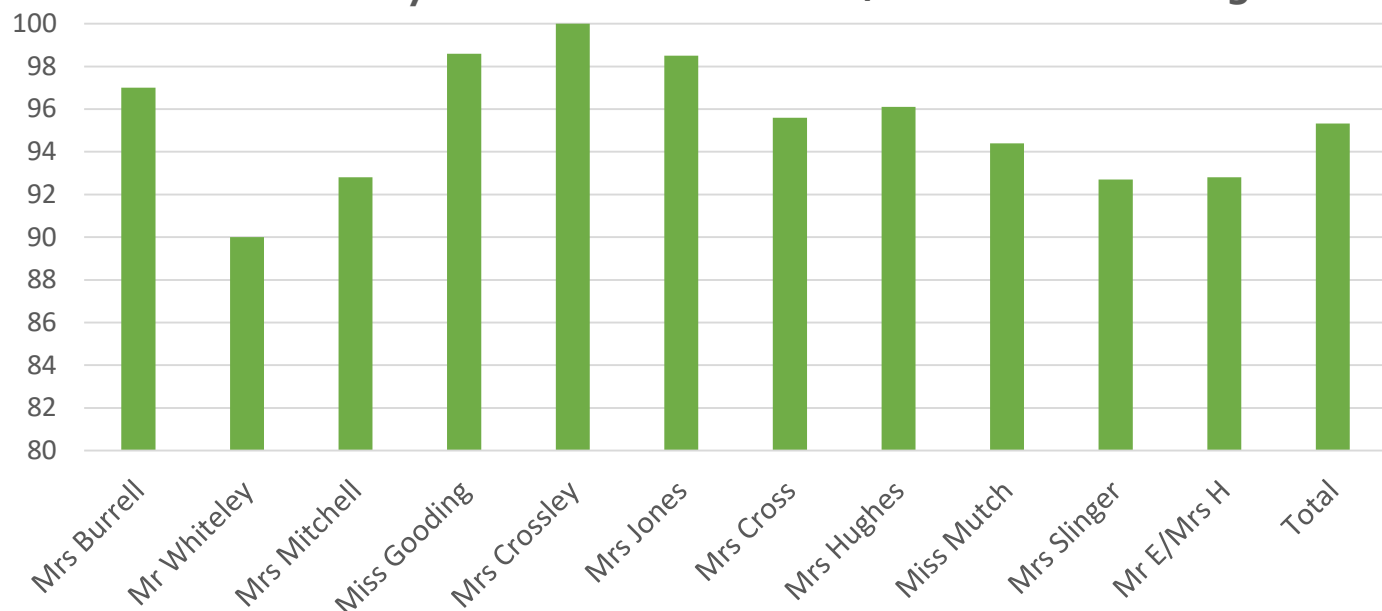
Well done to Fire who stormed away with the house points this term. Also, a **huge well done to Earth** who earned their first star this week 😊 We will put these points in the bank and reset the scores for next term. All the points collected (along with the scores from sports day) contribute to the overall winner for the year. The winning house receive a treat and their colours on the trophy!

## School Meals

Just to let you know that our catering company are still awaiting allergen information from new food suppliers so we are not able to put the menus on the system until the beginning of next term. Many apologies for this and hopefully the menus are ready for Tuesday 18<sup>th</sup> April.

# Attendance

## Weekly Attendance Totals W/C 20th March 2023



A reminder that the gates will open at 8:40am after the holidays and be locked at **8:50am** (when registers will be taken in class).

The end of the school day will be **3:20pm**.

## Quick-Read Attendance Policy

For more detail, please read our full policy on the school website:

<https://www.applegarth.n-yorks.sch.uk/key-information/school-policies/>



**What time does school start?**

Registration is at

8:50am



**How do I inform school about unexpected absences e.g. illness or medical appointments?**

**Ring school** 01609 773521 and press option 1 to leave a message OR

**Email school** [admin@applegarth.n-yorks.sch.uk](mailto:admin@applegarth.n-yorks.sch.uk)

Let us know as soon as possible and by 9:00am at the latest.

Let us know every day unless we know when they'll be back.

**What time does school finish?**

3:20pm



**How do I let school know about planned absences?**

Ask the school office for a **Leave of Absence Form** (with as much notice as possible).

**Who can I talk to if I am worried about my child's attendance?**

We are all happy to help. Please talk to the office staff, Mr Peoples or your child's teacher.

**Which senior leader in school has responsibility for attendance?**

Mr Peoples



### Did you know?

Attendance **below 90%** is judged as 'persistent' absence

Attendance **below 50%** is judged as 'severe' absence

**Our school target is 97% attendance**



# Key Stage Two Easter Service

After school on Wednesday, our KS2 pupils participated in a wonderful Easter service to celebrate this special time in the Christian calendar. The children were wonderful: they sang beautifully and spoke very clearly and articulately. Thank you to Reverend Claire and those at All Saints Church for hosting another special event for our school community. Thank you to Mrs Jones, Miss Mutch and all the Key Stage Two team. To all of the parents/carers and families who came to watch, we greatly appreciate your support for these events. We will be seeing you again next year!







What fantastic and creative costumes! A fantastic way to end an informative and exciting Science Week 😊





# Applegarth Primary School

## PE Timetable Summer 1 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Mr Burrell*	✓				
Mr Whiteley*	✓				
Mrs Mitchell		✓			
Miss Gooding		✓			
Mrs Crossley				✓	
Mrs Jones				✓	
Mrs Cross		✓		✓	
Mrs Hughes		✓			✓
Miss Mutch					✓
Mrs Slinger		✓	✓		
Mr Edwards/Mrs Hopkin	✓				

\*Reception: Leave PE kits in school in drawstring PE bags.

YEARS 1 – 6: Wear your PE kit to school on the day/s that you have PE sessions. You do not need to bring uniform to change back into. In colder weather, wear black leggings/jogging bottoms and a red hoodie or school jumper.

# School Calendar (long term continued)

Event	Class/Phase	Venue	Date(s)/Time(s)
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
Nursery Open Event	Prospective Families and Pupils	Applegarth Primary School	Thursday 27 <sup>th</sup> April 3:30pm – 6:00pm
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
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 9:00am – 11:00am

# School Calendar (long term continued)

Event	Class/Phase	Venue	Date(s)/Time(s)
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 Holidays	Whole School	Applegarth Primary School	Friday 21 <sup>st</sup> July
Halloween Disco (PTA)	Whole School	Applegarth Primary School	Thursday 26 <sup>th</sup> October R 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

## 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 [welfare email: \*\*\[dsl@applegarth.n-yorks.sch.uk\]\(mailto:dsl@applegarth.n-yorks.sch.uk\)\*\*](#)



# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## WHAT ARE THE RISKS?

### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

### Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



NOS  
National  
Online  
Safety®  
#WakeUpWednesday



*All welcome  
Join us*



# **COME AND CREATE GOOD FRIDAY**

**FRIDAY 7th APRIL @ 4pm**

*A short service for all  
ages where we retell the  
events of the 1st Easter  
as we make our own  
Easter gardens*

**ALL SAINTS,  
NORTHALLERTON**





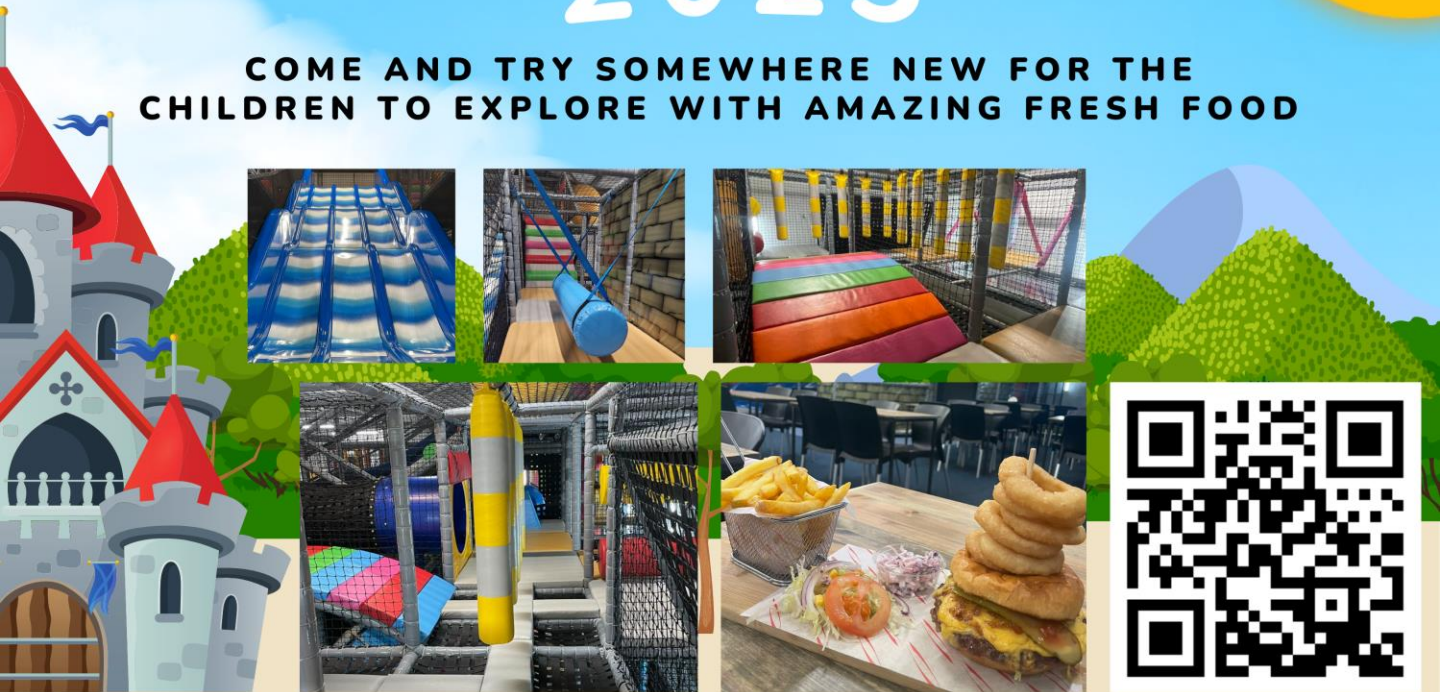


## NEW FROM SUMMER 2022

THE BEST KIDS EXPERIENCE IN NORTHALLERTON  
OPEN EVERY DAY THIS HALF TERM 9.30AM - 6PM

# FEBRUARY HALF TERM 2023

COME AND TRY SOMETHING NEW FOR THE  
CHILDREN TO EXPLORE WITH AMAZING FRESH FOOD



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

Or scan the  
QR Code 

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



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# CALLING ALL PRIMARY SCHOOL CHILDREN!

FREE - AFTER SCHOOL CLUB

Every Tuesday  
during  
school term -  
3:45-4:45pm  
Starting  
18th April 2023

Outdoor fun -  
learning about God's  
creation

one+cy

Northallerton

Children  
& Youth

Meeting at  
The Secret  
Garden  
(near the URC  
church  
Northallerton)

Please wear appropriate  
outside clothing -  
**NO SCHOOL  
UNIFORMS**

FOR MORE  
INFORMATION

ONECY  
All Saints  
& New  
Life  
Baptist  
Church

Donneta -  
[cafminister@cofe-northallerton.org.uk](mailto:cafminister@cofe-northallerton.org.uk)



Fun & athletics  
for all Primary  
School children\*

\*ideally not for kids currently in a running club

# Athletics Course



Starts **Sat 22nd April**  
for **8 weeks**

Scruton Cricket Club  
11am–12 noon

Only **£60** per athlete

Glen Hilton, athletics coach and former England international athlete, will teach our youngsters the fundamentals of athletics and endurance running.

For more details contact Glen Hilton:  
[hiltonglen444@gmail.com](mailto:hiltonglen444@gmail.com)

