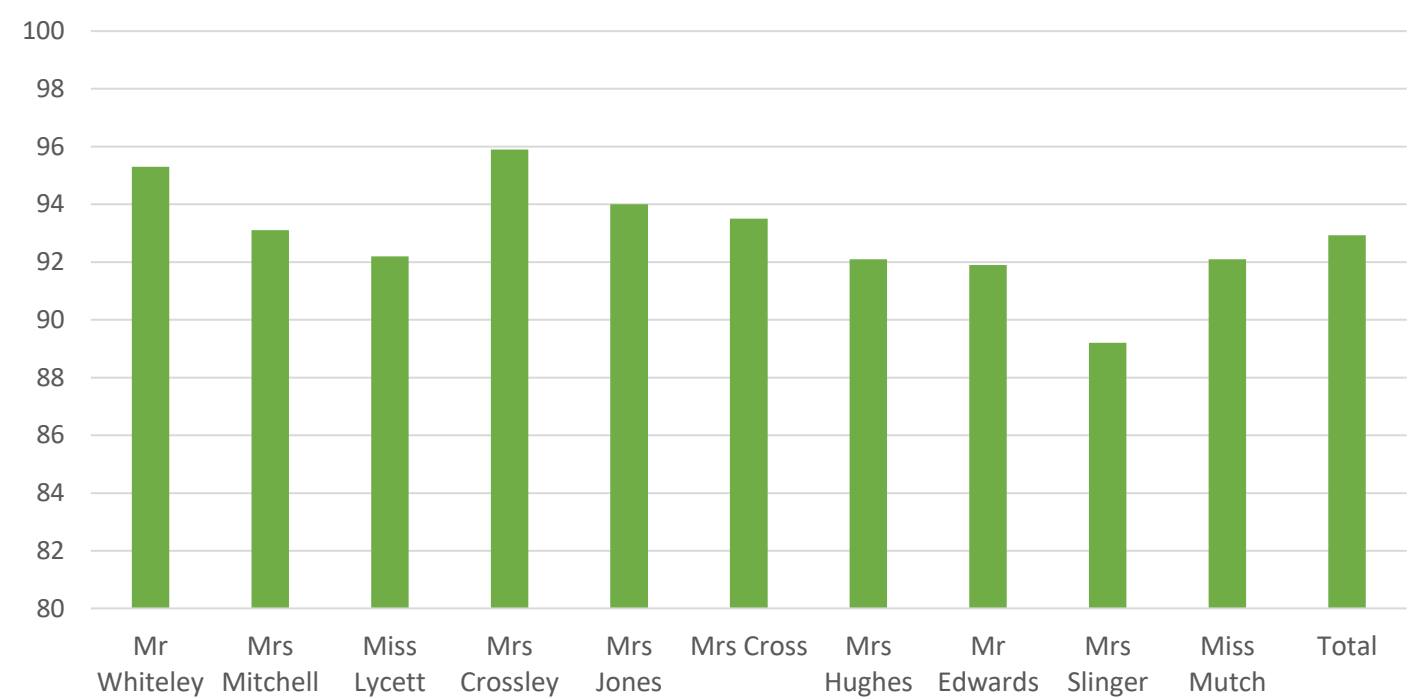


Stars of the Week

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Jax W	
Mr Whiteley	Wren K	Alfred E
Mrs Mitchell	Harry B	Rosie G
Miss Lycett	Bella-Reux B	Autumn C
Mrs Crossley	Mila S	Matilde E
Mrs Jones	Ivy C	Owen R
Mrs Cross	Ben H	Freddy R
Mrs Hughes	Aaron G	Mollie W
Mr Edwards	Lily E	Maxwell R
Mrs Slinger	Freya-Belle T	Freya-Belle T
Miss Mutch	Lilly W	Logan M



Attendance 2nd – 6th October



Nursery Travel Northallerton!

Nursery have been very busy out in their community this week. They have visited the hospital, train station, the park and the library with Year 3. They are getting a good sense of their place in the town and developing an early love of reading!



Harvest Festival Donations

Our Harvest Festival is on Thursday 19th at All Saints Church and parents are welcome to come and celebrate with us. We are also asking for donations of fresh and packaged food which will be donated to the local food bank to help families within our community. Any donation can be brought into school from Monday.



Halloween Disco

A reminder (because we have not had many sales yet):

This year, we are going to sell wristbands as a simple ticketing system. Wristbands will be £5 and will include: entry, sweets, a drink, a hotdog and a glitter tattoo. Please send your money to the office in a sealed envelope with your child/children's name on. The office will give each child a named wristband. These bands will be issued w/c 23rd October (once money has been received in the office).

This way, pupils will arrive, show us their wristband and be signed straight into the disco. For those of you who are new to the disco, you will drop your children off and pick them up from the playground. You are not required to stay (so go have an hour of peace and quiet!).

Year 5 and 6 Tag Rugby

Our Year 5s and 6s represented the school very well at this week's tag rugby. Despite scrubbing his knees on the astroturf, Jack carried on and was awarded person of the match! It was good to see several pupils taking part in their first bit of competitive inter school sport. Hopefully they will get the bug and continue with the sporting habit into secondary school.



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)

School Calendar (this half term)

Event	Class/Phase	Venue	Date(s)/Time(s)
Reception New Starters Open Event	New Starters	Applegarth Primary School (Call the office to book a space)	Tuesday 24 th October 3:30pm – 6:00pm
Nursery Stay and Play	Nursery Parents/Carers	Applegarth Primary School	Tuesday 10 th October 10:30am – 11:30am 2:00pm – 3:00pm
World Mental Health Day	Whole School	Applegarth Primary School	Tuesday 10 th October
Parent/Carers Evening	Whole School	Applegarth Primary School <i>Booking opens at 6pm</i>	Tuesday 10 th October 3:30pm – 6:00pm Wednesday 18 th October 3:30pm – 6:00pm
Scholastic Book Fair	Whole School	Applegarth School Hall	Tuesday 17 th October 3:20 – 4:30pm Wednesday 18 th October 3:20 – 4:30pm
Harvest Festival	Whole School	All Saints Church Families welcome to attend	Thursday 19 th October 10:00am – 11:30am
Halloween Disco (PTA)	Whole School	Applegarth Primary School	Thursday 26 th October Nursery , Reception and Key Stage One 5:00pm – 6:00pm Key Stage Two 6:15pm – 7:15pm
Break up	Whole School	Applegarth Primary School	Thursday 26 th October
Training Day	Staff	Applegarth Primary School	Friday 27 th October

Long Term

Individual & Sibling Photos	Whole School	Applegarth School	Thursday 9 th November 8:30am – 2:00pm
Reception New Starters Open Events	New Starters	Applegarth Primary School (Call the office to book a space)	Tuesday 14 th November 9:30am – 11:00am Wednesday 22 nd November 1:30pm – 3:00pm
Bedtime Stories (PTA)	Whole School	Applegarth Primary School	Wednesday 15 th November 5:30pm – 6:30pm
Children in Need	Whole School	Applegarth Primary School	Friday 17 th November Dress SPOTacular
Nursery Stay and Play	Nursery Parents/Carers	Applegarth Primary School	Thursday 30 th November 10:30am – 11:30am 2:00pm – 3:00pm
Nursery Transition	January Starters	Applegarth Primary School	Thursday 7 th December

NSPCC Number Day	Whole School	Applegarth Primary School	Friday 2 nd February
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
Christmas Dinner	Whole School	Applegarth Primary School	Wednesday 20 th December TBC
Pantomime Performance	Key Stage Two	Applegarth Primary School	Tuesday 12 th December 6:00pm – 7:00pm Thursday 14 th December 6:00pm – 7:00pm
Reception Nativity	Reception	Methodist Church	Tuesday 19 th December 10:00am – 11:00am
Nursery Stay and Play	Nursery Parent/Carers	Applegarth Primary School	Friday 2 nd February 10:30am – 11:30am 2:00pm – 3:00pm
Safer Internet Day	Whole School	Applegarth Primary School	Tuesday 6 th February
Carlton Lodge Pre Visit Meeting	Year 5 Families	Applegarth Primary School	Wednesday 28 th February 5:00pm – 5:45pm
World Book Day	Whole School	Applegarth Primary School	Thursday 7 th March
Nursery Stay and Play	Nursery Parent/Carers	Applegarth Primary School	Monday 11 th March 10:30am – 11:30am 2:00pm – 3:00pm
Red Nose Day	Whole School	Applegarth Primary School	Friday 15 th March
British Science Week	Whole School	Applegarth Primary School	Monday 18 th – Friday 22 nd March
Robinwood Family Meeting	Year 6 Families	Applegarth Primary School	Wednesday 1 st May 5:00pm – 5:45pm
Key Stage 2 SATs Week	Year 6	Applegarth Primary School	w/c 13 th May 2024
Nursery Stay and Play	Nursery Parent/Carers	Applegarth Primary School	Wednesday 15 th May 10:30am – 11:30am 2:00pm – 3:00pm
Carlton Lodge	Year 5	Carlton Miniott	Thursday 16 th May and Friday 17 th May 2024
Pride Month	Whole School	Applegarth Primary School	June 2024
Autistic Pride Day	Whole School	Applegarth Primary School	Tuesday 18 th June
Robinwood	Year 6	Robinwood , Alston	Monday 24 th June – Wednesday 26 th June 2024

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



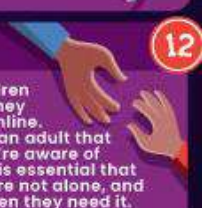
11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



National Online Safety

#WakeUpWednesday



YoungMinds 
@YoungMindsUK



Share your message in the comments. Let's create a collection of as many positive messages we can for [#HelloYellow](#) this World Mental Health Day. 

If you could share
a message with
every young person this
World Mental Health Day,
what would you say?

ALT

7:47 PM · Oct 9, 2023 · 87.9K Views



 145

 209

 461

 3





NHS

9 out of 10

unvaccinated children
can catch measles
if someone in their
class has it

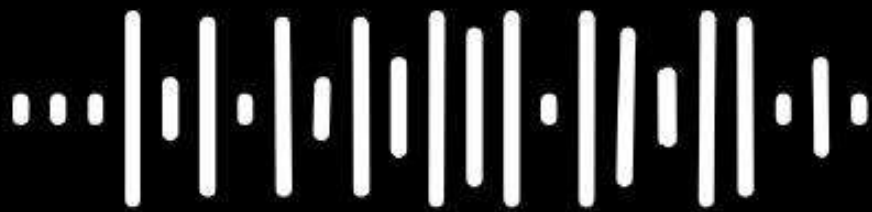


**102,000 children
starting school in
England are at risk
of catching measles**

Check your child is up

to date with their

MMR vaccinations



Musician of the Month

Nina Simone



Crowes Wood Halloween Trail



Kiplin Hall
& Gardens

Friday 20th October - Sunday 5th November 2023
Included with admission



Travel back in time to explore scary tales and torments from Yorkshire folklore and legend. Boggle the hobgoblin, the Cottingley Fairies, Dracula and Guy Fawkes are just some of the spooky stories and real life encounters rooted in Yorkshire. Please come in fancy dress!

The trail is on bark and earth paths that can get very muddy. Please wear sensible footwear and expect prams or pushchairs to get muddy.

Annual Tickets

Our great value prices mean you make savings on your second visit!

Open Feb - Nov

**Open 6 days a week,
closed on Thursdays.**

Kiplin Hall & Gardens
info@kiplinhall.co.uk

01748 818 178



James Lofthouse Football for 4-12 year olds

OCTOBER HALF TERM HOLIDAY CAMP



NOW
AVAILABLE
TO BOOK
YOUR
CHILDS
PLACE!!

Tuesday 31st, Wednesday 1st
and Thursday 2nd October

Alverton Primary School DL6 1RF

4 - 6 years old 8.45am - 2.45pm

7 - 8 years old 9am - 3pm

9+ years old 9.15am - 3.15pm

PRIZES
TO BE WON
EVERY DAY
& PUMPKIN
COMPETITION
ON THE 31ST



Cost

Prices are reduced if you book days in the same week.

£18 per child per day

£34 for 2 days

£48 for 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 camp 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.io/camp/13

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

You can also message direct on Facebook - booking is essential and on a first come first served basis





Bringing you some Spooktacular Fun

Halloween Disco

Friday 27th October 2023 Northallerton Town Hall

5pm till 6.30pm & 7pm till 8.30pm
Ages 3-11 (both sessions)

Prize for Best Fancy Dress

Cash Prize Raffle

Tuck Shop and Refreshments on Sale

Tickets £5 Entry
incl. Hot Dog and Drink

Tickets Online via the QR Code



Supported by



Northallerton
Town Council

Fun and Music with
DJ Darren Kirk



FREEDOM
Discos, Sound
and Lighting

For further details, contact Northallerton Carnival
via email: northallertoncarnival81@gmail.com

northallertoncarnival

northallerton_carnival