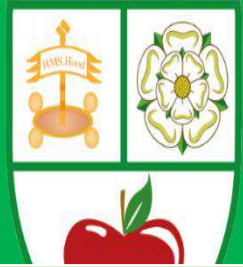


Applegarth Primary School

Newsletter

Friday 12th April 2024



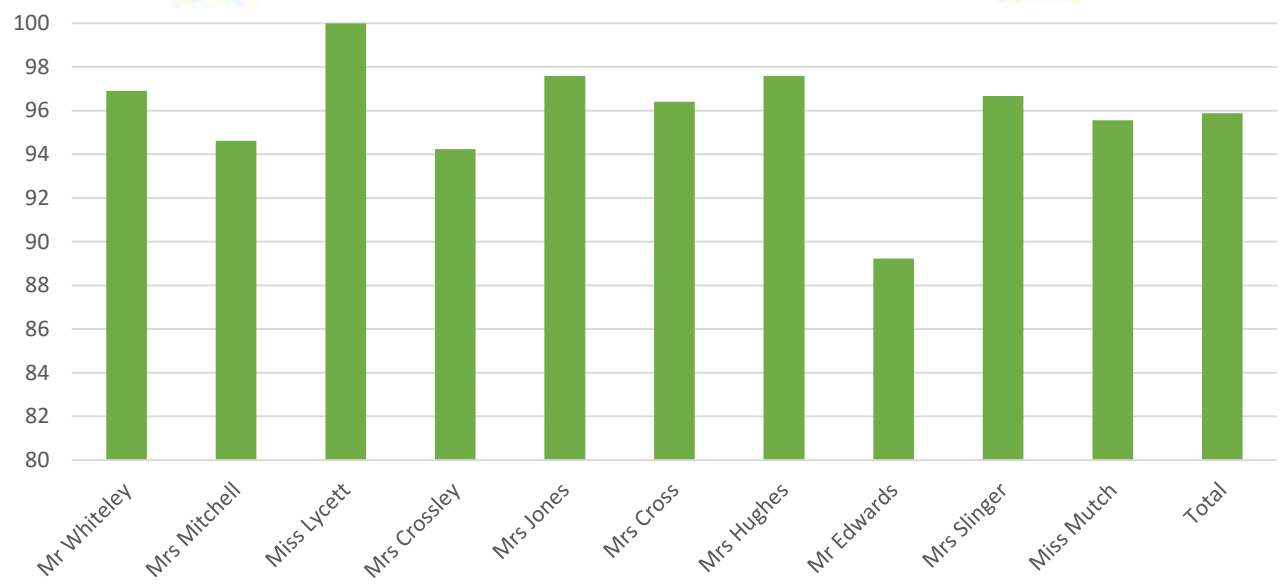
Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Luca C	
Mr Whiteley	Cara D	Clayton H
Mrs Mitchell	Florence M	Leo T
Miss Lycett	Jared C	The Whole Class
Mrs Crossley	Ronan M	Fraser M
Mrs Jones	James C	Ivy C
Mrs Cross	Sophie T	Alex M
Mrs Hughes	Maya T	Freddie H
Mrs Bailey	Charlie H	TBC on Monday
Mrs Slinger	Grace F	Rowan P
Miss Mutch	Zach L	Tommy T



Attendance 18th – 22nd March



Well done Miss Lycett's class
100%



Good attendance means...
Being in school at least 95% of the time or 180 to 190 days



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 Crossley, Mr Edwards, Mr Whiteley and Mrs Hughes 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

100% Attendance Awards

This year, a massive proportion of pupils managed to achieve 100% attendance. **A HUGE well done to the pupils below!**

Toby B	Erin B	Lily B	Macy-Rae B	Lexi B	Finley B
Harry B	Zander C	Arthur C	Maizee-Jai C	Mali C	Atlanta C
Ingrid D	Mia D	Martha F	Morgan G	Louie H	Betsy H
Edward H	Ivy H	Ben H	Emilia P	Harry S	Jack S
Evie S	Harry S	Jack S	Sebastian S	Lucy T	Daniel W
Mollie W			Libbie Y		

Year 5/6 Football

Our Year 5/6 footballers competed with four other schools earlier this week and came home with silver medals! Well done for your excellent teamwork, sportsmanship and determination 😊



Ottilie Robinson-Shaw Visit



This afternoon, we welcomed champion freestyle kayaker, Ottilie Robinson-Shaw. She delivered an inspiring assembly about her will to succeed and her own neurodiversity. You can watch her in action by following [the link](#).

We raised over £1000 (and counting). Add this to the Tesco grant; the generous contribution from the PTA; and school's contribution and **WE ARE ABLE TO GO AHEAD WITH THE NEW TIMBER TRAIL ON THE FIELD!** The planned install date is the week commencing 29th April, so we'll be using the equipment at break and lunchtime before half term 😊





Outdoor Play and Learning (OPAL)



The winner of this week's Golden Welly Award is.... *Freddie Hall*

Lots of pupils have been bringing in wellies and waterproofs to enjoy the mud and rain on the field! We've taken lots of pictures so you can see how much they are enjoying the freedom and space to spread out across all of our playable spaces (no matter what the weather throws at us).

A reminder that clothing is likely to get muddy and wet. If you can send in older clothing, that you don't mind getting muddy, it means pupils can play freely and not worry about spoiling their nice things.

A huge well done to Mrs Young, Miss Mutch and **all of our wonderful play team** who are making OPAL such a success. The children are absolutely loving their lunchtimes!





Quick Read Anti-Bullying Policy

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

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



We have adopted the *Anti-Bullying Alliance's* definition of bullying as:

“The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.”

What is the difference between bullying and falling out?

Bullying is generally characterised by:

Repetition: Incidents are not one-offs; they are frequent and happen over a period of time.

Intent: The perpetrator(s) means to cause verbal, physical or emotional harm; it is not accidental.

Targeting: Bullying is generally targeted at a specific individual or group.

Power imbalance: Whether real or perceived, bullying is generally based on unequal power relations.

Which leaders in school have responsibility for anti-bullying?

Mr Peoples
Headteacher



Mrs
Parkinson
Governor



Mrs Morgan
Governor



What are the types of bullying?

Bullying is acted out through the following mediums:

- Verbally
- Physically
- Emotionally
- Online

School Calendar

Event	Class/Phase	Location	Date and Time
Multiplication Check Meeting for Parents/Carers	Year 4	Applegarth Primary School	Wednesday 20 th March 5:00pm – 5:30pm
Easter Performance	Whole School including Nursery	All Saints Church, Northallerton ***All friends and family are warmly invited***	Friday 22 nd March 10:00am – 11:00am
PTA Easter Disco	Whole School	Applegarth Primary School	Thursday 21 st March Nursery, Reception and Key Stage One 5:00pm- 6:00pm Key Stage Two 6:15pm – 7:15pm
British Science Week	Whole School	Applegarth Primary School	Monday 18 th – Friday 22 nd March
Non Uniform to Celebrate <i>Month of the Military child</i>	Whole School Including Nursery	Applegarth Primary School	Friday 19 th April Wear Purple (red, pink or something similar if you don't own purple clothes!)
Wensleydale Railway Visit	Key Stage 1	Wensleydale Railway	Tuesday 23rd April Miss Lycett Tuesday 30th April Mrs Crossley Tuesday 7th May Mrs Mitchell
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 PLEASE DO NOT BOOK HOLIDAYS
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

Event	Class/Phase	Location	Date and Time
Pride Month	Whole School	Applegarth Primary School	June 2024
Reception New Starters Welcome Event	Reception Sep 2024 Class	Applegarth Primary School	Wednesday 12 th June 2024 5:00pm – 6:00pm
Autistic Pride Day	Whole School	Applegarth Primary School	Tuesday 18 th June
Nursery New Starters Welcome Meeting	Nursery	Applegarth Primary School	Wednesday 19 th June 4:30pm – 5:30pm
Sports Day ***Revised dates to try to fit in with families booking time off work***	Whole School	Applegarth Primary School	Key stage two Wednesday 19 th June 2024 9:30am – 11:30am Reception and key stage one 1:10pm – 2:45pm
Robinwood	Year 6	Robinwood , Alston	Monday 24 th June – Wednesday 26 th June 2024
PTA Summer Fair	Whole School	Applegarth Primary School	Friday 28 th June 3:30pm – 5:00pm
Sports Day (contingency date)	Key stage two	Applegarth Primary School	Key stage two Wednesday 3 rd July 2024 9:30am – 11:30am Reception and key stage one 1:10pm – 2:45pm
Mr Renwick World Cup	Whole School	Applegarth Primary School	Wednesday 10 th July
Reception New Starters Transition Day	Reception Sep 2024 Class	Applegarth Primary School	Friday 12 th July 9:30am – 3:30pm
PTA Halloween Disco	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
PTA Christmas Fair	Whole School	Applegarth Primary School	Friday 29 th November 3:30pm – 5:00pm

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet-pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be intensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as are relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – to identify where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complex perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.



Musician of the Month

ABBA



UNWIND

Unwind is a weekly wellbeing session for young people aged 11-18, to encourage your emotional wellbeing and good mental health.

It is based at The Living Rooms in Northallerton. It is a safe space with new friends, food, caring adults, fun, creativity, listening and space just to be, with optional prayer.

We meet 3:30-5pm every Wednesday in term time.



To find out more email youth@thelivingrooms.org.uk

The Living Rooms: 5/5A Garthway Arcade, Northallerton, DL7 8NS
(Opposite Daisy Doodle!)

Northallerton Youth Space



Music
Games

Food
Arts & Crafts

Support
Chill

Tuesdays

6.30-8.30pm

Northallerton Town Hall (lower floor)

Open to yr7+