

Applegarth Primary School

Newsletter

Friday 19th April 2024



Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Peyton M	
Mr Whiteley	Alfred E	Everly H
Mrs Mitchell	Noah G	Logan B
Miss Lycett	Eva R-B	Aria S
Mrs Crossley	Phi Uyen N	Brody M
Mrs Jones	Mia D	Ruby B
Mrs Cross	Ivy H	Daniel P-Y
Mrs Hughes	Mollie W	Oliver B
Mrs Bailey	Max T	Lola-Rose M
Mrs Slinger	Jenson H	Elsie H
Miss Mutch	Alfie L	Milly P

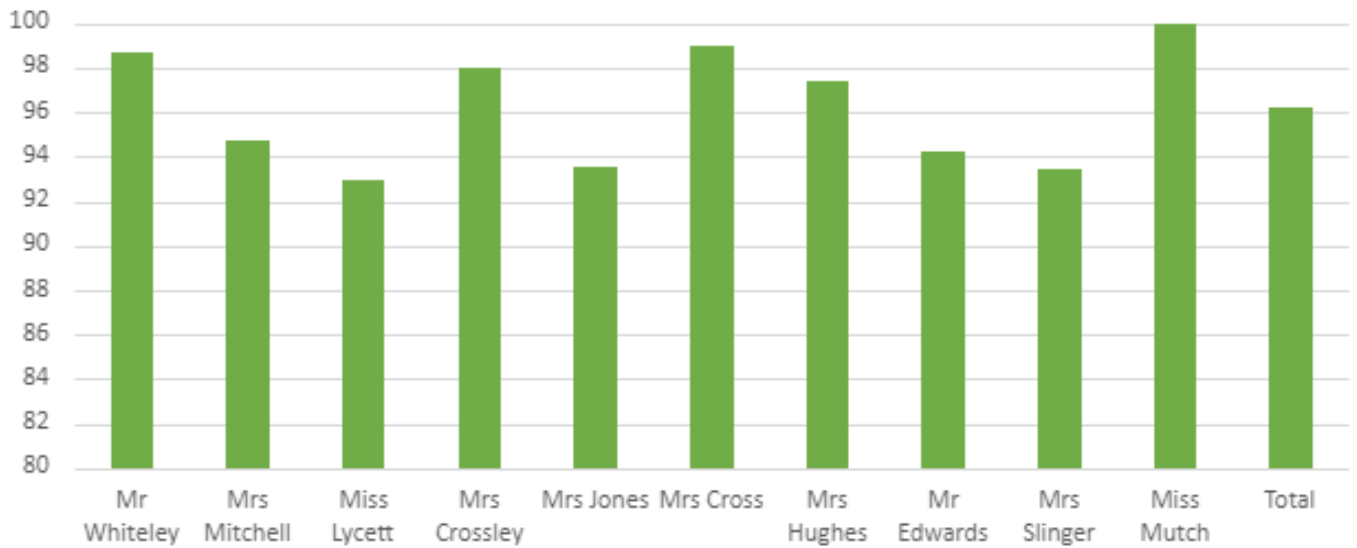


Attendance 9th – 12th April



Well done Miss Mutch's class

100%



A reminder that the school gates are opened at **8:40am** each morning. School **STARTS at 8:50am**. It is important that your child/ren are at school on time each day. Children in each class start work from the moment they enter the classroom. If you are late, this becomes lost learning time which can make further lessons more challenging.

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



The whole school dressed in purple (a mixture of all of the armed forces colours) today to raise awareness for The Month of the Military Child. Pupils had assemblies in class where they learned more about what it is like to be in a military families. We talked about all of the brilliant opportunities service pupils get like travelling and meeting new friends. We also discussed some of the challenges like parents being away for long periods of time doing jobs that can be very risky. The aim of the day is for the whole school community to know a bit more about our armed forces community in school and to learn how to show empathy, support and consideration towards other when they need it.



Powerful Talk for All Parents and Carers

[This talk is just 7 minutes long](#) and is presented by the youngest Ted Talk presenter ever, Molly Wright, who is 7 years old! This is a wonderful overview of early childhood development and how we can all support children's development in the **CRUCIAL** first 5 years, in 5 simple ways.

The themes are things we might already know, but sometimes need reminding about.

I'm certainly not perfect. Life is busy and complicated, and I get caught up looking at a device whilst Wilf and Orla are trying to get my attention (and then get annoyed that they are grabbing it off me and deleting things!). This short clip has definitely made me think about my own approach and how different things could be if we all worked on our "serve and returns"...



Junior Athletics Club Debut

Y5/6 Geography Fieldwork Local Study

To start our new Geography topic (Sow, Grow, Farm), Y5/6 planned/conducted fieldwork and drew conclusions about the hypothesis – 'The school field is the best place for an Applegarth allotment'. We did soil testing, collected data on facilities and transport links, before analysing our findings to decide whether the hypothesis was correct.

Our new orienteering course markers and resources are being installed next week and staff will receive training on how to deliver high-quality sessions. This will open up even more mapwork to our pupils as well as increasing levels of physical activity.



Freddie B made his Allerton Junior Athletics Club debut on the track last Sunday at Kieran Maxwell Memorial Track Meeting. In his long Jump event, he jumped 2.75m and finished 5th. He ran the 800m in 3 min 30 seconds too!

His coach, Glen Hilton, said, " I love his attitude and in his short time at the club has done extremely well. "



Outdoor Play and Learning (OPAL)

The winner of this week's Golden Welly Award is... *Charlie H*



Thank you for all of your donations so far. Please keep them coming so that we can add to our stock and replace broken equipment. Our donation point is the blue bin outside the main office 😊

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 23 rd April Miss Lycett Tuesday 30 th April Mrs Crossley Tuesday 7 th 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
Nursery and Reception New Starters Transition Day	Nursery and 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

LITTLE REMINDERS OF HOW TO

BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR ACTIONS WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National Online Safety

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

- <https://www.themix.org.uk/>
- <https://youngminds.org.uk/>
- <https://www.mind.org.uk/>

#WAKEUPWEDNESDAY



Supporting your child with emotional regulation

A webinar providing parents/carers with information and practical ideas to support their child with regulating their emotions.

Date and time

Tuesday 7th May 2024 at 5:30pm

Location

Online

Further information

Please email tewv.wellbeinginmind@nhs.net to register your interest and to receive your session link.

***Wellbeing in Mind Team** – We are a team of NHS staff working with school staff providing advice, support and training on wellbeing issues as well as forming a link between the school and other services supporting young people. This work includes direct support for young people experiencing mild to moderate mental health such as anxiety and low mood, support to utilise online resources and develop skills as well as classroom-based educational sessions in conjunction with the school's pastoral team to improve knowledge and understanding about wellbeing.*

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+