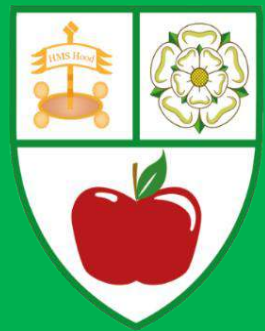


Applegarth Primary School

Newsletter

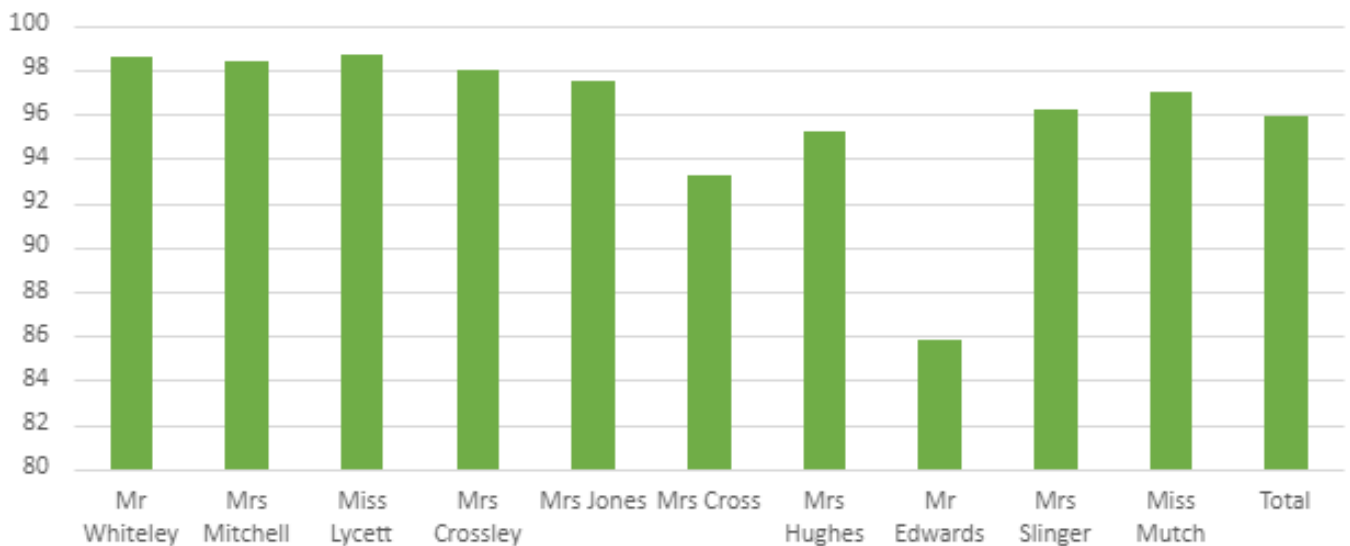
Friday 26th April 2024



Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	George F	
Mr Whiteley	Edward H	Freya W
Mrs Mitchell	Tommy C	Harvey J
Miss Lycett	Daniel W	Jack S
Mrs Crossley	Seth P	Ronan M
Mrs Jones	Mali C	Charlie T
Mrs Cross	Lexi B & Amelia C	Alex M
Mrs Hughes	Eleanor M	Aaron G
Mrs Bailey	Jessica T	Nathan B
Mrs Slinger	Gracie-Mae G	Oliver H
Miss Mutch	Corinne B	Finley W



Attendance 15th – 19th April



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

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



What time does school finish?

3:20pm



Which senior leader in school has responsibility for attendance?

Mrs Hughes



How do I let school know 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
Let us know as soon as possible and by 9.00
Let us know every day unless we know when they'll be back.

How do I let school know about planned absences?

Ask the school office for a **Leave of Absence Form**.

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, Mrs Hughes or your child's teacher.

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

What is school doing to encourage good attendance?

- o Making school a happy and welcoming place to be
- o Individual and class rewards
- o Sharing class attendance totals (celebration assemblies, newsletter, displays)
- o Informing parents about their child's attendance
- o Identifying and working closely with families needing support
- o Looking carefully at attendance data and trends for patterns and areas to improve

What will happen if my child does not arrive at school and school does not know where they are?

- 1) Office staff will call by 9:30. All other contacts will be called if there is no response.
- 2) If they cannot reach you, the on site safeguarding lead will send a text and email.
- 3) If there is no response by 10:30am, a member of staff will visit your home for a welfare check.
- 4) If there is no response, a note will be posted to notify you we've visited and requesting an urgent response.
- 5) We may need to contact external professionals, or if seriously worried, the police.

This is a very time-consuming and unnecessary process. Please call before 9:00am so that we know you and your family are safe.

When does the Local Authority get involved in my child's attendance?

When a pupil has 10 or more sessions of unauthorised absence, the attendance Fast Track process begins. The process involves an initial formal warning letter. If no improvement is made, a panel meeting is held. A legal meeting (PACE) is held next and a penalty notice and/or prosecution may be served if attendance continues to decline.

When will fixed penalties be issued?

- o For holidays taken in term time a penalty notice of £60 will be issued (going up to £120 if not paid promptly)
- o If support for attendance has been refused or has not been successful over a sustained period of time. The penalty notice at this stage is considerably more than a holiday one

Mini Police

Our Year 4 pupils are already three sessions into their policing experience with PCSO Snowden. Here are few pictures of their second session: learning to march and exploring the police car. This week, our mini police were using their own policing notebooks to issue tickets to offenders!





This year, the theme of Science Week was 'Time'. Across the school, the children investigated the time it took for the petals of paper flowers to open when the flower was placed in water. The children were able to investigate different papers and used non-standard or standard units to measure the time taken. They observed closely and recorded their results.

Halifax Bomber Memorial

It has been proposed by the mayor that there should be a larger, more appropriate memorial to the crash that occurred behind our school in Dec 1943. Mrs Cross met with the mayor on Tuesday, as well as members of the Local History Society and members of RAF Leeming who work at the museum on the base. RAF Leeming have sourced a large piece of granite that we can use. An engraving on it will be similar to the one outside of school but with slightly different wording which our pupils will contribute to.

The proposed site is the corner of the car park. There's a lot of permissions to get first but it will be a wonderful memorial to the crash victims and their families that members of the public will be able to engage with.

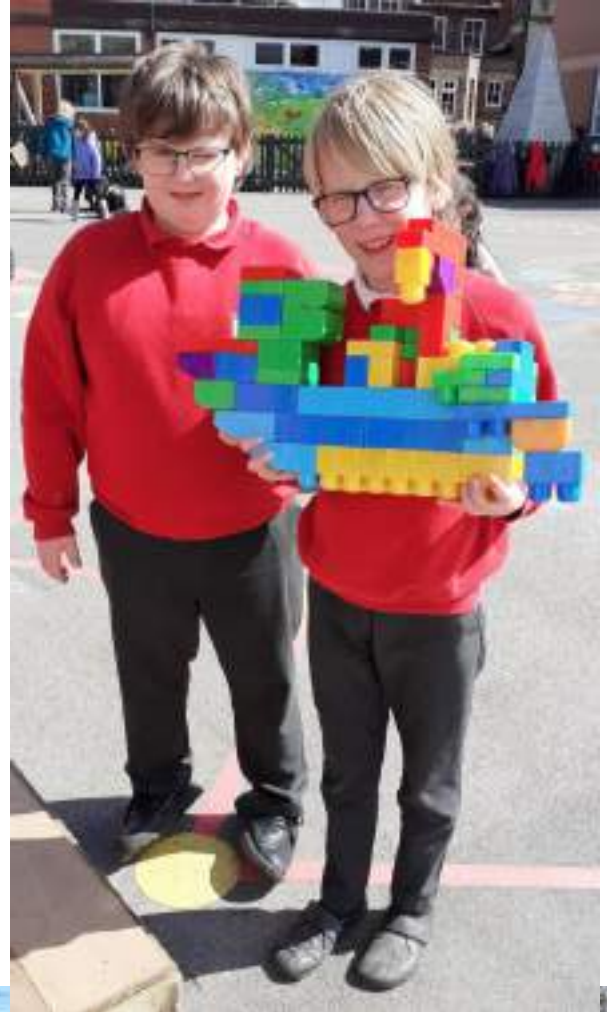


Outdoor Play and Learning (OPAL)



The winner of this week's Golden Welly Award is... *Summer Fox*

Pupils have been enjoying den building; bracelet making; putting on their own talent shows; and even office work at lunchtime this week.





We have had several cases of slapped cheek in school over the last few weeks. If pupils are well, they are allowed to continue to attend. Please inform us if you know that your child has slapped cheek.

The first sign of slapped cheek syndrome is usually feeling unwell for a few days. Symptoms may include: a high temperature; a runny nose and sore throat; and a headache. A rash may appear on one or both cheeks.

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
Internet Safety and Mental Health Roadshow	Year 5 and 6	Northallerton Town Hall	Thursday 20th June 2024
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

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



#WakeUpWednesday®

The National College®

ONLINE SESSIONS

For Parents/ Carers

UNDERSTANDING YOUR CHILD'S NEEDS

For parents/carers of neurodiverse children
(with a diagnosis or awaiting assessment)

Presented by
NYC Children and
Families Service:
Early Help



WEDNESDAY 1ST MAY, 18:00 – 19:00

Supporting you to support your child through
shutdown, meltdown and crisis

[Click here to join the session](#)

WEDNESDAY 5TH JUNE, 18:00 – 19:00

Supporting you and your child with their
emotional and sensory regulation

[Click here to join the session](#)

WEDNESDAY 3RD JULY, 18:00 – 19:00

Supporting you and your child with sleep

[Click here to join the session](#)

For more information contact
candfhubhambleton@northyorks.gov.uk or
candfhubrichmond@northyorks.gov.uk



**“REACHING FOR THE STARS”
WATCH YOUR
CHILD GROW WITH
DANCE CLASSES**

AGES 2+



Ballet
Tap
Modern
Jazz
Acro
Commercial
Musical Theatre
Lyrical



Call 01609 777736 or 07593 245239

Message on Facebook: Encore Dance Studio (Northallerton)

Encore Dance Studio, 1B Standard Court,
Standard Way, Northallerton, DL6 2XH



Encore
DANCE STUDIO

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+

Celebrates

GOING PLATINUM

**70 Years, Past to Present:
A Night of NMTC's Musical Legacy**



Directed & Choreographed
by

Laurence Lorriman
Jasmine Lorriman

Musical Director

Maeve Hird

Thursday 9th May - Saturday 11th May
2024

7:30 pm | The Forum, Northallerton

01609 776230

forumnorthallerton.org.uk