



Golden Awards

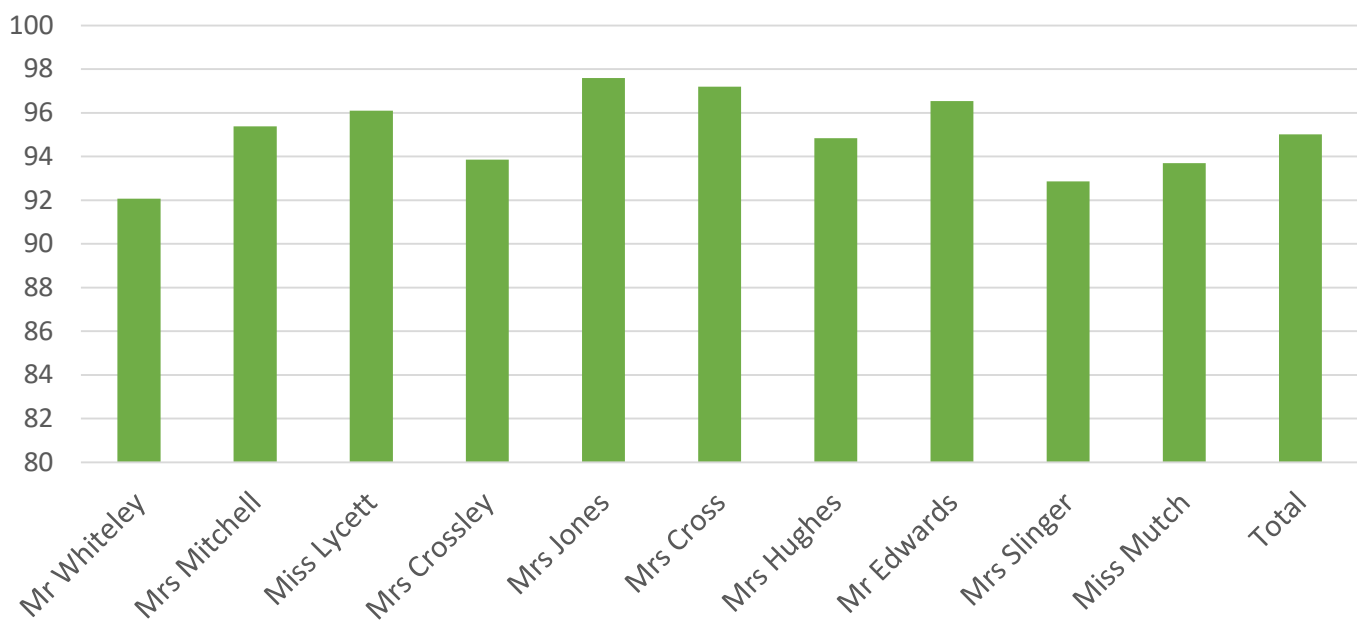
This afternoon, we hosted our spring term Golden Awards ceremony. One person from each class was nominated for exemplary behaviour and demonstrating a sustained commitment to being ready, respectful and safe. Families were invited to join and pupils were awarded a certificate and a shiny trophy!

Mrs Burrell	Mr Whiteley	Mrs Mitchell	Miss Lycett	Mrs Crossley
Hollie P-Y	Lucy-Rose P	Florence H	Jared C	Freya D

Mrs Jones	Mrs Cross	Mrs Hughes	Mr Edwards	Mrs Slinger	Miss Mutch
Mia D	Zakhar I	Maizee-Jai C	Frankie Y	Rowan P	Jack D



Attendance 11th - 15th March



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**

Easter Celebrations

Well done for all of the wonderful decorated egg entries (and bonnets). The library looked phenomenal with all of the exhibits waiting to be judged (see pictures below). It was VERY difficult to choose the top prizes. The winners were awarded Easter eggs (courtesy of the PTA) in assembly.





A huge thank you to Truly Plumptious for their kind donation of Eater crafts and H crates for the EYFS outside area. We have also received lots of colourful crates for OPAL too. The children are already using them in creative ways to enhance their play.

This morning, the whole school (including nursery), put on a spectacular performance at All Saints Church. We were treated to songs, poems and rhymes about springtime and the Easter tradition in the Christian faith. It was a joyous way to welcome the spring season and get ready for some sunshine!

Thank you to the PTA for helping with the refreshments and to Mrs Jones and Miss Lycett for organising such a fantastic show.

Of course, a HUGE well done goes to all of our wonderful pupils for their outstanding efforts.

Click on the link to [The Blog](#) to watch the performance (password will be sent to you via text). The sound has worked this time as promised! I do walk in front of the camera at one point but please ignore that:)





The winner of this week's Golden Welly Award is.... *Daniel P-Y*

We've had an amazing start to our OPAL journey so far and the children are loving their lunchtimes of play. Miss Mutch and Mrs Young have been to visit a platinum OPAL school and are inspired by what they have seen. **To make our provision even better, we need your help.** Please look at the pictures from our visit and see if you have anything we can use at home. Some suggestions are: spades, pipes, crates, den building resources, roller skates, water butts etc. Thank you so much for your continued support.

As we get into summer, we will be playing on the field again. To support our move in all weather, we are asking that children to have a pair of wellies permanently in school, so that the field can be accessed whatever the weather! Please can they be brought into school after Easter with the child's name clearly labelled in them.





PTA Updates The 5p Challenge raised £394.75! Well done to our top class: Mr Whiteley. They will receive a cash prize!
We raised £72.50 on refreshments at the church today (well done Year 3 / 4 for making your families buy the biscuits).
The disco brought in £1060 (with costs to be taken off).

KNEX Exhibition

Our pupils welcomed Dave, from Northallerton Men's Shed, to KNEX club on Wednesday. The Shed donated a huge amount of resources to support with our STEM clubs, so we invited them to see our finished models as a sign of our appreciation.

Dave chose a first, second and third place model:

1st Place – Roundabout (Bonnie B)

2nd Place – Battleship (Daniel P-Y)

3rd Place – Long-Tailed Dinosaur (Rowan, Ben and Harry S)

A big thank you to Sheila for all of her help over the last term (and the last few years).



Fieldwork and Science in The Dales

Y3/4 had wonderful day trips to the Yorkshire Dales over the last two weeks, consolidating their learning about rocks and soils. Children worked in teams to problem solve and loved being in the fresh (and drizzly!) air too! Great communication skills and lots of learning too. Thank you so much to Mark and Hermione, Tees-Swale Community Engagement Officers, who funded these incredible trips and the amazing PTA for all of their ongoing contributions 😊





Applegarth Primary School

PE Timetable- Summer 1 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Mr Whiteley*			✓		
Mrs Mitchell	✓				
Miss Lycett					✓
Mrs Crossley			✓		
Mrs Jones			✓		
Mrs Cross			✓		
Mrs Hughes				✓	
Mrs Bailey	✓				
Mrs Slinger	✓				
Miss Mutch					✓

*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

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!)
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
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

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they've switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also steers the body and brain to slow down naturally without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!



HOCKEY HEROES

A HERO IN EVERY KID

A FUN WELCOMING PROGRAMME FOR ALL CHILDREN AGED 5 - 8

Hockey Heroes is an 8 week fun programme for 5 to 8 year olds. It develops physical skills as well character 'superpowers' through working in teams, and trying new challenges.

For only £40, your child gets 8 hockey sessions, 2 sticks and a ball, plus a personalised t-shirt.

**Book your place now and get your kit at hockeyheroes.co.uk
Just enter your postcode to find Thirsk Hockey Club sessions.**

The sessions are:

- at Thirsk Astro Pitch, next to Thirsk School**
- on Mondays 13th May to 8th July**
- 6.30pm to 7.30pm**

Any questions contact - thirskhc.enquiries@gmail.com



ENGLAND
HOCKEY

FIND OUT MORE: hockeyheroes.co.uk



BACK TO HOCKEY

Monday nights

13th July to 8th July

7.30pm to 8.30pm

At Thirsk Astro Pitch, Gravel Hole Lane

Sessions are £30 for 8 weeks

Thirsk Hockey Club is offering adults a chance to have a go at hockey. These are fun, social and informal sessions for people who either have not played for several years or are looking to play for the first time.

Do not worry if you are a little apprehensive our Back to Hockey coaches will guide you through a series of interactive sessions in a super-friendly and relaxed environment.

To find out more or book contact
thirskhc.enquiries@gmail.com

Saturday 23 March 2024

Great Yorkshire Showground, Harrogate, HG2 8NZ

SPRINGTIME

Live



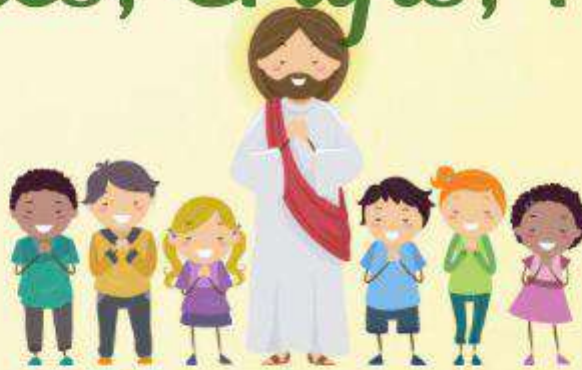
ADVANCE
TICKETS
ONLY

FUN PACKED DAY FOR THE FAMILY,
ONCE INSIDE, ALL ACTIVITIES ARE FREE!

springtimelive.co.uk



24th April 3.30pm-5pm
Games, Crafts, Food



Palm Sunday
Family Fun

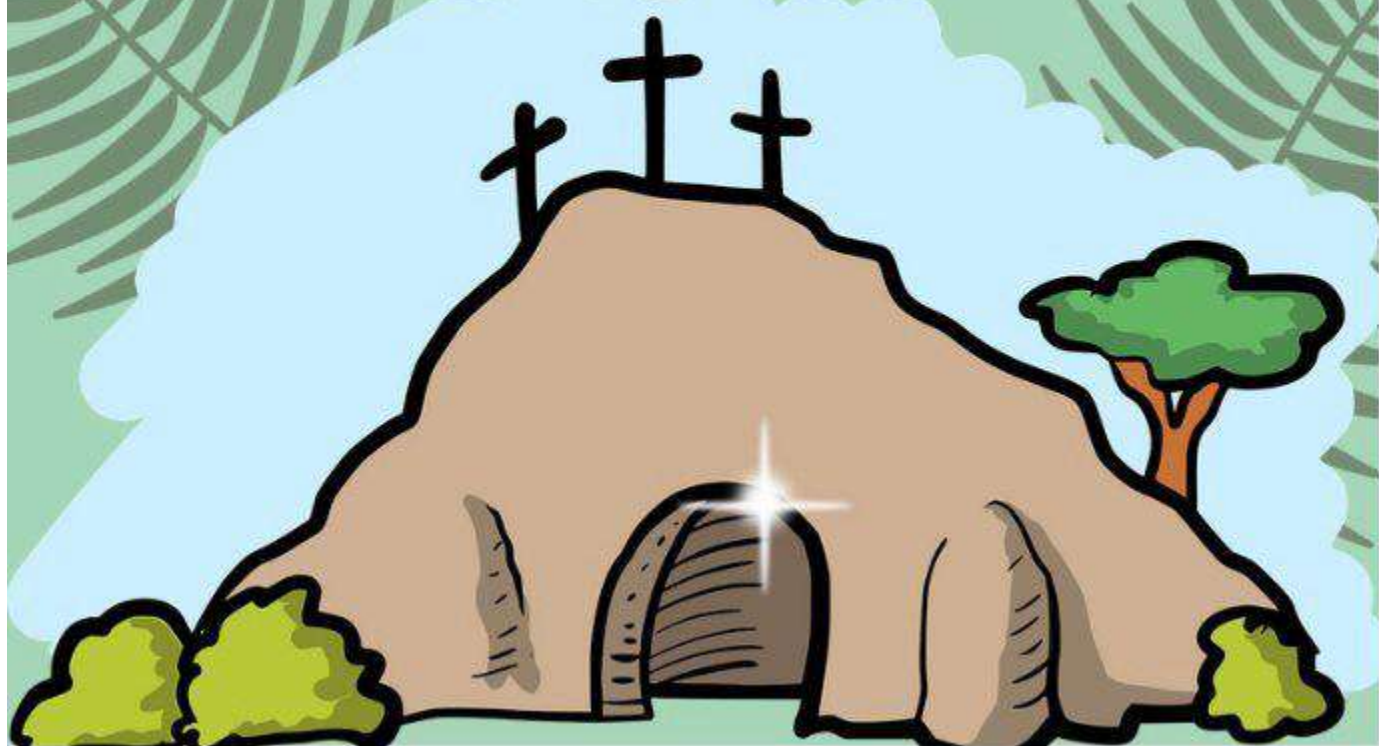
All Saints Parish Church

GOOD FRIDAY

EASTER GARDEN SERVICE

Friday 29th March 3.30pm

COME and CREATE your
own Easter Garden
to take home



EASTER FAMILY FUN WITH CRAFTS

Wednesday 3rd April
2:00pm - 4:00pm
Catterick Library

Bring your little one along to this adult learning course and keep them busy while learning and having fun together. This session is **FREE** to attend! Please ensure you book your place beforehand.



Scan the QR code or email or call using details below.

Children must be accompanied by an adult at all times.



Easter Fun!

Starting Saturday 23rd March, step into the pages of Beatrix Potter's magical tales on our family-friendly trail.



Come along and see if you can spot Mrs Tiggy-Winkle, Peter Rabbit, Jeremy Fisher and other well-known characters surrounded by fun and imaginative scenes.

The trail will run from Saturday 23rd March to Monday 8th April.

Standard Entry applies. Trail sheets can be purchased on the day at an additional cost of £2.50 which includes a prize for all!

Just a kindly reminder that by pre-booking your day entry tickets via our website, you make a saving versus purchasing on the day www.thorpperrow.com - trail sheets can be bought on the day

[Book tickets here.](#)

To find out more visit earlyyears Careers.campaign.gov.uk or contact North Yorkshire Council Families Information Service: fis.information@northyorks.gov.uk

DO
something
BIG

Thinking of a career in childcare?

Be part of something big

Working with small children is a big deal. It's a career that makes a difference by helping to give children the best start in life.

A career in early years and childcare is unique and rewarding. You get to be part of a child's early education and help to shape their future.

No matter what the day brings, you'll feel joy in seeing children grow, learn and flourish. There are lots of different types of roles.



Work as a childminder



Work in before and after school clubs



Work in a nursery



Work in a pre-school or nursery school

Training and qualifications

Getting an approved qualification can help you develop your knowledge and skills. You don't need a qualification to start your career in early years and childcare. Learning new skills and getting an approved qualification can help you to progress your career in early years and childcare. There are roles where you will need to have an approved qualification.

Skills Bootcamps

Skills Bootcamps are free, flexible courses of up to 16 weeks. Once you complete the course, you'll have the opportunity to move onto an accelerated apprenticeship. Email earlyyears.careers@education.gov.uk for more information.



Search local childcare vacancies
findajob.dwp.gov.uk