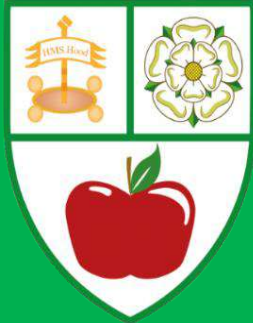


Applegarth Primary School

Newsletter



Friday 19th July 2024

The winner of this week’s Golden Welly Award is... X

Golden Awards

This afternoon, we hosted our summer 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
Finlay N	Mollie M	Emira Z	Manha K	Phi-Uyen N

Mrs Jones	Mrs Cross	Mrs Hughes	Mrs Bailey	Mrs Slinger	Miss Mutch
James C	Hayden G	Amber H	Maxwell R	Roman I	Tommy T



Miss Lycett says Goodbye

Miss Lycett has been the Swiftie that we never knew we needed in school. She has converted her whole class to the Taylor Swift movement! She came into Applegarth and dazzled us with her teaching and brightly coloured outfits.

She has an amazing passion for what she does and has made an enormous impact on her class and the school in a short space of time. It has been a pleasure to work with her and our pupils have benefited greatly from having her here. We would have loved to keep Miss Lycett here with us, but her temporary contract means that our loss is Brompton's gain. We will all miss her greatly. Thank you, Miss Lycett!



Mrs Fowler says Goodbye

Mrs Fowler has been the warm, friendly face of Applegarth for 12 years. She is renowned for knowing, or being related to, almost everyone who walks through the door. This makes people at feel at ease and instantly love our school. She keeps the children topped up with plasters and bandages and keeps the adults supplied with buckets of Yorkshire Tea (made to perfection). She knows every single child in the school and every child who has ever been through the school. She gracefully sashays around school with a smile on her face, treating others how she's like to be treated. As I said to the children, Mrs Fowler is a lovely person. There are times, however, when she needs to keep the headteacher in line. She has never shied away from giving me a telling off when it's needed! This honour now falls to Mrs Rutherford. Mrs Fowler has been the face and heart of our school and there will be an apple-shaped hole in the community when she leaves. We will miss you...

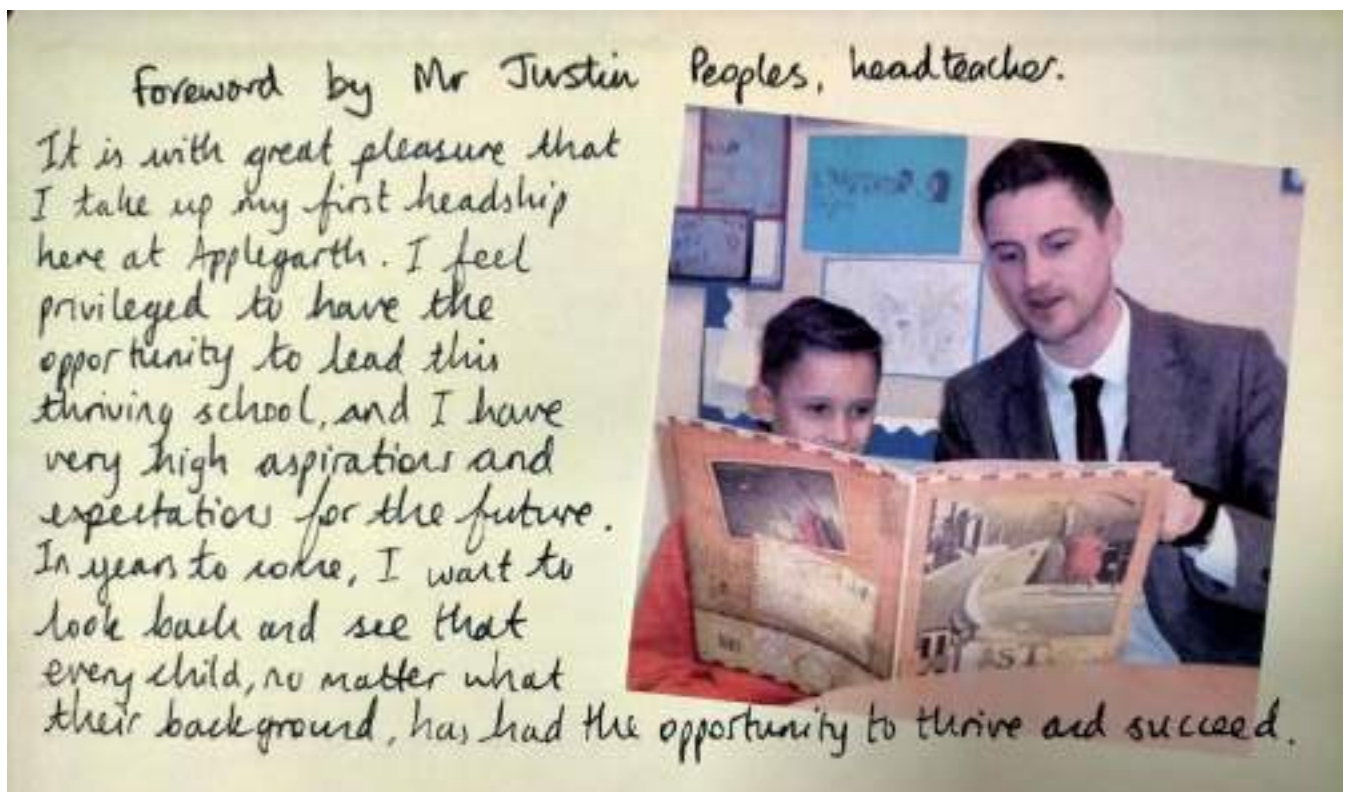


Mr Peoples says Goodbye

GOOD BYE & GOOD LUCK!

Today saw Mr Peoples move on to pastures new after 5 successful years at Applegarth. It wasn't an easy start to being a new headteacher, with Covid rearing its head in January 2020. However, during his time here we have seen many positive changes from new curriculum initiatives to clubs, from streamlined systems to Little Wandle and from Opal to improved working environments for children and staff! We will miss his leadership and ruthlessness in tidying and clearing out cloakrooms, cupboards and communal areas of school! 😊

The whole of the Applegarth family wish him every success in his new venture and hope to see him pop into school in the future to say 'hello'.





Building HMS Hood from Lego



Halifax Bomber remembered



Shot Put with Scott Lincoln, Commonwealth bronze medallist



Year 6 2024

Our Safeguarding Team

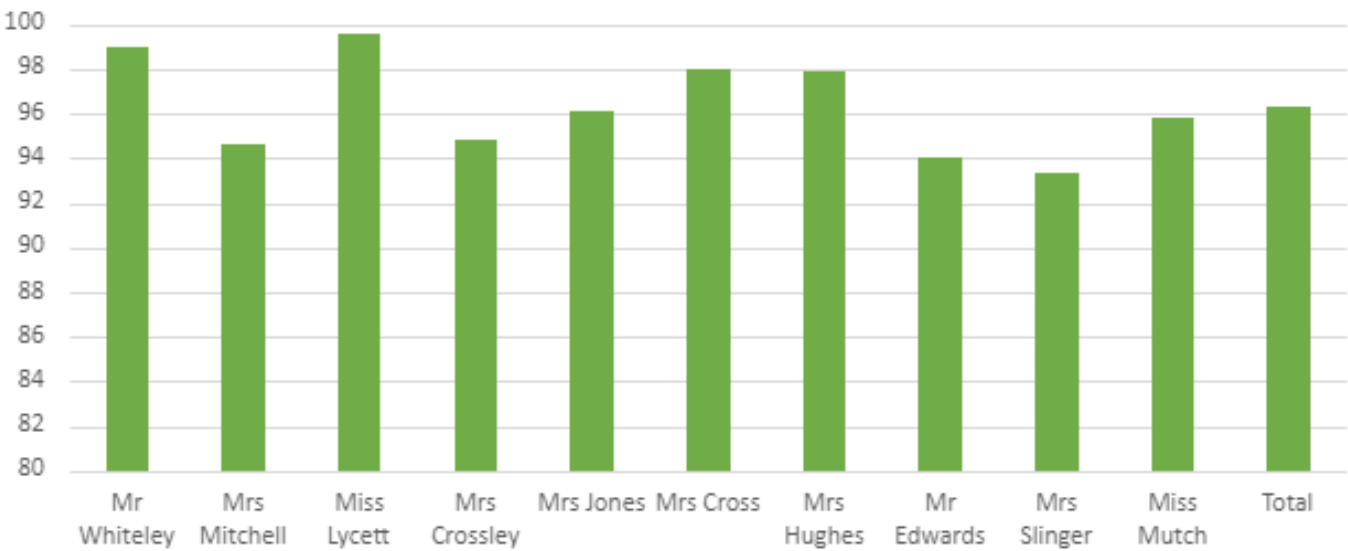
At school we have five members of staff and a governor who make up our Safeguarding Leadership Team. Mr Peoples is our Designated Safeguarding Lead (DSL); he is the lead person responsible for child protection and safeguarding issues. Mrs Crossley, Mr Edwards, Mr Whiteley and Mrs Hughes are our Deputy 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](mailto:dsl@applegarth.n-yorks.sch.uk)

Attendance 8th – 12th July



100% Attendance Awards

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

Toby B	Erin B	Macy-Rae B	Oscar B	Finley B	Harry B
Mali C	Atlanta C	Ingrid D	Morgan G	Betsy H	Edward H
Ben H	Emilia P	Jack S	Evie S	Izabella S	Lucy T
Daniel W			Mollie W		



Staff Structure for September 2024

Please see below the class teachers for September.

Headteacher – Mrs Maxwell

Deputy Headteacher – Mrs Hopkin (Maternity Leave)

Assistant Headteachers – Mr Whiteley

Assistant Headteacher – Mrs Hughes

Class	Teachers
Nursery	Mrs Burrell
Reception	Mr Whiteley (AHT, SLT)
Year 1	Mrs Crossley (SLT)
Year 2	Mrs Mitchell
Year 2/3	Mrs Hughes (AHT, SLT)
Year 3/4	Mrs Slinger
Year 3/4	Mrs Cross
Year 5	Mr Edwards (SENCo, SLT)
Year 5/6	Mrs Jones
Year 6	Miss Mutch

School Calendar

2024/2025 Academic Year

Event	Class/Phase	Location	Date and Time
Staff Training Day	Whole School	Applegarth Primary School	Monday 2 nd September
School Re-opens	Whole School	Applegarth Primary School	Tuesday 3 rd September
Macmillan Coffee Morning	Whole School	Applegarth Primary School	Friday 27 th September
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
Key Stage Two Carol Concert	Years 3 - 6	All Saints Church TBC	Wednesday 4 th December 10:00am – 11:00am
Key Stage One Nativity	Years 1 and 2	Applegarth Primary School	Monday 9 th December 6:00pm – 7:00pm Tuesday 10 th December 10:00am – 11:00am
Key Stage Two Panto	Years 3 - 6	Applegarth Primary School	Tuesday 10 th December 6:00pm – 7:00pm Thursday 12 th December 6:00pm – 7:00pm
Reception Nativity	Reception	Methodist Church, Northallerton	Tuesday 17 th December 10:00am – 11:00am



Applegarth Primary School

PE Timetable- Autumn 1 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Mr Whiteley*			✓		
Mrs Crossley			✓	✓	
Mrs Mitchell			✓	✓	
Mrs Hughes	✓		✓		
Mrs Cross	✓				
Mrs Slinger	✓				
Mr Edwards					✓
Mrs Jones					✓
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.

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 vital 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 behaviour 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 behaviour 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 Walsingham Academy, champions food education and sustainability – and his school holds the soft 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

UPFRONT ACTIVITIES

Charity Number: 1164895

159-160 High Street, Northallerton, DL7 8JZ

Monday

Talking Point Discussion Group

10:00am - 11:30am

Have a conversation, a cup of tea and enjoy some company. All welcome.

Tuesday

Crafts

10:00am - 2:00pm

Themed crafts for all abilities with a different theme each week.

Digital Support

Please book a time slot via UpFront between 10am & 12pm. 1-to-1 support with technology.

Wednesday

The Winding Road Group

11:00am - 12:30pm

A group for people whose partner/family member has moved into residential care.

English Conversational Session

1:30pm - 3:00pm

Women's Group

6:30pm - 8:30pm

A safe space for women to connect and talk.

Once a month

Carers Plus

The third Thursday of the month.

4:30pm - 7:00pm

Advice and support for carers.

Thursday

Women's Group

10:30am - 1:30pm

A safe space for women to connect and talk.

Recipe Swap

From 1:30pm - 3pm

Each week we share a recipe and offer tastings.

Friday

Chess Club

Mixed ability classes 10am - 12.30pm. Learn how to play or have some friendly competition. We also offer the chance to take Institute of Chess Exams

Anything With Wool Group

1:30pm - 3:00pm

If you would like to knit or crochet come and join us.

Pantry & Produce

Open every day from 11:00am - 1:00pm.

Application forms available on request.

Open to all.

Adult Learning

Various courses may be available.

If you have any questions please get in touch

upfront@hambletoncommunityaction.org

01609 780458



Back to School

Back to School is here and by the end of July we'll have all our finished stock in the warehouse.

Orders can be placed as soon as you wish and if you needed to exchange any item before school starts in September, just send the item(s) back to us and we'll send the replacements straight away.

Orders can be placed online, or from 8th July you can book to come to our shop in Elvington.

The best way to ensure a prompt service if you come to our shop is to make an appointment and you'll be seen promptly. You can still just call to our shop but you may have a wait if we have people with appointments waiting.

Need Advice or help?

Quite often parents have a number of questions, particularly if your child is just starting school or starting a new school for example moving up to Year 7.

If you need any advice or have questions relating to uniform for your school, then please get in touch.

The best way to contact us is by e-mail and we aim to respond within 24 hours.

Send your questions to:

sales@school-shop.co.uk

Saturday Opening

We will start our Saturday opening as soon as schools break for Summer.

Our first Saturday will be 20th July and our last Saturday will be 31st August.

Our Saturday opening times will be 8am to 3pm, again we recommend making an appointment, just visit our website from 8th July to book.



The cut-off date for ordering uniform online before school starts in September is:

29th July

Uniform can be ordered any time throughout the summer, but to guarantee you have your uniform in time for school starting in September please ensure we have your order by 29th July.

Due to the volume of orders received it can take up to 2-3 weeks to process orders which are placed during Back to School.

If you require an update on an order, please allow 2 weeks from placing the order before you contact us for an update and the best way to contact us is by e-mail.

IF YOU DON'T RECEIVE AN E-MAIL CONFIRMATION OF YOUR ORDER FROM US, PLEASE CONTACT US STRAIGHT AWAY AS THAT MAY MEAN THERE HAS BEEN A PROBLEM WITH THE PROCESSING OF YOUR ORDER.

SCHOOLSHOP



IMPORTANT CUSTOMER UPDATE

Due to essential roadworks on
Elvington Industrial Estate,
we will be closed on the following dates:

SATURDAY 10th AUGUST

SATURDAY 17th AUGUST

We will instead be open on

SUNDAY 11th AUGUST &

SUNDAY 18th AUGUST

From 10am to 2pm

To visit our shop on either of those dates

Please book an appointment at

www.school-shop.co.uk

SUMMER HOLIDAY ADVENTURES

BASE CAMP

AT BALDERSBY PARK, TOPCLIFFE.

AGES 5-13

ADVENTURE CREATIVITY FUN

MON 19th AUG (8-13 years old)
KAYAKING & WILLOW WEAVING (£36)

WED 21st AUG (7-13 years old)
ARCHERY & FOREST SCHOOLS

WED 28th AUG (5-11 years old)
WILD ART & BUBBLE SCIENCE

THUR 29th AUG (5-11 years old)
FIRE, FOOD & FOREST GAMES

TO BOOK : www.basecamplearning.co.uk

10 am till 3 pm
£30 PER DAY
Includes drink & homemade snacks



SUMMER TENNIS 29th July - 23rd Aug

With Adam Scaife - LTA Accredited+ Coach

MONDAYS

@ Aine

29th, 5th, 12th, 19th

TOTS

9am-10.30 - 3-5yrs

6-10yrs

10.30am-12.30 Red Ball

8-14yrs

13.30pm-16.30 Green Ball

TUESDAYS & WEDNESDAYS

@ THIRSK TENNIS CLUB

30th, 6th, 13th, 20th

TOTS

9am-10.30 - 3-5yrs

6-10yrs

10.30am-12.30 Red Ball

8-14yrs

13.30pm-16.30 Green Ball

31st, 7th, 14th, 21st

TOTS

9am-10.30 - 3-5yrs

6-10yrs

10.30am-12.30 Red Ball

12+yrs Full Ball

13.30pm-16.30

Costs

Tots (90 minutes) - £11

Red Ball (2 hrs) - £15

Orange/Green ball-Full Ball (3 hrs) - £21
(4+ sessions = 10% discount)

Locations

Aine Tennis Club - Back Lane - YO61 1TU

Thirsk Tennis Club - Newsham Rd - YO7 1QP

Leake Tennis Club - HRAP Knayton - YO7 4AX

Coxwold Tennis Club - Coxwold - YO61 4AD

Esports

Book your place!

Message/Call Adam

07876458168

Email

Adam_scaife91@hotmail.com

Social Media

@LTAMiniTennisThirsk

Book one OR multiple sessions

FRIDAYS @ COXWOLD

2nd, 9th, 16th, 23rd

TOTS

9am-10.30 - 3-5yrs

6-10yrs

10.30am-12.30 Red Ball

9-15yrs

13.30pm-16.30 Green Ball

THURSDAYS @ KNAYTON

1st, 8th, 15th, 22nd

TOTS

9am-10.30 - 3-5yrs

6-10yrs

10.30am-12.30 Red Ball

8-14yrs

13.30pm-16.30 Green Ball

**RICHMOND
TRIATHLON CLUB**



GIVE US A TRI

JOIN OUR FRIENDLY CLUB FOR ADULTS AND KIDS



**IMPROVE YOUR FITNESS AND SKILLS WITH OUR
DYNAMIC COACHING TEAM, WHETHER FOR FUN
OR COMPETITION**

**TRAINING TO SUIT YOU: SWIM ONLY OR ADD
CYCLING, RUNNING, RACE PREPARATION AND
STRENGTH & CONDITIONING**



WWW.RICHMONDTRIATHLONCLUB.CO.UK
ENQUIRIES@RICHMONDTRIATHLONCLUB.CO.UK





Fun & exercise
for children
of all ages



Cricket and Athletics Camp

only

£20

per athlete



Tues 27 Aug

10am-3pm

Scruton Cricket Club

Wrap around care

We operate in a COVID-secure environment

Along with Matty Brown, former North East Premier League batsmen and Level 1 coach, the kids will have a fun-packed day learning the fundamentals of cricket and athletics with Glen Hilton, athletics coach and former England international athlete.

For more details contact Glen Hilton:
hiltonglen444@gmail.com



Your child will need:

- A packed lunch
- Plenty of fluids

Location address: Scruton Cricket Club, Station Rd, Scruton, Northallerton DL7 0QN



**Fun & exercise
for children
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**KID
FREE
COFFEE**



Do you like
hot drinks and
chatting with
friends?

CHATTER

Is your child coming
to Ignite Kids 15th
December 6:30-8pm?

**LET'S
TALK**

Why not join us for a free
coffee, tea and biscuit
while your children are
enjoying Ignite

**KID
FREE
COFFEE**



Is your child coming
to Ignite Kids 12th
July 6:30-8pm?

CHATTER

Why not come for the
evening, relax, have a chat
and then watch our closing
ceremony at 7:45pm

**LET'S
TALK**

Join us for a free coffee,
tea and biscuit while
your children are
enjoying Ignite from
6:30pm

Summer of fun!

Activities galore at the library

Friday, 12 July, 10am-10.30am, pre-launch storytime and crafts

Saturday, 13 July, official Summer Reading Challenge launch - time to sign up!

Thursday, 25 July, 2pm, Aquatic Finatic animal handling session, £3 per person

Tuesday, 30 July, 10am-11am, make you own wind chime

Wednesday, 7 August, 10am-11am, summer basket making

Monday, 12 August, 10am to noon, puppet making workshop

Monday, 19 August, 2pm to 3.30pm, Monster making with author James Harris

Wednesday, 21 August, 2pm, Crazy Colin Magic Show, £3 per child

Tuesday, 27 August, 10am, plant pot decorating and planting

*Booking is essential as places are limited. Contact Northallerton Library, 01609 533832
northallerton.library@northyorks.gov.uk*



**NORTH
YORKSHIRE
COUNCIL**

**THE
READING
AGENCY**

Summer Reading Challenge

**Marvellous
Makers**



Book Signing with Lisette Auton!



Saturday 17th August

11am to 12:30pm

Waterstones Northlerton

Come and meet local children's author

Lisette Auton!

**Lights Up is a magical, theatrical
adventure about friendship, acceptance
and putting the ghosts of our past to rest,
set in Darlington and taking inspiration
from the Hippodrome Theatre!**

A vibrant poster for the Thorpe Perrow Circus. At the top, the name 'Thorpe Perrow' is written in a dark blue font next to a small house icon. Below this, the word 'CIRCUS' is written in large, bold, red letters with a yellow outline, set within a decorative, multi-colored frame. The background features a large, striped red and yellow circus tent with blue and white striped pillars and flags. A banner across the tent reads '14TH-18TH AUGUST'. Below the tent, a large red ribbon banner says 'WELCOME'. Underneath the ribbon, the text 'FUN SHOW FOR ALL THE FAMILY' is written in a curved, red font. Below that, the words 'INCREDIBLE MAGIC SHOW', 'AMAZING ACROBAT', and 'FUNNY CLOWNS AND MUCH MORE' are listed in a blue font. At the bottom, a red banner says 'BUY TICKETS NOW AT WWW.THORPPERROW.COM'. The entire poster is framed by ornate, teal-colored scrollwork.

Thorpe
Perrow

CIRCUS

14TH-18TH AUGUST

WELCOME

FUN SHOW FOR ALL THE FAMILY

INCREDIBLE MAGIC SHOW
AMAZING ACROBAT
FUNNY CLOWNS AND MUCH MORE

BUY TICKETS NOW AT WWW.THORPPERROW.COM



Eye Spy Treasure Hunt

Date: Wednesday 31st July 2024

Time: 10am till 12pm

Location: East Rounton Village Hall, DL6 2LB

We will meet at the village hall then set off to enjoy a walk around the local surroundings. Together with your child you will be discovering nature's wonders, using your senses and breathing in the fresh air. We will play games to find hidden treasures in the natural environment whilst collecting a variety of items such as leaves, twigs, flowers, seeds and much more.

Join our next session 14th August
How to create a natural masterpiece using your items!

Please call or email Laura to book your place

www.northyorks.gov.uk/adultlearning
Tel: 01609 532896 Mob: 07977802292
Email: Laura.Farrington@northyorks.gov.uk



**This course is free to learners using public funding, therefore you will be asked to complete an enrolment form if you wish to attend. If you want to attend the course but do not want to complete an enrolment form, there will be a fee.



Masterclass in Creativity

Date: Wednesday 14th August 2024

Time: 10am till 12pm

Location: East Rounton Village Hall, DL6 2LB

Join us at the village hall and let your imagination go wild!
With you and your child we will teach you how to create a piece of art work or story using the wonderful natural items collected from the eye spy treasure hunt but don't worry if you missed the last session we have a great collection of items ready for everyone.

Join our last session (28th August) of the summer for your time to shine!

Please call or email Laura to book your place

www.northyorks.gov.uk/adultlearning
Tel: 01609 532896 Mob: 07977802292
Email: Laura.Farrington@northyorks.gov.uk



**This course is free to learners using public funding, therefore you will be asked to complete an enrolment form if you wish to attend.
If you want to attend the course but do not want to complete an enrolment form, there will be a fee.



Time to Shine

Date: Wednesday 28th August 2024

Time: 10am till 12pm

Location: East Rounton Village Hall, DL6 2LB

Join us at the village hall because now it is your time to shine and showcase your hard work from the previous two sessions.

You and your child can showcase the creativity from your adventures, whether you perform your play, read your story or even showcase a poem. The possibilities are endless! You can also just enjoy watching.

Please call or email Laura to book your place

Follow us on Facebook and keep checking the website for adult courses and upcoming family learning!

www.northyorks.gov.uk/adultlearning
Tel: 01609 532896 Mob: 07977802292
Email: Laura.Farrington@northyorks.gov.uk



**NORTH
YORKSHIRE
COUNCIL**

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