

Applegarth Primary School Newsletter



Friday 25th April 2025



Welcome back to the Summer term!

The children have really stunned us this week with egg-cellent entries for the Easter competition – well done to the winners!

Today we marked the Month of the Military Child with Purple Up Day. The children have taken part in purple themed activities and have performed the 'Seeds of Sunshine' song beautifully this morning in assembly. I was very proud of them.

IMPORTANT – We are a 'NO NUTS' school due to several children having severe allergies. Please check ingredients carefully and do not send in snacks/lunchbox items that contain nuts.



No nuts includes:
NO cereal bars with nuts in
NO Nutella style chocolate spread

A polite reminder

School starts at 8.50am. This means that children should be in the school building for 10 minutes to 9.

Lessons start at this time. In order for this to happen, it is advised that you enter the playground a few minutes before this so that your child has the time to walk across the playground, hang up their coat and get into class.



Children in each class start work from the moment they enter the classroom and it is important that from a safeguarding perspective that all staff are in the right place at the right time too. If you are late, this becomes lost learning time which can make further lessons more challenging.



Applegarth Primary School

PE Timetable- Summer 1 2025



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

Month of the Military Child



SERVICE CHILDREN'S COMMUNITY CHOIR

The Service Children's Community Choir was formed in September 2021 with children from schools across Catterick Garrison and the wider area. 33 members of our choir appeared on Britain's Got Talent raising the profile of Service Children everywhere. The choir meets weekly for rehearsals on Wednesday nights at the Garrison Memorial Church. Sessions start at 5pm to allow our children and young people to have some social time, share news and take part in games and crafts. Singing commences at 6pm in the main church with our wonderful music specialist. Younger members stay until 7pm with older members staying till 7.30pm for extra time to work on harmonies and solo parts.

We are so proud of how the Service Children's Community choir has grown and developed. New members, from any school (aged 6-18 years old), are **always** welcome to join. The choir is a great way to make friends and build confidence! We support children during times when parents are deployed or when they are preparing to move to a new posting. The main aim of the choir is to support the mental health and well-being of all children and young people with military connections through music.

More information can be found here:

<https://www.servicechildrenscommunitychoir.co.uk/>

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What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

CENSORED

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

OPAL

We need your help!

Although we expect better weather next term, we do know there will still be rainy days and we would like to continue to use the field. To support us with this, please can your child have **wellies, or spare shoes and a waterproof coat with a hood** in school everyday. Their wellies/spare shoes should be in a plastic bag with their name on them.



Den Building Area



We are aiming to develop our den building area. Tarp, crates, wooden planks and pallets are all great examples of what you could donate to our school to spark our creativity.

Bikes

We are really short of bikes that are suitable for our **KS2 children**. If your child is growing out of their bike and it is in good working order, we would happily accept your donation.

Thank you to Mr Parkinson for repairing our bikes! The children have really enjoyed using them again this week.



2024/2025 Academic Year

Event	Class/ Phase	Location	Date and Time
Marrick Priory Residential	Y5	Marrick Priory, Reeth	14 th -16 th May 2025
Half term holidays	Whole School	Applegarth Primary School	School closes Friday 23 rd May and opens again on 2 nd June
Mr Renwicks World Cup	Whole School	Applegarth Primary School	18 th June 2025
Sports Day	KS2 - AM KS1 – PM	Applegarth Primary School	2 nd July 2025
Sports Day (back up day)	KS1 – AM KS2 – PM	Applegarth Primary School	9 th July 2025
Summer holidays	Whole School	Applegarth Primary School	School closes Friday 18 th July

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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**



Tuesday 25TH February , 18:00 –19:00
**Supporting you to support your child through
shutdown, meltdown and crisis**

Tuesday 25TH March , 18:00 –19:00
**Supporting you and your child with their
emotional and sensory regulation**

Tuesday 29TH April , 18:00 –19:00
Supporting you and your child with sleep

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

What's on

at Northallerton library

April 2025



Until 14 April

- **Red Riding and the Brothers Grimm**, art exhibition in our gallery by Christopher P Wood, inspired by Brothers Grimm fairy tales.

Tuesday, 1 April

- **Adult Learning drop-in session, 9.30-11.30am**, chat about courses and future events coming up from the Adult Learning service.

Thursday, 3 April

- **Northallerton Ageing Well Forum coffee morning, 10.30am-12.30pm**, speakers and activities, first Thursday each month. Email jane.wyrill@ageuknyd.org.uk for details.

Thursday, 10 April

- **Spring flower arranging workshop with Northallerton and District workshop, 2-4pm**, create your own Easter-themed display to take away, tickets £4.50, booking essential as places are limited. Contact the library to book.

Friday, 11 April

- **Family fun with Adult Learning, 10.30am-12.30pm**, crafts with Adult Learning. Admission free, booking essential, bring ID. Book at www.northyorks.gov.uk/family-fun

Wednesday, 16 April

- **Library coffee morning, 10.30am-12.30pm**, join us for a cuppa and a chat on the third Wednesday of each month.

Wednesday, 16 April

- **Fostering drop-in session, 10.30am-12 noon**, drop in to learn more about the opportunities available through Fostering North Yorkshire.

Thursday, 17 April

- **Easter children's crafts, 2-3pm**, hop along with your little ones to make Easter-themed items. All materials are included. Booking is essential. Suggested donation of £1.

Wednesday, 23 April

- **World Book Night**, drop in to pick up a free Quick Read copy of self-help guide **The Mind Manual**. Stocks are limited, so it's first come first served.

Saturday, 26 April

- **Local councillors' surgery, 10am-noon**, talk to your councillor at this monthly drop-in.

Regular events

Tuesday

- **Breastfeeding support group, 10-11am**, drop-in for new and expectant mums.
- **Poetry Group, 10.30am**, poetry discussion group, fourth Tuesday of each month - 22 April.
- **Stay and Play, 2-3pm**, play session for under-5s and their parents or carers.

Wednesday

- **Lego Club, 3.30-4.30pm**, for ages 4 to 11. Children 8 or under must be supervised.

Friday

- **Storytime, 10-10.30am**, story time with rhymes, colouring and crafts for under-5s.
- **Primetime, 10-11am**, seated indoor games. Booking required, £4.

Saturday

- **Code Club, 10-11am**, for ages 8-11, booking required, fortnightly during school term time.

For more information and to book, phone **01609 533832**

email northallerton.library@northyorks.gov.uk

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