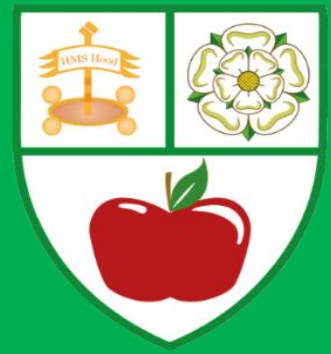


Applegarth Primary School Newsletter

Friday 16th May 2025



Well done to all the Year 6s this week in their SATs. They showed a mature attitude throughout and were able to enjoy a treat of ice cream this afternoon to celebrate. Thank you to the rest of school who have supported them this week!

Year 5 have also been busy experiencing new challenges and overcoming fears at Marrick Priory. It has been lovely to see the children having fun and showing their have-a-go attitudes! Please scroll down for more...

SAFEGUARDING NOTICES

Safeguarding is everyone's responsibility

Car Parking – VERY IMPORTANT

Please can parents ensure that they do not use Upwell Road or the school car park without prior agreement with the school. Parents should be using the main Applegarth Car Park at the end nearest to school for all parking. As well as causing a nuisance to our neighbours and congestion, the road and our school car park are constricted and a high volume of cars makes it unsafe.

Please can parents also make sure that their children are taking good care in the main Applegarth Car Park and being safe.

Thank you for your help in this matter.

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



PJ DAY

Raising funds for Children's Cancer North



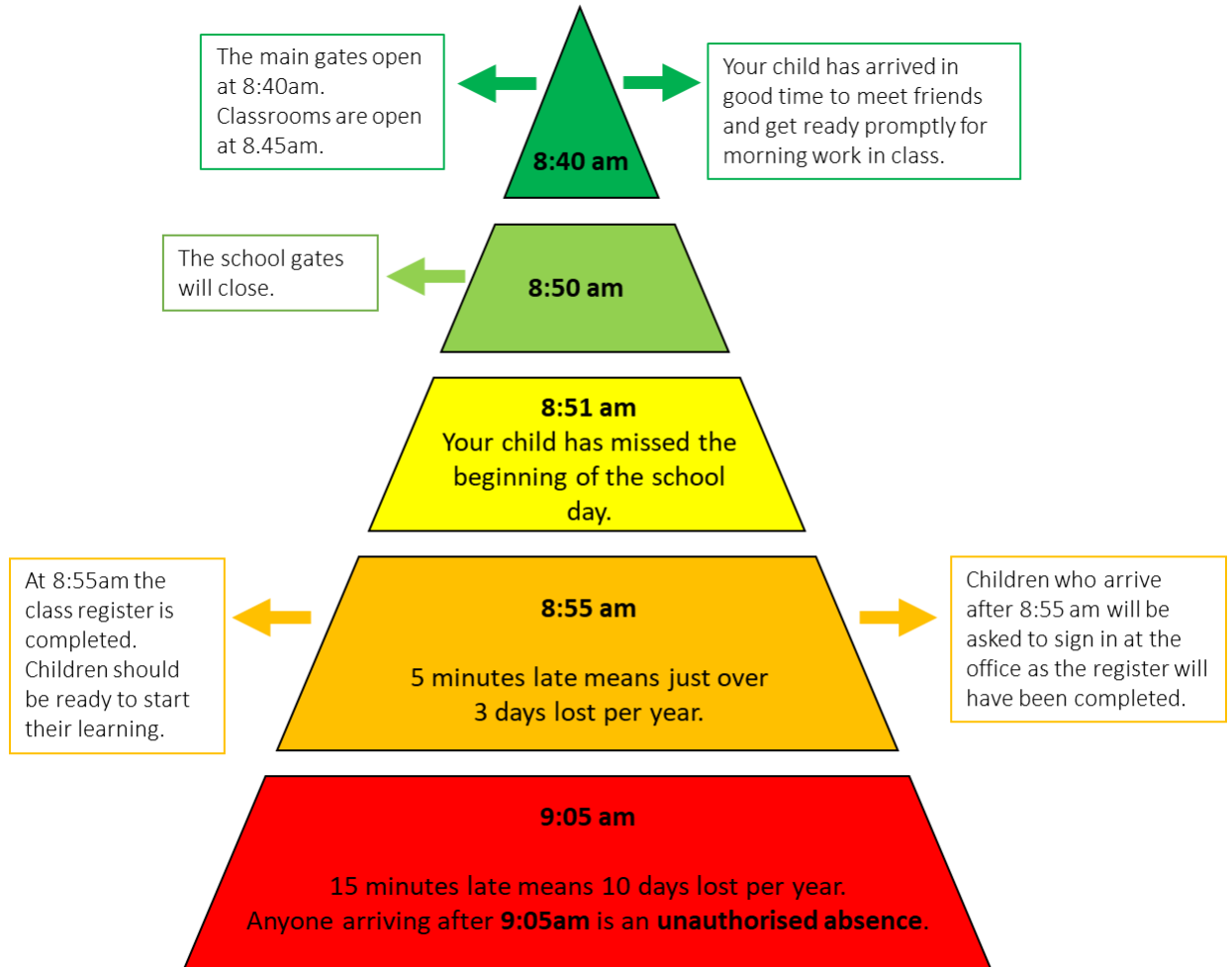
Friday 23rd May
Recommended £1 Donation



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Attendance

Thank you to everyone for your efforts to get to school on time this week. We have seen an improvement in our overall attendance as a result of this.



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.



Year 5 go to Marrick Priory

What an amazing setting to spend a few days with friends! The children have had an amazing time organising their dormitories, taking part in archery, rock climbing, den building and canoeing. The sun has been shining, the children smiling and the instructors have been impressed with our have-a-go attitudes. Thank you to Mr Edwards, Mr Whiteley, Mrs O'Toole and Mrs Barugh, who gave up their time to accompany the children on their visit.



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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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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.01.2025

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.





2024/2025 Academic Year

Event	Class/ Phase	Location	Date and Time
PJ Day for Children’s Cancer North	Whole School	Applegarth Primary School	Friday 23 rd May 2025
Animal Antics Assembly	Reception Class	Applegarth Primary School	Thursday 22 nd May 2025
Half term holidays	Whole School	Applegarth Primary School	School closes Friday 23 rd May and opens again on 2 nd June 2025
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
Y6 Leaver’s Production	Y6	Applegarth Primary School	7 th July 2025, 5:30-7:30
Sports Day (back up day)	KS1 – AM KS2 – PM	Applegarth Primary School	9 th July 2025
Y6 Leaver’s production	Y6	Applegarth Primary School	10 TH July 2025, 5:50-7:30
Y6 Leaver’s Assembly	Y6	Applegarth Primary School	16 th July 2025, 2:00-3:00
Summer holidays	Whole School	Applegarth Primary School	School closes Friday 18 th July



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Central**
For parents and carers

Autism Central

Parent/carers drop-in

Northallerton

Do you have an autistic child (with or without diagnosis) and need support? Do you live in Northallerton?

Autism Central parent/carers drop-ins are an opportunity for families and carers of autistic people to connect with each other and get advice and support from Autism Central staff. This group is suitable for you if you have a family member who is diagnosed/going through the diagnostic process/has been identified as having a need relating to autism, ADHD, sensory processing difficulties, anxiety and social communication differences. Autism Central offers high-quality and easily accessible support, education and training alongside a dedicated website.

UPCOMING DATES

Address: Northallerton Library, 1 Thirsk Rd, Northallerton DL6 1PT

Thursday 5th June / 1pm-2:30pm

Thursday 19th June / 1pm-2:30pm

Thursday 3rd July / 1pm-2:30pm

Thursday 17th July / 1pm-2:30pm

For more information, please book online /contact the Autism Central team:

Email: support@daisychainproject.co.uk

Visit our website: daisychainproject.co.uk/autism-central/



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