



Friday 13th September 2024

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

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Rex T	
Mr Whiteley	George F	Sophia C
Mrs Crossley	Felix H	Harry C
Mrs Mitchell	Flo H	Eva R-B
Mrs Hughes	Manha K	Eddie G
Mrs Cross	Mia H	Sophie T
Mrs Slinger	Brooke O	Advika P
Mr Edwards	Alex M	Jude S
Mrs Jones	Izabella S	Charlie H
Miss Mutch	Erin B	Maxwell R



KS1 Fun Run

Lennie won a silver medal at Tuesday's Fun Run. When asked about the best part she replied, "The running!" Which is probably a good thing!



Mini GNR-Winner

On Saturday, Theo ran the Mini Great North Run and WON! He ran the 1.2km course in just 4.17 minutes. When asked if he felt it was a hard run, he confidently replied, "No, I just ran it!" Well done Theo!



RNLI visit



Marion, from the RNLI, visited the children this week.

She spoke about how to keep safe near water, what to do if you found yourself in difficulty in water and what to do if you saw someone else in difficulty in water. Please take some time to talk this through again with your child/ren.

Reading Books Reminder

Children in Year 1 and Year 2 classes have already been given reading books to read at home. Having lots of opportunity to practise their skills at home is a key part of their reading journey and will help them to progress.

Reception children will receive their reading folder in the next couple of weeks.

The front of your child's reading folder shows instructions including the day which your child's book will be changed. **It is important that your child returns their book on the right day for this to happen.**



To provide these books for everyone, the school has invested over £4,500. To ensure these books last for future classes we kindly ask for your help.

- Please keep the book inside its plastic wallet whenever it's not being read. This will prevent damage.
- **Please return the book to school each Wednesday.** This allows us to organize and share them with other children. We keep careful records of which books go home and return.
- **Replacement books cost up to £7.99.** If a book is lost or significantly damaged, we may ask you to contribute to its replacement.



WEDNESDAY 18TH
SEPTEMBER
6.00PM

JOIN US FOR OUR

PTA MEETING



APPLEGARTH PRIMARY
SCHOOL

IS LOOKING FOR NEW MEMBERS FOR
THE PARENT TEACHER ASSOCIATION

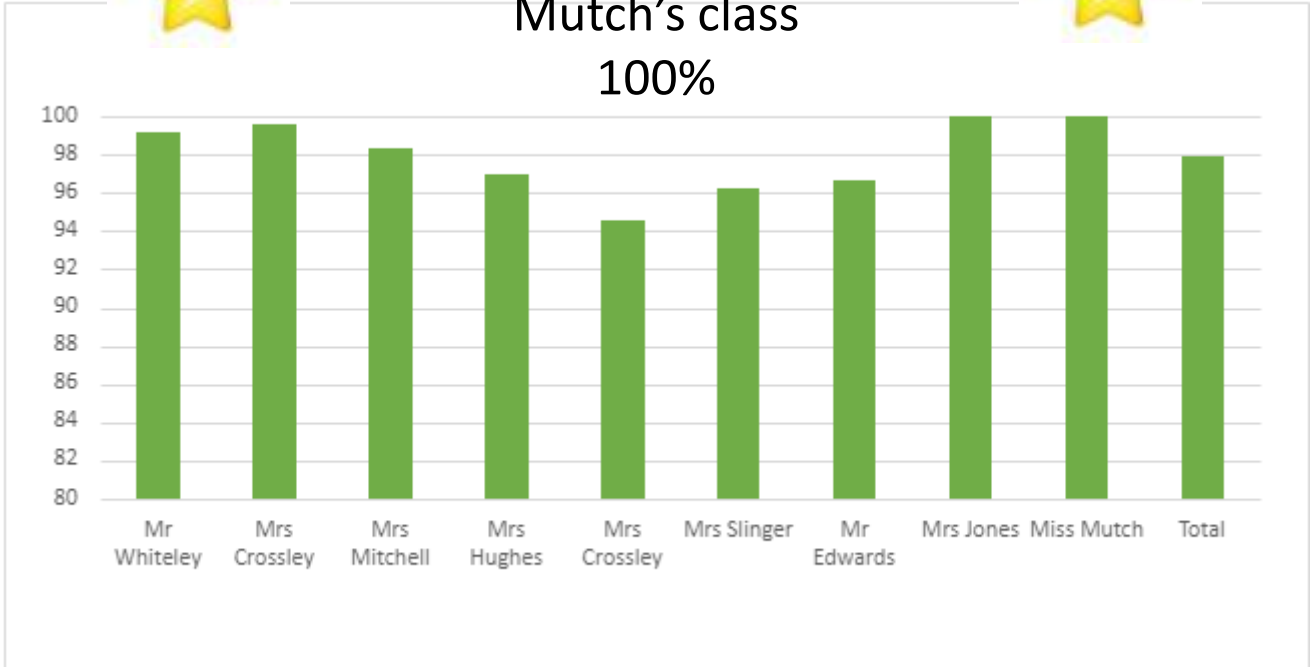


HELP US WITH FUNDRAISING, EVENT
PLANNING AND MORE!

Attendance 3rd – 6th September



Well done Mrs Jones' and Miss Mutch's class
100%



8:40 am

The main gates open at 8:40am. Classrooms are open at 8.45am.

Your child has arrived in good time to meet friends and get ready promptly for morning work in class.

The school gates will close.

8:50 am

8:51 am

Your child has missed the beginning of the school day.

At 8:55am the class register is completed. Children should be ready to start their learning.

8:55 am

5 minutes late means just over 3 days lost per year.

Children who arrive after 8:55 am will be asked to sign in at the office as the register will have been completed.

9:05 am

15 minutes late means 10 days lost per year. Anyone arriving after **9:05am** is an **unauthorised absence**.

SAFEGUARDING NOTICES

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.



Our Safeguarding Team

At school we have five members of staff and a Governor who make up our Safeguarding Leadership Team.

Mrs Maxwell is our Designated Safeguarding Lead (DSL); she 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)

Uniform

At Applegarth, we believe that a school uniform fosters a sense of identity, belonging and pride. It is the responsibility of the parents to ensure their child is correctly dressed for school. We would like to remind you of our [Uniform policy](#). We have noticed that some children are wearing nail varnish and jewellery (plain studs for pierced ears are acceptable) which is against our policy. Children should also have long hair tied back.



Bike Helmets

PLEASE ALWAYS PUSH YOUR BIKE ON THE SCHOOL PLAYGROUND

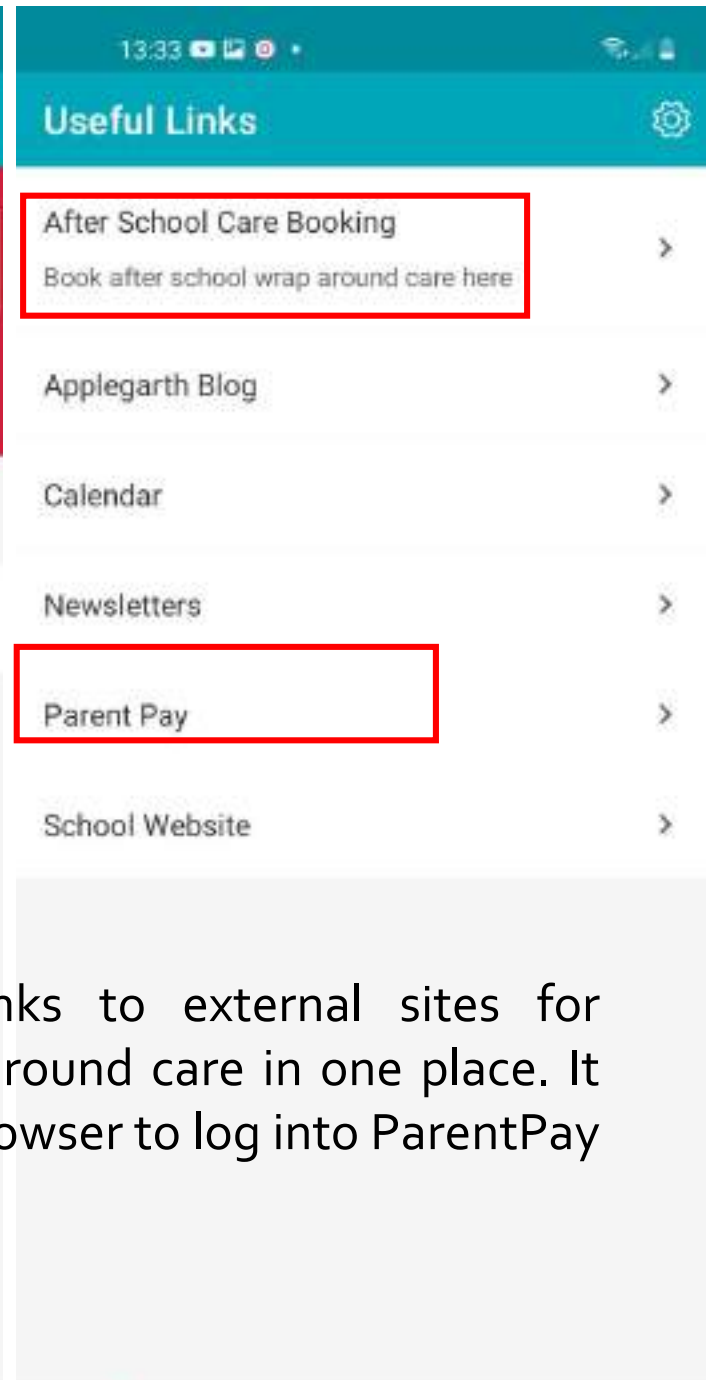
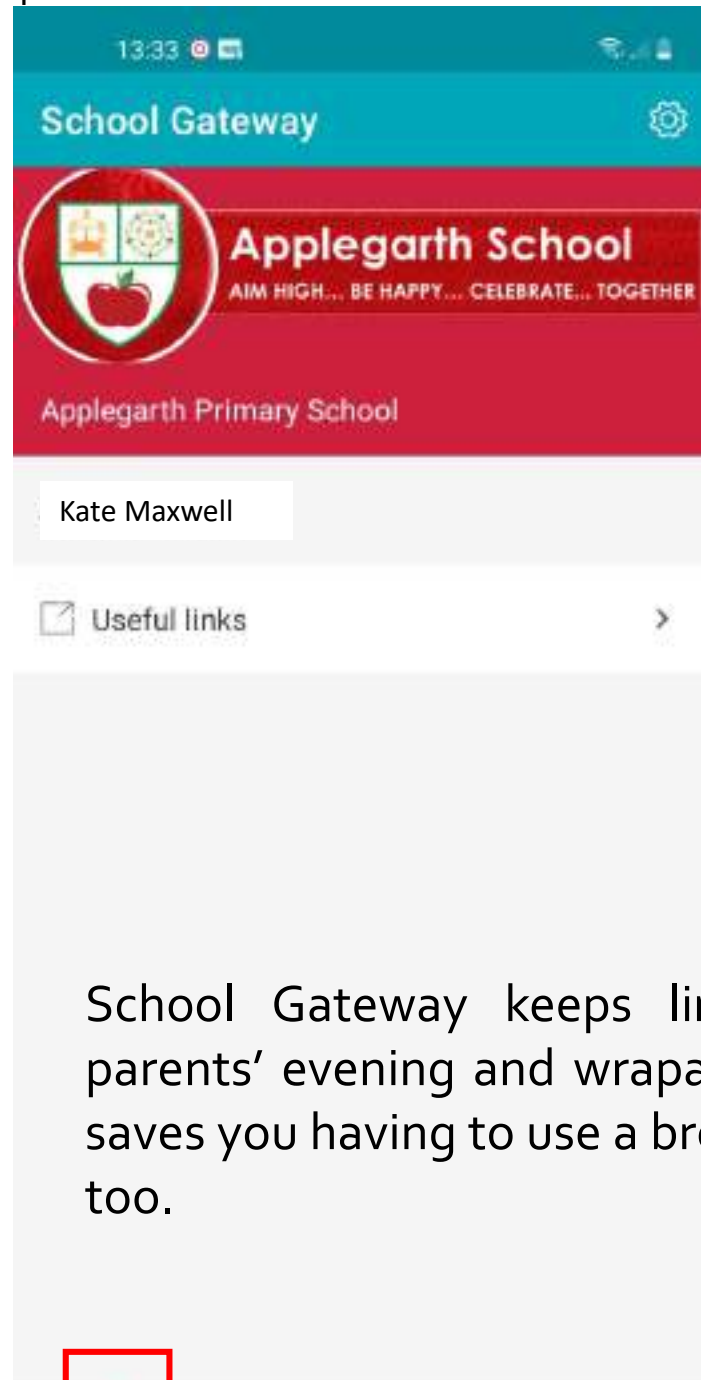


If your child is cycling to school, please ensure that they have a helmet to wear. Here are 5 good reasons to always wear your helmet when you ride your bike:

1. Wearing a helmet every time you bike, skate or skateboard may save your life.
2. Helmets reduce the risk of serious injury or death.
3. Helmets absorb some of the energy produced by impact.
4. Helmets increase your visibility on the road.
5. Helmets provide some protection from the elements.

School Gateway App

A reminder to sign up to the School Gateway App (**all classes INCLUDING NURSERY**) if you have not done so already. It has everything you need all in one place. Staff use the app too, and have found it simple and incredibly useful. As I have mentioned, it saves the school hundreds of pounds a year if you sign up because we don't get charged for app notifications (but we do for texts). **There are still some people left to sign up- please do so as soon as you can.** If you need any technical support, we are happy to help you in person at school.



School Gateway keeps links to external sites for parents' evening and wraparound care in one place. It saves you having to use a browser to log into ParentPay too.



It's time for a Macmillan Coffee Morning

and you're invited

Let's do whatever it takes to
support people living with cancer.



Place: Applegarth Primary School

Date: Friday 27th September 2024

Time: 9.30am

**MACMILLAN
CANCER SUPPORT**



**COSTA
COFFEE**



School Calendar

2024/2025 Academic Year

Event	Class/Phase	Location	Date and Time
Phonics Info.	Reception	Applegarth Primary School	Wednesday 18 th September 3:30pm
PTA Meeting	Whole School	Applegarth Primary School	Wednesday 18 th September 6:00pm
Macmillan Coffee Morning	Whole School	Applegarth Primary School	Friday 27 th September 9:30am
Nursery Stay and Play	Nursery Parents/ Carers	Applegarth Primary School	Tuesday 8 th October 10:30am – 11:30am 2:00pm – 3:00pm
Parent/Carers Evening	Whole School	Applegarth Primary School	Tuesday 8 th October 3:30pm – 6:10pm Wednesday 9 th October 3:30pm – 6:10pm
PTA Halloween Disco	Whole School	Applegarth Primary School	Thursday 24 th October Nursery, Reception & KS1 5:00pm- 6:00pm KS2 6:15pm – 7:15pm
Break up	Whole School	Applegarth Primary School	Thursday 24 th October
Staff Training Day	Whole School	Applegarth Primary School	Friday 25 th October
School Re-opens	Whole School	Applegarth Primary School	Monday 4 th November
School Photographs	Whole School	Applegarth Primary School	Thursday 7 th November
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 & 2	Applegarth Primary School	Monday 9 th December 6:00pm – 7:00pm Tuesday 10 th December 10:00am – 11:00am
Key Stage	Years 3 - 6	Applegarth Primary School	Tuesday 10 th December

The Early Help team and the Service Children's Champion would like to invite you to a free webinar



Our free webinar is open to all families of neurodiverse children

No need to pre-book



Top Tips

Supporting Neurodiverse/Service Children

23rd September
18:00-19:00

Join us on Teams for this session by clicking the following link or scanning the QR code below on the day/time of the webinar.

No need to pre-book, our webinar is open to all families of neurodiverse children. No diagnosis needed.

Top Tips

Supporting Neurodiverse/Service Children

23rd September
18:00-19:00



https://teams.microsoft.com/l/meetup-join/19%3ameeting_Mjg0ZjkyMWEtZWmwYS00MDRmLWlzZjktNjk5MWRkZTYzMzll%40thread.v2/0?context=%7b%22Tid%22%3a%22ad3d9c73-9830-44a1-b487-e1055441c70e%22%2c%22Oid%22%3a%2295766917-26e6-44af-ba0c-b7d9ebaa5aab%22%7d

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. Notably, 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 Washington 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 TostED, a sensory food education charity.



#WakeUpWednesday

The National College



**VOLUNTEER FOR THE
ROYAL BRITISH LEGION
POPPY APPEAL 2024
IN SUPPORT OF OUR
ARMED FORCES COMMUNITY**

**WE ARE IN NEED OF POPPY APPEAL
ORGANISERS FOR
NORTHALLERTON.**

**CAN YOU GIFT SOME TIME FROM
DURING OCTOBER & NOVEMBER**

**JOIN US – BE PART OF THE
NORTH YORKSHIRE
POPPY APPEAL TEAM**

**PLEASE CALL Mandy on 07808 261075
THANK YOU**



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



**Autism
Central**



**DAISY
CHAIN**

Autism & Neurodiversity

Northallerton Library Parent Carer Support Drop in

Autism Central is a free programme commissioned by the NHS which provides high quality and accessible autism information, education and coaching for families and carers.

Daisy Chain is the charity delivering this service in the North East and Yorkshire. As well as group and individual coaching and support, we provide regular online and in-person learning opportunities covering a variety of topics relating to autism.

Upcoming Sessions

<p>September</p> <ul style="list-style-type: none">• Thursday 12th 1pm-2.30pm• Thursday 26th 1pm-2.30pm <p>October</p> <ul style="list-style-type: none">• Thursday 10th 1pm-2.30pm• Thursday 24th 1pm-2.30pm	<p>November</p> <ul style="list-style-type: none">• Thursday 7th 1pm-2.30pm• Thursday 21st 1pm-2.30pm <p>December</p> <ul style="list-style-type: none">• Thursday 5th 1pm-2.30pm
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Northallerton Library, 1 Thirsk Road, Northallerton, DL6 1PT



These in person sessions are free and open to families living in the North East and Yorkshire NHS region.

<https://daisychainproject.co.uk/product/library-parent-carer-support-drop-in-northallerton/>



THE CHILDREN'S SOCIETY PRESENT

Yorkshire Voices Choir

Drumming by Joolz Form

7pm Friday 27 September 2024

Romanby School Hall

£5 Adults/£2.50 Children

Tea/Coffee/Biscuits provided

There will be singing with audience participation

Followed by Drumming

For tickets, please ring: 07732 698824

All monies will go to The Children's Society

THURSDAYS 6PM
HUSTLERS SPORTS
@KINGPIN



£2

NORTHERN
SAINTS
YOUTH

6-7.30 PM TERM TIME

SCHOOL YEARS Y6 - Y12
WITH PARENTAL
CONSENT



WWW.NORTHALLERTON.CHURCH

Back for 2024...

CROWE'S WOOD HALLOWEEN TRAIL



Kiplin Hall
& Gardens

Friday 18th October - Wednesday 6th November

Included with admission



2024 has been a year of music at Kiplin Hall, Join us for Halloween and discover a tune for all.

Iconic lyrics and proud performers in spooky parody, Explore Crowes Wood for family fun and hilarity.

Don't fall in the Monster Mash, watch out for the Wrecking Ball, If you can get out, you'll be Staying Alive and standing tall.

Please come in fancy dress, we love to see your costumes! The trail is on bark and earth paths that can get very muddy. Please wear sensible footwear and expect prams or pushchairs to get muddy.

Annual Tickets

Our great value prices mean you make savings on your second visit!

Open Feb - Nov

Open 6 days a week,
closed on Thursdays.

Kiplin Hall & Gardens
info@kiplinhall.co.uk

01748 818 178





Fun & athletics
for all Primary
School children*

*aged 4-11, ideally not for kids currently
in a running club

Athletics Course



Starts **Sat 14th Sept**
for **8 weeks**

Scruton Cricket Club
11am-12 noon

Only **£50** per athlete

Glen Hilton, athletics coach and former England international athlete, will teach our youngsters the fundamentals of athletics and endurance running.

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



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

Kids shine brighter with **SQUASH STARS!**

Watch your kids laugh and light up with confidence all while learning the great game of squash.

**Join Up at
Bedale Squash Club!**
ages 5-9

Starts:
5th October
10.15am - 11.00am

Contact:
bedalesquashandracketballclub@gmail.com
or
07834322152

Address:
Leyburn Road, Bedale, DL8 1HA



6 SESSIONS
£20 INCLUDES A
T-SHIRT WITH
ALL EQUIPMENT
PROVIDED



Squash Stars is a professionally run programme designed for kids aged 5-9 to keep active, make some new friends and above all have fun. Sign up today at squashstars.co.uk

