

# Newsletter

Friday 20<sup>th</sup> September 2024

The winner of this week's Golden Welly Award is... Harry T

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Ralph T	
Mr Whiteley	Isla H	Oscar B
Mrs Crossley	Freya W	Wren K
Mrs Mitchell	Willow J	Evelyn R
Mrs Hughes	Diana U	Seth P
Mrs Cross	Willow B	Poppy W
Mrs Slinger	Theo B	Betsy H
Mr Edwards	Jacob O	Maizee-Jai C
Mrs Jones	Felix R	Hayden G
Miss Mutch	Kieron S, Finn R	Freya T



# School Census Day

School census day is a day when schools collect data on their pupils and staff to help determine funding for the following year.

The number of children who eat a school meal on census day is a key factor in how much funding a school receives.

The first Census Day is Thursday 3<sup>rd</sup> October



The menu on this day will be different to the usual menu.

Instead of pork meatballs it will be burger and skinny fries followed by a muffin.

If your child would not usually be having a school dinner, please consider taking the school lunch option on this day.



**MACMILLAN COFFEE MORNING**  
**HOSTED BY YEAR 6, ALL WELCOME**  
**FRIDAY 27TH SEPTEMBER, 9:15-10:45**

# **CAKE NEEDED!**

**TO MAKE THE COFFEE MORNING SUCCESSFUL,  
WE ARE ASKING FOR DONATIONS OF  
CAKES AND BISCUITS(NO NUTS PLEASE) TO BE  
BROUGHT IN ON THURSDAY 26TH SEPTEMBER.**

## ***MACMILLAN CAKE COMPETITION***

**EYFS/KS1: 6 SMALL CAKES DECORATED BY THE CHILDREN.**  
**KS2: 12 SMALL CAKES DECORATED BY THE CHILDREN.**

**CAKES NEED TO BE IN SCHOOL ON THURSDAY 26TH  
SEPTEMBER LABELLED WITH THEIR NAME, YEAR GROUP  
AND CLASS.**

***PRIZES WILL BE AWARDED TO THE BEST DECORATED.***





# ASDA Cashpot for Schools



Please support our ASDA Cashpot for Schools appeal.

It is really easy to access on your ASDA Rewards app and a great way for us to raise money for our school.

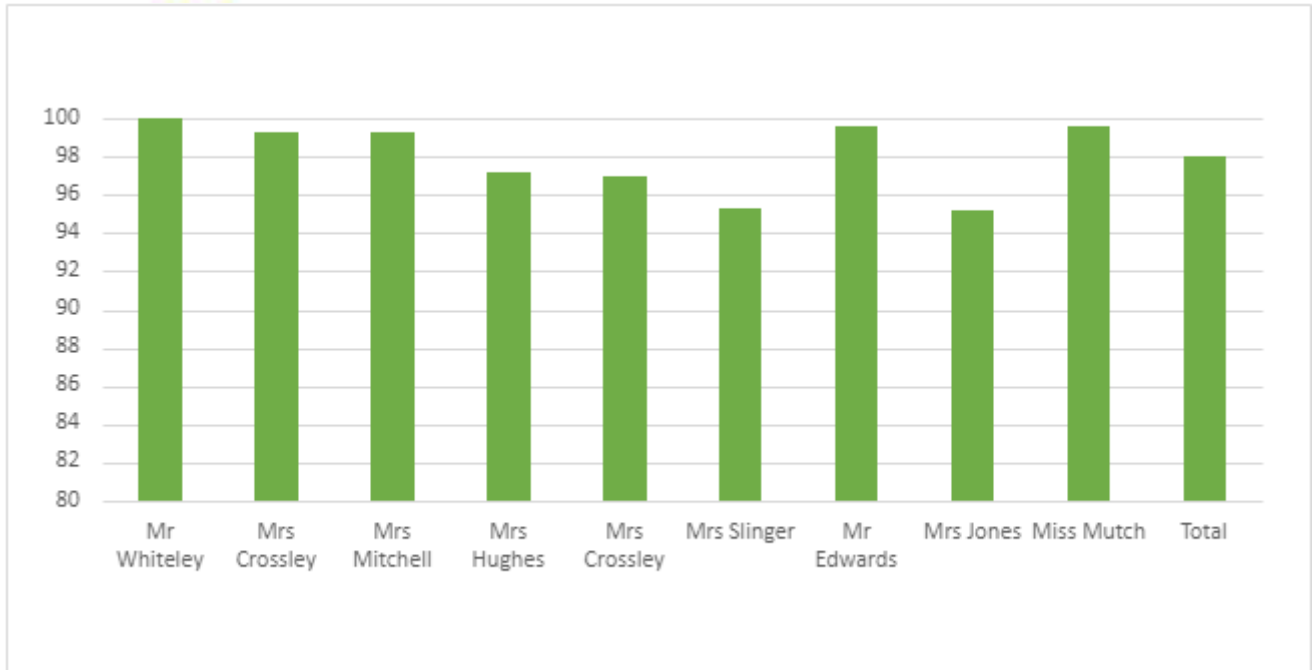
There are only 70 days left of the appeal so please help while you can!

A screenshot of the ASDA Cashpot for Schools app interface. At the top is a yellow shield icon with 'CASHPOT FOR SCHOOLS'. Below it is the title 'Cashpot for Schools' and a timer '71 days left'. The first section is for 'Applegarth Primary School' at 'Upwell Road, Northallerton, DL7 8QF', showing 'UK total raised £96.79' and 'Last updated on 20 September 24'. The second section is for 'All UK schools', showing 'Cashpot for Schools has raised a total of: UK total raised £2.25 million'.

# Attendance 9<sup>th</sup> – 13<sup>th</sup> September



Well done Mr Whiteley's class  
100%



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

8:40 am

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.

8:55 am

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

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

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.

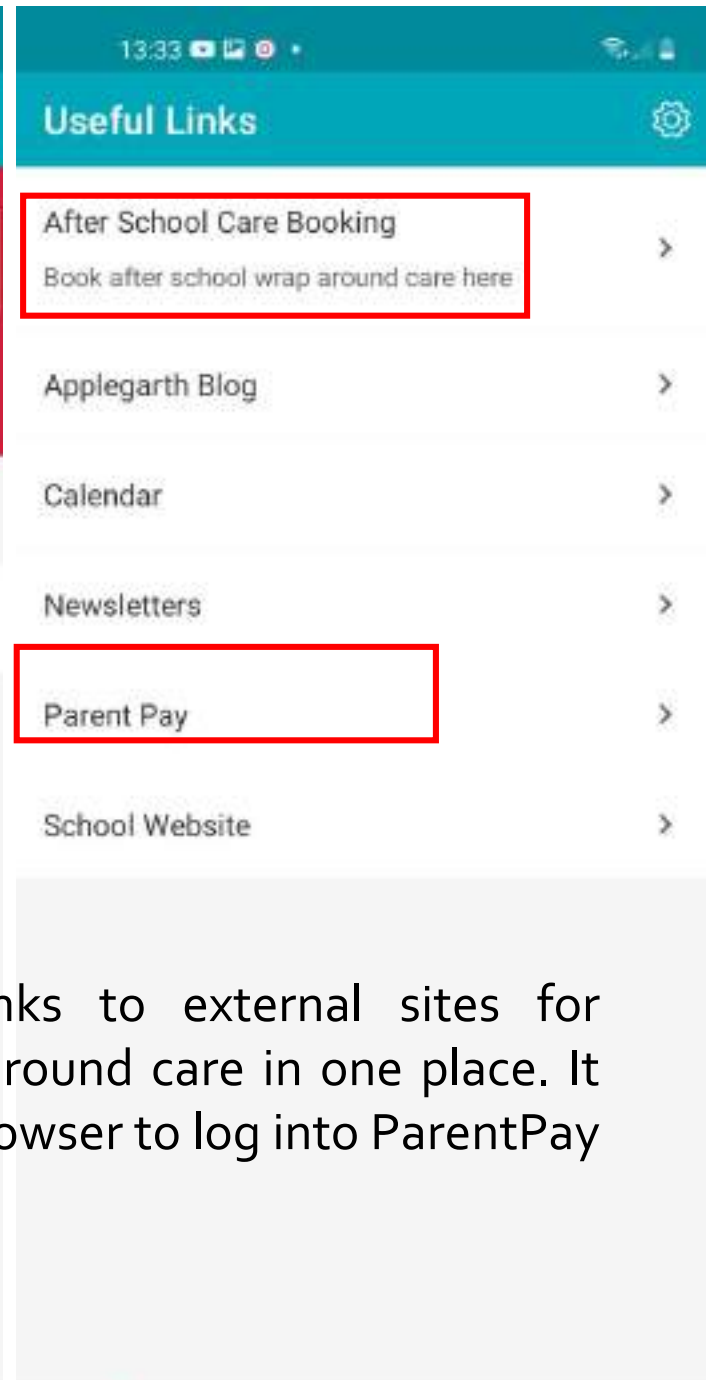
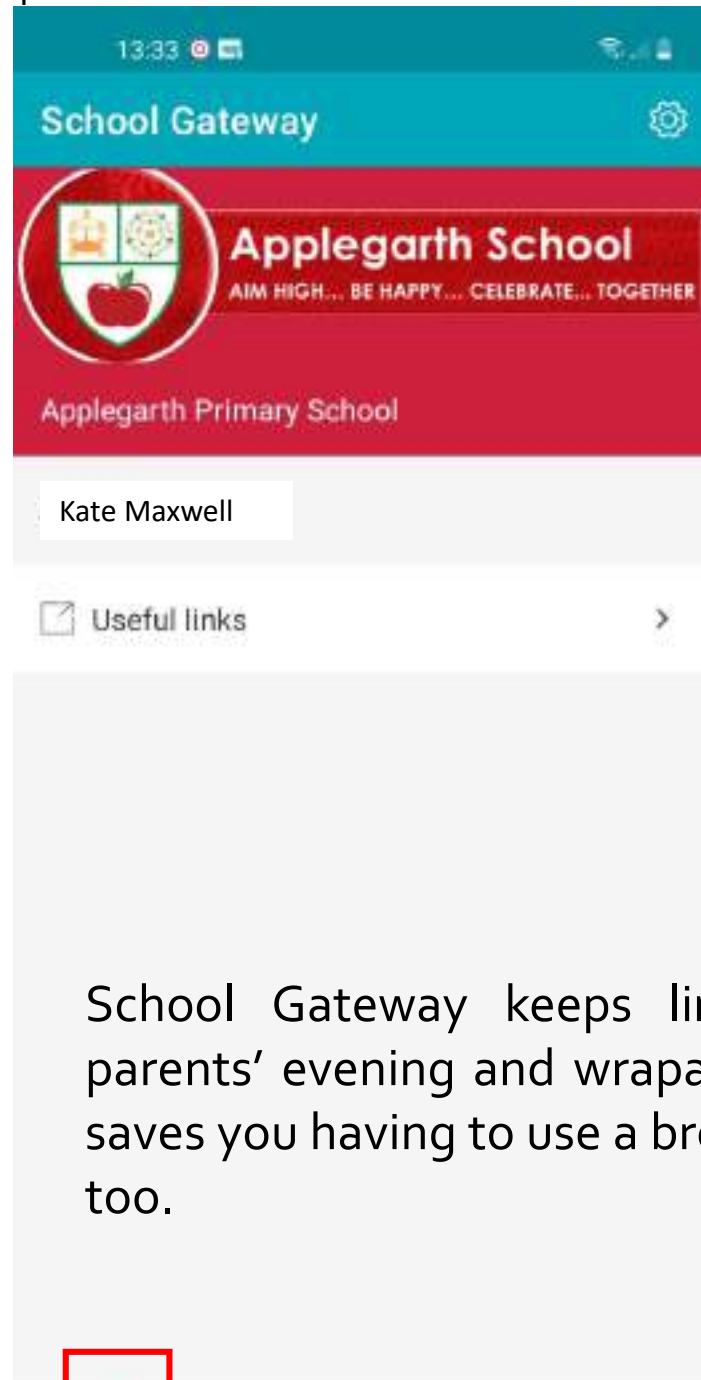
**All staff at Applegarth know that safeguarding is EVERYONE'S responsibility. Find out more on our [Safeguarding Page](#).**

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)

# 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 27<sup>th</sup> September 2024**

**Time: 9.30am**

**MACMILLAN  
CANCER SUPPORT**



**COSTA  
COFFEE**





# School Calendar

## 2024/2025 Academic Year

Event	Class/Phase	Location	Date and Time
Macmillan Coffee Morning	Whole School	Applegarth Primary School	Friday 27 <sup>th</sup> September 9:30am
Nursery Stay and Play	Nursery Parents/ Carers	Applegarth Primary School	Tuesday 8 <sup>th</sup> October 10:30am – 11:30am 2:00pm – 3:00pm
Parent/Carers Evening	Whole School	Applegarth Primary School	Tuesday 8 <sup>th</sup> October 3:30pm – 6:10pm Wednesday 9 <sup>th</sup> October 3:30pm – 6:10pm
PTA Halloween Disco	Whole School	Applegarth Primary School	Thursday 24 <sup>th</sup> October Nursery, Reception & KS1 5:00pm- 6:00pm KS2 6:15pm – 7:15pm
Break up	Whole School	Applegarth Primary School	Thursday 24 <sup>th</sup> October
Staff Training Day	Whole School	Applegarth Primary School	Friday 25 <sup>th</sup> October
School Re-opens	Whole School	Applegarth Primary School	Monday 4 <sup>th</sup> November
School Photographs	Whole School	Applegarth Primary School	Thursday 7 <sup>th</sup> November
PTA Christmas Fair	Whole School	Applegarth Primary School	TBC
Key Stage 2 Carol Concert	Years 3 - 6	All Saints Church TBC	Wednesday 4 <sup>th</sup> December 10:00am – 11:00am
Key Stage 1 Nativity	Years 1 & 2	Applegarth Primary School	Monday 9 <sup>th</sup> December 6:00pm – 7:00pm Tuesday 10 <sup>th</sup> December 10:00am – 11:00am
Key Stage 2 Panto	Years 3 - 6	Applegarth Primary School	Tuesday 10 <sup>th</sup> December 6:00pm – 7:00pm Thursday 12 <sup>th</sup> December 6:00pm – 7:00pm
Reception Nativity	Reception	Methodist Church, Northallerton	Tuesday 17 <sup>th</sup> December 10:00am – 11:00am

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

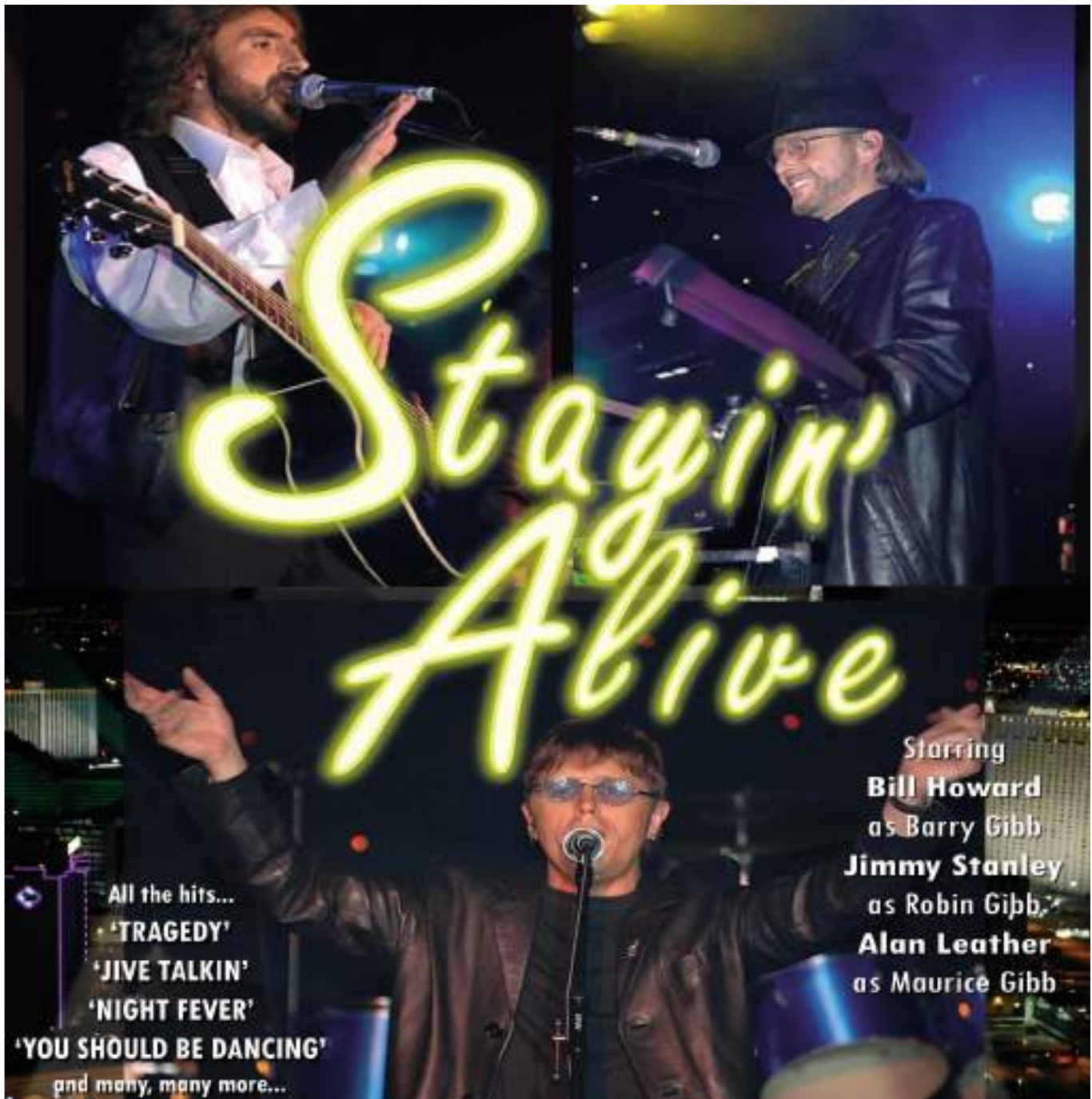
Supporting Neurodiverse/Service Children

23rd September  
18:00-19:00



[https://teams.microsoft.com/j/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](https://teams.microsoft.com/j/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)

# Workies Charity Night



**Stagin' Alive**

All the hits...  
'TRAGEDY'  
'JIVE TALKIN'  
'NIGHT FEVER'  
'YOU SHOULD BE DANCING'  
and many, many more...

Starring  
**Bill Howard**  
as Barry Gibb  
**Jimmy Stanley**  
as Robin Gibb  
**Alan Leather**  
as Maurice Gibb

**SATURDAY 2<sup>ND</sup> NOVEMBER**

**IN AID OF APPEGARTH SCHOOL**

**TICKETS £6**

**AVAILABLE NOW!!**



# 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](mailto: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><b>September</b></p> <ul style="list-style-type: none"><li>• Thursday 12th 1pm-2.30pm</li><li>• Thursday 26th 1pm-2.30pm</li></ul> <p><b>October</b></p> <ul style="list-style-type: none"><li>• Thursday 10th 1pm-2.30pm</li><li>• Thursday 24th 1pm-2.30pm</li></ul>	<p><b>November</b></p> <ul style="list-style-type: none"><li>• Thursday 7th 1pm-2.30pm</li><li>• Thursday 21st 1pm-2.30pm</li></ul> <p><b>December</b></p> <ul style="list-style-type: none"><li>• Thursday 5th 1pm-2.30pm</li></ul>
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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**



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](mailto:info@kiplinhall.co.uk)

01748 818 178





# 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](http://squashstars.co.uk)





## Halloween is coming to Thorp Perrow

Spooky season is nearly here at the Arboretum with our Halloween trail running daily from Saturday 5th October until Sunday 3rd November.

Why not bring your little pumpkins to blow off some steam around our Spooktacular Halloween trail?

Watch fascinating flying displays in the Bird of Prey Centre where's there are also wallabies to stroke, meerkats to feed and the adventure playground to swing, clamber and slide round.



All of this is located within our 100 acre Arboretum, home to a unique collection of trees and shrubs which are currently ablaze with stunning Autumn colour.

Or try your hand at Halloween rock painting at our craft stall (Selective dates over Half Term).

Our winter menu features delicious seasonal soups, warming pies, and locally sourced sausage and bacon baps, as well as our usual sandwiches, cakes and sweet treats.

Additionally there is a pizza van, as well as our pop up café serving burgers and hot dogs. (Various dates)

Wrap up warm, pull on your wellies and enjoy some fresh air!

We strongly recommend pre-booking online prior to your visit. Halloween trails can be purchased on the day.

\*Dogs are welcome on a lead, just not in the Bird of Prey & Mammal Centre

Trail sheets can be pre-booked or purchased on the day for £2.50 which includes a free gift. Standard entry applies.

# Halloween Disco Party

We are excited to invite you to our upcoming **Halloween Disco Party** on 31st October from 7.30pm to 9pm at the upper Town hall. This fun-filled event is being organised by the Northallerton carnival Community Group to raise funds for our local carnival.

All proceeds from the event will go towards supporting the carnival, which provides a wonderful community experience for everyone. We hope you can join us for an evening of dancing, games, and spooky fun!

Tickets for children are priced at £5 inc. Hot dog, drink and a goody bag

3 yrs to 11yrs inc

Prizes for best costumes

Please click the link below to purchase your Halloween disco tickets.

<https://docs.google.com/.../1FAIpQLSfA0IG.../viewform...>

We would be grateful if you could share this information with the children and staff. We hope to see you there!

Sincerely,  
Phil Craig  
Carnival team





**Monday 28th October  
Scarecrow Competition**

**Ages  
4-11**



**£35 per day  
£125 all week  
(9am-3pm)**

# October Half Term Holiday Club

Email to book your place  
[booking@rosedenenurseries.co.uk](mailto:booking@rosedenenurseries.co.uk)



**Tuesday 29th October  
Forest School**



**Friday 1st November  
Autumn Walk**



**Thursday 31st October  
Spooky Tea**



**Wednesday 30th October  
Autumn Baking**

Offered at our Easterside, Egglecliffe, Hemlington, Guisborough,  
Northallerton, Ormesby, Redhill and Saltburn nurseries