



Welcome Back!

I am delighted to introduce myself as your new Headteacher. It has been a pleasure to get to know all of the children as they have returned after the summer break. They have done a superb job in settling into the routines and rhythms of school life. A special mention goes to our Nursery and Reception new starters who have all been brilliant!

I have already seen the children and staff beavering away in their classrooms – we have a lot of hard workers in this school! The children's resourcefulness and pleasant attitudes have also impressed me. I am sure we are going to have lots of fun together, supporting our young people to grow into the best versions of themselves.

We have been busy getting OPAL back up and running this week – this is a key priority for me as the children benefit so much from this provision during their break-times. If anyone has any suitable items that they would like to donate towards the outdoor play provision, please let Miss Mutch know.

Please make a note of the dates for Parents/Carers evenings (Tuesday 8th and Wednesday 9th October) and when we break for half term (Thursday 24th October). Please also note the updated PE timetable below, as changes had to be made.

It has been wonderful to see so many friendly faces on the school gate every morning! Thank you for making me feel so welcome in your brilliant school. I am really looking forward to getting to know the whole school community and hope that I will have chance to meet as many of you as possible at the Macmillan Coffee Morning, which is being held in a couple of weeks time (see information poster below).

Mrs Maxwell



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



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.

Attendance

It is important that your child attends school regularly. If your child's attendance dips below **96%** you will be contacted by school. It is our aim that all children have an attendance of 96% and above.

Regular attendance at school ensures that children get the best possible start in life. Good attendance supports learning, the development of social skills and friendships, as well as building good habits that are essential for adult life. School education lays the vital foundations of a child's life.

Data from the DfE shows that primary school children in Key Stage 2 who didn't achieve the expected standard in reading, writing and maths missed on average four more days per school year than those whose performance exceeded the expected standard.

84% of Key Stage 2 pupils who had 100% attendance achieved the expected standard, compared to 40% of pupils who were persistently absent across the key stage.

Please take a moment to familiarise yourself with our 'Quick- Read Attendance Policy'.

Good attendance means...

Being in school at least 95% of the time or 180 to 190 days





Quick-Read Attendance Policy

For more detail, please read our full policy on the school website:

<https://www.applegarth.n-yorks.sch.uk/key-information/school-policies/>

What time does school start?

8:45am



What time does school finish?

3:15pm



Which senior leader in school has responsibility for attendance?

Mrs Hughes



How do I let school know about unexpected absences e.g. illness or medical appointments?

Ring school 01609 773521 and press option 1 to leave a message **OR**

Email school admin@applegarth.n-yorks.sch.uk
Let us know as soon as possible and by 9.00
Let us know every day unless we know when they'll be back.

How do I let school know about planned absences?

Ask the school office for a **Leave of Absence Form**.

Who can I talk to if I am worried about my child's attendance?

We are all happy to help. Please talk to the office staff, Mrs Hughes or your child's teacher.

Did you know?

Attendance **below 90%** is judged as 'persistent' absence
Attendance **below 50%** is judged as 'severe' absence
Our school target is 97% attendance

What is school going to encourage good attendance?

- Making school a happy and welcoming place to be
- Individual and class rewards
- Sharing class attendance totals (celebration assemblies, newsletter, displays)
- Informing parents about their child's attendance
- Identifying and working closely with families needing support
- Looking carefully at attendance data and trends for patterns and areas to improve

What will happen if my child does not arrive at school and school does not know where they are?

- 1) Office staff will call by 9:30. All other contacts will be called if there is no response.
 - 2) If they cannot reach you, the on site safeguarding lead will send a text and email.
 - 3) If there is no response by 10:30am, a member of staff will visit your home for a welfare check.
 - 4) If there is no response, a note will be posted to notify you we've visited and requesting an urgent response.
 - 5) We may need to contact external professionals, or if seriously worried, the police.
- This is a very time-consuming and unnecessary process. Please call before 9:00am so that we know you and your family are safe.**

When does the Local Authority get involved in my child's attendance?

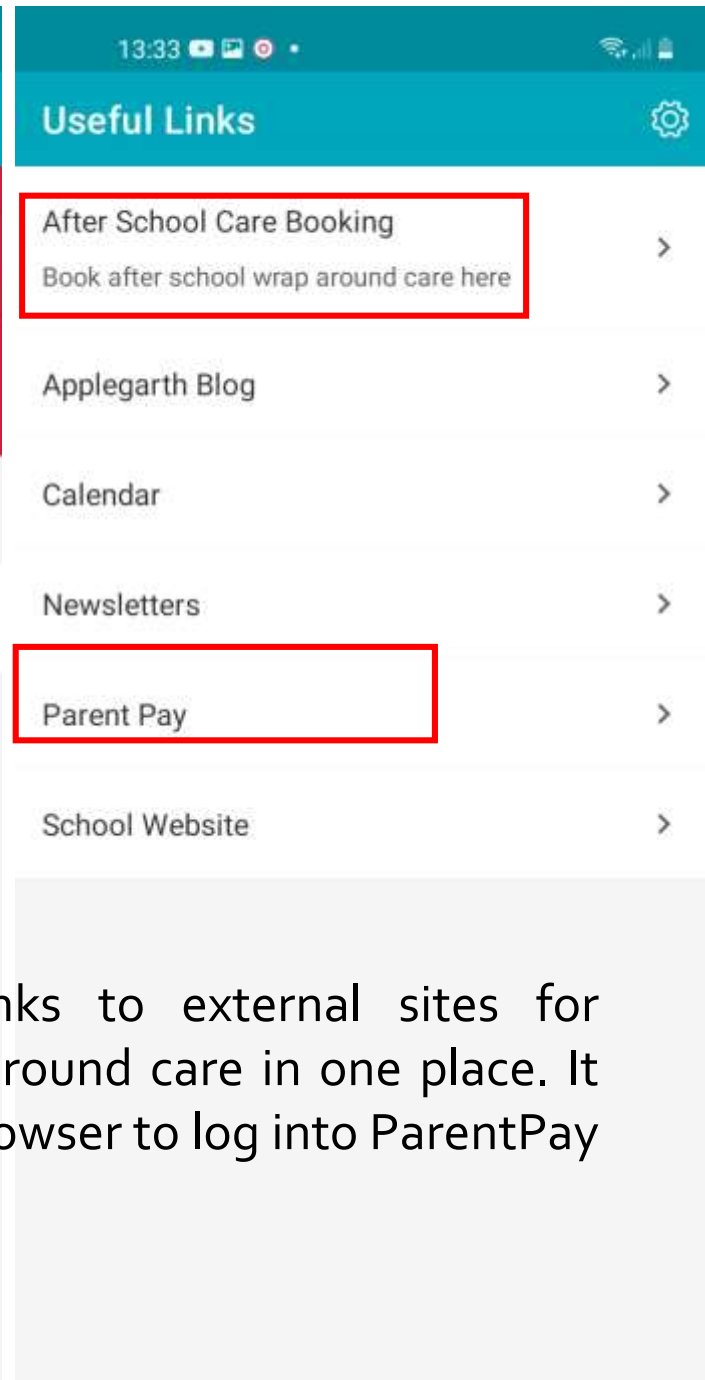
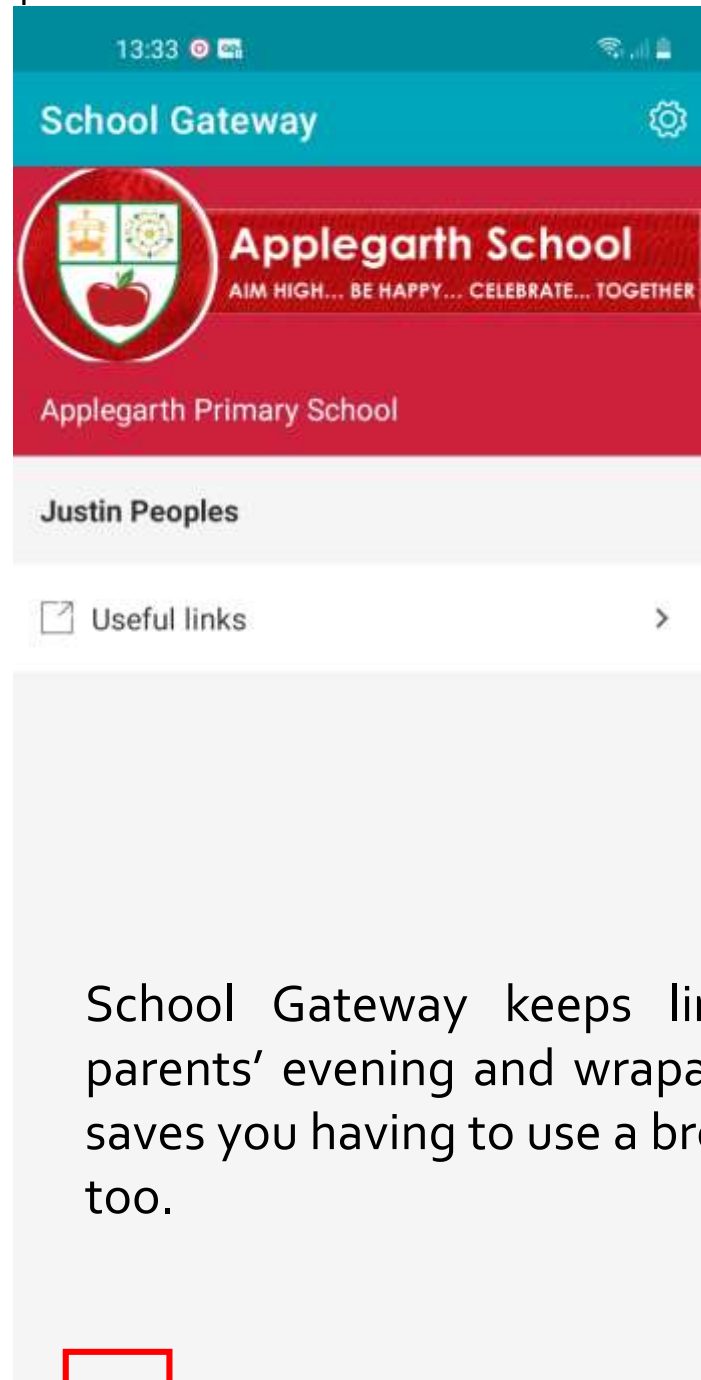
When a pupil has 10 or more sessions of unauthorised absence, the attendance Fast Track process begins. The process involves an initial formal warning letter. If no improvement is made, a panel meeting is held. A legal meeting (PACE) is held next and a penalty notice and/or prosecution may be served if attendance continues to decline.

When will fixed penalties be issued?

- For holidays taken in term time a penalty notice of £60 will be issued (going up to £120 if not paid promptly)
- If support for attendance has been refused or has not been successful over a sustained period of time. The penalty notice at this stage is considerably more than a holiday one

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**



Staff Structure for September 2024

Please see below the class teachers for This academic year.

Headteacher – Mrs Maxwell

Deputy Headteacher – Mrs Hopkin (Maternity Leave)

Assistant Headteacher – 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 Cross
Year 3/4	Mrs Slinger
Year 5	Mr Edwards (SENCo, SLT)
Year 5/6	Mrs Jones
Year 6	Miss Mutch

Mrs Bailey will be taking classes throughout school for the Autumn Term.

School Calendar

2024/2025 Academic Year

Event	Class/Phase	Location	Date and Time
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 – 5:50pm Wednesday 9 th October 3:30pm – 5:50pm
PTA Halloween Disco	Whole School	Applegarth Primary School	TBC Nursery, Reception and Key Stage One 5:00pm- 6:00pm Key Stage Two 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
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 Two Panto	Years 3 - 6	Applegarth Primary School	Tuesday 10 th December 6:00pm – 7:00pm Thursday 12 th December 6:00pm – 7:00pm

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 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 Washingborough Academy, champions food education and sustainability – and his school holds the Salt 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

THURSDAYS 6PM
HUSTLERS SPORTS
@KINGPIN



£2

NORTHERN
SAINTS
YOUTH

6-7.30 PM TERM TIME

SCHOOL YEARS Y6 - Y12
WITH PARENTAL
CONSENT





**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/>

What's on...

at Northallerton library

September 2024

Monday

- **Scribblezone, 4-5.30pm**, weekly art group for aspiring artists aged 11 to 19. Held each week during school term time.

Tuesday

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

Wednesday


- **Memory Cafe, 10.30am**, with Dementia Forward (fourth Wednesday of month)
- **Lego Club, 3.30-4.30pm**, drop-in for children aged four to 11. Lego and Duplo provided. Children eight 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, including boccia and kurling. Booking required, £4.

Saturday

- **Code Club, 10am-11am**, fortnightly, restarts on 21 September, for children aged eight to 11 interested in learning how to code. Booking required.

For more information and to book, phone **01609 533832**
email northallerton.library@northyorks.gov.uk
Follow us on Facebook www.facebook.com/northallertonlibrary 

Our services

Home library service

- We can select and deliver books and audiobooks to people or families who find it difficult to get to the library due to age, illness, a disability or if you are a carer. Contact the library for more details.

One-to-one IT support

- One-to-one support with IT issues is available from our volunteers on Tuesday, Wednesday and Saturday. Booking is required.

Blue Badge and Bus Pass application support

- We can provide support to help people to make an application for a Blue Badge parking permit for disabled people or concessionary bus pass. Contact the library for details.

For more information and to book all activities, contact Northallerton Library.

Phone 01609 533832

Email northallerton.library@northyorks.gov.uk

Follow us on Facebook for more events

www.facebook.com/northallertonlibrary

