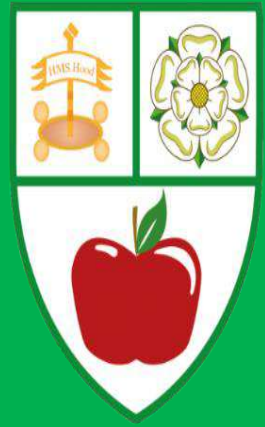


Applegarth Primary School Newsletter

Friday 7th February 2025




Today was NSPCC's Number Day, and the children have been engaging in fun curriculum-based activities to give children the opportunity to apply their maths skills.

Our children were encouraged to Dress Up for Digits where they make a donation to wear an item of clothing with a number on it. Creative ideas ranged from giant domino and dice costumes to a walking snakes and ladders board game.



Most classes tried to incorporate learning about money into their activities. Reception baked and sold muffins while pupils in KS2 learnt about the importance of saving money, as well as spending it.



ATAXIA AWARENESS
DAY

Friday 14th February

£1 donation
to wear your
own clothes

All money raised will go to
Ataxia.org.uk

ATAXIA

Reception Fire Station Visit

Our Reception children enjoyed a visit to Northallerton Fire Station to enhance their learning about 'Marvellous Machines'. As well as learning about machines used in fighting fires and road rescue incidents, the children also learnt about the importance of smoke alarms and ensuring they are regularly checked.

Thank you to the staff at the fire station for teaching us some important information.



Awards

The winner of this week's Golden Welly Award is **Rowan!**

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Reggie	
Mr Whiteley	Fearne B	Walter
Mrs Crossley	Ayda-Rose	Alfred
Mrs Mitchell	Oliver F	Eva
Mrs Hughes	Noah	Ezra
Mrs Cross	Ruby	Freya
Mrs Slinger	Amelia	Mia D
Mr Edwards	Martha	Oliver B
Mrs Jones	Poppy T	Poppy S
Miss Mutch	Olivia	Finley



myHappymind Free Parent App

We're super excited about My Happy Mind and how much the children LOVE it! It's been fantastic teaching these lessons at school, and now you can join the fun at home!

My Happy Mind has created a **FREE Parent App** packed with awesome resources. You can use it on your computer or phone to see what your child is learning, complete mini masterclasses, enjoy fun activities together, and even explore the **Kids Zone** with games and more!

Ready to get started?

1) Go to: <https://myhappymind.org/parent-resources> to create your free account.

2) Enter your name, email, and this code: **121308** ... or simply scan this QR code!

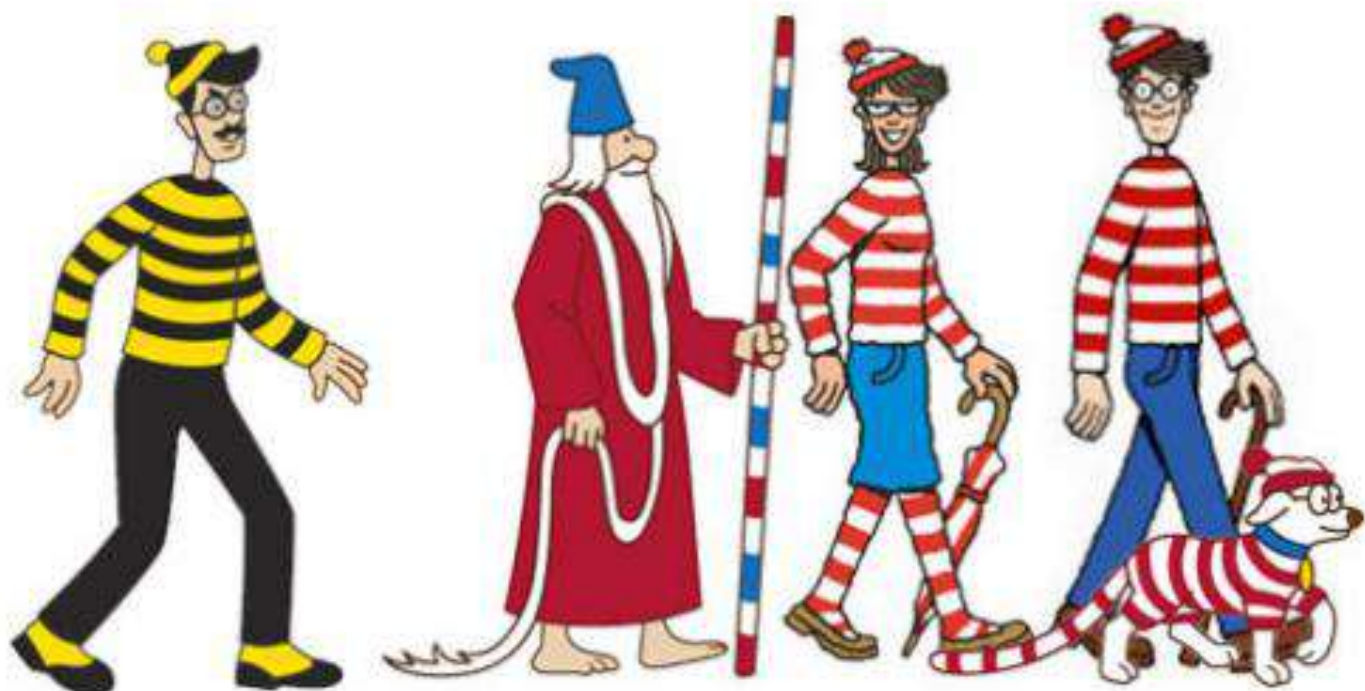


3) Check your email for the next steps to download the app.

We're so thrilled to share this amazing app with you. It's a fantastic way to support your child and continue the Happy Mind journey together!

Any questions? Just ask your class teacher - we're here to help!

World Book Day 2025



World Book Day is Coming!

Get ready to celebrate World Book Day on **Thursday, March 6th!**

We encourage all students and staff to join in the fun by dressing up as their favourite character from **Where's Wally!**

You could come as the iconic **Wally** himself, the mischievous **Odlaw**, the wise **Whizard Whitebeard**, the loyal **Woof**, the adventurous **Wilma**, or the curious **Wenda**. We also need some **people in the background**, so you can come dressed in normal clothes too.

Let's have a colorful and exciting day filled with the magic of reading!

What Parents & Educators Need to Know about

TIKTOK

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

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".

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

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.



#WakeUpWednesday

The National College

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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!

Despite the weather getting colder and wetter, we need to keep our school field open for OPAL at lunchtimes. 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.

We also have EYFS/KS1 bikes in need of minor repairs – if there is anyone in our school community who knows their way around a bike and is happy to help, then please let us know at the School Office.



Friends of Applegarth



JOIN OUR PTA

Get involved,
Voice your opinion,
make your ideas count
and make a change!

Everyone Welcome!
Teachers, staff,
parents, grandparents
and community members

Help out as much or
as little as you can
at our events.
No requirement
to come to meetings



All money raised
goes back to
the children

Please message Gemma on
07907012122 if you would like to
join our PTA WhatsApp group

As always we appreciate your
support in improving the lives
of all of the children of
Applegarth Primary School



SAFEGUARDING NOTICES

Safeguarding is everyone's responsibility

We are trying to promote 'Choose Respect' with the children in school this term. Part of our safeguarding agenda is to promote safe ways of dealing with conflict on the playground without resorting to getting physical (e.g. pushing and shoving).

We are asking all parents to explore the idea of 'Choose Respect' with their own children, particularly about how they can use their words to politely disagree and when it is necessary to find an adult to help them to manage a disagreement before it gets physical. Our team is going to start wearing hi-vis on the playground at breaktimes and lunchtimes so that the children can easily identify where the adults are in the area.

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

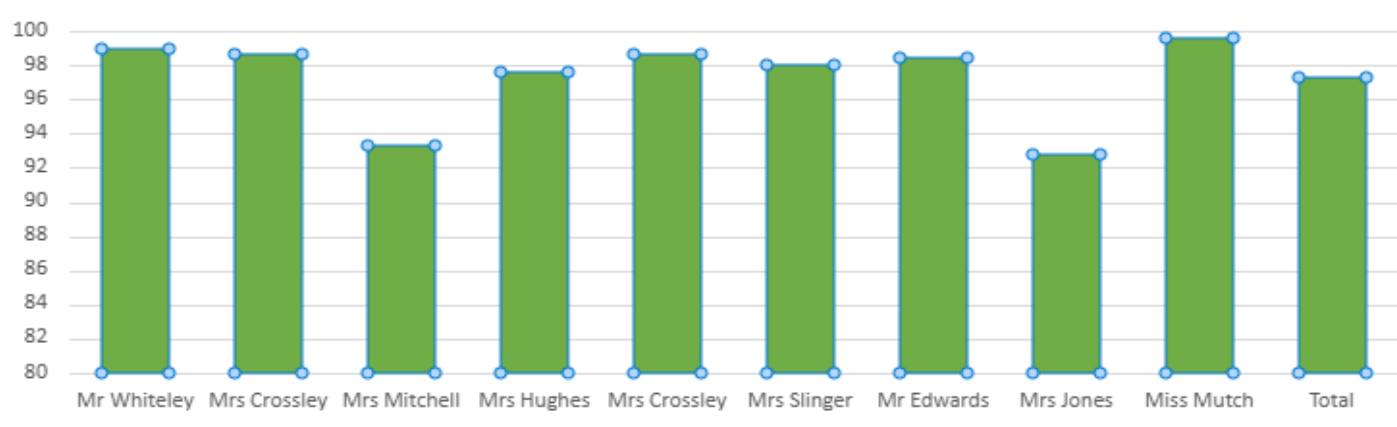
For information about **Online Safety**, visit our dedicated [webpage](#).

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)

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.



Attendance w/c 27th January



A reminder that the school gates are opened at **8:40am** each morning. School **STARTS at 8:50am**. It is important that your child/ren are through the gate by 8:50am and are at school on time each day. 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.



School Calendar

2024/2025 Academic Year

Event	Class/ Phase	Location	Date and Time
Ataxia Awareness Day – own clothes £1 donation	Whole School	Applegarth Primary School	Friday 14th February
Half term	Whole School	Applegarth Primary School	School closes Friday 14 th February
School Re-opens	Whole School	Applegarth Primary School	Monday 24th February
Scholastic Book Fair	Whole School	Applegarth Primary School	24 th Feb – 3 rd March 2025
Robinwood Family Meeting	Y6	Applegarth Primary School	Wednesday 5th March 5pm
World Book Day	Whole School	Applegarth Primary School	Thursday 6 th March 2025
Parent/Carers Evenings	Whole School	Applegarth Primary School	Thursday 6th March Tuesday 11th March Times TBC
Science Week	Whole School	Applegarth Primary School	7 th – 16 th March 2025
Easter holidays	Whole School	Applegarth Primary School	School closes Friday 4 th April and opens again on Monday 21 st April

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



WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

If you can't make the date ask for the link to the recording, available for 48 hours afterwards

Book online at facefamilyadvice.co.uk

go to the PARENT page

FREE - Decreasing Depression FREE - Anxiety Explained	25 NOV 20 JAN
What is ACT?	26 NOV, 21 JAN
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC, 2 JAN
Understanding Anger	16 DEC, 13 JAN
Facing Defiance	17 DEC, 14 JAN
Supporting Healthy Screen Use	19 DEC, 16 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN
Raising Self-Esteem	27 JAN
Supporting Healthy Sleep	28 JAN
Improving Family Communication	4 FEB
Introduction to OCD	18 FEB



**Monday 17th February
Recycled Arts & Crafts**

**Ages
4-11**



Rosedene Northallerton

February Half Term Holiday Club

Email to book your place
booking@rosedenenurseries.co.uk

**5 day offer -
£125 all week
(9am-3pm)**



**Thursday 20th February
Sports Activities & Outdoor Games**



**Tuesday 18th February
Forest School/Nature Day**



**Friday 21st February
Cooking & Baking**



**Wednesday 19th February
Science Exploration**

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



James Lofthouse Football for 4-13 year olds

HALF-TERM HOLIDAY CAMP



Brompton
Community
Primary School,
DL6 2RQ

Tuesday 18th to
Thursday 20th February 2025

4 - 6 years old 8.45am - 2.45pm
7 - 8 years old 9am - 3pm
9 - 13 years old 9.15am - 3.15pm

Come have fun,
make friends
and learn new
skills in a safe
environment



Cycling for All

Dates:

Tuesdays:

29.04.25	20.05.25
06.05.25	03.06.25
13.05.25	10.06.25

Time: 3.30pm – 4.30pm**Venue:**

Broomfield Primary School
Broomfield Avenue
Northallerton DL7 8RG

Audience:

- From reception / FS2 upwards
- This is a coaching course to develop and improve cycling skills

Standard price:

£29 / pupil

Hardship bursary is available.

Please apply by emailing

yes@arete.uk by

24th March 2025

To book please visitwww.yesataretelearningtrust.net/

Training-Services or email

yes@arete.uk

**Places won't be secured until
payment and completed
consent forms have been
received.**

In conjunction with the Lottery Community Fund and Stage 1 Cycles Hawes, YES@ Areté Learning Trust are hosting a six session cycling programme for **all abilities**.

These sessions will be fun, game led and skilled based, and will be tailored to meet individual needs.

Places are limited so early booking is recommended.

Closing date: 31st March 2025

For further information contact

Steffy Cappleman (yes@arete.uk) orHelen Pollard (ride@stage1cycles.co.uk)**Training led by: Stage 1 Cycles**

Stage 1 Cycles is the leading provider of cycling activities in Wensleydale, North Yorkshire. As a registered provider you can be confident in the safety and quality of their activities. All sessions are led by an appropriately qualified cycling instructors who are subject to disclosure and barring checks. Stage 1 Cycles is an Adventurous Activity Licensed Company.

**Cancellations/Refunds**

Cancellations of training events are subject to a 25% administration fee where the cancellation is made 3 weeks or more before the date of the event. No refund is payable for a cancellation made within 2 weeks prior to the training course – in this event the full sum shown on the invoice remains payable.



**Autism
Central**
For parents and carers



Northallerton Coffee Mornings

**Northallerton Library & Customer
Services Centre, 1 Thirsk Rd,
Northallerton DL6 1PT**

**Thursday 16th January
Thursday 6th February
Thursday 20th February
Thursday 13th March
Thursday 27th March**

1pm - 2.30pm

**“A wonderful
opportunity
to connect with other
parents going through
similar experiences”**



www.autismcentral.org.uk/NEandY

Autism Central
is funded by:



Autism Central is delivered in North
East and Yorkshire England by:



**DAISY
CHAIN**
Autism & Neurodiversity