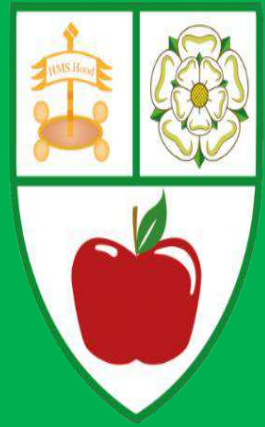


Applegarth Primary School Newsletter

Friday 7th March 2025



What a week!

The Pancake Day races on The Applegarth playing field brought a smile to our face on Tuesday morning!

We then had the most wonderful time on World Book Day, dressing up and doing special activities to celebrate reading. Our County Catering team ran a competition for the best costumes and our Reading Champions chose the winners for the potato competition. Thank you for supporting our Book Fair – the purchases you make contribute towards commission for school which we can then spend on books for the children.

Thank you to all the parents who came in for parents evening this week – it was a lovely opportunity for the teachers to tell you all about your child's progress in school. The remaining appointments take place on Tuesday next week.

If your child is in Reception class or Year 6 (and you have not opted out), they will take part in the National Child Measurement programme on Friday next week.

Mrs Maxwell



Awards

The winners of this week's Golden Welly Award are *OPAL Ambassadors!*

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	James	
Mr Whiteley	Hameedat	Dhruva
Mrs Crossley	Freya	Mollie
Mrs Mitchell	Willow	Evelyn
Mrs Hughes	William	Yasmeen
Mrs Cross	Riley	Mali
Mrs Slinger	Cohen	-
Mr Edwards	Mila	Jude
Mrs Jones	Ben	Ben
Miss Mutch	Charlie	Olivia



Pancake Race

On Tuesday, we attended Northallerton BID's annual pancake race from Nursery to Year 6. Thank you to everyone who came to support us!



World Book Day 2025



We had a fantastic World Book Day, filled with fun activities and live author events. We were inspired by 'Where's Wally?' to create our own scene, just like in the book. Can you find Wally?



A huge thank you to Anna from Waterstones for bringing in so many books for us to use our £1 book tokens.

Thank you to all the children who completed the potato challenge! They were amazing!






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 c . 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!

SAFEGUARDING NOTICES

Safeguarding is everyone's responsibility

Online safety is becoming more of a challenge to navigate and school would be really interested in collecting parental views around this issue. Please complete the e-form below by 4th April 2025. The link will also be sent via text message for ease of completion.

<https://forms.office.com/e/gkYNz5Gg6N>

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](mailto:dsl@applegarth.n-yorks.sch.uk):
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.



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



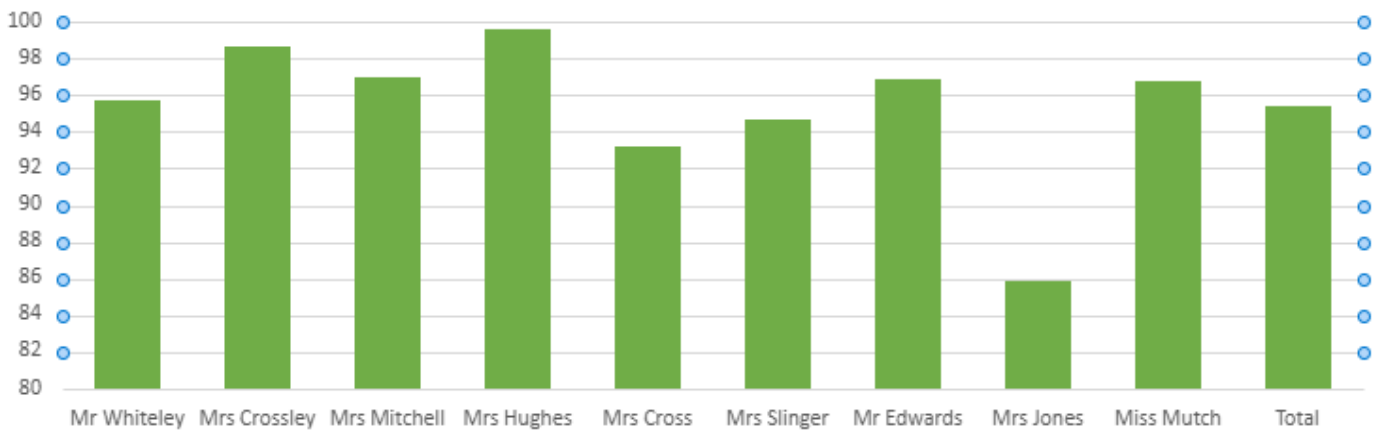
We are aiming to develop our den building area. Tarp, crates, wooden planks and pallets are all great examples of what you could donate to our school to spark our creativity.

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.

Attendance w/c 24th February 2025



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
Parent/Carers Evenings	Whole School	Applegarth Primary School	Tuesday 11 th March 3:40-6pm
Science Week	Whole School	Applegarth Primary School	7 th – 16 th March 2025
Robinwood Residential	Y6	Robinwood, Cumbria	31 st March – 2 nd April 2025
Easter holidays	Whole School	Applegarth Primary School	School closes Friday 4 th April and opens again on Tuesday 22 nd April
Marrick Priory Residential	Y5	Marrick Priory, Reeth	14 th -16 th May 2025

EASTER HOLIDAY ADVENTURES

**BASE
CAMP**

AT BALDERSBY PARK,
TOPCLIFFE.



FRI 11TH APRIL (5-11 years old)
**SPRING DETECTIVES
& NATURAL ART**

MON 14TH APRIL (7-13 years old)
**FORAGE, FIRE
& COOKING**

TUES 15TH ARIL (7-13 years old)
**ARCHERY &
DEN BUILDING**

THUR 17TH ARIL (5-11 years old)
**SPRING TREASURE HUNT
& NEST-MAKING**

**£32 PER
SESSION**

Includes drinks & homemade snack.

TO BOOK - www.basecamplearning.co.uk





EASTER TENNIS

April 8th-16th - With Adam Scaife - LTA Accredited+ Coach



itsports

MONDAY TUESDAYS & WEDNESDAYS



@ Alne

14th April

TOTS

9am-10.30 - 3-5yrs

6-10 yrs

10.30am-12.30 - red ball

9-14 yrs

1.30-4.30 - Green Ball

8th, 15th

TOTS

9am-10.30 - 3-5yrs

6-10 yrs

10.30am-12.30 - red ball

8-13 yrs

1.30-4.30 - Green Ball

9th, 16th

TOTS

9am-10.30 - 3-5yrs

6-10 yrs

10.30am-12.30 - red ball

12 + yrs

1.30pm-4.30 - Full ball

Book one or multiple sessions:

Message/Call Adam

07876458168

Email

Adam_scaife91@hotmail.com

Social Media

@LTAMiniTennisThirsk



Costs

Tots (90 minutes) - £10

Red Ball (2 hrs) - £14

Orange/Green Ball-Full Ball (3 hrs) - £19



THURSDAY @ KNAYTON

10th April

TOTS

9am-10.30 - 3-5yrs

6-10 yrs

10.30am-12.30 - red ball

8-13 yrs

1.30-4.30 - Green Ball

FRIDAY @ COXWOLD

11th April

TOTS

9am-10.30 - 3-5yrs

6-10 yrs

10.30am-12.30 - red ball

9-14 yrs

1.30-4.30 - Green Ball



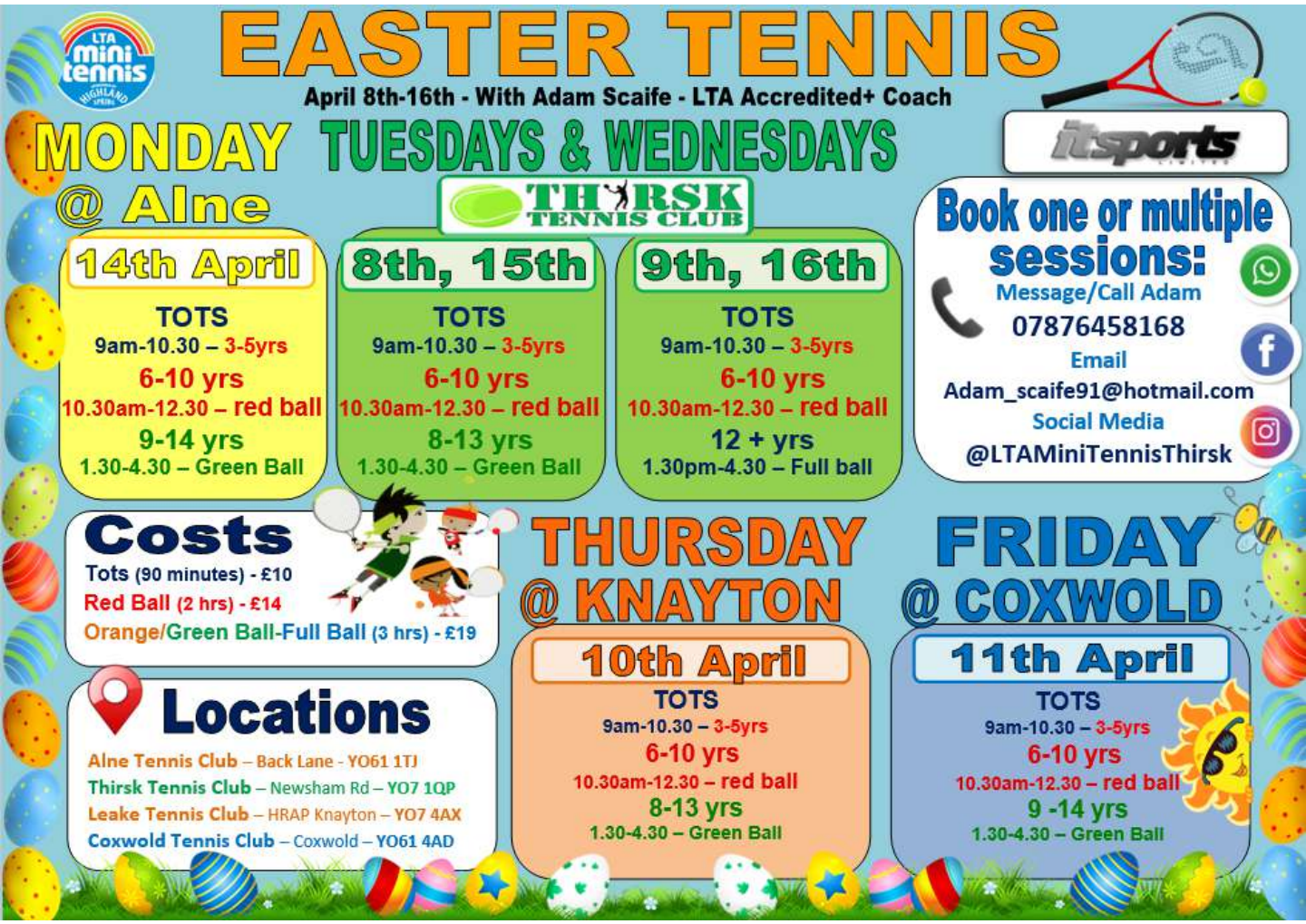
Locations

Alne Tennis Club - Back Lane - YO61 1TJ

Thirsk Tennis Club - Newsham Rd - YO7 1QP

Leake Tennis Club - HRAP Knayton - YO7 4AX

Coxwold Tennis Club - Coxwold - YO61 4AD



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

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:



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CHAIN**
Autism & Neurodiversity