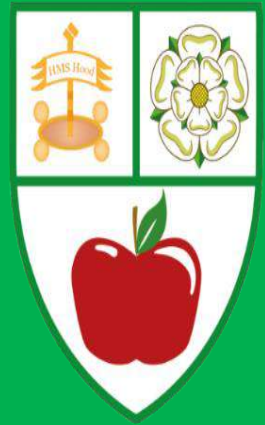


Friday 21st March 2025

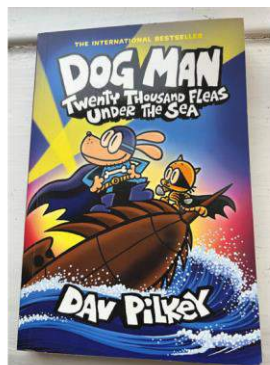


It has been great to see some Spring weather this week – hopefully more of this to come! Don't forget to buy Silent Disco tickets – last day to buy is Wednesday 26th March.

Thank you for supporting Red Nose Day – we will announce the total next week. The best joke today was “What do you call a man with no shins?” “TONY!”

Lost Property

We have recently received a number of reports of missing jumpers, cardigans and coats. Please can we remind you to clearly label all of your children's belongings with their full name and class if possible. We have an area near the entrance to the playground where children can look for items of clothing which have been lost or misplaced during playtime and most other items are brought to the school office. We have a small selection of items below that have been found in the past week or so, which we are keen to reunite with their owners!





Applegarth School
BREATHE BE HAPPY CELEBRATE TOGETHER

THE PTA PRESENTS
APPLEGARTH'S FIRST

SILENT DISCO



THURSDAY 3RD APRIL

NURSERY, RECEPTION & KS1 5-6PM
KS2 6.15-7.15PM

£6 PER TICKET - INCLUDES GLOW
STICK, HOT DOG, DRINK AND
SWEETS

WRISTBANDS CAN BE PURCHASED
AT THE OFFICE UNTIL 26TH MARCH -
NUMBERS NEEDED FOR HEADSETS





Applegarth PTA's EASTER



BAKE SALE



Friday 4th April in the
playground after school.

Any cake or biscuit donations for us to
sell would be greatly appreciated!



Awards

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

Class	Chosen by Teacher	Chosen by Class
Mrs Burrell	Elliot	
Mr Whiteley	Luca	-
Mrs Crossley	Lucy-Rose	Harry
Mrs Mitchell	Theo	Josie
Mrs Hughes	Alex	Jackson
Mrs Cross	Arthur	Daniel
Mrs Slinger	-	-
Mr Edwards	Freddy	Toby
Mrs Jones	Lola	Darcy
Miss Mutch	Jessica	Miss Mutch



Nursery's trip to the farm

As part of their topic of 'Signs of Spring', Nursery have been learning all about baby animals. They had a wonderful time on Thursday visiting Baydale Farm in Darlington where they got up close and personal with lots of cute baby animals.

Farmers Simon, Laura and Gillian were really impressed with the children's knowledge and understanding about farming and baby animals and commented on how respectful and safe they were whilst on a working farm. All of the Nursery staff were very proud of them.



Download your **FREE** myHappy**mind** Parent App



...An online resource to support you and your family to learn more about how you can use myHappy**mind** to support your child.



myHappy**mind** for Parents

Exclusively for
parents with children
at a myHappy**mind**
School or Nursery.



Learn all about what
your children are
learning in school

myHappy**mind**
Parent App

YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

121308

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: 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.



What Parents & Educators Need to Know about

TIKTOK



WHAT ARE THE RISKS?

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".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, for you as a collector followed 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 "breathout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two females 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 £3.99 to an eye-watering £99; a fee that may not sound appealing, the app still generated £79 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 false birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by teenagers (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 16-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 teens. 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 addictive 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 chance 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. Insure 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 falling 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

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



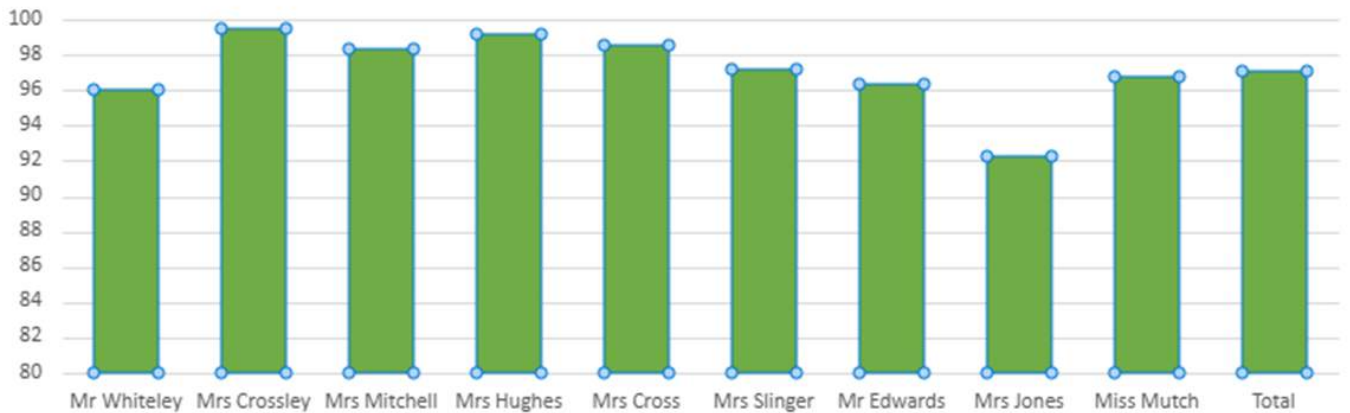
We are aiming to develop our den building area. Tarp, crates, wooden planks and pallets are all great examples of what you could donate to our school to spark our creativity.

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 3rd March 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.



Attendance Matters





2024/2025 Academic Year

Event	Class/Phase	Location	Date and Time
Deadline to buy Silent Disco tickets	Whole School	Applegarth Primary School	Wednesday 26 th March
Stay and Play	Nursery	Applegarth Primary School	Thursday 27 th March 10:30am- 11:30am 2-3pm
Robinwood Residential	Y6	Robinwood, Cumbria	31 st March – 2 nd April 2025
Silent Disco	Whole School	Applegarth Primary School	Thursday 3 rd April Nursery, reception & KS1: 5-6pm KS2: 6:15-7:15pm
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

www.netball4all.com

EASTER CAMP DATES



Come and join us this Easter!

Our camps are filled with lots of netball activities and match play which you will love.

All abilities welcome.

Sign up today to secure your place.
Spots up for grabs & certificates for all.
Get your trainers on & join us!



NETBALL4ALL
CAMP

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 ROCK CLIMBING



Our holiday climbing sessions are an ideal way for kids to get out and enjoy the great outdoors during the holidays. With activities including climbing, abseiling and weaselling, it is an action-packed day.

Just a packed lunch and old clothes for climbing, scrambling, crawling and we'll provide the rest.

£55.00, or £102.50 for siblings (7-16 years old)

Ilkley Cow & Calf: 7th-10th, 14th-17th April 9:30-16:30

Brimham Rocks: 7th-9th April, 14th-16th April 9:30am-16:30

Childcare Vouchers accepted



Book online or contact us via email



WWW.MYEXPEDITIONROCKS.COM INFO@MYEXPEDITIONROCKS.COM

EASTER TENNIS

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

MONDAY TUESDAYS & WEDNESDAYS

@ Aine

THIRSK TENNIS CLUB

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

Costs

Tots (90 minutes) - £10

Red Ball (2 hrs) - £14

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

Locations

Aine 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

itsports

Book one or multiple

sessions:

Message/Call Adam

07876458168

Email

Adam_scaife91@hotmail.com

Social Media

@LTAMiniTennisThirsk

THURSDAY @ KNAYTON

FRIDAY @ COXWOLD

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

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



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



NORTH
YORKSHIRE
COUNCIL

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

NCFE

CACHE

FREE

Teaching Assistant* Qualification*

The Swaledale Alliance offers the nationally recognised NCFE CACHE Level 3 Certificate in Supporting Teaching & Learning.

The benefits of training through Swaledale Alliance:

- Face-to-face knowledge sessions led by current teaching staff.
- Guaranteed real work experience in local schools across Richmondshire and Hambleton.
- Sponsorship schemes are available making this qualification accessible to those returning to work or changing career.
- Personal tutor support and resources included.

**SUPPORT YOUR LOCAL SCHOOL AND GAIN A
QUALIFICATION**

*Registration & admin fee applies

TRAIN
IN LOCAL
SCHOOLS



● ● ● Applications for September 2025 now open! Email for more details. ● ● ●

info@swaledalealliance.org

01748 818195

www.swaledalealliance.org

DL10 7JW

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



Fun & athletics
for all Primary
School children*



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

Athletics Course

Starts **Sat 29th Mar**
for **8 weeks**

Scruton Cricket Club
11am-12 noon

Only **£55** per child

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



FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk



Schools can now buy a
FACE School Annual Membership
which means **ALL** parents and **ALL** staff
get unlimited **FREE** access to **ALL** 16 parent talks

Thursday
24th April
19:00 - 20:00
FREE



Responding to Angry Behaviour

What can we do in the moment?

Tuesday
18th March
10:00 - 11:30
£24



Anxiety Explained

Anxiety, especially in our young is rising.
This session explains what it is, why it happens and how you can help.

Thursday
3rd April
10:00 - 11:30
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
3rd April
19:00 - 20:30
£24



Improving Family Communication

How to reduce the shouting and arguing and start the talking.

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk

Anxiety Explained	18 MAR 7pm
What is ACT?	20 Mar 7pm
Understanding the Teenage Brain	24 MAR 10am
Supporting Healthy Sleep	24 MAR 7pm
Decreasing Depression	25 MAR 10am
Raising Self-Esteem	25 MAR 7pm
AUTISM: Improving Communication	2 APR 10am
Supporting a Child with ADHD	3 APR 10am
Improving Family Communication	3 APR 7pm
Supporting Healthy Screen Use	7 APR 10am
Facing Defiance	7 APR 7pm
Anxiety-Based School Avoidance	8 APR 10AM
Understanding Anger	8 APR 7pm
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm