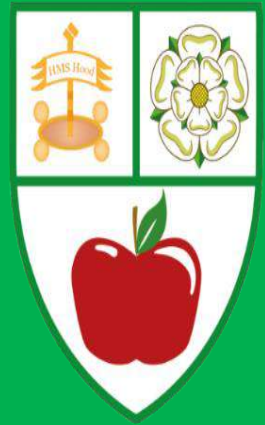


Friday 28th March 2025



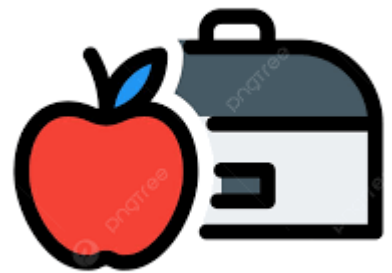
Just a few reminders for parents and children please:

- stick to the PE uniform as detailed on the website
- no acrylic nails and make up to be worn in school
- if your child is suffering from diarrhea and/or vomiting, they must stay at home until 48 hours after the last bout.

Breaktime snacks

We have seen an increased number of children bringing crisps, and biscuits as breaktime snacks. Can we please remind everyone that these are not appropriate.

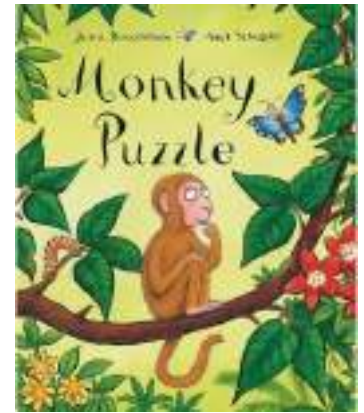
Fruit, cereal bars, cheese, crackers, fruit winders (and equivalent) are all great alternative choices. Please, **NO NUTS**.




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!

Nursery Stay and Play

Nursery welcomed their adults to play in the provision on Thursday. Our theme this time was 'our amazing mum'. Monkey Puzzle was our focused book focus.



Artist of the term art competition



Hi I'm Stacey!

Welcome to my corner of the world.

My goal is to offer you an escape to the beautiful Yorkshire Dales through my artwork. With dedication to my craft and a deep commitment to authenticity, I create an endless stream of pieces that not only adorn your walls but also bring the serene beauty of nature into your everyday life.

My studio door is always open, so come in and take a look around.

[Explore Collection](#)

<https://www.staceymoore.co.uk/>

As discussed in assembly this week, Mrs Burrell's art competition closes on Tuesday 1st April.

If you would like to enter, have a look at Stacey's website for inspiration and then create your own artwork. Please ensure your artwork has your name on it.

Stacey has sent some amazing prizes!



Stag in Snow
© Stacey Moore 2024



Stone Bridge
© Stacey Moore 2024



Stone Wall
© Stacey Moore 2024

Closes Tuesday 1st April

Happy Mother's Day



Y3/4 Rivers2U learning this week!

The Rivers2U bus visited Y3/4 children this week to enhance their learning about rivers, pollution and freshwater invertebrates. Children experienced a miniature river that they were able to label and identified mini beasts taken that morning from a river near Leyburn. They learned what causes river pollution and how humans can help. A super day, completely funded by the Dales Rivers Trust!





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	Ralph	
Mr Whiteley	Ava	Freya
Mrs Crossley	Skyla	Albie
Mrs Mitchell	Ava	Flo
Mrs Hughes	Seth	Aria
Mrs Cross	Ivy C	Daniel H
Mrs Slinger	Lucy	Robyn
Mr Edwards	Amaya	Alex
Mrs Jones	Harry	Gracie
Miss Mutch	Sethan	Elsie H



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](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



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 fake 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



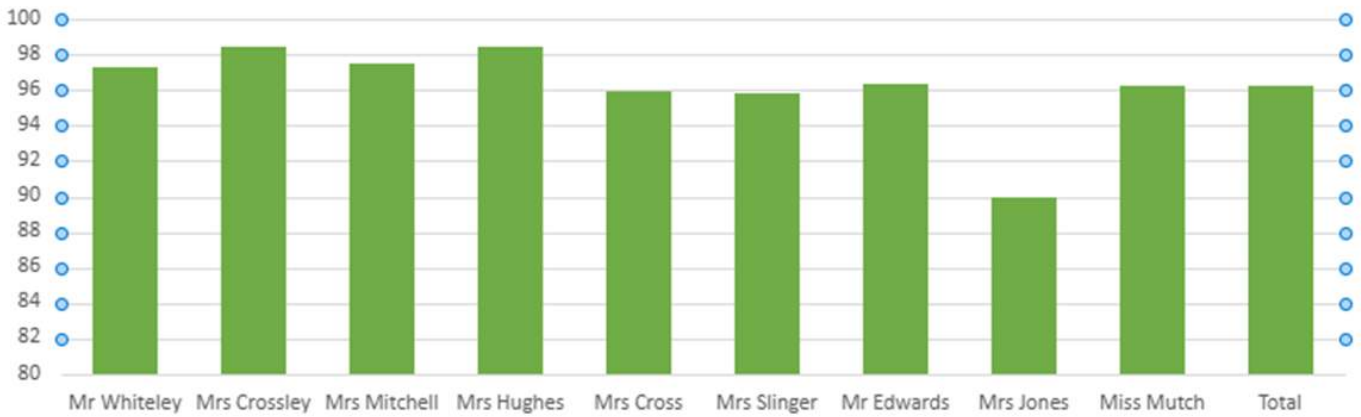
We are aiming to develop our den building area. Tarp, crates, wooden planks and pallets are all great examples of what you could donate to our school to spark our creativity.

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.

Thank you to Mr Parkinson for repairing our bikes! The children have really enjoyed using them again this week.

Attendance w/c 17th March 2025



Currently our whole school attendance is at 95.5% for the school year. It is vitally important that your child/ren attends school, not only for academic purposes but for social and emotional reasons too. Data shows that children in Key Stage 2 who didn't achieve the expected standard in reading, writing and maths missed on average four or more days per school year than those whose performance exceeded the expected standard.



0 days of school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned



2024/2025 Academic Year

Event	Class/Phase	Location	Date and Time
Robinwood Residential	Y6	Robinwood, Cumbria	31 st – 2 nd April 2025
Silent Disco	Whole School	Applegarth Primary School	3 rd April 2025 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
Mr Renwicks World Cup	Whole School	Applegarth Primary School	18 th June 2025
Sports Day	KS2 - AM KS1 – PM	Applegarth Primary School	2 nd July 2025
Sports Day (back up day)	KS1 – AM KS2 – PM	Applegarth Primary School	9 th July 2025



A huge thank you to all the children and staff for contributing and helping Applegarth to raise a whopping £188.66 for this years Comic Relief event!

**STUDY
SMART**
Free Online Courses



ncfe. | **cache**



Education & Skills
Funding Agency

**Fully Funded
School
Support
Course**

**Available
in Levels
1, 2 & 3**

***Go to our website
for more detailed
information.**



**6 Week
Course
Mon - Fri**

Daily sessions

1st session 9:30 - 11:30am

2nd session 12:30 - 2pm

www.studysmartuk.online

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





Fun & exercise
for all Primary
School children

Cricket and Athletics Camp

only

£20

per athlete



Tue 15 Apr
10am-3pm
Scruton Cricket Club

*Wrap around care from 8.30am provided
at an additional cost of £3 per child*

We operate in a COVID-secure environment

Along with Matty Brown, former North East Premier League batsmen and Level 1 coach, the kids will have a fun-packed day learning the fundamentals of cricket and athletics with Glen Hilton, athletics coach and former England international athlete.

For more details contact Glen Hilton:

hiltonglen444@gmail.com



Your child will need:

- A packed lunch
- Plenty of fluids

Location address: Scruton Cricket Club, Station Rd, Scruton, Northallerton DL7 0QN

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

itsports

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

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

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



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

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.

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.

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

What's on

at Northallerton library

April 2025



Until 14 April

- **Red Riding and the Brothers Grimm**, art exhibition in our gallery by Christopher P Wood, inspired by Brothers Grimm fairy tales.

Tuesday, 1 April

- **Adult Learning drop-in session, 9.30-11.30am**, chat about courses and future events coming up from the Adult Learning service.

Thursday, 3 April

- **Northallerton Ageing Well Forum coffee morning, 10.30am-12.30pm**, speakers and activities, first Thursday each month. Email jane.wynll@ageuknyd.org.uk for details.

Thursday, 10 April

- **Spring flower arranging workshop with Northallerton and District workshop, 2-4pm**, create your own Easter-themed display to take away, tickets £4.50, booking essential as places are limited. Contact the library to book.

Friday, 11 April

- **Family fun with Adult Learning, 10.30am-12.30pm**, crafts with Adult Learning. Admission free, booking essential, bring ID. Book at www.northyorks.gov.uk/familyfun

Wednesday, 16 April

- **Library coffee morning, 10.30am-12.30pm**, join us for a cuppa and a chat on the third Wednesday of each month.

Wednesday, 16 April

- **Fostering drop-in session, 10.30am-12 noon**, drop-in to learn more about the opportunities available through Fostering North Yorkshire.

Thursday, 17 April

- **Easter children's crafts, 2-3pm**, hop along with your little ones to make Easter-themed items. All materials are included. Booking is essential. Suggested donation of £1.

Wednesday, 23 April

- **World Book Night**, drop in to pick up a free Quick Read copy of self-help guide The Mind Manual. Stocks are limited, so it's first come first served.

Saturday, 26 April

- **Local councillors' surgery, 10am-noon**, talk to your councillor at this monthly drop-in.

Regular events

Tuesday

- **Breastfeeding support group, 10-11am**, drop-in for new and expectant mums.
- **Poetry Group, 10.30am**, poetry discussion group, fourth Tuesday of each month - 22 April.
- **Stay and Play, 2-3pm**, play session for under-5s and their parents or carers.

Wednesday

- **Lego Club, 3.30-4.30pm**, for ages 4 to 11. Children 8 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. Booking required, £4.

Saturday

- **Code Club, 10-11am**, for ages 8-11, booking required, fortnightly during school term time.

For more information and to book, phone 01609 533832

email northallerton.library@northyorks.gov.uk

Follow us on Facebook www.facebook.com/northallertonlibrary





**NORTH
YORKSHIRE
COUNCIL**

NORTHALLERTON

LIBRARY:

Easter

CHILDREN'S CRAFT

Hop along with your little ones to the library and make some Easter themed items.

All materials included
Suggested donation of £1

Booking essential!

**17TH
APRIL**

**2:00pm
-
3:00pm**

For more information, phone 01609 533832
or email northallerton.library@northyorks.gov.uk

Create a spring floral display

Join **Northallerton & District Flower Club** for a flower arranging workshop

Learn how to create Easter-themed floral decorations to take home

Northallerton library

Thursday, 10 April, 2-4pm



Tickets £4.50 Booking essential as places are limited
For more information, phone **01609 533832** or
email **northallerton.library@northyorks.gov.uk**