



Alanbrooke Academy Newsletter Jan 25

'No Child Gets Left Behind'

Respect, Resilience, Courage, Acceptance, Kindness



Alanbrooke Academy Newsletter

27/01/2025

Dear Parents/carers,

We are half way into the new term and the children have been busy working hard. We have lots to look forward to over the Spring term, including lighter nights and the weather improving!

A few children have mentioned that their Dad has gone away, or is going away soon. Please do let your child's teacher know when this is the case, as there are lots of things we can do in school to support. Mrs Rodgers is our 'Service Champion' and can offer 1:1 or group sessions with pupils, additional check ins and general support to get through a tricky time. As a Military wife herself with 3 children, she is well-equipped to provide the best support!

Have a great week.

Mrs Long

Deputy Headteacher

Simon Carson Game of Actual Life

G.O.A.L is a life & financial educational programme for primary school students, aimed to develop their literacy, numeracy and communication skills in the real world environment. Armstrong class have enjoyed 2 days so far, learning life skills with Simon Carson such as getting a job and bank account, saving and paying taxes, car finance and so much more!

These fun interactive educational days have been such a hit with the whole class and we are lucky that Simon will be coming back again soon!



Teeth Team visit

The Teeth Team visited school last week. If your child is not registered with a dentist please call Alpha in Northallerton 01609772244. Please mention your child is a teeth team member and they will be happy to take them on.

Cross Country Competition at Thirsk High School

Armstrong class enjoyed a visit to Thirsk High School this week to compete with other schools across Thirsk in their annual Cross Country competition.



Donaldson Class Artwork Showcase

Back in December, Donaldson class drew pictures of themselves with their families, which were sent off to the Young Artist Competition. We received confirmation this week that ALL Donaldson's beautiful artwork will be displayed in their Art book.

Letters have been sent home for consent to be given for your child's work to be published. The deadline is 31st January.

As a school we will receive a copy of the book and will be sure to let you know when it arrives! We are so proud of you Donaldson Class!

Change to PE days

Please can Donaldson come to school in their PE kit on TUESDAYS and FRIDAYS. No jewellery to be worn on these days and earrings removed please.

Armstrong continue with swimming on Thursdays and PE on Fridays.

KS2 Residential Trip to Newby Wiske

We are very excited to be able offer a residential visit for Armstrong Class to PGL Newby Wiske this April. The experience will be a mixture of adventurous activities which will be chosen to challenge and excite our pupils. These could range from raft building and the zip wire to the aqua park. More detailed information will be provided nearer to the time.

Please can we ask that all consent forms are returned and deposits paid by **1st February 2025** to ensure can confirm the booking with PGL. Payments are to be made via your child's ParentPay account. The remaining balance needs to be paid by **1st March 2025**. You can pay this in installments to suit you. The payment window is shorter due to our booking being made closer to the departure date.

If you have any further questions about this trip please do not hesitate to get in touch.

Punctuality

At Alanbrooke we place great importance on high levels of attendance and punctuality. Good attendance and punctuality is vital if your child is to make the best possible progress at school.

Please don't underestimate the importance of being at school on time. Learning begins as soon as children enter their classroom.

If children are late for school they miss out on essential learning. Please contact us if you would like to discuss your child's attendance or lateness.

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly 1/2 of a school year
20 minutes per day	1 hours 40 minutes per week	Over 2.5 weeks per year	Nearly 1 school year
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1.5 school years
3 days per week	120 days per year	24 weeks per year	Nearly 8 school years

Earrings

Just a reminder that earrings **should not** be worn for PE lessons/competitions/swimming. Only stud earrings are permitted at other times. This is due to health and safety reasons. Thank you for your co-operation.

ParentPay

Please can we politely remind parents to keep their ParentPay account in Credit to pay for school meals and any other events or trips. As we are a small school we can't afford to have accounts in arrears. Thank you very much for your support with this.

Child Absence and Sickness

May we respectfully ask that if your child is ill could you please ensure that you phone the school and leave a message on the dedicated absence line or messages can be left on our school email.

If your child is unwell and has had sickness and/or diarrhoea they are required to remain at home until 48 hours from the last bout of illness. This is to avoid spreading germs across the school.

School Office 01845 577 474 or admin@alanbrookeacademy.org. Please let school know on a daily basis.

Thank you for your co-operation.

Dates for your diary

JANUARY 2025

30th January- Donaldson class trip to Thirsk

FEBRUARY 2025

1st February- PGL Newby Wiske deposits due

5th February- Donaldson class Stay Play & Read 14.30-15.15. Parents/Carers welcome

7th February - NSPCC Number Day

14th February- Valentines Day Lunch- Menu Change

17th February - 21st February - HALF TERM

24th February- Children back to school

Advice for parents

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. The further guides, links and tips, please visit thenationalcollege.com

What Parents & Educators Need to Know about TIKTOK

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 content creators that you've collected based on a user's previously watched clips, most of these videos are potentially inappropriate, but the app could potentially show increasingly inappropriate content. Children often 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.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact between strangers on TikTok is high – especially on accounts created by teens. The app's young people using it at the time of writing are set to public by default. This means that not only is someone's profile visible to everyone on the app, it also suggests their videos to others and includes prompts to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more factual than the longer ones on YouTube, clips can still contain misinformation, often in a negative way. Not only is there plenty of dangerous misinformation on the app, but children are more likely to be misled by it. A 16-year-old said she saw a video on TikTok that said that a 15-year-old had died from a heart attack – so you should be wary of misguiding news or conspiracy-themed material showing how they were made.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young people. In 2020, the app was named as one of the most addictive by the UK's Office of Digital Rights. In 2021, the app was named as one of the most addictive by the UK's Office of Digital Rights. The app's addictive design is a result of its algorithm, which is designed to keep users watching for as long as possible. The app's addictive design is a result of its algorithm, which is designed to keep users watching for as long as possible.

IN-APP SPENDING

TikTok is free, but users have the option to buy virtual coins, which can be used to purchase virtual gifts for creators. On the app, users can spend from £0.59 to an eye-opening £99, which can be used to purchase virtual gifts for creators. On the app, users can spend from £0.59 to an eye-opening £99, which can be used to purchase virtual gifts for creators.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harmful content is being shared via social media. On TikTok, there are many videos that promote body image issues and dangerous challenges. On TikTok, there are many videos that promote body image issues and dangerous challenges.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's. This allows parents to manage their child's account settings, including enabling Family Pairing. This allows parents to manage their child's account settings, including enabling Family Pairing.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's a good practice to discuss the potential risks. Discuss the risks of using TikTok, including the potential for contact with strangers, exposure to inappropriate content, and the risk of addiction. Discuss the risks of using TikTok, including the potential for contact with strangers, exposure to inappropriate content, and the risk of addiction.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they're being negatively affected by something they've seen, it's important to look for signs of addiction. Signs of addiction include spending too much time on the app, feeling irritable when not on the app, and neglecting other activities. Signs of addiction include spending too much time on the app, feeling irritable when not on the app, and neglecting other activities.

Meet Our Expert
Alan Martin is an experienced technology journalist who has written for the likes of Wake, The Independent, The Evening Standard and The New Statesman.

#WakeUpWednesday The National College

@wake_up_weds @wake.up.wednesday @wake.up.weds @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: 10.03.2025

Family healthy eating tips

Polite reminder that any snacks brought into school should be a healthy choice.

Family Food

Helping North Yorkshire families to access healthy food

www.healthyschoolsnorthyorks.org

Worried about the cost of food?

We can help you find the right support, if you're struggling with the cost of food and worried about feeding your family healthy meals.

You'll find information at www.hicthyorks.gov.uk/living-in-the-children-and-families-section.

Our cost of living web page also has information about emergency financial support, managing debt, benefits entitlement, energy bills and staying connected.

Foodbanks

Enter your postcode to find your local Trussell Trust food bank, including their contact details, website and opening times.

<https://www.trusselltrust.org/get-help/find-a-foodbank>

If you need emergency food, you'll find contact details and information on the food bank's website.

If you're looking to donate food, you can find a list of farms and how to donate on the food bank's website.

Please note: This only includes Trussell Trust food banks but other food banks and sources of emergency food may be available in your local area.

Free School Meals

You could save up to £450 a year with free school meals for your child. As well as saving you money, free school meals can also save you time and provide peace of mind that your child is enjoying a healthy, fresh, and nutritious meal at lunchtime.

Free school meals are available to all Reception, Year 1 and Year 2 pupils through the Universal Infant Free School Meal Scheme.

If you receive certain benefits, your child could also get free school meals during all school years.

To find out more and apply online, go to <https://www.northyorks.gov.uk/education-and-learning/free-school-meals>

Healthy Start

With the NHS Healthy Start scheme, you could be entitled to weekly support towards:

- Vegetables
- Fruit
- Milk
- Infant formula milk
- Pulses
- Healthy Start vitamins

Could you be eligible? If you or your partner receive benefits and are currently expecting, or have a child under 4, you may be entitled to a weekly allowance of £4.25 to help buy healthy foods and milk.

Find out and apply online today: www.healthystart.nhs.uk

Healthy Schools North Yorkshire

We can help you buy fresh, frozen or tinned vegetables

SCAN ME



FEAST holiday clubs

FEAST offers a wide range of activities during the Easter, summer and Christmas school holidays. The activities are free to children and young people who get benefits-related free school meals and include a free hot meal or packed lunch each day. Find out more at <https://www.norththames-together.co.uk/feast>



Ideas for cooking on a budget



For ideas of how to eat healthily on a budget:

<https://www.nutrition.org.uk/creating-a-healthy-diet/eating-healthy-on-a-budget>

<https://www.bbc.co.uk/health/magazine/nutrition/eat-well-on-a-budget>

For some recipe ideas - why not visit:

https://www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas

https://www.bbc.co.uk/food/collections/family_budget_dinner_under_15p

Food reuse schemes



There are national and local initiatives to stop good food from going to waste and help people save money. Lots of businesses offer food that would otherwise go to waste at much lower prices through free apps like Too Good to Go and Olio.

Check out...

<https://www.toogoodtogo.com>

<https://olioapp.com/en>

Would you like to eat more healthily?



Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for kids and adults. Try and add some fruit or veg to every meal to try and get to 5 portions of different ones each day. Don't forget portions of frozen and tinned vegetable and fruit (in juice not syrup) still count as one of your 5 a day and are often cheaper and simpler to prepare.

For more ideas visit:

<https://www.nhs.uk/healthier-families/food-facts/a-day>

<https://simply7.org.uk>

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|--|---|--|

Contact Us

Please continue to use Class Dojo for communication to teachers. If your child is going to be absent please email or call the office.

Alanbrooke Academy

Alanbrooke Barracks

Topcliffe

Thirsk

YO7 3SF

admin@alanbrookeacademy.org

01845 577474