



## White Ribbons

**Finley** - great attitude to learning and willingness to give things a go  
**Daisy-Mae** - using her phonics to write independently  
**Matilda** - calm and happy playtimes  
**Frankie** - amazing effort in writing  
**Charlotte** - not giving up and always having a smile on her face  
**Ethan** - always being kind and showing school values  
**Jenson & Orla** - improved confidence when reading in public  
**Year 6s** - great participation in London

## Red Nose Day—tomorrow

Just a reminder that tomorrow is Comic Relief's Red Nose Day. Children are invited to wear something red for a £1 donation.

## Book Fair—2nd April

On Wednesday 2nd April at 3:15 there will be a book fair run by Tales from the Dales- Aimee Carlisle. She will be selling Usborne books. The children will have the opportunity for a sneak peak before the end of school. Then at 3:15 you are welcome to come to the school hall and look round. Our school can earn free books based on the amount of books purchased.

## Little Apples - New Pre-school Provision

After Easter, Apple class will be joined by Little Apples. There will be some children attending the first half of the week and some in the second half of the week. They will access provision in apple classroom and outdoors. We look forward to seeing them joining after the holidays.

## Nut Allergies

A reminder that we do have children in school with nut allergies so all snacks and packed lunches should be nut free please.

## Willow Class—Sports Trilogy (28th March)

Willow class are attending this event with school staff. Travel on Bibby's bus. This event is covered under your annual consent form. Please dress according to the weather.

## Music showcase - 27th March

This music showcase will now not be going ahead due to other events taking place on the same afternoon.

Gargrave CE (VC) Primary School, Neville Road, Gargrave, BD23 3RE  
Tel: 01756 749433

Email: [admin@gargrave.n-yorks.sch.uk](mailto:admin@gargrave.n-yorks.sch.uk)

Website: [www.gargrave.n-yorks.sch.uk](http://www.gargrave.n-yorks.sch.uk)

@gargraveprimary



# Menu

This is the main choice—there is a vegetarian option and jacket potato available every day.

## **Monday 24th March**

Chicken Enchiladas  
Chocolate Krispie

## **Tuesday 25th March**

Chili Con Carne  
Summer Berries & Yoghurt

## **Wednesday 26th March**

Veggie Pasta Bake  
Custard Cookie

## **Thursday 27th March**

Cowboy Pie  
Fruit Scone & Jam

## **Friday 28th March**

Popcorn Chicken  
Fruit Trifle

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## **Monday 31st March**

BBQ Chicken Pieces  
School Cake

## **Tuesday 1st April**

Meat & Potato Pie  
Cherry Oak Cookie

## **Wednesday 2nd April**

Spring Chicken Pie  
Easter Chocolate Crunchie

## **Thursday 3rd April**

Mac 'n' Cheese  
Vanilla & Choc Wheel Biscuit

## **Friday 4th April**

Burger in a Bun  
Manchester Tart

## **School trips**

A great time was had by the Year 5s during their recent trip to Malham. It was a fun-packed couple of days that included an epic 9-mile walk from Gargrave to Malham, ice-creams near Gordale Scar and pond-dipping at the foot of Malham Cove. The children were all very excited to stay at the YHA and enjoyed some delicious food and games in the common room.

Last week, the Year 6s took the train to London. Highlights included a tour of the Houses of Commons and Lords, meeting our local MP, Julian Smith and the BBC's Political Editor, Chris Mason, and waving to the King and Queen who were on their way to Westminster Abbey!

Please find some photos of these trips below.

## **Apple Class**

Apple Class parents are invited to class worship on Tuesday 25th March—9am start with an opportunity to visit the classroom afterwards.

Parents are also invited to dine with their child on Wednesday 2nd April at 11.30. We can only accommodate 1 person per child and the cost is £3.60 which is payable on The School Gateway. Please email [admin@gargrave.n-yorks.sch.uk](mailto:admin@gargrave.n-yorks.sch.uk) by **28th March** if you would like to attend and the amount will be put on your account. We may not be able to cater for anyone who has not pre-booked.

## **Easter**

Decorated Easter Egg competition will be held in the last week of term. Please send your entries in that week. There will be prizes for winners from each year group. Rev Andrew will be judging the entries.

On the last day of term we shall hold an Easter Egg bingo competition during the school day. Please send donations of eggs and these will be used as prizes. Normally families are very generous and we ensure that they all distributed. Please send any donations of chocolate eggs in that final week too- from the 31st March.

## **Free NCFE courses**

Aspire Education are looking to fill 150+ School Support Vacancies in local schools. Fully-funded (FREE) NCFE CACHE courses are available in levels 1&2 starting on 22nd April. Please go to [www.studysmartuk.online](http://www.studysmartuk.online) for more information.

## **Term dates**

School will close for Easter on Friday 4th April and will re-open on Tuesday 22nd April



# Malham



# London



# Online Safety Newsletter

March 2025

## The impact of smartphones



There is a growing concern on how excessive use of smartphones can affect our children.

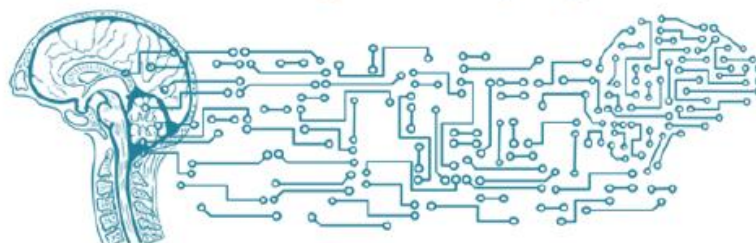
In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

If your child is using a smartphone then please try to ensure they maintain a healthy screentime limit.

According to King's College London, "two new studies of smartphone habits in teenagers have identified links between problematic smartphone use and depression, anxiety and insomnia." You can read more about these studies here: <https://www.kcl.ac.uk/news/teens-with-problematic-smartphone-use-are-twice-as-likely-to-have-anxiety-and-many-are-eager-to-cut-down>

Compass have published an article as well on what effects mobile phones have on children here: <https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

## Artificial Intelligence (AI)



### What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to increase, and examples include:

- **Virtual assistants** like Alexa and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat

### Potential Risks of AI?

- **Chat apps** - A simple search of "AI Chat" within the App store highlights the number of apps already available and just scrolling through, you can see that they are not suitable for children with many rated as 17+.
- **Image manipulation** – there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** – there are also AI tools that create realistic, fake videos which can be used to spread misinformation or cause harm.

Child Rescue Coalition discuss the dangers in more detail here: <https://childrescuecoalition.org/educations/the-dark-side-of-ai-risks-to-children/>

### How can I protect my child?

As always, to keep your child safe online, it is important to:

- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

### Further information

For further information, the NSPCC and Internet Matters provide useful guides on their websites:

- <https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents>
- <https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

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# TikTok

**You must be over 13 years of age to use TikTok.** TikTok is a social media platform for sharing and watching short video clips. Some of the videos may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure appropriate security/privacy settings are applied.

## Account set up

It is important that when setting up an account, your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private and we would recommend keeping it as this. This means your child must approve follower requests. You can read more about the other settings available, such as switching off comments and restricted mode here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

## Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

## Inappropriate content, themes and challenges on TikTok

Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics or adult themes. We often see viral challenges on social media, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing.

## Stranger contact

Talk to your child about who is following them online and ensure that they understand that people may not be who they say they are when online. It is important that children understand not to share personal information.

## Refresh your feed

You can refresh your "For You" feed to update the content recommended: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

## Blocking and Reporting

Ensure your child knows how to use the safety features available to them, including how to report comments, direct messages and another user.

## Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://safeguarding.thekeysupport.com/factsheets-and-briefings/child-safety-tiktok-parent-factsheet/>



## Talk PANTS with the NSPCC

Talk PANTS was developed to help you have conversations with your child to help them understand that their body belongs to them.

You can find out more here as well as a further link to helpful questions:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

## LEGO Arcade

Are you looking for games for your child to play online? LEGO have a selection of fun games including Lego Ninjago and Lego Friends:

<https://kids.lego.com/en-gb/arcade>

## Stars Messenger App

The Stars Messenger App is rated as 4+ on the App store. It is a free messaging and video app designed for children to use. Users need their friend's username as well as their unique private Friend Code to add each other. There is also an optional Parent View available for a monthly charge.

South West Grid for Learning provide a full guide to staying safe on this app as well as safety considerations:

<https://swgfl.org.uk/magazine/a-guide-to-staying-safe-with-the-stars-messaging-app/>



# CRAVEN

EASTER 2025 HOLIDAY  
ACTIVITY SPOTLIGHT

# feast

KANGA

Join this egg-citing Easter multi-sports camp

SELFA

SEND specialist activities for all ages, including crafts and games

BENTHAM & INGLETON YOUTH CLUBS

Play games, make new friends and cook together

WILD EXPLORERS

Primary aged sessions with woodland crafts and campfire snacks!

A PLAY AND LEARN SCHEME

Inclusive activities in a safe and fun environment

WILD EXPLORERS

Secondary specialist sessions exploring nature, creating dens and building fires

**Book your FREE space now!**



These are just some of the FEAST activities available in your area. FEAST is for all children and young people across North Yorkshire, with free spaces for those who receive benefits-related free school meals.

feastny.org

  
 Funded by  
UK Government

  
 NORTH  
YORKSHIRE  
TOGETHER

  
 NORTH  
YORKSHIRE  
COUNCIL

  
 HolidayActivities

## Our school is hosting an Usborne Book Fair

Wednesday 2nd April

3.15pm - 4pm


**Our school can earn free books based on the amount of books bought.**

Usborne will donate up to 60% of our event value in additional free books of our choice.

Event value	Free books earned
Over £600	£360+ (60%)
£300 - £599.99	£90+ (30%)
£150 - £299.99	£15+ (10%)

Please encourage your class to visit the book fair to help us to get lots of free books for our school.

In partnership with



USBORNE

Book Now

kangasports.co.uk/holidayclubs

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