**Achievement Assembly**

Our achievement assembly this week celebrated children who have shown us they are "ready to learn" this week. Well done to the following children:

**Reception:** Lily     **Year 1:** Bronn   **Year 2:** Amelia

**Year 3:** Heidi      **Year 4:** Harley **Year 5:** Bella    **Year 6:** Iona

**Celebrating Attendance**

Whole school attendance is currently at 96%

Well done to Year 1 & Year 6 for best attendance this week at 98.5%!

**Date for Diary**

- Wed 29th Jan – Chinese New Year Menu change

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**Rights Respecting**

Article 41 - Best law for children applies - If the laws of a country protect children's rights better than this Convention, then those laws should be used.

**Getting ready for school**

After the disruption of Christmas, we have had a big rise in the amount of water bottles, PE kits, packed lunches and books etc being dropped into the office.  Whilst we are happy to help, we thought we would share a little tip.  Create a checklist with your child and stick it to the fridge.  Give your child the responsibility of ensuring they have everything for school and reward a week of good organisation.  This is great practise of a key life skill.

*__Wed 29th January Menu change (jacket potatoes will be available too)__*



Happy Chinese New Year

SWEET & SOUR CHICKEN BITES OR
SWEET & SOUR VEGGIE BITES
CHINESE CHICKEN CURRY
SPECIAL FRIED RICE
PRAWN CRACKERS
MINI SPRING ROLLS

MANGO SMOOTHIE
OR
MELON & PINEAPPLE FRUIT SALAD

Wednesday 29th January 2025

_**Panto 18ᵗʰ Dec 2025 Year 1 to Year 6**_

_After the fun and frolics of Peter Pan at the Little Theatre last month we are delighted to be booking once again for December 25, we have booked the Thursday AM slot right before Xmas too to get everyone right into the festive spirit. Children had an absolute ball with hilarity from two of our staff members Mr Chipchase and Mr Malia who took to the stage too._

_Ticket price will remain the same at £20 per pupil which supports the overall cost of the ticket and return coach journey. We will send out information in September regarding consents etc._

_Payment can be made anytime from Monday 13ᵗʰ January up to the end of November 25._

**GOLDILOCKS AND THE THREE BEARS**
ROLL UP! ROLL UP!
IT'S THE BIGGEST LITTLE PANTO ON YOUR DOORSTEP!
starring BELLA BLUEBELL as Dame Bella Bigtop

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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. For further guides, hints and tips, please visit nationalcollege.com.

# What Parents & Educators Need to Know about

# TIKTOK

**AGE RESTRICTION 13+**
(Certain features are restricted to over-18s only)

**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 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 from 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.

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**The National College®**

Source: See full reference list on guide page at: https://nationalcollege.com/guides/tiktok-2025