



# FRIDAY NEWS

17TH  
JANUARY  
2024

The official newsletter of St James CE Primary School



## ROCKING HAIR-DOS

Today, the children were treated by a special performance from 'Rocksteady' to coincide with our Bad Hair Day. Staff and children created their own rock bands with instruments such as: guitars, drums and keyboards. Some of the children even became lead singers. The children enjoyed taking part and hopefully will have ignited an interest in playing an instrument in the future.

It was also wonderful to see all the children arrive to school with amazing hair-dos. Thank you to all our parents and carers who continue to support school with their enthusiasm and effort to make days like these memorable.

For more information about Rocksteady, please see the leaflet attached at the bottom.

## STARS OF THE WEEK

- Class 1 - Jack W
- Class 2 - Dua A
- Class 3 - Cole G
- Class 4 - Jean S
- Class 5 - Nawara M
- Class 6 - Alicia K
- Class 7 - Jerry S
- Class 8 - Amelia T
- Class 9 - Hope A
- Class 10 - Emaan Q
- Class 11 - Awaab A
- Class 12 - Norseen M



## GOLD SCROLL

Eliza H, Genesis M, Jackson H,  
Jack H, Toby SB, Terri L, Ashaal A,  
Alycia Y, Atlanta C, David O,  
Deacon VL, Mahi Q, Ollie W,  
Yasmin J, Yusuf A, Oscar H,  
Jean S, Zahir A, Anamta M,  
Anna E, Brayden FS, Rayaam M,  
Hunter R, Sienna T, Toby S,  
Alan S, Ruby L, Naeto A,  
Willow C, Liliana C, Willow R,  
Isaac W, Leah L, Jessica C,  
Ruby Y, Teddy C, Talia K,  
Ella E, Isabella P, Daniel O,  
Arianna K Ashton B

## CHRISTIAN VALUES

Our Christian value this half term is **Love**.

"There is no fear in love, but perfect love casts out fear"

**John 4:18**

# Things coming up in Spring

Week	W/C	Events
3	20/01/25	21 <sup>st</sup> – PINS project -Parent meeting @1:15pm 23 <sup>rd</sup> - Reception Stay and Learn @2:15pm 23 <sup>rd</sup> - Class 8 Assembly @2:45pm
4	27/01/25	Assessment Week 27 <sup>th</sup> - Nursery Stay and Play @9am & 1pm
5	03/02/25	Children's Mental Health Week 7 <sup>th</sup> – Children to dress up as a future careers (free of charge)
6	10/02/24	11th - Safer Internet Day 11th - Class 10 Assembly @2:45 13th - Little Saints Stay and Play (Times TBC) 14th - School closes for half-term

## PE Days for Spring Term 1

Reception - Fri

CL3 - Wed & Thurs

CL4 - Thurs

CL5 - Mon & Fri

CL6 - Mon & Wed

CL7 - Mon & Fri

CL8 - Mon & Tues

CL9 - Tues

CL10 - Thurs

CL11 - Thurs

CL12 - Thurs



# 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.



#WakeUpWednesday

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## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



# DEVICE BOX





**ROCK  
STEADY**

# ROCK AND POP BAND LESSONS

**HERE IN SCHOOL**



## Amplifies confidence, wellbeing and social skills

- **No experience required** and takes place in school.
- **All instruments** for lessons provided.
- Lessons led by **highly trained musicians**.
- Termly **school concerts** for friends and family.
- Ofqual-regulated, exam-free **Trinity Music qualification**.
- Learn up to 300 band, performance, and **musicianship skills**.

**BOOK YOUR  
CHILD'S PLACE  
ONLINE!**





**ROCK  
STEADY**

# DOES YOUR CHILD WANT TO PLAY MUSIC IN THEIR OWN BAND?



**With Rocksteady, children learn to play an instrument through fun and inclusive weekly in-school rock and pop band lessons.**

It's the perfect way to learn new musical skills, make friends and have a great time - all at school! There's no musical experience necessary and instruments for lessons are provided.

Rocksteady lessons are also shown to boost confidence, improve wellbeing and encourage teamwork!



Scan QR code to  
find out more!

**98%**

**OF PARENTS SAY  
THEIR CHILD LOVES OR  
ENJOYS ROCKSTEADY  
BAND LESSONS**

**94%**

**OF PARENTS SAY  
ROCKSTEADY  
IMPROVES THEIR  
CHILD'S CONFIDENCE**

**0330 113 0330** (Mon-Thurs 8am-8pm, Fri 8am-6pm, local rate)

**rocksteadymusicschool.com**