

Welcome to this week's digital newsletter.

Thank you for your continued support this week. Most children have quickly settled into routines and are enjoying their learning.

Please remind them about bringing their belongings to and from school on a daily basis and the importance of hygiene and limiting physical contact between them and their friends.

School Dinners

All pupils in Reception, Year 1 and Year 2 are entitled to a school dinner (paid for by the Government). This is called Universal Free School Meals. All pupils in these year groups will be provided with a meal at lunchtime, even if they bring a packed lunch. The school meals are nutritionally balanced and often encourage children to try new foods and flavours. As the weather gets colder, a hot meal can be particularly beneficial.

The lunch break and the dining room are organised to maintain social distancing between bubbles and pupils get 30 minutes each day to eat their lunch. If your child is bringing a packed lunch, please make sure it provides a healthy, balanced diet.

More information about school dinners can be found on the school website:

<https://www.newbolsover.derbyshire.sch.uk/parents/free-school-meals>

or through Derbyshire County Council:

<https://www.derbyshire.gov.uk/education/schools/your-child-at-school/meals/catering-school-meals.aspx>

School Meal Menu for next week

Monday	Tuesday	Wednesday	Thursday	Friday
Quorn Dippers with Homemade Sauce and Homemade Garlic Bread Finger Organic pasta Seasonal Vegetables Apple Slices with Cheese and Crackers	Beef casserole with Yorkshire Pudding and gravy Seasonal potatoes & vegetables Tutti frutti muffin	Big sausage breakfast Diced potatoes/hash brown Seasonal vegetables Fresh fruit platter Greek & fruit yoghurts	Beef bolognaise Pasta Seasonal vegetables Coconut cherry cookie	Breaded Fish Fillet Chips, Seasonal Vegetables Chocolate Crunch
Organic Yoghurt & Fresh Fruit Served Daily Homemade Bread Served Minimum Twice a Week				

Support

If you need advice, guidance or support with your children, please ask to speak to the Learning Mentors, Mrs Wood or Mrs Ashley. They will be able to help you or direct you to services within the community or school, such as P4YP (Positive 4 young people) and Listening Ear (counselling service).

Attendance

Thank you for getting your children to school and on time. Pupil attendance is expected to be at least 96% across the year.

Whole school attendance this week was 92.1%

Well done to Reception for the highest attendance.

Class	Attendance %
Nursery (am)	95.8%
Nursery (pm)	88.9%
Reception	98.4%
Year 1	89.3%
Year 2	95%
Year 3	92.3%
Year 3/4	84.7%
Year 4	95.3%
Year 5	93.9%
Year 6	93.7%

Achievement of pupils at expected level

Pupils at risk of under-achieving

Pupils underachieving

Keeping Safe

As new restrictions come into force on Monday 14th September, please make sure you know where your children are and who they are mixing with out of school and in the home.

Thank you.

Keeping Safe online

We will regularly share e-safety guidance with you. Please see the next page for further information.

Please talk to us if you have concerns or need advice. We also have a lot of resources and information on the website:

<https://www.newbolsover.derbyshire.sch.uk/parents/e-safety>



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



AGE-INAPPROPRIATE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up to the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age-inappropriate content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents



TALK ABOUT ONLINE CONTENT

Assuming your child is above the age limit to use TikTok, make sure you take the time to talk to them about what they are seeing on the app. Have an open dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



MONITOR VIEWING HABITS

Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on TikTok. Whilst the app has moderation tools, videos can still slip through the net so it's important to regularly check in on what they're watching. Understanding and learning the app yourself is a great way to get to grips with it. You could then even watch some videos with your child, turning it into a bonding opportunity also.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a relatively safe space for your child to express themselves. However, in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com

