

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 10/10/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
97.84	96.2	97.82	97.5	96.10	98.34	97.72	96.09	94.58

Next Week...

Thursday 16th October

- ~~First Holy Communion~~
Initial Meeting 3.15pm - rescheduled (TBC)
- SEND Parental Drop-ins (bookable)
- LKS2 Trip to Hopetown

Friday 17th October

- Show Racism the Red Card Day - children invited to wear red
- ~~Harvest Mass @ St Thomas Aquinas 1.30pm~~
Rescheduled (TBC)

This week's events...

Monday 20th October

Care Home Visit - Mrs Webb Y3

Tue 21st-Wed 22nd October

Parental consultations

Thursdays 23rd October

Autumn Disco

Friday 24th October

Trust PD Day - children not in school



November Highlights

3rd Multiplication Check Meeting

4th-7th Stay & Pray

13th-14th Sportshall Athletics

25th Mr Morgan Y5 Class Assembly

Our Safeguarding Focus This Week...

What Parents & Educators Need to Know about

TIKTOK

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.

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-18s (or young people using a false 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.

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.

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.

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.

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.

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.

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.

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

The National College

Source: See full reference list on guide page 66. <https://nationalcollege.com/guides/tiktok-2025>

Please remember to check our school calendar regularly for important dates

<https://stbedesdarlington.bhcet.org.uk/school-calendar>





As part of our **Harvest Festival** celebrations, we're inviting families to donate non-perishable items to support our local community. Each year group has been assigned a specific type of item to bring. We hope this makes it easier.

Nursery & Reception - Tinned goods
Year 1 - Pasta
Year 1/2 - Cereal
Year 2 - Biscuits
Year 3 & 3/4 - Crisps
Year 4 - Tea, coffee, sugar
Year 5 & 5/6 - Toiletries
Year 6 - Jars



Remember you can view our latest curriculum newsletters on our school website

<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects>



It was lovely to see lots of yellow around school on Friday to support **World Mental Health Week**. The children took part in lots of activities including making cards for their families and friends




BISHOP HOGARTH
 Catholic Education Trust

We are **HIRING!**

APPLICANT INFORMATION PACK



LUNCHTIME SUPERVISOR

Christ at the Centre, Children at the Heart

© must be a part of the

Messy
Church

The Salvation Army
 Thompson Street East
 DL1 3EW
 Sunday
 19th October 2025
 4pm-6pm




Crafts Songs
 Food Games

Free for the whole family

(children must come with an adult)

Feel free just to show up
 or let us know you're coming
 with the details below.





Darlington@SalvationArmy.org.uk 01325 380994 @TheCitadelDarlington

The Salvation Army is a registered charity No. 214779 and in Scotland SC009359
 Messy Church is part of The Bible Reading Fellowship (BRF), a Registered Charity, brf.org.uk