

# St. Bede's Newsletter

Welcome to St Bede's...



Attendance up to 11/10/24

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
93.11	95.79	97.12	93.05	97.87	92.45	97.66	94.07	96.9

**Coming soon...**

**Tuesday 22nd October**  
Parental consultations

**Wednesday 23rd October**  
Parental consultations

**Thursday 24th October**  
Miss Wilson's Care Home Visit

**Thursday 24th October**  
Autumn Disco

**Friday 25th October**  
Trust PD Day - SCHOOL CLOSED

## THIS WEEK'S EVENTS

**Tuesday 15th October**

1st Holy Communion Meeting 3.15pm

**Thursday 17th October**

SEND Parental Consultations

**Friday 18th October**

Harvest Mass 1.30pm

**Sunday 20th October**

Family Mass @ St Thomas Aquinas



ROYAL BRITISH LEGION

**Poppy  
Shop**

The annual poppy shop will open tomorrow giving children the opportunity to purchase items such as slap bands, wrist bands, shiny poppies and paper poppies. All proceeds go to the Royal British Legion Poppy Appeal. All donations welcome. Cash Only. Suggested donation £1



# Our Safeguarding Focus this week...

## What Parents & Carers Need to Know about TIKTOK

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

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

**18**  
**CONSENSU**

#### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

#### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

#### ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

#### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

#### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

#### MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

#### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

#### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

#### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.





St Bede's are incredibly proud of two of our year 5 boys. On Saturday Dominic & Niall went caving to raise money for Guide Dogs. They went to 4 caves in the Yorkshire Dales, walking, crawling and squeezing through tunnels and caverns having an amazing adventure and they took Custard with them! Their guide, Dave, told them little facts about the caves and they loved every minute. Dominic and Niall took on all the challenges he gave them.



## Parent-Teacher Consultations

**Tue 22nd & Wed 23rd Oct**

Lines will open this Thursday at 10am.  
Please call early to book your slot!

## First Holy Communion Meeting Tue 15th October 2024

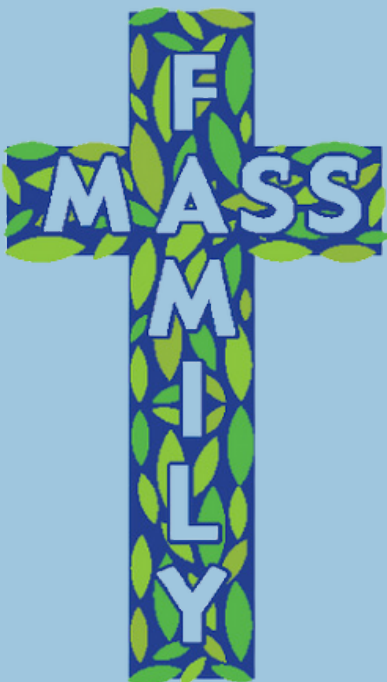
If you are unable to attend tonight's meeting but wish for your child to participate in the First Holy Communion Program next year, please make contact with your parish priest directly to discuss alternative arrangements





Our RE curriculum newsletter is now available online. English & Maths will follow soon

<https://stbedesdarlington.bhcet.org.uk/news-events/newsletters>



We would love to welcome as many of our St Bede's families as possible to **family mass this Sunday**

We still need parent helpers for our walk to church this Friday. If you would like to help please contact the school office and let us know which class you would like to walk with. Children from Year 2 upwards will be taking part