School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 11th December	• Qualitas after school Mini Trampolines KS2 -last one this term
Tuesday 12th December	• Qualitas after school Multi Sports KS1 – last one this term
Wednesday 13th December	• Class 1 and 2 nativity performances 2pm and 5.30pm • PTFA CHRISTMAS HAMPER RAFFLE • Qualitas after school Touchball – KS2 last one this term
Thursday 14th December	• Little Smiles Parent and Toddler Group 9-10.30am
Friday 15th December	• Years 2- 6 Pantomime trip – Mother Goose, Derby Arena
Monday 18th December	• PTFA SECRET SANTA – pm – Donations by 11th December • NO Qualitas after school Mini Trampolines
Tuesday 19th December	• Christingle Service in Church at 2.30pm - All Welcome • NO Qualitas after school Multi Sports
Wednesday 20th December	• Christmas lunch • NO Qualitas after school Touchball
Thursday 21st December	• Little Smiles Parent and Toddler Group 9–10.30am
Friday 22nd December	• **NO** Forest School today • Last Day of the Autumn Term • **NO AFTER SCHOOL CLUB TODAY**

Other news:

- **School Car Park** – From the New Year we are reintroducing closing the car park gates between 8.30am and 9.00am and 3.00pm and 3.30pm following feedback from parents and to ensure the safety of all children.
- A reminder that the school car park and the entrance to it must not be used for dropping off or collecting children at the start and end of the school day unless previously arranged.
- Many thanks to those parents and family members that came into school this week for our 'Stay and Play' and 'Book Look' sessions. Look out for future dates for more of these.
- **PTFA Christmas Hamper Raffle – tickets £1 or £5 per strip on sale on 13th December at school**
- **Christingle Service: If you are joining us for the service please take children home from church. Otherwise pupils will return to school to be collected as usual and for after school club arrangements.**
- **Friday 22nd December – THERE IS NO AFTER SCHOOL CLUB ON THE LAST DAY OF TERM**

Please do not hesitate to contact us on 01629 56813 or by email enquiries@st-giles-matlock.derbyshire.sch.uk with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

FURTHER DATES FOR YOUR DIARY	
Monday 8th January	SCHOOL OPENS FIRST DAY BACK FOR NEW TERM
Thursday 18th January	CLASS 3 FIRST SWIMMING OF THE YEAR
Tuesday 27th February	SCHOOL OPENS FIRST DAY BACK FOR HALF TERM
Thursday 28th March	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR EASTER
Monday 15th April	SCHOOL OPENS FIRST DAY BACK
Friday 24th May	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 3rd June	SCHOOL OPENS FIRST DAY BACK
Monday 17th June	INSET DAY SCHOOL CLOSED
Tuesday 23rd July	LAST DAY OF SCHOOL BEFORE SUMMER BREAK

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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-16 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 CENSORED

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 from 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-16s 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.

Meet Our Expert



Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

National Online Safety #WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

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National Online Safety

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

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1 Which apps/games are you using at the moment?



THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

2 Which websites do you enjoy using and why?



AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

3 How does this game/app work? Can I play?



SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

4 Do you have any online friends?



CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

5 Do you know where to go for help?



ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

6 Do you know what your personal information is?



YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

7 Do you know your limits?



CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

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It's time for
Secret Santa
PTFA are getting ready for Christmas and inviting all the children to join in this year's Secret Santa!
Please can we ask for your help to donate small gifts for this jolly event?
There will be a drop off box in reception, please return donations by 11th December.
On Monday 18th December during the school day, children will then be able to purchase up to 2 gifts for their chosen loved ones. Gifts will cost £1 each and will be wrapped for them to sneak under their tree, all ready for the big day!
Thank you