



# ALL SAINTS'

## CATHOLIC VOLUNTARY ACADEMY

Parent Bulletin – w/b 06/03/23

*Thought for the Week: 'The joy of the Lord is your strength'.  
Nehemiah 8:10*

### Reminders/information:

**All Saints' Way** - This week's All Saints' way theme is **Aspire!** This links perfectly to Careers Week 2023 taking place this week. In tutor time students will attend a "Virtual Careers Fair" and can pick from a range of employers and watch videos to find out more about this line of work.



Also linked to Careers Week 2023 we had our Careers Fair. On Monday, we had West Notts College in at lunchtime, which was a great opportunity to for students to ask about apprenticeships!



### Online Safety Alert

Please check your safer schools app for information regarding a new explicit images trend on Tik Tok. Download the app and find out more about how to protect your child and have open conversations about the #foopah challenge.

From the information we received from you on the parent survey regarding online safety you asked us for more information about Tik Tok. Attached is a leaflet that shares risks and advice to support with the use of Tik Tok

## Jewellery reminder

Allowed:

- One small stud per ear
- One flat ring
- An inexpensive wristwatch
- Religious necklaces and bracelets (Sikh Kara) worn discreetly

Not allowed:

- Facial piercings / extra ear piercings / tongue piercings
- Clear plastic retainers / covering plasters to hide piercings
- Smart watches / fit bit style watches which can carry data and allow communication are not permitted under any circumstance to fall in line with our policy on electronic devices
- Bracelets / necklaces

## Well-being:

### Personal Development:

- **National careers Week** (NCW 2023) – this week students will be looking at careers across the curriculum, in lesson and tutor time. Please find the parent guide which will be emailed with this bulletin. Remember we have Progress careers that offer individual parent/student appointments on specific dates across the year. Please see below and visit the careers section of our website: [Careers - All Saints' Catholic Voluntary Academy - Mansfield](#)

**Parent sessions** - Email: [naomi.whiting@progress-careers.co.uk](mailto:naomi.whiting@progress-careers.co.uk)

Parents Evening
Monday 19/12/2022 – Y12/13 Careers parents 1 week after 6 <sup>th</sup> form parents evening
Monday 16/1/2023 – Y11 – 1 week after Y11 progress evening
Monday 6/2/2023 – Y8 - 2 days before options day
Monday 24/4/2023 – Y11
Monday 5/6/2023 – Y10 – 1 week after progress evening
Monday 3/7/2023 – Y9 - 1 week after progress evening

- **Place2be:** Please find the link below for: Parenting advice from the child mental health experts from Place2be, the mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. [Place2Be: Parenting Smart: Articles.](#)
- **Wellbeing email address:** If you have any questions or specific concerns regarding your child's wellbeing then please email the address: [wellbeing@allsaints.notts.sch.uk](mailto:wellbeing@allsaints.notts.sch.uk)
- **Website links:** Please refer to our school website for any extra support: [Wellbeing - All Saints' Catholic Academy.](#)

**Upcoming events:** (details of each event will be sent out to parents nearer the time).

- **Monday 6<sup>th</sup> March** – Sixth Form careers week begins
- **Thursday 9<sup>th</sup> March** – Year 7 Progress Evening
- **Tuesday 21<sup>st</sup> March** – Year 10 Mock Interviews
- **Thursday 23<sup>rd</sup> March** – Year 9 Retreat Day
- **Thursday 30<sup>th</sup> March** – Year 9 DTP/ACWY vaccinations take place

# 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

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

### 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.



### 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



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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