



Dates for Your

**DIARY**



5th January 2023

Return to school

9th January 2023

SATs Meeting—Year 2

13th January 2023

Phonics Screening Meeting Year 1

20th January 2023

Multiplication Tables Check Meeting  
Year 4

8th May 2023

Additional Bank Holiday



# NEWSLETTER

## A message from the Principal



Dear Parents and Carers.

We have reached the end of the autumn term and what an exciting end it has been with all the snow. I am sure you will agree that none of us expected the snow to last so long, but it was lovely see so many of you making lovely memories with your children in the snow.

It has been lovely watching all the Christmas shows over the last 2 weeks. Nursery and Reception children shone during their performances, they wowed us even at their young age, WELL DONE to the Early Years Team and children. We are also very proud of our Key Stage 1 children who performed 'Little Angel Lost Gets her Wings'. They performed outstandingly with their acting, singing and narrating. WELL done to the Key Stage 1 team and their children.

We would like to express our thanks to a few people who have helped to make Christmas that little bit more special here at Kingsmoor Academy. Firstly, thank you to the catering team who worked hard to provide our Academy with a delicious Christmas lunch last Thursday. It's always a pleasure eating our lunch with the children at Christmas and sharing lots of lovely stories with them about Christmas.

We would additionally like to thank the PTA for working tirelessly to put together the fabulous Christmas Bazaar. We had a great turn out of people and lots of fun was had by all. We are still currently working out the total amount of money raised, we will keep you posted in the next newsletter.

I would also like to take this opportunity to thank all of the staff at Kingsmoor Academy who have gone above and beyond to ensure that the school runs efficiently and for our children to have the best possible learning experiences.

Finally, on behalf of all the staff at Kingsmoor Academy, thank you so much for your generous cards, gifts and support.

Merry Christmas and Happy New Year from all of us at Kingsmoor Academy. We will see the children back in school on Thursday 5th January 2023.

Miss A Lymbouris

# TIKTOK

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](http://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-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 necessarily monitored and vetted.

#### 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 under-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 gifts (valuing their monetary value) to other users for videos they've created. Coin bundles range from £3.30 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 birthday.

#### 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 on average of 102 minutes per day on the app, versus 83 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 on 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 feature does not only have 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 accounts 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.

**NOS National Online Safety**  
#WakeUpWednesday

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

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# Safeguarding



## Safer Schools App



The Safer Schools App helps to educate, empower and protect children and those responsible with helping to keep them safe as they navigate the world of technology and social media.

The App is designed to support and protect children by educating and empowering them in school and at home. As parents and carers, you will have a tailored version of the app which will empower and educate you to best support the children in your care in the digital world.

The safety hub contains all of the important alerts about new threats and trends online which are sent out by the Safer Schools Team.

In the video hub you will see all of the safeguarding videos posted by the safer schools team.

The alerts hub hosts all of the push notifications which can be sent out by us as a school, or by the Safer Schools Team. This could range from an alert about a new app, or simply a reminder from the school (Make sure that you turn all of your push notifications on when you download the App) Overwhelmed by the sheer amount of different apps and devices out there? Not sure how to help your children stay safe online? Check out the Online Safety Centre to find out how to block, report and set appropriate privacy and safety settings. On the screen it shows an example of how to learn to block someone on TikTok. Simply click on the block button, choose the device you are using, select the social media app and then watch the short video.

The Digital Safety section is a handy reference tool to keep you informed on a range of topics from The Online World to Gaming. The screen recording shows you how to find all the info you need to know on the controversial, yet popular messaging app Kik in the Social Media section.

Want to test your knowledge of the information on the App? Think you know as much as your kids? Try our Quick Quizzes on any of our topics.

If you feel like even more of a challenge – try the Digital Tests section for a more in-depth, multiple choice quiz.

**Step 1:** Open up your App Store or Google Play and search for 'Safer Schools'

**Step 2:** Type in your school name – **Kingsmoor Academy**

**Step 3:** Type in the code – **7740** or Scan the QR Code



# National Online Safety





## Christmas Bazaar

Thank you to the PTA and Mrs Wilson for organizing this years Christmas Bazaar. We all had a amazing time and was overwhelmed by the support we received from all our parents.



## Christmas Shows

The Early Years staff and children at Kingsmoor Academy have really been getting into the festive spirit over these past few weeks. Audiences have been treated to a variety of songs and dances and the pupils have had a wonderful time performing to their friends and families.

The Nursery pupils did us proud by working so enthusiastically to learn and perform a range of Christmas songs and actions. They even helped to make their own Christmas hats and props for their performances.

Our two Reception classes did a fantastic job of performing an array of Christmas songs and carols. They even performed 'Rudolph the Red Nosed Reindeer' using sign language!

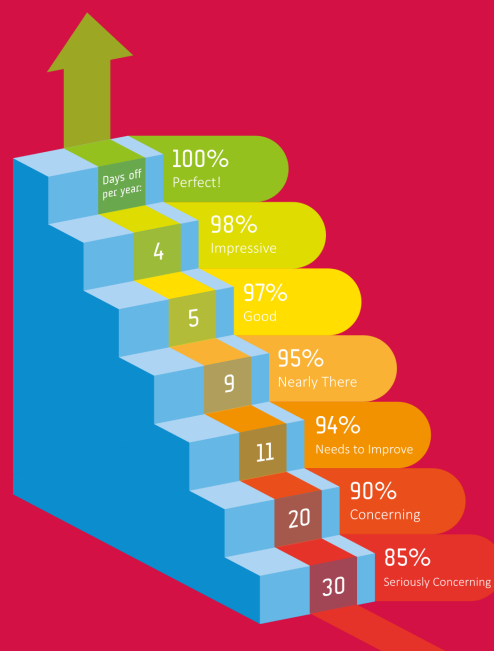


## ATTENDANCE

Kingsmoor Academy prioritises attendance and punctuality. We aim to have attendance which meets and exceeds the national average which is 96.7%.

We understand that children can be absent from school due to illness and medical appointments. Please remember to call the school office and report your child's absence to the attendance officer before 9.30am.

Punctuality is just as important as attendance. We have a 'soft start' from 9.45am where children can attend and complete some early morning work. Classroom doors close at 8.55am for registration.



## MONDAY

**WK1** - Macaroni Cheese or Veg Sausage & Vanilla Ice Cream

**WK2**—Cheese & Tomato Pizza or Mixed Bean Pasta & Jam Sponge

**WK3**— Cheese & Tomato Pizza or Veggie Chilli & Strawberry Ice Cream

## TUESDAY

**WK1**— Chicken Tikka Masala or Cheese and Tomato Pizza & Chocolate Sponge with Chocolate Custard

**WK2**— Chicken Noodle Stir Fry or Sweet Chili Veg Noodles & Banana & Apricot Flapjack with Fresh Fruit

**WK3**—Sweet & Sour Chicken or Veggie Chow Mein & Fruity Flap Jack Bar

## WEDNESDAY

**WK1**—Roast Turkey or Vegan Sausage Casserole & Oat Cookie With Fruit Slices

**WK2**—Roast Gammon or Vegetable Pie & Chocolate Ice Cream

**WK3**—Roast Turkey or Veg Pastry Roll & Fruit Jelly and Custard

## THURSDAY

**WK1**—Beef Bolognaise or Veg Bolonese & Apple Crumble with Custard

**WK2**— Keralan Chicken Curry or Cauliflower and Sweet Potato Masala & Apple & Berry Crumble

**WK3** - Cottage Pie or Veg Cottage Pie & Chocolate Slice

## FRIDAY

**WK1**—Breaded Fish or Quorn dippers & Lemon Slice

**WK2** - Breaded Fish or Quorn dippers & Strawberry Frozen Yoghurt

**WK3**—Southern Fried Chicken or Quorn Dippers & Crispie Crackle Bar



## Health Information

### Health tips for winter weather



Wrap up warm when you go out, and make sure that your shoes have a good grip.



Use a hot water bottle or an electric blanket to stay warm in bed – but not both.



Wear multiple layers of clothes when you can, rather than a single bulky layer. This will help you retain body heat.



Make sure you're receiving all the help to heat your home that you are entitled to.



Have at least one hot meal a day, and try to drink hot drinks regularly. Keep active – try not to sit still for more than an hour indoors.



Keeping an eye out for elderly relatives and neighbours and supporting them in the cold weather can help them Stay Well This Winter.

### Speaking to your local pharmacist



If you start to feel unwell, even if it is just a cough or cold, get advice from your pharmacist before it gets more serious.



Many GPs and pharmacies will close over the holidays, so it can be helpful to pick up prescription medications before the Christmas holidays start.



Speak to your pharmacist about over-the-counter medicines you should have in stock to help get you and your family through the winter season.