



17th January 2025



This week the following children have been recognised in our Celebration Assembly –

Class	Values Champion	Learner of the week
Oak	Autumn for Individual Best	Eleanor for being a Scientist
Maple	Gracie for Individual Best	Max for being a Reader
Willow	Annie for Kindness & Respect	Robin for being an Author
Elm	Jacob for Individual Best	K for being an Artist
Chestnut	Lotty for all values	Isabella for being a Mathematician

Next week at Ide Primary

Day	Morning	Afternoon	Club
Monday		PE - Elm	Football (Years 1-6)
		Assembly	
Tuesday	PE – Willow, Oak & Acorns	PE - Chestnut	
Wednesday	Willow – Sports Festival at West Exe	Guitar Lessons	
	PE – Elm	Singing Assembly	
Thursday	PE - Maple	PE – Oak & Acorns	Archery (Years 3-6)
			Science (Years 1-6)
Friday	PE – Chestnut & Maple	Music Assembly	Physical Fun
		Woodwind lessons	

Next Week's Menu



SPRING MENU

Week one

Week Commencing: 4/11, 25/11, 16/12, 20/1, 10/2, 10/3, 31/4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	BBQ Chicken Pizza with Potato Wedges and Salad Sticks	Bacon topped Macaroni Cheese with Focaccia Bread Sweetcorn and Peas	Roast Beef and Yorkshire Puddings with Roast Potatoes, Seasonal Vegetables and Gravy	Chicken Katsu Curry with Rice and Naan Bread and Peas DF	Breaded Fish with Chips and Peas or Beans DF
Pick a MEAT-FREE MAIN	Halloumi Burger with Potato Wedges and Salad Sticks	Vegetable Fajita with Rice, Sweetcorn and Peas	Vegetable Wellington with Roast Potatoes, Seasonal Vegetables and Gravy DF	Macaroni Cheese with Focaccia Bread and Peas	Cheese and Bean Pasty with Chips and Beans
Pick a JACKET POTATO	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo
Pick a DESSERT	Fresh Fruit Platter GF/DF	Chocolate Krispie Cake	Banana Marble Cake DF	Jam and Coconut Sponge DF	Fruit Jelly GF/DF



FRESH FRUIT & YOGHURT SERVED DAILY

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

GF - GLUTEN FREE DF - DAIRY FREE
WHERE POSSIBLE VEGAN ALTERNATIVES AVAILABLE

Anne is Retiring!

We would like to let you know that Anne Bainbridge will be retiring at half term. We are sad to be losing a valued member of our Early Years Team, but very pleased that Anne is keen to stay involved as a volunteer.

A message from Anne –

Dear parents, carers and children,

After approximately 40 years of working in childcare, 18 years at Ide Primary School the time has come for me to retire.

I would like to thank the parents and carers for giving me the opportunity to look after their children, sometimes 3 or 4 from the same family.

I am looking forward to the next stage in my life spending more time with family and friends.

You may see me in the future supporting the Early Years Team as a visitor.

Best wishes to all.

Anne



Wildlife Champions

Our wildlife champions will be taking part in next week's RSPB Big Garden BirdWatch. If anyone would like to donate any bird food or bird feeders the champions would be very grateful.

Parking and Driving in Ide

We understand that navigating parking and driving through Ide can be challenging, and we appreciate everyone's efforts to make this process as smooth as possible. Please refrain from parking on the double yellow lines on the High Street, as this blocks traffic flow and prevents cars from passing safely. Your cooperation helps keep our community moving smoothly and safely.

Breakfast Club Drop-Off Reminder

A friendly reminder to parents of children attending breakfast club: the school car park is reserved for staff only from 8:00 am. Recently, there have been several near misses involving vehicles entering and exiting the car park at the same time. To ensure everyone's safety, please avoid using the car park during this time. Thank you for your understanding and support in keeping our school grounds safe.



What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
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.

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.

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.

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 fake 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.

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.

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.

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.

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.

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

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