



# December Newsletter



Dear Parents and Carers

We cannot believe how quickly this half term has passed, and it has certainly been jam packed with memorable and stimulating learning and extra-curricular activities for our children. We have been pleased to welcome families back into school to enjoy class assemblies and performances. It has also been a very big help to have our volunteers back in school – we cannot thank you enough for your support.

At this time of the year, we eagerly await the end of term performances and once again our families could enjoy watching Reception and Key Stage 1 productions that were 'Christmas around the World' and 'Children of the World'.

Reception performed so confidently and it was wonderful to see what a fantastic start they have made since they joined us in September. Our Key Stage 1 children brought a tear to everyone's eye with their very moving performance that was adorned with truly magnificent singing, dancing and acting. Our nursery children also entertained their families with a medley of Christmas songs and dances and then spent time completing Christmas crafts with their family members, which really got us into the festive spirit.



The Christmas celebrations did not end there of course. We have enjoyed Christmas parties and Christmas dinner and also brought lots of colour to the school through wearing our festive jumpers. Children from the Year 1, 2 and 3 choir also performed to the whole school. During this performance, they dazzled us with their wonderful rendition of 'Sparkle and Shine'.



During their assembly, Falcon Class took us back in time to remind us about how the Romans ruled our land many years ago and what fearsome warriors they were. They learned a wonderful song to help them remember the Roman numerals and also shared with us their incredible artwork and descriptive writing about the formidable Boudicca. The children in Falcon Class have certainly set the standard for our other upcoming class assemblies, so well done to them.

History has not ended there at Queen Emma. Year 3 children also stepped back in time, this time to the Stone Age. Children were visited by 'Gripping Histories', who helped the children to understand the passage of time from the Stone Age to the Iron Age. The children made javelins and arrows to 'hunt' and also ground their own flour for their very survival! The children also looked at primitive, yet functional tools that would have been used in this period. You are able to see our wonderful children from Years 3 and 4 below.



Year 5 and 6 have been involved in some bespoke girls and boys rugby sessions, aimed at fostering teamwork and collaboration skills. We teamed up with Shelford Rugby Club who have been visiting over a number of weeks to help children learn about the rules of the sport and to develop fellowship skills between each other. The children have thoroughly enjoyed being part of these sessions and this has encouraged many of them to consider taking up rugby as a hobby.



Congratulations to Sofia in Zebra Class, who entered and won a Christmas card competition that was run by the MP, Anthony Browne. For this competition, children were asked to design their depictions of Christmas and all entries were put to a panel of judges. Anthony came into school to present Sofia with her prize of a special teddy bear and we heard all about how Mr Browne has sent out 800 cards, with her design on the front. Here you are able to see Sofia's artwork, which truly captures the essence of Christmas. Iris in Year 5 also received a special commendation as she designed one of the cards that was awarded 'runner up' status. Her design depicts a very jolly Christmas scene and features on the back of the card. Well done to both of the children, we are very proud of you.



Sofia



Iris



### Year 5 Space Workshop



Year 5 had a wonderful, immersive experience at our VR Space Workshop. With the help of CGI, we were launched into space, then piloted our research vessels around planets and moons. After we visited each planet, we took part in a quiz about what we had seen and heard. Wearing the VR headsets really made us feel that we were travelling around the solar system, and we had some spectacular close-up views of the surfaces of the planets.

The disco this half term was a great success and was enjoyed by so many of our children. It was great to see them enjoying this social occasion again, and they all showed such good behaviour, whilst still having fun. Thank you to our wonderful PSFA who organised this and to the adults who stayed to help. Disco Dave certainly drummed up lots of enthusiasm. We would also like to thank families for supporting our well loved Christmas Fair that was so well attended. Thank you again to the PSFA, who made this possible and for their hard work in bringing us all together.

Thanks to the purchases made you made at the Book Fair we have earned £725 in commission to spend on books for our school. Our teaching staff have started thinking about how we can best spend the money to supplement our already wonderful range of engaging and motivating reading stock.

Finally, a note about attendance and an update for our families. We know that children do best when they attend school as regularly as possible. Unfortunately, the number of children who are persistently absent at Queen Emma is too high. This means that far too many children attend school for only 90% of the time or less. In reality, this means that they are missing 100 lessons or more per year! Naturally, we understand that children can be susceptible to illness and may suffer from common childhood ailments that cannot be avoided, particularly at this time of the year. We also appreciate that children can pass illnesses to each other quite quickly. Whilst we are not promoting that unwell children come to school, we have reviewed our arrangements for monitoring attendance so that you are alerted when we become concerned that your child's attendance has fallen below 96%. This measure will be to simply notify you of the likelihood the impact of further absences may have and it will take effect from January. We aim to work together in ensuring that your child/ren are well supported and that they are able to maximise their learning potential with us in school.

On behalf of all of the staff at Queen Emma, we would like to wish you a very peaceful Christmas break and a happy new year for 2023. We look forward to seeing your children back in school on **Thursday 5<sup>th</sup> January 2023**.

Yours sincerely

**Sarah Jarman**  
**Executive Headteacher**

## Staff News

At the end of this term, we will be wishing Mrs Hyde well for her impending maternity leave period. During her leave, Miss Mertens will be taking over her role of the Year 5/6 phase leader and the teacher for Jaguar Class. Mrs Cook will teach the class on a Friday.

Mrs Elwood will be returning in January, following her maternity leave. She will form a job share in Foxes Class, with Mrs Layton.

We are also saying goodbye to Mr Hill, who takes up another post in a Cambridgeshire school. We know that the children will miss Mr Hill as he embarks upon this change. We are delighted that Mrs Bysouth will take over the class teacher role for Kestrel Class. We would like to thank Mr Hill for his time at Queen Emma.

You may have noticed a new face in the school office each afternoon – Ms Garrod has joined us as a new school secretary and has already made a great contribution to our team.

## Food Banks and Cost of Living Support

We are aware that there are many families struggling with the current cost of living crisis with many turning to schools for support. Please be advised of the links below that may help to support you:

Food Banks - [Locations](#) | [Cambridge City Foodbank](#)

Cost of living - [Support with the cost of living](#) - [Cambridgeshire County Council](#)

School-aged children and young people in both primary and secondary settings who are in receipt of benefit-related free school meals can receive 4 sessions at one of the holiday provisions during the Christmas holidays at no cost. The sessions will include a range of activities and all food is also included for free. We have a range of provisions across the city. Parents/carers book a place directly with their chosen provision using the links here:

[Cambridgeshire Holiday Activities and Food \(HAF\) Programme 2022](#) - [Cambridgeshire County Council](#)

## Birthday Books and Healthy Eating

Please be reminded that in line with our healthy eating policy, children should bring either a pre-loved book or a new book into school to mark birthdays, instead of sweets or other edible treats. These books can be donated to the class for all children to enjoy and we will place a special sticker in the front to show who has kindly donated them.

We would also like to remind parents of children in Key Stage 2 that a morning snack should consist of either dried or fresh fruit, cheese or a cereal bar. Please do not send in sweet treats or processed snacks such as crisps. Nuts and nut products are not permitted. Thank you for your co-operation.

## School Uniform

Grey skirt, pinafore, trousers or shorts

Blue and white checked summer dress

Royal blue sweatshirt or cardigan

Pale blue polo shirt

Black shoes or black trainers (children in Years 5 and 6 require a pair of black indoor shoes (often plimsolls)

White, black or grey socks / tights

Leggings may be worn instead of tights, but not instead of trousers

**No jeans please.**

## PE Kit

Children need plain black shorts, a white t-shirt and plimsolls/trainers. Depending on the weather, children will also need a tracksuit and trainers for outdoor games lessons. Children will continue to arrive in their PE kits, when it is their PE day.

## Jewellery

Jewellery may not be worn in school. The only exceptions are watches, studs for pierced ears, and cultural or religious adornments, which must be removed during lessons involving physical exercise. If such items cannot be removed the individual is not prepared in an acceptably safe way and cannot continue as is, so must take part in modified activity. The school will not accept responsibility for removing or storing studs. Long hair should be tied back for PE and DT activities.

## Dates to Remember

### January 2023

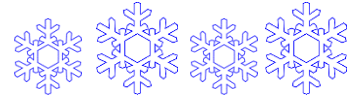
W	4	Training Day – School Closed	
Th	5	School Opens - Start of Spring Term	
Tu	10	Open Morning Reception 2023	10.30am
M	16	PSFA Meeting	2.00pm

### February 2023

Th	2	PSFA Disco	KS1 5.00 – 6.00pm KS2 6.30 – 7.30pm
T	7	Online Safety Day	
Tu	7	Parent Open Afternoon	3.30 – 4.00pm
Th	9	Parent Open Afternoon	3.30 – 4.00pm
13 <sup>th</sup> to 17 <sup>th</sup>		Half Term Holiday	

### Class Assemblies

Macaw	25.01.2023
Polar Bear	01.02.2023
Dolphin	08.02.2023



## Cubs



This half term Cubs have been focusing on the stories 'Goldilocks and the Three Bears' and 'We're Going On A Bear Hunt.' We have made bear masks, stuck on Goldilocks' golden hair and acted out and performed the most amazing version of Goldilocks and the Three Bears using words, actions and songs. The children have changed their voices to become different characters in the story. Outside we have enjoyed playing games like hide and seek and find the bear. These books are definitely two of our favourite stories.

## Foxes

This half term Foxes have been thinking about 'Changes'. We have talked about pushes and pulls in the story of 'The Enormous Turnip' and have investigated which materials are attracted to magnets. The Foxes have also looked at hot and cold places using the stories 'Rumble in the Jungle' and 'Polar Bear, Polar Bear, What Do You Hear?' We acted out these stories and joined in with the repeated phrases. We put cups of water into the freezer to make ice and then enjoyed watching them melt back into water. The children have learned to handle scissors safely and have cut out delicate snowflakes and baubles to stick on our class Christmas tree. We have also had fun singing Christmas songs.



## Hedgehog



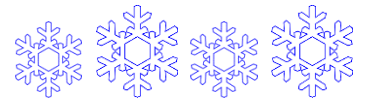
This half term, Hedgehog Class discovered an egg! They made predictions about what they thought was inside and after waiting patiently, the egg cracked! Inside the egg was a little baby owl who the children decided to name 'Binkle'. This sparked our class story for this half term 'Owl Babies'. Children learnt the Owl Babies story, using actions and story maps to help them to memorise it. As a class, we then changed the characters and thought carefully about other animals that are nocturnal. We decided to write about 'Glow Worm Babies' instead. Together we typed up our class story, printed it and illustrated each page. The children made one each to take home as a Christmas gift for their families!

## Owl

During December, we have been having lots of Christmas fun. We have been writing our own Christmas cards, decorating the Christmas tree, and making our own advents stars which we have added to our tree every day. The children started by learning lots of songs about Christmas traditions for their Christmas performance. The children have learnt the words to songs and created dance moves to go with them. They learnt about traditions in countries around the world including Spain, Portugal, and Africa. We used these traditions to create lines for our performance and even made our own costumes too. Myself and Miss Strappelli are incredibly proud of how hard Owl and Hedgehog Class have worked and will never forget about the different celebrations with 'Christmas around the World!'







## Dolphin



What a fantastic half term we have had in Dolphin Class! We started our term by writing exciting firework poems to celebrate the 5th of November. Then we whizzed off on a space adventure into the solar system to find our missing underpants (based on the story 'Aliens Love Underpants') and we wrote exciting descriptions about the aliens who stole our pants! Dolphin Class have enjoyed learning about the planets and creating mnemonics to remember the order of the planets. Thank you for your ongoing support and we look forward to more fun filled adventures next term. Have a lovely break.

## Seahorse

We have loved the 'Space' topic this half-term! 'Aliens Love Underpants' was one of our favourite stories and we had fun creating our own pants and writing descriptions of them as well as the aliens that stole them. We also enjoyed 'But Martin' and writing our own sentences about the story. In Maths, we have been comparing numbers and exploring 3D and 2D shapes. In Art, we learnt about mark marking using different materials such as pencil, chalk and charcoal. The charcoals were extremely messy! We also used the 7 habits to help us with our work and Christmas play during this term, 'Children Around The World'.



## Penguin

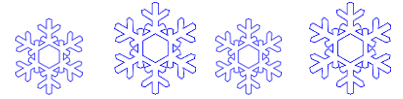


Penguin Class have been very busy rehearsing for their production of Children of the World. They have worked hard in English to use all the features learnt to write a fantasy story based on Once in a Lifetime. They very much enjoyed their trip to Duxford Imperial War Museum as part of our Up, Up and Away topic and have written a fact file about the Wright brothers and created a poster showing the different types of aircraft. In Art, we have been practising our sketching skills and looked in detail at Leonardo DaVinci and drew in the same style. In Science we designed, made, and tested a pet house to see which waterproof materials were suitable for the roof. A very busy but enjoyable term!

## Polar Bear

Polar Bear Class have had a busy time learning about the history of flight and the Wright brothers' invention. We also had a fantastic day out at Duxford IWM! In Maths, we have been adding and subtracting 2-digit numbers by 'making ten'. In English, we enjoyed writing fantasy stories and formal letters. In Science, we investigated materials by making predictions and testing our ideas. We loved making pet homes out of junk! Linking our learning and using the 7 Habits has helped us to work together while being kind to each other which made our production of 'Children of the World' so much fun!





## Macaw

Macaw Class have had an exciting term learning all about the Stone Age through to the Iron Age. The children loved their Stone Age day where they explored many pre-historic artefacts. They used this knowledge to write some wonderful adventure stories based in the Neolithic period of the Stone Age. Macaw Class have also really enjoyed learning all about rocks in Science.

## Toucan

Toucan Class have loved writing a persuasive advert and a set of instructions this half term. Our History unit has been learning about The Stone Age to Iron Age. The children immersed themselves in our experience day, and have found the changes to how people lived fascinating. In Science, the children have learnt about rocks and fossils. They made their own sedimentary rock out of chocolate to emphasise the different layers. In P.E, we have continued with our gymnastic and ball handling skills unit.



## Falcon



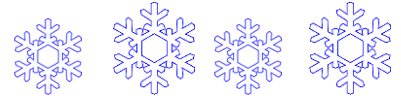
This half term Falcon Class have continued to learn about Romans. A highlight of this half term has been performing our class assembly to the whole school. Despite our nerves we sang two songs about the Romans, one of them helped us to learn our Roman numerals. We also showed our work on Boudicca and Picasso, performed some short plays; ending with a Roman myth. Falcon Class wrote their own Roman myths and have focused on using fronted adverbials and expanded noun phrases. Towards the end of term, we worked on writing news reports about the volcanic eruption at Pompeii. We added direct and reported speech to add interest for our readers and tried to imagine what it was like.

## Kestrel

At the beginning of the term, Kestrel Class had many burning questions about the Romans. How did they use Roman numerals in their daily lives? Who were the powerful Roman gods they worshipped? What was life like for the average Roman citizen? And how did the Romans use slavery to support their society? Throughout our lessons and activities, we delved into the fascinating world of the Romans. We learned the myth of Sisyphus, who cheated death by tricking him into putting on his own shackles. This inspired us to write our own versions of this myth, using fronted adverbials and expanded noun phrases in our writing. We also learned our Roman Numerals through catchy songs, performed by Falcon class, and wrote news reports about the volcanic eruption at Pompeii, incorporating direct and reported speech to bring the event to life for our readers.







## Giraffe

Giraffe Class have competed at football during PE lessons this term and enjoyed our extra rugby coaching too. We were lucky to have our weekly Active Science Lessons with Cambridge United and AstraZeneca. The children have learnt through science experiments and active lessons how sport affects the body. We were able to spend a day exploring space through our immersive virtual reality experience. We have used our knowledge and understanding of space to write information leaflets and create abstract art inspired by Peter Thorpe. The children have learnt about the solar system in French and read 'Cosmic' during guided reading. Giraffe Class wrote adventure narratives about imaginary worlds which we used to create an illustrated class book. Wishing you and your family a healthy and happy New Year.

## Zebra

We have had a great half term working on our space topic, which has really captured the imagination of the children. They had lots of fun learning about the solar system and produced brilliant non-fiction leaflets on their chosen planet. We really enjoyed our Space day, it was a fantastic experience to take part in a VR tour of the solar system! We have been impressed by how hard the children have worked on the topic at home and enjoyed seeing all their space creations. This half term we have also taken part in Active Science lessons, combining Science and PE. Our highlight was when we used parachutes to test the effect of air resistance when we were running!



## Jaguar



As the topic of World War 2 draws to a close, we can reflect on the information we have learnt. Initially we focused on the day war was announced and wrote an article to reflect the feelings of the times. We then thought about evacuees, the Blitz and soldiers involved in action and what each meant to people living in the UK. Finally, World War 2 day was the perfect way to end our first topic! We have worked incredibly hard throughout the term, and have truly earned our break. A happy and healthy New Year to all Queen Emma families and friends!

## Panther

We have managed to power through our first two half terms with great focus and success. We have focused on light and electricity in Science, competed in rugby during PE, discussed the rights of the child in PSHCE, touched on Buddhism and considered God incarnate during RE. We were able to spend a full day immersed in art: "clay day" allowed us to express our inner artist with some impressive results! With the New Year around the corner, we have even more planned in the upcoming terms, but for the moment a break to reflect on our progress. The whole Year 6 team is wishing you and your family a healthy and happy New Year.





# Exciting Maths in Year 6!

We have been delighted to welcome students from The Perse School to share some additional Maths activities and challenges with Year 6 on a regular basis.

In addition, some of our Year 6 children recently took part in the online Primary Maths Challenge and here is what they had to say about it:

- 'The challenge was surprisingly easier than I expected. However, that doesn't mean that it wasn't challenging!' Anya
- 'It was a lot easier than I thought it would be and I am really proud of myself.' Daria
- 'A clever man is not one who considers himself so.' Harry
- 'I thought that it would be like the Year 5 challenge but it wasn't. It was still fun though.' Iris
- 'It was pretty decently hard but I tried my best: A good warrior is not one who wins the challenge but is one who fights the challenge'. Jeonghu
- 'It was very enjoyable apart from the last five questions, especially number 22.' Kshitij
- 'It was quite hard, however, I feel proud about participating.' Kumali
- 'I enjoyed it very much. It was hard and easy at the same time.' Mika
- 'This challenge was amazing and I am very happy to have taken part.' Noah
- 'This was my first time doing a Maths challenge. It was really fun – some questions were hard and some were easy!' Vaishnu

We are so proud of our Maths challenge competitors. We are waiting on news to find out if any of them have made it through to the next round. Congratulations on taking part and being great Maths representatives for Queen Emma!



## Choir Performance

The Choir entertained the whole school with a fantastic performance of 'Sparkle and Shine'! Well done to the Year 1, 2 and 3 children who worked so hard to learn the song and actions – everyone enjoyed it and we are so proud of you. Congratulations for taking part with such energy and enthusiasm!

Plus, a big thank you to Katie Attle, our Choir leader, who has shown how passionate she is about performance and music.



## Winning House Revealed

Congratulations to members of **Franklin House** who earnt the most house points this half term. House points are awarded to pupils who are demonstrating the use of the 7 habits in and around school.

We hope members of Franklin House enjoyed your non-school uniform day on Wednesday 21<sup>st</sup> December. Congratulations to everyone who earnt house points this half term. Keep up

**Franklin House = 1662**

**Hawking House = 1572**

**Darwin House = 1558**

**Newton House = 1508**



## Poppy Appeal

Thank you to everyone who donated and bought a poppy. This year we raised £119.29.







**Queen Emma Primary School  
Parents, Staff and Friends  
Association (PSFA)**



The PSFA are a group of parents, staff and friends of Queen Emma Primary School, focussed on developing a sense of community, organising events and raising funds to enrich the school environment.

**PSFA events and fundraising this year:**

As a PSFA, we are delighted to have been able to run some of our much-loved PSFA activities and annual festive events which could not take place during covid. It has been wonderful to see the sense of community at school, as well as the success of fundraising efforts for the school. Thank you!

**PSFA Christmas Fayre:** After the covid restrictions of recent years, it was a joy to bring back the Queen Emma School Christmas Fayre on 2<sup>nd</sup> December this year! We were delighted to see so many families at the event and so many children having such fun, and we do hope that you all had a very happy afternoon! Thank you to those of you who helped, by running a stall, setting up before the event, clearing away afterwards or by donating items for the fayre. Thank you especially to those who helped for the first time. It is very much appreciated indeed. The event raised over £2,300 for the school, so well done everyone! Our thanks go also to *Vision for Education* and to *Simply Education* for their generous sponsorship of the event, which enabled Santa's Grotto and the children's crafts tables to go ahead.



**Reception tea towels:** The Reception classes produced some beautiful designs for their tea towels this year and these are being sold at 3 for £12, or £5 each. There are still some remaining, so do get in touch if you would like one, or if you require any extras: [queenemmapsfa@gmail.com](mailto:queenemmapsfa@gmail.com)

**PSFA Christmas Raffle:** We were excited to run the PSFA Christmas Raffle online again this year. We sold 625 tickets and raised over £550 for the PSFA! Thank you to all those who purchased tickets, as well as to the many local business and individuals who kindly donated some fabulous raffle prizes – we hope that the winners enjoy them!

**Second-hand uniform:** Many of you have donated and purchased second-hand uniform this term. Thank you! If you still require some uniform, do please email us ([queenemmapsfa@gmail.com](mailto:queenemmapsfa@gmail.com)) to let us know the item and size that you require, and we will check our stocks for you in the New Year.

## Spending Funds to benefit the school community

**Outdoor Equipment:** The school management has plans underway to invest in some new outdoor equipment for the school, and we look forward to being able to use the funds we have raised to benefit the children and their classes.

## Getting involved:

Thank you to those who help so willingly with the PSFA events and who have given up their time and energy to help this term! We would love to hear from more parents who might now consider getting involved. We were short-staffed running the fayre this year – especially on the refreshments, tombola and craft stalls. We do need more volunteers to come forward to help, so that future PSFA events will be able to go ahead. We are also looking for more volunteers to join our committee, to help in a range of ways, and we would love to hear from you, so please do get in touch: [queenemmapsfa@gmail.com](mailto:queenemmapsfa@gmail.com)

## Festive Fundraising:

During this festive season, remember some easy ways to raise funds for the school, whilst doing your shopping:

**Easyfundraising:** (we have raised £131.32 this term via Easyfundraising):

Nearly 3,000 retailers, including Amazon, John Lewis, Aviva, thetrainline, Sainsbury's, Ebay and many more, will donate a percentage of the amount you spend to Queen Emma PSFA to say thank you for shopping with them.

You simply have to set up **Easyfundraising** on each device you may shop from:

1. Go to <http://www.easyfundraising.org.uk/causes/queenemmaps>
2. Sign up for free and make use of it whenever you shop online!


**Amazon Smile:** (we have raised £61.40 this term via Amazon Smile)

Amazon will donate 0.5% of the net price of any online purchases made via Amazon Smile to Queen Emma PSFA.

1. Simply follow this link: <https://smile.amazon.co.uk/ch/1169366-0>
2. Choose Queen Emma in the top left-hand corner on the website or in settings on the app
3. Use Amazon Smile every time you shop on Amazon!

We send you all our very best wishes for a safe and happy festive season. With many thanks indeed, the PSFA



Attendance Matters	
	<b>89% and below</b> <b>Drastic effect on academic achievement</b>
	<b>95% to 90% attendance</b> <b>Cause for concern</b>
	<b>100% to 96% attendance</b> <b>Excellent</b>

## Autumn Term Attendance

Hedgehog Class	92.9%	Toucan Class	96.2%
Owl Class	91.8%	Falcon Class	95.8%
Dolphin Class	95.1%	Kestrel Class	95.8%
Seahorse Class	91.1%	Giraffe Class	94.6%
Penguin Class	95.3%	Zebra Class	95.1%
Polar Bear Class	93.3%	Jaguar Class	95.2%
Macaw Class	95.6%	Panther Class	91.6%

Whole School Average for Autumn Term = 94.3%



# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

## 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  
CRIMINAL

### 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 1.3 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 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 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



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