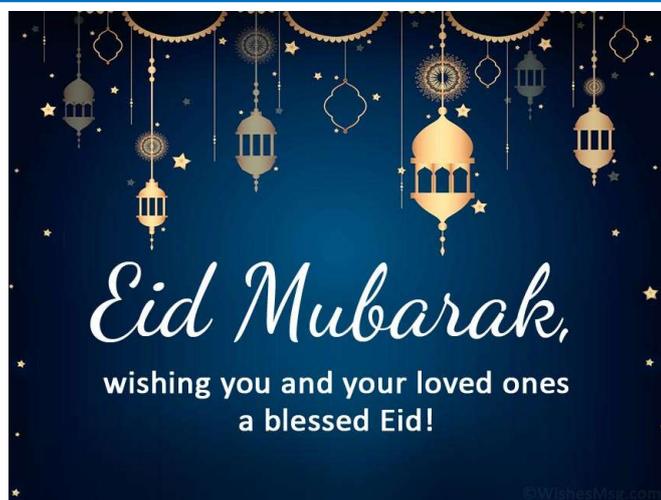




www.gosforthpark.newcastle.sch.uk

May 14th 2021 Issue 4 Summer Term 1



We hope you have enjoyed Eid celebrations this week with family and friends. We would like to say Eid Mubarak from our Gosforth Park family.

Nursery News

We still have a few places available for Nursery in September, if you know anyone who may be interested please encourage them to contact the office and/or submit an application.

Mrs Carrick

Online Safety

Over the next few weeks Miss Coughlan, Computing Lead, will be adding some information for parents about the latest APPS and games and how to stay safe online. See below for this week's which is ...

What parents and carers need to know about TikTok

Parking

Please remember to park considerately in front of school and on the surrounding streets.

End of day pick up

If childcare arrangements have changed and your child is going to be collected by someone else at the end of the day, please remember to let the office know who will then pass on any messages to class teachers.

Thank you

Playtime snacks reminder

Children up to year 2 are offered a free fruit or vegetable snack daily at morning break or you may wish to provide your child with their own preferred fruit or vegetable choice. Key Stage 2 children are also permitted to bring in their own fruit or vegetable snack. Please remember that any form of packaged bar or snack such as oat bars, breakfast bars etc. do not constitute as a fruit or veg snack and so should not be brought in to school for morning break. There is a wealth of fruit and vegetable choice out there that you can choose from and children are able to bring in small pots of pre-prepared fruit or veg too. Pre-peeled or cut finger sized fruit or veg is often more appealing. A good tip to stop them drying out is to wet a piece of kitchen towel and place it on top. Dried fruit and tinned fruit (placed into a pot as finger food) are also an option but as we come in to Summer and then Autumn, the best quality and tastiest fresh fruit and veg are going to be available.

Mrs Wells



Are you needing some inspiration or new ideas for providing a healthy, balanced diet? Tesco have a Real Food website which has a whole host of ideas and recipes and they have teamed up with Jamie Oliver to promote healthy eating. There are videos with tips and tricks for eating more veg and for healthy meals including school lunch. There are cooking videos to choose from and 6 collections of recipes to help you in the kitchen which include budget friendly, quick, easy to make, midweek suppers, family favourites and time for a treat recipes. At the bottom of the page you can access a printable fruit and veg tracker to help encourage your children to eat their 5-a-day. This section can be found on the website using the following link:

<https://realfood.tesco.com/jamie-oliver.html>

Mrs Wells

PRELOVED UNIFORM INFORMATION AND PRICES

Uniform can be purchased via text followed by a covid safe collection from 6 Burnside Road. Text Kate on 07947846974.

Prices subject to available stock: Jumpers £2.50, Cardigans £2.50, Polos £1.50, Summer Dresses £1.50, Pinafores £1.50 - Skirts, trousers, shorts, PE tshirts, PE shorts sold for 50p.

Kate has a huge amount of school PE shorts for 50p sizes 18/20, 22/24 or 24/26.

Unwanted uniform can be dropped at the door of 6 Burnside Road. No need to knock. However please note, marked red items are unable to be sold. Due to Covid all items should be clean before drop off.

Thanks

Kate Watkins



Yellow class are still our Mathletes of the week, but well done to Blue and Orange class, you've also been working very hard! Sahib Singh Dhaliwal, Kunal Arora and Eden Coulter have been putting in lots of effort with Mathletics this week, we are all very proud of you!



Jemima Bond, Elizabeth Muldoon-Smith, Isabel Gent are still our Rock Legends! David Taylor and Millie Anderson are getting very close though, well done everyone!

Ms Gasper



Alice Phillips in Reception Miss Coughlan - well done. And super engagement and reading across both Reception classes, keep it up!

Think COVID first

If you or your child are unwell and have any of the following symptoms please do not send them to school. Think COVID first and book a test.

- A new or continuous cough
- A high temperature
- A change or loss in taste or smell





TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips for Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media stardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES: