ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



WEEKLY NEWSLETTER

FRIDAY 16TH NOVEMBER 2026

COATS...

As the weather is getting colder, please ensure that children come to school each day with a warm, waterproof coat. We aim to get children outside for fresh air and exercise during break and lunchtimes whenever possible, and it is important that they are dressed appropriately for the changing weather. Even on colder or drizzly days, we want children to enjoy their time outdoors comfortably. Please make sure your child brings their coat to school every day.

UNIFORM...

A gentle reminder that all children are expected to wear full school uniform every day. This consists of a navy jumper, white shirt or polo shirt, grey or black trousers or skirt, and black school shoes. PE kits, including PE hoodies and trainers, should only be worn on designated PE days and children should return to their normal school uniform on all other days. Wearing our school uniform helps promote a sense of pride, belonging and togetherness within our St James' community. Thank you for your support in ensuring that children come to school dressed appropriately each day.

YEAR 5 VIKINGS TRIP...

During the week beginning Monday 16th November, our Year 5 children will be visiting Derby Museum to learn more about the Vikings. The visit will provide an exciting opportunity for children to bring their History learning to life, explore historical artefacts and discover more about Viking life, culture and achievements. This links directly to our History topic on the Vikings this half-term and will help deepen their knowledge and understanding of this fascinating period in history. We are looking forward to an exciting and enjoyable learning experience!

AFTER SCHOOL CLUBS...

A reminder that we offer a range of exciting after-school clubs, with new clubs and activities available each half-term. All places must be booked in advance through Arbor. If your child attended a club last half-term, please remember that you must still book their place again for the new half-term. Places are not automatically carried over.
With the darker evenings now upon us, children are not permitted to walk home independently after after-school clubs. All children must be collected by an adult at 4.00pm. Please ensure you arrive promptly to collect your child, as it is important that no children are left waiting after the club has finished.

Golden Book AWARDS

Our theme for the Golden Book this week has been 'Someone who has shown a positive attitude.'

The children in the Golden Book this week are:

3B	Courtney
3R	Joy
3/4MS	Subhan
4A	Amelia
4B	Saif
5F	Hajrah
5H	Aahil
5/6K	Caitlin
6FB	Oretha
6Q	Farhan

Well done to all this week's winners.

HEADTEACHER'S AWARD

'You have planted them, they have taken root, watch them grow and bear fruit.' - Jeremiah 12:2

Mr. Walls

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 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-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.

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-16s (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-16s 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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