



MESSAGE FROM MRS LAWRENCE

Dear Parents and Carers,

I hope you have had a good week and that you are looking forward to the weekend ahead. I want to draw your attention this week to the amazing offers available from the Bromley Children’s Project who offer support and advice to families who may be experiencing challenges with school attendance, anxiety, behaviour, refusal to follow instruction, parent disputes and many other things.

Mrs Sargeant is an expert in the support and advice BCP can provide and is happy to talk this through with anyone who may feel that they need support at home which may fall out of the boundaries of school support.

Below is a link to a parent handbook which outlines and details the available webinars, resources and workshops which parents can access.

https://issuu.com/bromleychildrenproject/docs/myname_5c13fd502a4ece?fr=xKAE9_zU1NQ

We have had real success with BCP in the past and many of our families have felt very supported through using their expertise.

We have had a number of concerns recently around children’s exposure to content which is not age appropriate. This includes TV programmes, online content and apps as well as varying substances. If you need advice around any of the categories listed above, please contact one of the safeguarding team for more information on how we can offer support - remember, children are more aware of their environments than sometimes we realise.

Have a wonderful weekend,

Mrs Lawrence

Headteacher and Safeguarding Lead

Stars of the Week

- Caterpillar - Oakley C
- Tiger - Tommy W
- Elmer - Whole Class
- Chameleon - Bella A
- Crayon - Thomas C
- Charlie Cook - Caleb R
- Sofia Valdez - Ivy G
- Gregory Cool - Harry M
- Chaya - Miller G
- Ebenezer Tweezer - Max M
- Pevensie - Emmy R
- Gelifen - Regan M
- Fred - Poppy L-S
- Skellig - Daniella G
- Aspire - Molly L

Congratulations!

*Weekly Whole School
Attendance 95%*

Weekly Class Attendance

Excellent attendance 'gold'
98-100%

Crayon - 98.3%

Good attendance 'Green'
96-97.9%

Chameleon - 97.5%
Gregory Cool - 97.5%
Sofia Valdez - 97.4%

Gelifen - 96.4%

Well Done!

House Points

Holmes
Attenborough
Hawking
Rowling

Spring is coming...

Although spring is on the way please remember that coming to and from school can still be very dull and dark. Please ensure that your children can be seen clearly and that they are not riding scooters etc across roads or onto the school site beyond the white line.

DIARY DATES

Keep a note!

22nd January - 6SK Class Assembly - 9.00am KS2 hall

29th January - 5P Class Assembly - 9.00am KS2 hall

3rd February - Special Recognition Award assembly - invite only

5th February - 4C Class Assembly - 9.00am KS2 hall

7th February - Maths/NSPCC Number Day

11th February - Safer Internet Day

11th February - Parent Conferences (pm)

12th February - 3G Class Assembly - 9.00am KS2 hall

13th February - Parent Conferences (pm)

5th March - 2C Class Assembly 9am KS1 Hall

12th March - 1E Class Assembly 9am KS1 Hall

19th March - 2CT Class Assembly 9am KS1 Hall

Wake up Wednesdays....

Wake up Wednesdays is an initiative from the National College which shares information following 3 core topics of Mental Health & Wellbeing, Online Safety and Climate Change & Sustainability. This week I have attached the information about using TikTok and how to keep your children safe. We will attach a new Wake up Wednesday to each safeguarding update, however should you wish to access these for yourself, you can create a free account through the National College by clicking:

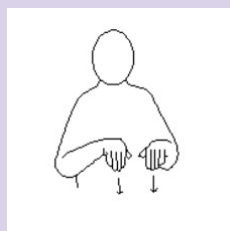
<https://nationalcollege.com/library?sortBy=newest&phase=2&types%5B0%5D=App%5CModels%5CResource&amount=24&selectedView=grid>

Reporting Safeguarding Concens

If you are concerned about the safety of a child you can either report to Bromley MASH on 0208 461 7373 or to the safeguarding team at school via safeguarding@bigginhillps.com

MAKATON

Sign of the Week



Shop

*Mrs Fearon,
SENCo*

LANGUAGE OF THE MONTH

Lithuanian

Hello: Sveiki

Goodbye: Viso gero

Thank you: Ačiū

Weekly Lunch Menus

We will continue sending out weekly menus each Friday afternoon as we feel this is working well for families and keeps this fresh in your inbox!



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PRIMARY SCHOOL

HAVE A FANTASTIC WEEKEND
<https://www.bigginhillprimary.com/>



BIGGIN HILL
PRIMARY SCHOOL

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

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>