



Cedars Park Primary School

School Bulletin

Friday 17th January 2025

Notable Dates

Mon 20th Jan at 4:30—5:30pm—Years 3 and 4 PTA Disco

Tue 21st Jan at 1pm—Visit from Owl Sanctuary for Year 6

Thur 23rd Jan—Year 1 trip to Hollytrees Museum

Mon 27th Jan at 6-7pm—Multiplication Tables Check (MTC) Information Evening for Year 4 Parents

Mon 3rd Feb-Fri 7th Feb—Book Fair in School

Mon 3rd Feb—Year 5 Chocolate Workshop

Tue 4th Feb—Year 4 Trip to West Stow Anglo Saxon Village

Wed 5th Feb at 3:30-6pm—Parents' Consultation Evening

Thur 6th Feb at 4:30-7pm—Parents' Consultation Evening

Wed 12th Feb—Year 3 Stone Age Day—visit from Portals to the Past

Mon 3rd Mar at 8:30am—PTA Uniform Drop Off

Mon 10th Mar-Fri 14th Mar—Science Week (Details will follow)

Fri 21st Mar—Non-uniform day in return for donation towards PTA's Easter Chocolate Bingo

Thur 27th Mar at 2:30pm—Year 2 Sharing Assembly

Thur 3rd Apr at 2:30pm—Year 1 Sharing Assembly

Mon 7th-Mon 21st Apr—Easter Holidays

Tue 22nd Apr—Children return to school for Summer term

Lunch Menu w/c 20th January

Monday
Margarita, Pizza or Sweet & Sour Quorn with Rice

Tuesday
Pasta, Bolognese or Garlic and Herb Sloppy Joe

Wednesday
Roast Gammon or Roast Vegetable Tart

Thursday
Toad in the Hole or Vegetarian Toad in the Hole

Friday
Chicken Dippers or Lentil Moussaka

Jacket Potatoes available daily

SENDIASS Sessions for Parents and Carers

Booking is open for an online session for families, hosted by SENDIASS (Special Educational Needs and Disability Information Advice and Support Service), where specialist teachers from the Communication and Interaction service will explore how comic strip drawing can be used to help children/young people develop social understanding.

Comic Strip Awareness

29th January 2025 (10am—11am)

Register for Session

Helpline: 01473 265210

Email: enquiries@suffolksendiass.co.uk

Text: ADVICE4ME to 87007

Web: www.suffolksendiass.co.uk



PTA Discos

A reminder that the much-loved PTA discos are taking place—with the final one on:

Monday 20th January at 4:30—5:30pm: Year 3 and Year 4

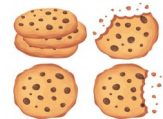
Please note that after today, no further payments for tickets can be taken. This means that unless you have paid and consented by 4pm today, your child will not be able to attend the disco. (This is to ensure that the PTA has the time they need to ensure the safe provision and care of all of our children, particularly with regards to medical needs). Thank you for your support with this.

And thank you to the PTA for organising such enjoyable experiences for our children!



Class Cookies

Well done to **Robins Class in Year 1** and **Nut-hatches in Year 5** for having the highest attendance this week—100%!



Cedars Stars



Well done to this week's Cedars Stars!



Reception Finnley N Erin P	Year 1 Isabelle M Max B	Year 2 Bobby L Freyia D
Year 3 Skye L Henry B-J	Year 4 Harry H Charley Z	Year 5 Thomas M Ava G
	Year 6 Nevaeh E Lucy H-C	

Due to Rockstars Day, this week's Stars will be announced in next week's Celebration Assembly—it would be great if this could remain a surprise until then!

Attendance

This week's attendance was as follows:

Reception: 95.3%

Year 1: 97.5%

Year 2: 98.9%

Year 3: 96.4%

Year 4: 99.4%

Year 5: 96.8%

Year 6: 96.4%

Well done to Year 4 for having the highest attendance!



What Parents & Educators Need to Know about TIKTOK



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-16s (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.



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