

# Parent Bulletin



24<sup>th</sup> January 2025

Welcome to this week's Parent Bulletin!

This week, our students had the profound experience of hearing from a Holocaust survivor and reflecting on their moving stories. We believe this was an invaluable opportunity for our students to gain a deeper understanding and empathy.

Last night, our Live Well Trafalgar event was well attended, offering valuable insights and support for our community's well-being.

We are incredibly proud of our students for completing the 1000 Miles for Kaitlyn challenge to support a member of our school community in receiving life-changing treatment. Their dedication and resilience is truly inspiring.

Inside, you'll find details about a parent survey for the Naval Families Federation. Your input is greatly appreciated.

We've also included safeguarding advice on TikTok, especially in light of its recent news coverage in America. The document offers practical tips on privacy settings, online behaviour, and recognising potential risks. Please review it and discuss it with your child.

Stay safe and take care,

**Team Trafalgar**

## Students hear from Holocaust Survivor

Ahead of Holocaust memorial Day on the 27<sup>th</sup> January, the students had an opportunity to hear from a Holocaust survivor this week. A heartfelt thank you to all students and staff for your respectful behavior during Mala Tribich MBE's talk.

Her moving testimony about her survival during the Holocaust was profoundly impactful.

These testimonies are essential for us to bear witness to history, especially as we lose more survivors over time.



### Key Dates

**Tuesday 28<sup>th</sup> January** - Dance Live!

**Wednesday 5<sup>th</sup> February** - PD Day 2

**Thursday 13<sup>th</sup> February** - Year 8 Parents' Evening (virtual)

**Monday 17<sup>th</sup> - Friday 21<sup>st</sup> February** - Half Term

**Monday 24<sup>th</sup> February** - Students back in school

**Spring 2025**

### Uniform & Equipment

Please ensure your children have the correct uniform & equipment with them each day. If you require any support, contact your child's form tutor. Please ensure students have a bag. You can find full details of what they need [here](#).



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# Salterns Academy Trust renews Cyber Essentials accreditation

The IT team at Salterns Academy Trust have successfully renewed our Cyber Essentials accreditation for the 2nd year!

The Cyber Essentials scheme is nationally recognised and supported by the NCSC (National Cyber Security Centre) This is one part of our commitment to keeping staff and students safe in and out of school in our digital world!

For more information please visit [What we do - NCSC.GOV.UK](https://www.ncsc.gov.uk/what-we-do)



## Trafalgar completes 1000 miles for Kaitlyn!



Today during periods 5 and 6, our students participated in the 1000 Miles for Kaitlyn event. It was a truly inspiring experience, showcasing the resilience and unity of our community.

Our students demonstrated unwavering strength and solidarity with Kaitlyn, who faces the challenges of living with epilepsy every day.

The event was a significant opportunity for us to come together and support this great cause. We extend our heartfelt thanks to all students, staff, and parents for their encouragement and support, which made the event meaningful and memorable for everyone involved.

## Supporting All to Thrive - Naval Families Federation survey

We kindly request your support in participating in a research project by Oxford Brooks University. The survey is open to all serving and non-serving families with at least one child with additional needs. The Royal Navy is under-represented in this survey currently and the Naval Families Federation are keen for naval families views to be heard.

Please take a moment to [complete the survey here](https://nff.org.uk/your-say/) or visit their website at <https://nff.org.uk/your-say/>.

The survey will close at the end of the month.



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# 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-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.



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

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