

Information Bulletin for Parents and Carers Friday 25 November



**St. Wilfrid's
R.C. College**

Excellence through Faith, Learning and Support

Faith:

Opening of our new school chapel and the St John Henry Newman block

On Thursday this week we welcomed Bishop Seamus into school to open our new school chapel and the St John Henry Newman block. This was a lovely celebration and we are very grateful to Bishop Seamus for his time.



Advent

In the four weeks leading up to Christmas, we await in hope the arrival of Jesus. The theme for our assemblies next week is HOPE and this week reminds us that Jesus is coming.

School Prayer

Students received their school prayer card on Monday; please ask them to show it to you and discuss the words and their meaning with them. They should keep the prayer card in their blazer pocket as they will use it daily.

Lord, you have given us incredible gifts,
talents and potential.
Guide us to always be the best versions of ourselves,
so that we make our world a better place.
Encourage us to celebrate our faith joyfully.
Inspire us to learn with gratitude and humour.
Help us to accept, respect and support each other.
May we take responsibility for our words and actions
and forgive the mistakes of others.
Bless each member of our school community.
Amen.

Learning:

Students of the Week

This week, our amazing winners are:

Headteacher's Award: Grace Elliott 9B2

Tutor Group of the Week: 9B2

Aidan: Caleb Sherriff 8A2 and Jannah Uddin 9A2

Bede: Jose Figuiera 8B1 and Oliver McCaffrey 7B2

Cuthbert: Isla Harkness 8C2 and Gray Weafer-Everett 11C1

Hilda: Lily Manuel 9H1 and Nadine Bartley 11H1

Margaret Clitherow: Menesa Miah 7MC1 and Darcie Defty 10MC1

Congratulations - we're all very proud of you.

Personal Development: Values Day - Monday 21 November

Well done to all of our tutor groups for your hard work on Monday - all students worked with their tutors to learn about British and Gospel values, character development and the protected characteristics. All tutor groups redesigned their notice boards to ensure that they reflect their tutor group values.



Year 11

Next week we will be discussing 'marginal gains' with our Year 11 students and how they can use feedback from their mock examinations to recognise small improvements they can make which accumulate to significant progress. We would also like our students to have their say on how they would like to be supported to implement these small improvements. All students have a survey on their year group Google Classroom to complete, by Wednesday 30th November, to ensure their voice is heard. All students who complete the survey will also receive a credit towards their 'Passport to Prom'.

Support:

Health and Wellbeing Photography Challenge



CALLING ALL YOUNG PHOTOGRAPHERS IN SOUTH TYNESIDE

To celebrate our 'Health and Well-being' campaign we are launching a photography challenge in South Tyneside for 11 – 18 years.

We are looking for budding photographers to capture photos of our borough's active spaces. This could be surfing, canoeing, paddle boarding, skateboarding or it could simply be a scenic shot of a sports activity in South Tyneside. The winning entry will feature as part of the 'Visit South Tyneside 2023' tourism campaign to promote the Borough.

The winner will receive:

- A year's get active pass for use at leisure facilities
- A cinema voucher for four people
- A meal voucher for Colmans worth £50

Submit entries to participation@southtyneside.gov.uk
Closing date: 12 noon, Thursday 1 January 2023
Find out more at www.southtyneside.gov.uk

South Tyneside Council



Northumbria Police: Keeping Children Safe Online - Reducing their Exposure to Violent and Pornographic Content

Please read the following that Northumbria Police has asked us to share with all parents/carers.



Exposure to online pornography and violent material from a young age can lead a child to seek out more extreme content, including images of children who are being sexually abused. Police nationally are seeing a rise in this activity.

This year, Northumbria Police have investigated 66 teenagers for possessing and sharing images of children who were being sexually abused. Some of these teenagers said they had been

exposed to online pornography and violent material when they were very young.

We would like your help in minimising children's exposure to this kind of material.

To do this, you can find out more by visiting the following websites:

[Using parental controls to keep your child safe online](#)

[Online pornography: how to keep your child safe](#)

[Talking to your child about online porn](#)

If your child has already been exposed to content such as online pornography, the following weblink is useful:

[Advice: If a child has already been exposed to inappropriate content](#)

If you have come across material online such as indecent images of children, this weblink describes what you can do to report it:

[Dealing with inappropriate content: Internet Matters](#)

If you find sexual images of children stored on a device, do not delete them and make a report to the police by calling 999 if you believe a child is in immediate danger. Alternatively, dial 101 or use our online reporting form:

[Report An Incident: Online Service: Northumbria Police](#)

Following on from our two parents' events recently we will be sharing guidance on further online safety strategies. This week we start with TIK TOK

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-18 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.

18

CENSORED

DAINGEROUS 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-18s (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 £3.99 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-18s 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.



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Key dates / upcoming events

**St Wilfrid's
RC College**

Christmas Concert

Join us for an evening of sacred and secular music in celebration of Christmas. Featuring the St Wilfrid's Orchestra, Junior Choir, Senior Choir and talented soloists.

**TUESDAY 13TH DECEMBER
6 PM
NICHOLS HALL**

**TICKETS AVAILABLE AT RECEPTION FREE
OF CHARGE.
DONATIONS FOR THE UKRAINE
CHILDREN'S CHRISTMAS APPEAL
WELCOMED.**

Sixth Form

It was lovely to welcome so many of our Year 11 students to our Sixth Form open evening last night.

To apply to join our Sixth Form in September 2023, please complete the online application form:
[Applying for Sixth Form - St. Wilfrid's R.C. College \(st-wilfrids.org\)](https://st-wilfrids.org/apply)