



# The Grange School, Daventry

## Newsletter

Issue 19

January  
20th 2023



**Keep The Date 29/06/2023**



We are delighted to announce, after three years of not being able to hold our annual Summer Show, we are back at the Deco Theatre in Northampton. The Summer Show will take place on Thursday 29 June. Further details will be released closer to the time.

The following club's will be performing at the show:

- Majorettes
- Key Stage 1 Choir
- Recorders
- Performance Poetry
- Musical Theatre
- Key Stage 1 Dance
- Drama
- Key Stage 2 Choir
- Key Stage 2 Dance

This is an great opportunity for our children to showcase their amazing performances, stemming from hard work and dedication.



**DREAM**

**BELIEVE**

**ACHIEVE**

# STRIKE ACTION INFORMATION

Dear parents and carers,

As you are aware, teachers have the right to take strike action, should they deem it appropriate. The teaching unions recently balloted their members. We have been advised that, nationally, members of some teaching unions may engage in strike action between now and Easter. Strikes may take place on the following dates:

February 1st 2023

March 1st 2023

March 15th 2023

March 16th 2023

The regulations around strike action are very stringent and any teachers that choose to strike do not have to inform me in advance. However, I do have the right to ask them if they intend to take strike action, so that I can make alternative plans.

Yesterday, I asked the staff of their intentions so that I can give you as much notice as possible of any closures that will have to take place. At this point in time, teachers are unable to inform me of their intentions. I will continue to ask them of their intentions and I will do all I can to give you as much notice as possible.

In the meantime, I would advise that you make provisional alternative arrangements for the above dates in case I have to close any classes. I will do all I can to ensure that the children suffer minimum disruption, whilst also respecting the rights of teachers to make their voices heard.

Your continuing support is very much appreciated.

Vicki

Vicki M M Masters  
Head Teacher

**PARENT AND CARER**

**Wednesday 25th January**

# Coffee morning

**9am**

**At The Grange School**

**Please come and join us for a coffee, meet other parents, ask advice and see a friendly face**



**THE GRANGE SCHOOL**  
DAVENTRY, NORTHAMPTONSHIRE

## **Northamptonshire Information, Advice, and Support Service for SEND (IASS)**

### **Year 5 Seminars 2022-23**

Supporting the positive transfer from primary school to secondary school for children with special educational needs and/or disabilities (SEND). This seminar is for you if you're a parent or carer of a child in Year 5 who either has an EHC Plan or receives SEN Support at school.

#### **Dates & Locations:**

- Corn Market Hall, Kettering - Thu, 19 Jan 2023 (6pm-8pm)
- Castle Theatre, Wellingborough - Tue, 14 Mar 2023 (10am-12noon)
- NMPAT, Northampton - Thu, 26 Jan 2023 (12:30pm-2.30pm)
- Daventry Town FC - Wed, 15 Mar 2023 (6pm-8pm)

To book, visit <http://ow.ly/9l2M50KPr20>



# Uniforms

Can we remind all parents and guardians to clearly label their children's uniforms please. Below is a copy of our Uniform Policy which can also be found on our website. We expect all children to adhere to the Uniform Policy at all times. We appreciate this may be a struggle financially at times. Should you need help with uniforms please contact Mrs Hennessy on [mrs.hennessy@thegrangeschooldaventry.net](mailto:mrs.hennessy@thegrangeschooldaventry.net)

## Uniform Policy

We ask parents who send their children to our school to support the school uniform policy. It is the responsibility of parents to ensure that their child has the correct uniform and that it is clean and in good repair. It is parents responsibility to ensure that all items of school uniform are clearly named.

The Grange School Uniform policy is set out below.

Children can wear:

- Dark grey or black school trousers
- White polo shirt
- School sweatshirt
- Black or grey socks
- Black shoes (plain, black trainer-type shoes are fine, but should not be any other colour or contain coloured designs)

In addition to the above, children may wear the following during the summer months:

- Dark grey/black shorts (not sports shorts)
- Navy blue cap
- Dark grey/black knee length skirt or pinafore dress
- Dark grey/black ankle length trousers or black leggings
- White polo shirt
- School sweatshirt
- Black, grey or navy tights
- White socks
- Black low heeled shoes (plain, black trainer-type shoes are fine, but should not be any other colour or contain coloured designs)

In addition to the above, children may wear the following during the summer months:

- Blue and white gingham or striped school dress
- Navy blue cap

Physical Education (PE)

- Plain black/dark blue shorts
- White school PE T-shirt or plain white T-shirt all in a named PE bag please



# Pre-loved Uniforms



## Reminder!!

We have our pre-loved uniform Swap-Shop where you can;

- Swap any uniform (in a good clean condition) for a different size.
- Purchase additional pre-loved uniforms from 0.50p - £1.00

Please contact Mrs Hennessy if you wish to visit the Swap/Shop ( [mrs.hennessy@thegrangeschooldaventry.net](mailto:mrs.hennessy@thegrangeschooldaventry.net) )



## Additional Support Available

We really encourage you to view this link available to our families who are on a low wage. We have taken the following directly from the website. Families/individuals can apply for themselves as they will need to show proof of their last 2 wage slips etc. This is in addition to the Household Support Fund Food Vouchers. Please follow on the link below for further information.

<https://www.westnorthants.gov.uk/claiming-benefits/household-support-fund>

## Working on a low wage

You may be able to apply for support if:

- you're in work
- you earn less than £400 a week net (after tax, including any government benefits)  
and
- you did not receive the Cost of Living Payment of £650 (paid in 2 lump sums of £326 and £324)

If your application is successful, you will receive an initial £125 payment, followed by another £125 payment automatically 60 days later.



# Calendar Dates Term 3



|   |   |
|---|---|
| <p><b><u>Tuesday 24/1/23</u></b><br/>Year 6 Holdenby House Visit.</p>   | <p><b><u>Wednesday 8/2/2023</u></b><br/>-Year 3. Rugby Museum trip, Group 2</p>   |
| <p><b><u>Thursday 26/1/23</u></b><br/>Year 5 Hawthorn Swimming.</p>   | <p><b><u>Thursday 9/2/2023</u></b><br/>-Year 3. Rugby Museum trip, Group 3<br/>-Year 5 Hawthorn Swimming.<br/>-Whole School Open Morning 9.15am - 10.30am</p> |
| <p><b><u>Thursday 26/1/23</u></b><br/>Year 5-6 Athletics Competition at the Leisure Centre.<br/>Invitation Only</p> | <p><b><u>Friday 10/2/2023</u></b><br/>-Year 3. Rugby Museum trip, Group 4<br/>-Last day of term 3<br/>-School finishes at 3.15pm</p>                          |
| <p><b><u>Thursday 2/2/2023</u></b><br/>Year 5 Hawthorn Swimming.</p>  | <p><b><u>Monday 20/02/2023</u></b><br/>Training day - No children in school</p>   |
| <p><b><u>Tuesday 7/2/2023</u></b><br/>-Year 3. Rugby Museum trip, Group 1</p>                                       | <p><b><u>Tuesday 21/02/2023</u></b><br/>Term 4 Starts - Children back to school<br/>Please arrive at 8.40am for a prompt start at 8.50am.</p>                 |

# Attendance News....

Monday 9th - Friday 13th January 2023

| Class        | Weekly %     |
|--------------|--------------|
| Ash          | 95.0%        |
| Oak          | 90.8%        |
| Lime         | 95.4%        |
| <b>Birch</b> | <b>99.7%</b> |
| Palm         | 96.3%        |
| Willow       | 93.3%        |
| Yew          | 98.1%        |
| Maple        | 95.5%        |
| Poplar       | 97.2%        |
| Acer         | 92.8%        |
| Bonsai       | 93.6%        |
| Hawthorn     | 96.4%        |
| Sequoia      | 98.0%        |
| Sycamore     | 99.3%        |

## **Getting Better!**

*Our whole school target is-96.0%. Last week our whole school attendance was- 95.9%  
Getting better! Well Done!*

**Well done Birch class who got the highest weekly attendance-99.7%**

**100%**

**Celebrate**

Well done to all **361 children** who had 100% attendance last week!

Do you know your child's attendance?

Please contact Mrs Best if you would like to discuss your child's attendance further.

# Term Dates 2023/2024

## The Grange School Academic Year 2023-2024

|        |              |                         |
|--------|--------------|-------------------------|
| Term 1 | Training Day | Monday 4th September    |
|        | Term Starts  | Tuesday 5th September   |
|        | Term Ends    | Friday 20th October     |
| Term 2 | Training Day | Monday 30th October     |
|        | Term Starts  | Tuesday 31st October    |
|        | Term Ends    | Wednesday 20th December |
| Term 3 | Training Day | Thursday 4th January    |
|        | Training Day | Friday 5th January      |
|        | Term Starts  | Monday 8th January      |
| Term 4 | Term Ends    | Friday 16th February    |
|        | Term Starts  | Monday 26th February    |
|        | Term Ends    | Thursday 28th March     |
| Term 5 | Term Starts  | Monday 15th April       |
|        | Term Ends    | Friday 24th May         |
| Term 6 | Training Day | Monday 3rd June         |
|        | Term Starts  | Tuesday 4th June        |
|        | Term Ends    | Tuesday 23rd July       |

\*\*Please note TRAINING DAYS may vary to other schools.

## Parents In Class





# Eat Them To Defeat Them!

We have signed up to “EAT THEM TO DEFEAT THEM”, the award winning campaign which starts next month. The Campaign will have a massive TV advertising during February half term. Please take a moment to read the below information.

Check out the Simply Veg website- Its packed full of great ideas to help serve affordable food.  
<https://www.simplyveg.org.uk/>



## WHAT IS EAT THEM TO DEFEAT THEM?

Eat Them to Defeat Them is the award-winning campaign to get kids eating more vegetables. 80% of kids don't eat enough vegetables. If you are worried about your child's mood, behaviour and learning, a good place to start is their diet.

Eat Them to Defeat Them was created by Veg Power and ITV as a fun way to encourage kids to eat more veg. There is a massive TV advertising campaign, activities in thousands of schools, and our websites full of tips, hacks, advice and fun to help you succeed.

Over 1 million children took part last year. More than half of their parents say the kids ate more vegetables as a result. Even 35% of parents with fussy eaters, who eat next to no vegetables, said their kids ate more vegetables thanks to Eat Them to Defeat Them – it could work for you!



Here's four simple things you can do to prepare to make the most of Eat Them to Defeat Them 2023:

**1**

### CHECK OUT SIMPLY VEG

Go to our other website [simplyveg.org.uk](https://www.simplyveg.org.uk) – it's full of simple and affordable hacks, tips, and expert advice to help parents and carers to get their kids eating more veg. Read up and be ready!

**2**

### BE IN THE KNOW

Register for the Simply Veg email to keep those tips coming and to be the first to know when we release Eat Them to Defeat Them 2023.

**3**

### SCHOOL?

Find out if your school is taking part. If not, send them our way. They need to register by mid-January. It's 100% free.

**4**

### PREPARE FOR VICTORY!

If your school can't take part then head back here in February half-term as we'll have tips, hacks, games, downloads a huge competition and lots of family fun!

THE GRANGE SCHOOL  
DAVENTRY, NORTHAMPTONSHIRE

# Wiggle on Wednesdays

*Adult wiggling is optional!*

Parent & Toddler Play Group

13:30 - 14:30 every Wednesday

Free Admission



MAKE SOME **NEW**  
FRIENDS

START  
SOMETHING  
NEW

LEARN A MUSICAL INSTRUMENT

FOR FREE

HAVE FUN

## Upbeat Brass



New learners  
group starting  
12th January 2023  
at 6.30pm

Ideal for KS2 and KS3  
Parents can learn too.

You can come along if you are  
just curious or if you have  
already started to play.

Sessions last for 45 minutes. Term time only.

Contact Allison on:  
daventrybrass@gmail.com  
or 07788 616826

Daventry Brass  
The Band Hall  
Daneholme Close  
Daventry  
NN11 0PN

[www.daventrybrass.co.uk](http://www.daventrybrass.co.uk)

Supported by:



BBE BRASS  
FOUNDATIONS







PROVIDING FUN FILLED HOLIDAY ACTIVITIES FOR  
CHILDREN AGES 4 - 12



BOOK NOW  
[www.kidzzoneclub.com](http://www.kidzzoneclub.com)

# Half Term Multi-Activity Holiday Club

**Mon 13 - Fri 17 February 2023**  
**The Grange School, Daventry**

Over 20  
activities!

Enrichment Activities  
Laser tag - Zorbs - Scooters - Den Building - Disco  
A different one each day

Limited  
Spaces!

Our Ofsted registered Multi-Activity holiday clubs held at **The Grange School, Daventry** is open from **Mon 13 - Fri 17 February 2023**.

The venue has fantastic facilities including; indoor areas, indoor hall, playground, a large field and outdoor exploring areas.

Each full day consists of 4 guided activity hours where children take part in 'Sports Starz' & 'Creative Starz' activities. Accompanied with free play and weekly themed activities, there is something for everyone!

10% EARLY BIRD  
DISCOUNT  
available  
Feb 10  
exp 6.2.2023

## WHAT'S ON THIS FEBRUARY?



Mon 13 Feb  
'Under the Sea'



Tue 14 Feb  
'Superheroes'



Wed 15 Feb  
'The Circus'



**Fri 17th  
Feb  
Spring  
Party**



Thurs 16 Feb  
'Fun in the Future'

### Activities to try...

Den building, Scooters,  
Themed Arts & Crafts,  
Puzzles, Quiz's, Circus  
Skills, Talent Show,  
Nature Explorers  
& more!

### Sports we play...

Running Games, Dodgeball,  
Nerf, Indoor Curling,  
Archery, Ball Games,  
Football, Cricket,  
Outdoor & Adventure  
& more!

### Free Play...

Football, Ball Games,  
Hoops & Skipping,  
Swing Ball,  
Air Hockey, Table  
Football, Ping Pong  
& more!

Childcare  
vouchers/tax  
free childcare  
accepted!

Email : [hello@kidzzoneclub.com](mailto:hello@kidzzoneclub.com)

Phone : 01525 591036

Website: [www.kidzzoneclub.com](http://www.kidzzoneclub.com)





## PRICING & PAYMENT

| Passes                     | Times           | Price per day | Price per week |
|----------------------------|-----------------|---------------|----------------|
| Normal hours               | 9:00am - 4:00pm | £22.50        | £105           |
| Normal hours * early bird* | 8:00am - 4:00pm | £25.50        | £120           |

Book now: [www.kidzzoneclub.com](http://www.kidzzoneclub.com) (10% off listed prices: 'FEB10')

4 year old pass: Children age 4 can attend for 4 hours please contact [hello@kidzzoneclub.com](mailto:hello@kidzzoneclub.com) to arrange this - the 4 hours can be am or pm and the cost is £16.



## Holiday Club Dates and Venues

### VENUES

The Grange School,  
Staverton Road, Daventry  
Northants, NN11 4HW

### DATES

Mon 13 - Fri 17 Feb 2023

### Daily Activities..

Children will take part in 4 different activities each day linked to the daily theme; from the list below:

#### Sports Starz!

- Running Games
- Ball Games
- Nerf Wars / Curling
- Go-Fencing
- Arrows Archery
- Cricket / Rounders
- Tri Golf
- Tennis

#### Outdoor & Adventure

#### Creative Starz!

- Themed puzzles / quiz
- Themed Arts & Crafts
- Nature Explorers
- Circus Skills
- Talent Show

#### Free Play!

A choice of:

- Balls
- Swing ball
- Hoops & Skipping



## Holiday Club Activity Timetable

|                   |   |                  |                            |
|-------------------|---|------------------|----------------------------|
| 8:00am - 8:30am   | Free play                                   | 12:00pm - 1:00pm | Lunchtime & free play      |
| 8:30am - 9:00am   | Indoor games                                |                  |                            |
| 9:00am - 9:30am   | Free play                                   | 1:00pm - 2:00pm  | Creative Starz             |
| 9:30am - 10:30am  | Sports Starz                                | 2:00pm - 2:30pm  | Free play                  |
| 10:30am - 11:00am | Snack time & Free play                      | 2:30pm - 3:30pm  | Sports Starz               |
| 11:00am - 12:00pm | Sports Starz - Outdoor & Adventure activity | 3:30pm - 4:00pm  | Reward time 'presentation' |

## IMPORTANT REMINDERS

- Please book online before your child's first day.
- Packed lunch, snacks and drinks are required. \*\*Please note: all Kidz Zone Clubs are nut-free zones\*\*.
- Please label all clothing and items being brought to the club.
- Please wear suitable clothing and trainers for indoor and outdoor activities: sun hats & sun cream during warmer days, or warm clothing & a waterproof when the weather is cooler or more seasonal.
- We suggest packing spare clothes.
- Sessions that are not attended are still charged unless 10 days notice is given.



# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-53224935>  
<https://proutsocial.com/insights/social-media-algorithms/>



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Online  
Safety®

#WakeUpWednesday



# 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.

18

CENSORED

### 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.



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