



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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17th January 2025

"Be yourself; everyone else is always taken."

Dear Parents/Carers,

What a wonderful week! Learning is in full swing, and positivity remains high. Well done to all the children for their efforts and for making such a wonderful start to the new year!

Thank you so much to all parents who shared their views as part of our Kirkland Rowell Parent Survey, which was distributed last half-term. We are really pleased with the findings, which shone a light on many of our strengths! Here is just a small snapshot of some of the lovely comments we received:



"One thing that really makes Shobnall special is that all staff members appear to know all of the children. I remember my primary school days and there were so many children that not even the teachers knew all of the children never mind lunch time supervisors or headteachers!"

"I love the school and think they do an amazing job, and I currently have no concerns regarding my child and her year group."

"Shobnall is brilliant, the staff I have dealt with are so caring towards the children and work tirelessly to ensure each child's individual needs are met. I can't thank the staff enough."

"I love Shobnall school, my son is very happy. I love that the teachers and staff are all very visible and they all know all of the children."

Once time has been taken to reflect on all the responses, I will provide more detailed feedback. Your views are extremely valuable to us and support our continued development as a school. Thank you once again!

The temperature remains bitterly cold so please note that should we receive substantial snowfall, you will all receive a text message, and the school's social media accounts will also be used to state if the difficult decision to close the school has been made. Please ensure that the school office has up-to-date contact details for you.

We hope that whatever it is you are doing this weekend that you have a restful, relaxing and enjoyable one! As always, we look forward to seeing you again on Monday! Enjoy!





PFA Valentine Disco – Friday 7 February 2025

The PFA are hosting a Valentine themed disco on **Friday 7 February 2025!** The infant disco will be 3.45 – 5.00pm and the junior disco will be 5.15 – 6.30pm. The day itself will be a non-uniform day (the theme being party, or ‘Dress up for Digits’ as this is also NSPCC Number Day) free of charge, so no need for children attending the infant disco to bring a change of clothes.

Please note that Shobnall Stars will remain open on that night but will be in the Year 2 classroom on that evening.

Tickets will be on sale week commencing **Monday 27 January**, every morning and afternoon pick up by the entrance to the key stage 2 playground and will be priced at £4.00, which includes a drink and some sweets. There will be a range of other goodies on sale at the discos so children will need to bring a little extra spending money on the night should they wish to purchase anything on offer. Prices for these optional extras are:

- Can of Pop – 90p
- Water – 50p
- Fruit Shoots – 60p
- Cartons of Pop – 40p
- Walkers Crisps – 60p
- Raiders Crisps – 40p
- Freddos – 25p
- Sweets – 30p / 50p

The PFA can take card payments for tickets, but due to the bank charges, there will be an additional 5p charge for every transaction. We do hope that you are able to support this event!

NSPCC Number Day!

We are delighted to be supporting the NSPCC by taking part in Number Day on **Friday 7 February 2025!** Number Day is a great way to make maths fun and bring about a positive, ‘can-do’ attitude towards it. We are planning to have a fun day of maths activities and will be taking part in ‘What Maths Can You Do With A Packet Of Skittles?’ We are having a non-uniform day (see above) and pupils can choose to ‘Dress up



for Digits’ if they would rather not come in party wear as it is ‘disco day’ as well! If they choose to ‘Dress up for Digits’, children are asked to wear an item of clothing with a number on it (i.e. football shirt, cap. Netball shirt or even a onesie!) OR get even more creative by dressing up in a maths or numbers theme.

We’re really looking forward to all the fun of Number Day, and we really appreciate your support.

You can find out more about the NSPCC’s work at [nspcc.org.uk](https://www.nspcc.org.uk).

World Religion Day

World Religion Day takes place each January, aiming to promote understanding and peace between all religions as well as mutual understanding and tolerance between peoples from different backgrounds. It is a special day when all religions are celebrated. World Religion Day 2025 takes place on Sunday, 19 January and next week, the children will be learning about this special day during assemblies and in class. We thought you might want to know a little more about the day itself, its origins and how it is celebrated around the world:

- People who follow the Bahá'í Faith believe that the main religions around the world share some core ideas, for example, treating other people in the way you would want to be treated.
- World Religion Day was started by the Spiritual Assembly of the Bahá'í Faith. It began in the state of Maine in the United States as a day for World Peace Through World Religion in October 1947. By 1949, the event was being held in other areas in the US and in 1950, it became known as World Religion Day. It was decided that for one day a year, all religions should be celebrated, and their similarities appreciated.
- World Religion Day is celebrated in a variety of different ways. Many people attend special services. The focus of these services is to gain a better understanding of other religions and to celebrate the similarities between them all. It is about promoting the common message to treat each other with respect to create a better world for everyone.



We will be celebrating World Religion Day by taking the time to learn about different faiths from around the world, increase awareness of how many different religions there are, even the smaller, lesser-known ones, speak to others about their religion and take the time to speak to people about their own.

Punctuality

We wanted to say a huge THANK YOU for the commitment you have shown this week to improving punctuality! The introduction of the Late Book has made a real difference and teachers have seen a marked improvement in how the children are ready to start the day!

We are looking forward to this positive attitude continuing, so please remember that the school gates open daily at 8:45am and close at 8.55am.

Thank you again for your support in ensuring that the children get to school on time every day! Every school day counts!

Shobnall Stars – After School Club Closure, Monday 3 February 2025

It is with regret that **After School Club** will not be open on **Monday 3 February 2025**. This is due to staff having to attend essential training that cannot be rescheduled. We apologise for any inconvenience this may cause but the rest of the sessions run as normal.





Warm up this Winter!

At this time of year, the most important thing to do is keep warm.

Layer up

It goes without saying, but make sure you are wearing those layers, especially if you're heading outside.

Gym clothes are great to wear as your base layer, then add woolly jumpers and thick hoodies over the top before

adding your waterproofs. When it's extra chilly, keeping your head warm with a woolly hat, and wearing thick socks and gloves will make all the difference when you're out and about.

Keep moving

Heading outside to exercise may seem like the last thing you want to do when it's cold. But going out for a brisk walk is the perfect way to warm up and won't cost you a penny.

Comfort foods are made for winter

Cook up some winter warmers to keep your body warm from the inside out. Chillis, curries, spaghetti bolognese and a good old Sunday roast are some popular favourites which are also great for batch cooking and leftovers making your meals last longer and go further.

Try cooking in an air fryer or slow cooker too, to keep your energy costs down.

Hot water bottles

Bring out the hot water bottle instead of heating the whole house. Perfect when working from home or warming up your bed.

Online Safety Tips

With 22% of its billion-strong userbase being between the ages of 13 and 17, the popularity of TikTok among the younger generation is indisputable!

Providing entertainment in the form of a stream of short-form video content while allowing its users to post videos of their own the app has skyrocketed to prominence over the last few years, becoming a fixture in young people's digital lives.

Of course, with a platform as popular and gargantuan as TikTok, it can be intimidating trying to figure out how best to safeguard children and young people using the app. That's why we're releasing our brand-new guide to TikTok, detailing the main online safety concerns and suggesting strategies to reduce these risks for the app's younger users.



FREE Uniform!

We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.

Reading Corner

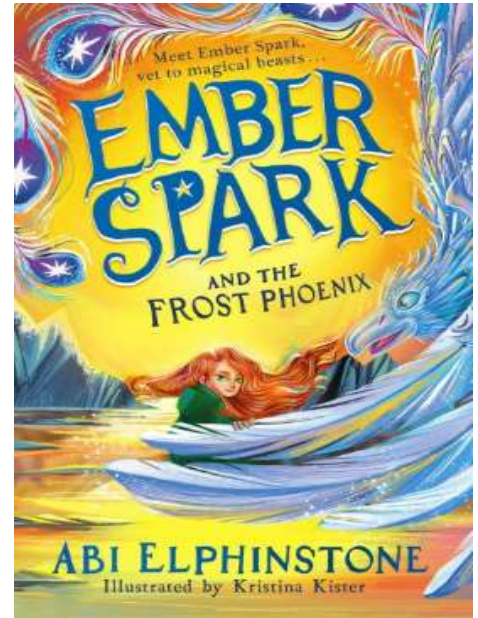
This week's recommended read is for children aged 7+...

Ember Spark and the Frost Phoenix

Written by Abi Elphinstone

In their second outing, young Ember Spark and her best friend Arno have more magical creatures to help. Their first thrilling adventure established that there's a nearby 'hospital' for injured mythical beasts, from unicorns to dragons, with the pair recruited as young assistants.

Ember has special gifts and is always trusted by the creatures, which is very helpful when one of the rarest and most powerful of them all, a frost phoenix, crashes in through her window. The action is typically fast-paced with Ember, Arno and their friend Rusty travelling to the Arctic to save a baby neverwhale from the band of wicked poachers who are out to capture not just the creatures but Ember herself. Fortunately, having a frost phoenix on your side is a huge help!



There are emotional trials for Ember too, who's worried that her mum's new relationship will bring changes, but her experience shows that even when things are falling apart, you can find rubies in the rubble, as her mum says. Abi Elphinstone's books are full of rubies for young fantasy adventure fans, and this new series positively sparkles with them.



Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.

Children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.

If your child arrives late, it is the responsibility of the adult to report to the school office and sign the "Late Book", giving a reason for lateness. This is important so that the school office knows your child is in school and can mark your child in the class register. The class registers in the classrooms close at 8.55am when lessons start.

When reporting an absence, please could we ask that parents contact the school office before 9.30am and state clearly reasons for absence.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support. This week's Attendance Champions are **Year 1!** Here are the latest figures...

Reception	94.7%	Target
Year 1	99.3%	97%
Year 2	98.6%	
Year 3	97.5%	Overall (to date)
Year 4	95.6%	
Year 5	96.8%	
Year 6	96.2%	96.3%
Overall	96.8%	

Head Teacher's Awards

Reception	Emmie L	Ayaz M
Year 1	Haider H	Elliott T
Year 2	Sofia K	Mariam S
Year 3	Amaya H	Noah H
Year 4	Toby N	Yousuf H
Year 5	Dylan S	Oliver M
Year 6	Evalyn W	Lily J








Lunchtime Star Awards


Reception	Gianna R
Year 1	Amelia M
Year 2	Umar Q
Year 3	Charlotte M
Year 4	Thea K
Year 5	Elliot M
Year 6	Evalyn W

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 17.01.25)	45	50	24	70
Position	3 rd – 2 points	2 nd – 3 points	4 th – 1 point	1 st – 4 points
Running Total	2	3	1	4





Hot Lunch Options 20.01.25 – 24.01.25


WEEK 3	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Chicken tikka masala served with rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	  Chicken & tomato pasta bake	Crispy battered fish & chunky chips
Vegetarian Main dish	Roasted vegetable pizza	  Vegetable tikka masala with 50/50 rice	 Quorn™ fillet with roast potatoes & gravy	Macaroni cheese	 Quorn™ nuggets with chunky chips
Accompaniments	Peas & baked beans Salad bar	Sweetcorn & carrots Salad bar	Carrots & cauliflower Salad bar	Broccoli & green beans Salad bar	Peas & baked beans Salad bar
Desserts	Fruit flapjack	Marble sponge & custard	Lemon cake	Shortbread	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



TO EAT MORE FRUIT

KEY

-  1 OF YOUR 5 A DAY
-  MEAT FREE MONDAY
-  CHEF'S CHOICE
-  PLANT-BASED (VEGAN)



"Allergens and Intolerances"
 All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...



Nursery

Our adventures in Nursery this week...

We have had a wonderful time designing and making rockets and flying them around in our space station.

The children have really impressed us this week with their lovely retelling of the story, 'The Way Back Home.'

We have also listened to the story of Noah's Ark, re-enacted this using small world toys and explored the concept of floating and sinking. The children got very excited when we experimented with different solid objects.

Throughout the week, we have also been exploring different printing techniques. The children enjoyed learning about the moon, and they all had lots of fun foil printing to create a moon.

Well done Nursery for another fantastic week!

Reception

Our adventures in Reception this week...

We have had a wonderful week continuing our adventures linked to winter!

As part of our maths learning we have explored the number 0 and shown our understanding of more and less. It was fun representing this in numerous ways especially using snowflakes. We also shared the story, 'The Ugly Five,' by Julia Donaldson. Using the characters to retell the story was a great chance to show one more!

We were all eager to share our buckets of kindness that we completed for our homework. We carefully hung them on our kindness tree and enjoyed spotting our buckets and continuing our conversations with each other.



We have had some great shows on the stage this week including, 'Let it Go!' sung by Minnie, 'I'm a Gummy Bear,' sung by Ali and 5 little snowflakes.

Year 1

Year 1 have been learning all about one more and one less regrading numbers to 20 this week. The children have been practising how to write one number in each box and how to layout out their work correctly in their Maths book. Miss Barker and Miss Walton are so pleased with how determined the children were with following the instructions regarding their layout. In English, we have been learning all about imperative verbs and how they are doing words. The children have begun to use lots of these in their writing.

The children had their first Forest School session which they all loved. They were able to explore the environment and notice changes from the last time they visited. The children really enjoyed being able to use the mud kitchen and mud slide.

In Science, we have been learning all about our eyes and were able to label the different parts. A great week – well done Year 1!

Year 2

This week in Year 2 has been very busy and productive! In English, we've been focusing on writing persuasive texts for our brochures all about Burton, where the children have been working hard to include persuasive language and key information. In RE, we've been learning about Islam and how Muslims pray, gaining a deeper understanding of different faiths.

Our class assembly preparations are also in full swing! The children are putting in a lot of effort to learn their lines, and we can't wait for you to watch it next week – it's going to be fantastic!

In PSHE, we've been reflecting on our goals and dreams for this year, thinking about what we want to achieve and how we can work towards those goals.

Overall, it's been a very busy and lovely week with lots of learning.



Year 3



This week, Year 3 have been incredibly busy with lots of exciting learning! In English, they have worked hard to draft, edit, and publish their persuasive texts titled "*Why Should I Visit Skara Brae?*" Using their knowledge of this fascinating Neolithic site, they have crafted compelling arguments to convince readers why it's a must-visit destination. In maths, they have been tackling multiplication and division of 2-digit numbers, using partitioning and the expanded written method to deepen their understanding of number relationships. Science lessons have been all about forces

and movement, where the children explored how objects move differently on various surfaces – testing friction and making predictions along the way. Meanwhile, in our topic work, creativity has been in full swing as the children designed and made their very own cushions, taking inspiration from the Arts and Crafts design movement. They have also been practicing their sewing skills, mastering both the running stitch and cross-stitch. This hands-on activity was a real highlight, with the children feeling incredibly proud of their work. Well done, Year 3!

Year 4

We have had another fantastic week in Year 4! In maths, the children have been applying their knowledge of division to divide a 2 and 3-digit number by 1 and have even had the opportunity to show this through the bus stop method, which has been extremely impressive! In English, we have continued with our topic of teeth and have been exploring the difference between singular and plural nouns and also the use of pronouns to avoid repetition. In Science, we have started a weeklong experiment to identify how the rate of evaporation changes dependent on the environment that the liquid is in. Towards the end of the week, the children have been exploring the population figures of countries across Europe in Geography and managed to plot these on a

bar chart! Finally, the children enjoyed a wonderful afternoon on Friday looking at tints and shades with Mr Rowley in Art! Another wonderful week Year 4, well done!

Year 5

Year 5 have had a fantastic week of learning!

In Maths, the children excelled at solving division problems using the bus stop method. They now have a strong understanding of this concept, which will be invaluable as they move forward.

In English, the children explored modal verbs and relative clauses in their persuasive writing. They quickly grasped how to use modal verbs and applied them effectively in their sentences.

In Science, Year 5 began their new unit on forces. They conducted an exciting experiment to investigate how mass affects the speed at which an object falls. The children discovered that mass does not impact the effects of gravity. Instead, it is surface area and air resistance that determine how quickly an object falls.

Well done, Year 5! Keep up the excellent work!



Year 6

This week in Year 6 the children have been busy in maths using ratio to deduce quantities. We also started algebra this week where we looked at identifying the algebraic rule of different number sequences. In English we have been using lots of different examples of figurative language to describe each stage of a river's journey. We then used this to help us generate ideas for our own poems, which we began writing on Friday. In RE we looked at the term eternal and what we think does or doesn't last forever. In science, we discovered how animals are adapted to their environment and created a

double page spread to show this with a chosen animal. In computing we learnt about variables in programming and recognised that the variable has a name and value, and the value can be changed whilst the game is in action. We tested this on scratch. A great week in Year 6. The children have worked very hard.

Diary Dates 2024-2025

Event	Date/Time
Year 2 Class Assembly	Thursday 23 rd January 2025, 9.00am
Year 6 Laches Wood	Monday 27 th January to Friday 31 st January 2025
School Closes for Half-Term	Friday 14 th February 2025
INSET Day	Monday 24 th February 2025
School Reopens for Pupils	Tuesday 25 th February 2025
Young Voices 2025	Thursday 27 th February 2025
School Closes for Easter	Friday 11 th April 2025, 2.00pm
School Reopens for Pupils	Monday 28 th April 2025
May Day Bank Holiday – School Closed	Monday 5 th May 2025
Key Stage 2 SATs Week	Monday 12 th May 2025 to Friday 16 th May 2025
School Closes for Half-Term	Friday 23 rd May 2025
School Reopens for Pupils	Monday 2 nd June 2025
Reception Class Assembly	Thursday 5 th June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 th June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 th June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 rd July 2025, 9.00am
JTMAT INSET Day	Friday 4 th July 2025
School Closes for Summer	Friday 18 th July 2025, 2.00pm
INSET Day	Monday 21 st July 2025

Spring Term Diary Dates

Event	Date/Time
Year 2 Class Assembly	Thursday 23 rd January 2025, 9.00am
Year 6 Laches Wood	Monday 27 th January to Friday 31 st January 2025
Shobnall Stars – After School Club <u>ONLY</u> Closed for Staff Training	Monday 3 rd February 2025
Mental Health Support Team (MHST) Introduction to Worry Parent Workshop	Tuesday 4 th February 2025, 3.30pm
NSPCC Number Day	Friday 7 th February 2025
PFA Valentine Disco	Friday 7 th February 2025: - KS1, 3.45pm – 5.00pm - KS2, 5.15pm – 6.30pm
Parents' Evening	Monday 10 th February 2025, 4.00pm – 7.00pm
Safer Internet Day	Tuesday 11 th February 2025
Parents' Evening	Wednesday 12 th February 2025, 4.00pm – 7.00pm
School Closes for Half-Term	Friday 14 th February 2025
INSET Day	Monday 24 th February 2025
School Reopens for Pupils	Tuesday 25 th February 2025
Young Voices 2025	Thursday 27 th February 2025
World Book Day	Thursday 6 th March 2025
Comic Relief	Friday 21 st March 2025
Year 5 Hampton Court Palace	Thursday 27 th March 2025
Eid al-Fitr	Sunday 30 th March 2025/Monday 31 st March 2025
Mother's Day Lunches – Reception	Tuesday 1 st April 2025
Mother's Day Lunches – Year 1	Wednesday 2 nd April 2025
Key Stage 2 SATs Meeting for Parents	Wednesday 2 nd April 2025, 3.30pm, Year 6 Classroom
Mother's Day Lunches – Year 2	Thursday 3 rd April 2025
Mother's Day Lunches – Year 3	Friday 4 th April 2025
PFA Easter Bingo	Friday 4 th April 2025, 5.00pm
Mother's Day Lunches – Year 4	Monday 7 th April 2025
Mother's Day Lunches – Year 5	Tuesday 8 th April 2025
Mother's Day Lunches – Year 6	Wednesday 9 th April 2025
School Closes for Easter	Friday 11 th April 2025, 2.00pm

Train to Teach
in Local Schools

Primary (3-7) · Primary (5-11) · Secondary (11-16)

Funding for Selected Routes
Full or Part-Time Routes
Gain School Experience

The John Taylor SCITT
jtscitt.co.uk

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.



#WakeUpWednesday

The National College