



Responsibility

Resilience

Respect

Mrs Rogers Message

Two more school days until the festive holidays begin! It has been a truly wonderful Autumn term here at Thames View Primary. The following events have happened so far this year:

Trips: Year 1 have been to Matilda the Musical and Year 2 will be going to see this on Monday, Year 3 have seen the Demon Dentist at the Orchard Theatre and have been to Rochester to visit the Guildhall Museum and have a picnic at the castle, Year 4 have been to the Demon Dentist and to Lullingstone Villa to learn about the Roman life. Year 5 have been to Maidstone Museum to learn about the Egyptians and Year 6 have visited the Dover War Tunnels as part of their studies of WWI and WWII. Also, the choir have been to Rochester Cathedral to perform.

Sporting Fixtures: Year 3 took part in Tri Golf at the Howard School and won the Fair Play Award, Year 5 took part in Basketball at Medway Park and Year 6 represented us in the Hockey competition at Holcombe Hockey Club. In the Spring we will be taking part in swimming, table tennis and tag rugby competitions.

Visiting speakers: Reception had a visit from Postman Pat and Royal Mail, Year 2 enjoyed a Titanic workshop as part of their All Aboard topic and had a visit from Animal Aid about Animal Welfare. Year 5 and 6 had a visit from Paul Hannaford to learn about drugs and gangs and how to keep safe.

All year groups have also enjoyed two hook days so far, to launch their topics.

The next hook day is the **4th January, our first day back at school**. The topics are as follows and more information will be sent to each year group before we break up for holidays;

Reception- Terrific Tales

Year – To Infinity and Beyond

Year 2- Spring Watch

Year 3- Nature's Revenge

Year 4- Our Changing World

Year 5- Henry VIII- Tudor King

Year 6- Hola Mexico

I hope you all have a lovely weekend and stay safe, Mrs Rogers.

Special events coming soon

- **19th December** Year 2 Trip to see Matilda (Odeon Cinema)
- **20th December** Last day of this term – finish at 1.15pm

- **3rd January** Staff Training Day
- **4th January** Back to school!
- **5th January** – Nursery return to school
- **11th January** Year 1 Trip to Greenwich Planetarium
- **19th January** Superhero Census Day
- **19th January** Swimming championships at Medway Park
- **8th February** Table Tennis Championships at Medway Park

Quote of the week

“Wit beyond measure is a man's greatest treasure”.

J K Rowling

19th January Superhero Census Day

On Census Day, we will be having a fun filled Superhero day. Children can come in to school dressed as their favourite 'hero', whoever they are! We will be having prizes for best dressed and we will be having a swashbuckling raffle at lunch time. **Any child who has school dinner will be given a strip of raffle tickets!** This helps us to raise money for our school, so please encourage your child to have school dinner on this day and join in the fun!

CENSUS DAY | 19TH JANUARY 2023 

SUPERHEROES VS VILLAINS

CENSUS DAY MENU

WHO WILL YOU DEFEAT?

NAUGHTY NUGGETS OR **BADDIE BURGER**

PICK YOUR SUPERPOWER!

X-RAY VISION (CARROTS)
SUPER STRENGTH (BROCCOLI)
FRENCH FLY'S

'MARVEL'-OUS DESSERT

BEAT THE BOSS BROWNIE OR **INVINCIBILITY ICE CREAM**

BAKED POTATO OR PACKED LUNCHES ALSO AVAILABLE ALONGSIDE FRESH FRUIT, SALAD AND YOCURT.

MEALS ARE FREE TO ALL RECEPTION, YEAR 1, YEAR 2 AND PUPILS ENTITLED TO FREE SCHOOL MEALS. PAID MEAL ONLY £2.45!





Golden Ticket is every Friday and a child in each Key Stage 2 class can win the golden ticket for outstanding effort, behavior and for showing our 3 school values, Respect, Responsibility and Resilience.



STARS OF THE WEEK



Attendance Stars:

KS1: Kanzi
KS2: Discovery

Nursery Stars:

AM: -
PM: -

PE Champions:

KS1 -
KS2 -

Year 4 Timetable Stars:

Ollie, Bailey, Chloe

Class	Star of the week	Star Reader	Star Writer	Maths Champion
Pippin	Asher	Millie	Arlo	Amelia
Sunrise	Amelia	Rosie	Andrea	-
Elstar	Emily	Elise	Freddie	Alfie
Kanzi	Georgie	Aesha	Millie	Sofia
Fortune	Ria	Milo	Jack	Theo
Liberty	Nora / Maria	-	Zoe	Farah
Opal	Olivia	Mahad	Bethany	Rio
Topaz	Lola	Lahna	Polly	Logan
Enterprise	Leighton	Matei	Miya	Cooper
Victory	Bobby	Tyas	Treasure	Laynie
Blenheim	Roxie	Mason	Olisha	Olamide
Windsor	Lily	Beau	Ho-Him	Vanessa
Discovery	Laila	Bryony	Emily	Amelia
Pioneer	Ramneet	Sophie	Riley	Taylor



Safeguarding Corner

If you have concerns about you child, please come in and discuss these with Mrs Flynn or Mrs Stevens. Each week there will be safeguarding tips here!

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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.

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 with 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 £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 63 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 falling 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.

National Online Safety
#WakeUpWednesday

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Today's focus is on Tik Tok and the risk of this app!

THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

TOP TIPS TO STAY SAFE

NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may over balance or trip and fall in.

ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank. you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for '**HELP**' and dial **999** or **112** if you can

DO NOT walk on to the ice to attempt a rescue

Shout to the person to '**KEEP STILL**' and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

StyWise

Following the very sad news this week of the children that have died after entering a frozen lake and the recent snow and icy weather here in Medway, Medway have sent the above poster to share with families.