

# The Priory Post

We have had a great couple of weeks here at Priory with a pantomime, Christmas craft sessions, nativity performances, Christmas carols, performances at the Mayor's Christmas Concert and a special visit from Santa himself.

The end of term brings some staffing changes at the school that I need to inform you about. Sadly, Mr Klair will be leaving us at the end of the term to take on a new role at his children's school (a chance he couldn't refuse!).

Mr Klair has worked at Priory for over 5 years and will be a loss to the school. He builds brilliant relationships with the children in school and his positive presence will be greatly missed, but we are excited for him as he embarks on a new chapter in his career.

Mr Klair's classes and groups will be taught by Mr Chaney who taught in year 6 last year and has already been working over recent weeks working with the children in year 5.

In addition to this, we will be saying goodbye to Mrs Johal for a period of time as she leaves to start her maternity leave. We share our best wishes with her and her family as she brings a new baby into the world.

We also offer our congratulations to Miss Baizon-Shelton who is getting married over the festive period and will be returning to school after Christmas as Mrs Wills.

May I take this opportunity to thank you all for your ongoing support of the school and I wish you a happy and peaceful Christmas holiday.

## Key dates

Monday 6th January  
Children back at school

Friday 7th February  
Inset Day

Friday 17th February  
Children break up

## Reminders

### Uniform until Easter:

- White polo shirt
- Navy sweatshirt/cardigan (no hoodies) Black or grey trousers/skirt
- Black sensible plain shoes (no trainers or coloured logos)

## Visit from Santa

This week the children had a surprise visit from Santa. Each year group shared some stories with Santa and were given a present to put under their Christmas tree. Merry Christmas from Santa!



## Pantomime in school

This Christmas we transported the children to Sherwood Forest as our hero robs from the rich and gives to the poor.



## Priory Performers

### The Lord Mayor's Christmas Concert

On Thursday 19th December, the Priory Performers joined other Dudley schools and the youth orchestras to perform at Dudley Town Hall. They rehearsed during the afternoon before being joined by a sell audience in the evening. We are very proud of how all the children behaved and performed throughout the day. They sang 'Step into Christmas', 'Merry Christmas Everyone', 'Winter Wonderland' – featuring Emily as a soloist, 'Ring the bells' and 'Happy Christmas, War is Over'.

Well done to all the children and thank you to all the parents who came to see the show and have supported throughout the weeks of rehearsal.



**Attendance continues to be an areas for improvement at Priory. So far this year our attendance is 93%.**

KS1

### Christmas by Candlelight

On Wednesday 18th December, Year 1 and 2 performed a selection of Christmas songs and poems to their parents. For both performances the hall was packed with parents and carers singing and clapping along. The children sang, danced and read excellently, with huge smiles. All the children sang 'Jingle Bells' and 'We wish you a Merry Christmas', 1O sang 'Santa Claus is Coming to Town', 1L sang 'Rudolph the Red Nosed Reindeer', 2K sang Little Donkey and 2J sang 'Run, Run Rudolph'. Finally, the KS1 choir sang 'Do they know it's Christmas?' to celebrate 40 years of this iconic Christmas song. Poems were beautifully read by Whynter, Dolcie, Mia,



### School football

**Big congratulations to the girls football team who got to the final again, but unfortunately lost 1 nil**

In horrific conditions (storm night) the girls played 6 games, won 4 and drew 1 and only conceded 2 goals. The girls evolved as a team and put in some amazing performances. Well done girls!

# Safeguarding Section

## 10 WAYS TO IMPROVE SLEEP FOR YOUNGER CHILDREN



- |  |   |
|--|---|
| <b>Consistent bedtime</b><br>Aim to put your child to bed at a similar time every night.                                     | <b>Sleep - friendly environment</b><br>Create a quiet, cool, dark room with as little distractions as possible.   |
| <b>Limit screen time</b><br>Avoid all types of screens for at least 30 minutes before bed. Swap for a calm activity.         | <b>Encourage physical activity</b><br>Encouraging physical activity can tire them out, aiding in better sleep.    |
| <b>Diet and nutrition</b><br>Avoid sugary, rich and heavy foods in the evening as these can disrupt sleep.                   | <b>Address anxieties</b><br>If your child has fears about bedtime, spend time reassuring them.                    |
| <b>Be mindful of naps</b><br>Avoid naps, especially in the afternoon and evening.  | <b>Teach self-soothing</b><br>Teach them to fall to sleep and get back to sleep by themselves.                    |
| <b>Calm routine</b><br>Create a calm routine before bed which includes activities such as reading, colouring or gentle play. | <b>Model good sleep habits</b><br>Let your children see you prioritising sleep and maintain a consistent routine. |

## 4 question to ask before your child goes on a playdate

### Who will be supervising the children?

Ensure that a responsible adult will be present with the children and that they will not be left in the care of someone else, like an older sibling.

### Will there be any other unknown people there?

It's crucial to be aware of whether your child will be in the presence of unfamiliar adults or other children.

### What activities will they be doing?

Verify that the activities are both safe and suitable for your child's age. While flexibility is key, prioritising your child's safety is essential.

### Are internet connected devices monitored?

Ensuring that your child cannot access inappropriate content on another person's device is vital for their online safety.



Safer Internet Day

## What Parents & Carers Need to Know about TIKTOK

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 connections and can be a creative fun platform for users to enjoy. Now available in 25 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-25 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.

**AGE RESTRICTION 13+**  
(Content features are restricted to users only)

**WHAT ARE THE RISKS?**

- AGE-INAPPROPRIATE CONTENT**  
While TIKTOK's "Following" feed only displays videos from users you follow, "For You" is a stream of algorithmically selected content that is not restricted to content that is safe for children. "For You" feed is therefore far more targeted and diverse, but a couple unfortunately surfaced something unsuitable. TIKTOK's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads means that content is not always reviewed and spotted.
- DANGEROUS CHALLENGES**  
Due to TIKTOK's immense popularity, many young people have unfortunately been influenced by videos that have led to 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 five fatalities being linked to the trend. TIKTOK over the trend's lifespan has removed it.
- 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 young people for advertising or marketing purposes are not subject to the same level of scrutiny. This not only means that someone's profile could be false, but also that the person could be a scammer or someone who is able to exchange messages with people who are not their friends etc.
- IN-APP SPENDING**  
TIKTOK is free, but users have the option to purchase virtual gifts, which can be used to purchase emojis in the app. These virtual gifts have an in-app value and can be used for videos they've created. Gift bundles range from £4.99 to an eye-watering £95. TIKTOK's policy is that they can't be bought by under-18s, but it's possible to bypass this with a few tricks.
- ADDICTIVE NATURE**  
TIKTOK can be addictive, especially for young people, with the endless scroll and the dopamine hit from likes and shares. It can be a distraction from other activities. The platform recently introduced the default usage time limits of 60 and 90 minutes for new members under 18 (in the UK, children with TIKTOK coverage 102 minutes per day on the app). But these restrictions can easily be removed in the settings.
- TIKTOK NOW**  
Introduced in late 2022, the "TIKTOK Now" feature lets users post only video content that is exact same time as their friends. Users receive a personalised notification at a certain time of day, giving them three minutes to take a video or mid-roll photo. This option can not only be a distraction to taking videos 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 accounts with their child's and control their settings remotely. Parents can then limit their child's screen time for advertising or marketing purposes. This not only means that someone's profile could be false, but also that the person could be a scammer or someone who is able to exchange messages with people who are not their friends etc.
- MAKE ACCOUNTS PRIVATE**  
Although under-16s will have their TIKTOK accounts set to private by default, it's important to ensure that they are set to private. This means that their videos won't be visible to strangers and they won't be able to exchange messages with people who are not their friends etc.
- LIMIT IN-APP SPENDING**  
If your child is using an iPhone or Android, you can access TIKTOK, you can also set the spending limit on their account. This is a great way to ensure that your child is not spending too much money on the app. It's quite easy for a young person – without realising it – when they're doing a video 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 essential to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying or personal information – and to avoid anything that could be evidence of illegal activity. Children can be generally more social media savvy, but it's important to have a conversation 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 talk to your child about the potential risks. If you're finding it difficult to complete homework or regularly not getting ready.

**Meet Our Expert**  
Cathy Page is an experienced technology journalist with a track record of over 20 years in the industry. Previously the editor of Tech Radar The Week, Cathy is now a freelance technology journalist, editor and consultant.

**NOS National Online Safety**  
#WakeUpWednesday

Twitter: @natorlinesafety | Facebook: /NationalOnlineSafety | Instagram: @nationalonline\_safety | TikTok: @national\_online\_safety

Users of this guide do so at their own discretion. No liability is accepted into. Current as of the date of revision: 31.03.2023.