

17th March 2023

MOORSIDE PRIMARY SCHOOL AND NURSERY NEWSLETTER



Dear Parents and friends,

It has been a real pleasure to see so many of you at our events this week with our Reading Cafe and Mother's Day Afternoon Tea. Not only do the children gain so much from welcoming you into school to share their learning environment but it is lovely for members of our community to get to know each other better and meet new friends after the pandemic years! Thank you so much for attending and supporting our school events!

Parent Consultations

Our next opportunity to invite you into school will be for parent consultation meetings, week commencing 27th March. If you have not managed to book a time to have a 10 minute meeting with your child's class teacher either face to face or over the phone, there is still time to do so. You will need your child's unique code to do this via the portal.

Attendance

Our whole school attendance has been 92.8% this week. Well done to the winning class with 97.69%.... Year 5! They have been in the **GREEN** for the WHOLE HALF TERM!!

We hope that everyone who has been off school feeling poorly recovers very soon. Unfortunately, we cannot authorise term time holidays.



w/c	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
20.02.23	98.83%	94.26%	91.19%	95.98%	96.3%	97.22%	96.67%
27.02.23	93.6%	95.17%	96.92%	93.12%	96.3%	98.15%	93.36%
06.03.23	80.92%	98.55%	96.9%	95.68%	97.53%	97.7%	89.26%
13.03.23	96.49%	87.68%	96.44%	97.35%	95.06%	97.69%	86.4%

Healthy Packed Lunches

We achieved our bronze healthy schools award last academic year and now aim to be a GOLD healthy school. We have noticed that quite a few packed lunches include sweets, chocolate and crisps and request that children are provided with healthy alternatives, to avoid a sugar rush and then an afternoon crash! Please see our website (<https://www.moorsideschools.org.uk/healthy-packed-lunch-ideas/>) for further advice and ideas for healthy packed lunches and we kindly ask that you refrain from including sweets and chocolate bars, squash or fizzy drinks and items including nuts. Many thanks.

What should I include in my healthy packed lunch?

Please try to include ONE of each of the following in your lunch each day:



STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!



DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

Good for healthy bones and teeth!



FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

How much? A portion is one child-sized handful.



VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup

Helps your body to grow and develop



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop

After School Clubs

Next week is the final week for all after school clubs apart from Buddies (please note there will be no Buddies **after** school club on Friday 31st March). We hope that everyone has enjoyed our after school clubs this term!



Month of Reading Madness

Well done to Eloise who was the winner of our Reading Raffle! Thank you to everyone who took part! Please keep sending in your reading photos from home for 'I spy you reading'. They look great on our display and are inspiring others!

Online Safety

We are aware that a number of our children access the Tik Tok app, which has been in the news this week! This app is not for children who are primary aged (it's rating is 12+) and even if they do not have their own account, they can be exposed to inappropriate material if they watch videos on phones belonging to parents. I have attached an information poster about the associated risks at the end of this letter and urge you to closely monitor your child's access to apps with age restrictions, which indicate the age at which children should be able to cope with the content shared.

Sights and Sounds of Ripon

The Sights and Sounds of Ripon event will take place over the weekend in the library and the Cathedral. Mrs Price and I look forward to attending with children, who will represent our school as a 'school of sanctuary' in the Cathedral, between 11 and 12pm. Come and say hello and take part in our activity if you can!!

SIGHTS and SOUNDS of RIPON

- **RIPON CATHEDRAL**
 - Family crafts and games.
 - Music by local choirs.
 - Pop up Café.
 - 20 Local voluntary and community organisations showcasing their services and where you can get help and support.
 - Come meet North Yorkshire Police and North Yorkshire Fire and Rescue Service.
 - Dancing from Ripon City Morris Dancers and Betty Lupton's Ladle Lickers.
- **WORKHOUSE, PRISON AND POLICE, COURT HOUSE MUSEUMS**

Free entry to all 3 museums upon production of proof of address in HG4 postcode.
- **LIBRARY**
 - 11.30 - 12 noon - Storytime for ages 0-5
 - 12.30 - 1pm - Storytime for ages 6+.
 - from 11am - Lego club.
 - Meet representatives and find out more about the services provided from Digital Champions, Skell Valley Project, Citizens Advice, Ripon YMCA, HBC tenant involvement, the recycling team, Horizons adult drug and alcohol recovery and Stop Smoking campaign.
 - 2.30pm - 4.30pm - Brains and Senses family activity. Join the Thackray Medical Museum Outreach team for an extra special free drop-in event all about brains and senses - suitable for ages 5+.

Car Park Reminder

Please could parents refrain from using Mowbray's car park and the staff car park. The school gates should not be opened when they have been closed to keep our community safe. Thank you for your cooperation with this request.

I hope that our Moorside Mums are well looked-after on Sunday for Mother's Day and that you have a restful weekend. Thank you as always for all your support.

With very best wishes,

Mrs Rowett

Headteacher

Diary Dates:

w/c 27 th March 2023	Parents Evenings
Tuesday 28 th March 2023	Bags to School drop off by 9am
Friday 31 st March 2023	Break-up at 3pm for Easter Holidays
Friday 31 st March 2023	KS2 Showcase – 10am onwards (more details to follow)
Monday 17 th April 2023	Training Day
Tuesday 18 th April 2023	Return to School after the Easter Holidays
Saturday 22 nd April 2023	Early Years Open Morning (10.00am – 12.00pm)



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.

USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.

ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.

EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.

LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:

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