

# KEEPING IN TOUCH

## Message from Mr M

Happy New Year and Welcome back to the Spring Term. It does seem rather strange saying this given we have been back at school for nearly two weeks however, the weather disruption last week caused a few issues around sorting a KIT. Apologies for this!

We welcomed 3 new families into the main school last week along with a number of new children in our Two Year Old Provision and our Nursery. We are delighted to welcome you to #teamLeCateau!

We have also welcomed Miss Hayden to school. She is working in Y1/2 with Miss Ewbank and will be completing the final part of her teacher training. We are delighted to have her in school.

## Are you due to move to Cyprus this summer?



If you are expecting to move this summer please call the school office and let us know. This will help us make sure your child has everything ready for the move. It also means we can work with the schools in Cyprus who will be visiting Le Cateau next Thursday.

## Termly Reports



We have introduced a new reporting system for pupils in FS2 to Year 6. These short reports provide a termly overview of your child's progress, attainment and attendance.

The latest reports for the Autumn Term are now ready and will be shared with you via email by the end of this week.

These reports provide you with a clear insight into your child's learning.

## Extra Curricular Clubs

Thank you to everyone who has signed up for a club this term. Mrs Pascoe has finalised the offers, so please look out for an email with the club details if your child has secured a place. Clubs commence next week and last for 8 weeks.

# Achievement Assembly



Well done to all the children who were recognised for their effort and hard work in class



Fantastic



# The Retreat Coffee & Cake



We would like parents to come along and share any ideas you have on ways you can get involved with things going on around school and build on our relationships with you and our links to the community

If you would like to attend please complete the online form that will be sent to you by the end of the day on Friday.



## Drop in Sessions

22nd January  
9am - 10:30am

29th January  
1:45pm - 3:10pm

Mrs Gilpin, Miss Priestley & Mrs Burrows

# What Parents & Educators Need to Know about

# TIKTOK



## 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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



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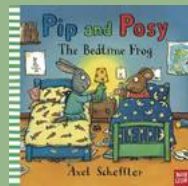
Source: See full reference list on guide page at:

## FS1 & 2 Year Olds



FS1 children will be reading 'Pip and Posy-The Bedtime Frog'. Please look out for our Home-Learning link sheet to see what vocabulary we will be focussing on and some ideas for activities to do at home.

Check out a link to the story here



The Caterpillars will be reading 'The Snail and the Whale' by Julia Donaldson. They will be counting shell and creating underwater art. The children will be working on their fine motor skills; they will be threading beads.



Check out a link to the story here

### Dates for your diary

FS1 forest school days remain as Wednesday am and Friday pm



## FS2 Bear , Cheetahs & Hippos

The children are settling back nicely into school now that the snow has gone. We are hoping that this means we can be outside more again!

We will be reading the book 'The Something' by Rebecca Cobb. The children will be investigating holes and what might be in them....

In Maths, we will be finding out about ordinal numbers and getting on a bus (in class) to explore 1st, 2nd, 3rd etcetera.

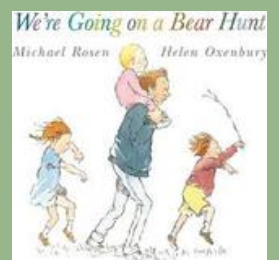
Please ensure that children have named wellies and waterproofs in school every day. Children also need their book bags with reading records in class every day.

## News from the Nest



The children will be listening to the story 'We're Going on a Bear Hunt' by Michael Rosen. They will be painting bears and going for a walk to look for bears.

Check out the author Michael Rosen reading the story here.





## **Year 1/2 Ewes, Chameleons, Rainbow & Bluebirds**

In English we will be reading the story 'Beegu' and discussing the significance of the title and key events in the story. We will be making inferences and deductions about the character Beegu and writing a character description.

In Maths Year 1 will be finding out addition and subtraction facts for 3 digits. They will be applying their knowledge and understanding of addition and subtraction to solve word problems.

Year 2 will be consolidating their knowledge and understanding of renaming the tens when using the column method to solve addition calculations.

We will also be collecting, recoding and discussing data that we have collected and being given.

### **Special Shout Outs for Y1/Y2**

**1 / 2 E - Malachi**

**1 / 2 B - Daisy, Liam, Coby-Jae**

**1 / 2 C - Jackson, Khyren**

**1 / 2 R - Teddy, Kelera, Mustafa**

We would like to give a shout out to Miss Hayden who has joined the Year 1/2 team to complete her teaching practice. She will be working with us until the end of the school year.



## Year 3 Hedgehogs & Impressive Llamas

Happy New Year to you all. We are pleased to be back and starting an excited new topic... The Ancient Egyptians. In History we took a walk back in time to Ancient Egypt and created a timeline of events. In English, this week we have been looking over previously learnt skills and using our knowledge to complete more complex tasks. We have revised our knowledge on word classes, used prepositions to explain where something is and moved present sentences into the past. In Maths we have moved onto Multiplication and we have been looking at the language used. We are working on using phrases such as equal groups and repeated addition in our explanations and working out.

In PE this term, we will be developing skills in gymnastics and hockey.

**Well done to... All the children in Year 3 for setting back into school excellently after an unusual start.**

**Don't forget... Our PE days have remained the same.**

**Monday will be indoor PE.** The children should come to school in their PE kit and have their school uniform in their bag.

**Wednesday afternoon will be outdoor PE.** The children should come to school in their uniform and have their kit in their bag. With the weather being unpredictable, the children need to bring warm clothing. A hat and gloves are also appropriate in this weather.

**Reminder: The children have all been given home reading books. These need to be brought to school everyday, as they have the opportunity for quiet reading during the day.**

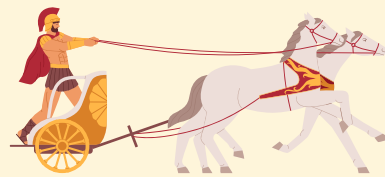


## Year 4 Butterflies & Tigers



Happy New Year, everyone. We are really excited for the new term ahead. Pupils will be preparing for the Multiplication Check that will take place in June. We will introduce a new class novel linked to our topic - Ruthless Romans. The text is called 'The Boy who Stepped Through Time'.

In PE, we will be developing skills in gymnastics and basketball. The pupils now have a good understanding of key events that happened during the Roman period in history, so for the next few weeks, we will begin to delve deeper into some of those events and find out more about Roman life and the impact that The Roman Empire had on Europe and Great Britain.



*Well done!*



### Congratulations...

**Butterfly of the Week:** Leo for excellent resilience and trying very hard!

**Tiger of the Week:** Mabel for putting lots of effort into her work all week!

**Don't forget...**

**Wednesday pm - indoor PE.**

**Friday pm - outdoor PE.**

Please come to school dressed in your school uniform and have PE kit ready to change in to for the afternoon session. Healthy snacks at playtimes. Reading books in everyday.

Please practise multiplication facts weekly.





## Year 5 Adventurers & Wolves



Welcome back everyone to the second term of Year 5. The first week back has been challenging due to the weather but we have all started to get back in to the swing of things.

Our topic this term is The Environment . We will be looking at how both nature and humans are affecting the Earth and what we can do to help.

**We have also started to read a new novel in English, 'Kensuke's Kingdom', which has caught everyone's imagination and will be doing work based around this amazing story.**

In History, we are looking at our area, the North East of England, and how it changed the world with the invention of the train, this will include a couple of trips later in the term, so watch this space.

Next Wednesday (22nd Jan) 5W will be going on a trip to Catterick Race Course. Run by British Horse Racing, this visit gives pupils an amazing opportunity to see behind the scenes of a day at the races and how Maths plays a vital role. Children will need warm clothing and sensible shoes ( we will be outside most of the day). They will also require a packed lunch for the day. Timings are as per a normal school day.

**Our PE sessions are:**

**Tuesday afternoon - outdoor Hockey (please come to school wearing uniform)**

**Wednesday morning - Indoor gymnastics balancing (bring school uniform in a bag)**

## Year 6 Stars, Hawks & Heroes



Firstly, apologies for the missed messages about the dress up day and SATs meeting, these were to go on last week's KIT but due to the school closure and snow, the week ran away with us and it was decided by Mr M that the KIT would start again this week.

After a very cold start to Spring 2025 the children have returned ready a learn.

**Monday 3rd Titanic dress up day – don't buy anything new, school trousers and a white top, maybe a flat cap or a waistcoat should you have one. Think Jack Dawson in the Titanic. School uniform required if you are not dressing up.**

### Shout outs

6RH Freddie – coming back to school ready to learn

Evie – Always ready to help anyway.

Junior: Work ethic in maths

6JH: Seth for his news report about Titanic

6S: Archie Lee, Scarlett – brilliant Titanic diaries



**Reminders:**

**Monday PE (Outdoor)**

**Thursday PE (Indoor)**