

**Year 6 SATS** As you know, we are approaching the Year 6 national test week, which starts this year on Monday 12 May. To help children prepare for the tests each day, it is important that they have eaten. We are offering everyone in Year 6 the chance to come into school early on each day of the SATs week to be served breakfast which has been pre ordered via the earlier Googleforms. There is no charge for this. We would expect children who are coming to arrive between 8:15am and 8:30am. The opportunity to chat with friends helps to ease the children's nerves, is a good preparation for the day ahead and has proved very popular in the past! We look forward to seeing our Y6 pupils for breakfast on Monday morning in the main hall.



**Breakfast Club** Please ensure children arrive safely at Breakfast Club and make good choices when waiting. Breakfast club doors will open at 8am.



**Artificial Intelligence** We have had some instances where some children have used AI tools outside of school to make images of each other and shared these on Whatsapp / social media. Creating images of real people using some AI tools can lead to serious problems. These tools can be misused to generate images that are harmful, untrue, or invade someone's privacy. It's important to talk to your children about respecting others'

digital boundaries and understanding that creating and sharing such images without consent can have significant consequences. Let's teach them to use technology responsibly and ethically. You can find further guidance for parents about this subject at the link here [NSPCC Guidance for Parents about AI](#)

**Walk to School Week** This is happening next week and is a great opportunity for all of us to reinforce the crucial message of road safety. There are a number of suggestions in the leaflet attached with the Press to do with your children and we will be reinforcing the message here. Please encourage your children to take part. If you do not have time to walk all of the way then we would encourage you to park a little distance from school and walk the rest of the way.

**Staffing Update** This week we have welcomed Mrs Holder to the team. Mrs Holder joins us in Year 4 as the teacher for Hare Class. I know that you will join us in making her feel very welcome for this summer term. *Miss Windross*

## Family Support Worker Hello



My name is Clare Clarke and I am the Child and Family Support Worker for Portway Junior School. Some of you may recognise me as I have been fortunate to work here at the Junior School for 5 years, supporting the children both in the classroom and pastorally. As Portway Junior's Child and Family Support Worker my role is to provide support, advice and information to families and to continue to support our children in a pastoral role. I am really looking forward to getting to know you all, so please do come and say hello! You can contact me either through the school office, or message me directly via my mobile. I am in school from 8am Monday to Thursday. My direct mobile number is 07732306946

## Sports Afternoon - Tuesday 20 May

Following the success of our last few Sports Days and the positive feedback from parents, we are excited to announce the arrangements for this year's event. Having reviewed the format and running of the event, we have decided to follow a similar timetable for the day to last year so that it is once again enjoyable for everyone. Children will need to wear their house colour t-shirt (no football / basketball / cricket etc shirts please). If they don't have the right colour then please dress in a white top or normal Portway PE top and we will give them a coloured bib.

We will be holding races (weather permitting) in the morning, split into lower school and upper school. Some children view these as an opportunity to shine and show-off their sporting talent, others can find this overwhelming and challenging. We are therefore going to let the children choose if they want to participate in the races.



You are invited to join us for the afternoon of Tuesday 20 May, where the children will all complete a variety of fun sporting activities. They will collect points for their house, these will be added to the points won in the races, and the winning house will win the sports trophy and a house themed dress down day.

Please arrive at school no earlier than 1:00pm. The activities will begin at 1:15pm on the field. The children will be organised into house groups and will work around activities in a large circle on the field. They will be told which activity number they are starting at and, so that you can make sure you see your child from their first event, we will tell the children the day before the number of the activity they are starting at. Please look out for this in their diary. Activity numbers will be clearly labelled on the field and there will be a boundary line for spectators to keep to.



Please bring some loose change as there will also be tea, coffee and cake on sale.

## Key Dates

Mon 12-Thurs 15 May	SATS Week for Year 6
Tues 20 May	Sports Afternoon - parents invited
Week of 26 May	Summer half term holiday
Mon 2 June	Inset day school closed for training (pupils return to school Tues 3rd June)
Tue 22 July	Last day of term for the summer holidays

<b>2025 - 2026 Inset dates</b>
Wednesday 3 September
Friday 24 October
Monday 3 November
Friday 27 February
Friday 26 June

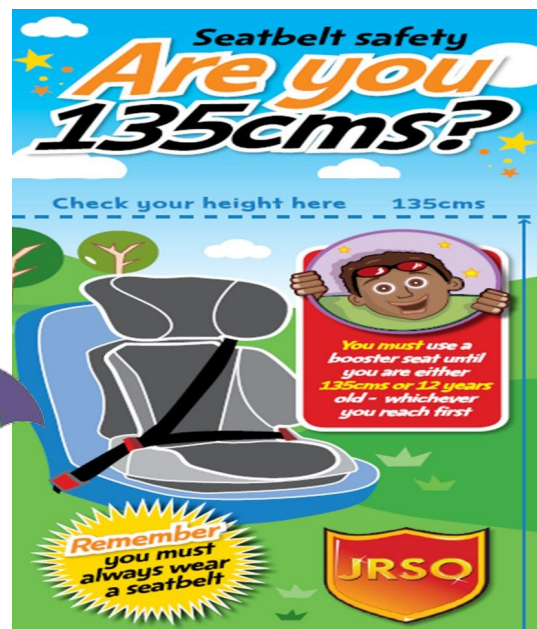


## Junior Road Safety Poster Competition

The JRSO Team would like children to make a poster reminding everyone of the need to wear a seatbelt in the car. Children should also be using a booster seat if they are under 135cm tall. The poster should:

- Have big & bold lettering
- Stand out
- Include a catchy message / slogan telling the reader to always wear a seatbelt.

The closing date is Friday 6 June 2025 & children's entries should be emailed to [road.safety@hants.gov.uk](mailto:road.safety@hants.gov.uk)



Keeping children safe is everyone's responsibility



A **free** mental health & wellbeing event for all parents and carers who support or work with young people

## P.A.C.E. ITINERARY

### WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of introductory sessions on young people's emotional health and wellbeing.
2. Information stands from local organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

**THURSDAY, 26TH JUNE 2025**

WINTON COMMUNITY ACADEMY, LONDON RD,  
ANDOVER, HAMPSHIRE SP10 2PS

### SESSIONS:

**NEW** Connecting with your child, Tics and Tourette's, Understanding ADHD - an extended session

To find out more and booking scan this QR code



BOOK YOUR SESSION SPACE AT:

[hampshirecamhs.nhs.uk/events](http://hampshirecamhs.nhs.uk/events)

TIME	SESSION 1	SESSION 2
9:30 - 10:30	<b>Supporting a child with eating difficulties including ARFID</b> This session solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder, which is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	<b>Supporting trauma recovery</b> Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	<b>Introduction to managing ADHD - ADHD Team</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	<b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>Introduction to autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:30 - 14:30	<b>Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> This session aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	<b>Looking after yourself to support your child</b> This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	<b>NEW Connecting with your child</b> Understanding what true connection, co-regulation and compassion are, why we need them as humans (adults and children), and how they influence our nervous system states. Including ways to build them into your everyday life to support your child's wellbeing and your own.	<b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>NEW Tic's and Tourettes</b> An introduction to what are Tics and what is Tourette's. This presentation will cover what can make tics wax and wane and explore ideas and interventions that can help young people, their carers and other people who may support them.
17:15 - 19:30	<b>NEW Understanding ADHD</b> This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.	<b>Supporting your autistic child to thrive</b> This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.



# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION

13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

## AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

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CENSORED

## EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

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## TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



## HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

## ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

## IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

### ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

## Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks; a web resource that helps parents and children thrive in a digital world.



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National Online Safety®  
#WakeUpWednesday

SOURCES TikTok.com