



Weekly Newsletter

HEADTEACHER UPDATE

Anti-Bullying Week

After this week's 'Reach Out' assemblies, a number of students have reported to us that they have seen unsolicited profiles, including their images, on TikTok and other social media platforms. We've attached some advice to support parents and carers to take necessary steps to remove images and videos that the young person has not given permission to have shared.

TikTok have confirmed that the best way for parents or schools to get content removed is to report content through the [Professionals Online Safety Helpline - UK Safer Internet Centre](#). The Professionals Online Safety Helpline has produced [an article and short video on how best to report content](#).



A HUGE thanks to everyone who took part in Odd Socks Day on Monday. We had over 200 pairs of Odd Socks and I am really proud that this sent a clear message out that we will not tolerate bullying or unkindness in our school.

Remember, if you are experiencing bullying or have witnessed it, please REACH OUT to us. You can speak to your Form Tutor, Head of Year, Safeguarding (Mrs Lucas and Mrs Cooper), The Worry Box or ANY adult in school.

Now, for the winners of the MOST pairs of odd socks worn...**PIONEER** with 74 pairs of Odd Socks. Congratulations Pioneer! Every form will receive a tub of chocolates this morning.

Before I sign off, don't forget one of the key messages shared in the anti-bullying assemblies delivered this week, **'How wonderful it is that no one has to wait, but can start right now to gradually change the world' (Anne Frank)**. It is over to you Abbey School Students and Staff to Reach Out and Stand Up against bullying of any kind.

Mrs Le Brunn-Healey

School Council meeting with our Caterers

On Tuesday 15th November, members of the school council met with the canteen catering company to feed back and discuss ideas. The meeting started with a lot of positive feedback from the school council and from a recent whole school survey. Many students were echoing the same thing:

- *"It is better than the previous years and it's great that more people are buying the main meal and school food"*
- *"I love everything about the canteen just the way it is"*
- *"They (the canteen staff) are really nice and friendly"*
- *"I buy food from the canteen because it is good food"*
- *"I use the canteen because It is very nice, and I do not have things available at home for packed lunch"*

A lot of discussion in the meeting was focused on labelling of items and promotion of menus. Although the canteen uses a lot of fresh and local produce many students are not aware of this so we will be looking at how to inform and promote these positives going forward. It was also highlighted that although a lot of vegan food is available it was not always explicitly promoted leading to a misconception by some students that there was not enough choice. Also suggested was to have a bigger copy of the menu on display outside of the canteen and the sharing of menus with students, not just parents.

A lot of ideas for future dishes were suggested by students and these ideas were taken on board by the caterers. The caterers were also able to question the school council students to gauge opinions and seek further ideas for improvement.

We look forward to building on this first meeting in the terms to come.



STARS OF THE WEEK

Well done to our Stars of the Week for w/c 14th November 2022



Leighton
Glass
Y7
45 House Points



Kempton
Scott
Y10
31 House Points



Michael
Peckham
Y7
39 House Points



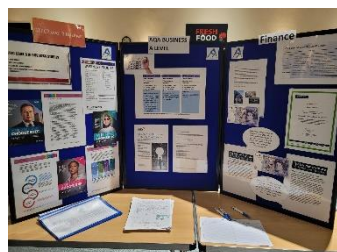
Logan
Cranstone
Y7
28 House Points

STAGGERED DISMISSAL TIMES for w/c 21st November 2022

Day	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Mon, Tues, Wed, Fri	3.10pm	3.30pm	3.25pm	3.20pm	3.15pm	3.30pm	3.30pm
Thursday only	2.10pm	2.30pm	2.25pm	2.20pm	2.15pm	2.30pm	2.30pm

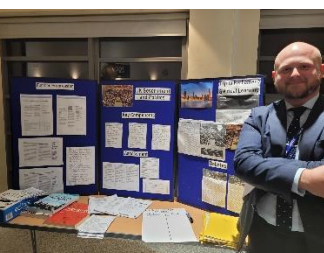
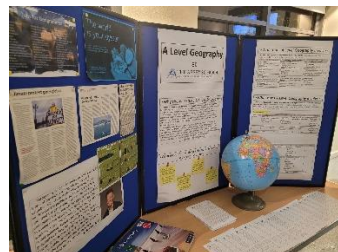
Spotlight on...6th Form Open Evening

On Wednesday evening we held our annual 6th Form Open Evening which was a fabulous event with great attendance despite the awful weather. The evening was a huge success, there was a great atmosphere, lots of questions and a fantastic staff presence who were all enthusiastic about their subjects. We were pleased to see such a huge queue at the beginning of the evening which hopefully is a positive sign about the future students of our 6th form.



If you were unable to attend last night, do get in touch with us for any further information, or check out the 6th form area on our website:

[About Sixth Form - The Abbey School](#)



Upcoming Key Dates

Big Explore 10 Year 9 students
Year 11 Subject Consultation Evening
District Cross Country Championships
KS5 Business Studies Day, London
Mock Practical Art Exam Y11
Year 7, 8, 9 Flu Vaccinations
Y11 Big Interviews
Y11 Big Interviews
Y11 Big Interviews
Swale Youth Forum Day
KS4 Dance Showcase at CCCU
Rewards Assemblies
GCSE Practical Dance Exam
End of Term 2 – early closure
Year 12/13 Consultation Evening
Year 9 Consultation Evening
Year 10 Consultation Evening
Year 8 Consultation Evening
Year 7 Consultation Evening

Tuesday 22nd November
Wednesday 23rd November
Friday 25th November
Tuesday 29th November
Wednesday 30th November
Monday 5th December
Wednesday 7th December
Thursday 8th December
Friday 9th December
Wednesday 7th December
Saturday 10th December
Tuesday 13th December
Wednesday 14th December
Friday 16th December
Wednesday 11th January 2023
Wednesday 25th January 2023
Wednesday 1st March 2023
Wednesday 26th April 2023
Wednesday 17th May 2023

Remembrance Sunday

We were extremely proud of our Year 10 student, Oliver, for representing The Abbey School at Sunday's Remembrance Service in Faversham.

*At the going down of the sun
and in the morning
We will remember them*

Remembrance
Sunday



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.

18

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.

W&#*!

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 18s' 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 18s. 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.



NOS
National
Online
Safety®
#WakeUpWednesday

SOURCES TikTok.com



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