

Herne Bay Infant and Nursery School

Weekly Update

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Issue 6 - Term 1

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Dear Families,

Firstly, well done to all our wonderful children for completing Term 1. They have all settled in so well to their new routines and classes.

Bag2School Collection – Coming in November!

We're excited to let you know that a Bag2School collection will be taking place in November.



More details will be shared after the half term, but if you're having a clear out of clothes during the break, we'd love it if you could hold onto any items ready for next month's collection. Thank you for your support!

Parent Evening – During the first week back after half term, you'll have the opportunity to meet with your child's teacher to discuss their progress. An email has been sent with details on how to book your slot via the Arbor app.

School Photographer Reminder - Just a quick reminder that the School Photographer visited us this week! To view your child's photo proofs, you must be registered. If you haven't registered yet, please refer to last week's newsletter for instructions on how to do so. Access to the photos will not be available without registration.

Term Dates – Plan Ahead with Confidence

Our website is full of useful information for parents. In particular, we would like to draw your attention to our [Term Dates](#) page. If you're thinking about booking a holiday, this is the perfect place to check when school holidays are scheduled and when children are expected to be in school. Please also remember that holidays during term time are not permitted under school policy, and any absence must be requested at least two weeks in advance, in line with our attendance procedures.

Mrs Cooke & Miss Rose's Big Swim!

Our amazing TAs, Mrs Cooke and Miss Rose, are swimming 22 miles—the same as crossing the English Channel! Why? To raise money for our fun OPAL playtimes! So far, they've raised £425 towards their £500 goal. A big thank you to everyone who's supported them! You can follow their progress and donate via their JustGiving page:

justgiving.com/crowdfunding/swimforopal

We Need Carrier Bags! - Our school is currently in need of carrier bags. If you have any spare clean bags at home, please consider donating them to us. Please drop them off at the school office. Thank you for your support!

Happy Half Term!

As we head into the break, we want to say a big thank you for your continued support this term. We hope you enjoy a well-deserved rest, filled with fun, laughter, and maybe a little adventure! We can't wait to welcome everyone back, refreshed and ready to go, on **Monday, 27th October**.

As Punctuality Parrot says, 'be on time and you will shine!' This week our **punctuality winners** of the week are Seuss Class. Punctuality Parrot is very pleased. Well done and keep up the good work!



Stars of the Week

Year R	Year 1	Year 2
Donaldson Class Jade For super effort with all her work this week.	Jeffers Class Stanley For super recall in Geography.	Percival Class Karen For being a fabulous member of Percival Class.
Hendra Class Jethro For control and skill with handwriting patterns.	Ahlberg Class Rosa For fabulous writing in English this week.	Shireen Class Mila For wonderful behaviour this week and showing amazing respect!
Seuss Class Zimal For fantastic effort with her learning.	Nursery Inkpen Class Laila For coming into nursery happy, with increased confidence.	Grey Class Isla For a fabulous effort with everything.

Golden Sticker Winners

Year R	Year 1	Year 2
Donaldson Class Brayden and Kylo	Ahlberg Class Musa and Stella	Percival Class Archie, Aaliyah and Leo
Hendra Class Gabriel, Elsie and Tamiya	Jeffers Class Kaila and Keira	Shireen Class Cara, Mia and Abid
Seuss Class Noah and Harrison		Grey Class Paris, Amelia, Hettie and Jackson



The **OPAL Golden Welly Trophy** has been awarded to Emily in Seuss class.

Well done and keep up the good work.

Dates for your diary

Mon 27th Oct - Start of Term 2

Swimming: Percival Class on Wednesdays
Shireen Class on Fridays

Wed 29th Oct - Parent Evening (check email for booking details)
Thu 30th Oct - Parent Evening (check email for booking details)
Thu 6th Nov - Special Let's Rocket Lunch (book with school office)
Fri 14th Nov - Children in Need (details to follow)
Wed 26th Nov - Bag2School collection day (information to follow)
Thu 27th Nov - Year 1 Trip (see letter for details)
Fri 28th Nov - **INSET day (school closed to pupils)**

Fri 19th Dec - End of Term 2

Mon 5th Jan - Start of Term 3

What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
13+
(Certain features are restricted to over-18s only)

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>

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