

Trafalgar Newsletter

1st July 2022

WHAT. A. WEEK!

Activities Week 2022 is almost at an end. Students are on their way back from residentials and all our trips have been a brilliant success!

Students have had the chance to take part in a wide range of activities this week and created some lasting memories in the process. Student enrichment is vital and that is why we believe so strongly in our Activities Week here at Trafalgar. We are sure you will have been following along with all the updates on our social media accounts, but inside this edition is a snapshot of all the fantastic things our students have been up to this week!

Take care, stay safe, make sure your children get plenty of sleep and we'll see you all Monday for the start of our push to the end of term!

Team Trafalgar



@TrafalgarSch

trafalgarschool.org.uk

Activities Week 2022

Students have been enjoying a range of activities this week, but let's hear from some of our students who wrote pieces about the week during our Journalism Day:

This week (27th June – 1st July) students will be going on trips throughout this week for learning and loads of fun!

For Activities Week there is the option to go to places such as Paris, Rome as well as people going to London for things like the Lion King and Harry Potter World!

Some people who maybe don't have enough money or don't want to pay can choose from a range of free activities or can choose the Mystery Activities.



Some of the mystery activities vary from gaming day, Goals and so much more!

From another intrepid reporter:

This week at Trafalgar School, it is going to be a fun and exciting week for us all. We have activities week to have fun with your friends, at Paris and Rome. And Playzone was such a fun time because all the teachers went on the red slide.

This week we said goodbye to our proud Year 11s, by having a BBQ in school and we are proud to find out about the Head Boy and Head Girl which is Millie and Jake.

We had the best time at Paris and Rome, especially Harry Potter World.

Here's to Activities Week 2023!





TikTok app safety – What parents need to know

Full article: [TikTok app safety – What parents need to know \(Internet Matters\)](#)

What is TikTok?

TikTok is a free social media app that lets you create, share, and watch short clips. The app is popular for viral dances and celeb cameos and is a creative and fun platform for all ages to enjoy.



Currently, the app is available in 75 languages with over 1 billion active users (Jan 2021). Like Musical.ly before it, it is most popular with under 16s. It has also now become the most downloaded app of 2019.

What can you find on TikTok?

Short videos up to 60 seconds of everything from popular songs to users dancing, lip-synching, performing comedy sketches, and more.

Examples of trends and challenges

TikTok trends and challenges are a popular part of the app that change often. Users can re-create content from dance challenges to memes about current events. While many are harmless and fun, there are others that need to be monitored closely.

These challenges and trends can harm a child's physical health and mental wellbeing:

- The silhouette challenge: users create images or videos that are edited using a filter so they appear as a silhouette. Many are sexualizing themselves with this challenge. Filters can also be removed by others, so users must be careful about what they are wearing behind the camera.
- The blackout challenge: around before TikTok existed, it involves users interrupting their oxygen until they get close to losing consciousness. This challenge has led to the recent deaths of multiple children aged 9-12.
- Back cracking challenge: a user cracks the back of their friend without any training. Medical professionals warn that this can twist and pull on the spine, resulting in long-term damage.
- Nutmeg challenge: consuming large amounts of nutmeg has been shown to affect the nervous system, potentially causing hallucinations. However, research shows it can also cause dizziness, nausea, drowsiness, dry mouth, confusion, and seizures.
- Full face wax trend: presented as a skincare routine, users cover their entire face with wax. There is risk of suffocation if the wax enters the airways. Because wax is designed to harden, once in the airways, it can only be removed surgically.
- The magnet challenge: using small magnetic balls, users pretend to have piercings on their ears, noses, and lips. More extreme versions see users swallowing these magnetic balls so that they can stick magnets on their skin and be 'magnetic' themselves. This has resulted in serious hospitalisation and surgery to remove these harmful magnets.

What is the minimum age for TikTok?

13 is the minimum age according to TikTok's terms and conditions.

Why do teens love TikTok?

It is a way to express themselves and create short-form video clips to gain a following and build a community around their passions. It also features some great special effects that users can apply to their videos to make them more unique. You can also cross-post the content on other platforms (such as Instagram) to share it with more people.

What should parents be concerned about?

- When you download the app users can see all the content without creating an account although they are not able to post, like, or share anything until they've set up an account on the app.
- You can set up your account by using your existing Google, Facebook, Instagram account, via email or phone.
- By default all accounts are public so anyone on the app can see what your child shares. However, only approved followers can send them messages.
- Users can like or react to a video, follow an account or send messages to each other, so there is the risk that strangers will be able to directly contact children on the app.
- Children may be tempted to take risks to get more of a following or likes on a video so it's important to talk about what they share and with who.
- Need to delete your account? Go to Me>Tap ..., located on the top right corner>Tap Manage account > Delete account. Follow the instructions in the app to delete your account.

TikTok has said: "Today's announcement is about going one step further to put in place stronger proactive protections to keep younger members of our community safe."

We look forward to the feedback of our community and all of our stakeholders as we constantly improve with new features and resources to help our community manage their TikTok experience."

Does TikTok have any safety features?

Digital Wellbeing

Like Facebook and Instagram, it has a digital wellbeing element (which is password protected) that alerts users who have been on the app for more than two hours. You can also turn on 'restricted mode' to filter out inappropriate content on the app.

Private account

You can set an account to be private so that all videos can only be seen by the creator and no one else on the platform. With a private account, you can approve or deny users and limit incoming messages to followers only.

Please note that even with a private account, your child's profile photo, username, and bio are still visible to all users on the platform. You can manage who can comment, duet and direct message your child on the app.

Privacy settings

TikTok users under 18 will have their accounts set to private-by-default, which means only someone who the user approves as a follower can view their videos. The change is part of a wider package of measures designed to drive higher standards of user privacy and safety. Download the updated privacy settings [here](#).

Internet Matters CEO Carolyn Bunting adds: "The safety of children and young people online needs to be a priority for organisations across the industry."

The disabling of direct messaging on the TikTok platform for under 16s is a significant move in prioritising the safety of their young users and we are pleased to see the protection of their younger users taking precedence in their product changes.

TikTok provides fantastic opportunities to be creative and have fun, especially in these unprecedented times and it is encouraging to see them invest in a number of initiatives that help to create a safer environment for young people."

Check out our TikTok privacy and safety parental controls to learn more.



@TrafalgarSch

trafalgarschool.org.uk