



Be a light for other people, so that they will see God in the good things you do

## School Office Friday Update – 28<sup>th</sup> November 2025

<b>Monday 1<sup>st</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> </ul>
<b>Tuesday 2<sup>nd</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> <li>● MEET THE NEW HEADTEACHER – 9am – all welcome</li> <li>● Open the Book Assembly in School</li> <li>● Spanish Club – Afterschool</li> </ul>
<b>Wednesday 3<sup>rd</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> <li>● PE for Wombats</li> </ul>
<b>Thursday 4<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> <li>● PE for Koalas</li> <li>● Recorder Club – Afterschool</li> </ul>
<b>Friday 5<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> <li>● MEET THE NEW HEADTEACHER – 2.30pm – all welcome</li> </ul>
<b>Monday 8<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> <li>● WOMBATS Story time, 8.45 to 9.15am - Parents/carers all welcome</li> <li>● Craft Club - Afterschool</li> </ul>
<b>Tuesday 9<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> <li>● Spanish Club – Afterschool</li> </ul>
<b>Wednesday 10<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> <li>● CHRISTMAS LUNCH – Non-Uniform Day</li> <li>● PE for Wombats</li> <li>● SCHOOL DISCO – 3.15 for 1 hour - £4/child</li> </ul>
<b>Thursday 11<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>● CHRISTMAS JUMPER DAY</li> <li>● Breakfast Club from 8am</li> <li>● NO PE – Koalas</li> <li>● THE SNOWMAN FILM – School Outing</li> <li>● Recorder Club – Afterschool</li> <li>● Christmas Tree Festival Switch on – 7pm – All Saints Church</li> </ul>
<b>Friday 12<sup>th</sup> December</b>	<ul style="list-style-type: none"> <li>● Breakfast Club from 8am</li> </ul>

Also, in this update:

- Dates for your diary
- Changing Lives – Mental Health Support for children
- Top Tips – Tik Tok
- Bakewell Christmas Sparkle – Bakewell Showground – Sunday 7<sup>th</sup> December

- Christmas Nativity Party – Bakewell Methodist Church – Saturday 6<sup>th</sup> December

DATES FOR YOUR DIARY	
10/12/25	Non-uniform day
10/12/25	Christmas Dinner Day
10/12/25	Afterschool disco 3.15 until 4.15pm
11/12/25	Christmas Jumper Day!
11/12/25	The Snowman – Film/concert – Buxton Octagon
11/12/25	Christmas Tree Festival – All Saint’s Church Switch on Service @7pm Festival runs to 21 <sup>st</sup> December. Come and see our tree!
15/12/25	Christingle Service – All Saint’s Church – 6pm – All welcome
19/12/25	Celebration Assembly in church – 2.00pm – Parents welcome
19/12/25	Autumn 2 ends – last day
w/c 22/12/25 & w/c 29/12/25	Christmas Holidays
05/01/26	Spring 1 starts – first day back
13/02/26	Spring 1 ends – last day
w/c 16/02/26	Half Term Holiday
23/02/26	INSET day – school closed
24/02/26 TUESDAY	Spring 2 starts – first day back
27/03/26	Spring 2 ends – last day
w/c 30/03/26 & w/c 6/04/26	Easter Holidays
13/04/26	Summer 1 starts – first day back
04/05/26	May Day Bank Holiday – school closed
22/05/26	Summer 1 ends – last day
w/c 25/05/26	Half Term
01/06/26	INSET day – school closed
02/06/26 TUESDAY	Summer 2 starts – first day back
23/07/26	Last day of School year!

# How do you feel?

**WORRIED**

**LOW  
MOTIVATION**

**LONELY**

**CAN'T  
SLEEP**

**ANXIOUS**

**ANGRY**

**LOW  
MOOD**





## **Mental Health Support Service for children and young people in Derby and Derbyshire**

**As you grow, life can be challenging at times and sometimes you just need that extra support.**

**Compass Changing Lives offer the right mental health support at the right time for children and young people within schools and colleges**

**We provide low intensity support to children and young people aged 5-18.\* We also work with parents/carers to provide support for their young people.**

**We can help with managing:**

- **Low mood**
- **Anxiety**
- **Relationships**
- **Challenging behaviours**
- **Exam stress**
- **Strong emotions**
- **Difficulties with managing change**

**\*up to 25 years old for care leavers and Special Education Needs or Disability**



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# What Parents & Educators Need to Know about

# TIKTOK

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

## WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

### AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

### CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-16s (or young people using a fake date of birth) are set to public view 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 allows anyone to download or comment on them.

### BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

### MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

### IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

### ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage 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 cannot alter these settings without parental approval.

### BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

### 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 they don't share any identifying personal information or respond to dangerous trends, 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 important to talk about misinformation and propaganda.

### 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.



See full reference list on our website

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# Bakewell Christmas Sparkle

SUNDAY 7TH DECEMBER, BAKEWELL ABC,  
BAKEWELL SHOWGROUND, 10AM - 4PM

FREE  
ENTRY

MEET  
SANTA IN  
HIS TIPI  
GROTTO

FESTIVE  
CHILDREN'S  
CRAFTS

ANIMAL  
ENCOUNTERS  
WITH LANE  
END FARM  
TRUST

LOCAL  
TRADERS'  
CHRISTMAS  
MARKET

LOCAL  
TRADERS'  
FOOD COURT  
& BARS

ASHOVER  
BAND, LOCAL  
VOCALS CHOIR,  
THE LAH DI DAHS  
& THE JELLY  
ROLL JAZZ  
BAND



[bakewellahs.co.uk](http://bakewellahs.co.uk)

# CHRISTMAS NATIVITY PARTY

BAKEWELL METHODIST CHURCH

SATURDAY 6TH DECEMBER 2025

4-6PM



CRAFTS · GAMES · INTERACTIVE  
NATIVITY STORY · CHRISTMAS PARTY TEA

**ALL WELCOME**

BOOKING ESSENTIAL VIA CHLOE  
07540110199 · DONOGHUEFAMILY45@GMAIL.COM

**FREE EVENT**