

Dear Parents/Carers, Students and Staff,

Welcome to this week's newsletter! What an incredibly busy week at ABP! Read on to find out all about it...

**Year 6 SATS:** A BIG congratulations to the children in Year 6 for completing their end of Key Stage 2 SATs this week (Monday - Thursday). The children gave everything and did us all incredibly proud with their efforts and enthusiasm.



A heartfelt thank you to the ABP staff for organising the SATs in a way that supported the children's well-being throughout SATs week. Your dedication and care have made a significant difference. Well done to everyone involved!



**Egyptian Day ('Ancient Civilisations') – Year 4:** To launch Year 4's new topic, 'Ancient Civilisations,' the children thoroughly enjoyed a whole-day visit from a brilliant historian from 'Portals from the Pas't. The students' Egyptian costumes were fantastic, as were those who chose to dress as explorers and archaeologists. The day was packed with learning and investigating Ancient Egypt.

The children participated in various activities, including a quiz, playing a traditional Egyptian board game, and exploring artefacts. They also took on roles within a Pharaoh's palace, watched a demonstration of the Pharaoh's embalming and mummification process, and finally took part in a hunting challenge.

It was wonderful to see so many smiling and engaged faces throughout the whole day. A big thank you to the Year 4 team for organising such a wonderful day for the children and their learning.

**Ofsted 'Big Listen' - We want to hear your views!** The National Centre for Social Research (NatCen) is carrying out a short survey on behalf of Ofsted. They want to hear from parents/carers of children who are under 18 years old. It should only take around 10 minutes to complete. They are interested in the views of Ofsted, including Ofsted's inspection, regulation and reporting practices. They really want to hear from a wide range of parents and carers, even if you don't have strong opinions about Ofsted, or haven't had much experience of Ofsted.



The survey can be found at: <https://www.gov.uk/government/consultations/ofsted-big-listen>



### **ABP Sport News – District Cricket:**

Well Done to our Boys Cricket Team (Years 5 & 6)! The team gave an amazing performance at Friday's tournament at Orsett Cricket Club. They showed great skill and

determination, winning two matches, drawing one, and narrowly losing the other by just one run!

Although we didn't qualify for the later rounds, the boys represented the school with pride and came so close to advancing. We are extremely proud of their efforts and sportsmanship. Well done, team!



A special thank you to Mr. Heard and the parents who supported with travel and attended the tournament. Your support made a big difference!

### **Congratulations – Out of school achievements!**



▪ **Amelie:** Showcased remarkable resilience and determination by competing in her first Eastern region Tristar duathlon (run, bike, run) in Saffron Walden. Despite undergoing eye surgery just three weeks prior and being out of training for a few weeks, Amelie impressively secured 6th place in her age group.



▪ **Thomas:** Demonstrated his commitment to charitable causes by completing an incredible 10k run for the Oliver Fisher charity last weekend. 10k is a very long way to run – Well done Thomas!



▪ **Matthew:** Achieved notable success in dance by earning two certificates, one in ballet and another in tap, reflecting his dedication and talent in these artistic disciplines. A big congratulations Matthew!



▪ **Grace and Penny:** Alongside their team (Corringham Athletic U10 girls) Grace & Penny reached the cup final on Sunday, 12th May, marking a historic achievement as the first girls' team in Corringham Athletic history to do so. On this occasion, the girls narrowly lost in the final, however, we are incredibly proud of your achievement in reaching the final.



▪ **Sonny:** Ended the year on a high note in his dance competitions, securing 1st place in ballet solo, 3rd in tap solo, 3rd in song solo, and 1st place with his musical theatre troupe. His diverse talents and hard work have been richly rewarded.



▪ **Jess:** Earned the Umpires Player of the Match title for the third consecutive weeks, excelling in her new position on the court. Her consistent performances have boosted her confidence significantly, and she continues to make impressive strides in her game.

Congratulations to all our students for their fantastic achievements and dedication! Each accomplishment is a testament to their hard work and perseverance.

As always, if you would like your child's accomplishments outside of school celebrated, please send an email to the school office at [admin.abp@osborne.coop](mailto:admin.abp@osborne.coop), and we will do our best to include them in future newsletters!



**Safeguarding – This weeks focus ‘TikTok’:** This week, we're turning our attention to one of the most popular social media platforms among young people today: TikTok. With its endless stream of short, engaging videos, TikTok has captured the attention of millions worldwide, including many children and teenagers. While it offers a creative outlet and a source of entertainment, it's crucial to be aware of the potential risks and how to reduce them. (zoom in to read the small text!)



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



# What parents need to know about TIKTOK



## MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

## INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing other user's videos on the app.

## TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

## ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

## ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

## IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



# Safety Tips For Parents

## TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.

## USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.

## ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.

## EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.

## LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.

## MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



**Mondays Assembly Themes (20/5/2024)** - Next week, we have two important assemblies tailored for different year groups:

- **Reception - Year 2: NSPCC Pantosaurus Assembly (Mr. Turner)** - For the past decade, Pantosaurus has been an invaluable resource in helping schools and parents educate children about staying safe from sexual abuse. Developed in consultation with children, parents, carers, and teachers, the Talk PANTS program is designed to empower children with the knowledge that their bodies belong to them and to encourage them to confide in a safe adult if anything ever makes them feel upset or worried.
- **Year 3 - 6: Internet Safety Assembly (Mr. Remmer)** - This assembly will focus on educating/reinforcing the importance of staying safe online and internet safety practices.

These assemblies are crucial for the development and safety of our students, and we encourage you to discuss these topics with your children at home.

**Lastly.... Walk to School Week (Monday 20<sup>th</sup> May – Friday 24<sup>th</sup> May 2024)** – We are excited to announce that our school will be participating in Walk to School Week from 20<sup>th</sup> to 24<sup>th</sup> May. This nationwide event, organised by the walking charity 'Living Streets', aims to help pupils experience firsthand the benefits of walking to school.

Walking to school not only contributes to the recommended 60 minutes of daily physical activity for children, but it also sets them up for a positive and productive day in the classroom. Furthermore, it fosters healthy habits that can last a lifetime.

This year's theme, "The Magic of Walking," encourages children to actively travel to school every day of the week. Throughout the week, they will learn about the various benefits of walking, including its positive impact on individuals, communities, and the environment.

Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle, or Park and Stride) to school every day, using a wallchart and stickers to log their journeys. Each class will collectively aim to make as many active journeys as possible.


***What Do Parents and Carers Need to Do?*** We kindly ask that you encourage your child to travel actively to school during the week commencing 20<sup>th</sup> May. By participating, we can help reduce congestion and pollution around the school gates. In return, your child will earn special stickers and a reward!


- ***Active Travel Options:*** Walking, wheeling, scooting, and cycling all count.
- ***Park and Stride:*** If you live far from the school, consider parking the car or getting off public transport ten minutes away and walking the rest of the journey.
- ***Walking Home:*** If walking to school is not possible, arrangements to walk home also count.


Have a lovely weekend!

Yours sincerely,  
*Mr R Turner*  
Headteacher



	This week the <b>Attendance Trophies</b> have been awarded to		
	Lower School	Class 3	99.03 %
	Upper School	Class 11	100.00 %
	Whole School		95.67 %
<b>Congratulations to all classes</b>			

	<p><b>Safeguarding Concerns</b></p> <p>If you ever have any safeguarding concerns please contact the office via email using. The email should be for the attention of a Designated Safeguarding Lead. As a school we have a responsibility to keep everyone safe so please get in touch sooner rather than later if you are concerned.</p>
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	<p><b>LETTERS SENT HOME / E-MAILED THIS WEEK</b></p> <p>Year 3 – Colchester Castle Trip  Year 4 – British Museum Trip  EYFS, Y1 &amp; Y2 – ‘Pantosaurus Assembly’  Spring Day Theme Menu</p>
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## Dates for your Diary

<b>May 2024</b>	
Monday 6 <sup>th</sup> May	May Bank Holiday
w/c 13 <sup>th</sup> May	Key Stage 2 SATs (no holidays)
Friday, 17 <sup>th</sup> May	Non-Uniform Day – Rainbow Raffle
Monday 20 <sup>th</sup> May	Bikeability Year 6 am & pm
Tuesday 21 <sup>st</sup> May	Bikeability Year 6 am & pm

Wednesday 22 <sup>nd</sup> May	Bikeability Year 6 am & pm
Friday 24 <sup>th</sup> May 2024	Bikeability Year 6 am & pm
Friday 24 <sup>th</sup> May	Last day of half term
<b>w/c 27<sup>th</sup> May</b>	<b>Half term</b>
<b><u>June 2024</u></b>	
Monday 3 <sup>rd</sup> June	Children return to school
w/c 3 <sup>rd</sup> June	Maths Week
Saturday, 8 <sup>th</sup> June	PTA Summer Fete 11am to 3pm
Monday 17 <sup>th</sup> June	Early Years Father's Day celebration (time tbc)
w/c 17 <sup>th</sup> June	Sport, Health and Fitness Week
Wednesday 19 <sup>th</sup> June	Sports Day
Thursday 20 <sup>th</sup> June	Reserve Sports Day
Tuesday 25 <sup>th</sup> June	Y6 SEND parent/carer meetings (from 3.30pm)
Wednesday 25 <sup>th</sup> June	Class Photos
Wednesday 26 <sup>th</sup> June	SEND parent/carer meetings (from 3.30pm)
Wednesday 26 <sup>th</sup> - Friday 28 <sup>th</sup> June	Year 6 Mersea residential
<b><u>July 2024</u></b>	
<b>w/c 1<sup>st</sup> July</b>	<b>Transition week (tbc)</b>
Friday 12 <sup>th</sup> July	Summer Term Reports to parents