

# THE REDNOCK REVIEW

Term 3 – 2024/25  
31st January 2025

Dear Rednock Community,

I can't quite believe that we are about to enter the penultimate week of Term 3 – this term has flown by! I am however, thrilled to be sharing with you the latest edition of the 'Rednock Review'. A long January is nearly behind us, and with lighter mornings and evenings more noticeable, we look forward to Spring arriving and approaching the remainder of the academic year with optimism and aspiration.

It has certainly been a busy and productive time for our students over the past two weeks with many events we are happy to share with you. In particular, those in Year 11 have been very busy; having received their Mock exam results and recently participated in the 'mock interview' process. They represented the school with maturity and confidence, earning high praise from a vast number of external visitors. Their professionalism and positive attitude were a true credit to our school.

The remainder of this term is a key period for reporting, with parents' evenings and progress reports across multiple year groups. A reminder that the Year 11 Parents' Evening will take place on Thursday, 6th February, and reports will be sent home for students in Years 8, 9, 10, and 12 in the coming weeks, with Year 7 to follow early next term.

Looking ahead, we have two important events on the horizon. On Friday, 7th February, we will host our **Careers Day**, where students will engage with an employer Marketplace which has been arranged by our Careers Team in school. Our intention is to



Click [here](#) to view  
a video from  
Mr Stratford

allow our students to explore opportunities and get them thinking about their futures.

Then, on Thursday 13th February, we invite all Year 9 students and their parents to our **Year 9 Options Evening**. This is an essential event outlining GCSE choices for the next academic year and the process of selecting your choices. We look forward to welcoming you to the school for these events.

As always, if you need any advice or support, please don't hesitate to contact us.

Wishing you all the best for the final two weeks of term.

My very best wishes,

**Mike Stratford**  
Headteacher



**Rednock School**  
Where everyone matters





## Achievement Heroes

We've had some wonderful Achievement Heroes in the past 2 weeks and we're extremely proud to celebrate their achievements. They were nominated for various reasons, all as impressive as the last!

Winners are: **Henry**, for working extremely hard and showing a great amount of resilience. **Josh**, for playing in goal for the Year 9 football team for his first fixture for Rednock and saving multiple goals! He also did an amazing speech for his famelab work in science. **Ethan**, for being an outstanding member of Hubble community, always being helpful and polite and being an excellent role model. **Lucas**, for a great commitment to extra-curricular football; he volunteered to officiate 3 afterschool fixtures showing teamwork and resilience. **Libby and Riley**, for their outstanding help with the Primary Girls Football Festival. **Will**, for the fantastic improvement in his attendance. **Chloe**, for getting the highest word count in her class and continually quizzing on her AR books. **Harry**, for being a kind friend and looking out for others.

**Tyler**, for making an exceptional start to Year 10; being conscientious about his progress which shows in his attendance, achievement and recent report. **Alice**, for being an outstanding member of Darwin community, always being helpful and polite and being an excellent role model. **Blake**, for making a great start to this term, we're all so proud of you! **Evelyn**, for being a delight to have in school, being constantly polite and supportive to her peers. **Isabelle, Isaac and James H** for doing all four community assemblies this week about 'Lions at Large'. **Morgan**, for amazing attendance and always seen around school happy and smiley! **James F**, for continually reading to get an exceptionally high word count. **Sophie**, for supporting a student in her Spanish lesson who had missed lessons to allow her to catch up. She was a great teacher alongside still working hard herself. Well done Sophie and thank you!





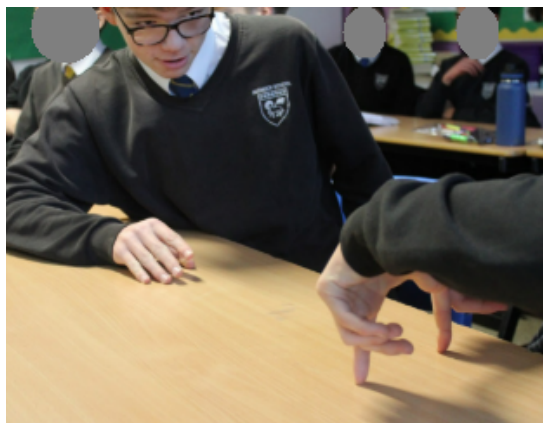


## Teaching and Learning Focus

### Educational Games

Teachers will often inject a bit of fun into their lessons by way of educational games, which keeps learning interesting and is just a different way of getting students to engage with their learning and embed skills and knowledge.

These games can take a variety of forms. For example, a class might play key word bingo at the end of a topic, where the teacher reads out a definition of the word rather than the word itself, so students need to demonstrate their understanding of the vocabulary to win bingo. Snap can also be adapted for learning purposes, with each card having something different on it. Students can get a 'snap' when they can make and explain a link between the information on two cards, which gets them to think about key concepts they have been studying in a complex way.



In Geography, Year 12 students recently played a game that helped them better understand the hydrological cycle, with students being able to see processes such as condensation, precipitation and infiltration in action.

In English, students have been playing football shoot outs! Students work in pairs and have to answer questions that are on the board. For each question they get right, they have a shot at goal using their hands as goalposts and some mini footballs. If they draw, they can have a penalty shoot-out. The photos show this in action with a Year 11 class, who won the right to a shot at goal by remembering quotations from one of their set texts.

### The Scholar's Programme - Published work!

Last year, Miss Tritton and fourteen Year 8's had the pleasure of working on the Scholar's Programme together, culminating in a visit to the University of Bath for a graduation. All of the students worked fantastically and achieved so much.

A special shout out goes to **Enrique**, now in Year 9, who has had been chosen to feature in this year's edition of **The Scholar**! The Scholar is the academic journal of outstanding pupil work from The Scholar's Programme. The PhD tutors are given the opportunity to nominate final assignments that are reviewed by an expert panel of PhD researchers, with only the highest scoring published. Enrique should be extremely proud of his final assignment, having been successful in a very competitive year of reviewing and being one out of just 30 selected for publication!

**Preventing Malaria From Spreading in Mali**

Key Stage 3

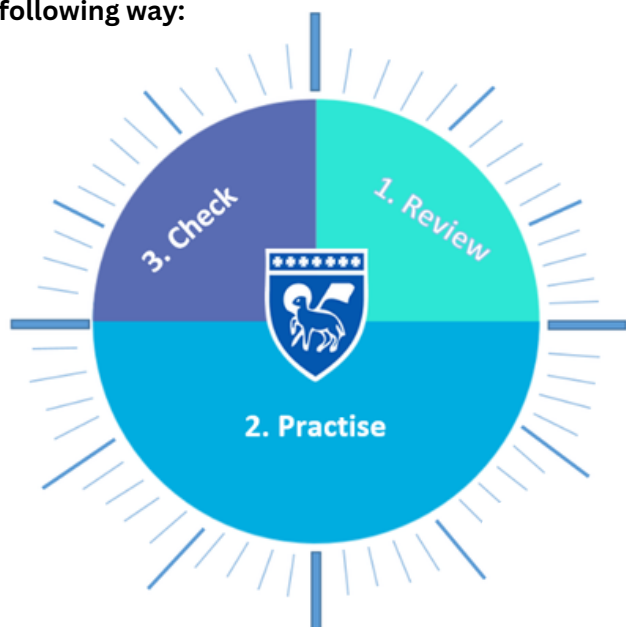
**Please click** here to see Enrique's published assignment.



# Year 11 Parents... Your child needs YOU!

As we move ever close to the summer exams, here is a quick reminder of some ways you can support the revision and learning of your child.

Encourage them to divide up their time in the following way:



## 1. **Review** what you have already learned (about 15 mins).

Read through your class notes / listen to revision podcasts (GCSE Pod), or watch a Youtube revision video and create mind maps or flashcards.

## 2. **Practise** and test your knowledge (about 30 mins)

- Practise past paper or example questions (e.g. from Rednock Revise)
- Recreate exam conditions
- Set a timer

## 3. **Check** your practice answer - REALLY PUSH THIS WITH THEM AS THE MISSING INGREDIENT OF THEIR SUCCESS! (about 15 mins)

- Read mark scheme
- Compare to the notes you made in your review activity
- Redraft

## Rednock Drama Department Enjoy a Trip to See '&Juliet'

On Wednesday, 22nd January, students from Year 9 and Year 11 had the fantastic opportunity to see the critically acclaimed contemporary musical *&Juliet* at the Bristol Hippodrome. This exciting trip was organised by the Rednock Drama Department to inspire creativity and deepen students' understanding of modern theatre.

*&Juliet* is a vibrant reimaging of Shakespeare's classic tragedy *Romeo and Juliet*, with a twist: what if Juliet didn't die at the end of the play? Set to a soundtrack of iconic pop hits, the musical explores themes of love, identity, and empowerment in a fresh, fun, and utterly captivating way. From powerful ballads to high-energy dance numbers, the show had everyone on the edge of their seats.



For some of our students, this was their first experience of live professional theatre, and it did not disappoint. Students were enthralled by the dazzling performances, spectacular set and lighting design, and infectious energy of the cast. The musical's contemporary spin on Shakespeare was particularly engaging, as it offered a relatable and exciting approach to storytelling while still paying homage to the original text. As well as a fantastic show, the trip also served as a valuable educational experience, as it encouraged students to think critically about how traditional works can be adapted for modern audiences.

The Rednock Drama team is thrilled to have been able to provide this experience and would like to thank all the staff and students who made the trip such a success. We look forward to organising more theatre trips in the future to continue inspiring our talented students.

*&Juliet* left a lasting impression on everyone who attended. From the laughter and applause during the performance, to the excited chatter on the way home, it's safe to say this was a night to remember. Well done, Year 9 and Year 11, for your enthusiasm and impeccable behaviour throughout the trip!





## Nature Park Project... Mission Statement

Even though it's been cold and wet outside, the nature park project has continued indoors with brainstorming sessions. During these, the students have identified what they want from the project and what they feel are the most important first steps to develop our school site as a nature park.



We are very proud to share with you the **mission statement** created by the group and written by one of the students. We hope you find it as inspiring as we do:



Our nature park will be a safe and peaceful place where wildlife can thrive and people can connect with nature.

It will protect a diverse range of animals, including birds, insects and small mammals, allowing them to live undisturbed.

Visitors will experience relaxation and calmness, benefitting their mental health while enjoying the sights and sounds of nature, such as bird song, the rustle of leaves, and the beauty of wildflowers.

The nature park will encourage a deeper appreciation for nature and demonstrate how small efforts can make a big difference in helping wildlife and biodiversity.

By spreading awareness about the importance of conservation, the park will inspire others to care for the natural world and create a harmonious environment for both people and wildlife.

You can find out more about the national project here:

**[www.educationnaturepark.org.uk](http://www.educationnaturepark.org.uk)**

## Outdoor Classroom

Last Monday a group of Year 10 students joined us outside to continue work clearing and cleaning the outdoor classroom space. Everyone was really enthusiastic and worked really hard sweeping leaves, washing the outside of the shelter and taking things to the skip. Mr White even stole one of our scaffolding boards to make a walkway across the raised vegetable bed! Jozef took lots of photographs to document the progress. We thought these 2 were fantastic...





# Careers Corner

## Who is who in Careers

All teachers are teachers of careers! Please do chat to your tutor, your subject teachers, your CLs and the Sixth Form team at any time.



Rednocks School Careers  
where everyone matters



**Mr Sanders** is Head of Life Skills and Careers - he can be contacted at [william.sanders@rednockschool.org.uk](mailto:william.sanders@rednockschool.org.uk) or found in room 125.



**Mr Justice** is our independent careers advisor. He works Thursdays and Fridays and can be contacted at [tim.justice@rednockschool.org.uk](mailto:tim.justice@rednockschool.org.uk)



**Mrs Amato** is the careers administrator. Please contact her through the admin office - [admin@rednockschool.org.uk](mailto:admin@rednockschool.org.uk) to organise a careers interview appointment

## Year 11 Mock Interviews

Throughout this week our Year 11 students have been having their mock interviews held in the school hall. This was a very important practical exercise giving students a valuable opportunity to practise their interview skills in a 'safe' environment before they start applying for part-time jobs, colleges, universities or sixth form places. A big 'thank you' to all the business professionals who volunteered their time coming into school to conduct the interviews; and well done to all the Year 11's who took part and presented themselves so well.



## Year 10 Work Experience - 9th - 13th June 2025

Congratulations to all those students in Year 10 who have successfully secured a work experience placement and returned their completed work experience forms to school. We can already see a fantastic mix of placements including local tourist attractions (Westonbirt Arboretum, WWT Slimbridge and Berkeley Castle), estate agents, gyms, primary schools, youth clubs, hair salons, offices, the army, retailers and animal care to name a few! Please remember that completed work experience forms are due to be returned to school **by Friday 14th February**.



## GL11 Oral History Project - Year 10 Work Experience opportunity

GL11 Community Hub are recording the memories of women born in the 1930s, 1940s and 1950s who worked at Cam Mills, to capture recollections of employment, domestic work and social changes during the period. Year 10 students are invited to apply to join the small creative team to develop visual responses to the stories that will be exhibited locally. We are looking for 10 students who are interested in the Creative Sector. We would love to work with those who would like to broaden their creative skills and work in a small dynamic team to develop visual responses to the spoken word. You might be interested in history, research, community work, gallery/exhibitions, textiles, photography, theatre/set design. Please send an expression of interest in an email to [hello@creativecommunity.org.uk](mailto:hello@creativecommunity.org.uk)







## Visit to Gloucester College

Several Year 11 students visited Gloucester College (Gloscol) on Thursday last week. We had the opportunity to visit the Construction and Trades department as well as Health and Beauty, Travel and Tourism, together with Health and Social Care and Engineering. Their training facilities impressed all of our students which included a short section of passenger seating in an airline jet and individual practical training booths for Hair, Beauty, all of the different construction trades and impressive engineering training machinery. If you want practical training for your next steps, this is definitely worth a look.



**Over the last 365 days, Rednock School was one of the Top 50 Unifrog users in the South West!**

**Unifrog** is an exciting and dynamic careers and futures platform that we use at school. It follows students from Years 7 to 13, logging and tracking their careers journey, and ultimately assisting them with writing their applications for their next steps, post-16 and post-18.

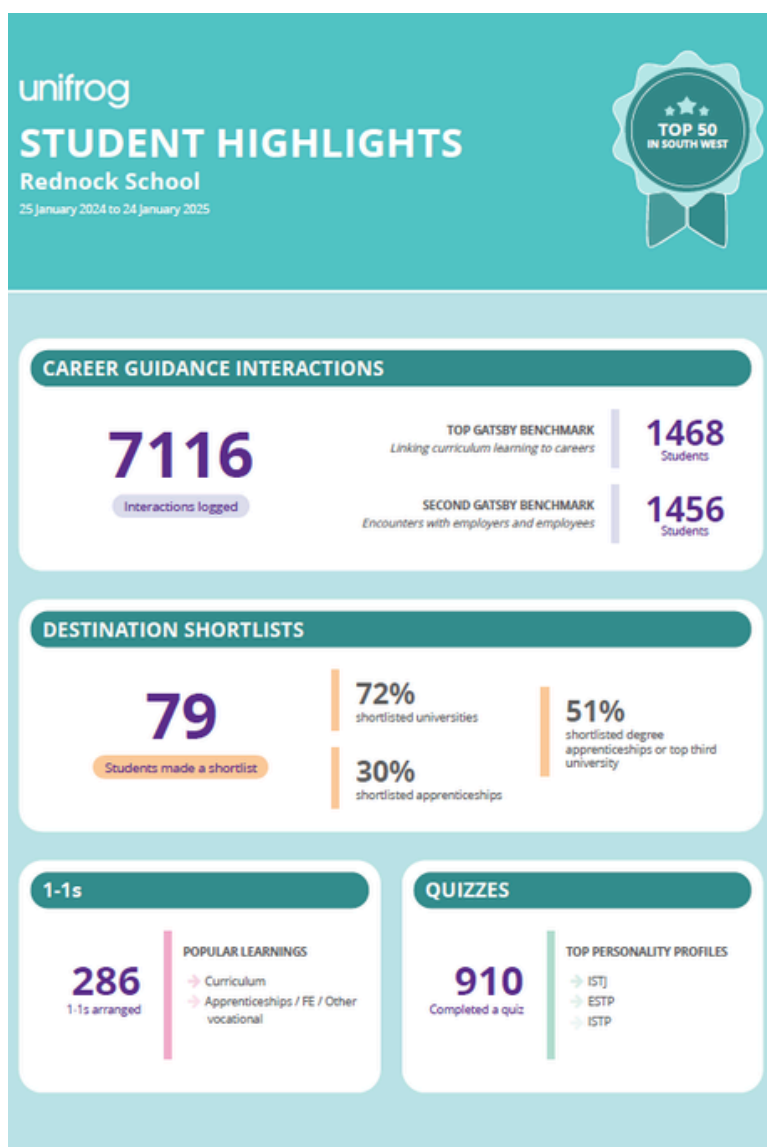


**STEM Mentoring  
Opportunity for  
Students in  
Years 10-13**

**Free national online mentoring** to help students explore their future career options by:

- asking for careers advice
- learning more about potential careers in STEM
- consider life after school, including education at university, apprenticeships, or preparing for employment.

The programme is fully funded so participation is free for UK students. The next cohort of mentoring starts on 24th February. Students in Years 10-13 who would like to sign up should go to room 207 or email Mrs Parker by **14th February** ([bronwyn.parker@rednockschool.org.uk](mailto:bronwyn.parker@rednockschool.org.uk)).







## The 'I Can and I Am' Bus visits Rednock!

*Promoting resilience and self esteem as part of our Life Skills programme.*

'I Can & I Am' is a charity founded by James Shone, inspiring self-belief by providing a simple set of tools that are easy to implement and relevant to all. Tools include helping us to acknowledge our natural strengths, developing a growth mindset, recognising the value of belonging, and becoming aware of the importance of attitude. We were incredibly fortunate to have the bus parked behind the Sixth Form Centre for the whole of last week. As part of their continued transition to secondary school support, all Year 7 students were invited to spend an hour onboard where they took part in wellbeing workshops on the top deck and pizza making in the specially converted kitchen on the ground floor.

Find out more about the 'I Can and I Am' bus in this [fantastic video!](#)



## Visit to The Ernest Cook Trust at Redwood

On Tuesday afternoon, the Year 10 group tested the waterproofs and wellies to the limits! We were incredibly fortunate to have no rain whilst we were at Redwood but there were some really good muddy puddles! The students built on their survival skills this week, creating their own filters in bottles to filter muddy water found on site and fire lighting with basic tools. Their reward for this hard work was hot chocolate made over the fire in a storm kettle.







## Rednock Sixth Form - Applications close on 14 February 2025

Rednock Sixth Form has a long history of giving students exceptional opportunities to reach their potential.

We are currently accepting applications to join us in September 2025. Please visit **our website** to find out more about our unique offer. (Applications close on 14th February.)

*"The Rednock Sixth Form is incredibly supportive, everyone is there to help you."*

**Alumni Stories - [click here](#)**

*"The staff and teachers around you help you excel and get the best out of yourself."*

Click [here](#) to apply to the 6th Form



## Unlock Cyber!

On 17th January, Year 12 STEM students spent the day at UWE delving into a range of different cyber careers.

There were ten major employers including BT, BAE systems, Microsoft, MOD to name a few! Students had the opportunity to hear from graduate trainees and employees and could ask as many questions as they liked. There was also an informative talk on the UCAS process and 'AI in Our World Today'.

There is currently a high demand for cyber professionals in the job market. It is expected that by the end of 2025 there will be 3.5 million unfilled cyber security jobs due to a lack of skilled professionals. Therefore, it is a great time to be planning careers in this field.

Further information about the job opportunities and pathways into these careers can be found on the website below:

<https://www.unlockcyber.com/employer-opportunities/>

## Level 3 Sport

Within Level 3 Sport this week we have been researching and understanding how National Governing Bodies work together to increase elite sport and increase physical activity within local authorities. Our Year 12 students studied different sport associations who work with the Department of Health to help improve individuals health and fitness. One association the students researched was The Walking Football Association which was an initiative to help support people with Parkinson's. The Year 12 Sport students learnt about the physiological impact on patients with Parkinsons and the psychological benefits the walking football association has. The photo (right) highlights the students practising their power walking ready for a Walking Football training session and match. Next week we will be looking into Blind football run by the FA.







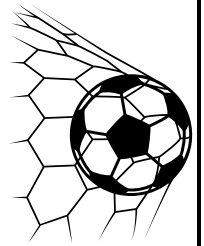
### Under 18's Boys' Football Match Reports

Last week our Under 18 boys played a home match against Archway School. It was a hard-fought match with some great performances from both teams. Archway got off to a good start with the first score of the match, Rednock came back strong with a great volley from Sam B, earning him Man of the Match. In the end, sadly it was to be Archways' day with a 3-1 win.

This week the boys played again, this time against The Crypt. They lost 5-1 but were very competitive and the score did not reflect their performance.

### Primary Schools Girls' Football Festival

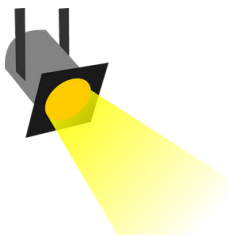
Last week we had ten girls' teams from our local Primary Schools taking part in a competitive but fun football festival on our astro-turf.



This was largely run by a group of our Sixth Form girls who are studying Sports Science and used this opportunity to gain experience for the coaching unit of their course. They ran warm-ups and organised and refereed the matches, and just did a great job of making sure all participants were involved and had fun. It was a real success and we have to commend our Sixth Former's for making it a thoroughly enjoyable day for all!

## READING IS POWER

### Learning Resource Centre (LRC)



#### LRC spotlight on... dystopian fiction

Dystopia is the opposite of utopia: a state in which the conditions of human life are extremely bad - from deprivation to oppression or terror (or all three). A dystopian society is characterised by human misery in the form of oppression, disease, overcrowding, environmental destruction, or war. An example of a real dystopia would be the Covid pandemic we all endured. All books featured are available to borrow from the LRC.



#### Homework

Please remind your child that reading for 20 - 30 minutes per night is part of their homework. Perhaps more importantly, it's good practice for keeping a story alive, remembering the plot and increasing vocabulary. It also helps with writing tasks in all curriculum subjects.

#### Lost or damaged books

School policy on lost/damaged books encourage your child to return books. Costs to replace will be added to Parent Pay.







### Year 7 & 8 Netball

The Year 7 and 8 Netball teams made the short distance to play KLB on Thursday 23rd January. It was a very chilly afternoon! The girls played some excellent attacking Netball, demonstrating some skillful dodging and sprinting. Both Olivia (Year 7) and Lizzie (Year 8) were on form in the shooting circle! Player of the match for Year 7 had to go to Ada for her determination and tenacity throughout the game.



### U13 Cricket

The U13 Cricket team travelled to Brimsham Green for the first round of the ECB Girls Indoor Competition. They played superbly with significant bowling contributions from Tara and Sophia and some excellent batting from Elodie and Sophie. This win qualifies the girls for the regional finals!



### U16 Football

The U16 7 a side football team played extremely well in the District round of the 7 a side Football tournament. They did not concede a goal during the whole tournament and scored some excellent goals. It was lovely to have our recently decorated Welsh U16 player - Holly Clark back in the school team too!







## Lions at Large - Design Competition

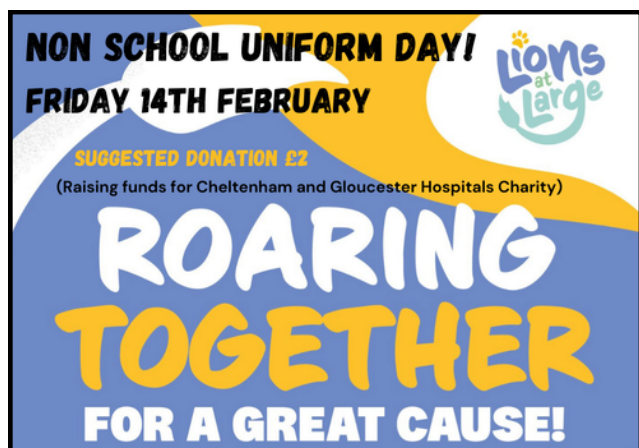
**Deadline:** Please return all entries to your community leader by Monday 3rd February. Everyone from the school community is invited to submit a design (that includes staff!) This is such an exciting opportunity as our lion will be exhibited as part of The Pride of Gloucestershire Trail this summer raising money for Cheltenham and Gloucester hospitals charity Big Space Cancer appeal. Your design could be seen by thousands of people!



[Click here to download a design sheet.](#)



There will be a 'Lions at Large' fundraiser **non uniform day** on Friday 14th February. A suggested donation of £2 is payable via Parent Pay or with cash on the day given in tutor time.



You can find more information about the trail at [www.lionsatlarge.co.uk](http://www.lionsatlarge.co.uk)

### A huge thank you...

...to the Year 12 students who delivered Lions at Large launch assemblies last week to all 4 school communities. They did an amazing job presenting the NHS slides and video, and adding their own thoughts and enthusiasm to launch the fundraising and design competition.

### Design competition dates...

Mrs Brooks will collect the designs from the Community Leaders on Monday 3rd February and points will be allocated to each community for the number of designs received. The Sixth Form student council will help shortlist the entries on Wednesday 5th February ready for a whole school vote on Monday 10th February. Look out for the winning design in the next Rednock Review!

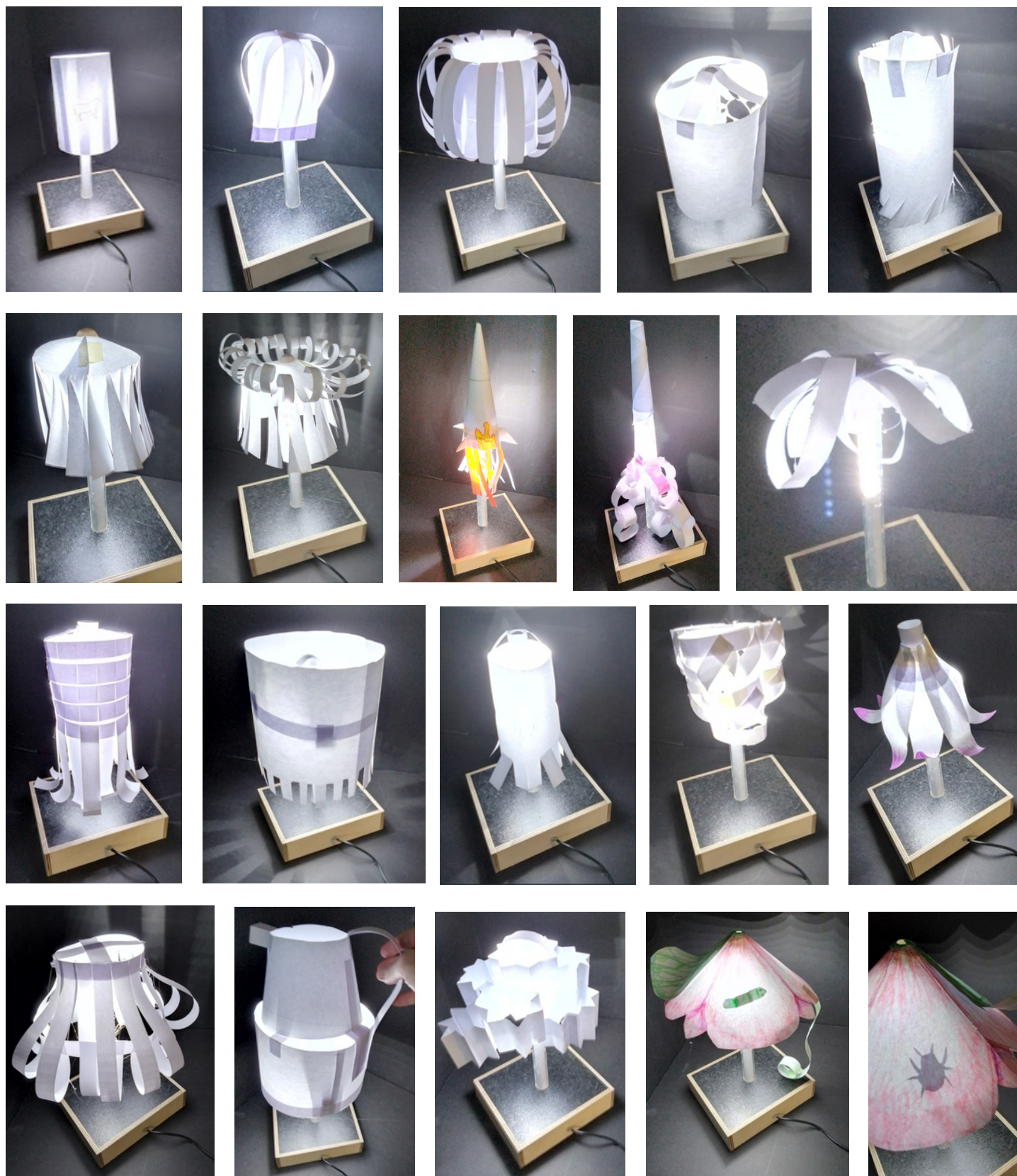






## GCSE Design Development

We wanted to share these amazing images of work completed by Year 10 Design Technology students. As part of a GCSE design and make task, the lampshade was created using strips of paper, carefully arranged to form a structured, yet visually interesting design. This approach explored light diffusion, shadow effects, and structural integrity while emphasising creativity and practical skills.







### The story continues!

Our English Ambassadors (Evie, Elina, Ellie, Ieuan, Charlotte, Ruza and Eli) are working on a story which we are serialising in each issue. Please sit back, put your feet up and enjoy the next chapter of *'The Rednock Crusaders'*!



## THE REDNOCK CRUSADERS

### Chapter Seven: The Way Home?

The peculiar looking bunch stared expectantly at the despondent pile of clock fragments neatly set out on the oak table, and then back up into the old man's deep blue eyes; eyes that had seen the world crumble like a sand castle over the last few decades, leaving it now with only a sagging pile of sand and broken dreams, slowly being washed away by the vicious waves of looming deadlines of apocalypse. It was this sadness and gloom that lingered in the clockmaker's eyes that encouraged Lucy to stay optimistic, change the course of the future and bring a smile to the man's sorrowful face once again.

"Is it possible?" queried Lucy in a somewhat meek voice, knowing she might not want the honest answer. "To fix the clock, I mean. Can you do it, Sir?"

A puzzled look spread across his face, creasing up the cannons of wrinkles on the old man's weary forehead, but then a light seemed to flick on in his head as he said, "Young lady, I have been in this business for forty-two years. There hasn't been a clock yet that I couldn't fix." as a crooked smile escaped from the corners of his mouth.

Lucy could have jumped with joy at this assuring deduction, but she contained her excitement until they were sure the clock had been fixed and they could return home safely.

Logical and grounded as ever, Harvey questioned "How long will it take for it to be mended, Sir?" Answering with the same clarity and eloquence as Harvey had spoken with, the old man replied, "Ah, for this kind of curious project I would normally suggest at least a day or two. Why, I don't quite understand exactly what sort of sorcery this clock has been bound with to cause such striking engravings and patterns. It shall take me a great deal of time to figure out the workings of such an intricate mechanism, let alone mend it!"

In utter disbelief that they may have to stay in this hellish future for days before being able to return back to their own time, the children stood dumbstruck, staring at the clockmaker, shaking and frozen from the bitter draught of slowly-passing storm through the ancient, creaking door.

After some brief negotiations with the old man, they came to the conclusion that he could have the clock fixed by tomorrow at dusk and that the children should be there to pick it up by no later than nine o'clock as directly after that he would be closing his shop forever. "It's getting too risky. It's too risky being in Dursley nowadays," he had said.

Sodden and disheartened, the cluster of unlikely heroes squelched out of the shop, while being waved off cheerily by the old man, and made their way heavily down the cobbled streets off to attempt to save the world and all the life on it from the impending reality of climate change in the next twenty-four hours.

To be continued...





## School Clubs

Click here to see times, year groups and locations for the below clubs:

**Book Club** (KS4) - Tuesday (Week A)  
**Rocket Club** – Thursday  
**Hack Wednesday** - Wednesday lunchtime  
**Code Club** (KS3) - Every lunchtime  
**Chess Club** - Monday & Wednesday lunchtime  
**Dance Club** - Thursday  
**School Production Rehearsals** - Tuesday (Full cast) & Wednesday (principal cast only)  
**School Production Band** - Wednesday  
**Debate Club** – Wednesday  
**DT Club** - Wednesday  
**DT Coursework and Skills Clinic** - Thursday  
**Dyslexia Drop-In** - Thursday lunchtime  
**Further Maths** – Wednesday  
**Maths Higher Revision** – Monday  
**Maths Foundation Revision** – Thursday  
**Homework Club** - Tuesday & Wednesday  
**Lunch Club** – Every lunchtime  
**Open Space** - Tuesday lunchtime  
**Quiet Study** - every day  
**Recorder Group** - Wednesday registration  
**Swing Band Rehearsal** - Thursday  
**Warhammer 40k / Age of Sigmar Club** - Friday  
**Sport Studies Catch Up** – Tuesday



## Sports Clubs

All PE after school clubs start at 3.10pm and finish at 4.15pm, unless specified on this list

### Tuesday

After school - Trampolining - Girls - Years 8 - 11  
 After school - Football - Boys - Year 7 & Year 10  
 Lunchtime - Badminton - Girls and Boys – Year 11

### Wednesday

After school - Football - Girls - All Years  
 Lunchtime - Badminton - Girls and Boys – Year 9 - 10

### Thursday

After school - Netball - Girls – Year 8 (invited students)

After School – Football – Boys – Years 8 & 9  
 Lunchtime - Badminton - Girls and Boys – Year 8

### Upcoming Girls Sports Fixtures

03/02/2025	U16	Football
04/02/2025	U12/13	Football
05/02/2025	U14	Football
06/02/2025	Y9 & Y10	Netball
10/02/2025	U12	Football
11/02/2025	Y11	Netball
12/02/2025	U16	Football
14/02/2025	U13	Netball

### Upcoming Boys Sports Fixtures

03/02/2025	Y10 & Y11	Football
04/02/2025	Y7, Y8 & Y9	Football
05/02/2025	U18	Football
12/02/2025	U18	Football
12/02/2025	Y11	Badminton



**Keeping Children Safe Online** - The National College's guides offer useful tips to help support parents and carers around a variety of issues including online safety, mental health and wellbeing and climate change. Earlier this month they shared the guide below on TikTok, a social media giant among children and young people, addressing safety concerns and advising how to keep young TikTok users safe...

# 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.

**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.

**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.

**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.

## 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.

**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.

**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.

**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.

**#WakeUpWednesday**  
**The National College**

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

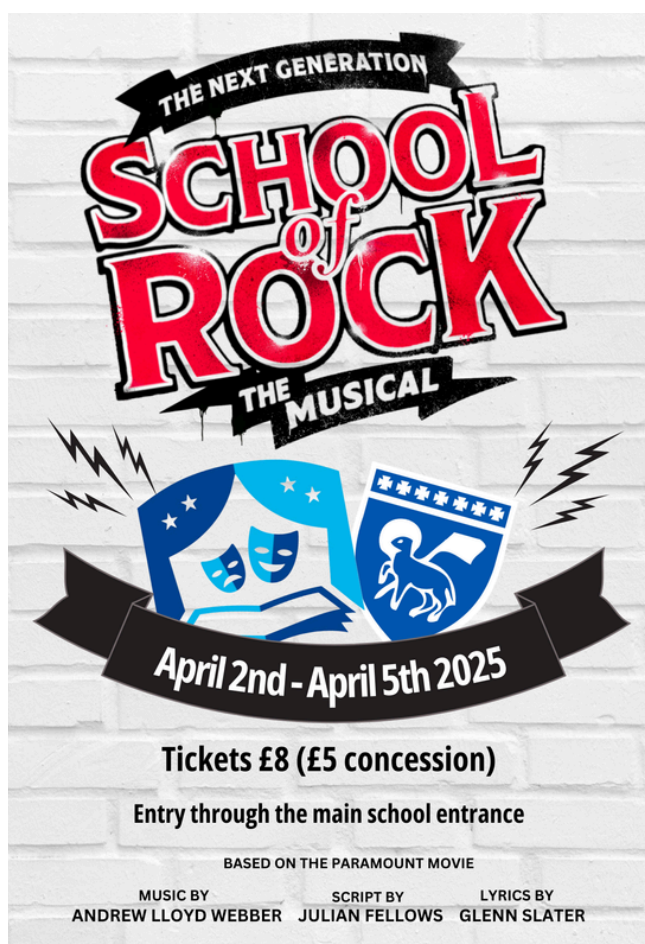
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## Dates for your Diary

Date	Year Group	Event
04/02/2025	Year 11	Photographs
05/02/2025	Year 10 (specific students)	'Hitler of Trial' Trip
06/02/2025	Year 11	Year 11 Parent Consultation Meetings
07/02/2025	All	Careers Fair
08/02/2025	Year 10 (specific students)	Beatles Music Trip to Liverpool
13/02/2025	All	Culture & Behaviour drop-in session, 3.30pm
13/02/2025	Year 9	KS4 Options Evening, 5pm-7.30pm
14/02/2025	Years 7-11	Non school uniform day - Lions at Large
14/02/2025	All	End of Term 3



### 'School of Rock'

#### **Tickets On Sale Now!**

The cast and crew of School of Rock are working hard towards this year's school production. Tickets are £8 each (£5 concession) and can be purchased via Parent Pay or main school reception. The show times are as below:

Wed 2nd April - 7.00pm

Thurs 3rd April - 7.00pm

Friday 4th April - 7.00pm

Saturday 5th April - 4.00pm