



# LONGSANDS LINK – 1<sup>st</sup> March 2024

## Mrs McKeown's Message

Each week we send through information to support you with ideas for activities, places to contact for advice and other suggestions. This week we are sending through a poster from the national online safety group on TikTok. Please take time to read through it. If you want more information on any of the games and sites your children may be asking to join or are already viewing, you can download the national online safety app for parents which is free. It will offer all sorts of advice on how to manage time online and also keeping your children safe. Thank you to all those parents who are using the correct paths into school and not the staff car park. Enjoy your weekend and keep in touch.

Mrs McKeown

### WORLD BOOK DAY

The teachers have been busy planning an exciting World Book Day on **Thursday 7<sup>th</sup> March**. The theme is 'Read It Your Way' and the children are invited to come to school dressed in their own comfy reading clothes. Each teacher has planned a variety of tailored activities to enjoy in their class throughout the day. Information about this year's World Book Day books will follow, and your child will as usual bring home a special voucher.

### PTFA's EASTER EGG DECORATING COMPETITION

On Friday 22<sup>nd</sup> March, children can decorate a hard boiled egg and bring it in to school to see if they can win their 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> class prizes!

## Pupils of the Week

**RECEPTION:** IVY

**YEAR 1:** HONEY

**YEAR 2:** ALEX

**YEAR 3:** ISABELLE

**YEAR 4:** ---

**YEAR 5:** ADEOLUWA

**YEAR 6:** LILY

## Longsands Values

**RECEPTION:** CHARLIE

**YEAR 1:** LEO

**YEAR 2:** ALL OF YEAR 2

**YEAR 3:** THEO

**YEAR 4:** ---

**YEAR 5:** LILY

**YEAR 6:** HARVEY

### MOVING ON

Mrs Buck, who has been at Longsands for over 20 years, will be leaving us at Easter. Apart from teaching Year 4, she has been the lead coach for our girl's football team for many years with successes and a few near misses. Mrs Mettham will be teaching Year 4 on Thursdays and Fridays. Miss Dabell will also be leaving us in April. She joined us as a TA almost 10 years ago and then recently re-joined us as a teacher. Miss Gornall will continue to teach the class in the Summer term. I am sure you will join me in wishing them both the best of luck in their future plans away from Longsands.

### PTFA's GREAT BIG EASTER RAFFLE

The PTFA's Great Big Easter Raffle will be held on **Friday 22<sup>nd</sup> March 2024**. Next week, children will come home with a book of raffle tickets that are £1 each, or a book for £5. Please see the attached poster for all the great prizes and support if you can.

### RECEPTION & YEAR 1 BOOK CLUB

Starting next week, every Monday and Thursday, parents and carers of children in **Year 1** are welcome to come along and read with their child from **3.20pm to 3.40pm**. There will be biscuits and juice for your child to enjoy, and we look forward to seeing you. **Reception Class** started their sessions this week, and will continue with the same dates and times

### MISS SALLY'S DANCE CLUB

There are still places available in Friday's dance club (8.00am – 8.45am) for children in Reception, Year 1 and Year 2. If you would like to join, just come along to the school hall and payment should be made directly to Miss Sally on the day.

### SWIMMING GALA

For those who received a letter about the Swimming Gala, the correct day is **Wednesday 6<sup>th</sup> March**.

## Dinner Time Stars

**RECEPTION:** AYDA

**YEAR 1:** ALEXANDER

**YEAR 2:** ETHAN

**YEAR 3:** SOPHIE

**YEAR 4:** ---

**YEAR 5:** EDEN

**YEAR 6:** LUKE

## DATES TO REMEMBER

### Monday 4<sup>th</sup> March

- Year 4 Swimming
- Book Club Reception & Year 1 at 3.20pm

### Tuesday 5<sup>th</sup> March

- Coach Gunn Club 8am
- Year 4 Swimming
- Netball Club

### Wednesday 6<sup>th</sup> March

- Swimming Gala
- **NO Rocksteady**
- High 5 Netball 3.20pm
- Year 4 Swimming

### Thursday 7<sup>th</sup> March

- Zumba Club 8.00am
- Year 4 Swimming
- Book Club Reception & Year 1 at 3.20pm
- World Book Day

### Friday 8<sup>th</sup> March

- Rewards Assembly 9.10am
- Dance with Miss Sally 8am
- Last Year 4 Swimming
- Samba
- Girls Football
- Rev Chris Church Club at 3.20pm



Every student. Every day.

### ATTENDANCE

Our target attendance is **96%**.

**RECEPTION:** 94.26%

**YEAR 1:** 95.15%

**YEAR 2:** 95.45%

**YEAR 3:** 95.11%

**YEAR 4:** 94.93%

**YEAR 5:** 92.88%

**YEAR 6:** 94.07%

**Current Overall = 94.55%**

## SCHOOL LUNCH MENU

WC 04/03/24 – **WEEK 1**

**LONGSANDS PTFA PRESENTS**

# *The Great Big* **EASTER RAFFLE**

**FRIDAY 22ND MARCH 2024**  
**DRAW BETWEEN 2PM–3PM IN SCHOOL**

## **TOP PRIZES**

**£100 cash prize**  
**£50 Houghton Manor voucher**  
**£40 curling voucher at The Flower Bowl**

**£1 a ticket**  
**or**  
**a book of 5 for £5**

**All prizes must be  
collected by  
Wednesday 27th  
March**

**1x family day pass at Bowland Wild Board Park**  
**1x free MOT test at CVM Preston Ltd**  
**2x 1 month free at Total Taekwondo**  
**£30 1-1 yoga by Helen voucher**  
**Wash, Cut and Blow Dry at Hair by Gemma**  
**Free blow dry @ Roberts Steel**  
**1x personal training session with Mr Merville**  
**1x colour and cut at Roots, Sharoe Green**  
**Brow or Nail or Toe treatment voucher at NFN Beauty**  
**3-course meal for 2 at the Anderton Arms**  
**£20 Honeywells**  
**£20 Ancient Oak gift card**  
**£20 Maxi Farm voucher**  
**£20 Francos voucher**  
**1x 2 hour bounce Wacky World voucher & Bottle of Prosecco**  
**1x 1 hour bounce Wacky World voucher & Bottle of Prosecco**  
**2x free entry at Rascals Party & Play Centre**  
**£10 voucher for MKIERABEAUTY**  
**£10 The Kinder Hub voucher**  
**1x Ted Baker miniatures & Bottle of Prosecco**  
**1x Joules miniatures & Bottle of Prosecco**

**Prizes will be  
allocated in the  
order listed**



*Easter Egg*

**DECORATING  
COMPETITION**

*Friday 22nd March 2024*

**Decorate a hard boiled egg any way you like.**

**Bring it in to school on**

**Friday 22nd March 2024.**

**See if you can be the winner of your  
class 1st, 2nd & 3rd prizes!**

**Longsands CP School PTFA**

# Love Dance Easter Club

LONGSANDS COMMUNITY PRIMARY SCHOOL

Week 1 : 2nd - 5th April  
Week 2 : 8th - 12th April

My Holiday club is  
designed to:

- Learn to dance
- Make new friends
- Build confidence

9am to 4pm

Early drop off and Late collections

Please DM for more details  
or to make a booking, £20 per day

Thanks  
Sally x

# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

### ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

## Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



National Online Safety

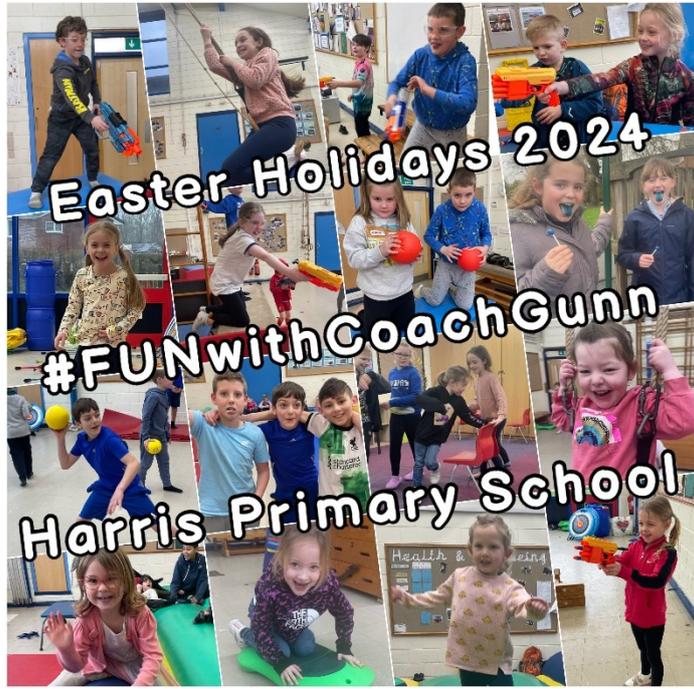
#WakeUpWednesday

# Coach Gunn Preston Easter Holidays 2024 Multi Sports & Activity Days

Organised and led by Coach Gunn Limited providing **ACTIVE TRUSTED CHILDCARE**

WED 3<sup>rd</sup>, THURS 4<sup>th</sup>, WED 10<sup>th</sup> & THURS 11<sup>th</sup> APRIL 2024 @ Harris Primary School, Preston (PR2 7EE)

9am-4pm each day  
**FREE** 8am-5pm extended hours  
  
Open to Reception to Y7 Boys & Girls  
  
FULL DAY @ £24  
HALF DAY @ £12  
9am-12:30pm  
12:30pm-4pm  
  
**JOIN THE TEAM...**  
Junior (ages 13-17) & Lead Coaches (18+) opportunities



**SPORTS & ACTIVITIES include...**  
  
Multi Sports  
Floor Surfing  
NERF & Archery  
BOUNCY CASTLE  
Lego & Let's Craft  
relaxing areas  
Climbing & Ropes  
Detective, Tag & Musical Games  
Parachute Games  
Supervised **FREE** play  
**...plus lots more FUN & creative activities**

Each day will feature the children's favourite activities delivered in a safe & secure environment making the most of the fantastic spaces available encouraging ALL attending children to have lots of #FUNwithFriends

For further information or to make a booking please contact [coachmarkgunn@gmail.com](mailto:coachmarkgunn@gmail.com) / 07912 178917

Name of Child..... School / Year Group..... /.....  
 Parental Name(s)..... Mobile(s).....  
 Parental Email(s).....  
 Medical Information - please give details of any important medical information that we should be aware of:  
 .....

I would like my child to attend **Coach Gunn Preston Easter Holidays 2024 Multi Sports & Activity Days at Harris Primary School (PR2 7EE)** on...

<b>Wednesday 3<sup>rd</sup> April 2024 @ Harris Primary School (PR2 7EE)</b>	<b>Thursday 4<sup>th</sup> April 2024 @ Harris Primary School (PR2 7EE)</b>	<b>Wednesday 10<sup>th</sup> April 2024 @ Harris Primary School (PR2 7EE)</b>	<b>Thursday 11<sup>th</sup> April 2024 @ Harris Primary School (PR2 7EE)</b>
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...and to secure their place I will make payment of £24 (Full Day) / £12 (Half Day) per child per day in advance.

**Payment Method = Direct Transfer to Coach Gunn Limited (Santander) 09-01-29 67809950**

**PayPal (via friends & family) to [coachmarkgunn@gmail.com](mailto:coachmarkgunn@gmail.com)**

Alternatively via **cash or cheque** (Coach Gunn Limited)

- I will collect my child(ren) promptly at 4pm     I would like to request early drop off / later pick up  
 My child(ren) will be collected by another person (name/relationship).....

I agree / don't agree to the publication of images of my child(ren) in the media.

Signed ..... Date .....