



St. Francesca Cabrini Primary School

# Cabrini News

[www.stfrancescacabrini.co.uk](http://www.stfrancescacabrini.co.uk)

AUTUMN TERM - Issue 6: Friday 14th October 2022

THE WEEKLY JOURNAL OF ST. FRANCESCA CABRINI PRIMARY SCHOOL, HONOR OAK, LONDON



Sam says, "Be at school, be on time!"

Outstanding Attendance this week goes to...

**BLUE CLASS - 100%**  
**CONGRATULATIONS!**

## The Stone Age



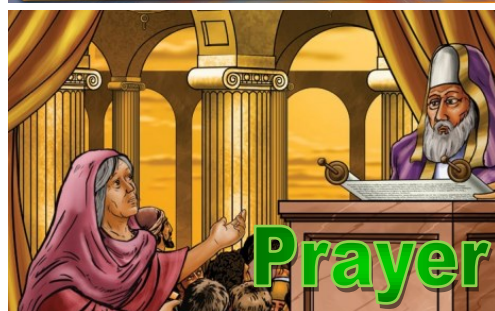
Year 3 had a tiring week at school! First, they discussed ways in which the heavy **Bluestone** and **Sarsen** sandstone might have been transported from Wales to the Stonehenge site. Then they set about transporting some of those stones on rollers as it may have been done in prehistoric times!



Year 2 had a busy week in the paint and body workshop as they painted and built their own racing car for the Dixie O'Day Grand prix! Who will be crowned champion on race day? Good luck year two!!



A Weekly Gift to you and your family from your Catholic School  
**THE WORD** SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES



*"The heart that knows how to say 'thank you' is a good heart. May we always say 'thank you' to God and to one another!"*

Pope Francis

# NATIONAL POETRY LIBRARY

On Tuesday 11<sup>th</sup> October, Year 6 travelled to London's Southbank to visit The National Poetry Library. We enjoyed our trip to the Poetry Library where we read, listened to and explored a range of different poems. The library holds over 250,000 poems so we were spoilt for choice! We also had the opportunity to create, and then perform, our own poem using London as our inspiration.



# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

## AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

18

CENSORED

## EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

W&H\*!

## TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



## HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

## ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

## IN-APP SPENDING

There's an in-app option to purchase "TikTok coins", which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### MAINTAIN PRIVACY SETTINGS

The default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

### ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

## Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



**National Online Safety**

#WakeUpWednesday

SOURCES TikTok.com



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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# Cyber safety, tips & fun!

# Headteacher's Award

## WINNERS

### congratulations!

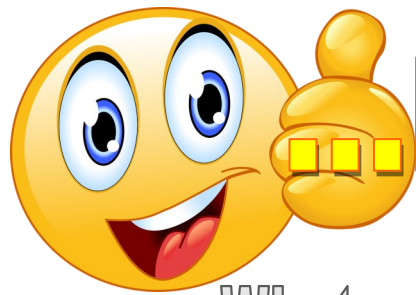


CLASS	NAME	REASON
<i>Red Class EYFS</i>	<b>Samuel</b>	<i>Showing kindness to his friends!</i>
<i>Orange Class Year 1</i>	<b>Bryanna</b>	<i>Fantastic writing this week!</i>
<i>Yellow Class Year 2</i>	<b>Emilia</b>	<i>Always working so hard!</i>
<i>Green Class Year 3</i>	<b>Muna</b>	<i>A brilliant sequel to 'Black Dog'!</i>
<i>Blue Class Year 4</i>	<b>Magdalena</b>	<i>Excellent R.E. work!</i>
<i>Indigo Class Year 5</i>	<b>Jeffery</b>	<i>Brilliant written work with great vocabulary choices!</i>
<i>Lime Class Year 6</i>	<b>Roshee</b>	<i>Fantastic participation at the National Poetry Library!</i>

Be the BEST that YOU can be!



# Next week's...



# ...highlights!

What will you be doing next week?

<b>Red Class</b> <b>EYFS</b>	<b>How do animals keep warm in the Arctic &amp; Antarctic regions?</b>
<b>Orange Class</b> <b>Year 1</b>	<b>Exploring the uses of everyday materials!</b>
<b>Yellow Class</b> <b>Year 2</b>	<b>What happens to bread when it is heated? Let's investigate!</b>
<b>Green Class</b> <b>Year 3</b>	<b>Looking at stone age tools...What were they made from? &amp; How were they used?</b>
<b>Blue Class</b> <b>Year 4</b>	<b>Cinnamon the sequel! Just what will happen next?</b>
<b>Indigo Class</b> <b>Year 5</b>	<b>SUPER TED! The Adventures of 'Bear' the superhero!</b>
<b>Lime Class</b> <b>Year 6</b>	<b>What is an Ovoo? Let's get creative in the forest!</b>



*Love - Prayer - Trust -*

*Respect - Excellence*

# THREE WEEK MENU

Autumn/Winter 2022



OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



# Autumn/Winter Menu 2022-2023

New menu begins after the Autumn half-term break!

## WEEK 1 MENU

W/C: 31/10, 21/11, 12/12, 02/01, 23/01, 20/02, 13/03, 17/04

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### Hot Main Dish

Macaroni Cheese 🍴

Served with Peas and Carrots

Chicken Pie

Served with Mashed Potato and Gravy

Roast Chicken

Served with Roast Potatoes and Gravy

Beef Bolognese 🍴

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Breaded Fish

Served with Chips, Peas and Beans

#### Alternative Dish

Vegetarian Sausage 🍴

Served with Mashed Potato and Gravy

Cheese and Tomato Pizza 🍴

Served with Sweetcorn and Salad

Vegan Sausage Casserole 🍴

Served with Carrots and Cabbage

Vegetarian Bolognese 🍴

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Quorn Dippers 🍴

Served with Chips, Peas and Beans

#### Salads

Freshly Prepared Salads  
Available every day

#### Jacket Potato Pasta

Jacket Potato 🍴

With a choice of fillings

Tomato Pasta 🍴

Jacket Potato 🍴

With Salmon Mayonnaise

Tomato Pasta 🍴

Jacket Potato 🍴

With a choice of fillings

#### Vegetables

Carrots and Peas

Sweetcorn and Fresh Salad

Carrots and Cabbage

Broccoli and Sweetcorn

Peas and Beans

#### Dessert

Fresh Fruit Platter 🍴

Hot Chocolate Sponge with Chocolate Custard

Vanilla Ice Cream

Fresh Fruit Salad 🍴

Cheese and Biscuit

PACKED LUNCH – AVAILABLE DAILY  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
VEGETABLES AND FRESH FRUIT  
DESSERT OF THE DAY

AVAILABLE EVERY DAY  
WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

🍴 Vegetarian 🐟 Oily fish 🍷 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice

# WEEK ONE

# WEEK TWO

## WEEK 2 MENU

W/C: 07/11, 28/11, 19/12, 09/01,  
30/01, 27/02, 20/03, 24/04



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Hot Main Dish	Cheese and Tomato Pizza	Jerk Chicken Served with Rice and Peas	Roast Turkey Served with Roast Potato and Gravy	Keralan Chicken Curry	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Sweet Potato Curry	Sweet Chilli Vegetable Noodles	Vegetable Pie	Vegetable Korma	Quorn Dippers Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato Pasta	Jacket Potato With a choice of fillings	Tomato Pasta	Jacket Potato With Salmon Mayonnaise	Tomato Pasta	Jacket Potato With a choice of fillings
Vegetables	Carrot and Cucumber sticks	Peas and Broccoli	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Fresh Fruit Platter	Chocolate and Banana Marble Cake	Chocolate Ice Cream	Fresh Fruit Salad	Cheese and Biscuit

**PACKED LUNCH – AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
VEGETABLES AND FRESH FRUIT  
DESSERT OF THE DAY

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

# WEEK THREE

## WEEK 3 MENU

W/C: 14/11, 05/12, 16/01, 06/02,  
06/03, 27/03, 01/05



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Hot Main Dish	Vegetable Bolognese	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Chicken Served with Roast Potatoes and Gravy	Beef Bolognese	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Vegetable Chilli	Vegetable Chow Mein	Vegetable Pastry Roll	Vegetarian Cottage Pie	Vegetable Burger Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato Pasta	Jacket Potato With a choice of fillings	Tomato Pasta	Jacket Potato With Salmon Mayonnaise	Tomato Pasta	Jacket Potato With a choice of fillings
Vegetables	Peas and Carrots	Broccoli and Sweetcorn	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Fresh Fruit Platter	Pineapple and Peach Crumble with Custard	Fruit Jelly	Fresh Fruit Salad	Cheese and Biscuit

**PACKED LUNCH – AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
VEGETABLES AND FRESH FRUIT  
DESSERT OF THE DAY

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

AUTUMN/WINTER 2022

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