

## Dates To Remember

**1st - NYC Held at SCS beginning at 2 pm**

**Boys vs Boyd County @ 6:30 pm**

**Girls vs Neligh Oakdale @ 3:30 pm**

**4th - Jr High BB vs Bloomfield (H)**

**Girls 2 pm Boys 3 pm**

**8th - HS BB @ Cody Kilgore 4 pm**

**11th - Parent's Night BB vs Bloomfield  
6:15 pm**

**12th - No School - Teacher in service day**

**13th - Jr High BB @ Elba 3pm/4pm**

**HS BB @ Elba 5 pm**

**17th - NO SCHOOL - President's Day**

**Girls BB Sub Districts TBA**

**24th - Boys BB Sub Districts TBA**

5th - Josue R. \* Landon S.

7th - Ginger C. \* Daeonnah H.

15th - Azarah D.

16th - Layton R.

17th - Misty C.

18th - Nelia D.

23rd - Asa D.

24th - Traydon S.

25th - Orin A. \* Casey F.

27th - Aryanah S.



*Happy Birthday*

*To You*

*From*

*Santee Community School*



*February*

*2020*

*Newsletter*





### Music Notes

Anpetu waste, friends and family! Between performing and listening to a wide variety of music, creating our own verses and pieces, practicing solos and small group pieces, and performing at basketball games, our music program is very busy this winter! Here's a rundown of some of the elements we have been studying:

#### **Elementary Music News**

In January, kindergarten has been practicing the distinction between high and low sounds, and are now working on fast and slow steady beats. We also played a new game called "Cut the Cake," which was a lot of fun! First grade put a new spin on the old folk tune "Oh Susannah," and are now working on a Maori greeting song as well as identifying quarter rests. In our piece "Bow Wow Wow," we discovered that "Whose dog art thou?" is an old-fashioned way to ask "Whose dog are you?" and we shared some information about our favorite dogs with the class. Second grade went through a similar composition process this week with the classic "This Old Man," in which the musicians chose their favorite number, tried to create a rhyme, and sang their new verse to the class (some of us used the microphone and speaker!). We are adding "tempo" to our musical vocabulary, in addition to listening to different genres. Third grade wrapped up "Rock and Roll is Here to Stay" with an awesome dance (see the pictures below!) and will shortly begin "Alla en la Fuente" (There at the Spring). Fourth grade is learning our low E note on recorder so we can practice our ipiyaka toto belt song, "It's Raining." We are working on memorizing our BAG notes to prepare for band next year. In choir, we just started the Japanese cherry blossom song "Sakura," watching a musician play the folk tune on the beautiful 25-string koto and studying the lyrical version. Fifth and sixth grade choir are studying high school-level solfege warmups and preparing to work on an Andean mountain ballad, "El Condor Pasa," which will be a massive concert piece with 5th-8th choir this spring. These classes are also doing wonderful work in beginning band, individually and as a class!

#### **Middle School Music News**

Seventh grade is putting together posters of our major and minor solfege signs - a very important job, since all of my choirs use solfege to tune and move our melodies. Shortly, we will begin studying "El Condor Pasa," a low minor-mode song that should work well for our ranges. We are also getting back into the swing of band, working on pep tunes and learning about our instruments. Eighth grade is wrapping up an immense composition project in which each student was expected to create their own piece of music in Soundtrap with form and emphasis on variety or similarity. They filled out journal entries and a final presentation document to express their thoughts during the creative process, and are bravely showcasing their work for the class. Some of them might be relieved to get back into the band and choir rotation!

#### **High School Music News**

This semester, we have pianists, composers, a guitarist, and a couple of musicians that are still seeking their niche. Two pianists are working on nocturnes by Chopin and Satie, one is studying a transcription of a Ne-Yo piece, and another is working on a pasel of songs. One of my composers is so well-versed in Garageband that he is familiar with all 5000+ loops and is getting very creative in restructuring them to create fantastic new pieces, often every day. My guitarist is persevering as he works to redevelop calluses - sometimes musicianship takes a lot of grit and willingness to stick it out! I will be excited for you to see everyone's progress at the concert on Monday, April 27!

#### **In the Not-so-Distant Future . . .**

We had our first Solo Showcase last October, and it was a hit! Our next showcase will be on Wednesday, March 18, at 5pm. This is a chance for any musician who wants to go above and beyond the performance requirement to practice a solo or small group piece (or several!). I hope the March showcase will have even more excited performers than the last one!

I look forward to seeing you soon!

Pidamiyaye,

Miss Knight







## Preschool 4 yr. Olds

We have been busy little learners! Our focus is on clothing and we have been exploring all different kinds of clothes- pants, coats, socks (even stinky ones), long sleeve shirts, short sleeve shirts, jackets, sweatshirts, hats, and shoes. There are a lot of details on clothes that we are noticing- snaps, glitter, words, fuzz, buttons, zippers and so much more!

In Math, we are counting to 50 every day, making sets with numbers to five, writing our numbers to 10, counting objects one to one, making AB patterns, and sorting items according to size, color, or shape. Our letter focus right now is Dd. We have thought of words that start with Dd and drew pictures of Dd things. Some of us drew our dads dancing with donuts!

Fine motor exercises are important for the student's ability to write, process information, and help them be creative. Current exercises we are doing include: finding and digging out buttons in playdough and theraputty, using clothespins for various activities, writing with golf pencils instead of the big ones, finger pinching pom poms, making finger pancakes with theraputty, and fingertip push ups. We will be conquering eye droppers, tweezers, and squirt bottles soon.

Our kids are becoming very interested in reading books and writing words. They enjoy having 2-3 stories read to them every day! Please read with them at home too. They are anxious to learn!

If you have snow boots and snow pants please send them to school. If you do not, please send a set of extra clothes so your child can go out and play. We have been playing tag on the sidewalk, but would love to go build snowmen, snow angels, and snow forts!

Thank you for sharing your child with me. We would love for you to come visit, have lunch, play with us, dig for buttons, or even rest your brain (nap).

Dates to remember:

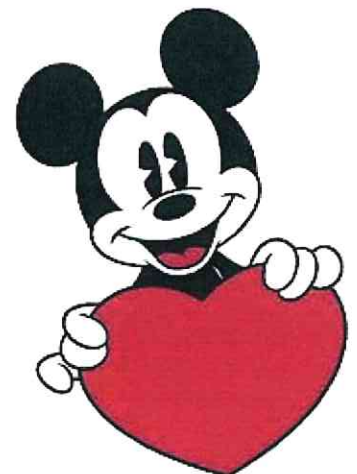
February 12 No school or daycare (inservice day)

February 17 No school

February 28 Mrs. Hrbek gone (sub that day)

Mrs. Hrbek

Shandara



## Early Childhood

Early childhood would like to remind everyone of some important dates that are around the corner.

Feb. 12- No School- In-service

Feb. 13-Rachel and Joan will be attending a workshop

Feb. 14-Happy Valentine's Day-Please remember that the school is peanut free.

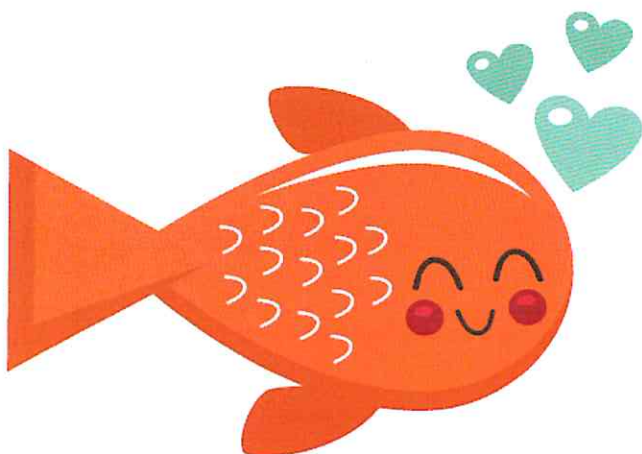
Feb. 17- No School

Upcoming children that will turn 5 on or before July 31 are eligible to attend Kindergarten in the fall. Join us for Kindergarten round-up on March 6 from 8-11:30. More information will be coming soon.

Ms. Joan

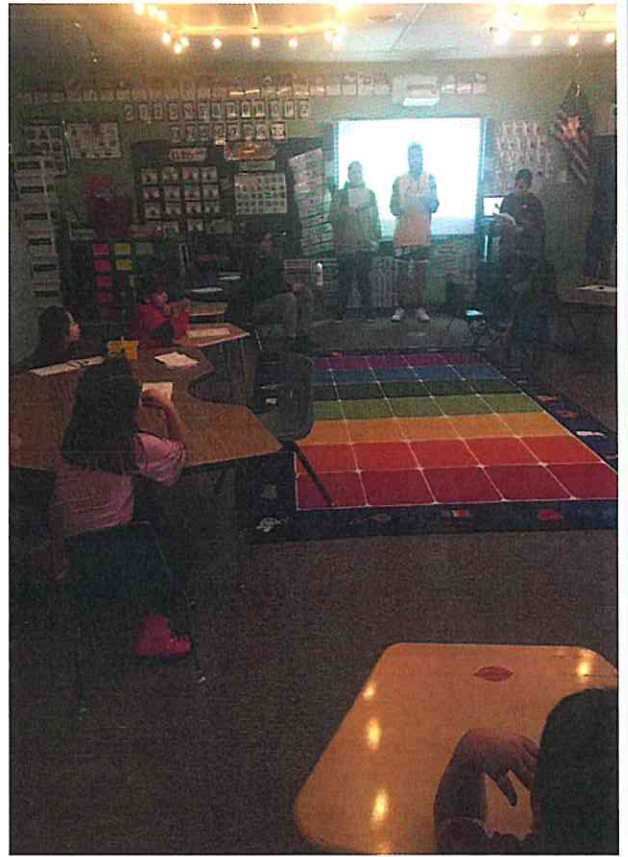
## Infant Room

The infant room has a class pet. Big Red fish. We are helping Arthur with a project for his class. The little ones love watching the fish.





8th graders are examining the responsibilities of babysitting in FCS class. They performed a readers theater for the kindergarten class today as a way to entertain children in a fun way! They covered the Nebraska standard of (HSE.MS.6.14) Examine the responsibilities that may face a babysitter. and (LA 8.3.1 Speaking Skills): Students will develop, apply, and refine speaking skills to communicate key ideas in a variety of situations.



The After School kids had a great time making Pink Fluff with Ms. Becky. On Wednesdays Ms. Becky has fun with food. The children get to learn about different foods and taste some delicious treats.

#### RECIPE for PINK FLUFF

1 container of Whipped Topping

1 can of strawberry yogurt

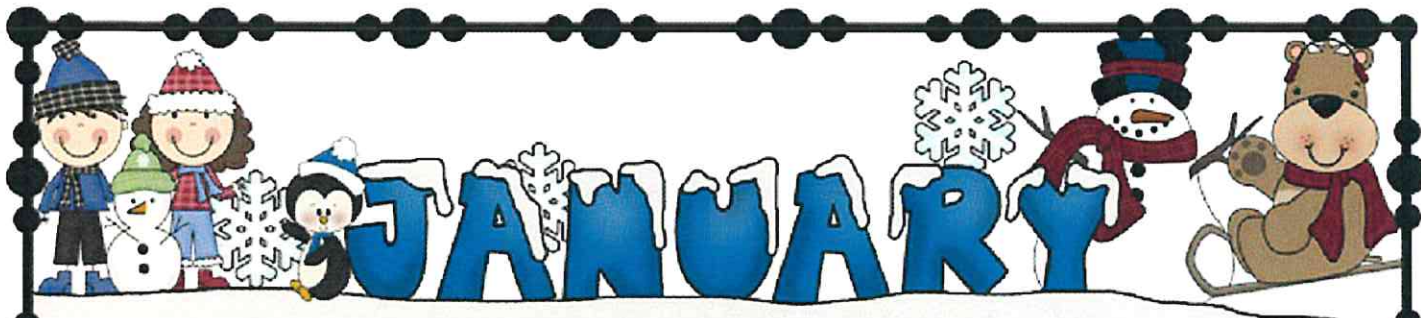
1/3 pouch of dry strawberry jello powder

Strawberries - As many as you like cut up

Stir it together and enjoy. Many other fruit flavors can be enjoyed.







## Mrs. LaPlante's Social Studies & Science classroom

The 4<sup>th</sup>-6<sup>th</sup> grade students were lucky enough to partner with the Nebraska Game & Parks Commission this year for the **Nebraska Trout in the Classroom Program**.

This interdisciplinary, science-based program invites classrooms and schools to explore aquatic ecosystems, life cycles, water quality and the scientific process through raising trout eggs in their classroom.

Participating classrooms set-up a cold-water aquarium in their classroom or school. Soon after each school is provided rainbow trout eggs. Students take ownership of caring for both their trout and the aquarium habitat by testing water quality, feeding their trout, and monitoring growth and development. As the program progresses, students see connections between their trout, water resources, the environment and themselves. Students learn first-hand how all aspects of a trout's life cycle, food web, and habitat are interconnected and impacted by the environment.



The students have all been amazed at how fast our trout are growing and they really enjoy having the responsibility of changing the water, feeding the trout and checking the water quality. (Temperature, pH balance, ammonia and nitrates)

### **DATES TO REMEMBER:**

- 2/11 Parent's Night (bball)
- 2/12 NO SCHOOL-INSERVICE DAY
- 2/14 Valentine's Day/Dean Jacobs
- (4th grade classroom party for V-Day)
- 2/17 NO SCHOOL-HOLIDAY

# NVC TOURNAMENT

Saturday, February 1<sup>st</sup>

Games Start @ 2:00 pm

Santee Community School

\*NVC tournament passes  
ONLY

\* Children in grades K-6 must  
be accompanied by an adult

**Admission:**

**Adults \$5 Students \$3**

Lady Warriors vs Neligh Oakdale 3:30 pm

Warriors vs Boyd County 6:30 pm



Please join district staff and  
Chairman of the Santee Sioux  
Nation, Chairman Trudell on  
February 3<sup>rd</sup> at 8 am. He will be  
signing a declaration at Santee  
Community School making  
February Attendance  
Awareness Month!

We invite you to come to  
school with us that day and eat  
breakfast in honor of this  
special designation.



# EducationQuest Foundation

# College Planning Bulletin

*A monthly college planning guide for Nebraska high school students*

February 2020

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## **Seniors...make sure you complete the FAFSA process**

Getting financial aid for college involves more than completing the Free Application for Federal Student Aid (FAFSA). Complete each step of the process so that you don't miss out on money for college.

1. **If you haven't already, complete your 2020-21 FAFSA** at [FAFSA.gov](https://fafsa.gov) using 2018 income tax data. Before you start, you and a parent must each get an FSA ID at [fsaid.ed.gov](https://fsaid.ed.gov) as you'll need them to access and sign your FAFSA.
2. **Expect a Student Aid Report (SAR) via an email link.** The SAR acknowledges that your FAFSA was received and lets you know if you need to take further action before the form can be processed.
3. **You might receive a verification notice** from the college(s) you listed on your FAFSA requesting documents to verify your FAFSA information. The college will not process your financial aid until you provide required documents.
4. **Watch for financial aid award notifications.** Once you're accepted for admission to the colleges you listed on your FAFSA, they will notify you of the types and amounts of financial aid they're offering.

Watch your email and student portal carefully for important details about admission and financial aid.

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## **What you need to know about scholarships**

Most scholarships are based on academics, but others are based on community service, school involvement, or talent. Some are based on financial need as determined by the results of your FAFSA.

Here's where to look for scholarships:

1. **[ScholarshipQuest](https://www.educationquest.org) at EducationQuest.org** houses over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria.
2. **Your school counselor's office.** Visit regularly to check on local and national awards.
3. **The college you plan to attend.** Contact the school for a list of scholarships they provide and the application procedures.
4. **National search sites** such as [College Board](https://collegeboard.org), [Peterson's](https://petersons.com), and [Chegg](https://chegg.com).
5. **Other resources** could include your coach, clubs and organizations, and your parents' employers and civic organizations.

[Click here](#) for more details about scholarships and tips to help you complete a successful application.

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## Two easy-to-apply-for scholarships from EducationQuest

Nebraska students in grades 9-12 are invited to pursue these \$500 scholarships from EducationQuest:

**Get Social Scholarship** – By following us on [Facebook](#), [Twitter](#) and [Instagram](#), you can enter into a drawing for a \$500 scholarship each time we hit another 250 followers. [Click here](#) for details.

**Scavenger Hunt Scholarship** – Create a [ScholarshipQuest](#) profile at EducationQuest.org and then scavenge around the EducationQuest website to find answers to questions on a survey. The deadline to apply is **March 31**. We'll draw two winners from those who answer all questions correctly. [Click here](#) for details.

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## February “To Do” List

### Seniors:

- \_\_\_ If you haven't already, complete the [FAFSA](#).
- \_\_\_ Expect financial aid award notifications from the colleges you listed on your FAFSA.
- \_\_\_ Apply for scholarships.

### Juniors:

- \_\_\_ Start preparing for the ACT. Here are [test-prep resources](#) to consider.
  - \_\_\_ [Register](#) by February 14 for the March 14 SAT.
  - \_\_\_ [Register](#) by February 28 for the April 4 ACT.
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For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	800-303-3745 ext. 6654
888-357-6300	800-303-3745	800-666-3721	

**[EducationQuest.org](#)**

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#)!

*Your Journey to College Begins with Us*



Edit date: 29/05/19



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."



# What parents need to know about SNAPCHAT



## EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!" When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

## ADDICTIVE SNAPSTREAKS

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

## SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.



## EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the rocket button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

## DAMAGE TO CONFIDENCE

Snapchat's selection of filters and lenses are seen as a great way to enhance your 'selfie game'. Although the filters are often created to promote entertainment and humour, using the 'beautify' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.



## Top Tips for Parents



### THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

### REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: [support.snapchat.com](https://support.snapchat.com).

### USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

### HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

### TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

### RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app's settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.





# YOLO

YOLO is an anonymous question and answer app that works in combination with Snapchat. In May 2019 it became the most downloaded app in the UK iTunes store only a week after its release and with no prior marketing or promotion. It has become hugely popular amongst children, particularly teenagers, as it offers them the opportunity to join in anonymous Q&A without having to reveal their identities, which often encourages more honest and open peer feedback. This can offer kids a real sense of self-worth when they receive positive comments on their posts but can also have serious drawbacks if abused. At the time of writing this guide, YOLO was only available to download from the iTunes App store and unavailable to Android users.

AGE RESTRICTION  
**13+**



## What parents need to know about

# YOLO



### EVERYTHING IS ANONYMOUS

Once a user has downloaded YOLO, they will be prompted to open Snapchat and post a message to their Snapchat story which asks their friends and followers to send them honest messages. From these responses, all of which are anonymous, the user can then choose one and either reply directly to it in the YOLO app or reply via an image or video in Snapchat. This response can then be added to their Snapchat story. Given the anonymity, these messages may not always be helpful or positive.



### RISK OF BULLYING

Like previous similar apps before it, YOLO could be used to facilitate bullying given user identities are hidden. Cyberbullies may see this as an opportunity to send offensive or abusive comments to your child, especially as there is little opportunity for screening replies prior to them landing in your child's inbox. Children's charities, such as the NSPCC, have already voiced their concerns over the potential for the app to be misused.



### NO AGE VERIFICATION PROCESS

Whilst YOLO recommends that the app should not be used by children under the age of 13, the iTunes store provides a recommended age rating of 17+. Nonetheless, if your child chooses to download the app and already has Snapchat, there are no age verification checks and no initial barriers to use. As long as your child has access to an iPhone and has Snapchat installed, they have access to YOLO.

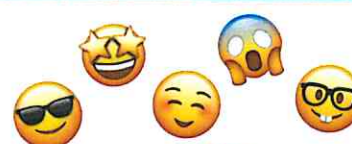


### AN INFLUENTIAL FEEDBACK TOOL

YOLO is designed to offer children the ability to tell their peers what they think of their posts and aims to encourage positivity between friends. However, the app may become an influential tool in shaping how your child behaves and interacts if they receive feedback from their followers which is more critical, such as in respect of appearance or their day to day actions. Children are so keen to be accepted by their friends that they may try and act on the criticism in order to do whatever it takes to fit in.



## Top Tips For Parents



**1**

### SPEAK TO YOUR CHILD ABOUT CYBERBULLYING

The best way to deal with offensive or hurtful comments online is to talk to your child and prepare them for what they may encounter. Offer them advice and support in dealing with nasty comments and teach them how to report or block users, so that they feel empowered to take action and can build confidence in staying safe online. Try to get them to talk about it so that they don't feel alone or unable to call for help.



**2**

### TALK TO YOUR CHILD ABOUT YOLO

Every child wants to feel a sense of validation from their friends and peers but some may be looking for it for different reasons to others. Talk to your child about their use of the app and why they use it. Ask them if they see it as a positive influence in their life and the type of questions they are being asked by their followers. If they don't really see any benefit in it, do they really need it?



**3**

### TALK ABOUT BEING KIND ONLINE

Unfortunately, children and teenagers can say nasty things and the anonymity that YOLO provides means that some may see this as an opportunity to openly say things that maybe otherwise they wouldn't. Talking to your child about being kind to everyone, both online and offline, and treating others how they would wish to be treated will help your child to understand the damage that cruel or nasty comments can have on others and the potential long-term consequences it could bring.



**4**

### USE BOTH YOLO AND SNAPCHAT PRIVACY FEATURES

Although YOLO primarily works through Snapchat, it does offer the ability to report offensive comments and permit users to be blocked. If your child is concerned about comments they have received, this should be the first step they take in order to ensure nothing is received from that user. Similarly, to ensure your child is only interacting with friends and people they know, ensure that only their friends, and not everyone, can view their Snapchat story. This will limit who can send your child any anonymous messages.



**5**

### IF WORRIED, SIMPLY DELETE THE APP

If your child has received a number of offensive comments or is repeatedly being targeted by bullies, then the best option may be to delete the app altogether. All the features of the original Snapchat app will remain the same and your child will still be able to interact with their friends as per normal.



### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:  
<https://onyolo.com/terms>  
<https://onyolo.com/privacy>  
<https://www.bbc.co.uk/news/technology-48214413>





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-synching 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.

**AGE RESTRICTION**  
**12+**  
If under 18, supervision of a parent or legal guardian required.

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-synching 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 users' 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.

## Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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# SOCIAL MEDIA & Mental Health



## What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

## Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?



**National Online Safety**

#WakeUpWednesday

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

## 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



## 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



## 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



## 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



### OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspk.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>



## February 2020

## Lunch Menu

<b>3</b> Beef Stroganoff Chef Salad	<b>4</b> Taco Chef Salad	<b>5</b> CORN DOG Chef Salad	<b>6</b> Chicken Fajitas Chef Salad	<b>7</b> Chicken Fried Steak Chef Salad
<b>10</b> Cheese Burgers n Fries Salad Bar	<b>11</b> Chicken Alfredo Chef Salad	<b>12</b> No School	<b>13</b> Beef & Noodles Chef Salad	<b>14</b> Salisbury Steak Chef Salad
<b>17</b> No School	<b>18</b> Beef Casserole Chef Salad	<b>19</b> Chicken Strips Chef Salad	<b>20</b> Biscuit and Gravy Chef Salad	<b>21</b> Goulash Chef Salad
<b>24</b> PIZZA Chef Salad	<b>25</b> CHICKEN Chef Salad	<b>26</b> Walking Taco Chef Salad	<b>27</b> Macaroni and Cheese Chef Salad	<b>28</b> Pork Tenderloin Chef Salad

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## February 2020

## Breakfast Menu

<b>3</b> EGG AND POTATO BAKE	<b>4</b> PANCAKES	<b>5</b> FRENCH TOAST	<b>6</b> Sausage and Eggs	<b>7</b> Breakfast Burritos
<b>10</b> Waffles	<b>11</b> Breakfast Toast	<b>12</b> No School	<b>13</b> Biscuits n Gravy	<b>14</b> Breakfast Pizza
<b>17</b> No School	<b>18</b> Blueberry Muffin	<b>19</b> Sausage and Eggs	<b>20</b> CREAM OF WHEAT	<b>21</b> Pancake on a Stick
<b>24</b> Malt o Meal	<b>25</b> WAFFLES	<b>26</b> French Toast Sticks	<b>27</b> Corn Bread	<b>28</b> Omelets and Toast

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