

NEWSLETTER

FRIDAY 28TH NOVEMBER 2025



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

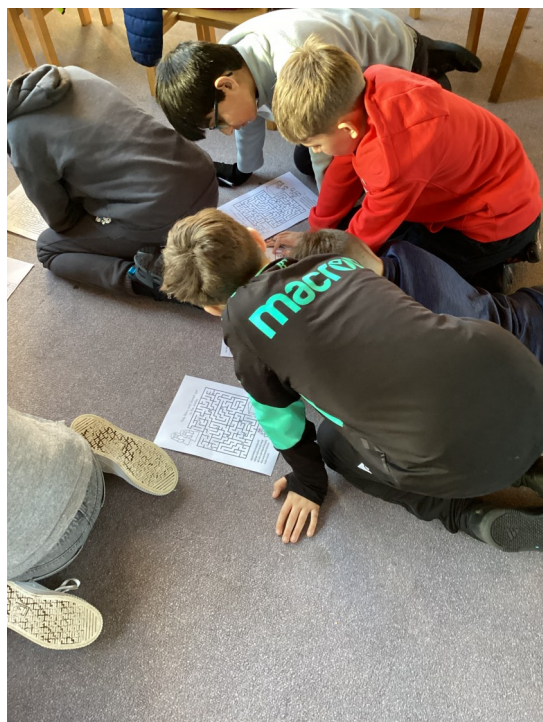
BELIEVE

PERSEVERE

ACHIEVE

YEAR 6 AT ST CUTHBERT'S CHURCH

Year 6 visited St Cuthbert's last week for their 'Rewind to Christmas' session. They made beautiful tea light holders and learnt about Christmas traditions. Their behaviour was impeccable and we were very proud of them.



LEARNING SHOWCASE

LIFE EDUCATION CENTRE SESSIONS

All children in school enjoyed a session with the life Education Centre this week. The children had the opportunity to explore a range of health related issues.

Nursery—Taking Care of Myself



Reception—All about me!

Year 1—My wonderful Body



Year 2— Feelings



LEARNING SHOWCASE

LIFE EDUCATION CENTRE SESSIONS

Year 3—Meet the Brain



Year 4—It's Great to be Me!



Year 5—Friends



Year 6— Decisions



YEAR 5 RIVERS WORKSHOP

Year 5 enjoyed a rivers workshop delivered by John Mee where they learnt all about the rivers that surround us, how and where they run and how they were formed.



CHRISTMAS DINNER MENU!

MERRY CHRISTMAS

ROAST TURKEY DINNER

Stuffing, Mini Pork Sausage,
Roast Potatoes, Carrots, Peas, Sprouts & Gravy



HALAL ROAST CHICKEN DINNER

Stuffing, Roast Potatoes, Carrots, Peas, Sprouts & Gravy



QUORN ROAST

Stuffing, Roast Potatoes, Carrots, Peas, Sprouts & Gravy



CLASSIC CHEESE & ONION FLAN

Stuffing, Roast Potatoes, Carrots, Peas, Sprouts & Gravy

CHRISTMAS SHORTBREAD

Wedge of orange

Or

CHOCOLATE SPONGE

Served with Custard

RECEPTION OPEN DAYS



SWAIN HOUSE
PRIMARY SCHOOL

RECEPTION 2026 OPEN DAYS



TUESDAY 11TH NOVEMBER - 9.00AM
FRIDAY 14TH NOVEMBER - 3.30PM
THURSDAY 20TH NOVEMBER - 4.30PM

THURSDAY 4TH DECEMBER - 4.00PM
MONDAY 8TH DECEMBER - 5.00PM

TUESDAY 6TH JANUARY - 9.00AM
THURSDAY 8TH JANUARY - 3.30PM
TUESDAY 13TH JANUARY - 9.15AM
THURSDAY 15TH JANUARY - 9.30AM
THURSDAY 15TH JANUARY - 4.30PM



01274 639049



www.swainhouse.co.uk



CHRISTMAS AT SWAIN HOUSE 2025!



Friday 5th December	Christmas Fair
Tuesday 9th December	10.00 am LKS2 Carol Concert
Tuesday 9th December	2.00 pm UKS2 Carol Concert
Wednesday 10th December	Dick Whittington Panto
Thursday 11 th December	Christmas Lunch
Thursday 11 th December	Christmas Jumper Day
Friday 12th December 10am and 2pm	EYFS Nativity/Christmas Performance for parents
Tuesday 16th December	10am & 2pm - KS1 Nativity for Parents
Wednesday 17 th December	Christmas Parties – all year groups
Thursday 18th December	Children's Toy Raffle
Friday 19th December	Swain House has Got Talent
Friday 19th December	Non-Uniform day & Toy Day

CHRISTMAS CRAFT SESSIONS



Christmas Craft Sessions

<u>Year Group</u>	<u>Date</u>	<u>Times</u>
Little Acorns Nursery	Monday 1 st December 2025	10.15 – 11.00 2.00 – 2.45
Great Oak Nursery	Monday 1 st December 2025	10.15 – 11.00 2.00 – 2.45
Reception	Monday 1 st December 2025	9.00 – 9.45 2.00 – 2.45
Year 1	Wednesday 3 rd December 2025	2.00 – 2.45
Year 2	Wednesday 3 rd December 2025	2.00 – 2.45
Year 3	Thursday 4 th December 2025	2.00 – 2.45
Year 4	Thursday 4 th December 2025	2.00 – 2.45
Year 5	Monday 8 th December 2025	2.00 – 2.45
Year 6	Monday 8 th December 2025	2.00 – 2.45

EARLY YEARS AND KS1 PERFORMANCES



Swain House Primary School
Radcliffe Avenue, Bradford BD2 1JL
Headteacher: Mrs Clare Pugh
Tel: 01274 639049
E-mail: office@swainhouse.bradford.sch.uk
Website: www.swainhouse.co.uk



Dear Parent/Guardian

Early Years and Key Stage 1 Christmas Performances

The Early Years and Key Stage 1 Christmas performance dates are as follows:

Early Years Christmas performance 1 Great Oak Nursery & Reception	Friday 12 th December 2025	10am
Early Years Christmas performance 2 Great Oak Nursery & Reception	Friday 12 th December 2025	2pm
Key Stage 1 Nativity - performance 1 Year 1 & Year 2	Tuesday 16 th December 2025	10am
Key Stage 1 Nativity - performance 2 Year 1 & Year 2	Tuesday 16 th December 2025	2pm

We anticipate there will be large numbers of parents and family members wishing to attend therefore only two tickets per family will be allocated. To enable us to organise seating efficiently we would like everyone who wishes to attend to collect a ticket from the Administration team in the School Office and these will be available from Monday 1st December 2025.

Christmas Parties

Wednesday 17 th December 2025	All Year Groups
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As in the past all donations of food will be gratefully received. A letter will be sent out to classes with more information about this, prior to the parties. Pupils do not need to wear uniform on this day.

Children's Raffle

On Thursday 18th December 2025 we will be holding a free Children's Christmas Toy Raffle. All of the prizes have been kindly donated by the staff. All pupils will be given a raffle ticket on the day of the draw and any absent pupils will be allocated a ticket, if they win their prize will be saved for them.

Other Christmas events

Friday 21 st November 2025	Non Uniform for a bottle (ketchup, alcohol, etc)
Friday 28 th November 2025	Non Uniform for chocolates & sweets
Wednesday 10 th December 2025	Dick Whittington Panto
Friday 5 th December 2025	Christmas Fair
Thursday 11 th December 2025	Christmas Dinner
Thursday 11 th December 2025	Christmas Jumper Day – £1 donation to Save the Children
Friday 19 th December 2025	Swain House has got Talent
Friday 19 th December 2025	Non Uniform and Toy Day

Finally, school closes on Friday 19th December 2025 for the Christmas Holiday and re-opens on Monday 5th January 2026.

Yours sincerely

Mrs Clare Pugh
Headteacher

KS2 CAROL CONCERTS



Swain House Primary School
Radcliffe Avenue, Bradford BD2 1JL
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Tel: 01274 639049
E-mail: office@swainhouse.bradford.sch.uk
Website: www.swainhouse.co.uk



Dear Parent/Guardian

KS2 Carol Concerts

Key Stage 2 children will be presenting a Carol Concert and there will be two performances this year. We anticipate there will be large numbers of parents and family members wishing to attend therefore only two tickets per family will be allocated (per performance). To enable us to organise seating efficiently we would like everyone who wishes to attend to collect a ticket from the Administration team in the School Office and these will be available from Monday 1st December 2025.

Key Stage 2 – Year 3 and Year 4	Tuesday 9 th December 2025	10am
Key Stage 2 – Year 5 and Year 6	Tuesday 9 th December 2025	2pm

Christmas Parties

Wednesday 17 th December 2025	All Year Groups
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Friday 19 th December 2025	Non Uniform Day

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Yours sincerely

Mrs Clare Pugh
Headteacher

CHRISTMAS FAIR 2025



Friends of Swain House

Christmas Fair

50P ENTRY
SWAIN HOUSE PUPIL
ENTRY IS FREE

TOMBOLAS, GAMES,
FOOD AND RAFFLE
CASH ONLY

DECEMBER

FRIDAY

| 5 |

4-5:30PM

JOIN US FOR STALLS, GAMES, FOOD AND
RAFFLE INCLUDING SOME AMAZING PRIZES!



GREAT OAK NURSERY



Great Oak Nursery

at

Swain House Primary School

Now enrolling for our September, January and April intakes

Is your child 3 or 4 years old?

'My child started Great Oak Nursery in September. All of the teachers have been amazing and my child loves coming to his new school and is thriving



We have full & part time places available

With wrap around care 7.30am until 6.00pm

7.30am Breakfast Club - £2.40 a day

7.45am Breakfast Club - £1.90 a day

8.00am Breakfast Club - free

After School club 3.15pm until 4.00pm £2.50 a day

Extra Club 4.00pm until 6.00pm £4.50 a day

Please contact the school on
01274 639049

LITTLE ACORNS NURSERY

Little Acorns Nursery At Swain House Primary School Do you have a 2 year old?

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



We have full & part time places available

With wraparound care
7.30am until 6.00pm

please contact the school on
01274 639049

WEEKLY UPDATES

ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **28/11/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	94.0%	1
Willow	92.7%	2
Kandinsky	91.2%	4
Matisse	99.1%	3
Lowry	98.1%	4
Van Gogh	96.8%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	93.7%	1
Roald Dahl	97.3%	1
JK Rowling	94.8%	2
Michael Morpurgo	92.0%	2
Elgar	94.2%	1
Mozart	94.1%	2
Beethoven	92.4%	2
Vivaldi	95.9%	0

Congratulations to **Matisse Class** and **Roald Dahl Class** for having the **best attendance** this week.

Congratulations to **Vivaldi Class** for having **no lates**!

Our whole school attendance this week:

94.7%

COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'Tiktok'.
LETTERS:	27.11.25 - Early Years & KS1 Movie Night
MESSAGES VIA PARENTAPPS:	27.11.25 - Christmas Events in School 28.11.25 - Non Uniform Day Friday 5th December

COMMUNITY NEWS



**BOYS
DEVELOPMENT
SESSIONS**

**Goals
Bradford**

SCAN



TUESDAYS

AGES 6-9

5-6PM

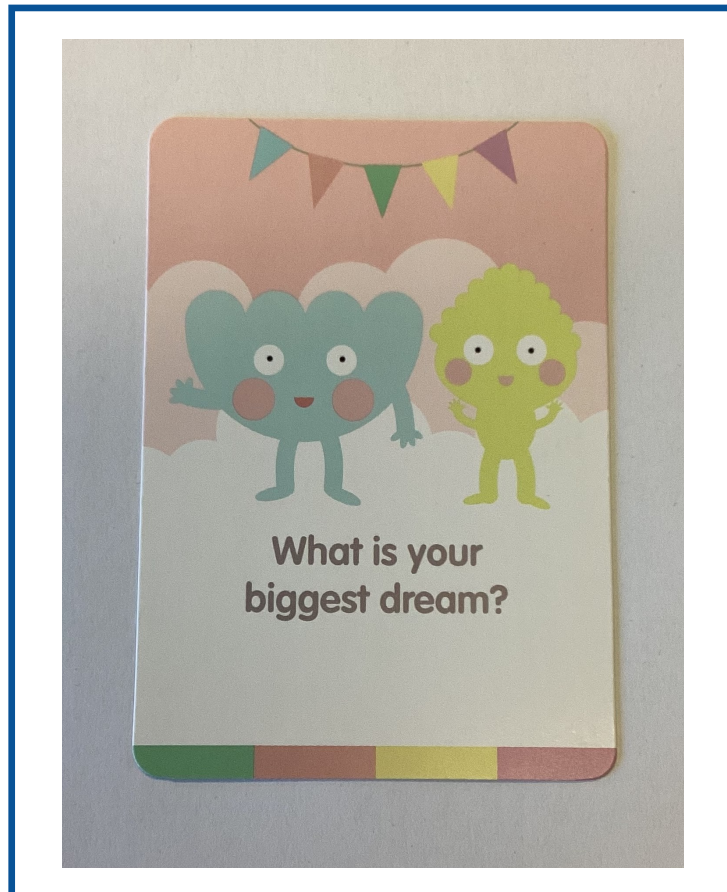
MYHAPPYMIND

OUR CONVERSATION CARD OF THE WEEK



Enjoy a conversation!

Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



MYHAPPYMIND APP

The myHappyMind app includes lots of fantastic features such as—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

REMINDERS

BREAKFAST CLUB AFTER SCHOOL CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

We have a free Breakfast Club 8.00am—8.30am

If you would like to book this please use ParentApps

CLUB

Our After School Club is available until 4pm at a cost of £2.50 each per day.

If you would like to book your child into After School Club, please use ParentPay.

EXTRA CLUB

We also offer an Extra Club service that runs until 6.00pm at a cost of £4.50 per day.

If you would like to book your child into Extra Club, please use ParentPay.

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.

DIARY DATES

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
FRIDAY	05.12.25		NON UNIFORM DAY
FRIDAY	05.12.25	4.00 - 5.30	CHRISTMAS FAIR

COMING UP IN AUTUMN TERM

AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	11.12.25	2.30pm	Vivaldi Class Assembly

DATES TO REMEMBER!



Thursday 11th December 2025

More details to follow!

MENU 01/12/25

Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Swain House Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 16th
Jan, 9th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd
Feb, 23rd Feb, 16th Mar
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th
Feb, 2nd Mar, 23rd Mar

MON TUES WED THUR FRI

WEEK 1

**Halal Rich & Creamy
Meat Lasagne**
(Red Tractor Accredited HMC Beef
Mince in a rich Tomato Sauce with
Herbs & Garlic layered with Pasta
Sheets and a Creamy Cheese
Sauce, served with Garlic Bread)

**Rich & Creamy
Meat Lasagne**
(Red Tractor Accredited Beef Mince
in a rich Tomato Sauce with Herbs &
Garlic layered with Pasta Sheets and
a Creamy Cheese Sauce, served with
Garlic Bread)

Spaghetti Marinara
(A Tomato and mildly spiced
Sauce combined into cooked
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Hot Sub Roll

**Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)

**Chicken Tikka Masala with
Pilau Rice / Naan Bread**
(Red Tractor Accredited diced Chicken
& Chickpeas in a mild Curry Sauce
with Pilau Rice or Naan Bread)

**Creamy Mac
& Cheese**
(A Macaroni Pasta dish, coated
in a Creamy Mature Cheddar
Sauce, served with Crusty Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

Butterfly Buns
(Individual decorated
Sponge-based Dessert)

Roast Meat Dinner
(Red Tractor Accredited Meat (either
Gammon, Turkey or Pork Loin) served
with Yorkshire Pudding, Roasties &
Gravy)

**Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

Toad in the Hole
(Quorn Sausage Baked in a
light Batter, served with Roast
Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with
Oats, Golden Syrup &
Butter with Fruit)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base topped with
a lightly spiced Sauce and topped
with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

**Creamy Rice
Pudding with
Strawberry Jam**
(Creamy Milk pudding
served with Jam)

**MSC Breaded Fish
Fillet Fingers**
(MSC Fish Fillet Fingers, served with
Seasoned Potatoes)

**Southern Fried Chicken
Goujons & Garlic Mayo**
(Red Tractor Accredited pre-fried
Breaded Chicken, served with Garlic
Mayonnaise & baked Jacket Wedges)

Vegetable Samosa
(Vegetables with a light Spice
encased in Pastry & Baked,
served with Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

**Strawberry Sponge
& Custard**
(Homemade, light Vanilla
Sponge with a Strawberry Jam
swirl, served with Custard)

WEEK 2

**Beef & Red Lentil
Bolognese & Garlic Bread**
(Red Tractor Accredited Beef Mince &
Lentils in a Tomato Sauce served with
Pasta & Garlic Bread)

Halal Keema Biryani
(Red Tractor Accredited HMC
Beef Mince & Peas in a Spicy
Pilau Rice)

Pomodoro Pasta
(A simple, delicious rich Tomato
Sauce with Beans, served with
Garlic Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

**Decorated
Fruit Jelly**
(Jelly with Fruit, topped
with Fresh Cream)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken
Pieces in a rich Gravy with Vegetables,
topped with a Golden Pasty Lid served
with Potatoes)

Golden Cheese Whirl
(Cheese, Potato & Onion encase
in Puff Pastry, served with baked
Jacket Wedges)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla
Sponge with a hint of
Vanilla, served with Custard)

Roast Meat Dinner
(Red Tractor Accredited Meat (either
Gammon, Turkey or Pork Loin) served
with Yorkshire Pudding, Roasties &
Gravy)

**Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

**Hearty Shepherd's
Pie**
(Soya Mince, Veg and Gravy
filling, topped with Mashed
Potato)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

Sprinkle Cake
(Homemade Vanilla
Sponge, lightly topped with
Water long and Sprinkles)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base
topped with a lightly spiced Sauce
and topped with Mozzarella/
Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Assorted Jacket Potatoes /
Hot Sub Roll

Gallydale Biscuits
(Homemade, Charming,
Catty Biscuits)

**MSC Battered
Fish Fillet**
(MSC Battered Fillet of Fish,
served with Baked Jacket Wedges)

Vegetable Pakoras
(Mixed Vegetables & Onion
coated in Tempura Batter,
served with Baked Jacket
Wedges & Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

**Marble Sponge &
Chocolate Sauce**
(Homemade Sponge with
Ribbons of Vanilla &
Chocolate Cake, served
with Chocolate Sauce)

WEEK 3

**Creamy Chicken Pasta
& Crusty Bread**
(Red Tractor Accredited diced Chicken
in a homemade Creamy Sauce with
Garlic, served with Penne Pasta)

Halal Chicken Bhuna
(Red Tractor Accredited HMC
Chicken stir-fried and slow cooked
in a spicy Shama Masala)

BBQ Quorn Pasta
(Quorn Pieces in a Barbecue
flavoured Tomato Sauce, served
with Wholemeal Pasta)

Assorted Jacket Potatoes /
Hot Sub Roll

**Apple Crumble
& Custard**
(Sliced Apples topped with
Oat Crumble, served with
Custard)

**Loaded Wedges with a
Mild Mexican Chilli &
topping**
(Red Tractor Accredited Beef Mince in
a mild, homemade Chilli Sauce, served
on Baked Jacket Wedges)

**Loaded Wedges with
a mild Mexican Veg
Chilli**
(Vegan Mince in a mild,
homemade Chilli Sauce, served
on Baked Jacket Wedges with
toppings)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

**Peaches & Ice
Cream with Syrup**
(Vanilla Ice Cream with
Thinly Sliced Peaches with a
Chocolate flavoured Syrup)

**Sausage in Gravy with
Yorkshire Pudding**
(Red Tractor Accredited Sausage,
served with Yorkshire Pudding)

Halal Cottage Pie
(Red Tractor Accredited HMC
Beef Mince in a Gravy with
Onions, topped with Mashed
Potatoes & Cheese served with
Yorkshire Pudding & Gravy)

**Savoury Mince
topped Tatties**
(Soya Mince, Vegetables &
Potatoes, served with a
Yorkshire Pudding)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

Cornflake Tart
(Pastry base with
Cornflakes and Syrup,
served with Custard)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base
topped with a lightly spiced Sauce
and topped with Mozzarella/
Cheddar Cheese)

Spaghetti Marinara
(A Tomato and mildly spiced
Sauce combined into cooked
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

Assorted Jacket Potatoes /
Hot Sub Roll

**Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)

**MSC Breaded Fish
Fillet Fingers**
(MSC Fish Fillet Fingers, served with
Seasoned Potatoes)

**MSC Salmon &
Sweet Potato Fishcake**
(MSC Salmon & Sweet Potato, served
with Seasoned Potatoes)

**American Style
Quorn Hot Dog**
(Quorn Sausage, served in a White
Bun with Seasoned Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

**Chocolate
Crispy Crunch**
(A sweet Bar made from
puffed Rice, Cocoa & Syrup)

food quarter

For full allergen
& nutritional
information
head to our app



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'TikTok'.

What Parents & Educators Need to Know about TIKTOK

AGE RESTRICTION 13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a fake date of birth) are set to public view 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 allows anyone to download or comment on them.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage 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 cannot alter these settings without parental approval.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

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 they don't share any identifying personal information or respond to dangerous trends, 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 important to talk about misinformation and propaganda.

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.

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