

Combe Pafford School



Sally Banfield

Headteacher

9th January 2026

Dear Parents and Families,

I hope you all had a restful and joyful holiday season. As we begin the new year and the spring term, I want to extend a warm welcome back to all our pupils and families.

This term brings exciting opportunities for learning, growth, and community. Our focus will continue to be on fostering a safe, supportive, and inspiring environment where every child can thrive. We have a range of activities and events planned, and we look forward to seeing our students engage with enthusiasm and curiosity.

Please keep an eye on upcoming newsletters and our school website for important dates and updates. All letters we send out are also stored on our website in the 'parents' section so you can find them here if you need them.

As always, your partnership is invaluable, and we encourage open communication throughout the term.

Bad Weather Letter

I sent out a letter on 7th January in relation to bad weather and how this may affect the school. Thankfully the snow didn't reach Torbay this week, but it is always better to be prepared just in case. Please can I ask all parents to check emails regularly if the weather is particularly bad, or if there is a weather front looming that may affect the school and its ability to open or the children's safety when being transported to/from school. If the school needs to close or open later than planned, you will always be notified by email.

Belgium Residential

This term sees the start of our wonderful residential programme. We currently have 10 spaces still available for our Year 8/9 trip to Belgium. Places do need to be confirmed with the tour company in the next 2 weeks. If you are still thinking about the trip or would like to reserve a place, please contact the school to speak to Mrs McVeigh. Payment and deposit can also be made straight via the Arbor app.

If you would like to call to discuss or have any questions then please contact the school and we will be able to answer them and help.

ADHD Research Study

Please see below the poster for an ADHD study which is being carried out by the Devon Partnership NHS Trust. If you would like to take part in this study, please use the QR code on the poster and follow the next steps. Please note, this is nothing to do with Combe Pafford. We are merely making you aware of the study, so, if you have any questions in relation to this, please contact Dr Jemma Regan on 01392 674117 who will be able to provide further information.



Are you the parent/guardian of an **11 to 14** year old in the UK diagnosed with **ADHD**?

We need your help to learn about the daily life experiences of adolescents with ADHD. Take part in our **project** today.

PART 1

Both young person and caregiver each fill out an online **Intake Survey**

30 minutes

PART 2

Young person answers brief **1-2 minute** questions about emotions and behaviours, 5 times/day for 2 weeks via a smartphone app.

2 weeks

PART 3

Both young person and caregiver each fill out an online **Final Survey**

10 minutes

How can you take part?

Copy this link to read more details:

<https://tinyurl.com/3tympu5>

or **scan the QR code** below,



Devon NHS Trust

Keeping your children safe online

The focus this week is Tik Tok. If you would like a printed copy of this poster, please ask at reception.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they need it. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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

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 1-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 £89 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

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.

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.

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.

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.

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 45 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

Parveen 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 C&Cs: a web resource that helps parents and children thrive in a digital world.

NOS National Online Safety®
#WakeUpWednesday

SOURCES: TikTok.com

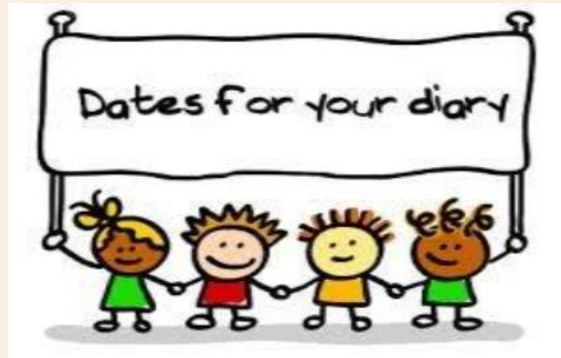
www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.10.2023

Kind regards

A handwritten signature in black ink, appearing to read 'Sally Banfield'. The signature is written in a cursive style with a large, stylized 'S' and 'B'.

Sally Banfield
Headteacher



JANUARY 2026

- 13th KS2 Swimming
- 16th Yer 7 Swimming
- 20th KS2 Swimming
- 23rd Year 7 Swimming
- 27th KS2 Swimming
- 30th Year 7 Swimming

FEBRUARY 2026

- 3rd KS2 Swimming
- 6th Year 7 Swimming
- 9th – 13th Year 11 GCSE Mocks Week
- 10th Parent Forum – Meet the Headteacher
- 10th KS2 Swimming
- 13th Year7 Swimming
- 13th LAST DAY OF HALF TERM
- 23rd FIRST DAY OF SPRING TERM – CHILDREN WELCOMED BACK
- 24th KS2 Swimming
- 27th Year 7 Swimming