



— Volume 2 - Year 11 —

The Eagle

Newsletter



INSIDE, WE ALSO TALK ABOUT:

Head of Year
Updates

Subject Information

House Notices

Events/Sporting
Events

Key Dates and
Notices

Hessle Christmas Light's Switch On

It's beginning to look a lot like Christmas...

The annual community event of the season for Hessle, as the town welcomed the festive period with the epic Hessle Town Council Christmas Lights Switch On. This event is a real community affair, bringing together our diverse inhabitants and numerous visitors for some great entertainment, thrilling rides, unique shopping opportunities, plenty of food and beverages, and of course a visit from Father Christmas and his elf.

Hessle High students both past and present, attended in an abundance on the main stage and performance arena, we had over 40 of them singing in the choir, a couple performing together, two bands, a few dance troupes, some cheerleaders and some Sixth Formers who were Father Christmas helpers.

In addition, the students who have signed up for the Camps International Peru Expedition in 2026, attended with their very own Market Stall, in the hope of topping up their fundraising pot

It was a wonderful opportunity for many students to spend time with friends and families, as a community to enjoy local food, supporting their peers and local businesses.

Head of Year 11 Updates

Hello and welcome to the last instalment of the Year 11 Eagle.

This instalment of the Eagle is focused on 'Responsibility' and as the students enter their twelfth week of learning we continue to see our students demonstrate this important skill. Often, it is the simplest acts that catch your eye, and I have seen so many acts of responsibility both leading up to their most recent Mock Exams and accessing the numerous after school revision sessions and intervention lessons.



Mr Julian

Examples of which include students engaged in conversation with staff regarding key topics, extra revision sessions before exams, and huddles of students discussing Macbeth.

It was great to see so many of you attending the recent Year 11 Parents Evening with your children and collecting their hard-earned results. This is always a difficult period when students are either happy with their results, distraught or anywhere in between. Being able to cope with these mixed emotions is a challenge and as a Year Team we are always here to help. If you are concerned and would like any advice or guidance, please do not hesitate to contact me.

Responsibility isn't just a word that parents and teachers throw around; it's a core life skill that shapes character, builds trust, and lays the foundation for success. For students, learning to be responsible is one of the most important steps toward becoming independent, capable adults.

Our students are at a critical stage of life where they begin to make decisions that impact their future. Learning responsibility means understanding the consequences of those decisions and being accountable for their actions.

It's about learning to manage time, complete tasks, honour commitments, and take care of oneself and others. It also helps students earn the trust of their parents, teachers, and peers. When they consistently follow through on promises, like doing homework, showing up on time, or helping around the house they show that they can be relied upon. This trust leads to more freedom and opportunities.

With responsibility comes independence. Whether it's managing a part-time job, saving money, or preparing meals, responsible actions help students prove they're capable of handling more on their own. This independence builds confidence and prepares them for their future.

Responsibility teaches students how to set goals and stick to them, even when it's not easy. Whether it's studying for exams instead of going out or practicing for a sport instead of playing video games, these choices develop self-discipline; it is a trait that's essential for long-term success.

Head of Year 11 Updates

Life outside of school is full of responsibilities: bills, deadlines, work obligations, relationships, and more. If our students learn to take responsibility early they are better equipped to handle these adult challenges. They know how to prioritise, plan, and problem-solve; these skills pay off in college, careers, and personal life.

Responsible students don't just think about themselves they look out for others. Whether it's volunteering, being a dependable teammate, or standing up for what's right, responsible actions help create better communities. It also fosters empathy and leadership.

Responsibility isn't something that appears overnight; it's built one choice at a time. For students, embracing responsibility leads to personal growth, stronger relationships, and greater success in all areas of life. It's not about being perfect; it's about being willing to learn, to try, and to keep improving.

At Hessle High School 'Responsibility' is one of our core values and it plays a key role in shaping the kind of learning environment we strive to maintain. As students continue towards their final exams we must emphasise that responsibility is more than just completing homework or following the school rules. It is about making the right choices, respecting others and understanding the impact of your actions.

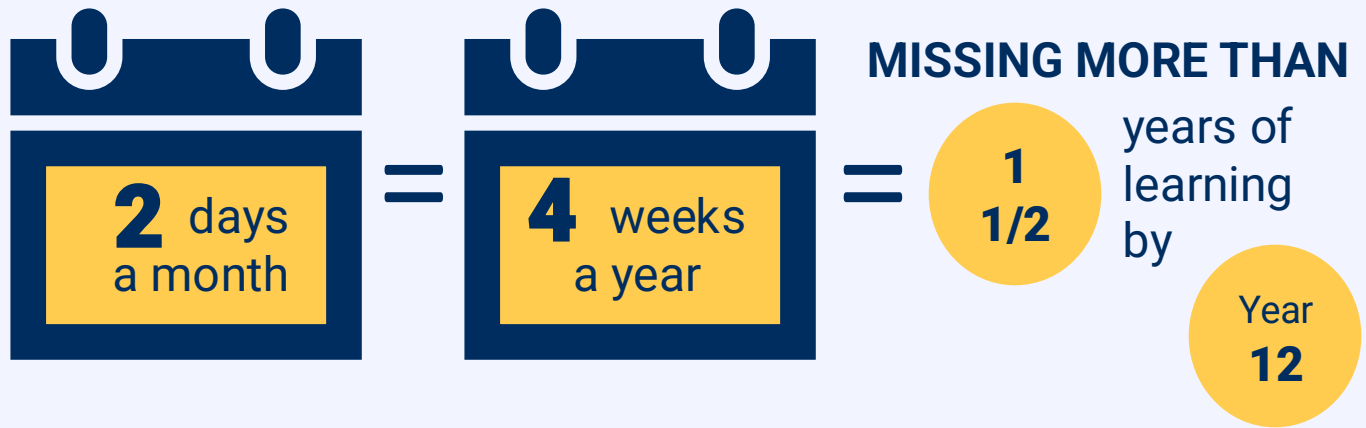
So, whether you're a student striving to grow or a parent or educator guiding the way, remember responsibility isn't a burden; it's a powerful tool for shaping a brighter future

Tips for Developing Responsibility

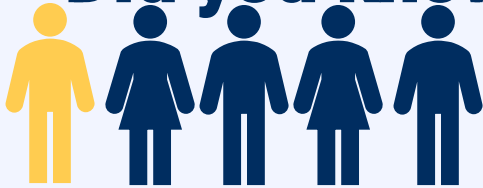
- ☐ **Start Small:** Taking care of personal belongings or doing daily chores can help build a sense of ownership.
- ☐ **Be Accountable:** Own up to mistakes. Responsibility means learning from failure, not avoiding it.
- ☐ **Manage Time:** Use planners or apps to keep track of homework, deadlines, and commitments.
- ☐ **Set Goals:** Setting short- and long-term goals helps teenagers stay focused and motivated.
- ☐ **Ask for Feedback:** Constructive criticism from parents, teachers, or mentors helps students improve and grow.

Attendance Matters

Every student,
on time, every day



Did you know



1 in 5

students don't attend
school regularly

**It's never too
late to improve
attendance**

- Going to school more often will make a difference
- Attendance habits will follow your child into work and life



**Schools
are here to help.**

What families can do ...

- ✓ Be firm: send your child to school every day, all day, unless they are unwell
- ✓ Develop good sleep and morning routines
- ✓ Schedule appointments and extra-curricular activities outside of school
- ✓ Avoid taking holidays during term time
- ✓ Seek help early before your concerns become serious

Each day missed ...

- Puts your child behind and makes it harder for them to catch up
- Can lead to lower achievement in reading and writing
- Can lead to gaps in learning
- Makes school completion less likely
- Makes the transition into a career less likely to be successful

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Business & ICT

Year 11 have had a very busy term, balancing their mock exams with some important new learning across all subjects.

In Business, students have been exploring key topics such as cash flow, supply chain management, and quality assurance—understanding how these processes keep businesses running smoothly.

Our BTEC Digital Information Technology students have been working hard on their coursework, focusing on spreadsheets and learning how to create professional, well-structured documents that meet real-world standards.

Meanwhile, Computer Science students have been studying system software and discussing legal and ethical issues in technology, as well as continuing to develop their programming skills in Python.

It's been a challenging but rewarding term, and Year 11 have shown great commitment as they prepare for the year ahead.



Teacher Shoutouts

A huge well done on a great start to the following Year 11's:
Caitlin D (11A2), Maddie W (11A1), Jenna K (11P2), Sophie A (11C2), Emily Y (1101), Jack W (11A3), Kamil G (11A1), Fred T (11C1) and Miles W (1102).

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Drama and Dance

Year 11 Dance Update

This term, Year 11 students have been focusing on Component 1 of their BTEC – Exploring the Performing Arts. A key part of their learning has been studying and analysing West Side Story, exploring the roles and responsibilities required to bring a piece from page to stage.

Through this work, students have developed a deeper understanding of performance, choreography, and production, gaining valuable insights into how professional dance works are created and performed.

Year 11 Drama Update

Year 11 Drama students have been focusing on Component 2 of their BTEC – Developing Skills and Techniques.

Students have been developing their skills as a performer to prepare for their career in the performing arts industry. For their internal assessment students have been given a brief. They have been applying their skills to the plays 'Teechers' by John Godber and 'Chatroom' by Edna Walsh. They must prepare work that relates to the theme friendship.

Teacher Shoutouts

A huge well done to our fantastic Year 11 students who recently attended the Performing Arts London trip to see Wicked! Each of you behaved brilliantly, showed maturity, and represented our school with pride. Your positive attitude, respect, and enthusiasm throughout the day did not go unnoticed.

Thank you for being such wonderful ambassadors for our school!
Francesca S (11P1), Summer D (11P3), Guy B (11C2) and Savannah S (11A3)

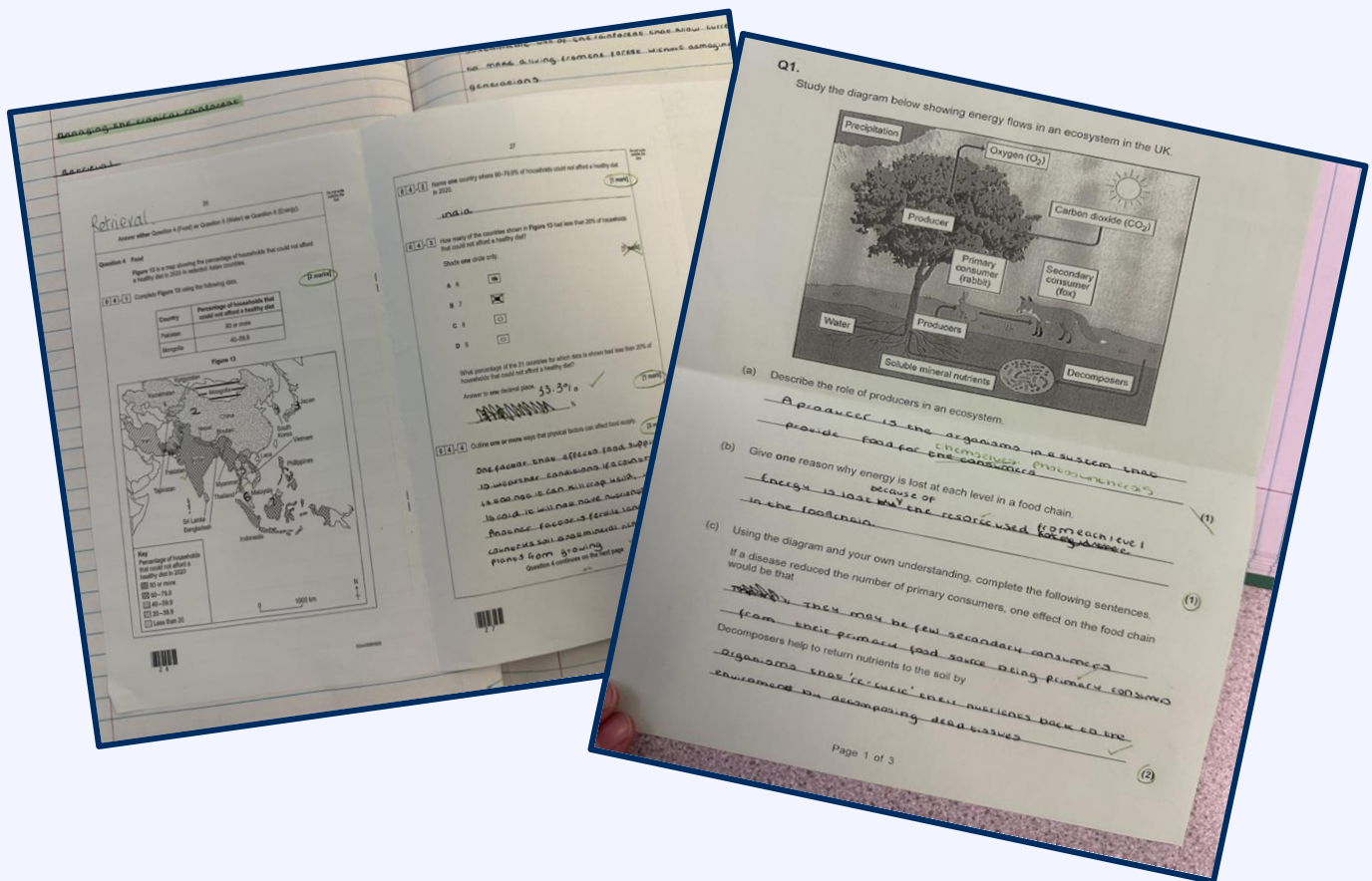


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Year 11 Geography

Year 11 have had a busy start to the year. We completed the study of physical landscapes looking at rivers and coasts.

They then moved onto the Living World unit where they have completed a study of the Amazon rainforest. They have learnt about the importance of the rainforest and reasons why deforestation is taking place. Students were given mock exams also in the term and feedback has been provided.



Teacher Shoutouts

Charlie S (1101) and Charlie R (1103) for great mock exam results
Sophie G (1103) and Dan S (11A2) for working hard for their mock exams.

11R 1 - Well done, you have made a great start to Geography with Mrs Williamson and Mrs Price

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History



This term students have been working hard towards the completion of mock exams covering content from both this year and Year 10. Students put a remarkable amount of effort into these mocks and the results students have achieved reflect this.

Having completed their work on the superpower relations topic (Cold War) last half term, Year 11 have now begun working on the Civil Rights component of Paper 3. This focusses on the impact of key events in the Civil Rights movement in challenging accepted views on segregation in the 'Deep South'. Students have learnt about significant events such as the Montgomery Bus Boycotts, the Greensboro Sit-ins and the March on Washington. They have also learnt about the roles of individuals in this movement, including Martin Luther King Jr and Rosa Parks.

After completing the Civil Rights component of Paper 3 students will be moving onto looking at the Vietnam War. Students will learn about America's involvement in the conflict politically, the experiences of those fighting in Vietnam and how the American public reacted to the conflict.

Revision sessions will be held every Wednesday and Thursday after school 3-4pm

Teacher Shoutouts



Dexter O (1101). Has maintained a great work ethic this year on some challenging topics. Homework is consistent and written work shows a good understanding of the topic and the complexities of the exam questions.

Charlie D (11C2). Has had a great start to Year 11. Charlie has worked consistently well, his writing style has improved and his exam question answer's show a good understanding of the topic and understanding of the time period.

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Music

This term has been extremely busy for Year 11, they started the year working hard to complete their first composition, which they initially started in Year 10. Alongside this, they have been studying their final set works: *Release* by Afro Celt Sound System, *Samba Em Prelúdio* by Esperanza Spalding, and *Defying Gravity* from *Wicked*. Students have been analysing the inter-related dimensions of music within these pieces to prepare for their upcoming analysis exam. In addition, Year 11 completed a mock exam to test their knowledge and exam technique.

They have also been introduced to their second and final composition, working from a set brief, with some students already beginning to record their performance coursework.



Teacher Shoutouts

A huge congratulations to **Jacob S (1103)** and **Harry R (1102)** for already completing 50% of their coursework! Your hard work, dedication, and focus are fantastic examples of commitment



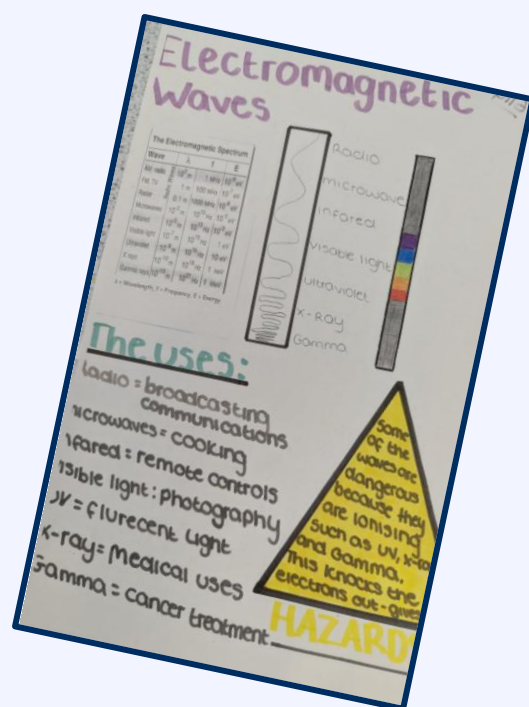
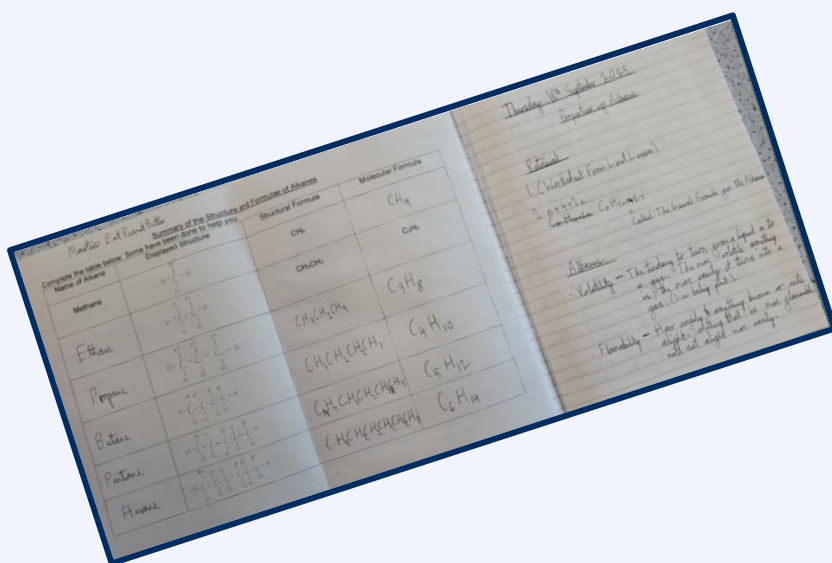
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Science

In Biology we have been learning about homeostasis and how our body is quite adept at looking after itself. We're looking at how our nervous system communicates and instructs lots of different tasks.

In Chemistry students have been learning about the Earth's atmosphere and the chemical reactions that have changed the composition of our atmosphere over billions of years. Students will then go on to study how we use the Earth's resources, in particular water and how it can be purified and analysed.

In Physics students are learning about the electromagnetic spectrum, and how we can use and apply these waves in everyday life, including communication. They will shortly be moving on to our magnetism and electromagnetism topic, for some of our students, the final topic of the GCSE physics course.



Teacher Shoutouts

Seth D (1103) - Fantastic progress across all three sciences – keep it up!

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Technology

D&T Resistant Materials

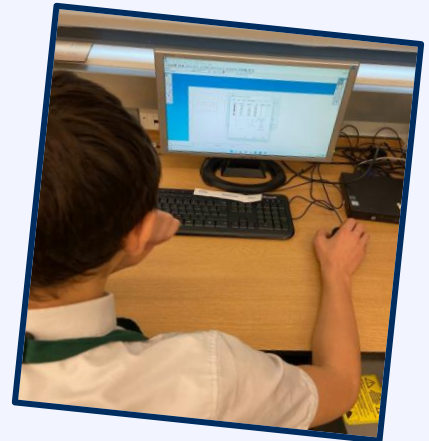
Year 11 Resistant Materials students have worked extremely hard on their coursework this term. They have been finalising their design ideas and have begun the development stage, including producing models to refine and test their concepts. After Christmas, students will move into the manufacturing stage, where they will begin producing their final products.

Engineering

The Year 11 Engineers are currently completing their second unit for the Cambridge National in Engineering Manufacture. As part of this unit, they have been using computer-aided design (CAD) and computer-aided manufacture (CAM) to produce a high-quality engineered product, further strengthening their technical and digital manufacturing skills.

Food

In Food, students have also been focusing on coursework. Over the term, they have developed advanced culinary skills in preparation for producing their final dishes in the new year. Their work has placed strong emphasis on precision, presentation and high-level practical competence.



Teacher Shoutouts

Charlie S (11A1) – Excellent engagement Cambridge National Engineering - Mr Singleton

Oliver R (11A1) – Aspiration GCSE Resistant Materials
- Miss Deveney

Lawson B (11C2)– Aspiration GCSE Resistant Materials
-Miss Deveney

Lauren K (11C1)– Great attitude to learning GCSE Food -
Mrs Brennan



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Orlando House Updates



Miss R Bishop
Head of House

Hello Orlando house!

What an amazing start to the year we have had so far and as we approach the end of the first full term, it's exciting to think of what is still to come.

Orlando Charity Launch: Dove House Hospice

For the next two years, Orlando students are proud to support Dove House Hospice as their charity. Dove House Hospice pride themselves in providing care to local people living with progressive illnesses which can include pain and symptom management, respite care as well as end of life care. As well as caring for people who are living with their illnesses, they provide support for their families as well, offering bereavement sessions and counselling. Over the year, students in Orlando will be taking part in fundraising events.

What are the Global Goals?

Hessle High School is proud to support the **Global Goals**, a set of worldwide aims that encourage young people to make a positive difference. Focusing on a Global Goal helps students take care of **themselves**, strengthens our **community**, and protects our **planet**. By working together, we can create a safer, healthier, and more helpful future.

A Whole-School Commitment to Goal 3 – Good Health and Wellbeing

This year, the whole school will focus on **Global Goal 3: Good Health and Wellbeing**, which links closely to our values and **respect, kindness and responsibility**. Students will take part in assemblies, tutor activities, and projects to learn how looking after their physical and emotional health helps them thrive, build positive relationships, and make good choices.

Orlandos focus on Global Goal 12 – Responsible Consumption and Production

Over the next year, Orlando will be taking on an individual Global Goal too. This Global Goal will allow students to think about their consumption of products and to decide if it is sustainable for the future of the planet. The focus of this Global Goal is to substantially **reduce waste** and produce a **sustainable management of natural resources**. I look forward to seeing the ideas and campaign that our team will produce over the year.

I hope everyone has a very relaxing Christmas break and I look forward to welcoming you all back in January.

Orlando Shoutouts



Brendan P (701)
Evie C (802)
Sarah A-R (901)
Abbie S-C (1003)
Oliver D (1101)



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Portia House Updates

Hello Team Portia!

What a start to the new academic year! Portia students continue to make us all so proud by their continued positivity and determination to be the best version of themselves. Keep it up Portia House!

Emmaus Charity Launch – Hull & East Riding

Homelessness is a big issue affecting hundreds of people both locally and across the UK and the issue has reached critical levels around the country in 2025. 1 in every 200 households are faced with homelessness in the UK. The latest official statistics show around 327,950 households were owed support to prevent or relieve homelessness after contacting their council for help in 2024. That's up to the record high 310,850 recorded in 2023. The total number of children living in temporary accommodation has now reached 169,050. Emmaus Hull & East Riding provides a range of services which contribute to the Charity's mission of supporting people who experience homelessness and social exclusion.

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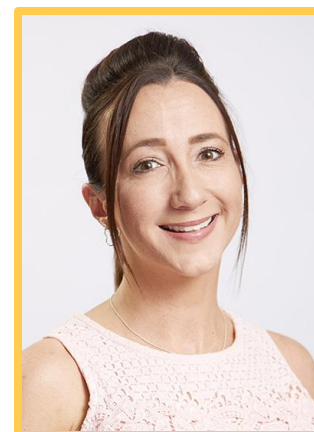
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Portia's Focus on Global Goal 1 - No Poverty

For the next two academic years supporting Emmaus, we have our individual House Global Goal which will encourage Portia students to support people in our community who are less fortunate. This goal links well to our charity Emmaus and we will be having several donation drives this year, encouraging our families to donate any unwanted items, clothes, bedding, furniture and food for people in need. Students are welcome to come to me with their ideas on how we can incorporate promoting No Poverty within our local and wider community. I meet regularly with the House Captains where we discuss and implement ideas that can really make a difference.

I would like to wish you all a very Merry Christmas and hope you take a well-deserved break to spend with family and loved ones. We look forward to the Spring Term and the exciting new ventures yet to come.



Miss E Foster
Head of House

3 GOOD HEALTH AND WELL-BEING



1 NO POVERTY



Portia Shoutouts

Top scoring Value Points so far

Spencer S (7P3)

Lois H(8P1)

Ethan T (9P3)

Chloe G (10P1)

Mia S (11P1)



THE GLOBAL GOALS



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Cassio House Updates

Team Cassio,

As we rapidly approach the festive season and the Christmas break, I would like to say a huge well done to all Cassio students. Your hard work, resilience, and positive attitude throughout this half term has been outstanding.

Cassio Charity Launch: Supporting Cardiac Risk in the Young (CRY)

We are proud to launch our Cassio charity initiative in support of **Cardiac Risk in the Young (CRY)** - an organisation dedicated to preventing sudden cardiac deaths in young people. CRY's work highlights the importance of early detection:

- **Around 12 young people in the UK die each week** from previously undiagnosed heart conditions.

- Many of these conditions show **no obvious symptoms**, making early screening one of the most effective ways to protect young people's health.

- **Most cardiac abnormalities can be identified through simple, non-invasive screening**, allowing for early treatment or monitoring.

Our Cassio target is to raise **£7,000**, which will fund a **full heart-screening programme for the entire school**.

This is a remarkable opportunity to provide something genuinely life-changing. **Together, we can reach this goal and potentially save lives.**



Mr E Griffiths
Head of House

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Introducing Our Global Goal Focus: Goal 6 – Clean Water and Sanitation

Looking ahead, we are excited to announce that Cassio's next global focus will be **Global Goal 6: Clean Water and Sanitation**. This goal centres on ensuring that everyone around the world has access to safe, clean water and hygienic sanitation facilities. Throughout the next term, we will explore how we as a House can contribute, raise awareness, and support meaningful change linked to this vital global issue.

As we wrap up the term, we wish all our students, families, and staff a peaceful and joyful Christmas break. May the holiday season bring rest and time with loved ones. We look forward to seeing everyone in the new year, ready for another exciting term ahead.



Cassio Shoutouts



Top House Points

Poppie R (7C2)
Obi-Kade M (8C3)
George H (9C3)
Wendy L (10C3)
Alice G (11C1)



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Ariel House Updates



Hello Ariel,

What a fantastic start to the year and a very much anticipated 2026 to come. Ariel are currently top of the leaderboard for house points! Wow! Well done, Ariel.

Ariel Launches New Charity Partnership with YoungMinds

Ariel House is delighted to announce that our chosen charity for the year is **YoungMinds**, an organisation dedicated to supporting young people's mental health. As children and teenagers continue to face a wide range of pressures, we believe it is important that every student feels listened to, supported, and able to talk openly about how they feel. Throughout the year, students in Ariel will take part in fundraising events, awareness activities, and discussions that promote positive emotional wellbeing and remind one another that reaching out for help is a sign of strength.



Miss A Deveney
Head of House

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Ariel's Focus on Global Goal 13 – Climate Action

Ariel House will also champion **Global Goal 13: Climate Action**, connecting care for the planet with care for ourselves and each other. Over the year, Ariel students will raise awareness through eco-campaigns, sustainability challenges, and Student Council projects. Small actions—like reducing waste or making greener choices—can make a real difference to our school and the wider world.

Look out for ways to get involved and help make a positive impact this year!

We are excited for the year ahead and the opportunities for our students to make a difference in our school and beyond. Thank you for supporting **Ariel House** in our charity and Global Goals projects.

Ariel Shoutouts

Students with the top house points so far this half term:

Betsie-Mae H (8A3)
Jack L (7A2)
Jayden B (8A2)
Poppy B (7A1)
Amelia C (7A1)



3 GOOD HEALTH
AND WELL-BEING



13 CLIMATE
ACTION



YOUNGMINDS

House Points



9590



9310



8070



10840

Extra-Curricular Clubs

Extra Curricular Activities 2025-2026

Club	Year Group	Day of the Week	Location
Separates Biology	Year 11	Friday after School	G07
Dungeons and Dragons	Year 7 - Sixth Form	Friday after School	G16
Production Rehearsals	Year 7 - Sixth Form	Tuesday and Wednesday after School	Main Hall
SEND HW Club	Foundation Learning Group Only	Tuesday , Wednesday & Thursday after School	Library
Choir	Year 7,8, & 11	Monday Lunch	F26
Choir	Year 9 &10	Wednesday Lunch	F26
Coursework Intervention	Year 10 & 11	Tuesday after School	F26
Band Rehearsals	Production Year 7 - Sixth Form	Thursday after School	F25/26

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Sporting Events

Fifty-three Hessle High School students proudly represented at the East Riding Cross Country Championships in Cottingham, showcasing outstanding effort and determination from all competitors. The boys' team delivered an impressive performance, Gilby W(11P2), Clemmie W (11P1), and Erin C (11P3), have earned the opportunity to represent Hessle High at the upcoming Humberside Cross Country Championships in Scunthorpe. A huge well done to all students who took part and represented the school with pride.



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Events



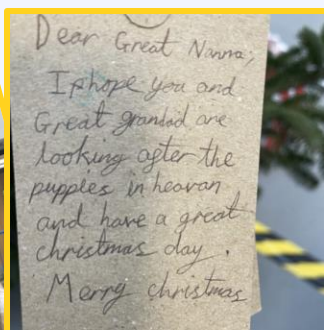
A group of students from Year 7 – 11 went to see the West End show "Wicked".



As part of Road Safety Week East Riding Council visited to hand out free safety equipment and advice



Students have been excited to add their Christmas Wishes to the tree.



Throughout November, staff members got behind the fantastic campaign **Movember** helping raise awareness for men's health by growing mustaches ranging from subtle stubble to a mustache masterpiece.

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Events



The Mayor of Hessle's Christmas Card Competition

Hessle High School **Winner**

In September 2025, Hessle Town Council leader, The Mayor of Hessle, launched a brand-new Christmas Card competition, with guaranteed winners from each of the local schools.

Through our tutor group programme, students were encouraged to get creative, and we were not disappointed. We had well over 100 artistic entries from students across Hessle High, but there could only be one winner. The Mayor said he had a really difficult time picking just one winner from each school, and I can quite believe it! We had lots of really good ones.

Aya H (7A3) was chosen as the winner and was presented with her winner's certificate and a full set of winners Christmas cards. Aya also received one of the much sought after Love Hessle tote bags, which held a variety of craft projects for Aya to enjoy. Many thanks to all the students that entered and to Hessle Town Council and The Mayor of Hessle, for organizing such a fabulous event, and for the great prizes too.

Here are a few exciting Year 11 trips we offer, we will update throughout the year with further information:

- **Cinema**
- **Shakespeare Productions**
- **Exam Success Workshops**
- **Sporting Events e.g. Football matches**
- **Careers Visit to Local Businesses**
- **Hull Museums and Theatres**
- **National Exhibitions and Conferences**
- **Language themed restaurants in the local area**
- **International visits to Barcelona, Lille Christmas Markets, Skiing destinations**
- **Bishop Burton Apprenticeship Fair**



Save the Children
Christmas Jumper Day

Be part of it!

Where – Hessle High School and Hessle Consortium Sixth Form College

When – Friday 19 December 2025

Other details
Make your minimum £1 donation ONLINE at Hessle High Hessle Just Giving

Help us reach our £100 target
Make a donation with [Just Giving](#)

 Registered with the Financial Regulator

HOUSE CHARITY DAYS

Tuesday 17 March
2026



Thursday 30 April
2026



Tuesday 12 May
2026



Wednesday 3 June
2026



Information

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

TIKTOK

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

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.

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.

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.

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-16s (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.

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.

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.

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.

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.

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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The Eagle - Newsletter

Key Dates and Notices

End of Term

19 December – 13:45 Finish

School Reopens

Tuesday 6 January 2026

Mock Interviews

29 and 30 January 2026

School closes for Half Term

Friday 13 February 2026

School Reopens

Monday 23 February 2026

Progress Evening

Thursday 26 March 2026

If you want to see more of your child online/in our newsletters, please make sure you consent on the Arbor parent portal. To learn more click [here](#).

Please click [here](#) to see all of our term dates



National School Attendance Award

2024/25 Spring Term



Hessle High School and Penshurst Primary School

Top 25% of similar FFT Secondary Schools in England

Have your contact details changed?

If you have changed any contact details such as home address, mobile number, email etc. Please update these via the Arbor Parent Portal. Please contact us via office@hessleacademy.com if you have any issues with accessing your account.