Weekly Newsletter

Autumn Term 2

Issue 193

28th November 2025

Together we build

December 2025							
WK	Mo	Tu	We	Th	Fr	Sa	Su
48	1	2	3	4	5	6	7
49	8	9	10	11	12	13	14
50	15	16	17	18	19	20	21
51	22	23	24	25	26	27	28
52	29	30	31				

January 2026							
WK	Mo	Tu	We	Th	Fr	Sa	Su
1				1	2	3	4
2	5	6	7	8	9	10	11
3	12	13	14	15	16	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30	31	

Key

- Pupils at School
- Weekends
- Teacher Training Days
- Bank Holidays
- Holiday

Don't forget to send your child to school with a refillable water bottle, school do not provide these.

ALERT!

The TikTok "Tap out Challenge"

What is the issue?

Although we have previously been made aware of national concerns around the "Tap out" TikTok challenge, professionals have now raised that it is known that children in Suffolk are taking part in this challenge. There has been lots of national media coverage around this TiKTok challenge, but we wanted to highlight that ***this is happening in Suffolk!***

What is the "Tap out" out challenge?

This trend often involves a group of teens where one child places another child in a chokehold (forearm is placed around the other child's neck and throat), the child performing the chokehold would then apply pressure/squeeze the neck until the child in the chokehold taps them out on their arm in which at this point the chokehold should be released. This can also involve another child "tapping in" to join the chain. Whilst there can be no physical signs of injury following this trend it is important to be aware that this type of strangulation can lead to serious health implications in the future, including fatalities.

The challenge is presented in a way that downplays the risks, showing participants laughing or walking away unscathed. What they don't show are the serious risks—like brain damage or even death—that can result from asphyxiation.

Children and young people are not aware of how easily these actions can cause serious harm. Trends such as this can change names quickly so, please be alert, talk to children and young people about it and report anything you see.

Signs and injuries to look out for include;

- Head injuries (as can fall when losing consciousness)
- Possible loss of memory - feeling confused or disoriented after being alone
- Marks or bruises on the neck
- Blood shot eyes (conjunctival haemorrhage).
- Scratches or small red spots (petechiae) to neck/eyelids/cheeks and behind ears.
- Raspy or hoarse voice
- Severe headache

Other names given/similar challenges

Fainting game, Hangman, Elevator, and Blackout

Information on a similar trend "TikTok blackout challenging can be found here The TikTok Blackout Challenge: How to Protect Children which includes What Parents Need to Know. How Safe is TikTok for Children?

Please share throughout your organisations and raise awareness

Alert sent from the SNEE Designated Safeguarding Nursing Team – 17/10/2025