

## Useful Contacts

**Youth Works Kettering:**  
01536 518339

**The Green Patch:**  
01536 521555

**Kettering Swimming Pool:**  
01536 234409

**Stagecoach Midlands:**  
0345 810 1000

**Home Start Kettering:**  
01536 484318

**Northants Domestic Abuse Service:**  
0300 012 0154

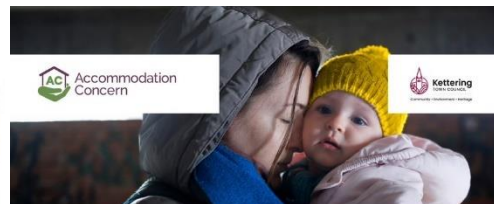
**Kettering MIND:**  
01536 523216

**Multi Agency Safeguarding Hub:**  
0300 126 3000 (Option 1)

**ChildLine:**  
0800 1111

**Crime Stoppers:**  
0800 555 111

## HERE to HELP



### Out of Hours: Housing, Debt & Welfare Benefit Advice

At Accommodation Concern we understand that the "Cost of Living Crisis" is affecting more of us than ever before. More people who are in full time work now require help and advice on Debts Housing and Welfare Benefits.

We know it can be difficult to make an appointment if you work full time 9-5 Monday to Friday. Because of this we are now happy to be able to offer an out of hours drop in service.

You can call or email us to make an appointment if you are unable to access the service during the day but we will also accept walk in's (subject to availability)

#### You can visit us on:

**Monday - Friday**  
9:00am - 5:00pm

1 Meadow Road, Kettering,  
Northamptonshire NN16 8TL

#### Or out of hours at:

**Saturday 09:00am - 12:00pm**  
Check our Facebook page for  
details of location

**Wednesday 5:00pm - 8:00pm**  
1 Meadow Road, Kettering,  
Northamptonshire NN16 8TL

**Contact us today to book an appointment**  
01536 416560 [help@a-c.org.uk](mailto:help@a-c.org.uk)



Visit us online at [accommodationconcern.co.uk](http://accommodationconcern.co.uk)

Accommodation Concern is a registered charity (number 1146297), and a company limited by guarantee (number 07945758)



We are aiming for  
**97%** attendance!

**Attendance Matters**  
Every student. Every day.

### Current Class Attendance

**Butterfly:** 90.46%

**Ladybird:** 90.51%

**1CB:** 92.41%

**1EM:** 90.11%

**2SH:** 91.20%

**2VI:** 92.38%

**3MR:** 92.96%

**3EW:** 90.52%

**4MC:** 93.10%

**4RH:** 93.10%

**5SL:** 92.19%

**5JB:** 95.81%

**6AJ:** 94.81%

**6CS:** 94.29%

### Triple P



The Triple P – Positive Parenting Program® can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it is like the instruction manual your child didn't come with – and it will help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.



Triple P gives parents and carers simple and practical strategies to help build strong, healthy relationships, confidently manage your children's behaviour and prevent problems developing.

If you would be interested in completing the Triple P Program, please speak with Mr Reilly for further details.





# The COMPASS

## PRIMARY ACADEMY

# HERE to HELP

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## What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they are old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends!).

### 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpier or angrier, or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest that a trusted family member they could turn to, or that they feel too embarrassed to tell you directly.

### 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, tense and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism, even if they haven't dealt with the situation in exactly the way you would have hoped.

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on), by allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaints. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to confront someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to:

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/), and can be reached on 0800 500 5000

### Meet Our Expert

Dr Claire Butterford is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

**NOS** National Online Safety

#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@natonlinesafety](https://instagram.com/natonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.11.2022

## Family Hub

We have had another very successful term with our weekly Coffee and Craft mornings which take place on Tuesday mornings from 9am-11am.

Led by the Northants Family Learning Team, parents and carers have continued to create some fantastic crafts whilst also enjoying a warm drink and great company.

New parents/carers and pre-school children are always welcome to join us – be assured that you will be greeted with a smiling face!

Sessions will continue next half term on Tuesday mornings, starting on Tuesday 21<sup>st</sup> February.

We look forward to seeing you there!

## North Northants Swimming

FREE

# Swimming

Free Swimming available for all under 18 year olds in February school holidays

Monday 13th to Friday 17th February 2023

<b>Waendel Leisure Centre</b> Main Pool Only from 1.35pm - 2.55pm Call to book: 01933 221622	<b>Kettering Swimming Pool</b> from 12pm - 1.30pm Call to book: 01536 234409	<b>The Nene Centre</b> from 1pm - 2.30pm Call to book: 01832 734090
<b>SPASH Leisure Pool</b> from 11am - 12pm and 12pm - 1pm Call to book: 01933 410505	<b>Corby International Swimming Pool</b> from 11am - 12.30pm Call to book: 01536 464643	

All young people under 18 must be accompanied by a paying adult

North Northamptonshire Council

Supported by NNC Leisure and Public Health

- 1 Get doodling! Grab some paper and pens and doodle anything you like! Animals, aliens or something else.
- 2 Create your own animal. Could you combine two of your favourites? What will you call it?
- 3 Design and draw a new musical instrument. How would you play it and what will it sound like?
- 4 Make up your own 5 minute exercise routine. What will you include?
- 5 Can you make up your own jokes? Tell them to someone to make them laugh!
- 6 Make some jewellery. Use anything you can find around the house. Strips of wrapping paper or rolled up magazines make great beads!
- 7 Paper aeroplane challenge! Make a paper aeroplane and see how far you can fly it! Can you make a target and try to aim for it?
- 8 Fingerprint art! Use only your fingertips and paint to create a picture.
- 9 Make a bookmark to use when you're reading.
- 10 Make some wild art using sticks, leaves, flowers and anything else you can find outdoors.
- 11 Quick draw! Set a 1 minute timer, draw a quick doodle and see if the other person can guess what it is before the time is up.
- 12 Write a silly sentence that includes all of these words: BANANA, CURTAIN, DOLPHIN, SNOW and BALLOON. Now think of your own words and write some more!
- 13 How many different words can you make from the letters in this sentence? Keeping my brain busy is fun
- 14 Ping pong story telling! Write the opening sentence to a story, then someone else writes the next line. Then it's your turn again! Keep alternating until you have a full story.
- 15 Guess the character! Think of a character from a book, write it down so no-one can see. Have others ask you questions to try and guess which character you chose.
- 16 Make a finger puppet! Use a paper cone to make a body, then attach a paper head.
- 17 Describe the most disgusting meal EVER! What is it? Spaghetti worms, toenails on toast or something else?
- 18 Create a comic strip about an animal who turns into a superhero. Which animal will you choose?
- 19 Create a family kindness jar. Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!
- 20 Find a fun place to sit and read a book. Under the bed? Up a tree? Where will you go?
- 21 How many words can you think of that rhyme with WRITE?
- 22 Write a recipe for 'Springtime'. What will you include? Flowers? Sunshine? What else?
- 23 Use your body to make the shape of a letter. How many more can you make? Can you make every letter in the alphabet?
- 24 Play alphabet bingo! Can you spot an item in your home or garden that starts with the letter a,b,c and so on?
- 25 Start a diary. Write a short entry every day about what you do and how you feel. It will be good to look back on when you're older.

## Kids Cooking Challenge

Make a salad	Create your own sandwich recipe	Use a rolling pin	Make pancakes	Help make dinner	Plan the menu for the day
Cut fruit for a fruit salad	Make a pizza	Pick a new food to try	Make fresh lemonade	Bake and frost cupcakes	Make some yummy toast for breakfast
Make a smoothie	Create a trail mix	Crack, scramble or boil some eggs	Prepare veggie and dip	Set & Clear the Table	Pack a picnic lunch
Peel and mash potatoes	Make fruit kabobs	Prepare a cheese board	Make cookie cutter PB&J sandwiches	Bake cookies	Mix up some muffins
Make energy balls	Load & unload the dishwasher	Make banana bread	Prepare a sauce	Bake healthy chips	Create your own snack