

North Northants
FREE
Swimming

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

Monday 3rd to Friday 7th and
Monday 10th to Friday 14th April 2023

Waendle Leisure Centre	Kettering Swimming Pool	The Nene Centre
Main Pool Only from 1.35pm - 2.55pm Call to book: 01933 221622	from 12pm - 1.30pm Call to book: 01536 234409	from 1pm - 2.30pm Call to book: 01832 734090

SPLASH Leisure Pool
from 11am - 12pm
and 12pm - 1pm
Call to book: 01933 410505

Corby International Swimming Pool
from 11am - 12.30pm
Call to book: 01536 464643

For Corby Pool only, please pre-register and book here: 

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

North Northamptonshire Council | Supported by NNC Leisure and Public Health | Corby Leisure | Places for People

Useful Contacts

North Northants Council:
0300 126 3000

The Green Patch:
01536 521555

Kettering Swimming Pool:
01536 234409

Citizens Advice:
01536 482281

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


Accommodation Concern:
01536 416560



Easter
Holiday Activities

Monday 3rd April
Friday 14th April

www.northnorthants.gov.uk/easteractivities



Easter Egg

Kettering Town Trail

Kettering Town Council



The 'have a go' Arts festival

Saturday 1st April - 10-3pm

Kettering Arts Centre

COME ALONG AND TRY...
POTTERING, DRUMMING, POTTERY,
DIGITAL ART, DANCE, POETRY + MORE!

Easter Origami
Crafternoon
@ The Green Patch,
Kettering

Tuesday 4th April

1pm – 2:30pm

£5 donation – all materials
and refreshments provided.

Booking information can be
found on The Green Patch
Kettering Facebook page.



Crafts Activities
this Easter Holiday

at The Manor House
Museum, Kettering

Tuesday 9 April Colourful key wind chimes 10.15am and 11.45am	Tuesday 16 April Excellent Easter wreaths 10.15am and 11.45am
Wednesday 10 April Springtime spoon puppets 10.15am and 11.45am	Wednesday 17 April Bunny in a basket 10.15am and 11.45am
Thursday 11 April Clay play 10.15am and 11.45am	Thursday 18 April Easter egg decorations 10.15am and 11.45am
Friday 12 April Lego Play Day 11am until 3pm	

FREE ENTRY

FREE drop
in crafts also
available on
Saturday 6th April
and 13th April,
all day.

Booking is recommended
£3 per child, £2 with a
Kettering Leisure Pass
FREE to Young Friends of Kettering
Art Gallery and Museum
Suitable for children aged 3+
years. Phone 01536 534219 or
email museumandgallery@kettering.gov.uk to book.



Easter Camp

3RD APRIL TO 14TH APRIL 2023

(excluding bank holidays)

Earlybird Discount:
Easter23

Prices from
£4.10

Easter Camp for children in
Reception* to Year 6 and Young
Leaders Year 7 to 11 with:

- Sports, Arts & Craft and
- Cooking sessions with an Easter theme
- Enhanced DBS checked staff
- All childcare vouchers accepted
- Interest free payment plans available

For more information and booking please visit
www.csactivitycamps.co.uk

Locations:
Cottingham C of E Primary School,
LE16 8XB* (Second week only)
Corby Business Academy, NN17 5EB
Tresham Corby, NN17 1TT*
Tresham Kettering, NN15 7AA
Croyland Nursery, NN8 2AX

* Reception age children can attend selected venues
HAF: if your child is eligible you will receive an email with your unique voucher code from your child's school

Contact us on enquiries@csactivitycamps.co.uk or 0739959022

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they're more likely to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online. In case it leads to having their device confiscated. Emphasise to your child that you're always there to listen and help. Reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house, spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's important to talk to each other about things we've seen or experienced online. (Don't good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of NASC (National Online Safety) has almost 20 years experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.

NOS National Online Safety
#WakeUpWednesday

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: 01.02.2023

Family Hub

Our Coffee and Craft mornings have continued to run this term and there have been a number of creative crafts produced (along with many cups of tea and coffee made and biscuits shared!)

We are super pleased to inform that coffee mornings will continue to run next term (starting on the 25th April) and this term there will also be some fun cooking activities during the sessions, led by the Northants Family Learning Team.

Keep a look out for a new outdoor group starting soon which will be held at Compass too!

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



Nutrition Hydration week

MEAL PLANNING MONDAY

MEAL PLANNING TOP TIPS

- PLAN YOUR MEALS AND SNACKS IN ADVANCE TO FOOD SHOPPING
- PLAN TO INCLUDE ONE NEW RECIPE TO HELP KEEP FOOD VARIED
- TRY TO PLAN MEALS TO USE FOOD, INGREDIENTS AND SPICES YOU ALREADY HAVE
- MAKE SURE PLANNED MEALS ARE BALANCED
- COOK IN BATCHES, SAVE OR FREEZE LEFTOVERS
- HAVE SET COOKING DAYS IF DON'T ENJOY COOKING DAILY

MENTAL HEALTH NUMBER

0800 448 0828

24/7 support available for your mental health needs

thementalhealthnumber.me



We are here to support any families in need.

Our school Foodbank is stocked and available to Compass families.

Please contact us via email: wellbeing@compassprimary.org or on 01536 532707 where we will be happy to support.

Current Class Attendance

Pre-School: 85.94%

Butterfly: 91.48%

Ladybird: 90.68%

1CB: 92.43%

1EM: 90.19%

2SH: 91.40%

2VI: 94.02%


3MR: 92.07%


3EW: 90.75%


4MC: 93.18%

4RH: 93.33%

5SL: 92.53%

 5JB: 96.51%

 6AJ: 95.29%

 6CS: 94.67%



We are aiming for
97% attendance!