

# HERE to HELP

## Useful Contacts

**0-19 Hub:**  
0800 170 7055

**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

**Headlands Surgery:**  
01536 518886

**ChildLine:**  
0800 1111

**Accommodation Concern:**  
01536 416560

**KIDS PASS**

## HALF TERM BUCKET LIST

Tick them all off for a boooo-tastic October

### DRESS UP FOR HALLOWEEN

Whether you take pride in making your own Halloween costume or a trip to Matalan is on the cards, get planning your little ones' 2017 Halloween outfit. Stranger Things is definitely one for consideration!

### WATCH HOCUS POCUS

October Half Term can be a little drab with the weather, if you feel trapped indoors that's the perfect excuse for a Halloween movie marathon! Let your kids take their pick whilst you grab the popcorn!

### CARVE A PUMPKIN

Why not do something spooky and weird with your pumpkin this year? Jack Skellington from The Nightmare Before Christmas is always a popular choice!

### SWING THROUGH THE AUTUMN TREES

Get outdoors whilst you still have chance and swing through the trees with your little monkeys at GoApe! Don't forget to use your Kids Pass and get 15% discount off your tickets.

### SPOT MYSTICAL CREATURES

What ghosts and goblins can you find this half term? Take your little ones on a Gruffalo trail, or a 'beast hunt' near you and discover all the creatures of fall. Or visit your local Aquarium to see what mystical creatures of the deep are lurking...

## Wellbeing Bingo

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 

## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2023

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### M&S CAFES

Spend £5 & get one free kid's meal Mon - Fri during the Oct Half term (various dates)

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TRAVEL LODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### YO! SUSHI

From Monday 16th October - Friday 27th 2023 kids eat free with every £10 adult spend

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### BILLS

2 kids eat FREE Monday - Friday from Monday 23rd October - Friday 3rd November 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### IKEA

Kids get a meal from 95p daily from 11am

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.

## Halloween Town Trail

**Free treat at the end!**

Find the **spooky shapes** hiding in the shops around **Kettering** this half term

**£16 per person**

**Wicksteed's**

## Spooktacular Half-term

**Starts 21st October!**

**BOOK ONLINE TODAY!**

## Signs of Autumn Scavenger Hunt

☐ Red Leaf ☐ Apple

☐ Squirrel ☐ Yellow Leaf

☐ Conker ☐ Mushroom

☐ Spider Web ☐ Berries

☐ Brown Leaf ☐ Acorn

☐ Sycamore Key ☐ Green Leaf



**TikTok** is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

**AGE RESTRICTION 12+**  
Under 18, supervision of a parent or legal guardian required.

### What parents need to know about TIKTOK

**MATURE CONTENT**  
On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as Parental guidance recommended. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or funny takes on dance routines which are designed to make people laugh. However, there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

**INAPPROPRIATE MUSIC**  
TikTok revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.

**TIKTOK FAME**  
TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, not budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

**ONLINE PREDATORS**  
As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

**ADDICTIVE NATURE**  
Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

**IN-APP PURCHASES**  
Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.

### National Online Safety #WakeUpWednesday

**TALK ABOUT ONLINE DANGERS**  
Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.

**USE PRIVACY SETTINGS**  
Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.

**ENABLE RESTRICTED MODE**  
In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.

**EXPLORE AND LEARN YOURSELF**  
Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.

**LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT**  
With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't age appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.

**MODERATE SCREEN TIME**  
As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock the app in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.

**Meet our expert**  
Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

SOURCES  
www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety  
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### School Nursing Team – Family Afternoon

Our School Nursing Team will be holding a Family Afternoon on Thursday 2<sup>nd</sup> November from 2:45pm. Their session will focus on wellbeing and behaviour, exploring supportive strategies and ideas for families.

Come along and join them for a drink and a chat! Children will also be welcome to accompany parents/carers from 3pm.

No sign-up required. Please arrive at the Main Office no later than 2:45pm.

### Fall Meal Plan

**Meal 1**  
SOUP (OR CHILI) WITH SANDWICHES AND FRUIT

**Meal 2**  
ONE POT MEAL WITH VEGGIES AND FRUIT

**Meal 3**  
SLOW COOKER MEAL WITH VEGGIES AND FRUIT

**Meal 4**  
LEFTOVERS OR SUPER SIMPLE MEAL WITH VEGGIES AND FRUIT

**Meal 5**  
PRESSURE COOKER MEAL WITH VEGGIES AND FRUIT

**Meal 6**  
MEAT AND A STARCH WITH VEGGIES AND FRUIT

**Meal 7**  
INTERNATIONAL MEAL OR PIZZA WITH VEGGIES AND FRUIT

for friendly, helpful advice  
TEXT YOUR SCHOOL NURSE ON  
**07507 329 600**

Northamptonshire Healthcare NHS Foundation Trust

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

### Current Class Attendance

Pre-School: 93.68%

Butterfly: 93.59%

Ladybird: 90.50%

1CB: 92.42%

1EM: 92.89%

2SH: 93.36%

2VI: 94.59%

3MR: 94.52%

3EW: 95.36%

4MC: 93.44%

4RH: 91.98%

5SL: 95.59%

5JB: 96.57%

6AJ: 93.50%

6CS: 95.56%

We are aiming for  
**96%** attendance!

### Family Hub

Join us each Tuesday morning  
from the 31<sup>st</sup> October for Family  
Hub Sessions:

Weeks 1 and 2: Lego with Maths

Weeks 3-6: Christmas on a budget

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](mailto:wellbeing@compassprimary.org) or on  
01536 532707 where we will be happy to support.