



HERE
to
HELP

Useful Contacts

Accommodation Concern:
01536 416560

Sure Start Children's Centre (Montagu St):
01536 311030

Johnny's Happy Place:
www.johnnyshappyplace.com

Substance to Solution Free Advice Line:
0808 169 8512

Child and Adolescent Mental Health Services Helpline:
0800 170 7055

Northants Domestic Abuse Service:
0300 012 0154

Kettering MIND:
01536 523216

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

ChildLine:
0800 1111

Northants Police (Non-emergency):
101

Choose the right treatment

If you need medical help or advice fast but it's not an emergency, call 111

Choose well.

Call NHS 111 or visit the NHS Choices website www.nhs.uk

12 Days of Christmas physical activity challenge

- Day 1:** Sit to stand. Sit on the edge of your chair. Place the water apart. Stand up slowly using your feet only. Slowly sit down - aim for 5-10x/week.
- Day 2:** Dance. Put your favourite music on and dance to your favourite track.
- Day 3:** Shake it up. Shake your arms and legs out and laugh while you do it.
- Day 4:** March on the spot. Pop the kettle on and march on the spot until it boils.
- Day 5:** Arm raises. Sit upright. Place both arms out and do the side and up to the top 10 times. Bring arms back down. Repeat 3 times in your room and in 30 you lower them - repeat 5 times.
- Day 6:** Walk round the block. Start off slowly and once you're a comfortable pace walk past secondary school.
- Day 7:** Step up. Walk up and down your stairs for as long as you feel comfortable.
- Day 8:** Wall press ups. Stand arms straight from the wall. Place your hands flat against it at chest level with a straight back. Slowly lower your arms. Then to check the gap between you and the wall as much as you can. Attempt 10-15 on 30 sec.
- Day 9:** Hip marching. Sit upright and do not lean on the back of the chair. Lift one leg to the other. Lift your left leg with your knee bent so far as is comfortable. Place your other leg on the ground. Repeat with the opposite leg. Do 10-15 with each leg.
- Day 10:** Biceps curl. Hold a tin of tins and stand with your feet hip-width apart. Keeping your arms by your side, slowly lower down until your hand reaches your knee. Slowly bring your biceps 8-10 x of 10 with each arm.
- Day 11:** Sideways bend. Stand upright with your feet hip-width apart and stretch your torso. Slowly bend your torso from side to side as far as is comfortable. Repeat with your right arm. Hold each stretch for 2 seconds and perform 5 on each side.
- Day 12:** Mini squats. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart. Slowly bend your knees as far as is comfortable. Keep your back straight as it comes. Slowly come up to the starting. Repeat 5 times.

Current Class Attendance

Pre-School:	90.82%
Butterfly:	92.03%
Ladybird:	88.66%
1CB:	90.72%
1EM:	92.05%
2SH:	91.86%
2VI:	92.85%
3MR:	94.83%
3EW:	95.51%
4MC:	93.17%
4RH:	93.52%
5SL:	94.65%
5JB:	96.61%
6AJ:	94.18%
6CS:	94.77%

You're not alone this Christmas

4 TIPS ON HOW TO FEEL A LITTLE LESS LONELY THIS CHRISTMAS:

- Limit your social media usage
- Volunteer in your local area
- Consider scheduling a call with family or friends
- Have a look at what places are open near you

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.



HERE to HELP

Athena Activities
 Christmas Camps 2023
 Hosted at
 Kettering Science Academy
 Corby Business Academy
 Cottingham CofE Primary

Thursday 21st and Friday 22nd Dec
 Wednesday 27th - Friday 29th Dec
 Tuesday 2nd - Friday 5th Jan

Day	Centre	Status
Monday	Salvation Army	10am to 1pm for toast and cereals, tea and coffee
	Salvation Army	11am to 1pm for food parcels
Tuesday	Kettering Muslim Association, 123 The Headlands	Donations and food parcels available in the afternoon 12.30 - 1.30pm and 2.45 - 4.10pm
	Salvation Army	10am to 1pm for toast and cereals, tea and coffee.
Wednesday	Salvation Army	11am to 1pm for food parcels
	Highfields Community Centre	11.00 - 12.00. Food parcels, when stock available. Donations if poss.
	Kettering Food Bank, Unit B, The Courtyard, Market Street opposite Mental Monkey Cafe	Open 10.00 - 13.00. Call or text 07709 741353 to request food parcel.
	The Shack Food Project, Grange Resource Centre	09.30-12.00 for food parcels. Donations if possible.
	Green Patch Food Table, Valley Walk, Kettering NN16 0LU	Open 10.00 - 15.00. Free produce, mainly bread, some fresh food. Donation box available
	Kettering Muslim Association, 123 The Headlands	Donations and food parcels available in the afternoon 12.30 - 1.30pm and 2.45 - 4.10pm
	St Edward's RC Church Hall, Leaton Road	Open 3pm - 5pm, sit in, soup and a hot meal, tea and cakes.
	Kettering Food Bank, Unit B, The Courtyard, Market Street opposite Mental Monkey Cafe	Open 10.00 - 13.00. Call or text 07709 741353 to request food parcel.
	The Shack Food Project, 10 Lower Street, Kettering	10.00am - 2pm Donations if possible
	Kettering Muslim Association, 123 The Headlands	Donations and food parcels available in the afternoon 12.30 - 1.30pm and 2.45 - 4.10pm
Thursday	Salvation Army	10am to 1pm for toast and cereals, tea and coffee.
	Salvation Army	11am to 1pm for food parcels
	Green Patch Food Table, Valley Walk, Kettering NN16 0LU	Open 09.30 - 14.00. Get there before 11.00. Free produce. Donation box available
	Highfields Community Centre	11.00 - 12.00. Food parcels, when stock available. Donations if poss.
	The Shack Food Bank Project, 10 Lower Street, Kettering	10.00am - 2pm Donations if possible
Friday	Kettering Muslim Association, 123 The Headlands	Donations and food parcels available in the afternoon
	St Peter & St Paul Church Hall	12.30 - 1.30pm and 2.45 - 4.10pm Hot food takeaways and hot drinks, 3pm to 5pm.
Saturday	Kettering Food Bank, Unit B, The Courtyard, Market Street opposite Mental Monkey Cafe	Open 11.00 - 12.30. Call or text 07709 741353 to request food parcel.
	The Shack Food Bank Project, 10 Lower Street, Kettering	10.00am - 2pm Donations if possible
Sunday	Kettering Muslim Association, 123 The Headlands	Donations and food parcels available in the afternoon 12.30 - 1.30pm and 2.45 - 4.10pm
	Grange School, Jean Road, Entrance through nurse gate	Warm space 09.30 - 4pm including free lunch, tea, coffee etc Must arrive by 11.00am to book free lunch
All week	Johnny's Happy Place, Rockingham Road	Open 10.00 - 14.00 for Food Share, teas, coffees, rolls and cakes in the garden. £1 for a meal and £1 for a pudding.
	Kettering Food Bank, Unit B, The Courtyard, Market Street opposite Mental Monkey Cafe	Open 10.00 - 13.00. Call or text 07709 741353 to request food parcel.
	Johnny's Happy Place, Rockingham Road	Open 11.00 - 14.00 for Food Share, teas, coffees, rolls and cakes in the garden. £1 for a meal and £1 for a pudding.
All week	Outside Highfields school	11.00 - 12.00. Food parcels, when stock available. Donations if poss.
	Midland Languar Seva Society, By the clock tower, Gold Street.	Hot take away vegetarian food at 5pm.
All week	Accommodation Concern	Office is open for appointments and food parcels. Call 01536 416560 or email help@a-c.org.uk

Christmas in Kettering 2023

Meet Santa at The Elf Station

The elves will help you write a letter to Santa
 Send it to the North Pole using magic reindeer dust
 Make a Christmas craft to take home in the workshop
 Meet Santa and have your photo taken with the sleigh

In the Newlands Centre
 From 10am to 4pm

£2 per child

Saturday 2 & Sunday 3 December
 Saturday 9 & Sunday 10 December
 Saturday 16 & Sunday 17 December
 Thursday 21 to Saturday 23 December

Relaxed sessions on Sunday 10 December
 Autism-friendly with reduced noise

MAKE THE MOST OF THE ONLINE WORLD THIS CHRISTMAS

EAT, DRINK AND BE MERRY
 A WORLD OUTSIDE YOUR WINDOW
 THE OLD SONGS ARE THE BEST?
 DECK THE HALLS
 A WINNER'S TALE
 BROUGHT ME SOME CORN FOR POPPIN'
 GUESS WHAT I FORGOT?

When parents and carers finally have the chance to spend some quality time with their child over Christmas, many face a familiar struggle to prime their young one's attention away from their phone, controls, tablet or computer. Fun family bonding over the festive period, however, doesn't have to exclude devices. There are a host of Christmas activities and ideas online which grown-ups and children can enjoy together. We've compiled our own 'nice fat' of seasonal suggestions for how to...

1. EAT, DRINK AND BE MERRY
2. THE OLD SONGS ARE THE BEST?
3. DECK THE HALLS
4. A WORLD OUTSIDE YOUR WINDOW
5. THE NEAR AND THE DEAR ONES
6. KIDS FROM ONE TO 92
7. A WINNER'S TALE
8. CAN'T WAIT TO SEE THOSE FACES
9. BROUGHT ME SOME CORN FOR POPPIN'
10. GUESS WHAT I FORGOT?

National Online Safety
 #WakeUpWednesday

Wicksteed Park

WICKY'S CRACKERS CHRISTMAS PARTY!

22nd December

PANTO IS BACK AT THE LIGHTHOUSE THIS CHRISTMAS!

THE OH YES IT IS!

THE WIZARD OF OZ

A SPECTACULAR FAMILY PANTOMIME

15 - 31 DECEMBER 2023
 www.lighthouse-theatre.co.uk
 The Lighthouse Theatre, Thurston Drive, Kettering NN16 6PB.

Family Hub

We've had a really successful term with Family Hub activities – thank you to all of our families that have joined the Family Learning Team for the Christmas Crafts on a Budget sessions.

The team also enjoyed attending our Christmas Fair on the 7th December where they had the pleasure of meeting lots of families whilst also completing some Christmas crafts.

Please look out on Class Dojo in the upcoming weeks for information of Family Hub sessions next half term. We are awaiting the team confirming their programme of activities and we will communicate these with you as soon as we know.

Don't forget that new faces are always welcome – the group are extremely friendly and inclusive. Compass parents/carers and pre-school children are warmly invited to come along.

We would like to wish you all a very Merry Christmas!



LibraryPlus

Kettering Library
 Opening Hours

Monday	9am - 6pm
Tuesday	9am - 6pm
Wednesday	9am - 6pm
Thursday	9am - 6pm
Friday	9am - 6pm
Saturday	9am - 5pm
Sunday	Closed

You can renew books online at:
www.northamptonshire.gov.uk/renew