

# KETTERING PARK

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## INFANT ACADEMY

## Newsletter 12th May 2023

### Kettering Park Infant Academy

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*I am so pleased to join the team here at Kettering Park Infants, and even in the short time I have been here, the children, staff and parents have been so welcoming - thank you! Over the last 3 weeks, I have been able to visit classes during lessons, lead assemblies and spend time with the children on the playground at lunch times and play times, allowing me to get to know the children and staff better.*

*We had a fantastic day last Friday learning about the coronation and carrying out different activities in our classes. Over the week, each year group created images to display on the railings outside of school. We were so impressed with the plates that the children created and it was really hard to choose a winner, thank you for supporting your child with completing this at home, they do look amazing in our hall. During our assembly on Friday, the children sang songs they had learnt about the King and Year 2 children shared poems. The winners of the paper plate designs were also announced. Congratulations to the winners in Reception, Year 1 and Year 2 but also well done to everyone who participated. Each member of our school was given a commemorative badge which I hope they will treasure forever. I hope that you all enjoyed watching the coronation and celebrations.*

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*Many Thanks,*

*Mel Eldridge*

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## Attendance

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*Please see the attendance records so far:*

*Class 1 - 96.7%*

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*Class 2 - 98.9%*

*Class 3 - 98.6%*

*Class 4 - 94.3%*

*Class 5 - 93.5%*

*Class 6 - 91.4%*

*Class 7 - 94.9%*

*Class 8 - 93.5%*

*Class 9 - 91.9%*

*Rainbow Room - 91.5%*

*Whole School Attendance - 93.4%*

*If your child is absent from school you must call the office **every morning** that your child is absent. Please leave a message with your child's name, class and reason why your child will not be in.*

*If we are unable to reach a parent/carer by 12pm we may carry out a home visit. This is integral to our Safeguarding and Attendance Policy.*

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## **Uniform**

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*Please ensure that all your child's uniform is labelled clearly to avoid items being lost/taken by mistake. Hair must be tied up every day for school.*

***Earrings must also be taken out on PE days, otherwise your child will not be able to join in for PE.***

*Please be advised that the correct uniform for school is as follows:*

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- *White collared polo shirt*
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- *Grey or black trousers/skirt/dress*
  - *Royal blue cardigan/sweatshirt*
  - *Black shoes – no trainers*
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## Parking

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*What can you do to help keep everyone safe around the school gates?*

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- *Please don't block the road--emergency vehicles and other traffic may need access*
    - *Park on yellow lines, zig--zags or block the school entrance*
  - *Park on the pavement, across dropped kerbs or residents' driveways*
    - *Park opposite or within 10 metres of a junction*
  - *Park where you will cause inconvenience to other road users*
    - *Leave your vehicle with the engine still running*
  - *Stop in the middle of the road to drop your child off, even for a few seconds*
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## Reading

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*Thank you to those families that read at home daily with your child, it really does benefit your child incredibly if they read at home regularly. It not only builds their confidence and fluency but also their love of reading.*

*The children have 2 books a week that come home that they can read and you can also access Oxford Owl for further books.*

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*Every Friday from when the doors open you can come and in and read with your child in school, this can be any member of your family reading with your child, I do hope you can join us weekly.*

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## Maths Whizz

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*Thank you to those families that were able to join one of the parent sessions, I do hope you found these useful and informative. Please encourage your child to use Math's Whizz at home during the week and the weekend, we really have seen the progress made by those children who are using it not only in school but at home as well. If you have any questions, please see your child's teacher.*

[Parent Meeting video Link](#)

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[Maths Whizz Login](#)

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## Mental Health Awareness Week

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*Next week is Mental Health Awareness Week.*

*We are working with local organisations to celebrate by providing a range of wellbeing themed events and activities for our pupils, staff and families.*

*We would love to see you get involved!*

*There is no need to book these sessions, simply turn up and enjoy.*

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## Upcoming Dates

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*Monday 15th - Friday 26th May - Year 2 SATs*

*Monday 15th - Friday 19th May 2023 - Mental Health Awareness week*

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*Thursday 18th May - Superhero themed lunch with Dolce*

***Friday 26th May 2023 - End of term***

*Monday 5th June 2023 - School open for all pupils*

*Friday 9th June - Sports Day (new date)*

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## Healthy Lunchboxes

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*A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. But no matter how healthy your child's lunch box is, it won't provide any nutritional value if it doesn't get eaten!*

***Fruit and vegetables***

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*Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes and cucumber.*

***Starchy food***

*Have a variety to choose from such as wholegrain or wholemeal breads, pitas and bagels or crackers.*

***Lean protein***

*Tuna or boiled eggs, beans, or lean meat such as beef or chicken.*

***Reduced fat dairy food***

*Reduced fat yoghurt, reduced fat cheese or reduced fat milk*

***Nutritious snacks***

*Such as a small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.*

***Healthy choices***

*Look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads.*

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# What does a balanced LUNCHBOX look like ?

Nutritionist Resource

**Main**  
Turkey and leafy greens in a wholemeal wrap

**Sweet Treat**  
Popcorn dusted with cinnamon

**Dairy Portion**  
One small cheese portion

**Drink**  
Water

**Vegetable Snack**  
Carrot sticks with houmous

**Fruit Snack**  
Greek or natural yoghurt with fresh raspberries

**Drink**  
Small carton of milk

**Expert Advice from Dr Lisa Gatenby, registered nutritionist.**

"Remember that packed lunches always need to contain one fruit and one vegetable portion. There also needs to be a portion of dairy in each lunch box, so I'd suggest a yoghurt - always choose Greek or natural yoghurt as the flavoured ones always contain added sugar.

It can be nice to have a main option that isn't a sandwich to show children how lunches can vary, why not try pasta or couscous instead of bread?"

Content reviewed by registered nutritionist, Dr Lisa Gatenby. All content published by Nutritionist Resource is provided for general information purposes only, and should not be treated as a substitute for advice given by your GP or any other healthcare professional.

Learn more about balanced nutrition by scanning the code and visiting our Healthy Eating for Kids fact sheet.

# What's in your child's lunchbox?

Fill it with the **5**

**1** fruit

**2** vegetables

**3** dairy

**4** wholegrains

**5** lean meat & alternatives

Make water your drink

Pack ice bricks to keep food cool

Use a thermos to keep food warm

## Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about SN PCHAT

**AGE RESTRICTION 13+**

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

### CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Kik have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

### EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily. Spotlight Challenges give users the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

### INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

### SEXING

Sexing continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

### DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beauty' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

### VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in. Additionally, it's important to be cautious about Shared Stories as this allows people who are not on your contact list access to the post.

### TALK ABOUT SEXING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

### CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

### Meet Our Expert

Dr Claire Sutherland 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.

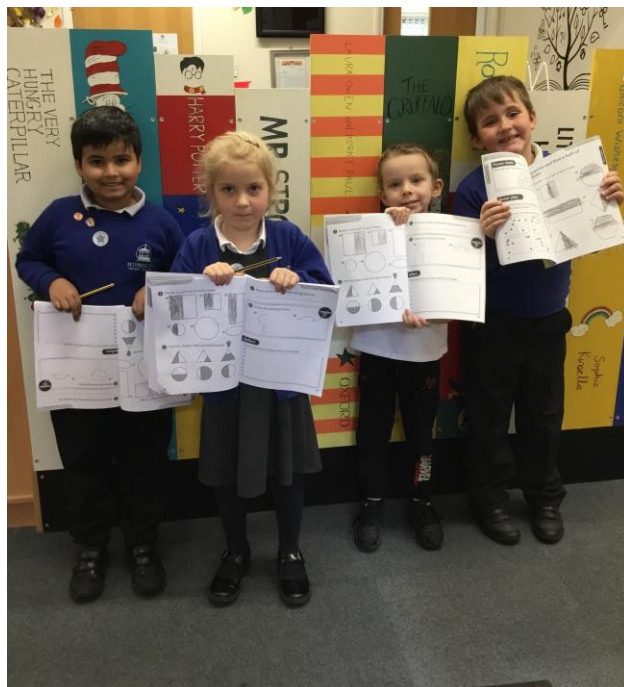
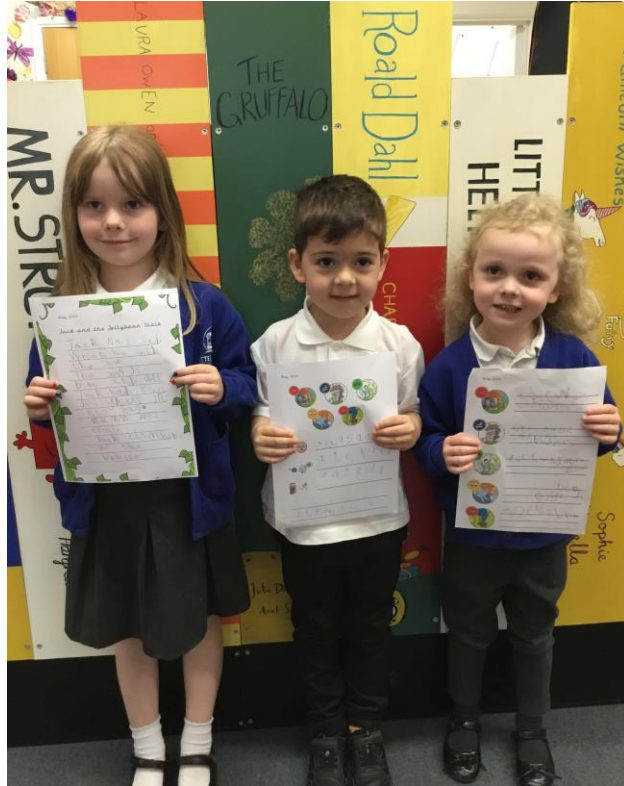
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#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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## Gallery



















## What's on

Food lovers, come and experience the sights, smells and tastes of the Kettering Food Festival!

Join us on Saturday 13 May 2023 and explore a range of delicious street food, tantalising local produce, and thirst-quenching beverages.

Enjoy the fabulous atmosphere and sample the offerings of regional chefs, bakers and brewers.

There will also be live music and entertainment, as well as a variety of artisan stalls to browse, and the event is free for everyone.

Come and celebrate the food and culture of our local area in a fun, relaxed and safe atmosphere.

We look forward to welcoming you!

