



WEEKLY WELFARE NEWSLETTER

Edition 18– Keeping Safe and Healthy in Mind and Body

Friday 15th January 2021

Good morning and welcome to the Welfare Weekly Newsletter. There is some **big news** about some unusual new faces at the school when we get back! Find out next week.

Positive news stories

An inspirational life

I love this story about a bomber pilot from Sierra Leone who was shot down over Nazi Germany, became a key figure on HMS Windrush, trained as a barrister, met John F Kennedy, and became attorney general of Sierra Leone. What a life!

<https://www.bbc.co.uk/news/uk-england-london-55286092>



This story was reassuring – an American police officer was sent to a crime scene where two women had loaded a trolley with Christmas dinner but had not scanned all the items as they did not have enough money. While the officer upheld the law and gave them a trespass warning, he also bought their shopping for them so that they could have Christmas dinner!

<https://www.bbc.co.uk/news/world-us-canada-55522825>

Teams lessons

Thank you to all the parents and students who have posted positive messages about the live Teams lessons being delivered each day.

One teacher said, 'Out of a class of 20 students on Teams, the vast majority said thank you at the end of the lesson. I really appreciate that.'

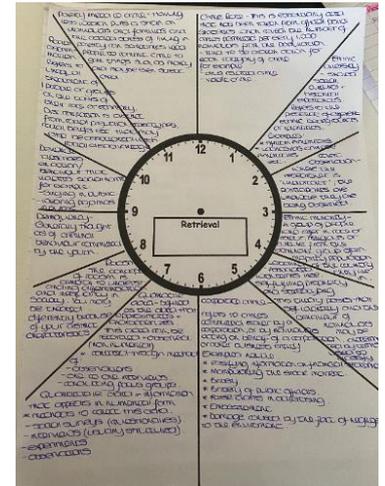
For your Teams lessons, your teachers have been asked to let the school know if you have not joined in and completed the work. Do your best to keep up with the work and let your teacher know if there is a problem.

We have also looked at the possible problems of 100 minute Teams lessons and have asked teachers to build in time where you are able to move around and get away from your screens.



Excellent work in Sociology

Mrs Croft wants to give a massive well done to the year 11 Sociology group who are working superbly online. Here is a great piece of work from Scarlett Belding. Well done!



Any school or local good news stories welcome. It could be a piece of outstanding work or a key moment for you. Email to antony.kennedy@pws.emat.uk

Worried about online safety and health?



We are all on our screens more at the moment. If you are a parent with concerns related to the online safety of your child, then follow this link to the Child Exploitation and Online Protection website. You can make a referral or get advice. <https://www.ceop.police.uk/Safety-Centre/>

The Think U Know website is full of advice and guidance on how to stay safe online. [Thinkuknow - home](http://Thinkuknow-home)

Physical health

Have you started up your exercise regime yet? If not, here are some good links. Get those endorphins going!

Northants County Council and COTSSP - [Virtual School Games Challenges and Resources | Northamptonshire Sport](#)



Brilliant PWS PE fitness sessions –

https://www.youtube.com/playlist?list=PL36_hj1KfjuLU0bhhFLcYTAZUQDmKLLO

Joe Wicks' PE lessons - <https://www.youtube.com/channel/UCaXW1XT0iEJo0TYIRfn6rYQ>



Support with your mental and emotional health

Kettering Mind have launched a new Student Mental Health and Wellbeing Service.

The free service has been designed to help students whose mental health has been negatively affected during the pandemic.

It aims to support individuals find the resilience to cope with issues such as loneliness, academic pressures, organisational skills, coping with anxiety, and managing mental health in general.

To do this, the service can provide students with:

1. Up to three one-to-one sessions with a mentor
2. Online facilitated peer support sessions allowing students to socialise in a safe and confidential setting with others who may be experiencing similar difficulties.
3. Mental health and wellbeing workshops to student groups over Zoom - we can deliver workshops to classes if required, please get in touch with me if you wish to arrange this.

The service will also be continually developed as it goes on, with new sessions potentially being added if they are needed.

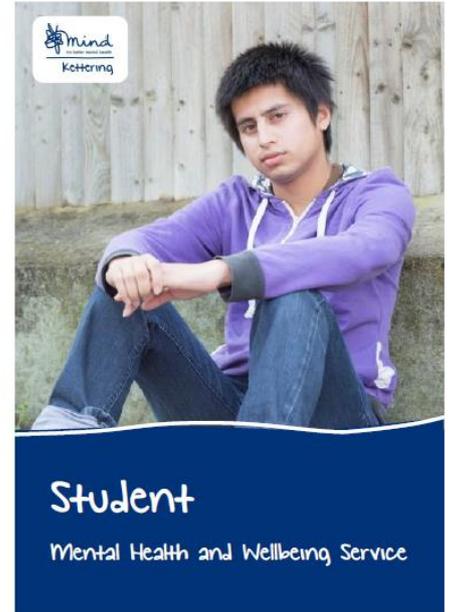
It will be available to students from Northamptonshire aged 16 years or older who are studying anywhere in the country at sixth form, college or university.

Any student wishing to access the service should fill out an application form and can either download one direct from our website: www.ketteringmind.org.uk or contact Kettering Mind via email: info@ketteringmind.org.uk or telephone: 01536 523216 and ask for a student service application form. The school also has referral forms if you wish us to refer you or your child.

Souster Youth Online

Our wonderful friends at Souster Youth are still offering their help over the internet just like last time. Find them on -

Click for more information and sign up:
sousteryouth.org/online-support





The NSPCC

The NSPCC is also there for you in lockdown. They have a Domestic Abuse helpline on 0808 800 5000 for adults, young people, and children or you can email them at help@nspcc.org.uk. There is also the National Domestic Abuse helpline on 0808 2000 247.

Other key numbers you might need are Childline – 0800 1111 and The Samaritans – 116 123.

NHS support

This site is packed with information about mental health and how to cope with the challenges of lockdown.

Have a look and see what you can do to help yourself and those around you.

[Every Mind Matters](#) | [One You \(www.nhs.uk\)](#)

Home



Barnardo's See, Hear, Respond initiative



The children's charity Barnardo's is running a programme to help young people affected by the coronavirus crisis.

Follow the link here to the tab at the end of the page for young people, parents, and carers.

[See, Hear, Respond | Barnardo's](#)

Support with Drug or Alcohol problems

Our colleagues at Ngage are supporting young people and families across the region with drug or alcohol problems. If you don't want to call them yourself, get in touch with Mrs Giddings or me and we will make the call. Their number again is 01604 633848 or <https://aquarius.org.uk/our-services/young-peoples-services/northampton-yp/>



Registration

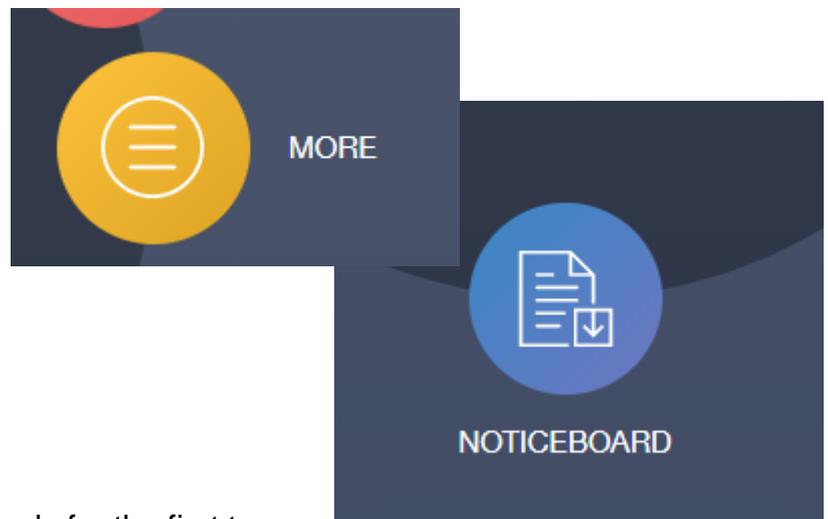
There will be a change to registration from next week.

On Monday, years 7 and 11 will be asked to attend registration at 8.55am to do their vocabulary work, Tuesday for years 8, 12, and 13, with year 9 on Wednesday and year 10 on Thursday.

Every Friday, all students will be asked to attend a year group meeting led by their head of year to hear about the news in school and beyond.

Careers

There is a notification board on Edulink where we post information and support for careers. Please take a look at this by clicking on More and then Noticeboard.



Words of the week.

Here are our vocabulary development words for the first two weeks of term for years 7 to 9. Year 10 and 11 words to follow.

Challenge – can you write the shortest story that accurately uses all the words from your year group’s list? Answers to antony.kennedy@pws.emat.uk.

Year 7	Year 8	Year 9
affect	academy	levy
effect	arbitrary	likewise
aspect	capacity	thereby
distinct	ideology	unify
interact	ministry	whereby
restrict		
conduct	aggregate	diminish
confer	allocate	erode
consent	challenge	minimal
constrain	classic	minimise
convene	differentiate	portion



ICT support - *Getting on to Microsoft Word, Power Point, and Excel*

Don't forget that you can use OneDrive to access Word, Power point, and Excel. Go to your email account and pick the 'App launcher' button in the top left corner. This will allow you to use online versions of the software. You can save your work onto the online OneDrive and then access it from school later or even send it electronically to your teachers.

As always, the pastoral team will still be providing whatever support is possible in the coming weeks and months. Joanne.Giddings@pws.emat.uk and Antony.Kennedy@pws.emat.uk are useful email addresses and we will do our best to get back to you as quickly as we can.

Keep safe,

Mr Kennedy