



Dear Parents/Carers,

Year 10 have had a fantastic 3 days on their residential at PGL Winmarleigh Hall, with loads of new experiences and plenty of memories made. They've also studied with English, Maths and Science masterclasses, and sessions on study skills to help prepare them for their first set of mock exams which are coming up next half term. They've challenged themselves with climbing walls, high ropes and giant swings, and worked well together throughout.

As we look to the final week of term, we start with Year 10 photos on Monday morning in their Year 11 black ties ready for September; and Year 9 have their KS3 graduation in the afternoon at The Muni, and we hope parents/carers of Year 9 will join us for this event if you are able to.

It is sports day on Tuesday 21st July, which is a whole school event and Mrs Driver writes more about this below. All students take part in our inclusive activities, with events for everyone throughout the day and plenty of team events as they compete in form groups. While they're not competing, they're cheering on their peers, and the day ends with the all important form prizes once all the points are added up. Not only will there be Sports Day prizes (and bragging rights!) but it's also when students will receive their half term rewards prizes.

Then finally our whole school assembly on Wednesday, where we will celebrate and recognise all those students who have achieved awards this term from each subject, those who have achieved their bronze, silver and gold awards, and reflect on what we've all achieved together as a school community this year. This is also when the Senior and Head Prefects will be announced. Students should look after their certificates and store them carefully at home or in their form room in a folder so that when it is their time to reach Year 11 and be applying for college and job interviews, they can show off their collection and it can help boost their confidence and shape their presentations around their many achievements. We then finish for the Summer holidays at 1pm on Wednesday, and the school buses have been arranged to come at this time.

Principal's Awards

Awarded to the students in each year group with the highest number of Positive Points and 0 Negative Points each week.

Isaac (7E)
Lucas (7E)

Asad (8M)

Sara (9E)

Layla (10E)



J Pilkington
Principal



Artsmark
Silver Award
Awarded by Arts
Council England



Leading Parent
Partnership Award
2022-2025

Stars of the Week

Congratulations to this week's star students:

Year 7

P- Esme
R- Emelie
I - Chester
M - Emily-Rose
E - Imogen
HOY - Theo

Year 8

P- Annie
R- Jessica
I - Benett
M - Alisha
E - Jamie
T - Hunaina
HOY - Samuel

Year 9

P- Serenity
R- Sam
I - Faith
M - Nazar
E - Tina
T - Noah
A- Dillon
HOY - Oliver

Year 10

P- Inayah
R- Ellie
I - Ruby
M - Sam
E - Fazeel
T - Maimuna
A - Saad
HOY - Hayley

Year 11

P- Attiq
R- Joshua
I - Balal
M - Jamie
E - Giorgia
T - Callum
A - Yusuf
HOY - Eden

Primet Positive Focus: Respectful

This week we have been focusing on our core value of being Respectful. At Colne Primet Academy, we are respectful to ourselves, always aiming for our best and making the most of all opportunities. We are respectful to others, being kind with our actions and words. And we are respectful to our environment, at a local, national and global level.



UNCRC Articles

As part of our UNICEF Rights Respecting Schools Award, we have been looking at each of the United Nations Convention on the Rights of a Child Articles. There are 54 Articles in total. This week we have been learning about:

- Article 4 – Implementation of the Convention: Governments must do all they can to make sure every child can enjoy their rights by creating systems and passing laws that promote and protect children's rights
- Article 41 – Respect for higher national standards: If a country has laws and standards that go further than the present Convention, then the country must keep these laws.
- Article 42 - Knowledge of rights: Governments must actively work to make sure children and adults know about the Convention.



Upcoming Dates

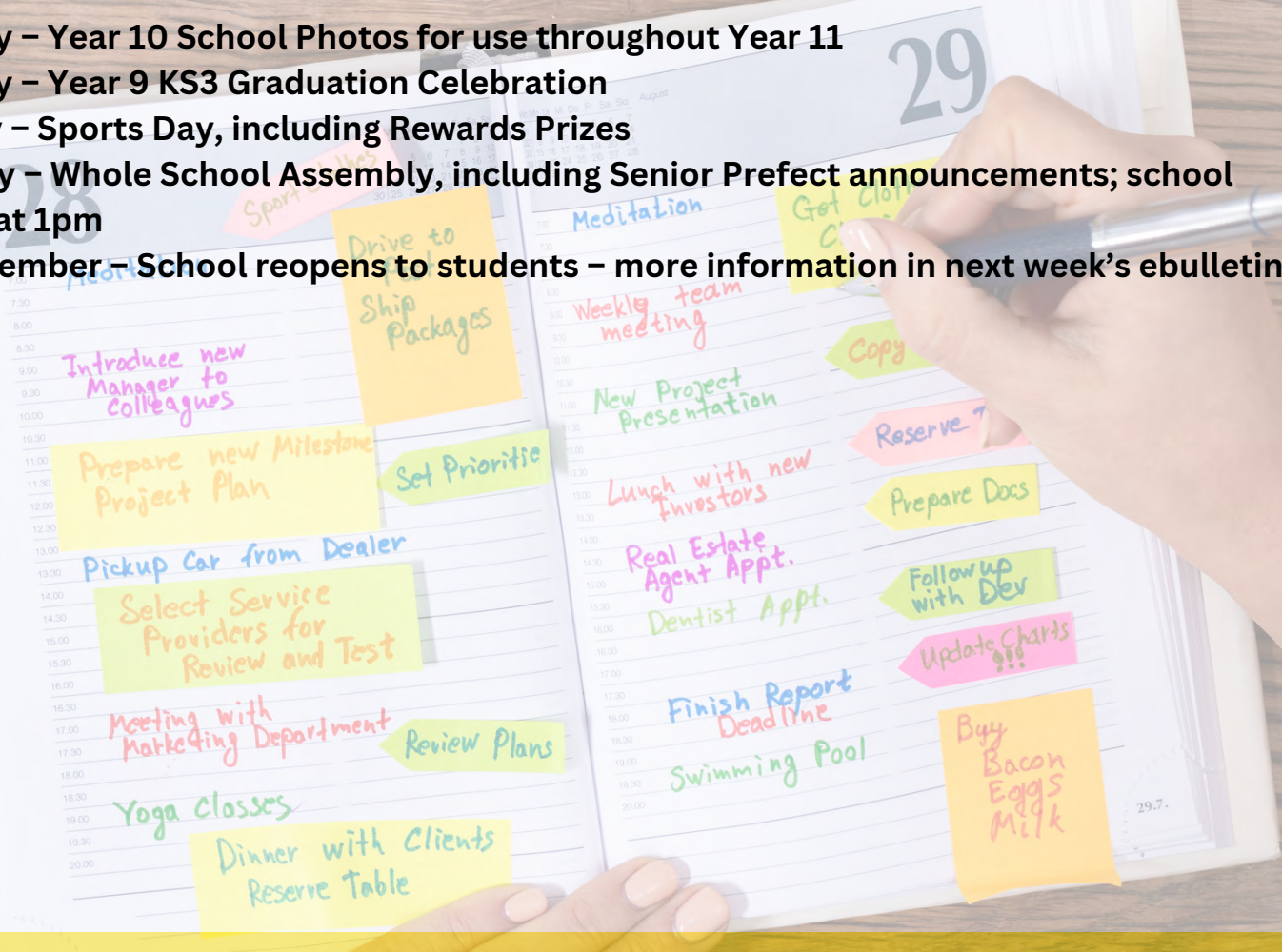
20th July – Year 10 School Photos for use throughout Year 11

20th July – Year 9 KS3 Graduation Celebration

21st July – Sports Day, including Rewards Prizes

22nd July – Whole School Assembly, including Senior Prefect announcements; school finishes at 1pm

3rd September – School reopens to students – more information in next week's ebulletin



Congratulations to our Primet Positives top earners for this half term

Certificates and badges have been given out in Year Assemblies this week which have focused on rewards. These students names are also displayed on our honors boards at the back of the hall. Congratulations!

Value	Year 7	Year 8	Year 9	Year 10
	Lucas 7M	Bilal 8M	Oliver 9E	Muteeb Ahmed 10E
	Evie 7P	Sophie 8P	Lily 9T	Arzam Adnan
	Anayah 7E	Riley 8I	Samuel 9R	Inaaya Shahid 10P
	Ava 7M	Lucy 8P	Ishaal 9I	Harty Bailey 10M
	Musa 7R	Jessica	Lucas 9M	Emanuel Savin 10I
	Cole 7E	Vadim 8I	Archie 9A	Arwyn 10A
	Zinat 7P	Zain 8E	Dillon 9A	Summer 10A
	Evie 7P	Eda 8E	Adam 9E	Felix 10T
	Josef E	Andrew 8T	Muhammad 9M	Rabiya 10R
	Raffaele 7I	Lucy 8E	Sonia 9I	Isabella 10I
	Amina 7M	Mohammad 8P	Glen 9I	Jack 10R
	Davide 7I	Mohammad 8P	Rosie 9P	Scarlett 10R
	Theo 7P	Wali 8M	Hadir 9T	Lena 10R
	Victoria 7R	Saif 8T	Hadiya 9P	Muhammad 10A
	Hasan 7E	Maria 8T	Ali-Akbar 9R	Junior 10P
	Musa Rana 7P	Asad 8M	Wehab 9T	Amina 10E
	Chester 7I	Haram 8I	Katelyn 9A	Sophie 10P
	Musa 7M	Bilal 8M	Marian 9P	Christina 10E
	Taylor 7P	Dua 8I	Mohammad 9E	Aisha 10I
	Abdullah 7E		Alisha 9T	Niamh 10M
	Ashton 7R	Mohammed 8P	Miley 9R	Savira 10A
	Raheel 7E	Sophie 8P	Melissa 9P	Hayley 10T
	Daniel 7E	Ali 8T	Archie 9A	Maya Tacos 10E
	Malaika 7R	Asad 8M	Lauren 9T	Demi-Leigh 10P
	Zackery 7R	Riley 8I	William 9A	Alfie 10I
	Jasmine 7P	Bardin 8M	Aaron 9A	Ayesha 10A
	Esme 7P	Asad 8M	Abuhanif 9A	Ali 10R
	Gabriele 7P	Isobel 8R	Mohammed 9A	Simon 10R
	Milly 7P	Talal 8P	Noah 9T	Alicia 10T
	Penelope 7P	Vadim 8I	Saffiya 9T	Logan 10M



2026-2027 timetables

Students will receive their timetables for the new academic year next week. These will reflect any changes to their academic setting based off their progress this academic year.

From September, for year 8 and 9, we will be moving from the current structure of academic sets 1 to 7 to a new model consisting of two parallel bands. Both bands will include students across the full ability range. Students will be split into band A or B and then placed in ability setting within their band. Under the new system, each band will contain a full mix of abilities, and students will continue to be taught in groups that enable them to make strong academic progress. This is not a reduction in ambition or expectation; rather, it is a way of ensuring that every student receives high quality teaching in a well organised and supportive environment.-quality teaching in a well-organised and supportive environment.

Year 8	
A1	B1
A2	B2
A3	

Year 9	
A1	B1
A2	B2
A3	B3
A4	



This will affect the sets in Maths, English, Science, History, Geography, RCS and Languages.



Mrs Leak
Assistant Principal

Nowhere to be seen – can now be seen on Amazon!

Bennett - Year 8 has produced a novel - and it's very long and really good. It's a mystery, with great themes and plot. It's an incredible achievement, and we're very proud to have a bone fide fledgling author in our midst. He has now published it on Amazon, and is working on his next story.



Staff V Students

We had our final staff v students on Monday which was another lovely time spent with the students, and this time we were joined by some parents – and a brother. We were very impressed with some of the batting and fielding skills on display from them, and we could see some skills running through the family! Thank you to those who came and enjoyed taking on their children on the lovely sunny afternoon.



Mrs Driver
Head of PE

A reminder about sports day, which will be held on Tuesday 21st July. We are really looking forward to the event which is a full day of our students celebrating sport, through a variety of traditional and fun sessions. They will be competing as form teams in inter-year group activities, to attempt to be crowned Sports Day Champions of 2026!

This is a whole school event and so all students will be expected to take part in some of the activities during the day. Students will decide which events they are going to participate in, in their forms, on the day. **Therefore, everyone must attend school ready to compete in full Primet PE kit and trainers; the PE jumper/hoodie is optional but non-Primet hoodies are not allowed. Sports hijabs must be worn for health and safety reasons, in line with our requirement for PE lessons.** If your child is injured and cannot take part in the sports events, please ensure that a note is written, as you would for a normal PE lesson. They should still attend in PE kit and will still be able to play a vital part, as they could assist with managing their team and supporting their competitors. If students do not attend in the correct kit, they will receive an item of school kit to wear from the PE department. For students not in correct uniform and refusing to borrow school kit, we will contact home to either bring in the correct clothes or pick them up to go and get changed. As per Academy policy students should not have any jewellery on. Due to the physical nature of some events, earrings must not be worn, or should be taped up, as is the norm for PE lessons.

The timings of the day will vary slightly; however, school will start and finish at the normal times. As the temperatures are set to be quite high again over the coming weeks, the weather is likely to be quite warm, therefore please ensure sun cream is applied as most sessions take place outside. Students should have some water and a bottle that they can refill during break and lunch times too, to help keep hydrated. As we know from recent weeks the forecast can change significantly, so please do check it the day before so your child is prepared for whatever the weather.

Finally, if any students are replacing their PE kit this summer for new items, we do ask, if possible and not being passed on to siblings, that any old kit be passed on to school so we can use it for spare kit. Likewise, any old pairs of trainers that they have outgrown. If they hand it to any PE staff before or after the summer holidays, it would be much appreciated.

Water Safety Awareness

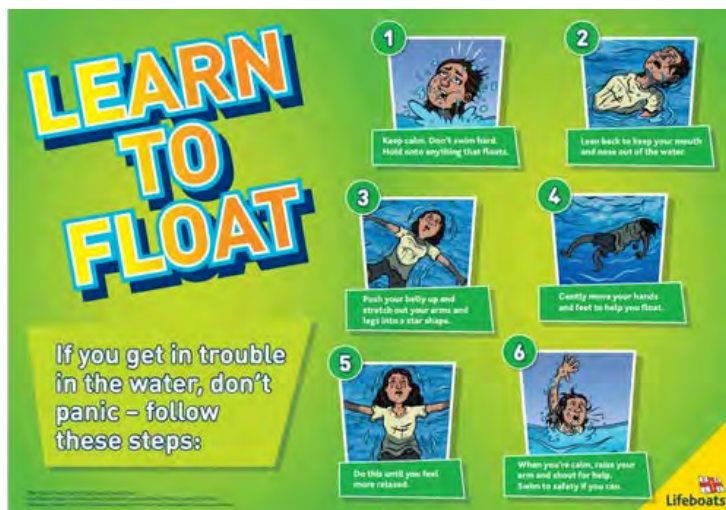
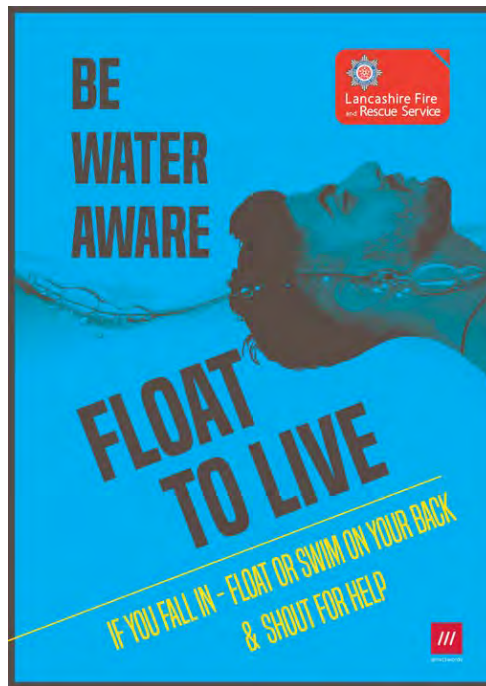
Over the last half term, students at Colne Primet Academy have been taking part in a water safety awareness campaign designed to help them understand the dangers of open water and how to stay safe.

A series of interactive water safety posters were displayed around the school, encouraging students to discover hidden facts and answer questions about staying safe near rivers, lakes, canals, reservoirs and the coast. Those who got involved were rewarded with treats and positive points, helping to make learning about this important topic both engaging and memorable.

To build on this learning, the Fire and Rescue Service visited the school to deliver water safety assemblies to every year group. Students learned about the risks associated with open water, how to recognise danger, and what actions to take in an emergency.

As a recognition of their enthusiasm and commitment to learning, Year 7 and Year 8 students who worked particularly hard throughout the programme were awarded certificates for their efforts.

The initiative has been a fantastic way to raise awareness of water safety and equip our young people with knowledge that could one day help save a life.



Year 7 & 8 Cricket Team Achieve Runners-Up Spot in Pendle Schools Tournament

A huge congratulations to Colne Primet Academy's Year 7 and 8 Cricket Team, who secured an impressive second-place finish in the Pendle Schools Tournament on Thursday evening. The team produced an outstanding display of skill, determination and teamwork throughout the competition, narrowly missing out on the title of Pendle Champions by just a few runs. Competing in extremely hot conditions, the students showed tremendous resilience and commitment, representing the school with pride and sportsmanship. Their effort, attitude and performance were a credit to themselves and the academy.

We are incredibly proud of everything they achieved and congratulate all of the players on a fantastic tournament. Well done, team – a brilliant achievement and another reason to be Proud to be Primet!



Being Respectful to our planet

Linked to this week's Primet value focus on Respectful, we're reminding ourselves about our pledge to becoming carbon net zero by 2030 which we are doing across Pendle Education Trust. There are a number of things which all students can do, including: using a re-usable water bottle instead of single use plastic bottles, cycling or walking to school as often as possible and making use of the recycling bins to sort their waste.

**BECOMING
CARBON NET
ZERO BY 2030**



We're taking action in 6 areas



Reducing & managing
waste



Working towards
no single use plastic



Reducing our water
& energy consumption



Using recyclable
materials in our
canteens



Creating more green
spaces



Environmental
awareness projects

COLNE PRIMET ACADEMY



Pendle
Education Trust



**Thursday 24th
September 6pm-8pm**

**OPEN
EVENING**



01282 863970



Colne Primet Academy



Colne Primet Academy

Book your tickets now www.colneprimet.co.uk

Community Grocery

St John with St Phillips Community Grocery
St Phillips Church, Leeds Road, Nelson, BB9 9XB

Come along on a Tuesday morning from 9.30am for a brew and chat. The grocery will open at 10am - 2pm, where for £7 you can shop from the pantry for all your household needs. Enjoy some free home-made soup on the day before you leave us!

Emergency Food Support

West Craven Food Bank

Food parcels available for delivery on request - serving those who live in Barnoldswick, Earby, Salterforth and Kelbrook. Telephone: 07415 186651. Line open on Wednesdays 1pm - 5pm and Thursday 8am - 5pm.

Website: wcravenfoodbank.org Email: wcravenfood@gmail.com
Food parcel deliveries take place on Thursday morning.

Salvation Army Church, Stanley Street, Nelson, BB9 7EL

Salvation Army operate a basic emergency food bank on Tuesdays and Friday from 2pm - 3pm. Lunch club every Thursday from 12.30pm - 1.30pm. Tel: 01282 693670

Christ Church, Carr Road, Nelson, BB9 7EN

Christ Church offers a community food pantry from 1pm until 3pm on Wednesdays. Come along for access to a warm and welcome space, have a brew and meet your household needs for £4 per shop.

www.burnleyandpendlemethodistcircuit.com/christ-church
Email: aandjparker@gmail.com

Brierfield Methodist Church, Colne Road, Brierfield, BB9 5NS

Food bank is open from 10.30am-11.45am every Thursday.

Food bank is sustained by food donations and monetary donations through the Church.

Warm and welcome space and extended family support

Pendle Family Hubs

Warm and welcome spaces continue to be open across all of our centres. You can help yourself to a drink, toast, soup and/or porridge.

See www.lancashire.gov.uk/children-education-families/family-hubs or email pendlefamilyhub@lancashire.gov.uk for more information.

For information about support available visit www.pendle.gov.uk/communitysupporthub

Pendle Borough Council - 116/2838-7/26

Pendle School Holiday Food Support



Funded by
UK Government

Lancashire
County Council

Pendle
Borough Council

We know that the summer holidays can put extra pressure on family budgets, with higher food costs and children at home for longer periods. Many families have previously relied on free school meal holiday vouchers, but from April 2026 national changes mean these vouchers can no longer be provided. This change affects families across England, including Pendle.

To help families through the summer holidays, Pendle Borough Council has produced this booklet highlighting the support available locally. Inside, you will find information about **Resilience Centres, community organisations, food pantries, community cafés, low-cost food providers, supermarkets and food-saving apps**, all of which can help families access free or affordable food and other practical support.

Many of these services can also provide advice on **maximising income, accessing benefits, managing household costs, and improving financial wellbeing**. We encourage families to seek support early and make use of the wide range of help available across Pendle.

If You Need Emergency Financial Support

The **Pendle Crisis Payment Scheme** is available to residents in a low income household, experiencing financial shock due to a sudden crisis or emergency. Applications can be made directly through Citizens Advice East Lancashire using the public application form:

www.cae.org.uk/pendle-crisis-fund

If you are struggling financially, please reach out for support. Help is available, and we hope this guide helps you find the services that are right for you and your family. For further help and support, visit www.pendle.gov.uk/communitysupporthub

Mobile App

Too good to go app

Mobile app to connect anyone to supermarkets and restaurants that have unsold or surplus food. Customers can purchase a 'goody bag' for a set price and are allocated a time to collect. You are unable to choose what is in the bag, however, our food vendor will usually state, breakfast items, or baked goods etc.

Users must register to use the service. A mobile phone with an internet connection running Android or iOS is needed. www.toogoodtogo.com/en-gb

Supermarket Café

ASDA Colne Café

Children eat for £1 - no need for an adult to buy a meal. Available to all - see in-store for opening times.

Morrisons Café, Nelson

Children under 16 eat for free when adults purchase a meal for over £9. Available to all - see in-store for opening times.

Community Café Emergency Food Support

Open Door Centre, 1 Great George Street, Colne, BB8 0SY

Children eat for free all year round. Adults who are struggling can also eat for free. Centre also provides emergency food support such as food parcels tailored to your needs, and can provide toiletries and other household essentials. Attend the centre, call 01282 860342 or www.opendoorcentre.org.uk. Monday - Friday 10am - 5pm

Curry on the Street, 58 Railway Street, Nelson, BB9 9EH

Children eat for free all year round. Adults who are struggling can also eat for free. Centre also provides emergency food support such as food parcels tailored to your needs, and can provide toiletries and other household essentials. Attend the centre or visit www.curryonthestreet.co.uk. Monday - Friday 10am - 3pm

Loaves and Fishes Café, 11 Church Street, Barnoldswick, BB18 5UR

Low cost hot food and emergency food parcels. Attend the café during opening hours Monday - Friday 10am - 3pm or visit www.cots-ministries.co.uk/loaves-fishes

Community Grocery

Pendle Food For All- The Zone, Nelson, BB9 8EL

For £7 you can shop from the pantry for all of your household essentials.

Drop-in on Thursday morning from 10.30am - 12.30pm & 1pm - 2pm (doors open from 9am for free warm drinks).

Pendle Family Hub (The Zone), Leeds Road, Nelson, BB9 8EL.

St Bartholmews Community Grocery, Church Street, Colne, BB8 0LQ

For £7 you can shop from the pantry for all of your household essentials.

Open every Tuesday from 9.30am - 11.30am.

Call: 07526 297981 or visit www.achurchnearyou.com



WELLBEING SUMMER



REWARD GIVEAWAY

FOR PRIMET STUDENTS ON **SPORTS DAY**
— **TUESDAY 21ST JULY 2026** —



ACHIEVE A **95%+** BEHAVIOUR
AND ATTENDANCE RATIO
IN HALF-TERM 6

TO BE IN WITH A CHANCE TO
WIN AMAZING PRIZES!



SPORT EQUIPMENT
FOOTBALLS, RUGBY BALLS,
BASKETBALLS & MORE!



BEST SELLING BOOKS
TOP TITLES TO ENJOY
AND BE INSPIRED!



TRAVEL SET GAMES
DOMINOES, CHESS,
UNO & MORE!



PROGRESSING



RESPECTFUL



INCLUSIVE



MOTIVATED



EXPRESSIVE



TOGETHER

#PROUDTOBEPRIKET

PROJECT 10000



Join 10,000 people
giving just **£1 a month**
for 10 years

Your £1 a month will:

- Support grassroots community initiatives
- Build understanding between cultures
- Celebrate diversity and heritage
- Strengthen unity and shared values
- Help create lasting peace and harmony amongst our community

smallcommitment
powerfulimpact

Email: info@buildingbridgesnetwork.co.uk

Web: www.project10000.co.uk

Scan here to
become part of
the 10,000 today



Colne Youth Action Group

SUMMER

HOLIDAY ACTIVITIES WITH FOOD (HAF)

Those on free school meals are eligible to attend free of charge!

When?

From Monday 3rd August to Thursday 27th August.

Where?

Colne Youth Action Group, Byron Road, Colne, BB8 0EQ.

What do we offer?

Outdoor activities

Sports

Crafting

Cooking

Gardening - Growing

Wider youth activities (10+)

Emotional literacy

Wellbeing support

Trips

Inspiring adults

Family support &

engagement

Ages 5-10

Mondays to Thursdays

8am - 12pm

Ages 10-16

Mondays to Thursdays

12:30pm - 16:30pm

find us @colneyag



Colne Youth Action Group Charity, Byron Road, Colne, BB8 0BQ

Registered No: 1192629

CYAG

FUN VIBES
Active Lives



YOUR VOICE.
YOUR FUTURE

LANCASHIRE YOUTH OFFER

YOUNG PEOPLE'S SURVEY

Help shape
activities and
services for
young people
in Lancashire!



We want to hear from
ALL young people
across Lancashire.
Including those with
additional needs or
disabilities.



Your answers
are confidential.
You don't need
to put your name
on this form.



You can answer in a
way that works for you.
Support can be
provided if needed.

THIS IS YOUR FUTURE
HELP SHAPE IT!



Scan the QR code
to complete the
survey online

NEED SUPPORT
TO TAKE PART?

Let us know - we're here to help.

youthvoice@lancashire.gov.uk

lancashire.gov.uk/youth-offer

THANK YOU! your voice makes a real difference.



Lancashire
County Council

Summer Term 2



PE Extra-Curricular Sport (Summer Term 2 2026)

DAY	TIME	ACTIVITY	ROOM	STAFF
Monday	Lunchtime	Year 7 Activities on field / yard	Field / yard	LHM/CJO
	After School	Athletics – all years	All weather	All PE staff
Tuesday	Lunchtime	Year 8 Activities on field / yard Year 7 Activities on field / yard	Field / yard Field / yard	KDO/LHM EDR/CJO
	After School	Cricket – 9 & 10 Rounders Tournaments (see schedule) Rugby – years 7 and 8 (boys)	Sports Hall Field	LHM CJO
Wednesday	Lunchtime	Year 10 Activities on field / yard Year 9 Activities on field / yard	Field / yard Field / yard	KDO EDR / CJO
	After School	Cricket – 7 and 8 Rounders - all years Dance (separate schedule available)	Sports Hall All weather Gym	CJO/LHM EDR/KDO EDR/KDO
Thursday	Lunchtime	Year 10 Activities on field / yard Year 9 Activities on field / yard	Field / yard Field / yard	LHM/EDR CJO/KDO
	After School	STAFF MEETINGS Kick & Connect: Girls' Football	STAFF MEETINGS Sports Hall	STAFF MEETINGS CASEY
Friday	Lunchtime	Year 8 Activities on field / yard	Field / yard	KDO / CJO (week A only)
	After School	No Club		

New PE Extracurricular Sports – Summer term 2

We're excited to launch our new range of PE extracurricular clubs for Summer Term 2! Students can now take part in a variety of lunchtime and after-school activities, including athletics, rounders, dance and rugby.

It's a great opportunity to stay active, have fun, and develop new skills – so get involved and give something new a try!



Summer Term 2

Extra-Curricular Programme – Summer 2 (2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Homework Support Club 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)	Homework Support Club (Maths) 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)
After-school 3.20pm	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)
	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)
	Board Games Club 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Music Club 3.20-4.15pm Mr Husband (F11)		Free Film Screenings 3.20 - 4.15pm Ms Dawson Lib1 (Oracle) See posters for details of dates and times	Board Games Club 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)
	Year 7 Science Club 3.20- 4.15pm Miss Flegg (M11 Science)	KS3 Art Club 3:20-4:20pm Art Room Mrs Holmes (F44)		Brain Games 3.20 – 4.00 Casey S T (Casey's Office)	
	Performance Club 3.20-4.15 Miss Smalley (F13, HALL)				
	Student Support 3:20 – 4:00 Casey S T (Casey's Office)				

Summer Term 2 Extracurricular Programme

We are pleased to share details of our Summer Term 2 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and personal development. Opportunities available this half term include Homework Support Club, Performance Club, Film Club and Science Club, alongside many other activities.

We encourage all students to review the full programme and take advantage of the clubs and support available.



Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

CCTV
IN OPERATION

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

NOS National Online Safety®
#WakeUpWednesday

LANCASHIRE
**FAMILY
HUBS**
NETWORK

Fun for
the whole
family!



SPORTS IN THE PARK

These events are open to children aged **0-12** and their families,
providing opportunities to engage in activities together.

Families are welcome to drop in.



VICTORIA PARK



Carr Road, Nelson, BB9 7BN



Thursday 23rd July

11:00 – 13:00



Thursday 30th July

11:00 – 13:00



Tuesday 4th August

13:00 – 15:00



Thursday 13th August

11:00 – 13:00



BALL GROVE PARK



Spring Gardens Road,
Colne, BB8 7HY



Monday 20th July

13:30 – 16:00 (Rounders)



Come
along, get
active and
have fun!



PLAY • MOVE • CONNECT



For more information please contact
01282 470877



or contact us via our
Pendle Family Hub Facebook page



Pendle



Youth & Family Activity Day

for children
and families

0-11
years

**Lots of fun activities
for everyone 0-11yrs!**

14:00 – 18:00hrs



**WEDNESDAY
22ND JULY**

Marsden Heights Community College
Edge End Lane, Brierfield BB9 0PR



**WEDNESDAY
29TH JULY**

Pavilion Café, Victoria Park
Carr Road, Nelson, BB9 7BN



**WEDNESDAY
5TH AUG**

Earby Community Centre
New Road, Earby, BB18 6XA



**WEDNESDAY
12TH AUG**

**Hodge House Playing Fields /
Community Centre**
Regent St, Nelson, BB9 8LJ



**SPORTS &
GAMES**



**ARTS &
CRAFTS**



**MUSIC &
DANCE**



**& LOTS
MORE!**

For more information contact:



Pendle Family Hub Facebook Page



01282 470877



Live music,
fun activities
and memories
for the whole
family! ★

LANCASHIRE FAMILY HUBS NETWORK

Fun for
the whole
family!

MINI SUMMER FESTIVAL

Bring a picnic, grab your dancing shoes and join us for an afternoon of music and fun!

SPORTS IN THE PARK

These events are open to children aged 0-12 and their families, providing opportunities to engage in activities together. Families are welcome to drop in.

ALKINCOATES PARK
Alkincoates Road
Colne BB8 9QQ

**TUESDAY
21ST JULY
13:30 - 16:00**

VICTORIA PARK
Carr Road, Nelson,
BB9 7BN

**MONDAY
27TH JULY
13:30 - 16:00**

HEYHEAD PARK, PARK LANE
Brierfield
BB9 5BW

**TUESDAY
25TH AUGUST
13:30 - 16:00**

Fun for the
whole family
aged 0-12!



- Live music
- Games & activities
- Crafts & more!

Take a
moment for
you, enjoy
time together

MINDFULNESS

Join us for relaxing activities that help children and families connect, unwind and feel good together in the outdoors.

Relax,
connect and
feel good
together!



ALKINCOATES PARK
Alkincoates Road
Colne BB8 9QQ

**TUESDAY
11TH AUGUST
13:30 - 16:00**

HEYHEAD PARK, PARK LANE
Brierfield
BB9 5BW

**MONDAY
17TH AUGUST
13:30 - 16:00**

VICTORIA PARK
Carr Road, Nelson,
BB9 7BN

**WEDNESDAY
26TH AUGUST
13:30 - 16:00**

Fun for the
whole family
aged 0-12!



- Mindful activities
- Nature • Games
- Crafts & more!

VICTORIA PARK Carr Road, Nelson, BB9 7BN

Thursday 23rd July 11:00 - 13:00

Thursday 30th July 11:00 - 13:00

Tuesday 4th August 13:00 - 15:00

Thursday 13th August 11:00 - 13:00

BALL GROVE PARK Spring Gardens Road, Colne, BB8 7HY

Monday 20th July 13:30 - 16:00 (Rounders)



PLAY • MOVE • CONNECT

MAPPING EVENT

Explore, learn and have fun together!

This event will involve coordinates/navigation activities and encouraging children and families to appreciate their surroundings.

VICTORIA PARK Carr Road, Nelson, BB9 7BN

**WEDNESDAY
19TH AUGUST
13:30 - 16:00**

ALKINCOATES PARK Alkincoates Road, Colne BB8 9QQ

**TUESDAY
28TH JULY
13:30 - 16:00**

HEYHEAD PARK, PARK LANE Brierfield BB9 5BW

**MONDAY
10TH AUGUST
13:30 - 16:00**

BALL GROVE PARK Spring Gardens Rd, Colne BB8 7HY

**TUESDAY
18TH AUGUST
13:30 - 16:00**

Fun for the
whole family
aged 0-12!

EVERYONE WELCOME!



Live
Music



Games &
Activities



Crafts



Picnic
Friendly



Make
Memories



For more information please contact
01282 470877



or contact us via our
Pendle Family Hub Facebook page



Scan me
for more
info!



TRAIN FREE FOR 6 WEEKS

OVER THE SUMMER HOLIDAYS



From Monday 20th July to Monday 31st August

BINGLEY • KELBROOK • BURLEY IN WHARFEDALE

Join **TSX Martial Arts** during the school holidays completely **FREE**.
No experience needed. No commitment. Just great training for the whole family.



NINJA CUBS

Movement, focus & confidence for our youngest warriors

Ages 4-6



JUNIORS

Discipline, resilience & structured progression

Ages 6-12



ADULTS

Fitness with purpose, self-defence & community

Ages 13+



LADIES ONLY

A supportive, safe space for women to train & thrive

Ages 13+

HOW IT WORKS

- Contact us on **07791328853**
- Train **FREE** throughout the school holidays
- Love it? Join in September for **50% off**

SEPTEMBER BONUS OFFER



Join in the first week of September and get

50% OFF
the initial joining fees.

CONTACT US TODAY

07791328853



Lancashire
Parent Carer Forum

Lancashire
SEND IAS
Information, advice and support
for Special Educational Needs and Disability



Are you a parent or carer of a child or young person with special educational needs or disabilities?

Join us at one of our

Pendle Family Hub Drop ins

Share your concerns & get answers from:
Lancashire County Council, NHS providers & others.
Also stay updated on what's happening with services

**Don't miss out, come along to
make your voice heard!**

4th Friday of the Month

**@ Nelson Family Hub, Leeds Road,
Nelson, BB9 8EL**

For more information follow LPCF Facebook page