



Fleet News

Friday 15th September 2017



Message from the head

It's been great seeing our new Nursery and Reception children starting to come in. My own son (the youngest) had his first day at Reception this week and so I know how those of you with children getting in to their new routines are feeling—a mix of excitement, pride, anxiety and worry! If you are anything like me, you're also trying to figure out how they could be growing up so fast! If this is your first time going through this, please rest assured that Fleet is a true community school where we look out for each other. If there is anything you are unsure about please don't hesitate to ask myself, the Office, the teacher or other parents—people are happy to help. Thanks to those of you who were able to make it to the Y1-Y6 curriculum meetings this week. I hope they were informative and any questions you may have had were answered. Next week we have the 'Daily Mile' initiative starting as well as a Car-free day on Friday. Please see the information below. Have a fantastic weekend and see you all next week.

Fruit snack in school

We were asked this week by a Year 3 parent about whether they could send fruit in for their child to have a snack at morning play. They had not realized that the free fruit and veg snack scheme is only for KS1/EYFS children. I would like to reiterate to all parents, and especially Year 3, if your child needs a small snack at play-time to help keep up their energy levels that is absolutely fine. Please restrict the snack item to a piece of fruit or vegetable. Thanks.



Daily Mile at Fleet

Next week, we're starting an initiative to help raise the profile of exercise and healthy living with the children. The last data we had from the annual height and weight checks of the children in Reception and Year 6 show that nationally the percentage of pupils who are overweight or very overweight stands at a staggering 22% in Reception and 34% for Year 6. Camden and Fleet are pretty much exactly at those levels over the last 3 years. One strategy that has been shown to have a positive impact on children's health and activity levels is to introduce 15 minutes of daily jogging/running. From Monday, all children from Years 1-6 will, go to the top pitch and spend 15 minutes running every day—they go entirely at their own pace. We'll track the distances they run each week and celebrate any personal improvements—it is not a competition with other children, its about improving on their own best. This kind of activity has also been shown to improve concentration levels. Children won't be expected to wear full PE kit, but having suitable shoes in school everyday for light exercise is important.



Camden Health Kick

Last term we told you about an exciting new project being funded by Camden offering you and your family fun, free, and educational activities to enjoy together. Go along and connect with other members of the community as well as learn new skills to improve your health & wellbeing. Their new website is up and running with all the details.

<https://www.camdenhealthkick.org.uk/>

Meet the Parents Event—Secondary Transfer

Don't forget this event on Tuesday 19th from 6.30 to 7.30pm. Families from Acland Burghley, Haverstock, Parliament Hill and William Ellis schools will be here to answer any questions about their experience of the local secondary schools. Parents from all year groups are welcome but it is especially useful for Year 5 and 6. We hope you can make it.

Clubs

You will have been informed today of the clubs your child has been given. Clubs start next week (except Film and Cooking club).

Families Growing Together @ Castlehaven Horticulture Hub



Castlehaven Community Association has some exciting news to share with you all: Not only is their Horticultural Hub opening soon, but they will be running some interactive family workshops after school and during half term. As part of the Camden Health Kick programme, they are starting a series of free new workshops for families. Each session will teach families about gardening, food growing, wildlife and much more. These sessions will be held in their new Horticultural Hub (Corner of Hartland Rd & Hawley Rd, Camden, NW1 8DP and The Haven, Kitchen Classroom, 23 Castlehaven Road, Camden, NW1 8RU. Sessions will last for two hours with a refreshment break in the middle. Please note that carers/parents/grandparents must stay with their children at all times. Please see the poster on the parents' noticeboard for details of upcoming sessions—the next session is Thurs 21st Sept.

Do you shop online? Easy Fundraising!

1. Go to <http://www.easypundraising.org.uk/causes/fleets>
2. Sign up for free (or download the App if you shop on mobile)
3. Then shop online as normal!

Reading Volunteers—can you help?

Please see Ms Hanfling or Ms Webb if you would like to support the school and children by volunteering to read with children. Full training will be provided. Thanks

TfL STARS car-free day—Fri 22nd Sept.

We are joining schools across London to promote TfL STARS car-free day next Friday! We're asking you to try an alternative to driving to school to reduce congestion, improve air quality, increase safety and start your child's day in a healthy way. Walk, cycle, scoot or use public transport! Most of you already do this but if you do usually drive, please make the effort on this one day to leave the car at home. There is also a photo competition running on the day. The competition simply asks that pupils take a photo of themselves, their friends, teachers or carers walking, cycling, scooting or using public transport to get to school on the day. You can be as creative as you like and use landmarks, props or a catchphrase to make it all the more interesting! Photos will be judged for both quality and innovation—we will choose the best to submit to TfL STARS. We hope you will help us make this day a success and reduce the number of cars at the school gate. Thanks.



TERM DATES 2017/18

Autumn Term	Spring Term	Summer Term
Half term:	First Day of Term: Thurs	First Day of Term:
Mon 23rd—Fri 27th Oct	4th Jan	Tues 17th April
Last Day of Term:	Half Term:	Bank Holiday:
Mon 18th Dec	Mon 12th—Fri 16th Feb	Mon 7th May
	Last Day of Term:	Half Term:
	Thurs 29th March	Mon 28th May—Fri 1st Jun
		Last Day of Term:
		Wed 25th July

Star of the Week Awards—this weeks winners...



Well done to our 'Stars of the Week' for their hard work and effort in class.

Rec—Ellison, Y1—Milly, Yr2—Eva, Y3—Armaan, Y4—Raphael, Y5—Casey-Lou, Y6—Ahlam



There were some strange characters going round school this week on Roald Dahl day. See for yourself! How many characters can you name?

Science in Year 5

Year 5 have been investigating gravity and air resistance in science this week. They designed an experiment looking at parachutes and the effect of size.

Roald Dahl Day Costumes!



The KS1 children had an amazing experience this week with their Reptile Workshop—they got to see and hold real lizards! You can see from their faces how excited they were and how much they will remember the experience.



Reptile Workshop