

Friday 5th November 2021

Message from the head:

It has been good to welcome the children back this week and hear about the fun they got up to over half term. Thank you to all of you who diligently carried out the LFD testing before the children returned so we could come back the safest way possible. Doing this managed to pick up a few cases of asymptomatic Covid which without it could easily have come back into school and led to classes having outbreaks so thank you. Moving forward, with community cases still high, I would encourage parents to make use of the regular testing available with these devices to test yourselves as the staff do twice weekly.

I wanted to point you in the direction of a couple of items in this week's newsletter. I know the newsletter has lots in it, and I sincerely hope it is useful to you—many of the staff put a lot of effort into ensuring you have the information needed both for what's going on in school and the support, courses and opportunities available in the wider community. Schools, as hubs for the community, get sent lots of information that we are asked to pass on to you by the council, health department and other community organisations. As a parent I know it can sometimes be irritating if your phone is constantly pinging with messages from us and so we include many of these requests to pass on information through the newsletter rather than lots of individual mail outs. Please do take time to look through each week as there are a lot of amazing things out there to support you. Whether it be support for parenting or mental health (both you and your children—see p17-20) or art clubs and sports organisations (such as p8-9) that offer opportunities for the children—it's all in here. This week there is information on the upcoming PTA meeting about the winter fair (Please come along if you can—we need your help with this—see Page 2) and a challenge for the children running next week on Times Table Rockstars (Page 3). Then of course there is the work the children are doing here in school. We try and include a wide range of school activities to give a feel for what the children are doing each week and celebrate with you their achievements. We hope it is useful to you. Have a great weekend and see you on Monday.

Home Learning Projects

We have already had a number of fantastic Home learning projects come in from Y2-Y6 this week—such as the fabulous Viking Longship in this picture from Ryan in Y5. The deadline to bring them in is Monday 8th so teachers can celebrate them with the children. We will be putting them out on display in the hall after school on Wednesday next week for you to come and have a look.



Dates for your diary

Below are some provisional dates of planned events for the coming half term. Please bear in mind that how these events take place and how parents engage/attend is still to be determined. Covid transmission rates remain very high in Camden and Nationally and all Camden schools are currently planning for how to hold parent evenings and end of term performances. In all cases we may not be able to make final decisions until closer to the time but wanted to be able to give you the dates as best we can in the hope they go ahead as near to normally as possible.

Thank you

- 11th November—Year 1 class Tea
- 12th November—Year 1 Class Assembly—10am
- 18th November—Reception Class Tea
- 25th November—Nursery Class Tea
- 24th & 25th November—Parent Evenings
- 3rd December—Infant Christmas Show
- 4th December—Winter Fair
- 9th December—Junior Christmas Show—morning and evening shows
- 10th December—Christmas Lunch
- 15th December—Infant Christmas Parties
- 16th December—Junior Christmas Parties & Talent Show
- 17th December—Last day of term—finish at 2pm

Parent Meetings—24th & 25th Nov

This term we will be offering parents the option of a zoom/phone call or a face to face meeting.

We are still trying to minimise adult to adult contact within the school as infection rates in London remain very high and we want to insulate teachers as much as possible to avoid them picking up infections which would take them out of class and disrupt the children's learning.

We will be asking you to sign up to a slot next week at pick up time (Tuesday and Wednesday teachers will have sign up sheets with them in the playground) and to state if you want to meet face to face or are happy to do the meeting on zoom or over the phone. If you do not pick up in person you can phone the office to select your slot from Wednesday morning.

If we do not hear from any parents we will give you any slots that are left. If you opt for a face to face meeting please ensure you wear a facemask and we would ask you to wait outside the building until the teacher calls you in for your appointment. We would also encourage you to do a LFD test on the day or the night before you are coming in to meet with the teacher. Thank you.

Punctuality Award

This week's Punctuality award goes to Year 2 with 3 lates. Reception and Y4 were only one behind with 4. Thank you to those of you who arrive on time everyday—it makes such a difference to the children's learning. Remember we have a breakfast club from 8am that children can attend if this would help with morning routines to get all children here on time.

Attendance Award

Our Attendance Award this week goes to Year 4 with 98.7% fantastic! This year's whole school target is again 96%. Overall for the year we are currently at 95.5% - so close—we can do it!



Lunch Menu—8th-11th November

Monday

Meat Free Monday
Roasted Veg or Cheese
and Tomato Pizza
Peas & Sweetcorn
Fruit & yoghurt

Tuesday

Meat/Halal: Meatballs
Vegetarian: Mixed Bean
Casoulet
Spaghetti
Green Beans & Carrots
Pear Crumble & Custard

Available Daily

Jacket Potato & Bread

Wednesday

Meat/Halal: Chicken
Drumsticks
Vegetarian: Mixed Veg &
Chickpea Loaf
Roast Potatoes
Sweetcorn & Carrots
Fruit & Yoghurt

Thursday

Meat/Halal: Chicken tikka
Masala
Vegetarian: Roasted Cauli-
flower & Chickpea Curry
50/50 rice
Green Cabbage & Roast
Butternut Squash
Peach Upside Down Cake

Friday

Meat/Halal:
Fish in batter
Vegetarian: Potato &
Spinach Tart
Chips or Cous Cous
Baked Beans & Peas
Jelly, Yoghurt & Fruit

**Please remember to
let the office know if
you want your child to
change to or from
school lunches so you
are charged correctly**



Parents' Association - Winter Fair Planning Meeting

What? Parent Meeting to plan for the Fleet Winter Fair
Where? 'The Qube' Building in the Junior Playground
When? Monday 8th November @ 9am-9.45am

The winter fair is fast approaching and it is time to start planning. The parents' association does an amazing job throughout the year helping to organise events for the school and we are looking forward to these re-suming—this Winter Fair will be our first whole school event since the Winter fair in December 2019 (see photos below from what was an incredibly successful event)!

The Parent's Association cannot do everything alone and need the support, help and ideas of all the whole Fleet Community. Please make time to come along to this planning meeting. It is this Monday morning after drop off in the Qube (the building in the Junior Playground). The more people there the less work for everyone. Fleet is a fantastic community and we need to harness that community power to really make this Fair a brilliant return to our community events.

We are still trying to raise money to renovate the Junior playground which is long overdue. It will not be possible without raising substantial funds. It takes a lot of money (mince pies, raffle tickets and crafts!) to reach our fundraising target. Come along and support Becky, Fab, Jo and Sophie to make this another amazing success. Thank you in advance.





What is England Rocks?

England Rocks is a free to enter times tables competition exclusive to schools in England. The competition aims to support our children in learning the times tables while having fun!

During the competition, which runs from 7.30am to 7.30pm each day from November 8th to November 11th, every correct answer that a pupil gives, in any game type, will contribute to their class and school score. *This year, to support player wellbeing even further, they've introduced a daily 60-minute limit per player. Once a player goes beyond 60 minutes between 7.30am and 7.30pm on a given day, they will still earn coins but will no longer earn points towards the competition. Those 60 minutes do not need to be played in one block - they can be spread throughout the competition hours.*

Times Table Rock Stars will be giving away Amazon vouchers to the top 3 highest-average-scoring primary-age classes and will each receive an Amazon gift card.

Many of the children have been doing brilliantly logging in to their Rock Stars Account each week and practicing. We thank you for supporting them and hope that you can continue. If your child hasn't used it much, please support and encourage them to log on and take part—for the children using it regularly at home we are seeing a positive impact in school. If they are unsure of their login details, which they have been given, you can contact the office who can pass it on for you.



Times Table Rock Stars:

<https://play.ttrockstars.com/auth/school>

or download the app for mobile

Fleet Facts!

Well done to all these children who have passed their Fleet Facts test this week!

Year 2: Sarah, Amine, Humayra, Ayman, Angelo, Alfie, Thaddeus, Rocco, Ayra, Theo, Robyn, Hester, Lola, Abida

Year 3: Samaarah, Skylar, Ursula, Noah, Jake Sidoli, Fatma, Mickey, Arafat, Daniel, Jake Sullivan, Samuel, Jarod

Year 4: Sufiyan, Natasha, Evangeline, Hana, Tara, Tabby, Hunter, Alea, Yara



Please keep encouraging your children to practice their Fleet Facts and go online to practice Times Table Rock Stars! Both these will really support their overall progress in maths. Thank you

Times Tables Rock Stars of the Week!

Well done to these children who earned the most coins in their class on Times Tables Rock Stars this week!

Year 3: Lottie—1,600 coins!

Year 4: Millie—580!

Year 5: Tawfiq—19,872 coins—3rd week in a row!

Fleet's Forest School Request

If you or any friends and family are tidying gardens and pruning trees over the weekend or during half term, please save and bring in any branches or logs for our Forest School. Any size! They are very useful for making dens and forest crafts. Thank you so much. If you have any questions, please pop over and speak to Rebecca Combes in Nursery.



Free virtual sessions for the whole family

2



Fun, free and easy ways to keep primary school pupils healthy, happy and interested in cooking.

For children 5 - 11 years



Follow along online with your family at a time that's convenient for you.



4



Camden residents will receive a supermarket voucher to cover the cost of ingredients.

Then send in a picture of the food you've made and complete a short online survey to receive a £5 Love2Shop voucher.



or



Contact:
healthandwellbeingteam@camden.gov.uk or call
020 79746736

to get your link to the education and cook along sessions and request a food shopping voucher

Family Kitchen at Home

Join our next free 90-minute online cooking sessions! Available for families with children aged 2 to 11 years.

To book your place and receive £30 food shopping vouchers to cover the cost of ingredients for the 4 sessions, contact us to register for the next programme:

0207 974 6736

healthandwellbeingteam@camden.gov.uk



Learn new and easy healthy recipes

Share and make nutritious and delicious meals as a family

Find out more about sugar and label reading when you're out shopping for food

Build confidence around handling knives safely

KIDS Early Years

Specialised Stay & Play sessions

The KIDS Portage team run two drop-in developmental stay and play sessions in Camden.

These are for pre-school children who have developmental delays or who have a diagnosed or an undiagnosed disability or condition.

Both groups provide a variety of play based activities aimed at supporting Children's learning and development.

We provide a support network for the parents and share information about local services.

If you would like more information, please contact:

Karen.rodriques-ayers@kids.org.uk

SUPERSTARS SESSION

Tuesday 10.30-12.30
Harmood children centre
1 Forge Place, Ferdinand St,
London NW1 8DQ

Sessions are term time only

AMAZING TOTS Session for under 2's

Thursday 10.30-12.30
JW3 Centre
341 – 351 Finchley Rd
London NW3 6ET

Sessions are term time only

Keep up to date with us:

 www.kids.org.uk

 KIDScharity

 0207 359 3635

 KIDScharity

Registered charity number: 275936



Giving
disabled children
a brighter future

HvH Art - Autumn Courses

HvH Arts, located less than 5 minute walk from Fleet have some amazing FREE opportunities for your children to be involved in art based classes. See below for details of the courses they are running this term up to Christmas. Get in quick by visiting their website: www.hvharts.org/courses/

SCREENPRINTING/TEXTILES/T/shirts with artists in residence Iyha and Lola

Create and design your very own HvH ARTS branded T-shirt. Learn the art of creating stencils, spacing, fabric painting and screen printing. Go home with a super design on your very own t-shirt or gym bag. Learning the negative /positive of designing your stencils and how they work in printing. This is a really inspiring course for those who love design and textiles.

DATE: 6th November Time: 11am to 3pm (AGE: All ages welcome) Location HvH ARTS GALLERY

CREATE YOUR OWN GLASS DESIGN CHRISTMAS CANDLE HOLDER

With our artist in residence: Debbi Clark and Sam Green and Youth Ambassador Sienna Rackal.

We are delighted to be able to offer this fun and creative free workshop designing your own glass candle holder, painting in oils designing your very own glass candle holder. This will be fun and creative project open to all ages. This workshop was designed

DATE: 13th November 2021 Time: 12pm to 4pm (All Ages Welcome!) Location HvH ARTS GALLERY

EXHIBITION of PHOTOGRAPHY RESEARCH in partnership with LSHTM.

25th NOVEMBER- 9th DECEMBER – open 12pm to 4pm

An exhibition of photographs created by our young people and parents who joined our research project with London School of Hygiene and Tropical Medicine!

COME VISIT OUR EXHIBITION at HvH ARTS Gallery and see the vision and research created of images taken in our local community of Queens Crescent/Gospel Oak!

STYLING and MAKE-UP with the fabulous Patricia Jones(stylist) and Ciara (MUA)

We will be running a fun workshop learning the art of putting together your Christmas party outfit with fashion stylist Patricia Jones. And a Make-up workshop with fashion MUA Ciara creating lots of fun party styles and looks getting ready for our up-and-coming Christmas Party at HvH ARTS!

DATE: 4th December 2021 Time: 12pm to 4pm (AGES: 8yrs to 18 yrs) Location HvH ARTS GALLERY

HvH ARTS CHRISTMAS PARTY EXTRAVAGANZA! (Sponsored by The Childhood Trust)

We are delighted to invite our young people and parents to our Christmas Party this year being supported by Goldman Sachs/ CHILDHOOD TRUST! Join us and dress up for lots of fun and games, with a special appearance by Father Christmas who will be with us to give all our beneficiaries a Christmas Present from us at HvH ARTS at our Santa's Grotto being held at our studios in London School of Mosaic. We will be showing our artwork, and our films and music videos with photography videos all created by our young people!

DATE: 8th DECEMBER 2021 Time: 4.30pm to 7pm Location: LSoM, 181 Mansfield Road, NW3 2HP

All ages welcome!

OILS/ACRYLICS/WATERCOLOURS on canvas with prolific NYC ARTIST: LEE MATTHEWS

Prolific artist Lee Mathews will be back at HvH ARTS gallery, to teach our young people the art of painting in the medium of oils, acrylic and watercolours onto canvas. This workshop is designed to teach young people how the different textures of paint and how you envisage your final piece of art.

DATES: 11th December 2021 Time: 12 to 4pm (Age: 8yrs to 14yrs) Location HvH ARTS GALLERY

FASHION /COLLAGE Design workshop with prolific fashion designer Melanie Press

This workshop will be run by Melanie Press Fashion Designer from PRESS in Primrose Hill.. Melanie has very kindly offered to teach our young people the art of creating their own 'croquis' as they say in the Fashion World - meaning a sketch - a template from which they work on to design their own fabulous ideas. We will then choose their favourite design and create a sample in the workshop.

Dates to be confirmed – register your interest by email: courses@hvharts.org

TO ENROL PLEASE VISIT OUR WEBSITE: www.hvharts.org Email: courses@hvharts.org

YOU MUST ENROL TO JOIN ANY OF OUR FREE COURSES at HvH ARTS!

www.hvharts.org

Registered Charity No: 1149607



Due to popular demand we
have decided to re-start our
mini ballers session!

Venue: Royal free
Recreation club
Fleet road, nw3 2qg

Day: Tuesdays

Time: 4-5pm

Fee: first session is FREE
then £20 monthly fee.

For more information or to
book your space please
Del - 07932431748

Sessions have already
started!

Search 'On the Fence Podcast Camden' 🔍

Made with and for young
Camden residents

On the fence about getting the COVID-19 vaccine?



SCAN TO WATCH
OUR PODCAST →



Online learning resources and homework

- Mathletics: login.mathletics.com or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- Bug Club Reading Resource: <https://www.activelearnprimary.co.uk/login?c=0>

The sign in details for the three resources above are the same (for Bug Club you will also need the school code which is **tpgk**)

- Seesaw: <https://app.seesaw.me/#/login> or download app
- Busy things: <https://www.busythings.co.uk/lgfl-login/>

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible.

FREE SCHOOL MEALS

You may be entitled to Free School Meals if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit – your household income must be less than £7,400 a year (after tax and not including benefits)
- Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
- the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)



Clue

There are hundreds of different ones out there, you will find them near home printers



and when not hiding inside printers they usually look like this



www.recycle4charity.co.uk

Recycle 4 Charity

Treasure Hunt

Attention to all
children and teachers!

Find some empty ink cartridges and bring them to the school to turn them into gold!



Your school will receive money for them, and you will help the environment with your recycling!

If you receive Working Tax Credit you will not be entitled to free school meals unless you have:

- stopped work in the last 4 weeks; or
 - reduced your hours to less than 16 hours in the last 4 weeks
- Free school meal entitlement will mean that you will not have to pay for school lunches and will receive concessionary rates for clubs and trips. It is also important for you to apply, as the school receives extra funding.

<https://accountforms.camden.gov.uk/freeschoolmeals/>

**Do you have any used
printer cartridges lying
around at home?
Send them into the
school office!**

Parent group: Families, Food and Feelings

The Enhanced Healthy Living Service (EHLS) runs quarterly 6-week parent groups for Camden and Islington parents/carers of children aged 5-17 who struggle with excess weight. The group focuses on psychoeducation and strategies around boundary setting, healthy modelling, emotional eating and encouraging a healthy relationship with food. Referrals are accepted by professionals and parents can also self-refer via the brandoncentre.healthyliving@nhs.net email address.



Stars of the week!



Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - Well done to all these children, and to all the rest who might not have been picked this week but could have been.



Reception—Zayn

For your happy and hardworking approach to Reception. You join in and play nicely with your friends, you are enthusiastic to try new things and we love all your fun ideas. What a superstar!

Year 1—Mariam

For her positive attitude and willingness to get fully involved in our learning as well as her beautiful manners and her kindness towards her friends and classmates. You are a great member of Team Y1, Mariam - keep being marvellous you!



Year 2—Amine

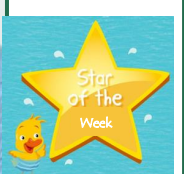
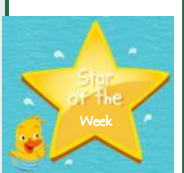
For your great effort in Maths this week. You've been super focussed and are enjoying challenging yourself in lessons. You were a singing superstar too! Well done.

Year 3—Marcel

For your constant kindness! You are such a thoughtful and considerate member of the class. You treat everyone around you with respect and care. We are so lucky to have you in our class!

Year 4—Alfie

For your sportsmanship and kindness. During PE, your sense of fairness towards the other team and kindness when things didn't go your way really stood out. Well done Alfie. Keep it up.



Year 5—Aadam

For a fantastic first week back! You have been really focused on your learning and have been trying your very best. I was particularly impressed with your brilliant, imaginative monster design in English. Well done!

Year 6—James

For his fantastic enthusiasm this week especially during football at Talacre and while studying the book Pig Heart Boy in English. He has been an all round good sport and excellent company this week. Well done James.

Gender equality: guide for families

What are gender stereotypes?

Fixed and widely held ideas about roles and behaviours that society thinks appropriate for men and women, girls and boys. For example that boys are more active, adventurous and tough and that girls are more caring, emotional and concerned with appearance. These stereotypes are everywhere in children's lives – in clothes, toys, books, media and language.

Children learn what those around them expect of them as a girl or a boy and their brains adapt. What might look like a child's free choice of toys, friends, subjects or jobs is heavily influenced by the messages the child has absorbed from birth about what's suitable for their gender. **The good news is that we can change these messages.**



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

Gender stereotypes can limit children's choices, behaviour, aspirations and even achievement. They are bad for individuals and for society. They steer girls and boys in different directions – feeding different subject choices, different job options and even different health outcomes.

Study and work:

- In childhood, construction and science toys are often sold 'for boys'. At A level, only 10% of computing and 22% of physics students are girls. At work, less than 10% of engineers are female.
- In childhood, children learn that dolls are 'girls' toys' and that women do more caring work. At work, fathers are twice as likely to be turned down in a request for flexible working. Only 11% of nurses are male.
- When it comes to children's career ideas, the gender divide is as strong at age 4 as at 14.



Health and mental health:

- In childhood, boys learn not to show their feelings except through anger. Boys are 6 times less likely than girls to seek Childline counselling about suicidal thoughts and feelings. Men account for 75% of all suicides.
- 1 in 4 women in the UK will be a victim of domestic violence in her lifetime.

'You cry like a girl'

FAQs

- *But aren't girls and boys just different?*
Despite popular perceptions, there is no credible scientific evidence of natural difference in interests or skills between genders. Children learn from the stereotypes surrounding them what is considered 'normal' for their gender – and their choices adapt accordingly.
- *What's wrong with girls and boys liking different things?*
Nothing, so long as it is down to an individual child's preference rather than pressure to conform. Girls and boys are more alike than different.
- *Are you saying I should stop telling my daughter how pretty she is?*
No – but if her appearance is what your daughter is most often praised for then she may start to think that society values her looks above her other qualities.
- *What about boys?*
Statistically, boys are more likely than girls to achieve lower grades in school, to go to prison and not to seek help for mental health problems. Harmful gender stereotyping contributes to these outcomes.

Our aim: that children be free to make their own way as individuals, unlimited by gendered expectations



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

- Building blocks, puzzles and construction develop spatial awareness. Dolls and imaginary play help to develop empathy and communication. Introduce a range of toys for all children.
- Thinking about buying presents? For help avoiding gifts which reinforce gender stereotyping see the Let Toys be Toys website at www.lettoysbetoysof.org.uk – especially their Gift Guides and recommended retailers.

Opportunities to challenge gender stereotypes:

- In role-play games with younger children, who plays what roles?
- Talk to children about what they are seeing on TV – in what roles are male and female characters shown? How are female and male characters dressed?
- Look for positive role models of female leaders, women in sport, men in caring roles.

Language:

- Think about the messages language can suggest – e.g. 'man up' suggests that boys should not show their emotions. Never use 'girl' or 'girlie' as an insult.
- 'We need a strong man to open that' 'I can't do that with these nails' – throwaway comments can have a powerful impact on children.
- Use 'humankind' rather than 'mankind' or 'firefighter' rather than 'fireman' – avoid using the masculine to refer to everyone.

Expectations and aspirations:

Beware assumptions which might influence children's aspirations – e.g. by suggesting certain jobs are more for women or men or by assuming a future role as carer for girls and breadwinner for boys.

Books:

- Children's books still send very gendered messages about male and female roles.
- Look for books with strong female leads and boys in caring roles – for boys and girls.
- Swap 'he' and 'she' where male-dominated.
- Use books as an opportunity to question roles and attitudes.

Around the home:

- Who do children see doing what work around the house?
- What chores are children given at home – are they different for girls and boys?
- Is different behaviour expected of sons and daughters?
- If newspapers and magazines show women and men in stereotypical roles, question these so that children don't assume that's just the way the world is.

Attitudes:

- Teach children that caring roles are rewarding and important – and ensure that boys can see themselves in caring roles.
- All emotions are for everyone! Don't discourage boys from crying or expressing how they feel.
- What praise are children given? e.g. repeated praise of girls as pretty and boys as clever or strong teaches children what society expects of them.

Clothes and shoes:

- Are girls wearing clothes or shoes which are more delicate – which they need to keep clean or which hinder them in climbing or kicking a ball?
- Think about slogans, colours and the messages they send.

Similarities and differences:

- Don't set up girls and boys as 'opposite' or separate – there are more similarities between them than differences.
- Beware treating girls or boys as uniform groups.
- Friendships between genders are to be encouraged.



www.liftinglimits.org.uk



CAMDEN HEALTH



KICK

Please sign up in advance for all sessions!

MONDAY

WOMENS ZUMBA
11 am - 12pm at The Dome

VI GYM
1.00 pm - 4pm at The Dome

FAMILY FOOTBALL
4.30-6.30pm at Malden Pitch

TUESDAY

FAMILY YOGA

5pm-6pm at The Dome

WEDNESDAY

FAMILY MULTI - SPORTS

Men & Boys 4.00-6.00pm at The Dome

THURSDAY

HEALTH CHECKS

11am - 12pm at the Dome

WOMENS YOGA

11:30pm - 12:30pm at the Dome

FRIDAY

FAMILY SPORT INC ZUMBA

Women & Girls 4.30pm - 6pm at The Dome

**AUTUMN
2021**

Call: 020 7267 6635
or
Email: frances@qcca.org.uk

FREE

FAMILY SPORT'S ACTIVITIES

Do you want to become physically active?
We put on free activities throughout the week at the dome!

HOW TO FIND THE DOME 170 WEEDINGTON RD



CCA



Thrive LDN



Registered Charity No: 1096655
Registered CLG: 04393769

Registered Address:
QCCA Ltd.
45 Ashdown Crescent
London, NW5 4QE

Email: info@qcca.org.uk
Tel: 0207 267 6635
Web: www.qcca.org.uk



CCA



Vision Foundation

London's sight loss charity established 1921

100
years



FROM SEPTEMBER 8TH HEALTH & WELLBEING CHECK

DATE: EVERY WEDNESDAY
TIME: 10:30AM - 11:30AM

PLEASE NOTE - These sessions will be an advise and guidance talk between yourself and a nurse. No physical checks will be taken place.



BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635

Email : Sarah@qcca.org.uk

ADDRESS: 170 WEEDINGTON ROAD
LONDON, NW5 4NU

Registered Charity No: 1096655
Registered CLG: 04393769

Registered Address:
QCCA Ltd.
45 Ashdown Crescent
London, NW5 4QE

Email: info@qcca.org.uk
Tel: 0207 267 6635
Web: www.qcca.org.uk

Do you want to learn computer skills?

Camden adult community learning have FREE courses starting in November! Just come along or sign up online!

Drop-in Digital Skills Workshops

Every Monday & Wednesday, 10am-12pm
Netley Adult Learning Centre, 74 Stanhope Street,
NW1 3EX

Fun with Photos

Starts Wednesday 3rd November, 1pm-3pm
Netley Adult Learning Centre, 74 Stanhope Street,
NW1 3EX

MS Excel & Money Management for Beginners

Starts Tuesday 2nd November, 10am-1pm
Training Link, 54-56 Phoenix Road, NW1 1ES

MS Word for Beginners

Starts Wednesday 3rd November, 10am-12pm
Training Link, 54-56 Phoenix Road, NW1 1ES



Easy Introduction to Coding with Scratch

Starts Thursday 4th November, 3pm-5pm
Online course

Enrol here: www.webenrol.com/camden

We have lots of other courses and drop-in workshops to help you improve your digital skills. You can even get an Essential Digital Skills Qualification!

Email: adultlearning@camden.gov.uk

Enrol online: www.webenrol.com/camden

Phone: 020 7974 2148



camdenmusic

- LESSONS IN SCHOOLS
- SATURDAY CENTRES
- SUNDAY GROUPS
- HOLIDAY COURSES

Camden Music is delighted to offer a wide range of one to one and shared music lessons in your school.

Getting started is easy!

Simply go to our website for more information and to register. Why not sign up for an exciting weekend or holiday group as well?

www.camden.gov.uk/camdens-music-service



020 7974 7239

camdenmusic@camden.gov.uk

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

Lead to a career or be a lifelong, fulfilling activity where they will make friends.

How can you help?

Your child will need to practise regularly to make progress. At first this will mean setting aside 10 – 15 minutes three or four times a week (a regular time is best) but as your child progresses, they will need to practise most days, for longer. Younger children will need you to help them – you don't need to be musical, just be encouraging.

What else will help?

As soon as your child is able to play for more than a few minutes happily, and can play and read about eight notes, they could join one of our groups, make friends, and really develop their musicality.

Find out more here

www.camden.gov.uk/saturday-music-centres

and here

www.camden.gov.uk/music-service-ensembles

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second instalment by half term.

We offer ten lessons per school term. Most terms have more than ten weeks. In the event of us not being able to offer ten lessons we will credit your account or make a refund for lessons missed. If the school is closed for reasons relating to COVID-19, lessons will be taught online. If you are unable to access online lessons, it may not be possible to make up the missed lessons and no refund will be given.

If the tutor is absent we will try to find a suitably qualified temporary replacement. If this is not possible and your child does not receive the number of lessons paid for that term, you will be reimbursed automatically after the end of the term.

In the event of a pupil not attending a lesson for any reason the tutor will make up the lesson, provided written notice has been given to both the tutor and to the Music Service three weeks before the missed lesson. If this is not possible, the cost of the missed lesson will be credited to your account. Lessons missed without three weeks' notice will not be made up and no refunds will be made.

Camden Music and/or the school will monitor the attendance and progress of pupils receiving free or subsidised lessons, and subsidy may be withdrawn if attendance is unsatisfactory.

If you wish to cancel tuition we require at least half a term's notice.

If you have any queries or require further information, please contact the Camden Music Service – 020 7974 7239 – camdenmusic@camden.gov.uk



Instrumental Tuition at Fleet Primary School



Camden Music Service

The Crowndale Centre
218 – 220 Eversholt Street
London NW1 1BD
Tel 020 7974 7239

camdenmusic@camden.gov.uk

www.camden.gov.uk/camdens-music-service

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

The Camden Music Service aims to extend the range of high quality instrumental tuition available to children attending Camden schools.

What instruments can my child learn?

We currently offer tuition on piano. Do let us know if your child is interested in starting a different instrument. If there is enough interest we can look to provide a tutor.

Will my child need an instrument?

Yes, because to progress children need to practise between lessons. Camden Music Service has a stock of instruments available for hire at very reasonable cost. Unfortunately we are not able to hire pianos, keyboards or drum kits.

If you would like to buy an instrument we can help through our **Instrumental Purchase Scheme** which lets you buy a brand new instrument at a greatly reduced price. To make life even easier, we offer a 12-month interest-free repayment scheme.

When and where will lessons take place?

Most instrumental lessons take place during the school day which means that pupils leave a classroom lesson for a short period.

What types of lessons are there?

We offer shared or individual lessons. Shared lessons can only be offered where there is another child of a suitable age and standard to share with yours. If there isn't, we will arrange a 20-minute individual lesson for you.

Shared lessons

- Ideal for beginners, especially for younger children
- Children learn from each other and have the opportunity to play together; excellent preparation for playing in ensembles later
- Children who start in a group can change to individual lessons later

Individual lessons

- Ideal for children who benefit from individual attention
- Better for children who are easily distracted
- Any sense of competition is reduced
- Easier to arrange a lesson to suit the needs of the child

What will it cost?

The following fees are based on 10 lessons during a school term.

Ten shared lessons (2 children) £84 per term
Ten individual 20 min lessons £112 per term
Ten individual 30 min lessons £168 per term

How do I pay?

The Music Service will send you an invoice before the start of term. **Lessons will only start once you have paid.** Payment may be made online or over the phone.

Is any financial help available?

Children eligible for Free School Meals may apply for a 50% reduction in fees.

What about if we want to stop?

We will invoice you for the next term's lessons shortly after half term. If you don't want to continue, please let us know. Lessons are booked for a term at a time and it is not usually possible to stop lessons part way through a term.

How do I apply?

- You can apply online
- Visit www.camden.gov.uk/camdens-music-service and follow the link to instrumental and voice lessons in schools.
- We will put your child on our waiting list if there is not a lesson space available straight away.
- We will send you an invoice when a lesson is available. Your child's lesson will not start until you pay.

Weekly Wellbeing Update

We're delighted to be returning to school in a relatively 'normal' way this term and it's been so good to see so many of you at drop offs and pick ups. We hugely value our relationships with parents at Fleet so we're delighted that our staff are now able to see you in person more regularly. If there is anything that you'd like support with please don't hesitate to speak to your child's teacher or Miss Wall and we will do everything that we can to help.

These are great websites providing advice to parents who would like support with their child's wellbeing:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

<https://www.youngminds.org.uk/parent/>

<https://www.careforthefamily.org.uk/family-life/parent-support>

<https://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/>

Parent Workshops

We're keen to provide parent workshops where we can, to work together in order to best support your child's mental health and wellbeing. In the past we've hosted workshops on areas such as self-esteem and resilience and we'd really like to target the areas that most interest you. Please contact Miss Wall through the admin address (admin@fleet.camden.sch.uk) if you have any suggestions.



New Tip...

Wellbeing Tip of the Week!

An initiative brought to you by Camden Learning's Health and Wellbeing Team—a new one each week!

Week 8 – Focus on the effort not the outcome

It can be very upsetting when we don't perform well at something. It can make us feel like a failure and stop us from wanting to try, because what's the point of trying if we're just going to fail? But we'll never achieve anything with that way of thinking. So, how do we overcome that? If we stop focusing on the outcome and care more about working hard and putting in the effort, this teaches us to persevere, it enables us to develop new skills, helps us to feel more in control and in the end we achieve better results. When you focus on the effort made, it helps you to become more resilient to change or to things turning out a different way than you'd hoped. You can then concentrate on what you can do differently next time to get closer to what you wanted rather than being consumed by disappointment and giving up.

Dear parent/carer,

Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged Children and Secondary School aged Young People

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 8 topics in total with workshops being offered from this point until the end of Spring term.

Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people:

- Why Early Intervention Matters
- Introducing the MHST
- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time

Webinars for Parents/Carers of Primary aged children:

- Parent-child interactions
- Managing child worries

Webinars for Parents/Carers of Secondary aged Young People:

- Supporting your Anxious Young Person
- Understanding Adolescent Development

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can register for any of the above webinars through Eventbrite for free at:

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2021-2022-tickets-184684756077>

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from **Friday 12th November 2021 until Thursday 10th March 2022**.

The scheduled topics, dates and times are:

Webinar topic	Intended Parent Audience	Date	Time
Why Early intervention matter: Introducing the MHST	Primary & Secondary	Friday 12 th November	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Friday 19 th November	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Friday 26 th November	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Friday 3 rd December	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Friday 10 th December	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Thursday 20 th January	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Thursday 27 th January	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Thursday 3 rd February	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Thursday 10 th February	12.00 to 13:00 Q and A 13:00 to 13.30
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 th February	12.00 to 13:00 Q and A 13:00 to 13.30
Screen Time	Primary & Secondary	Thursday 3 rd March	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 th March	12.00 to 13:00 Q and A 13:00 to 13.30

Advertising the webinars

We are aiming for the process to be as convenient as possible for school, parents and carers so we are using the online booking platform Eventbrite to advertise and allocate requested places. If you feel your parents and carers may be interested in the webinar series please include the attached information in your next newsletter, school website or other accessible media. Please could you also recommend to any parents and carers who you think might be interested.

If you have any questions or suggestions please do contact us.

With many thanks,

Alessia Potere (Counselling Psychologist- MHST)

VRU PARENT PROJECT

Present

Introduction to supporting young people's mental health.

- *Thinking about how parents can support good mental health in adolescents.*
- *Indicators that your child may be struggling and how to distinguish this from the normal ups and downs of adolescence.*
- *Supporting a young person who is finding life a challenge – being there for them.*
- *Where to look for help.*

The aim is to allow for lots of questions and for feedback to be used to develop a second training on 16/11/21.

Facilitated by Dr Julia Jenkinson is a Clinical Psychologist currently working in Islington's Young People Services with over 24 years' experience of working with children and young people.

VRU Team is inviting you to a scheduled Zoom meeting.

Session 1 Nov 9, 2021 06:00PM

Topic: Introduction to supporting young people's mental health Part 1

Join Zoom Meeting

<https://us02web.zoom.us/j/89463053973?pwd=SUYzMEkyU1kweHl0OW8vOEZidkwvZz09>

Meeting ID: 894 6305 3973
Passcode: 0911

Session 2 Nov 16, 2021 06:00PM

Topic: Introduction to supporting young people's mental health Part 2

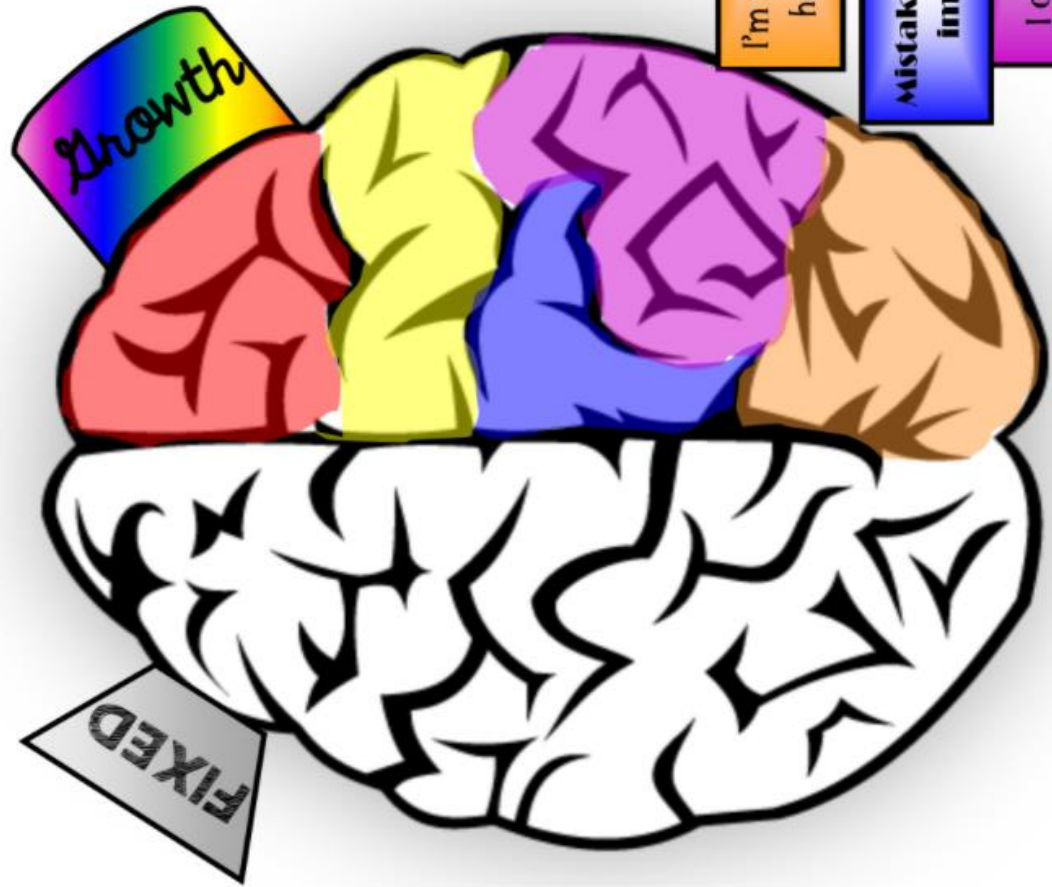
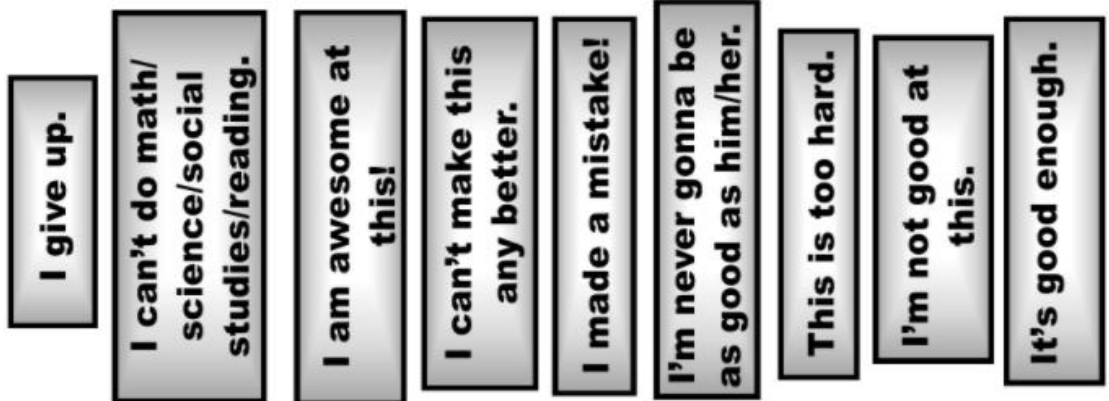
Join Zoom Meeting

<https://us02web.zoom.us/j/82198720502?pwd=ZTJOUmZLRmcweGRMTWN0VU1TTEp4QT09>

Meeting ID: 821 9872 0502
Passcode: 1611

For more information or to register for your place, please contact
VRUREFERRALS@islington.gov.uk

Change your words Change your *Mindset*





Please Note: Due to the extra bank holiday this year for the Queen's Platinum Jubilee there will be an additional day school is closed. We have not yet set the date for this closure.

SCHOOL TERM DATES 2021/2022

AUTUMN TERM

First day of term	Friday 3 rd September 2021
Half term (inclusive)	Monday 25 th Oct – Friday 29 th Oct 2021
Last day of term	Friday 17 th December 2021

SPRING TERM

First day of term	Wednesday 5 th January 2022
Half term (inclusive)	Monday 14 th Feb – Friday 18 th Feb 2022
Last day of term	Friday 1 st April 2022

SUMMER TERM

First day of term	Wednesday 20 th April 2022
May Day Bank Holiday	Monday 2 nd May - school closed
Half term (inclusive)	Monday 30 th May – Friday 3 rd June 2022
Last day of term	Friday 22 nd July 2022

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Wednesday 1 st & Thursday 2 nd September 2021	Tuesday 4 th January 2022	Tuesday 19 th April 2022
2 nd half term			Friday 27 th May 2022

Please note Nursery and Reception start dates in the Autumn Term differ due to home visits and phased transition. You will receive your child's start date as part of the welcome pack and will be discussed at the meeting prior to the Autumn Term start.

Fleet facts tracker

Track your progress through the Fleet Facts stages using

Your teacher will sign to show when you have passed a

Once you've passed a test, start learning the next fact f

Parents/Carers: For your information and so you can best support your child this is the order of key facts and number knowledge the children learn for their Fleet Facts. They will know what stage they are but if unsure just check with the teacher. Practice at home is key to them making swift progress.

Stage 1					
Test 1 - Adding and subtracting 1	Test 2 - Doubles of numbers to 5	Test 3 - Adding and subtracting 2	Test 4 - Number bonds to 10		
Stage 2					
Test 1 - Adding 10	Test 2 - Adding 0	Test 3 - Near doubles and ones without a family (the tricky ones!)			
Stage 3					
Test 1 - Doubles of numbers to 10 and near doubles	Test 2 - Bridging and Compensating				
Stage 4					
Test 1 - 2 x tables	Test 2 - 10 x tables	Test 3 - 5 x tables			
Stage 5					
Test 1 - 3 x tables	Test 2 - 4 x tables	Test 3 - 8 x tables			
Stage 6					
Test 1 - 6 x tables	Test 2 - 7 x tables	Test 3 - 9 x tables	Test 4 - 11 x tables	Test 5 - 12 x tables	
Stage 7 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6
Stage 8 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6

We try to keep the children as active as possible at Fleet. With classes doing running through the daily mile initiative, PE lessons, play and lunchtime as well as out partnerships in school with Arsenal and Bloomsbury Football. At the moment our Year 3 children are also going down to Talacre to work with the trainee sports coaches there (thanks for organising Tom!). This year we are also delighted that the inter-school sports competitions have been able to resume. You saw the cross-country photos in the newsletter a couple of weeks ago and this week the girls and boys football teams in year 5 & 6 started playing at Talacre after school in their league. We are very proud of all the children who act as Fleet representatives and the sporting behaviour they always show when we take them to these events. We want to say a big thank you to Lisa B for organising and accompanying our teams at what is the coldest and darkest time of year! Thank you too to the parents of the children who go for being flexible to come and pick them up late.



This week in sport...

Terrific Talacre!



At the end of last half term the children had a fantastic time decorating the pumpkins we had grown in our very own Fleet School Raised Vegetable beds! We hope they enjoyed 'trick or treating' over the holiday. This week has been all about Divali and Bonfire night which are both coming up with fireworks and explosions of colour the order of the day. You can see from the smiling faces on this page they have really enjoyed themselves.

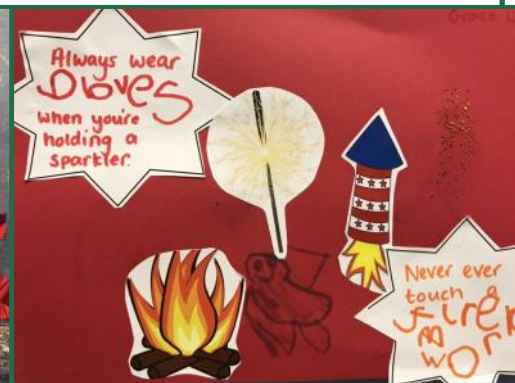
This week in Nursery... Wonderful World, Wonderful Me!

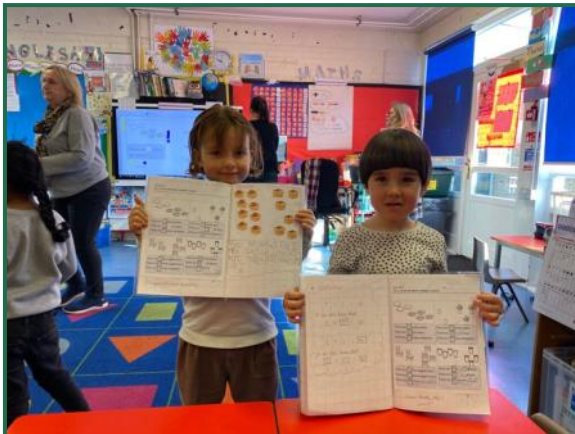




This week in Reception... Monsters!

The children have made a settled start back after half term. We enjoyed hearing about their Halloween stories and this week they've been thinking about Bonfire night and firework safety as you can see from the wonderful collages below!





This week in Year 1... Our Wonderful World

Another busy week in Year 1 with lots of proud faces on display. They have been doing some fabulous writing about their half term adventures, enjoying their new book in English—Katie in London and discussing their happy and sad colours inspired by the book 'My Many Coloured Days'. As well as that they've done super maths thinking about the language of addition and been getting comfortable in the redesigned reading nook and had a great time with Reverend Esther learning about the story of the good Samaritan.





This week in Year 2...

Topic: All around the world

The children finished off their study of Africa with some food inspired by the food of Morocco. They have now started looking at North America and have been making information leaflets about landmarks.

They also paid a visit to the October gallery just before half term. They were incredibly engaged and inspired by the work of Congolese artist Eddy Kamuanga. This week they visited Reverend Esther for a workshop in Gospel Oak church. Well done to them all - they are having a great year 2 and making the most of the many opportunities coming their way now that they can go on trips again—something this class have not done since the beginning of Reception due to Covid-19!



This week in Year 3...

From 'hot-seating' as Hades in English to some fantastic Maths subtraction games and excellent investigative work in Science looking at reflective surfaces, the children have been on great form this week. All this hot on the heels of their knockout performance in their Class Assembly just before half term. Well done Year 3—keep up the hard work and always with a smile on your faces!



Topic: Olympics & Olympus

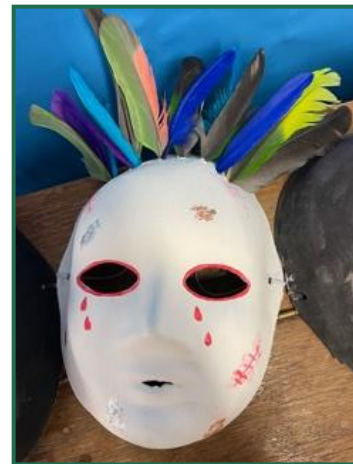
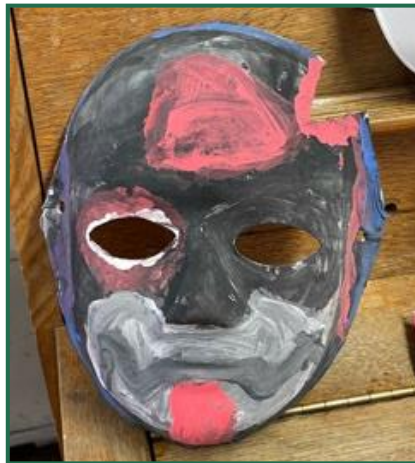




Y4 Brass Practice: <https://www.rod-n-tom.com/fleet>

The adventures through time continue in year 4 with more focus on the Tudors. The children completed their Tudor puppets which look amazing as well as a visit to Hampton Court Palace. They had such a great time and can tell you all you want to know about Henry VIII and his wives! They have started work on their Tudor portraits now, taking ideas from those they saw at the palace, this week experimenting with watercolour washes to get the different skin tones correct. Well done on a great week Year 4.

This week in Year 4
Topic: Adventures in time



Mayan Maths

$$\left(\begin{array}{c} \dots \\ \dots \end{array} \times \dots \right) + \dots - \dots = \dots$$

$$(14 \times 3) + 7 - 8 = 41$$

By Francesca

$\begin{array}{c} \text{U} = 0 \\ \bullet = 1 \\ \text{—} = 5 \end{array}$

$$\left(\begin{array}{c} \dots \\ \dots \end{array} \times \dots \right) + \dots - \dots = \dots$$

$$(7 \times 2) + 10 - 8 = 16$$

$\text{U} = 0$
 $\dots = 10$ $\bullet = 1$ $\text{—} = 5$

This week the children have been working hard on their new class book in English, the fabulous 'Pig Heart Boy' by Malorie Blackman. The discussion and predictions they have been making have been first class. They also did some excellent programming using Scratch with Ms. Wood as well as really getting to grips with Mayan maths! Their Mayan inspired masks are now all finished too—they are linked to the Mayan ideas that when you die you go to the underworld or overworld—so as Zainab described them to Mr McGibbon, some are designed to be happy and some are scary!

In Year 6...

Topic: Paradise in the Jungle

Camden Early Help



Everyone needs a little help sometimes. If you're feeling worried about your child, or you want to make a change in your life, Camden Early Help is here for you, your children and your whole family.

- ▶ Free support service for families with children aged 0 to 19 in Camden
- ▶ Practical and emotional support with a range of life issues if they are starting to feel overwhelming
- ▶ Working with you and your family to help make whatever changes you want to make
- ▶ Helping you and your family develop friendships and feel connected with your community.

Early Help



As well as family workers, there's lots of other options:

- ▶ Early Help Family Group Conference – bring together a circle of family members, friends, neighbours or community members to help solve problems
- ▶ Parenting programmes – a range of programmes for parents to be, and parents with children from 0-19 to help you feel confident and positive about your parenting role
- ▶ Activities – to enjoy time together as a family
- ▶ Early Help Play – support to access holiday play schemes, breakfast clubs, after-school clubs, and free early education and childcare places*
- ▶ Employment advice and welfare rights – access to our advisors to help with benefits and all things work-related
- ▶ Connections to housing support and homelessness services
- ▶ Connections to community organisations in your area.



How do I get Early Help?

You can contact us today, or you can talk to someone in your life that you trust. This might be your child's teacher or nursery worker, your GP or health visitor, your housing or tenancy support worker or youth worker.

They can contact us on your behalf, and then you can work with us if you would like to.

If it feels like it's time to make a change, Camden Early Help would love to be by your side so the little things don't become big things.

Other formats

If you require this leaflet in large print, Braille or in another language please contact us.

Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961

camden.gov.uk/surestart

Produced by Creative Services 1251 23

* free childcare places for eligible 2 year olds



What's Early Help?

Early Help is about family and being here for when families are experiencing things that are starting to feel overwhelming. Early Help is about whatever is important to you, whatever is causing you to feel distress or worry. Early Help is for families with children of any age, from 0 to 19. It's voluntary and your choice whether to have it or not.

What can you help with?

Every family we work with is unique. We work with families experiencing relationship breakdown or conflict, violence in the home, children showing distressed behaviour, support for first time parents, housing, rent or money worries, difficulties at school, worries about a child's health or development, managing changes in circumstances, grief and bereavement, and mental health problems. Often it's a combination of many things. But whatever it is that you and your family want to change, we are here to work with you - to help you and your family get to where you want to be.

What does Early Help do?

There are lots of Early Help services in Camden, so we'll work with you to figure out the one you think will be most helpful to you and your family. You can watch a video about Early Help made by a Camden young person here: [youtube.com/user/CamdenCouncil](https://www.youtube.com/user/CamdenCouncil)

Early Help services include:

Sure Start

A full range of help and support in your local children's centre if you are pregnant or have a child under 5.

Early Help Co-ordinators

Someone to have a chat with to see how we can help and what Early Help service might be most useful.

First Step Early Help

A team of family workers who will work alongside you for up to 12 weeks, and help you and the network of people around you to feel on the right track.

Families in Focus

A team of family workers who will work alongside you for 6 to 12 months.

Transformation Team

A team of family workers who will work alongside you for 12 months plus.

Youth Early Help

A full range of help and support for families with children aged 11 plus and young people.



Every Early Help team will:

- ▶ Be with you through the tough stuff
- ▶ Listen to you and your family – we'll be led by you
- ▶ Focus on what's important to you and your family, and what a good life might look like for you
- ▶ Work with you to find out what's going well and what feels strong
- ▶ Work with you to explore and make sense of the things you want to change
- ▶ Make a plan with you, your children and your family so the changes can start to happen
- ▶ Make sure everyone involved works together to help you and your family best.





NORTH LONDON PARTNERS
in health and care



Does **your child** have asthma?

Your child will need:



**an asthma
management
plan**



**the correct
inhaler
technique**



**an annual
asthma
review**

What **you** can do:

- 1** Ask your GP or school nurse for an asthma management plan
- 2** Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3** Ask your GP, asthma nurse or consultant for an annual asthma review for your child



These **three important steps** can prevent an emergency admission to hospital and even save a life.

Thanks to Healthy London Partnership for the poster idea

From National 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 it feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about TIKTOK

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

18

CENSORED

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

W&H*

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media platforms, TikTok can be extremely addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next means it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts is 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



SOURCE: www.tiktok.com

National Online Safety
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.10.2021



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Fleet Primary School

would like you to join their channel on Parent Hub.

Just tap “Add a School ” in the app and enter the handle below...

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

Instructions for Parents



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose “Add a School” and enter the school handle (above).

Visit www.parenthub.co.uk to find out more

Starting Solids Virtual Sessions

Dates and Times:

October 2021

4th (Monday)	2-3:30pm
7th (Thursday)	11-12:30pm
15th (Friday)	10:30am -12pm
20th (Wednesday)	10-11:30am
26th (Tuesday)	1-2:30pm

November 2021

1st (Monday)	2-3:30pm
4th (Thursday)	11am-12:30pm
12th (Friday)	10:30am -12pm
17th (Wednesday)	10-11:30am
23rd (Tuesday)	1-2:30pm

December 2021

2nd (Thursday)	11am-12:30pm
6th (Monday)	2-3:30pm
10th (Friday)	10:30am -12pm
15th (Wednesday)	10-11:30am
21st (Tuesday)	1-2:30pm

The Department of Health recommends babies start on solid foods when they are around six months old. This free session supports parents of babies who have not yet started solid foods.

- Do you have a baby who is ready to start solids?
- Would you like to know more about when and how to start solids?
- Would you like to explore more about the types of food to start with and which foods to avoid?

If so, this free 90 minute session is for you! We'll explore all the above and more. There will also be opportunities to ask questions. Please advise us in advance if you would like an interpreter.



[CLICK HERE TO BOOK YOUR PLACE](#)



Starting Solids Next Steps Virtual Sessions

Dates and Times:

October 2021

12th (Tuesday)	10:30am -12pm
18th (Monday)	2 -3:30pm
28th (Thursday)	1-2:30pm

November 2021

3rd (Wednesday)	11am-12:30pm
9th (Tuesday)	10:30am-12pm
25th (Thursday)	1-2:30pm

December 2021

14th (Tuesday)	10:30am -12pm
20th (Monday)	2 -3:30pm
30th (Thursday)	1-2:30pm

This free session supports parents of babies who have already started solid food and are under 1 year. Please advise us in advance if you would like an interpreter.

Each 90 minute session covers:

- Moving on to more textured family foods and finger foods.
- Encouraging your baby to drink from a cup
- Overcoming baby feeding challenges
- Opportunity for questions and answers



[CLICK HERE TO BOOK YOUR PLACE](#)



Please contact Camden's Health and Wellbeing Team if you would like any further information:

020 7974 6736

healthandwellbeingteam@camden.gov.uk

<https://www.camden.gov.uk/health>



Both Starting Solids and Starting Solids Next Steps sessions are taking place virtually with Camden's Health and Wellbeing Team using Microsoft Teams.

Microsoft Teams is free to download on a computer, phone or tablet. Either visit your app store or go to:
<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>
You can also join via phone, no internet required.

HELP STOP THE SPREAD OF COVID-19

GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

- ✓ All tests are free
- ✓ It's fast – get results in 30 minutes
- ✓ These tests are for people without COVID-19 symptoms

If you need these LFT kits see Lisa in the office. We have a number of these to give out to families so that the adults in the household can regularly test as the staff in school do.

If you test positive or develop COVID-19 symptoms please book a PCR test within 2 days at: gov.uk/get-coronavirus-test or call 119

