

Friday 10th July 2020

Message from the head: It was wonderful to welcome back year 3 and 4 this week. We now have every year group in school, we just wish we were able to have you all back sooner but we had to be sure the systems to keep everyone separate and safe were working before we added more classes. Now that we have confirmation from the government that **all children** are safe to return in September and that we can increase the group sizes to 30 we are really thankful for this time we have had with our staggering system to ensure everyone can be in school and maintain separation between classes. We are confident, having made it work this half term, that we can maintain this for as long as the guidance from public health and the department of education requires us to. Next week is the end of this academic year. It has been the strangest in my whole teaching career and one I hope is never repeated! However, out of the adversity we have all faced, there have been some real positives. Seeing how the Fleet staff have adapted, and done everything they can to support and engage with you all has been fantastic. I knew I had a great staff and this just confirmed it. Speaking with many of you, during lockdown on the phone and in person since our return, I have felt privileged to be part of this fantastic community. The other thing that has really inspired me is the resilience the children have shown throughout this period and seeing the joy on their faces when they returned, seeing their friends and their teachers and being so clearly delighted (even if a bit nervous) to be back at school. Speaking as a parent, and not a head teacher, I think we all may have a bit more of an insight into the crucial role schools play not just in the academic education of our children, but in their social, emotional and physical wellbeing and when that is taken away the chasm that is left. I'd like to take a moment to say goodbye to our wonderful year 6 children. Your final year was not as we would have wished. We have loved you being part of the Fleet community through your time with us and we are very proud of each and every one of you. We know you are going to have a great time at secondary school and we hope you will keep in touch and let us know how you are getting on. We will not have a newsletter next week so this is me saying thank you one last time for your amazing support this year and as we move forward. Enjoy your last week of school next week, have a great summer as things begin to open up and return to a more recognisable normal. Stay safe and we look forward to seeing you in September.

Teacher Phone Calls Next Week—Wednesday

Teachers will be phoning every family to discuss your child's end of year report on Wednesday 15th July. Please keep an eye on your phones (it may show up as unknown number or no caller ID). You should have received the report either today (for children in bubble B and in school) or on Monday (for children in bubble A in school). If your child has not yet returned to school we have posted out your child's report today and also will send you a digital copy over the Parent Hub/Text system so that you will have been able to look at it ahead of Wednesday's call. If there is any problem and you haven't received it please contact the office to let us know.



End of Term & September

Bubble A—last day Tuesday 14th July
Bubble B—last day Friday 17th July

Academic Year 2020-21 starts for the children on:

Thursday 3rd September (see the letter sent out this morning for different start and finish times of each class as these may be different)

Pick-up and Drop-offs for next week

Bubble A—Mon & Tues/Bubble B—Thurs & Fri

With the whole school able to be back it is really important that, more than ever, you stick to your child's start/pick up time and location to avoid groups crossing—please try to arrive on time to avoid crossing with other bubbles. We really appreciate your support with this and your patience in making it work!

- **Key Worker/Vulnerable Children group—Main gate—to Qube—8.45-9am; 4pm pick-up—waiting area junior playground**
- **Year 6—Agincourt Road Entrance-into Junior Playground—8.45am-9am drop off; 3.30pm pick-up—waiting area—junior playground**
- **Year 5—Agincourt Road Entrance-Junior Playground—9am-9.15am drop off; 3.45pm pick-up—wait area—car park**

- **Year 4—Agincourt Road Entrance-Nursery Gate—9:15am-9:30am drop off; 3.45pm pick-up—waiting area—infant playground**
- **Year 3—Main Gate—9:15am-9:30am drop off; 3.45pm pick-up—waiting area—junior playground**
- **Year 2—Agincourt Road Entrance-through Nursery Gate—8.45am-9am drop off; 3.15pm pick-up—waiting area—along path by pond and slope opposite door to class**
- **Year 1—Main Gate Entrance—8.45am-9am drop off; 3.15pm pick-up—waiting area—outside/opposite classroom**
- **Reception—Main Gate Entrance—9am-9.15am drop off; 3pm pick-up—waiting area—along fence of reception outside play area**
- **Nursery—Agincourt Road Entrance-through Nursery Gate—9am-9.15am drop off; 3pm pick-up—waiting area—along fence of nursery outside play area in infant playground**

Class Photo Project

Thanks to those of you who have already sent in your class photos in response to the home learning tasks set by the teachers. We're still waiting on a few—we want all the children to be involved. Please email in if you haven't already by Monday.



Cargo Bikes

Camden have a small fleet of electric assist cargo bikes available to loan free of charge if you are a Camden resident/parent/carer/business/charity, or your child goes to a school in Camden. They suggest loans of at least a month, or at least half a school term, and maximum of 3 months. This can be decided if a loan is appropriate. If you do not have somewhere secure to store the bike it will not be possible for them to loan one to you, due to the large cost of the bikes. Please contact Camden's travel plan officer if you would like to arrange a loan:

Kasia McBride—tel:02079741391; email: Katherine.McBride@camden.gov.uk

Here are the links to the types of bikes available:

Christiana: <https://www.londongreencycles.co.uk/shop/bikes/christiana-classic-light/>

Tern GSD: <https://www.ternbicycles.com/uk/bikes/gsd>

Urban Arrow family: <https://www.urbanarrow.com/en/family>

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies
- Additional **advice** is available for children with complex health needs and disabilities.



Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

Building Relationships for Stronger Families

A New Programme For Parents

Available online by webcam during social distancing

FREE COURSE ►



"Deciding to do something about the relationships I care most about has not only supported my own parenting but has made a huge impact on my family."

Building Relationships for Stronger Families

A service provided by TAVISTOCK RELATIONSHIPS

Find out about FREE support

Email: referralsbrsf@TavistockRelationships.org

<https://TavistockRelationships.org/free-services>

Further information

Courses are free and support will be offered online by webcam (on your laptop, smartphone, tablet or desktop computer) during times of social distancing measures. Once social distancing is over, where possible, support may be offered in your home or local community.

Parents are encouraged to commit fully to the course in order to gain the most benefit.

Sessions range from individual one-on-one, to group sessions between 6 to 12 parents depending on your particular needs.

Programmes are open to all eligible parents, mothers and fathers, and same-sex parents. These opportunities are for couples who are together in a relationship or those who are separated.

Privacy

We only share information in accordance with our Privacy Notice and Consent forms which you will be given as part of the referral process.

Contact us today

If you have a question, comment or enquiry about the programme, please contact us at:

referralsbrsf@TavistockRelationships.org

020 7380 6099

<https://TavistockRelationships.org/free-services>

Please note that this service is only on offer to residents and those who access services in the following London boroughs: Westminster, Kensington & Chelsea, Camden, Hammersmith & Fulham, Croydon, Brent and Lambeth.

Relationships matter

Being a parent is tough.

Being a parent when your relationship with your partner or ex-partner isn't going well is even tougher.

There are times when we are all under stress but whilst conflict is part of normal family life, sometimes it can become destructive and get in the way of managing everyday life.

Conflict between couples might range from lack of warmth or emotional connection to shouting or swearing at each other. Often this can be frequent, intense and poorly resolved.

How parents interact with each other, regardless of whether they are together or separated, has a big impact on their children.

Evidence shows that parental conflict has a negative impact on children, particularly in terms of mental health, problems at school, sleep difficulties and poorer health.



How can we help?

The 'Building Relationships for Stronger Families' programme may be able to help you if you feel that stress and conflict in your relationship are affecting your family.

The programme offers parents support to suit their circumstances to address conflict within their relationship, as well as strengthening their parenting skills to bring up their children.

Support can be individually, with your partner/co-parent, or in group sessions delivered by experienced facilitators who are skilled in encouraging discussion around the modern struggles that parents and couples face.

During the programme, you will work on your relationship, whether you are together or separate, and find ways to manage stresses and disagreements. You will explore patterns of behaviour to develop tools and techniques to improve your parenting skills and help your family succeed.

How to get help?

If you live in one of the specified London boroughs, you can refer yourself online via the Parenting Together website: <https://tavistockrelationships.org/free-services>

You don't need to have a key worker to refer yourself, but if you have a key worker working with you, speak to them about the programme. They can help you to complete a questionnaire which asks you for details about your relationship and your circumstances.

Your questionnaire is sent to the programme, and a parenting practitioner will be in touch to arrange a meeting at a time and place that is suitable, or to arrange an online meeting by webcam.

When you meet you'll talk through your questionnaire in more detail and together you will agree a plan to support you, based on your circumstances and the needs you identify.

If you haven't got a key worker working with you, please don't let this stop you getting the support you need, the programme is open to all parents in the specified London boroughs.

What can I expect?

- + Support that is tailored to you
- + Support that is proven to improve relationships
- + A supportive and experienced professional
- + Delivered at a time and place to suit you
- + A quick response



Courses are free and run locally or online via webcam. Contact us now for details...

referralsbrsf@TavistockRelationships.org

020 7380 6099

<https://TavistockRelationships.org/free-services>

How are you?

Covid-19, Communities and You

The Covid-19 pandemic is changing the way we go about our day-to-day lives and can be a challenging time for many of us.

Camden and Islington's Public Health team would like to **invite you to share your experiences** of daily life during the pandemic through an online discussion.

Sharing your experiences will help us to ensure we offer the right support to residents over the coming months.

We will be holding **online group discussions** in July and August to learn more about how the pandemic is affecting you during this time.

Taking part is an opportunity to share your experiences and also listen to other's experiences too.

If you decide to take part in a discussion you will be provided with a £10 shopping voucher as a thank you for your time.

Please get in touch on the contact details below if you'd like to take part in a discussion.



If you'd like any further information/support or to take part in a group discussion, please contact us on: covid19survey@islington.gov.uk.

Sustrans Exercise Challenge - Week 10

STAY ACTIVE WITH SUSTRANS

WEEK 10: LOVE YOUR JOURNEY

GOLD
EDITION

To mark the 10th week of Stay Active With Sustrans, we're holding a special Gold Edition challenge. Everyone who takes part wins something and you're in with the chance to star in a Sustrans video!

The Challenge

Sustrans is creating a brand new video called 'Love Your Journey' and we want YOU to be the stars.

Love Your Journey will look at how life slowed down during lockdown, enabling us to appreciate the world around us a little more and to savour our journeys. We will think about how we can keep enjoying our journeys, even when lockdown is lifted!

What you should do:

We're looking for videos which show how your journeys changed during lockdown.

When the rush of London stopped, did your journeys become more calm? Did you get more time to enjoy nature, to look up at the trees and birds? Did you discover new places? Did you begin to use a bike or a scooter more often? Did you get more time to talk with your family as you walked to the park?

You can send clips of you walking, cycling, running, wheeling, scooting, skipping. Show us your favourite trees, your favourite sights. There's no limit to what you can submit, so long as it shows you enjoying your journey. This week, there's no time limit either. So get creative!

In your video, **there's no need to have a script or to speak** because there will be music and a voiceover, so we want you to be creative and show us instead!

DID YOU KNOW...



During lockdown, cycling levels rose by 300% on some days!



Spending time in nature has been shown to be good for mental health.

We recommend you watch this [video](#) for examples of what we are looking for, to make sure your video gets included!



SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



#SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey

<https://www.sustrans.org.uk/our-blog/projects/2020/london/stay-active-with-sustrans-in-london/#theme>

Sustrans Exercise Challenge - Week 10

STAY ACTIVE WITH SUSTRANS

WEEK 10: LOVE YOUR JOURNEY

**GOLD
EDITION**

What happens if I win?

This week's challenge is especially exciting because everyone wins something! We hope to include as many of your clips as possible in our 'Love Your Journey' video. So long as you follow the instructions on the previous page and check out [our video](#) for examples, you're likely to make the cut.

Everyone who stars in the video will receive a Sustrans goodie bag. Everyone who takes part, regardless of whether you make the cut, will get a certificate.

There will still be an overall winner of this week's challenge. That winner will receive a brand new bike or scooter.

We will contact all entrants individually to let you know the outcome.

How to stand out

We're looking for you to capture the mood of your lockdown journeys, whether that be calm, exciting or full of wonder. We'd love to see good camera angles and artistic shots but mostly we are looking for something that is meaningful to you.

How to enter – for parents and carers

- Upload your video to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your video to BikeltPlusLondon@sustrans.org.uk
- Entrants must have the consent of a parent or guardian over the age of 18 to enter. Entries must be uploaded by a representative adult over the age of 18.
- Please include your written consent for us to use your content in our 'Love Your Journey' video.
- Please see our [website](#) and read our Terms and Conditions for more details.

Please include your written consent for us to use your content in our 'Love Your Journey' video.

Deadline

Parents/carers – upload or send the video to us by **Wednesday 15th July** to be in with a chance of winning a bike or scooter.



SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



#SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey

<https://www.sustrans.org.uk/our-blog/projects/2020/london/stay-active-with-sustrans-in-london/#theme>

RAZZAMATAZ ONLINE

BRINGING RAZZAMATAZ TO YOU WITH DANCE, SINGING AND DRAMA ONLINE TUITION

SMALL INTERACTIVE QUALITY LESSONS, DEDICATED Q&A TIME AND PAY AS YOU GO PAYMENT OPTION.

EMAIL: BELSIZEPARK@RAZZAMATAZ.CO.UK OR CALL: 07425 918328
TODAY FOR MORE DETAILS ON HOW TO BOOK
WWW.BELSIZEPARK.RAZZAMATAZ.CO.UK

Razzamataz Theatre School Belsize Park is a part time Performing Arts School for children aged 4-18yrs old. The classes pay equal emphasis on Dance, Drama and Singing! The classes focus very much around building a child's confidence, improving their co-ordination and communication skills, maintaining their health and fitness but most importantly having fun! They cover both Musical Theatre and Commercial styles including Pop Singing and Commercial / Street Dance, with fully DBS checked teachers and staff. Classes take place via Zoom and booked on a first come/first served basis.

Minis Group (4-5yrs) Fridays 3-3.30pm
Juniors Group (6-8yrs) Fridays 4-4.45pm
Inters Group (9-11yrs) Saturdays 10-11.15am

Seniors Group (12-18yrs) Saturdays 11.30am -12.45pm

One of our parents is one of the speakers and host in a new webinar series targeted for young adults to motivate them and inspire them. There will be different topics each week. The series continues this Sunday at 9pm BST. If you are interested you need to register beforehand (it's totally FREE)—add ALEX VITILLO IN THE SPEAKER BOX. They go live on zoom on Sunday at 9pm. To register www.claysmile.com/rocketfuel

The LST Speakers Bureau presents
ROCKET FUEL
A chance for older generations to elevate younger generations
A FUN, INTERACTIVE WEBINAR
Every Sunday 9PM (BST) starting on June 7th
Free Admission... Register at Claysmile.com/RocketFuel
Sponsored by: MARIA L. FILOTEO, CPA & ASSOCIATES

LST MLF CPA

Struggling under Lockdown? Need Support or know someone who does?

These are very difficult times for everyone but one of the positives to come out of this situation is the amount of goodwill and support for each that is out there. If you are facing particular difficulties brought about by lack of employment, financial hardship, health conditions there are groups out there that may be able to help. You may not need these services yourself but know someone in Camden who does. Please see the information below:

Mutual Aid groups: Support with picking up shopping, medication, signposting to other helpful organisations.

We are also currently helping deliver hot meals from Food For All once a week.

You can join the group here: www.bit.ly/KTMutualAid or call 07858445464. Sometimes it helps people to join the group just to know there is support there if/when they require it. They will make sure the person is looked after and connect them to anything they require as support.

Highgate Newton Community Centre: [Flyer bottom right of page] They cover Camden N19, N6 and NW5 and can drop off a one-off free food parcels. If they know a family is in need, they will make sure to call every 2 weeks just to see how they are doing and if they can supply another parcel.

Cooperation Kentish Town: <https://www.facebook.com/CooperationTown/> They do deliveries every Wednesday. Their packs include bread, cereal, fresh fruit and veg, rice or pasta, tinned food and healthy snacks from the wonderful The Felix Project - (<https://www.facebook.com/thefelixproject/>) and freshly cooked meals from Food For All HQ (<https://www.facebook.com/FoodForAllHQ>) and additional supplies donated by neighbours.

Food for All (see flyer bottom left): They have a central kitchen in Holborn, with the capacity to cook thousands of meals daily. They've now set up a hub in Camden at 96 Park Way NW1 7AN. They are currently building a list of people that require the help, and setting up deliveries with a network of volunteers.

FOOD FOR ALL
Ready for action
Reg. Charity No. 1077897

Essential Meals for Vulnerable and Isolated in Camden

CAMDEN CALLING

There is one urgent action required, an action from the heart.
We need to unite and support people struggling in the Camden community during this extraordinary food poverty crisis.
'ROCK & ROLL RESCUE' & 'FOOD FOR ALL' have joined forces to assist those unable to leave their homes to shop for food, so we are asking the following:
Do you know a vulnerable person in need of a **FREE hot healthy meal and a food parcel** in the Camden area? If so, then can you **PLEASE** contact us at foodforalluk@gmail.com and leave your full details so we can add you to our list to be served immediately. Anyone in need is eligible.
You can come either come and collect or we can deliver to you in between the hours of 12 - 3.00pm.
Collection and pick up service is at 'Rock & Roll Rescue', 96 Park Way NW1 7AN, next door to the famous 'Dublin Castle'. Food is distributed by 'Food for All Charity'.
Please donate, however small: www.foodforalluk.com/donate
Food For All, Registered Charity No. 1077897

Food Bags For You.
If you are one of many who have lost their job and are experiencing hardship as a direct consequence of the Covid - 19 Pandemic
CALL US NOW on 07551 798767 or 07748 091604 e-mail: andrewhncc@outlook.com to arrange FREE food parcels to your home.
(HNCC Covid -19 Community Response Team)

In school this week...

This week we welcomed back the last two classes, year 3 and 4, for the first time since the lockdown. They have all been very busy in their class 'bubbles' as well as the children in our Key Worker and Vulnerable children group.

Enchanted Forests in Year 3



On Monday Haider made a really cool crown in Reception. Everyone loved it so much that they decided to make their own the following day.

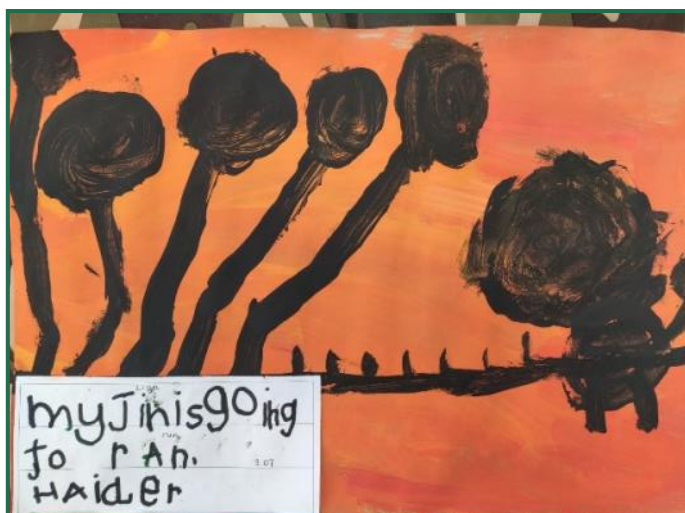
Reception



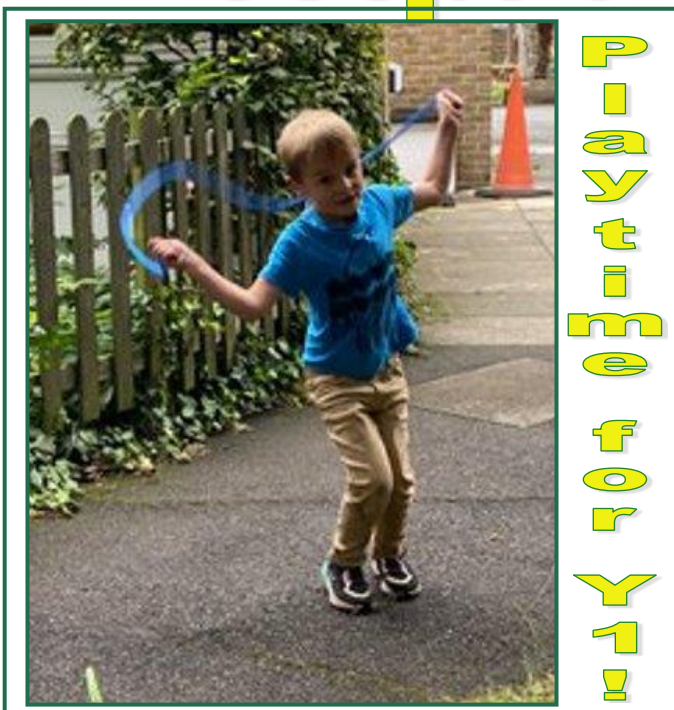


Pop Art - Roy Lichtenstein in Year 5



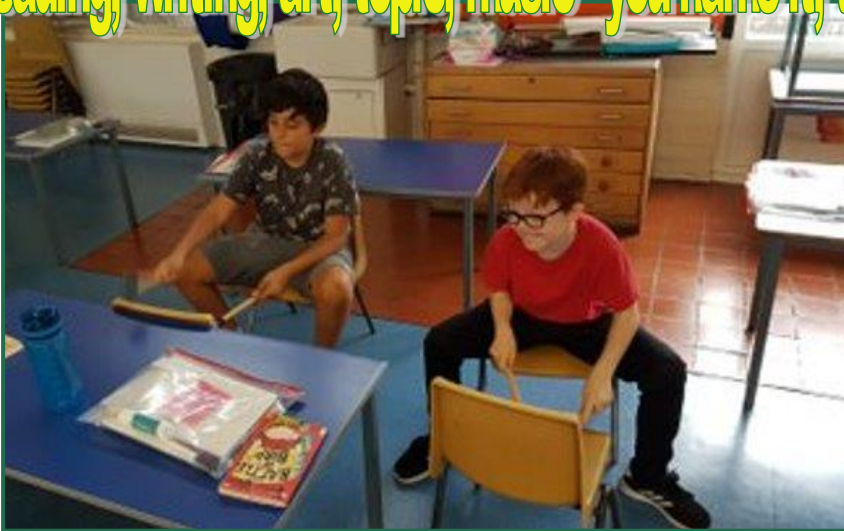


Animal Silhouettes at sunset in Reception





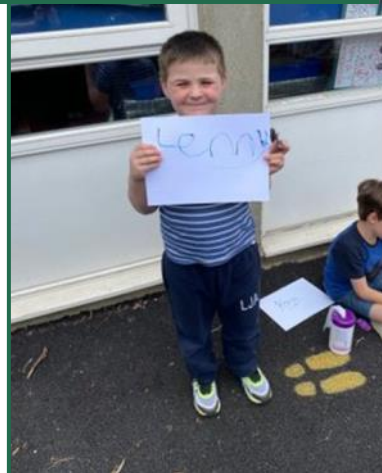
Reading, writing, art, topic, music - you name it, the children are back doing it!



More Enchanted Forests from Year 3



Pond Dipping in Y4

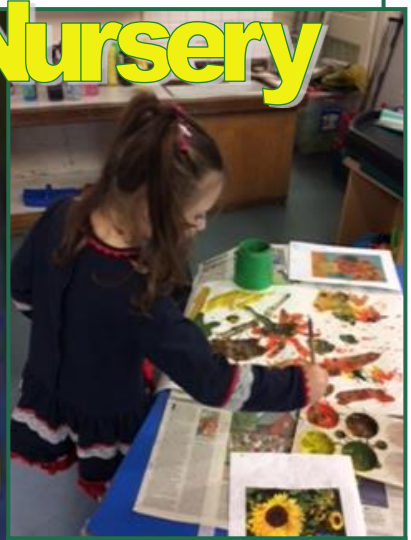


Year 1 made their own quills this week and then practiced writing with them, dipping them into pots of ink. They were finding out what writing must have been like for Samuel Pepys.



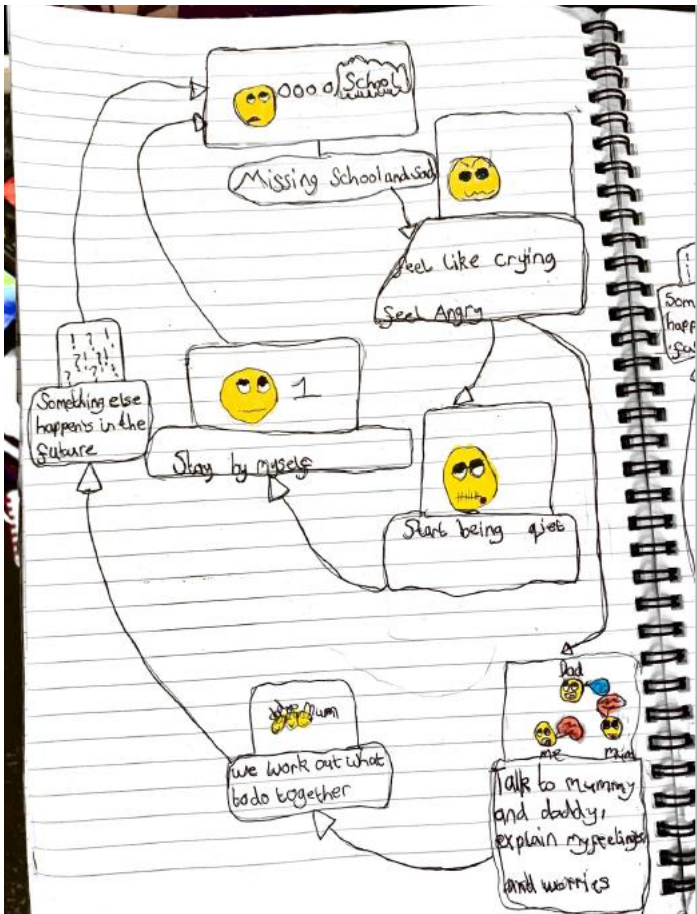
Hands on topic learning in Year 1

Sunflower Painting in Nursery



Fantastic Home Learning and Fun!

Many of you are still keeping up with the home learning—both those coming in to school for their two days and those not yet back. Thank you for continuing to engage. Next week's resources from teachers are the last for this year. If you are looking for anything to do over the summer there are lots of general resources available on the home learning pages and you can also go back and complete any tasks you were not able to do during the term when they were set. We are leaving everything up on the site for the time being.



Renewable and non-renewable energy

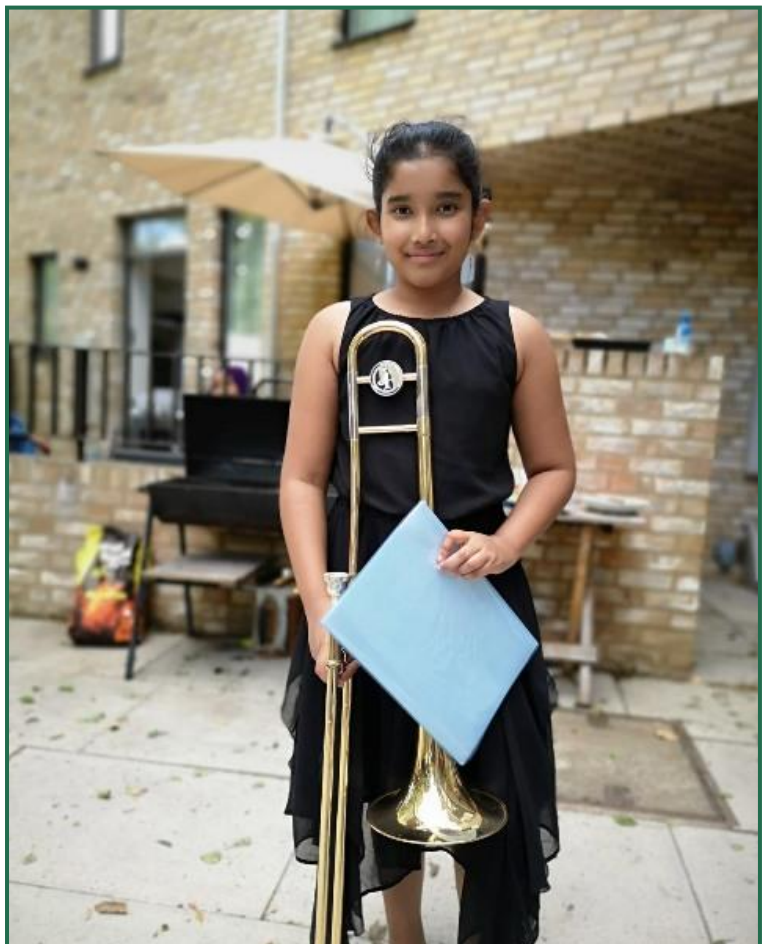
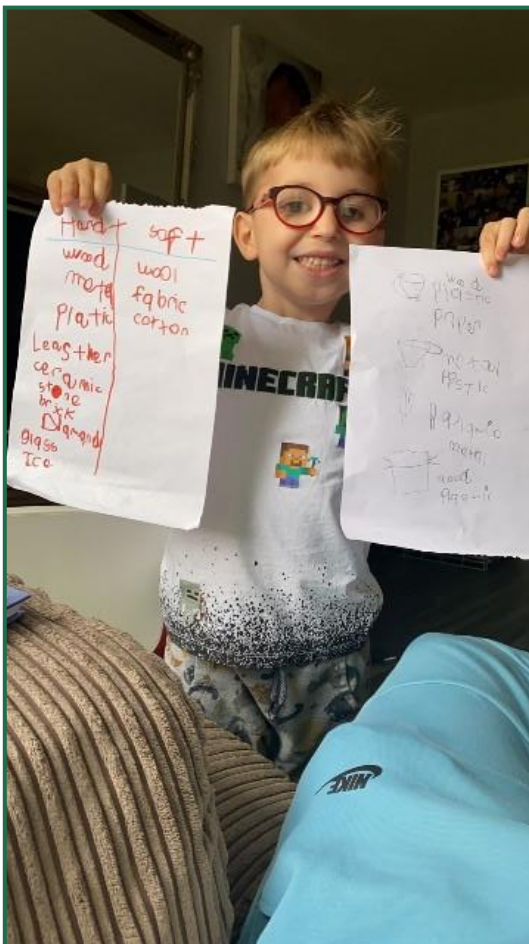
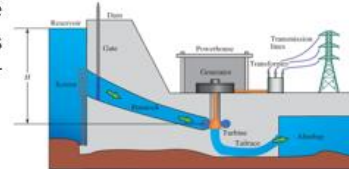
A **non-renewable resource** is when a natural source that is used up faster than it can be made by nature. Once it's all gone there'll be no more left for the future. Also considered non-renewable are resources that

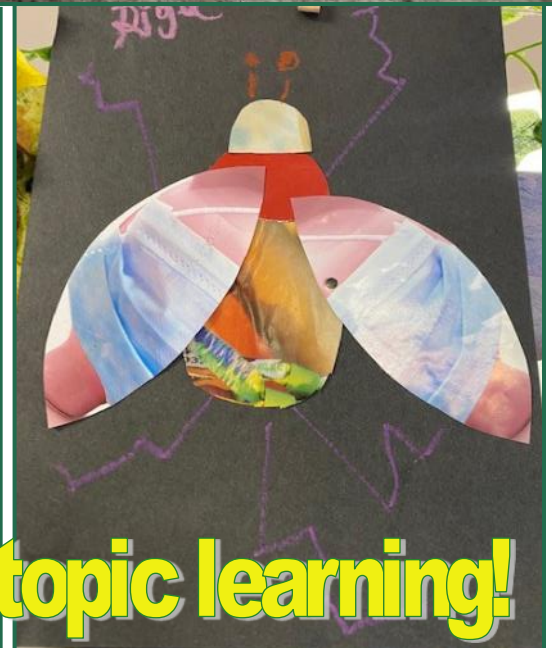
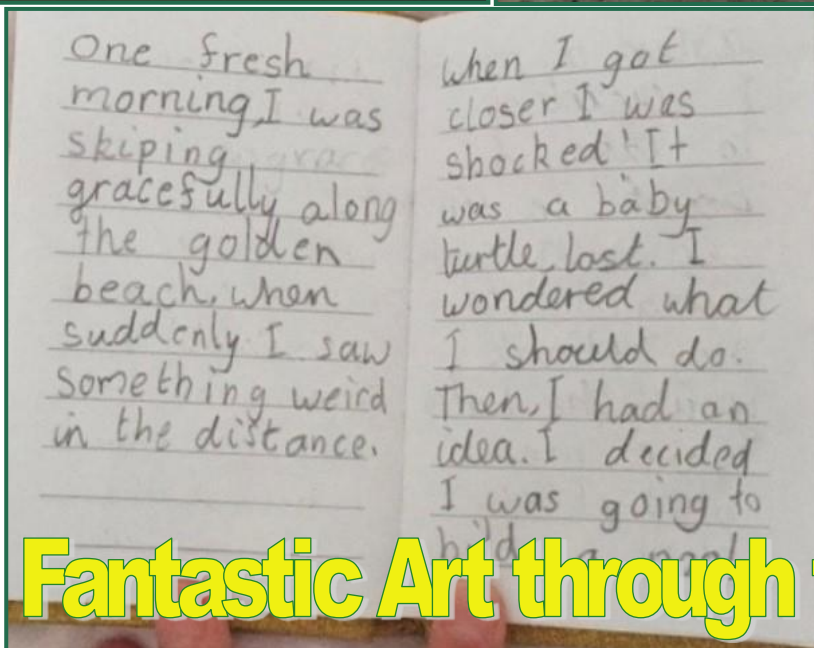
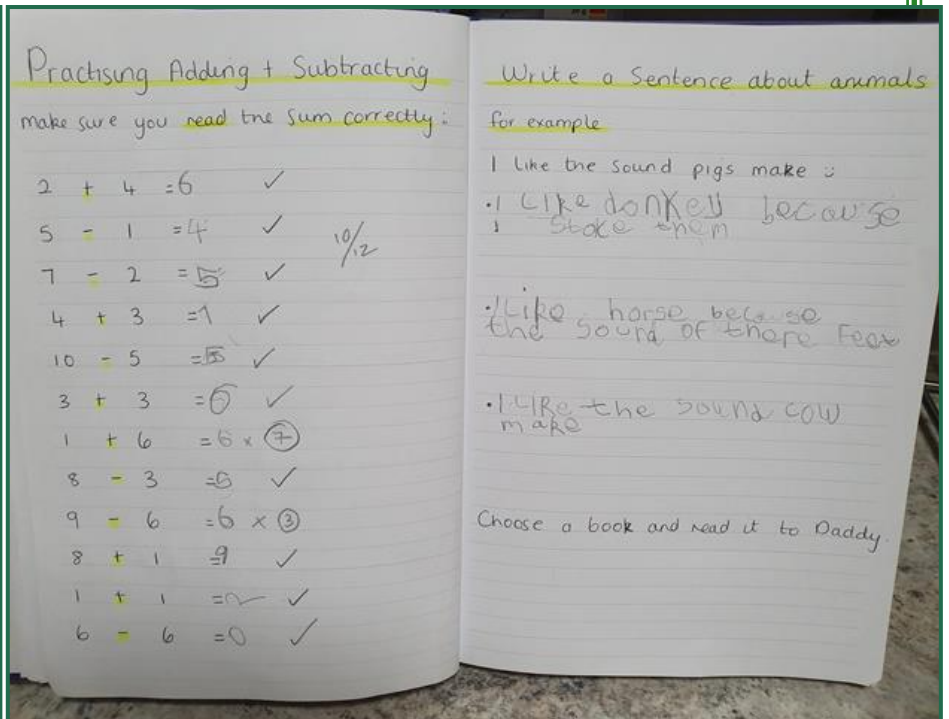
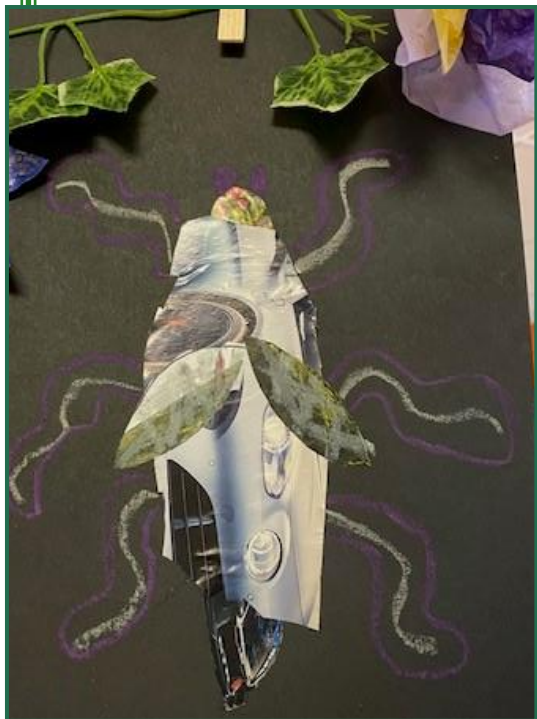
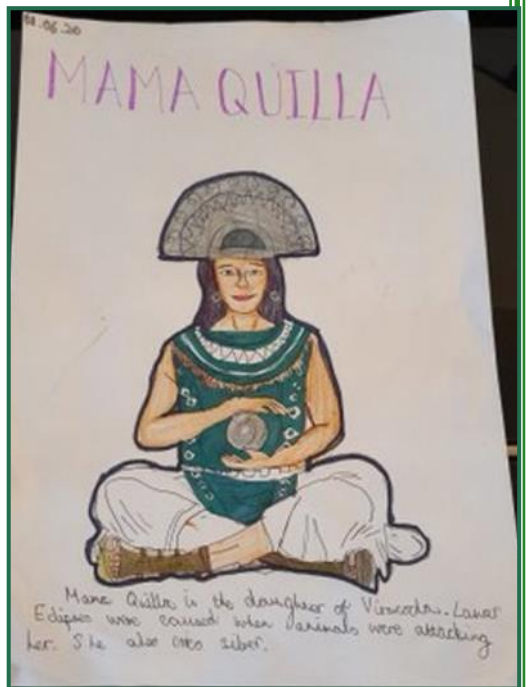
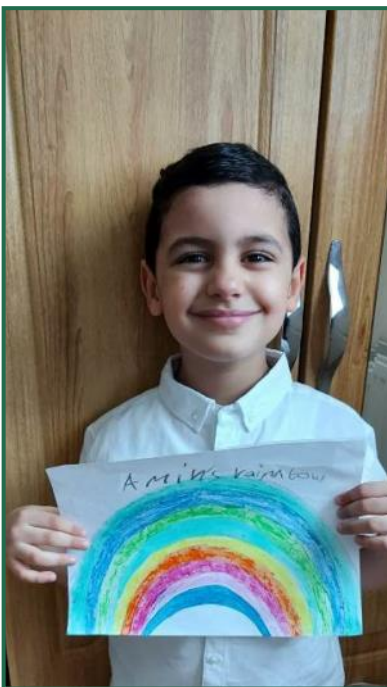
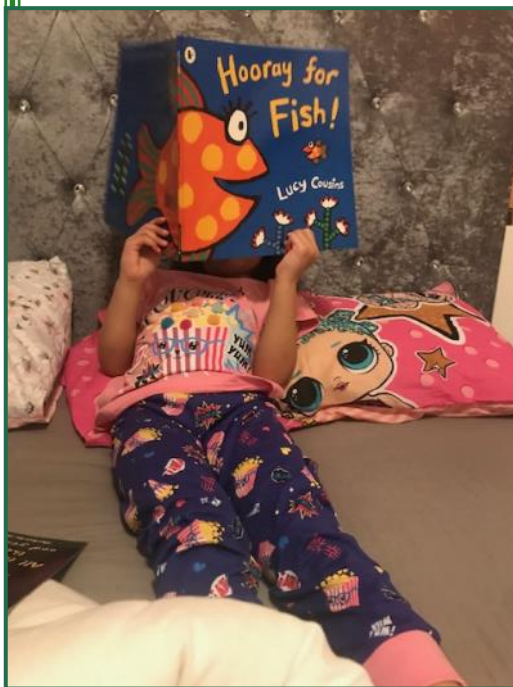


are consumed much quicker than nature can create them. Fossil fuels and types of nuclear power and certain aquifers are examples. Resources such as timber or metals are considered renewable resources. If you use a renewable energy source it will never run out. You could start by using solar panels or wind turbines. Hydroelectric systems can

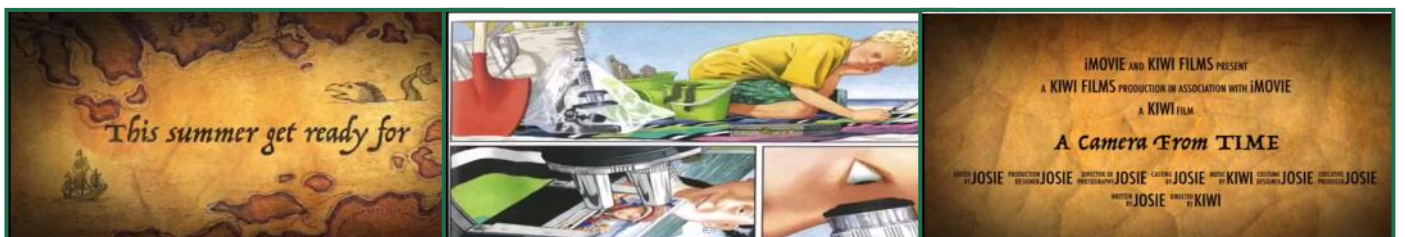
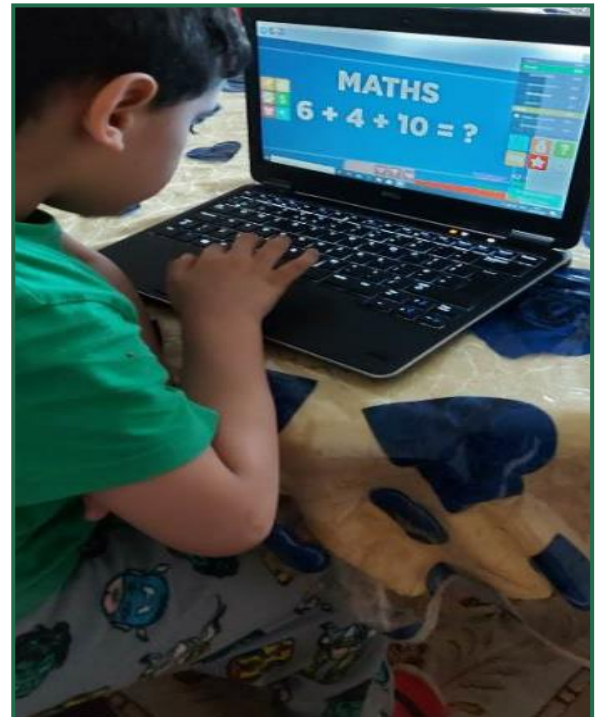
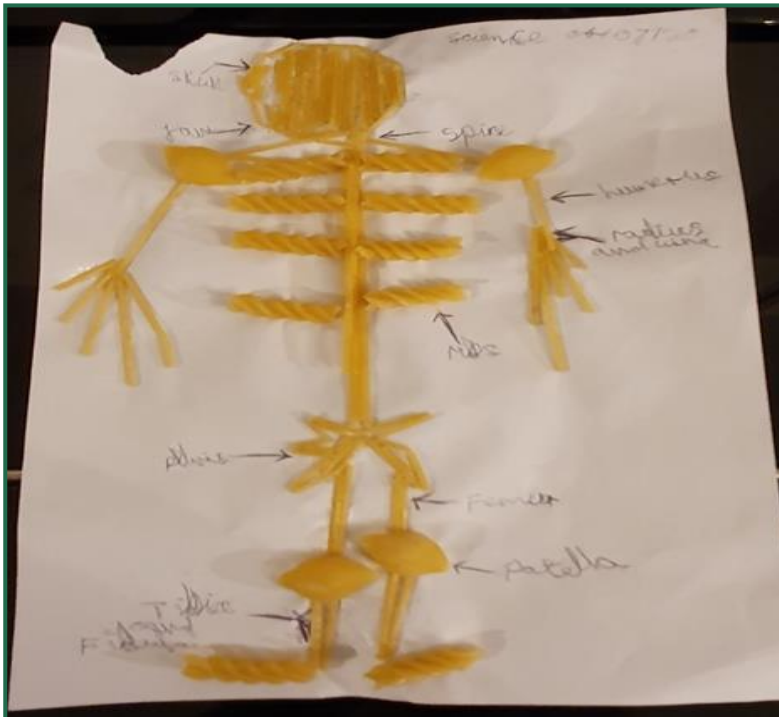
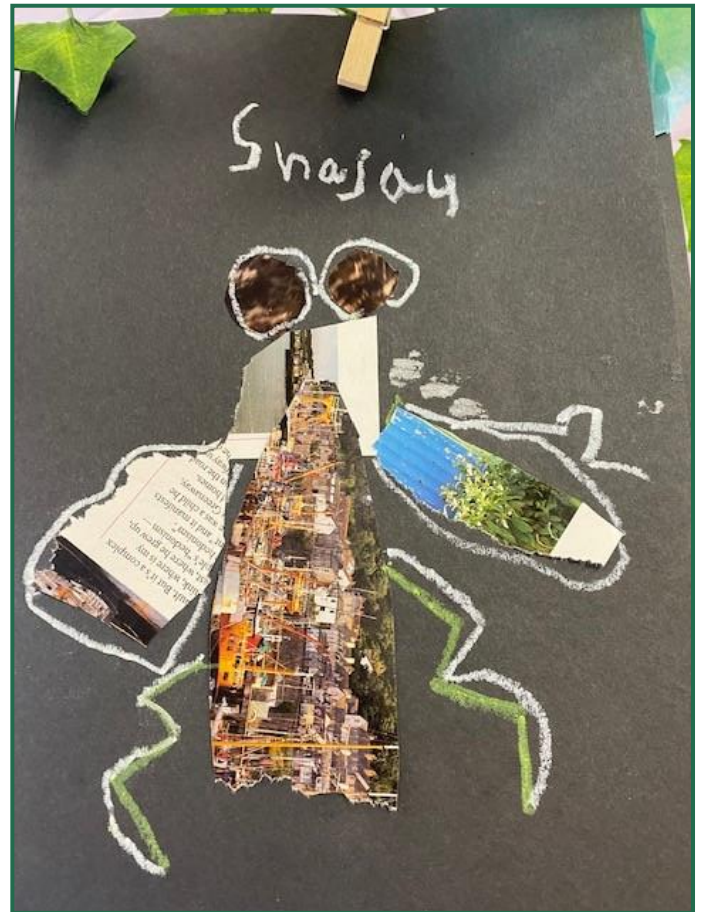


harm wildlife though. These are some of your options you have to make a better environment.





Fantastic Art through topic learning!



Check out this amazing 'trailer' Josie in year 6 has created on the picture book 'Flotsam' by David Wiesner. <https://vimeo.com/436767346>

Coronavirus: Weekly update

From Camden Council

To keep you up to date with changes to council services and support available through the Council and its partners, you'll find weekly updates here in the Camden New Journal.

Visit camden.gov.uk/coronavirus for the latest on all council services and information on essential support, including how to access emergency food and financial support. The webpage contains information in different languages and formats.

You can also check the rolling news feed at

camden.gov.uk/coronavirusnews,

Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil) or speak to someone at the Council directly on **020 7974 4444 (option 9)**.



SIGN UP to the Council's coronavirus e-newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates



With lockdown measures having further eased last weekend, it's been great to see people out and about in Camden, safely enjoying local businesses and spaces. However, we must remember that we are still not over this crisis and we need to work together to prevent a second wave. We can all make a huge difference by taking simple steps to enjoy Camden safely. You can read below about some of the measures we're putting in place as we start to reopen spaces across Camden, and we ask you to continue to keep yourself and others safe by following the guidance.

As a borough, there is a long road to recovery ahead, but I'm determined that we put in place bold and ambitious plans for our next steps. The cost of this crisis has been high – but has also shown the power of our communities to lead change and renewal. The collective response from our local community and voluntary organisations, and the grassroots activism we've seen over this period, demonstrates just what can be achieved if we harness the unique strengths of our communities. We are committed to helping to build a more inclusive and sustainable economy and society, that challenges inequalities in education, health employment and housing and delivers on Camden's vision for a place in which everyone can succeed, and everyone has a voice.

Councillor Georgia Gould, Leader of Camden Council

Council meetings

You can now watch council meetings, which are being held remotely, live or as recordings at camden.gov.uk/councilmeetings

This evening (9 July) Planning Committee takes place at 7pm, and on Monday 13 July, Full Council is at 7pm, where community representatives will join a discussion on Camden's community response to COVID-19. Next Tuesday 14 July there is a Schools Forum at 6pm.

While face-to-face councillor surgeries are currently suspended, they are still here to help.

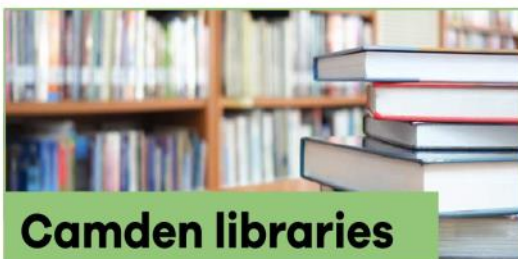
Visit camden.gov.uk/councillors or call **020 7974 2792** to get in touch.

Playgrounds and outdoor gyms

Camden Council has been working to make sure playgrounds and outdoor gyms in parks can be used safely. These spaces will begin to reopen this week with safety guidance in place. Please take these steps to keep yourself and others safe:

- Keep 2 metres away from others, or use a face covering where a 2 metre distance cannot be kept, especially in outdoor gyms
- Wash your hands before and after using the spaces and use hand sanitiser regularly
- Avoid spaces when busy
- Do not use playgrounds or outdoor gyms if you or anyone from your household has coronavirus symptoms.

Full guidance will be in place on sites and can be found at camden.gov.uk/parks



Camden libraries

Following the most recent Government guidance, Camden Council is working on plans to make sure Camden's libraries can be opened safely. This will include a phased approach to reopening, with limited computer access available at two libraries first. This will be followed in the remaining libraries over the summer. Protecting residents and staff remains the main priority and the Council is working to make sure that safety measures are in place before reopening. There will be more information, including reopening dates, very soon.

You can access the Council's 24/7 digital library at camden.gov.uk/digital-library

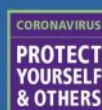
Local businesses

With many pubs, restaurants and other businesses starting to reopen, Camden Council has been working with local businesses to make sure there are safety measures in place. These include one-way systems, screens and hand sanitiser facilities. Please stay safe and follow the guidance, and consider:

- Planning ahead before you visit a business to check it's open, if it's likely to be busy and if you need to book
- Using cashless payment
- Walking or cycling rather than using public transport. If you do use public transport, you must wear a face covering.



camden.gov.uk/coronavirus
020 7974 4444 (option 9)





Back to school plans

The Government has published plans for how schools, nurseries and colleges should fully reopen to all children and young people from September.

Limits on pupil numbers will be lifted to allow schools to open at full capacity but children will stay in class or year group-sized 'bubbles', while older children will be encouraged to keep their distance from each other and staff where possible. This is alongside other measures, such as regular cleaning and handwashing.

Camden Council and Camden Learning are working with local schools to help them to safely reopen to all their pupils from September. Your child's school should be in touch about arrangements for September before the end of term. Children and young people will be expected to attend unless there are particular reasons for not doing so. For nurseries, childminders, and other early years providers, restrictions on group sizes will be lifted from 20 July, before the start of the summer holiday.

For more information, please visit camden.gov.uk/schools-children-and-families

NHS Test and Trace

NHS Test and Trace prevents further spread of coronavirus by:

- allowing people with coronavirus symptoms to get tested
- tracing the recent close contacts of people who test positive so that they can also self-isolate.

If you develop coronavirus symptoms, self-isolate for 7 days and organise a test – visit nhs.uk/ask-for-a-coronavirus-test or phone **119**. Self-isolating means not leaving your home at all.

If you live with others who have symptoms, you'll need to self-isolate for 14 days from the day

the first person started having symptoms. You may be able to stop earlier than 14 days if everyone in your household with symptoms gets a negative test result.

If you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS Test and Trace service advises you to do so. If you are worried about being able to self-isolate, support is available from the Council – phone **020 7974 4444 (option 9)**.

Visit nhs.uk/coronavirus for advice on symptoms, testing and self-isolation. If you're worried about your health or coronavirus symptoms call NHS **111**.

Marchmont Community Centre



King's Cross Brunswick Neighbourhood Association (KCBNA)'s Marchmont Community Centre is working hard to support local residents over 60. It has started a weekly publication, the Lockdown Times!, featuring contributions from its members, and aims to inspire, entertain, inform and connect residents with the outside world and each other. Together with KCBNA's youth team they are addressing issues like the Black Lives Matter protests, and sharing updates on local services, stories, online activities and much more. The centre is also working with Age UK Camden and the Surma Centre to help older residents with essential services like food and medicine deliveries, and telephone and Zoom befriending.

To subscribe to the Lockdown Times! or find out more about support available, email diane.fisher@kcbna.org.uk or phone **07443 193 413**.

Priority supermarket deliveries



On Monday, the Government began to relax its guidance for residents told to stay home and shield from the COVID-19 outbreak.

Despite this, Camden Council knows that some of you still have concerns about maintaining a safe social distance whilst out and about. To support you to stay home as much as you feel you need to, priority supermarket delivery slots will continue to be available to residents who need extra support.

This service sets aside a number of daily delivery slots with Tesco and Iceland so that you can do your food shopping online. To sign up visit camden.gov.uk/priority-food-delivery or contact **020 7974 4444 (option 9)**.

How would you like to hear from the Council?

Camden Council has launched a short survey to find out how residents would like to receive information and updates about its services.



Understanding more about how residents use social media, email and printed publications will help the Council to make sure it's getting the right information out, in the way that works best for you. Complete the survey at camden.gov.uk/communications

camden.gov.uk/coronavirus
020 7974 4444 (option 9)



 **Camden**