

Friday 11th June 2021

**Message from the head:** As part of the regular monitoring and evaluating of standards in the school, this week I spent some of my time meeting with small groups of children from each class to talk with them about school, learning, bubbles and their lockdown experiences. It was really useful to hear their opinions and about the things that they enjoy, what helps them to learn and their general opinions and attitudes towards school. From Nursery up to Year 6, the children were eloquent and had opinions to share. It was heartening to hear from them how positive they were about school and how reflective they could be on their lockdown experiences. I was pleased to hear their opinions on what and how we teach here at Fleet was valued and was inspiring them to be active learners—many talked with enthusiasm about their topics and their teachers and the activities they have done this year. A particularly pleasing aspect of this was something one of the Year 5 children said. They said one of the things they liked most about Fleet was that their teachers have always listened to them and allowed them all to express an opinion. They said they felt that every child in the class, no matter who they were or what level they were working at, was encouraged to have an opinion and that it would be listened to and celebrated. I think that is what we all strive for, for our children's voices to be heard and for them to feel they are important. Hearing this child express that makes all the hard work the whole staff have put in this year and over all the previous years this child has been at Fleet, means to me that we are succeeding.

I want to make a plea (again!) to those parents whose children are repeatedly late. While you may think 5 minutes makes no difference I can assure you it does. Not just to them but to the rest of the class. When children are coming in late, classes are interrupted and teachers end up being delayed in starting that first lesson of the day. A 5 minute delay each morning, as some classes are having, is effectively almost half an hour lost in teaching time a week (3 days over a school year!). Please get the children here and in class for the start time—that's the reason gates are opened 5 minutes before to ensure children are ready to learn by the start time..

Finally, as the weather feels more like summer, remember to put sunscreen on the children, that they have their water bottle and we would recommend a sun hat too. When out in the play ground there is not much cover from the sun.

I hope you all have a lovely weekend and I look forward to seeing you all back on Monday.

## Home Learning Projects Y2-Y6

If your child hasn't yet submitted their home learning project (either through seesaw or email) please make sure they do by Monday next week so that the teachers can share with their classmates and celebrate their achievements. We will share via Twitter/next week's newsletter too.

## Cycle Training—Summer Holidays

Camden is running **FREE** cycle training for children during the summer break. Course will run on **July 26, 27, 28, 29**  
For details and bookings:



## Nursery Applications for September

If your child is born between 1<sup>st</sup> September 2017 and 31<sup>st</sup> August 2018 they can start Nursery in September 2021. If you or someone you know would like to apply for a Nursery place, please follow link, complete and return to us as soon as possible <https://www.fleet.camden.sch.uk/MainFolder/3-Parents/Nursery-Application-Form-Feb-14.pdf>.

## LA SAINTE UNION OPEN SESSION

La Sainte Union School invites Year 5 parents and their daughters to our Primary Transition Open Evening on Thursday 24<sup>th</sup> June 2021 @ 4-7pm— an opportunity to see the school in action ahead of the October Secondary Applications round. Places must be booked in advance using the link . Confirmed time slots will then be shared by email. <https://www.lasainteunion.org.uk/Admissions/Admissions-Appeals/>



## Secondary school event for Y5 Families

The Meet the Parents project is holding two online events in June for primary school parents deciding where to send their children for secondary. Families from Acland Burghley, Camden School for Girls, La Sainte Union, Parliament Hill and William Ellis secondaries will be frankly answering any questions you might have about their school experience on Monday June the 14th from 6 to 7pm. To register for free, go to <https://www.eventbrite.co.uk/e/152115506575>.

MTP will be running a similar event with families from Regent High School, Maria Fidelis, Haverstock, UCL Academy and Hampstead schools on Wednesday June the 16th. See <https://www.eventbrite.co.uk/e/152120742235>

All Camden's schools are either Ofsted good or outstanding and work together as a family of schools. You can see a film about Camden secondaries here: [https://www.youtube.com/watch?v=db-zlk4\\_Kk](https://www.youtube.com/watch?v=db-zlk4_Kk)

## Lunch Menu next week—17th-21st May

### Meat Free Monday

Quorn Chow Mein  
Sweetcorn & Broccoli  
Shortbread Biscuit

### Tuesday

Meat/Halal: Mexican  
Beef Chilli  
Vegetarian: 5 Bean  
Chilli  
50/50 Rice  
Green Beans & Carrots  
Black Berry & Apple  
Crumble & Custard

### Available Daily

Freshly Cooked Jacket  
Potato  
Freshly Baked Bread

### Wednesday

Meat/Halal: Roast  
Chicken  
Vegetarian: Chickpea  
& Veg Loaf  
Gravy & Roast Potatoes  
Cauliflower & Red  
Cabbage  
Yoghurt & Fruit

### Thursday

Meat/Halal: Turkey &  
Chickpea Aloo Chat  
Vegetarian: Lentil &  
Sweet Potato Curry  
50/50 Rice  
Broccoli & Tomatoes  
Peach Upside Down  
Cake

### Friday

Meat/Halal: Fish in  
batter  
Vegetarian: Cheese &  
Tomato Quiche  
Chips or Sweet Potato  
Mash  
Baked Beans & Peas  
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**

## Punctuality Award

This week, our Punctuality award goes to Years 2, 3 and 5 with only 2 lates each! The recent improvement slipped this week in Reception and Year 6 back with 10 and 17 respectively. That meant we matched the last weekly total of 41 lates for the week - a long way from the 26 the week before. Thank you to all of you who are managing to ensure teachers and children's learning is not interrupted or time lost by getting your children here on time. Children should be in their class ready to learn at their start time. They are young and need your help to do this.



## Attendance Award

Our Attendance Award this week goes to Year 5 with 100% - fantastic! This year's whole school target is 96%. We are currently at 95.9% - so close—we can do it!



## Online learning resources and homework

- Mathletics: [login.mathletics.com](https://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/lglf-login/>



Dear Parent/Carer,

The NHS Mental Health Support Team who work across school in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom. Dates and times for the four topics offered are as follows:

Webinar topic	Date	Time
1) Managing children's worries	Fri 11 <sup>th</sup> of June	9.30 to 10:30—Q and A 10:30 to 11.00
2a) Supporting transition to secondary school option A	Fri 18 <sup>th</sup> June	9.30 to 10:30—Q and A 10:30 to 11.00
3b) Supporting transition to secondary school option B	Fri 25 <sup>th</sup> June	9.30 to 10:30—Q and A 10:30 to 11.00
4) Routine and summer activities	Fri 2 <sup>nd</sup> July	9.30 to 10:30—Q and A 10:30 to 11.00

Each workshop will last up to 60 minutes, with an optional follow-up slot of 30 minutes for further questions for those parents who are interested. You can opt-in to all four workshops, or select one or more topics that most appeal to you. We offer two options of the same workshop on 'Supporting Transition to Secondary School'. You can select:

Option A - Friday 18<sup>th</sup> June, 9.30 to 10:30 (Q and A 10:30 to 11.00)

**OR**

Option B - Friday 25<sup>th</sup> June, 9.30 to 10:30 (Q and A 10:30 to 11.00)

To find out more information and to register for any of the workshops for free, please go to the Eventbrite webpage at: <https://www.eventbrite.co.uk/e/mhst-parent-and-carer-wellbeing-webinar-series-tickets-154740568205>

We look forward to seeing you!

With warm wishes,

Sarah Relton (Child, Adolescent and Educational Psychologist) & Alessia Potere (Counselling Psychologist)

Dear Camden resident,

If you haven't had your first dose of the COVID-19 vaccine, our COVID-19 community vaccination bus will be in front of Hampstead Theatre on Eton Avenue in Swiss Cottage (NW3 3EU) where our local NHS will be vaccinating residents on the following dates and times this week:

**Friday 11 June, 3 – 7pm & Saturday 12 June, 10am – 2pm**

This is a free service for everyone who's eligible for the vaccine, which is currently people who are:

- Aged 30 and over
- At risk or high risk from coronavirus (clinically extremely vulnerable or clinically vulnerable)
- A health and social care worker, including care home workers
- Have a learning disability
- The main carer for someone at high risk from coronavirus

There will be a number of walk-in appointments available but please try to book in advance by calling Swiss Cottage Community Centre on **0207 586 5272** or emailing them on [info@yourswiss.org](mailto:info@yourswiss.org). You don't need to be registered with a GP or have an NHS number to be vaccinated.

If you have any questions about the vaccine, there will be healthcare professionals, including GPs and vaccinators, on-site who can give you more information before choosing to have the vaccine. There's also information at [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine) and [camden.gov.uk/covid19vaccine](https://camden.gov.uk/covid19vaccine).

### COVID-19 vaccine facts:

- The COVID-19 vaccine is safe, effective and gives the best protection against coronavirus
- Getting vaccinated could help to prevent new variants
- The vaccine is free from animal products
- There's no evidence to suggest it affects male or female fertility
- The vaccine does not alter or interact with your DNA in any way

For more information, visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine) or read our FAQ leaflet at [camden.gov.uk/documents/20142/0/4205.357+-+COVID-19+vaccine+and+testing+leaflet.pdf/e8091497-886e-5712-e5d8-ad8210b7e5e6?t=1623060430691](https://camden.gov.uk/documents/20142/0/4205.357+-+COVID-19+vaccine+and+testing+leaflet.pdf/e8091497-886e-5712-e5d8-ad8210b7e5e6?t=1623060430691)

## 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](mailto:brandoncentre.healthyliving@nhs.net) email address.





Term Dates can always be checked on our website by visiting:  
<https://www.fleet.camden.sch.uk/about-us/dates>

## SCHOOL TERM DATES 2021/2022

### AUTUMN TERM

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

### SPRING TERM

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

### SUMMER TERM

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

### STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Wednesday 1 <sup>st</sup> & Thursday 2 <sup>nd</sup> September 2021	Tuesday 4 <sup>th</sup> January 2022	Tuesday 19 <sup>th</sup> April 2022
2 <sup>nd</sup> half term			Monday 6 <sup>th</sup> June 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.

# 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 2: Okpe—10,342 coins!**

**Year 3: Saheim—3,068 coins!**

**Year 4: Aman—7,825 coins!**

**Year 5: no winner this week**

**Year 6: Gaith—17,785 coins!**



## Fleet Facts!

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



**Year 2: Mia, Arafat, Okpe, Daniel, Lashanty, Jake Sullivan, Jarod, Samuel, Shajai, Ursula**

**Year 4: Eva, Hiba, Amber-Lily, Rayane, Marli, Aman, Kai, Ben, Mohammed, Ryan, Esema, Lexi, Tawfiq, Zain, Hamzah**

**Well done!**





North West Football Acadmey  
are proud to introduce our first  
girls only training session!

All sessions will be lead by  
our head female coach!

All abilities welcomed!

Day: Thursdays

Time: 5-6pm

Venue: Hampstead Heath,  
behind the lido

Price: FREE

For more information  
please contact

Del - 07932431748

Peter - 07956 233977

Alexis - 07961 469477

# HVH Art - June 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 through May/June. They are also taking bookings for their popular summer courses. Get in quick by visiting their website: [www.hvharts.org/courses/](http://www.hvharts.org/courses/)



## HVH ARTS

**OLYMPUS**

### MAY/JUNE SCHEDULE 2021

WE ARE PLEASED TO BE OFFERING FREE WORKSHOPS IN ART AND MEDIA TO KEEP OUR YOUNG PEOPLE INSPIRED (ENSURING YOUNG PEOPLE ARE SAFE AS WE WILL BE DELIVERING OUR WORKSHOPS ADHERING TO COVID-19 GUIDELINES).

#### TEENAGE MUSIC MENTORING PROGRAMME (Being Funded by Camden Giving and The Childhood Trust)

We are continuing our inspiring music mentoring programme. Young people will be further developing their skills with the guidance of professional artists, writers and producers. After developing their own beats and lyrics, young people will have bespoke classes in branding their music and creating music videos with an expert videographer.

**DATES: ONGOING AND TBC**

#### QUEENS CRESCENT GRAFFITI SHUTTERS PROJECT with artist SAM SURE (funded by London Borough of Camden)

We are absolutely delighted to be continuing our murals that we are so proud of on Lismore Circus, on Queen's Crescent. We have the opportunity to bring some colour and positivity through our artwork, bringing the community together and spreading joy. Our street art will be displayed across the Queens Crescent shop shutters so that passers-by can admire what our young people have done.

**DATES: ONGOING AND TBC**

#### SCHOLARSHIP PHOTOGRAPHY PROGRAMME

A project taking portraits of the people of Gospel Oak and Regents Park being funded by Camden Council. This is a wonderful opportunity for our young scholars to further develop their skills in photography. They will be joined by Debbi Clark, CEO, to guide them on their journey.

**DATES: TBC**

#### ISOLATION STORIES DOCUMENTARY FILMING PROJECT (Funded by The People's Health Trust and GOLLP)

The continuation of our COVID-19 response project exploring personal stories throughout the Lockdowns of 2020 and 2021. Young documentarians will be learning the art of editing with Adobe Lightroom, honing their skills as filmmakers. The end result will be a short film compiled of personal and local interviews shot by our amazing young filmmakers.

**DATES: PARTICIPANTS FROM THIS PROJECT WILL BE INVITED FOR THE MAIN EDIT IN COVID BUBBLES ADHERING TO GOV RULES.**

#### LIVING IN A PANDEMIC: A PROJECT IN DOCUMENTARY PHOTOGRAPHY (Funded by Camden Giving)

Paul Romans led the charge in an amazing photography project, another of our extraordinary COVID-19 Response Projects. Young people took powerful photos documenting their experience of living in a Lockdown. The intention is to create a lockdown photography book, with a compilation of the young people's photographs.

**DATES: PARTICIPANTS FROM THIS PROJECT WILL BE INVITED FOR THE MAIN EDIT**

REGISTERED CHARITY NUMBER 1149607

funded  
through





# HVH Art - Summer Courses



**PATRON:**  
Helen McCreary OBE

## HVH ARTS

**OLYMPUS**

### SUMMER SCHEDULE 2021

WE ARE PLEASED TO BE OFFERING FREE SUMMER WORKSHOPS IN ART AND MEDIA TO KEEP OUR YOUNG PEOPLE INSPIRED THROUGHOUT SUMMER (ENSURING YOUNG PEOPLE ARE SAFE AS WE WILL BE DELIVERING OUR WORKSHOPS ADHERING TO COVID-19 GUIDELINES)

#### ILLUSTRATION 'MAPPING KENTISH TOWN' WORKSHOP WITH TRISHA KRAUSS

Together, we will create a mural sized map of Kentish Town. They will select 5 points of interest that they would like to depict. They can choose from blue plaque homes, well known people, interesting buildings, historical sites, cultural sites, their favourite shops, their homes, their schools, and of course the site of the gallery in Queen's Crescent. Each illustration will be collaged onto the main map. Our young scholars will learn various illustrative techniques, how to design and how to work as a creative team.

**DATES 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> July 12pm-3pm Ages: 5 to 16 (split into age-appropriate cohorts)**

#### 'LOVE MY AREA' PHOTOGRAPHY PROJECT WITH DEBBI CLARK

CEO and professional photographer Debbi Clark will take young people on a unique tour around their local area with a new perspective, through a lens. Exploring portrait and landscape photography, young people will learn lasting skills in how to stamp their own creativity on a project all about local pride. Young people will learn lighting, how to tell a story with a camera and technical skills that will help them develop their craft. Final prints will be displayed in an exhibition at the end of the summer.

**DATE 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> July 12pm-4pm Ages: 10 to 18**

#### MUSIC PRODUCTION AND MUSIC VIDEO WITH DEBBI CLARK AND JACOB LANDAU

A masterclass project with studio industry professionals creating a track and filming a music video with Kubic Music and professional artists from Sony Music. They will learn the art of making music and a music video, they will be able to be involved in all areas, seeking out one area that will inspire them from writing, producing, performing, choreography, mixing, filming, directing and editing. A unique opportunity to get involved in a local community project with and create their own track and music video.

**DATE 31<sup>st</sup>, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> August 12pm-4pm Ages: 10 to 18 (split into age-appropriate cohorts)**

#### TESS TOMASSINI DANTE ART PROJECT WITH EXHIBITION AT MAJOR EUSTON GALLERY

Exciting art project with young artist Tess Tomassini on the theme of Dante, to be produced and showcased in our end of term exhibition as well as an external exhibition in a major Euston Gallery to celebrate the 700th anniversary of the death of Dante Alighieri.

**DATE 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> 12pm-4pm August Ages: 5 to 18**

#### QUEENS CRESCENT STREET ART PROJECT WITH SAM SLURE

We continue with our street art murals along the Queens Crescent shutters that have been a local success story in the neighbourhood! We are so excited by this project as it has been hugely popular. Young people learn the skills of spray painting, seeing the whole process through from beginning to end, they begin with mocking up designs and then transfer these on to the shutters, inspired by the shop owners and creating beautiful artwork.

**DATE 8<sup>th</sup> August 12pm-4pm Ages: 8 upwards**

#### STOP MOTION ANIMATION WITH EMILY HOLLINGSBEE

Our wonderful tutor Emily Hollingsbee will be taking our young people through an imaginative journey, creating stop motion videos. The dream-like videos can be filmed on cameras or smart phones and the results are astounding. Young people will be able to create a story line, mood board, design characters and explore with shapes and shadows, to produce a cinematic animation!

**DATE 9<sup>th</sup> August Timing TBC Ages: 8 to 16**

#### FASHION DESIGN AND PRINTING 'DECONSTRUCTION' WITH LOUIA TURNER AND IVA SHAH

Design team and artists Louia Turner and Iva Shah join our young people for a 5-day intensive printing course. Young artists will learn skills in sewing, pattern making and printing, exploring the themes of 'deconstructions' using upcycled clothing. We will rework donated clothes to produce new, wearable works of art.

**DATE 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> August 12pm-3pm Ages: 8-13**

#### SAM & SARAH PORTRAIT PAINTING CLASS WITH ACRYLICS AND OILS

Join Sam and Sarah (art therapist) for a two-day painting course on 15<sup>th</sup> August and 23<sup>rd</sup> Young artists will learn portraiture with a variety of paints, including oils and acrylics. Young people can choose to paint each other or they can bring in a photo to use for inspiration.

**DATE 15<sup>th</sup>, 24<sup>th</sup> August 12pm-4pm Ages: 5 and up (split into age-appropriate cohorts)**

#### AMAZING DRONES&ROBOTICS CLASS WITH URBAN FLYERS

High Flyers join us again for the most unique summer workshop in programming and flying drones. Simon teaches young people how to code and coordinate drones so that they can fly in synchronicity. Enjoy if you have a fascination with how things work, wanting to gain skills in robotics and technology and would love to see drones a collection of drones flying in the air!

**DATE 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> August 12pm-2pm Ages: 10 upwards**

**GRAFFITI AND STENCILING TRIPTYCH WITH LOUISE ADIE**

Our amazing tutor Louise is back! She will be teaching the art of Graffiti, the tricks of shadows, the concept of this art is more than just a spray can. Artists will create their own triptych to reflect the amazing skills learnt at the course!

#### SCULPTURE CLASS - SUSTAINABILITY

This amazing two-day workshop will be a study in recycling and upcycling - showing young people how they can create something beautiful out of domestic plastic waste. This is a unique art class exploring the concept of sustainability and how we can reduce waste to help the environment by making something inspiring!

**DATE 22<sup>nd</sup>, 23<sup>rd</sup> AUGUST 12pm-4pm Ages: 5 and up**

#### HOW TO STYLE OLD CLOTHES - UPCYCLING WITH PATRICIA JONES

An amazing workshop in fashion/design and styling! We are thrilled to put on this project, exploring upcycling with young people - showing them how to take old clothes and turn them into new ones - you can repurpose those items you're sick of, to create something new and fresh!

**DATE 25<sup>th</sup> August 12pm-4pm Ages 11-18**

#### MAKE-UP AND HAIR TUTORIAL WITH PROFESSIONAL MAKEUP ARTIST

One of London's top MUAs comes to us at HVH ARTS to teach our young people a fantastic workshop in the art of make-up! We are extremely fortunate to have the opportunity in teaching our young people skills in this fantastic one-day workshop. We will use this opportunity to shoot portraits being taught by DEBBI CLARK with our young people to show their creativity in this make-up workshop.

**DATE 26<sup>th</sup> August 12pm-4pm Ages 11-18**

#### PORTRAITURE SHOOT + EDIT SESSION WITH DEBBI CLARK

A chance to see how the professionals work in the eclectic fashion/editorial world of fashion. Giving our young people the insight of how they can style and create a look for their own fashion shoot. Create your mood board and ideas with this brilliant workshop, we will create a fashion set and shoot your own ideas and vision with photographer DEBBI CLARK giving support to our young people using the OLYMPUS EP-8 cameras giving our young people the opportunity to create their very own fashion cover!

**DATE 27<sup>th</sup> August 12-4pm Ages 11-18**

#### 2 DAY CURATION WORKSHOP

Working with students who have been creating their fantastic works. This course will be a weekend working together and curating the young people's exhibition. PRE-Production is a skill that will help young people focus, learn the art of curating a show, preparing their work, framing and presenting their final piece which will be a valuable skill for their future. It is all about how we present our work and show it with pride. We will be working this weekend with students who have already been part of our ART Foundation courses in choosing and preparing their work for HVH ARTS

**'LOCKDOWN EXODUS' Exhibition!**

**DATE 28<sup>th</sup>, 29<sup>th</sup> 12pm-4pm August Ages 5-18 (split into age-appropriate cohorts)**

#### LOCKDOWN EXODUS EXHIBITION

We complete our summer project with an extraordinary LOCKDOWN EXODUS exhibition at our HVH ARTS GALLERY. This will include artworks produced over the 6 weeks of summer and young artists have the chance to showcase their work and view other's amazing work. Everyone is invited to join and we will be celebrating the end of lockdown by enjoying each other's artwork and projects.

**DATE 30<sup>th</sup>, 31<sup>st</sup> August Everyone welcome!**

NUMBER 1149607  
REGISTERED CHARITY



# Fleet Happiness Project

## GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



This year we're running the Fleet Happiness Project across the school. This is a project that we ran a few years ago with the aim of looking specifically at ways that we can increase our own, and others', happiness.

We'll be focussing on 10 themes across the year with lots of activities, assemblies and learning in class about each one.

**The next theme that we'll be thinking about as part of the Happiness Project is 'Trying Out'. We'll be exploring how learning new things brings us happiness. This will coincide with the half term holidays so please encourage your children to try new things whilst they are on their break and we look forward to hearing about the new hobbies and interests that they discover!**

Look out for the activities in your Home Learning and remember to share what you've been doing by sending in photos for the attention of Miss Wall at [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk).

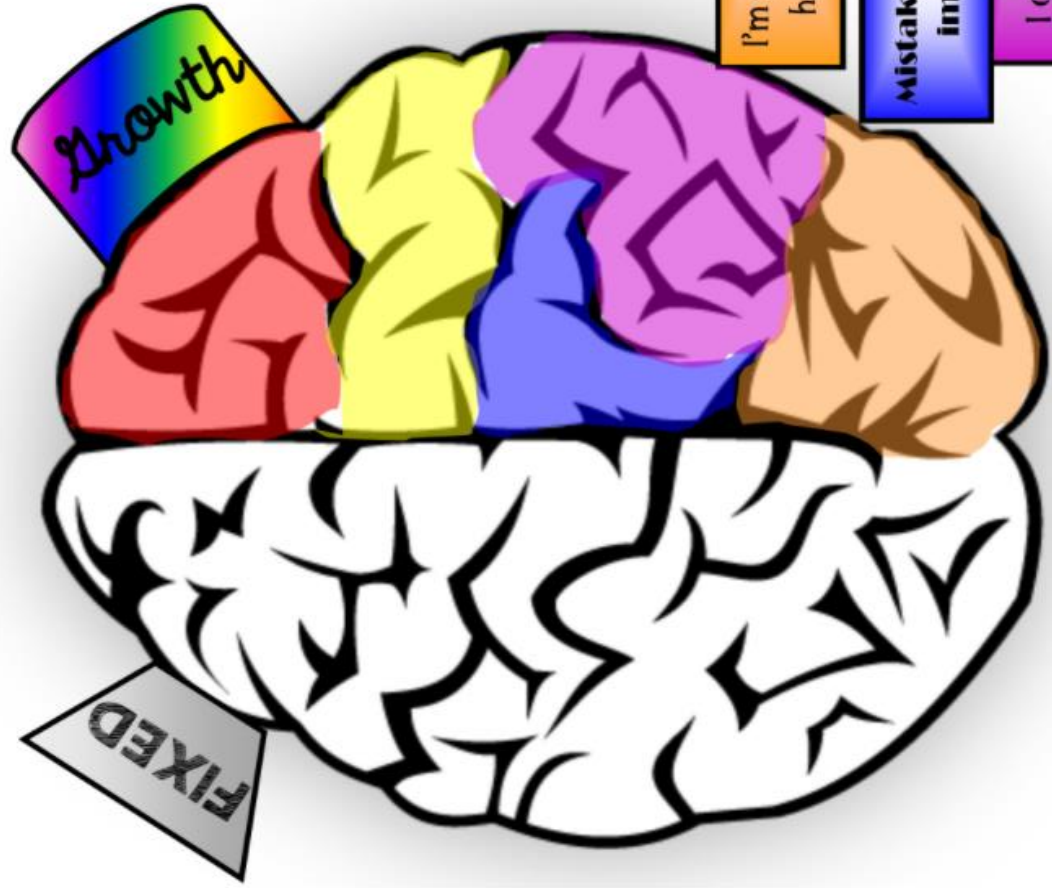
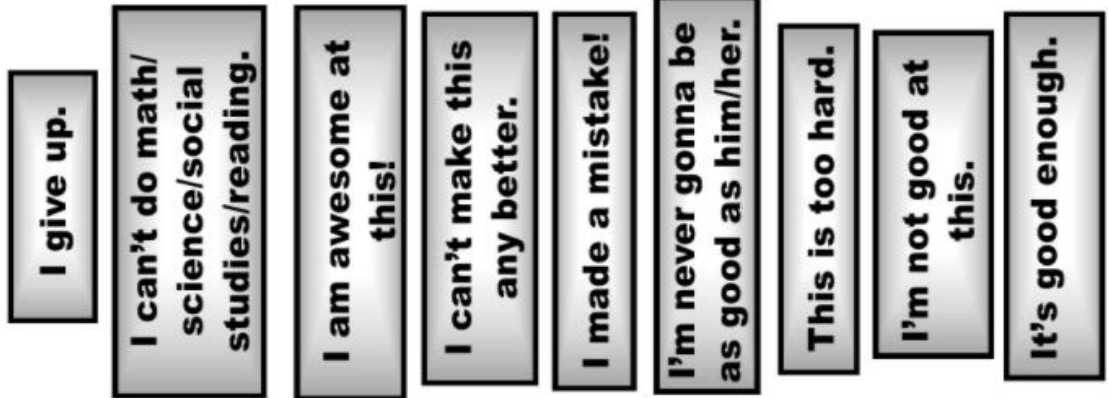
**ACTION FOR HAPPINESS**



Keep learning new things  
[www.actionforhappiness.org](http://www.actionforhappiness.org)



# Change your words Change your *Mindset*





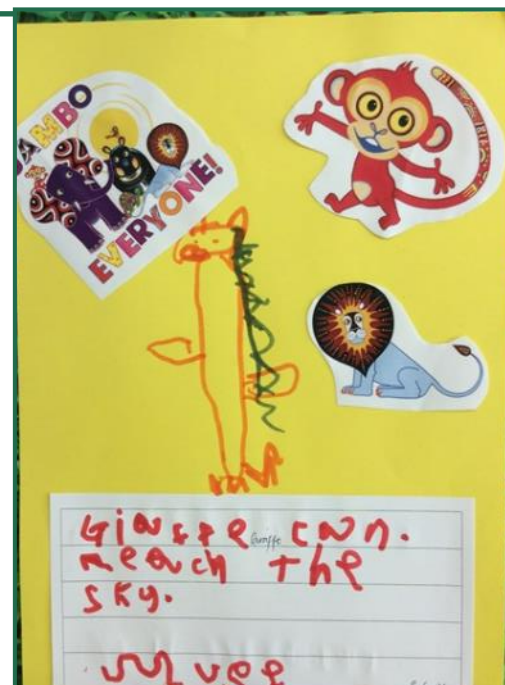
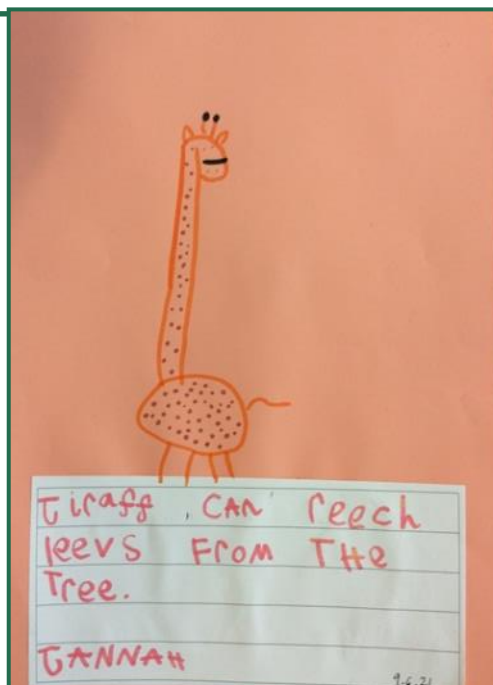
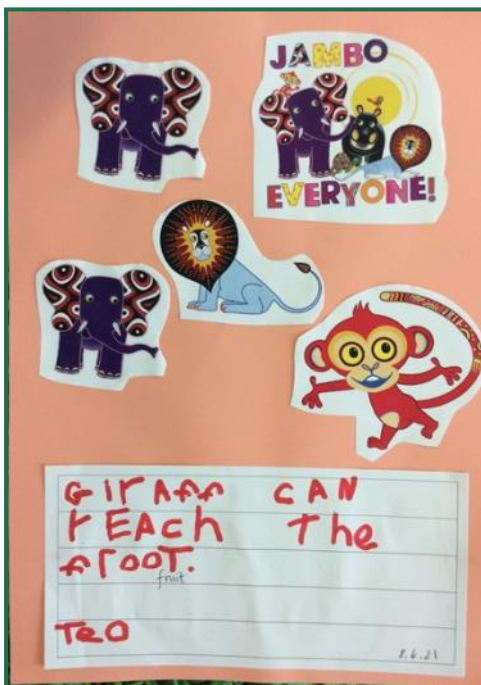


# Topic: Super Heroes & Vile Villains!

Some great team work on display with the nursery house and tower builders! The story this week has been 'Superworm!' The children have really enjoyed it, making playdough worms and measuring them to see if they are super long like Superworm! They even made their own 'Superworm' characters. What a great week Nursery!

# This week in Nursery...

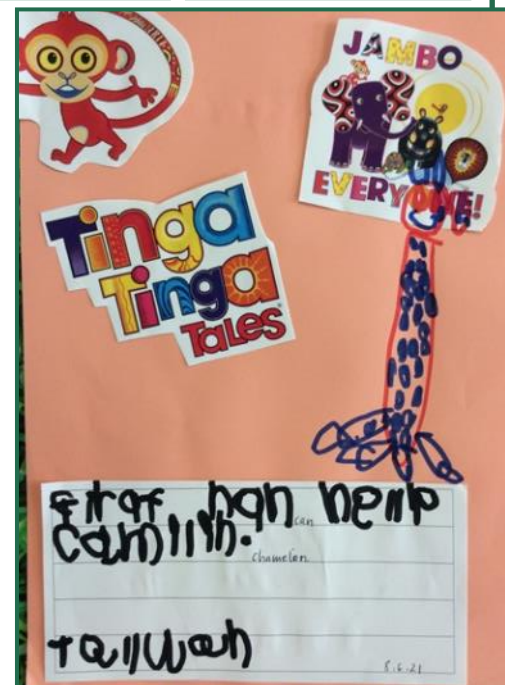
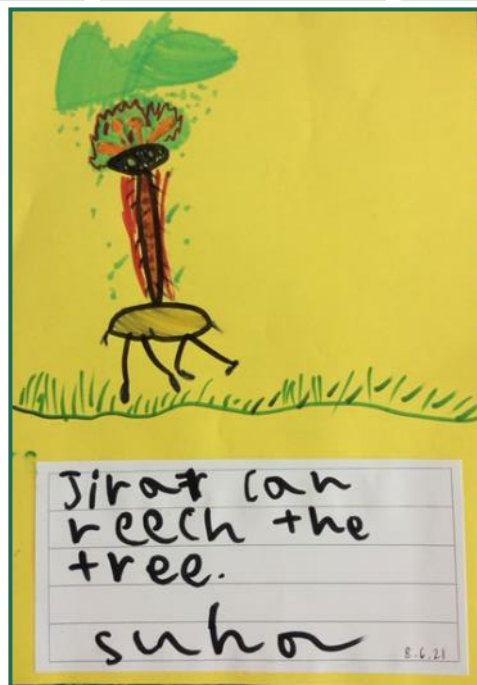




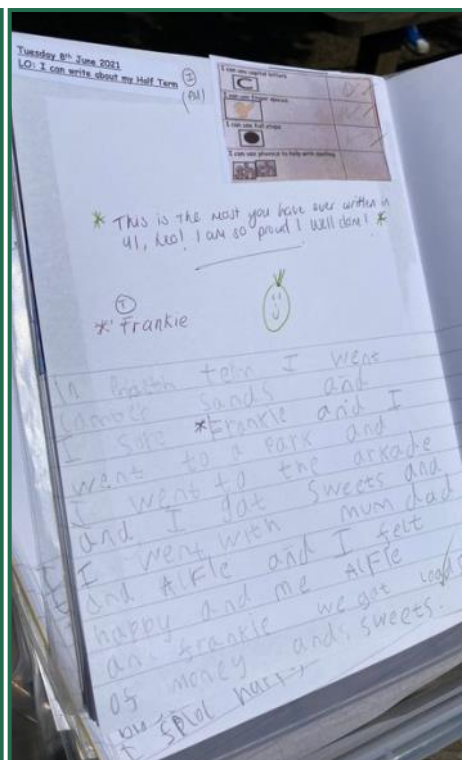
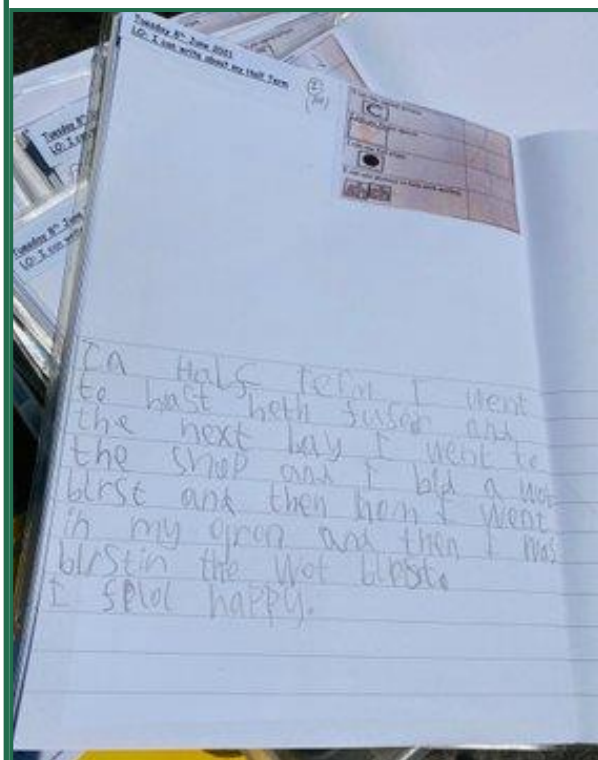
**This week in Reception...**

The children are still loving their animal adventure topic—they went animal spotting this week as well as doing some fabulous writing inspired by animals they've been learning about. Great work Reception!

**Topic: Animal Adventures**







Some fantastic discussion work in PSHE this week thinking about similarities and differences between us as well as fabulous writing, maths and singing happening throughout the week. Well done Year 1.

**This week in Year 1...**  
**Topic:**  
**History Detectives**

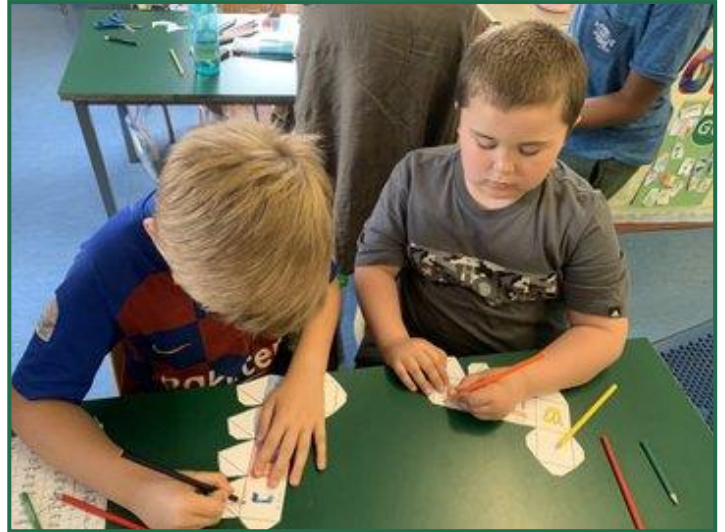


# This week in Year 2... Topic: The Island

The children love a good practical activity and Ms Webb is brilliant at devising them! They did some excellent investigative maths this week using scales and measuring. They also did really well with their STEAM project designing some fabulous houses. Well done Year 2.







## This week in Year 3...

Year 3 have been making the most of the local area and the school playground this week. They were studying Hanukkah and made dreidels as well as acting out the story in the forest school area. They also went out into the local area for a geography lesson taking note of all the different types of buildings and what they are used for. Another fabulous week in Year 3!

## Topic: Into the Woods







### This week in Year 4...

The children took part in a brilliant Samba Dance workshop this week—they were so enthusiastic (check out Twitter for a video!). They also did some great art inspired by Henri Rousseau. They are such a talented bunch.

**Topic: Into the Rainforest**

**Y4 Brass Practice:**

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





# The Viking news

THE PEOPLE'S FAVOURITE NEWSPAPER

4 Gold co

## The raiders strike again!



The fantastic Vikings return

By penny  
1 week ago, flotilla of long ships arrived on Lindisfarne monastery in Northumbria. Led by the feisty blonde boarded leader, are vicious warriors luckily looted the monastery and struck terror in to the hands of the cowardly English.

After a long hard journey

of ferocious waves, 30 big men leapt out of the long ship all at once onto the Lindisfarne monastery at 12:31am. Using all the time they had, they dashed up the shore they made eye contact with the land to check it out. They charged for this massive battling building there was no.

Chance for justice.

When they entered the building the gigantic men, who were completely unexpected, they were thinking of think of gold and slaves which made them more confident. Rumour has it there was more than 20 blocks of gold in there.

Olaf quoted, "It was like stealing swats from a baby!". "We painted the walls with blood", another said.

The warriors are already planning another attack.

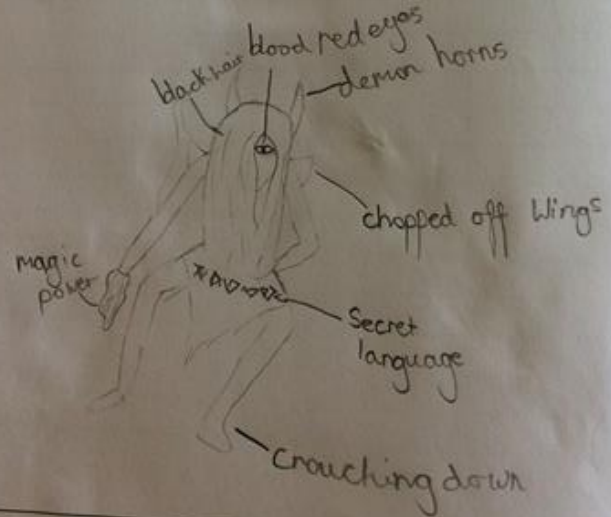
The children published their Viking Newspaper Reports this week—they have really learnt lots of about the history of this period. They also designed their monsters—they showed brilliant imaginations. Next week their monster will be taking on the character of Grendel from the Beowulf legend they have been reading in their own stories. Great work Y5.

Topic: Raiders & Invaders

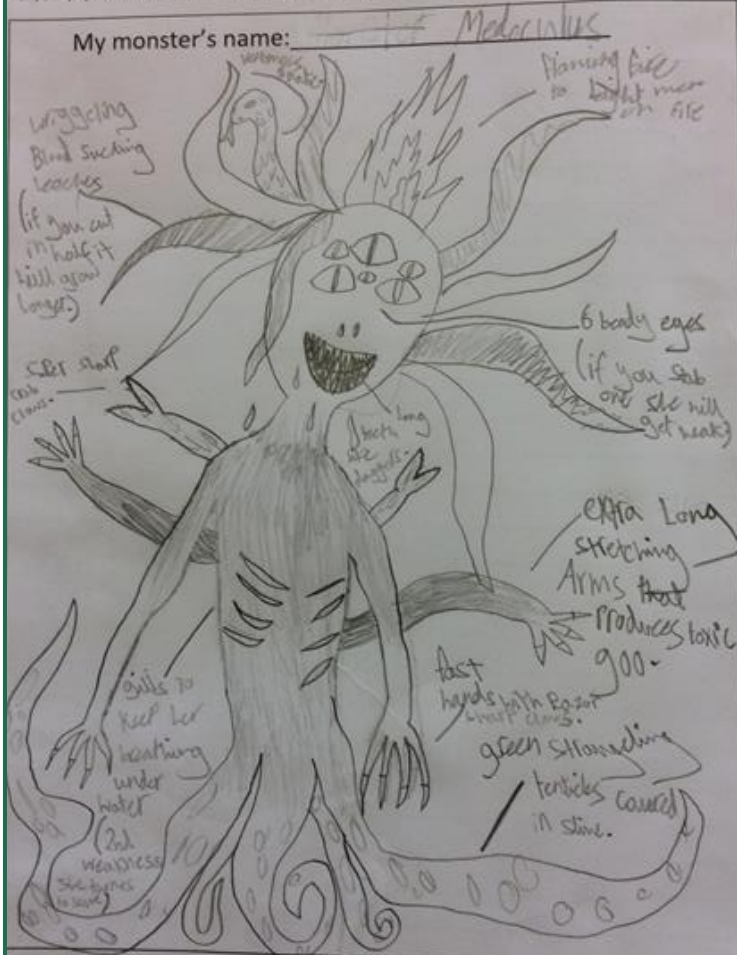
This week in Year 5

Y5 Brass Practice:

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



My monster's name:

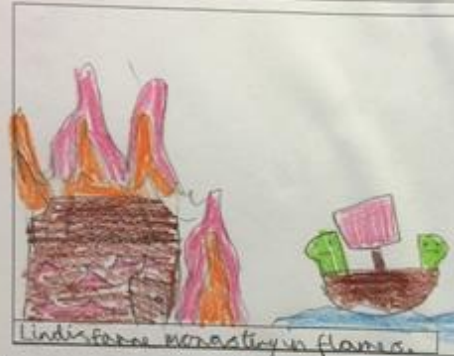


## THE VIKING AGE

SCANDINAVIA'S FAVOURITE NEWSPAPER

1 apple

### VIKINGS RAID LINDISFARNE



By: Nida  
Last week, a trio of ships descended on Lindisfarne monastery in Northumbria. Our amazing warriors, with no trouble at all, successfully raided the monastery. We now have diamonds, treasure, all the gold we could wish for and slaves. The English land is now ours!

In days, they finally reached land and came in contact with the monastery. They arrived at Lindisfarne at 1:15pm on the 8<sup>th</sup> of June. The cowardly, stupid monks were no big deal

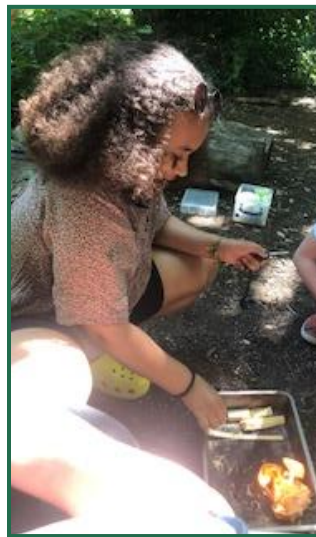
For our ferocious, fearless heroes. In a few minutes, without struggling, our bold, courageous men made their way into the monastery. Once inside, the heroic, relentless men started heaving 3-5 bags of shiny, glimmering gold. The helpless monks tried holding up crosses and bibles really thinking that it would work. Clearly it didn't. As soon as the treasure was thrown into the ships our Vikings came out unscathed! Naturally, they sailed away looking good and fresh as new.



Bloodfist, who was the youngest in the raid, stated, "It was so easy, that I haven't used a bit of my energy!". Another sniggered, "It was fun seeing how pathetic the monks were at fighting!". Lastly, we asked Redbeard who smirked, "We had been planning this for months and in the end it was totally worth it".

After this historical raid, we have power over Britain! We shall move there and take our families with us, to escape this punishing winter in Scandinavia. In an upcoming raid, our heroes are planning to attack Mercia. We can't wait to see what they have in store for us next.





## In Year 6...

The classroom is suddenly abuzz with the sound of lines being rehearsed and songs being sung as the children prepare for their end of year show. They have still found time to do an amazing programming workshop with Gillian from the CLC using Co-spaces and then playing them on the VR headsets. All this as well as a 'Stone Age' workshop at the Heath Education Centre. They might be approaching the end of Primary school but no time to slow down!



## Topic: Wild!



# 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—Yusuf

For using his phonics sounds to help with his writing. He has been working super hard - keep it up! Well done Yusuf.

## Year 1—Angelo

For a great start to a new school and class. You have settled in so very well to Team Y1, contributing to our lessons every day, showing a positive and courteous attitude and mixing well with your new classmates. Well done, Angelo, and welcome to the Fleet Family!



## Year 2—Alana

For all your hard work in reading. It is lovely to see all the progress you have made and I've enjoyed sharing books with you at playtimes. Well done superstar!

## Year 3—Zura

For your recent efforts with your reading! You are making great progress and it's lovely to see your enthusiasm! As well as this, you continue to be a kind and helpful member of the class. Your upbeat attitude is always a welcome presence :-)

## Year 4—Lizzie

You've been so engaged and enthusiastic about all your learning this week, everything from our Brazilian Dance Workshop to creating a mixed media collage. Your happiness and positivity makes us all feel better! And we were particularly impressed with your fabulous home learning project. Keep it up!



## Year 5—Lilly

For her superb work in English this week. Lilly wrote a brilliant piece on our new text 'Beowulf'. She selected adventurous adjectives and verbs to really bring the character, Grendel, to life. She also created her own gruesome monster who will be battling Grendel next week. Well done for your hard work, Lilly!

## Year 6—Frankie

For being such a brilliant role model in our class and having such a great attitude. On a recent trip, your behaviour and manners were beautiful. You were a credit to your school. During our show rehearsals you have been embraced everything with positivity and risen to challenges. Keep up the super work!



# 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 they feel it is needed. This guide focuses on one game of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

**FIFA 21**

## What Parents & Carers Need to Know about

# FIFA 21

AGE RESTRICTION  
**PEGI 3**  
Suitable for all ages

You don't need to be a football fan to have heard of the FIFA series of games (named after the Federation Internationale de Football Association: the worldwide governing body for the sport). Part of the franchise's massive appeal is that official licensing gives users the opportunity to play games as their favourite teams, controlling their favourite footballers. They either compete online against other players or work through a solo-player career mode. With updated editions launched annually, FIFA is playable on a range of consoles, with mobile versions available for smartphones and tablets.

### Recurring Costs

FIFA's trump card is that it includes real current players; a feature no other football arcade game can offer. However, this means that a new version of the game is released every year, with updated teams, players, kits and stadia, plus gameplay tweaks and extra features. Young FIFA fans usually want to be playing the latest version, so the pressure to buy each annual update is likely to be considerable.



### Online Chat

While the game of FIFA itself is suitable for children of all ages (as it does not include any inappropriate content), there is an issue of in-game chat. Your child can play against other people online and audio chat with them using headsets. As this communication is largely unregulated, it could mean that your child is exposed to language or conversations that are inappropriate.



### Possibility of Scams

Your child may receive an email or see a message on social media or in forums which appears to be a genuine FIFA promotion, but could be a scam. Following these links would take them to what may seem like a FIFA login page but is actually a phishing attempt to capture their login name and password. Scammers often use a legitimate-sounding name, such as 'EA Admin' or 'FIFA Developer'.



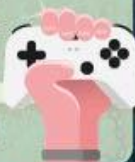
### In-Game Purchases

FIFA offers an array of in-game purchases. The FIFA Ultimate Team (FUT) mode lets gamers build their own team, playing matches to win coins. These coins can be used to recruit better players or packs containing random players. Some purchases can be made with in-game currency; others require real money – which can become expensive. There have been reports of parents receiving large credit card bills after their children's in-game spending.



### Addictive Gameplay

Your child could end up playing FIFA for long periods of time. Matches last around 20 minutes, so playing through an entire tournament can quickly eat up a large chunk of the day. Children sometimes struggle to control their gaming behaviour, at the expense of their daily routine. This is called 'gaming disorder' and is classified as a genuine mental health problem by the World Health Organisation.



### Over-Competitiveness

FIFA has occasionally been criticised for its competitive gameplay leading to disproportionate aggression and negative emotion in some players. This can be amplified by the in-game audio chat with opponents in real time. The potential for an emotional outburst can sometimes reach unhealthy levels – especially if your child's team is losing heavily or is defeated by a very late goal.



**National Online Safety**

#WakeUpWednesday

## Advice for Parents & Carers

### Set out Your Strategy

As a parent, it's worth considering that – if they like gaming and football – your child's fascination with FIFA probably won't be short term. It's more likely to be the start of a relationship that could last for years, involving repeated outlay on each updated edition of the game. If you think this may pose a problem, it might be best to make your child aware of it beforehand to avoid disappointment later.



### Give Abuse the Red Card

The facility to chat to other players certainly adds to the overall enjoyment of FIFA, and it's unlikely that you'll be able to convince your child to play the game without using it. It would be wise, however, to make sure beforehand that your child is aware of how to mute the audio of any abusive players and knows how to report anyone who is being offensive or intimidating.



### Defend against Scammers

Teach your child to stay clear of scams. Explain why they should be suspicious of any link which asks them to verify their username and password or provide other sensitive information: game developers never send messages asking for players' login details. Console messages, emails and social media posts promising in-game content if a player inputs their login information are fake.



### Control In-Game Spending

To spend real money in FIFA, a player's account must have a payment method enabled. Check whose debit or credit card – or PayPal account – is linked to the device that your child plays FIFA on. Most devices' parental controls can be adjusted to limit spending. There is also the prepaid option of Paysafecard – you can top up the balance, making it easier to control your child's purchasing in the game.



### Avoid 'Extra Time'

Devices' parental controls can also be used to restrict the amount of time spent playing. If you feel it's necessary, keep an eye on how long your child spends playing FIFA. Just like you might monitor how long they watch TV for. Warning signs of over-playing include disinterest in other activities, tiredness or fatigue, neglect of personal hygiene or becoming angry when they have to stop playing.



### Encourage a 'Half-Time' Break

Monitoring in-game chat is difficult, as you can usually only hear one side of the conversation. But your child's reactions will be a good general indication. Dealing with the frustrations of a game and troublesome people can be useful life lessons – but if your parental instincts tell you your child is getting too upset or angry, that's the time to intervene and encourage them to take a break from the game.



## Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world: UNILAD Gaming and GAMINGible. Having started gaming at a young age with his siblings, he has a passion for understanding how games and tech work – but, more importantly, how to make them safe and fun.



**FIFA 21**



SOURCES: <https://www.ea.com/en-gb/games/fifa/fifa-21> | <https://www.ea.com/en-gb/games/fifa/fifa-21/news> | <https://help.ea.com/en-gb/help/fifa/ea-safe-with-fut-coins-and-fifa-points> | <https://www.telegraph.co.uk/men/relationships/athens/10818939/My-son-spent-hundreds-of-pounds-on-in-app-purchases-without-me-knowing.html> | <https://help.ea.com/en-gb/help/fifa/faq/report-players-for-cheating-abuse-and-harassment/>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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# Weekly Wellbeing Update

## New Tip...

Relationships with parents are valued hugely at Fleet and we're very much missing seeing everybody as regularly as we usually would. Therefore we'd like to look at alternative ways of communicating and helping each other; at this difficult time we'd like to know how best to support you.

Check out these videos for parents developed to help you support your primary aged children:

1. How to Talk to you Child About Covid-19

<https://www.bbc.co.uk/bitesize/articles/zkbxwnb>

2. Encouraging Your Child to Take Care at School

<https://www.bbc.co.uk/bitesize/articles/z8g6jsg>

3. How to Deal with Anxieties

<https://www.bbc.co.uk/bitesize/articles/zj4p2v4>

4. Communicating with School

<https://www.bbc.co.uk/bitesize/articles/z7ksxbk>



## Wellbeing Tip of the Week!

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

### Week 26 – Taking control of our stress

When we are stressed or in danger, our brain detects this and automatically triggers our stress response to protect us. This response is known as fight, flight, freeze. Certain hormones are released to prepare our body to face the stressor head on, run away from it or freeze. For this to happen, the emotional part of our brain takes over and the thinking part shuts down: when facing a threat, we don't have time to weigh up our options, our body just needs to act. Although this instinct keeps us alive, nowadays our stress response can be triggered often and when we're not in real danger. If we feel very overwhelmed, we can get stuck in our emotional brain. This means we can find it harder to calm ourselves down, to focus and to problem-solve. To try and wake up our thinking brain again, here are a few things we can do:

- BREATHE! We need oxygen to get back from our muscles to our brain – try deep breathing exercises: breathe in for 5 seconds and out for 7
- How do I feel when stressed? – Take notice of your physical and emotional response to stress, the more you are familiar with it, the earlier you can recognise when you're feeling stressed so you can start your deep breathing

Try some healthy coping strategies: walk away from the situation, scribble on some paper, talk to someone, listen to some calming music



# 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](mailto:LBCMASHadmin@camden.gov.uk)

For more information about Early Help visit:

[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)

Sure Start 020 7974 8961

[camden.gov.uk/surestart](http://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.





## 1-2-1 CYCLING ADVICE AND SKILLS SESSIONS WITH Sustrans

ARE YOU THINKING ABOUT CYCLING INTO SCHOOL OR WORK  
AND NEED A LITTLE BIT OF HELP OR ADVICE?



These sessions can be done **remotely** by phone/ Zoom or **in-person** at a place convenient to you.

We can cover absolutely anything related to cycling but these may be things such as:

- Advice on choosing a cycle or equipment;
- Learning to ride (in-person only);
- Refresher cycling courses;
- Route finding;
- On-road cycling (in-person only);
- Bike maintenance;
- And anything else!



*"Just wanted to say thank you so much for the session with my daughter and husband today it was really helpful. We gained so much confidence and skill so quickly it's wonderful."* **Parent at previous cycle skills session**

The sessions can be for:

- Individuals
- Families
- Groups of less than 6



For more information and to  
book sessions please email:  
[dave.ebbrell@sustrans.org.uk](mailto:dave.ebbrell@sustrans.org.uk)







# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on **easyfundraising.org.uk**

<http://www.easyfundraising.org.uk/causes/fleetps>

**4,300** online sites will give us a free donation  
when you shop with them - at no extra cost to you!



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£ Over £32 million raised

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👤 1.8 million users



**PLEASE ENSURE YOU ALL HAVE THIS APP INSTALLED AND NOTIFICATIONS TURNED ON  
THIS IS OUR PRIMARY MEANS OF COMMUNICATING WITH YOU**



## 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](http://www.parenthub.co.uk) to find out more



# COVID-19 ABSENCE

Updated:  
March 2021

## A quick guide for parents / carers

Please note: the first day of self-isolation is day 0. You must stay in isolation for the next 10 full days

What to do if...	Action needed	Back to school...
...my child has COVID-19 (coronavirus) symptoms*	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Child should get a test</li><li>• Whole household self-isolates while waiting for test result</li><li>• Inform school immediately about test result</li></ul>	... When child's test comes back negative and the child is well enough
... my child tests positive for COVID-19 (coronavirus) using a lateral flow test (rapid test) and they don't have symptoms	<ul style="list-style-type: none"><li>• If the child was tested at school they should go home immediately</li><li>• if the child tested at home they should inform school immediately about their test results</li><li>• Child should have a confirmatory PCR test to confirm the result if they got a positive result from a rapid test (order online or call 119)</li><li>• Whole household self-isolates for 10 days from day of test – even if someone tests negative during those 10 days</li></ul>	... after 10 days, as long as they haven't developed any symptoms. If they do develop symptoms, they need to self-isolate for 10 days from the start of symptoms*
... my child tests positive for COVID-19 (coronavirus) and they have symptoms	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Inform school immediately about test results</li><li>• Child self-isolates for at least 10 days from when any symptoms started (or from day of test if no symptoms)</li><li>• Whole household self-isolates for 10 days from day when symptoms* started (or from day of test if no symptoms) – even if someone tests negative during those 10 days</li></ul>	After 10 days, if the child's symptoms have gone, or if the only symptoms they have are a cough or loss of smell or taste, which can last for several weeks.
...somebody in my household has COVID-19 (coronavirus) symptoms*	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Household member with symptoms should get a test</li><li>• Whole household self-isolates for 10 days while waiting for test result</li><li>• Inform school immediately about test results</li></ul>	... when household member test is negative, and child does not have COVID-19 symptoms*

\*symptoms includes at least one of the following: a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)





What to do if...	Action needed	Back to school...
... somebody in my household has tested positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Whole household self-isolates for 10 days - even if someone tests negative during those 10 days</li> <li>• Day 0 is the day the first person in the household's symptoms started (or the day the test was taken if no symptoms)</li> <li>• If the child develops symptoms whilst self-isolating, they should get tested, and if they test positive they will need to self-isolate for 10 days from when their symptoms started</li> </ul>	... when child has completed 10 days of self-isolation, as long as they are well
...NHS Test and Trace or your school/nursery has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for 10 days (as advised by NHS Test and Trace, or your school / nursery) – even if they test negative during those 10 days</li> <li>• Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> <li>• If, during the isolation period, they develop symptoms or test positive they (and their household) will need to self-isolate for 10 days from when symptoms started or, if there are no symptoms, for 10 days from when they were tested</li> </ul>	... when the child has completed 10 days of self-isolation, even if they test negative during those 10 days
....we/my child has travelled and has to self-isolate as part of a period of quarantine	<ul style="list-style-type: none"> <li>• From 15 February onwards, everyone allowed to enter England who has visited or passed through a country where travel to the UK is banned in the last 10 days must: <ul style="list-style-type: none"> <li>- quarantine for 10 days in a managed quarantine hotel</li> <li>- take a coronavirus test on or before day two and on or after day eight of quarantining</li> <li>- Read more about international travel and how this operates (<a href="https://www.gov.uk/uk-border-control/before-you-leave-for-the-uk">gov.uk/uk-border-control/before-you-leave-for-the-uk</a>)</li> </ul> </li> <li>• Do not take unauthorised leave in term time</li> <li>• Consider quarantine requirements and Foreign and Commonwealth Office advice when booking travel</li> <li>• Provide information to school as per attendance policy</li> </ul> <p><b>Returning from a destination where quarantine is needed:</b></p> <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Day 0 of self-isolation is the day you arrive in the UK</li> </ul>	... when the quarantine period has been completed for the child (10 days)



What to do if...	Action needed	Back to school...
... we have received advice from a medical / official source that my child must resume shielding	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Contact school as advised by attendance officer / pastoral team</li> <li>• Child should shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	... when school / other agencies inform you that restrictions have been lifted and your child can return to school again
... I am not sure who should get a test for COVID-19 (coronavirus)	<p><b>There are two types of tests for COVID-19</b></p> <p>For people who <b>don't have symptoms</b>:</p> <ul style="list-style-type: none"> <li>• Simple and quick tests, known as lateral flow device (LFD) tests are used to test people, without the need for a laboratory. Children in secondary schools and colleges will be tested on site from 8 March and then issued with testing kits to use at home. If they test positive, then the child <b>and their close contacts</b> will be required to self-isolate for 10 days</li> <li>• If any of the close contacts develop symptoms, they should stay at home and get tested</li> <li>• If anyone tests positive whilst <b>not experiencing symptoms</b> but develop symptoms during the isolation period, they must restart the 10-day isolation period from the day they developed symptoms</li> </ul> <p>For people who <b>have symptoms</b>, they should book a test online at <a href="https://nhs.uk/coronavirus">nhs.uk/coronavirus</a> or call <b>119</b>. The whole household should isolate for 10 days</p>	... children who have tested negative and/ or who have no symptoms are able to attend school providing they are not isolating for any of the reasons set out above

For further information and support to self-isolate:  
[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) 020 7974 4444 (option 9)





# Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit [camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)
- Check out [news.camden.gov.uk](https://news.camden.gov.uk)
- Follow Twitter @CamdenCouncil and Facebook [facebook.com/LBCamden](https://facebook.com/LBCamden)
- Speak to someone at the Council on **020 7974 4444 (option 9)**.



**SIGN UP** to the Council's coronavirus enewsletter at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)

## There are four ways to book your free COVID-19 vaccination

If you're aged **25 or over**, or fall into one of the priority groups, you can book your COVID-19 vaccination appointment now:

1. Call **119** for free
2. Visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)
3. Not registered with a GP? Email our local NHS on [nclccg.covid-19vaccine@nhs.net](mailto:nclccg.covid-19vaccine@nhs.net) or call Camden Council on the number below
4. Need support to book? Call the Council on **020 7974 4444 (option 9)**

## Why I had the COVID-19 vaccine

Zein Hussain is a Physician Associate at Central Camden Primary Care Network. He says: **"Being a Black man who works in healthcare, I was at much higher risk of getting COVID-19 so I had the vaccine to put a barrier in COVID's way and help keep myself safe. COVID has disrupted all of our lives so let's help prevent it spreading by getting the vaccine when it's our turn."**



## Have you visited one of Camden's Streateries yet?

Camden now has a range of Streateries, where you can meet others safely and enjoy dining in the great outdoors.

Streateries provide new space on the road for outside tables and chairs. This extra space means you can enjoy meeting others and dining outdoors safely. Taking up new space on the road also keeps the pavement clear for passers-by and wheelchair users. You'll find Camden's Streateries in:

- |                                 |                      |
|---------------------------------|----------------------|
| • Belsize Park                  | • Great Queen Street |
| • Charlotte Street              | • Pancras Road       |
| • Cleveland Street              | • Regent's Park Road |
| • Doric Way                     | • South Crescent     |
| • Drummond Street (coming soon) | • South End Road     |
| • Earlam Street                 | • Warren Street      |
| • Goodge Street                 |                      |

Find out more, including the Council's plans to consult on more Streateries locations, at [streateries.commonplace.is](https://streateries.commonplace.is)



It's been wonderful to enjoy Camden in the sunshine as life has felt a bit more normal. And while we are feeling really hopeful, as more than 100,000 Camden residents have had one dose of the COVID-19 vaccine and more than 60,000 people have had two doses (the full dose of protection), the pandemic is not over

and we have seen cases triple over the last week. This is from a very low base but it is important we all take steps to keep Camden safe.

We need your help to make sure that we don't put all the progress we have made at risk. If you're out and about shopping, meeting friends, eating out, picking children up from school or going to work, you can get a regular rapid test. These are available for free at some pharmacies, you can order to your home, or visit one of Camden's free rapid test centres (see below). If you are over the age of 25 you can now book your vaccination, so please don't wait, the more of us who are vaccinated the better protection we have as a community to stop the spread of COVID-19. And lastly, please continue to be careful, meet outside if you can, keep a safe distance, and open windows and doors if you are meeting inside.

Finally, this week (7 to 13 June) is Carers Week. We know there are many more people carrying out a caring role because of COVID-19, for instance caring for relatives and friends who need support. We also understand how challenging this can be. Please know that there are a range of ways you can access support for the important role you play. Visit [camden.gov.uk/carersupport](https://camden.gov.uk/carersupport) for a list of support options, including for young carers.

**Councillor Georgia Gould, Leader of Camden Council**

## Rapid COVID-19 testing for people without symptoms

**"I'd rather take a test and know I'm COVID-safe than pass the virus to someone else. It's super easy to do, and helps keep those around us safe."** Amber Zeb-Khan, tested at Queen's Crescent

Around 1 in 3 people with coronavirus do not show any symptoms. Get a rapid lateral flow test twice a week to check you're COVID-free, even if you've been vaccinated. To find your closest test site, home-test pickup or delivery options, visit [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest) or call **020 7974 4444 (option 9)**.

If your test result is positive or you develop COVID-19 symptoms, you need to self-isolate and book a PCR test within 2 days at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call **119**.



## Free electric bike hire for key workers

Camden Council has partnered with Lime to create great offers for Camden residents. Lime is offering all key workers, such as Local Authority, NHS and supermarket staff, free rides on their bikes.

For more information, visit [camden.gov.uk/LimeAid](https://camden.gov.uk/LimeAid). Anyone hiring a bike from the Council's Safe and Healthy Street area around Arlington, Savernake or Constantine Road, can also get 50% off, saving you money, helping the environment and boosting your health!



## APPLY FOR A RESTART GRANT BEFORE 30 JUNE

One-off payments of between £6,000 and £18,000 are available to support eligible non-essential retail, hospitality, accommodation, leisure and personal care businesses to reopen. To apply, visit [camden.gov.uk/how-to-apply-for-coronavirus-business-support-grants](https://camden.gov.uk/how-to-apply-for-coronavirus-business-support-grants). To check if your business is eligible, visit [gov.uk/guidance/check-if-youre-eligible-for-a-coronavirus-restart-grant](https://gov.uk/guidance/check-if-youre-eligible-for-a-coronavirus-restart-grant)

[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) 020 7974 4444 (option 9)

