

Friday 14th May 2021

## Message from the head:

To those of you who broke fast and celebrated Eid yesterday I hope you had a lovely celebration with family. Many of the children enjoyed making cards for friends to celebrate in school this week. It has been National Mental Health Awareness Week this week and the theme is Nature. At Fleet we very much believe in the healing properties of the outdoors and being around nature. To recognise this week myself and Ms. Wall themed our assemblies to KS2 around mental health and nature. I would encourage you, as the weather is improving, if you don't already, to get out with your children at the weekend and make the most of the wonderful Heath which is on our doorstep. As you will see on the Year 5 page, they had a wonderful time up there this week exploring the flora, fauna and keeping an eye out for different animals and birds that can be found there. I'd like to take a moment to thank all of you who are currently taking part in the twice weekly Lateral Flow Testing, like the staff are in school, to support the effort to keep infection rates low by identifying asymptomatic cases. Infection rates in Camden remain low but I was reminded in a heads meeting with public health earlier this week, that as we continue to ease out of lockdown, Camden is not an island, and that there are areas of London where cases are still much higher. The LFT testing helps to do all we can to keep cases down and identify cases quickly. We still have lots of test kits available if you need anymore or haven't taken part yet and would like to. Have a great weekend and see you all next week.

## Can you help?

Prompted by the current Covid crisis in India, Oona (Y6 teacher) organised two special yoga sessions for staff and has managed to fundraise £500! Thank you Oona for your hard work arranging this. For anyone who'd also like to contribute, the charities she chose were Give India <https://www.giveindia.org/>, Mission Oxygen India <https://www.ketto.org/fundraiser/mission-oxygen-helping-hospitals-to-save-lives> and 24/7 Ambulance Network <https://www.ketto.org/fundraiser/getHelpNow>

## Holiday Cycle Training—Half Term & Summer

Camden is running **FREE** cycle training for children during half term and the summer break.

**1, 2 June and July 26, 27, 28, 29**

For details and bookings:

<https://www.camden.gov.uk/cycle-skills-and-bike-maintenance-courses>



## Two Exciting Cycling Events

Please see pages 2 and 3 of this newsletter for information on two cycling related events open to the school community. One is the next planned visit of the Bike Dr—unlike when we have run this previously, you do need to pre-book your place so read the information and call the office if you want to make use of this great service (only a few left so book quickly!). The other is a borough wide family cycle event happening over half term. It would be great for Fleet families to get involved—you see how many of you and your children enjoy scooting and cycling so hope you are able to take part.



## Online learning resources and homework

Below is a reminder of the links to the different resources we have subscriptions to. Your child has an individual login—if they / you have forgotten it and can't find via ParentHub or other school communications please contact the office for support:

Mathletics: [login.mathletics.com](https://login.mathletics.com) or download app for mobile (icon shown right top)

Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile (icon shown right middle)

Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442> (icon shown third down)

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 for mobile (icon shown right bottom)

Busy things: <https://www.busythings.co.uk/lgfl-login/>



## 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**

## Nursery Applications for September

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

## Punctuality Award

This week, our Punctuality award goes to Years 2, 3 and 5 with 0 lates—fantastic! Year 6 has also improved dramatically. There were 32 lates for the whole school—which is a significant improvement on last week but is still too high in Reception and Year 4! We know it is difficult sometimes but please do everything you can to get to school on time—it's key for children to be in and ready to learn on time.



## Attendance Award

Our Attendance Award this week goes to Year 2 with 90% - well done! This week attendance figures are lower due to Eid. The year's whole school target is 96%. We are currently at 95.8% - we can do better!



# Dr Bike - 27th May



Half the spaces have already been reserved so sign up quickly if you want to take advantage of this great opportunity!

**Get your bike checked over ready for the Spring!**

**FREE** Bike Checks. Bring your bike along to the school (yours and/or your child's) at drop off from 08:45am and have it checked over by professional cycle mechanics.

**Booking via the school required.**



Minor services, parts and repairs will be free. You can also ask for advice on bike fitting and any technical questions.

**Places are limited so please book ahead by calling the office who will take your details and ensure your bike can be seen in the time the Drs are here.**

**Important:** This is a free service and delivered in the school. Some repairs may require a workshop. We will advise you if this is the case. If the bike is beyond repair, we will advise you.

Please bring replacement inner tubes if you think your bike has punctures. The inner tube will be replaced. We are unable to provide inner tubes as there are many different types and we are unable to carry all the types.



# THE CAMDEN CLEAN AIR CYCLE

Sunday 30 May

## WHERE

106 Arlington Road, Camden, NW1 7HP

## WHEN

Sunday 30 May, anytime between 10:00 - 16:00

## ROUTE

The route will take riders around Camden, past all the beautiful landmarks that make our Borough so wonderful. To make the ride even more enjoyable, you can stop off along the way at our partner coffee shops for refreshments!

## SIGN UP

Register your place at  
<https://camdencleanair.org/events/the-camden-clean-air-cycle/> - family discounts apply!

**REBUILT  
BIKES**

CLOUD  
**9**  
CYCLES



*England's Lane*

[The Camden Clean Air Cycle](#) will take place on the first day of Bike Week 2021, Sunday 30 May. Due to the COVID-19 pandemic, we will not be encouraging a mass meet-up of riders. Instead, all participants will be able to complete the cycle ride at any point on Sunday 30 May between 10:00 and 16:00.

The route start and end point is 106 Arlington Road, Camden, NW1 7HP. We have selected a route that will take cyclists all around the Borough of Camden, past all the beautiful landmarks that make our Borough so wonderful. To make the ride even more enjoyable, you can stop off along the way at our partner coffee shops for refreshments. Partner bike shops along the way will also be signposted so you can stop for bike maintenance if needed or just to have a look in.

We would like all riders to wear something BLUE either on themselves or their bikes. The crazier the better! We also have ongoing competitions such as fastest time, photos in as many coffee shops along the way, and photos next to landmarks across the Borough.

# 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: Samuel—8,198 coins

Year 3: Hana—2,203 coins

Year 4: Aadam—8,060 coins

Year 5: Ifeoma—1,860 coins (3 weeks in a row!)

Year 6: Charlotte—18,186 coins (2 weeks in a row!)



## Fleet Facts!

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



Year 2: Shajai, Ursula, Arafat, Okpe, Mia, Jake Sidoli, Daniel, Noah, Jarod

Year 3: Connor, Mahfuz, Tyrell, Rayan, Mael, Sufiyan  
Mia, Ranya, Alfie W, Natasha, Yonis, Yara, Abid, Alea,  
Evangeline

Year 4: Suraiya, Ryan, Hamzah, Eva, Zain, Tawfiq, Asma,  
Kai, Isabella, Aadam, Hiba, Ugo, Sara, Aman.

**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

# Voluntary Covid Testing Project for Fleet Families

Fleet, along with a number of Camden schools, are taking part in a pilot project to provide home testing kits to all households.

The purpose is to make it easier for you to be able to get the test kits that currently you would have to visit one of the Camden test sites to obtain.

These tests are not for people who exhibit symptoms, in that case you would still be expected to visit a test site for a PCR test (or order a postal one) and self-isolate.

These tests are the rapid result tests that you carry out twice weekly to monitor for asymptomatic cases. These are the tests that staff currently do, twice weekly, and have been since the end of January.



The project is to see if by doing this we are able to pick up asymptomatic cases of Covid in our community earlier and reduce further spread.

The test kits are for the adults in the house, not children—Primary school children should not do these tests and secondary age children are already able to access this testing through their schools.

Many of you collected these kits before the holidays. If you need more or did not yet collect any please come to the school office (or phone us and we can send home in your child's book bag).

This project is entirely voluntary but we would encourage all adults in the school community to take part.

Measures like this are designed to keep community infection rates down and help us to keep schools open and reduce the risk of further lockdowns. We will be happy to answer any questions you may have. Keep an eye out on ParentHub/Text for the information arriving early next week.

You can start taking part and testing the adults at home at any point.

It doesn't matter if you didn't collect tests at the start of this project.

To those of you who are already taking part,



If you need to get more tests just let the office know!

# 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.

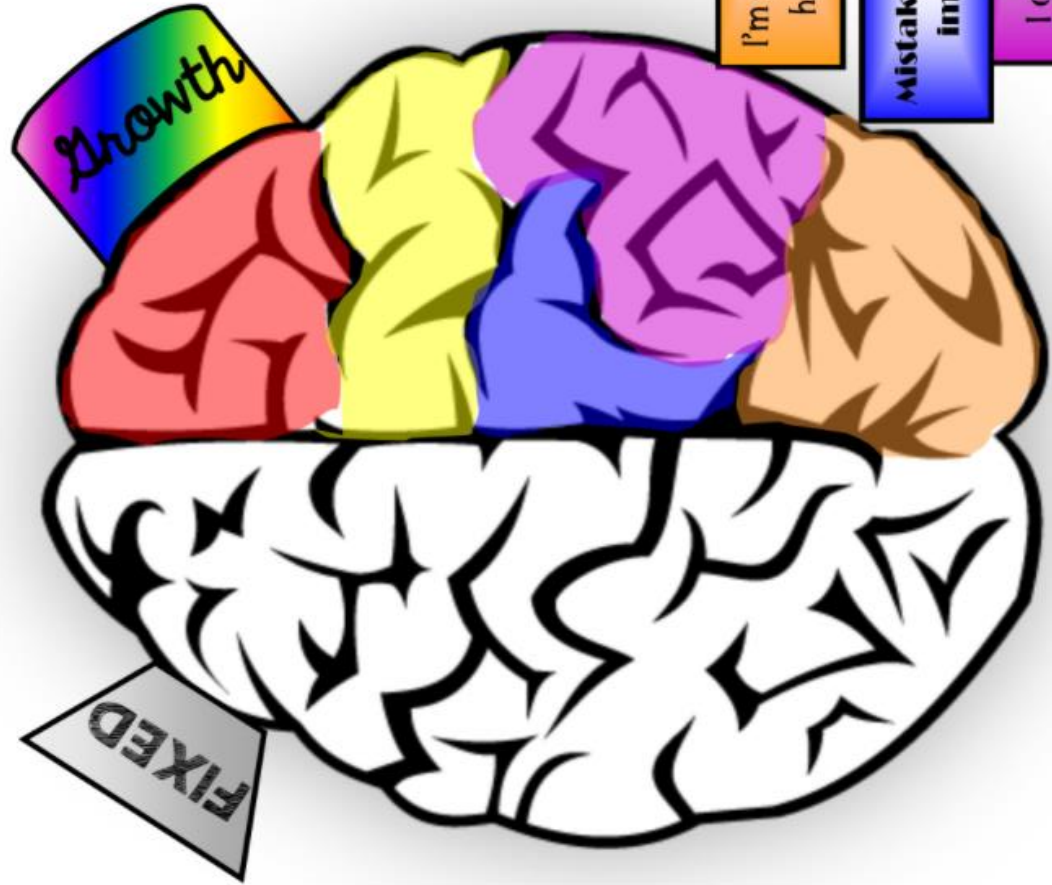
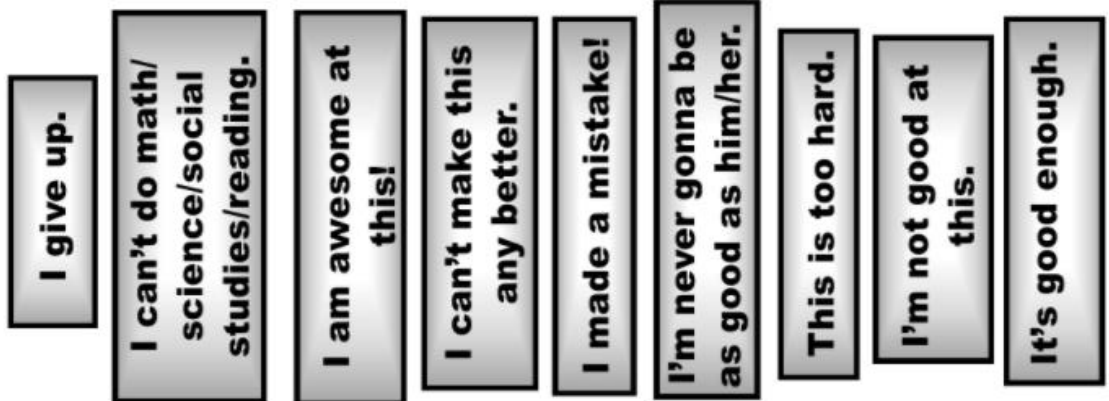
**Having focussed on Resilience last half term, we'll now be thinking about Relating - identifying the ways in which we feel connected to others and how that impacts our happiness. We'll be thinking about how we interact with others and identifying the special people who we trust and can share things with.**

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).





# Change your words Change your *Mindset*



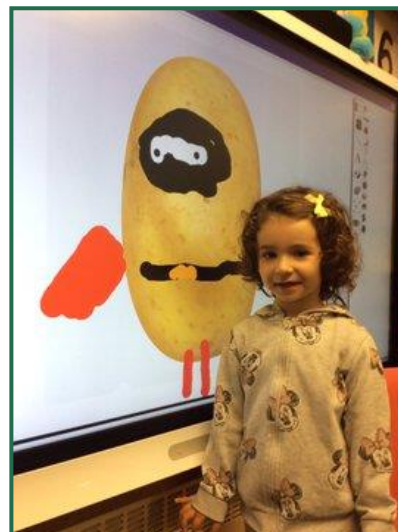




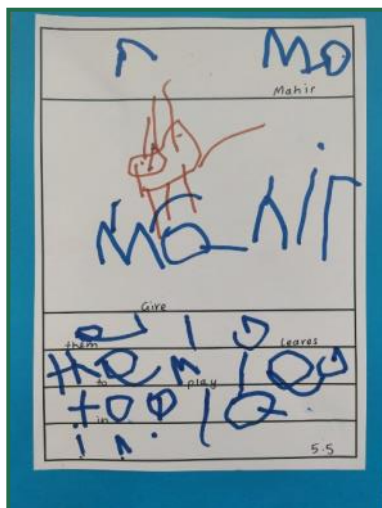
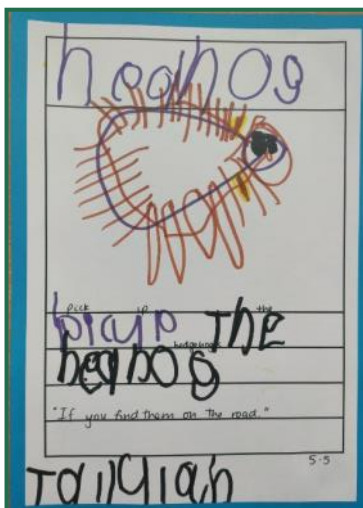
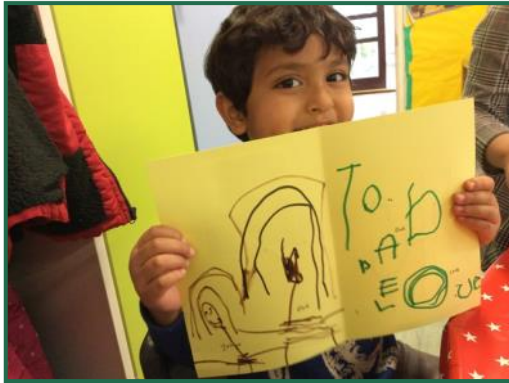
## This week in Nursery...

It's been all about 'Supertato' and 'The Evil Pea' in Nursery this week. What a bunch of fantastic little artists we have too—be it paint or digital art! Ask the children to tell you the story of 'Supertato' if you don't know it—it's brilliant! Well done Nursery.

## Topic: Super Heroes & Vile Villains!







**This week in Reception...**



The children have been learning all about woodland animals. They found out different ways they can help out hedgehogs and also spent some time making Eid cards.

**Topic: Animal Adventures**








Tuesday 11<sup>th</sup> May 2021  
LO: I can explain what I like about a story

(2) (14)  
 make make  
 make  
 make

Like	Favourite Part
I liked <u>when the stranger gets gobald up.</u> 	My favourite part was when <u>Ossiri made an instrument.</u> 
 This story reminds me of <u>wild.</u> <div style="text-align: right; margin-top: 10px;">Well done, Keshyn!</div>	



## This week in Year 1...

As usual Team year 1 have been working very hard. They had a fantastic clay workshop with the October Gallery this week where they learned about the artist Rashid Koraichi. They have also done some brilliant phonics and became literary critics as they finished their book 'Ossiri and the Bala Men-gro'. Great job Year 1.

# Topic: History Detectives





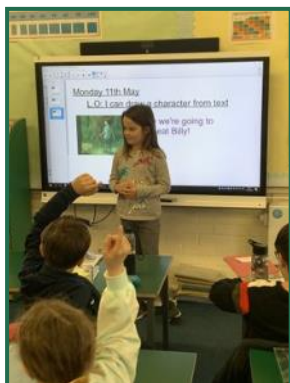
## This week in Year 2...

The children have been saying hello to Max the snake this week—he really is the best class pet! As well as some excellent work in Maths and Literacy they have also been producing some amazing artwork themed around Victorian Funfairs.

## Topic: The Island







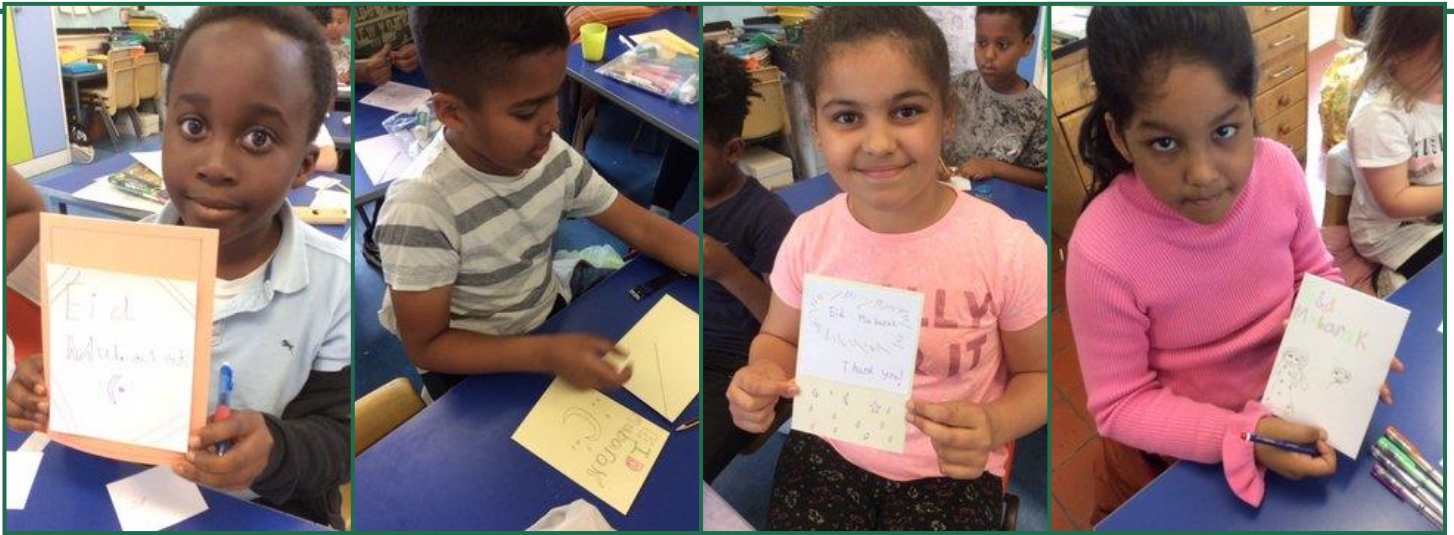
**Year 3...**  
**This week in**

What an action packed week in year 3—a mosaic workshop (it's looking amazing), friendship bracelet making as part of the happiness project, making Eid cards for friends and hot seating Billy from the Minpins story they are reading. We wonder sometimes how Ms Costelloe and the amazing Team Year 3 fit it all in!

**Topic:**  
**Into the Moons**







## This week in Year 4...

There has been some incredible Rainforest Art being created using pastels this week in year 4. They are a really talented bunch of artists—the care and precision they took was a joy to behold. They also showed their artistic side making Eid cards for their friends too. Well done Year 4.

## Topic: Into the Rainforest

**Y4 Brass Practice:**

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





What a busy week in Y5 this week. They made the most of exploring the local flora, fauna and wildlife with a trip to the Heath this week—perfect to experience the benefits to be found in nature as we have discussed this week in Mental Health Awareness Week. They also had fun playing maths games and working on their Scratch animation project. Well done year 5 for your enthusiasm and dedication to your learning.



## This week in Year 5... Topic: Raiders & Invaders

**Y5 Brass Practice:**  
<https://www.rod-n-tom.com/fleet>



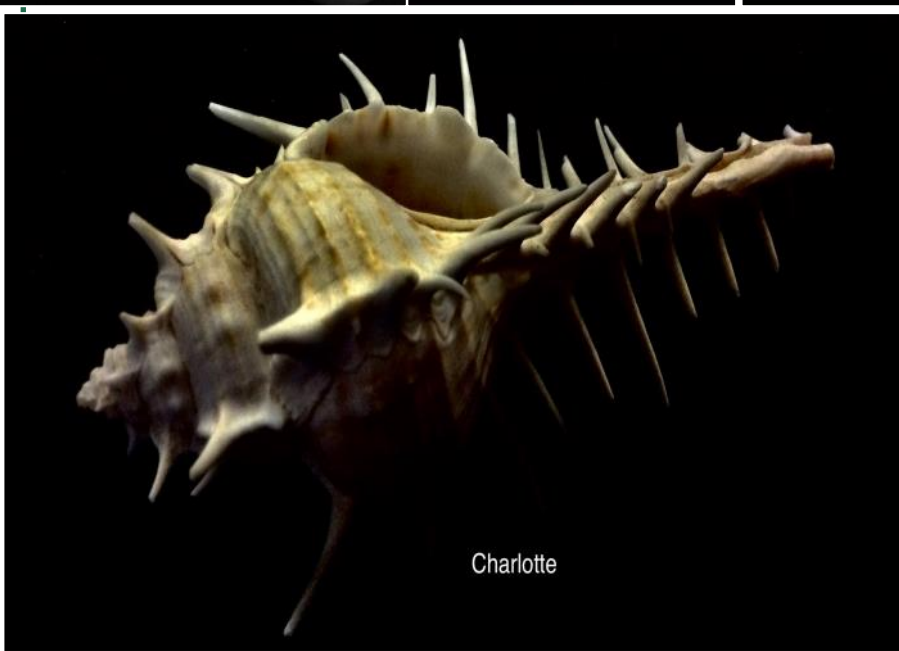




## In Year 6...

Well done to year 6 who this week, in place of the KS2 SATs, had an assessment week. They worked very hard during the week and we'd like to thank them for their enthusiasm and effort. It wasn't all tests though, they found time to have a Mosaic Workshop, write some fantastic poetry, squeeze in some time in our forest school area for observational drawing and leaf classification as well as do some amazing photo editing and manipulation creating the images of the shells!

## Topic: Wild!

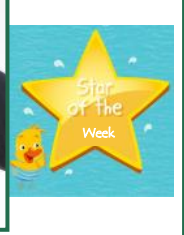




# Stars of the week!



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—Elizah

For lots of lovely independent writing this week! It has been fantastic seeing you say words slowly and writing down the sounds you can hear.

## Year 1—Michelle

For increased effort in concentration and learning. We have noticed you have been trying your very best in class, Michelle, and it is making a positive difference to your learning, especially in Phonics. Also, you are a kind and caring friend, a great classmate and super valuable member of Team Y1! Keep being your fantastic self!



## Year 2—Noah

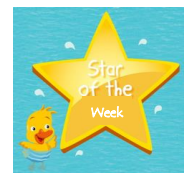
For your amazing engagement with our English unit this week. I've been so impressed with all your great ideas and how much effort you've put into your Flotsam writing. Well done!

## Year 3—Tyrell

For your proactive attitude! You are developing a more and more responsible attitude towards your learning and I'm so proud of the strides you're making! Keep up the brilliant work!

## Year 4—Suraiya

We are always so impressed by your hard work in class! This week we've especially enjoyed your writing in role as Jemmy Button. You included some great descriptions and details from the story. Well done!



## Year 5—Isabelle

I've been really impressed with how hard Izzy has been working this term. She is engaged in every lesson and her hand is always up to answer questions! Outside of the classroom, Izzy is also a star - playing nicely with everyone and making sure that everyone is included. Well done for being such a role model, Izzy!

## Year 6—Ijaz

For continuing to maintain excellent behaviour in and out of the classroom. You set a fantastic example to others in the class and show a great commitment to your learning and progress. You wrote a beautiful poem this week in English, where you thought very carefully about the emotions you wanted to evoke. Keep up the super job!



# 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 issue 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.

## 12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

### ONLINE

### OFFLINE

#### 1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

#### 1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

#### 2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

#### 2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

#### 3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

#### 3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

#### 4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

#### 4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feel-good factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a window sill.

#### 5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

#### 5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

#### 6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

#### 6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

### Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



National  
Online  
Safety

#WakeUpWednesday

Sources: <https://nhfforest.org/can-an-adult-rus-lackdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.0.5.2021



# 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 24 – How to actively listen

When we're going through a hard time and try to talk to someone about it, it can be very frustrating when we feel that we aren't being listened to. Sometimes people offer a solution straight away or dismiss the issue like it's no big deal. They might think they're helping, but actually it makes us feel like our feelings aren't important (and we might do it unintentionally to others too). All anyone wants is to have their feelings validated and this can happen through Active Listening:

- Validate feelings – acknowledge their feelings without judgement, e.g. by saying: "That sounds really upsetting" (no matter your opinion on the matter)

- Give full attention and eye contact, avoid distractions e.g. put your phone away

- Be patient and comfortable to sit with their feelings – moments of silence don't have to be filled

Just be there – we don't have to fix the problem, just giving your time to listen is enough



## Make sure that you socialise safely, here's how:

While restrictions continue to ease, many remain in place. Please meet up with friends, family and others safely:

- Only socialise indoors with your household or bubble, and only socialise outdoors in groups of up to 6 or 2 households
- Wear a face covering in indoor and busy outdoor public spaces, unless exempt – including on public transport, in taxis, in places of worship and if you're popping to the loo in a pub or restaurant
- Wash your hands before you leave home, and sanitise or wash your hands when you're out and when you get back
- Keep 2 metres apart from those outside your household or bubble
- When travelling, plan your journey to avoid the busiest times and routes
- Get a regular lateral flow test

Thank you for helping us to keep Camden safe



# 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!



**Download the easyfundraising App**



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 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) – includes information in different languages
- Check the rolling news pages at [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 directly by calling 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](https://camden.gov.uk/coronavirus-updates)

## Please keep following the rules to keep Camden safe

From Monday 17 May, restrictions will be eased slightly but until then, please remember that you can only socialise indoors with your household or bubble, and outdoors in groups of 6 people or 2 households. Whether you're meeting up with others, going for an outdoor meal or popping to the shops, please keep following the rules to keep yourself and those around you safe.



For more information on easing of restrictions, visit [gov.uk/coronavirus](https://gov.uk/coronavirus)

## Book your COVID-19 vaccine now

If you fall into one of the below categories, you're eligible to have the COVID-19 vaccine now:

- Everyone aged 38 and over
- People at risk or high risk from coronavirus (clinically vulnerable or clinically extremely vulnerable)
- Health and social care workers, including care home workers
- People who have a learning disability
- The main carer for someone at high risk from coronavirus

Book your appointment now by calling 119 for free or visiting [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)

## Make rapid testing part of your weekly routine



Rapid tests are for people without COVID-19 symptoms. Everyone is eligible for two free tests a week and you get results in 30-45 minutes. Please log your test result with the NHS, even if it's negative. This helps Public Health keep track of the virus and helps to stop the spread.

To find your closest test site, home test pick-up or delivery options, visit [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest)

Please note the rapid test site at the London Irish Centre closes this week.

If you test positive or develop COVID-19 symptoms, you need to self-isolate and book a PCR test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119. Rapid tests are not suitable if you have symptoms.



As we look ahead to the next step in the Government's roadmap on Monday (17 May), I want to reiterate my thanks for the vital role you've all played in helping to keep Camden safe. The combination of following the rules, along with the vaccine roll-out and regular testing, has undoubtedly saved lives.

With more businesses and venues opening from next week, such as museums and cinemas, and the rules easing to allow customers to sit inside hospitality venues, many will be looking forward to enjoying more of what our borough has to offer. Camden's businesses have been working hard to welcome you back safely, but it's vital you continue to follow the latest guidance, which includes the rules around hands, face, space and fresh air, and I urge you to take up the offer of free, regular, rapid lateral flow tests (for people without symptoms).

Mental Health Awareness Week (10 to 16 May) reminds us that this continues to be a difficult time for many. So check in with your loved ones, and if you need any support, visit [camden.gov.uk/mental-health-and-wellbeing](https://camden.gov.uk/mental-health-and-wellbeing)

Finally, Eid Mubarak to those who are celebrating. We've included some tips below to help you mark the occasion safely – thank you for all you're doing to keep Camden safe.

Councillor Georgia Gould, Leader of Camden Council

## Helping to keep Camden safe



As more hospitality venues, including pubs, restaurants and cafes reopen for indoor dining from Monday 17 May, the Council's Frontline Presence Team is out across the borough offering support and advice to residents and businesses on how to keep each other safe.

Our high streets and town centres are at the heart of our community. Local high streets, markets and shops are following

government guidance to welcome you back safely. Shop local, enjoy what's new and rediscover old favourites. To find out more, visit [camden.gov.uk/highstreets](https://camden.gov.uk/highstreets)

Local businesses can download a copy of the Council's toolkit for reopening safely, including information on support available, at [camden.gov.uk/business-support](https://camden.gov.uk/business-support)

## Support with money concerns

Camden Council recognises people are experiencing new financial challenges due to COVID-19. If your circumstances have changed, there is help available from the Camden Advice Network and the Council. Support includes affordable repayment plans for debts to the Council, help accessing financial support, and access to employment, debt and mental health advice. The Council can also help with one-off crisis or self-isolation payments.

- For general financial support call 020 7974 4444 (option 9) or visit [camden.gov.uk/financialsupport](https://camden.gov.uk/financialsupport)
- For council tax debt call 020 7974 6414
- For council tenant debts call 020 7974 4444 (option 3, then 5)
- For leaseholder debt call 020 7974 3559

## Eid Mubarak

If you're celebrating Eid al-Fitr, please do it safely to prevent yourself catching or passing on coronavirus:

- If visiting your local mosque, follow on-site signage and guidance.
- If celebrating at home, pray with loved ones virtually over Zoom or live-stream prayers.
- Please enjoy the Eid meal and catching up with loved ones safely by following public health guidance. In addition, avoid sharing platters of food and, if celebrating inside with your household or bubble, open windows to keep the space well ventilated.

For more information, visit [mcb.org.uk/resources/coronavirus](https://mcb.org.uk/resources/coronavirus)

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

