### Friday 18th December 2020

## Message from the head:

I am writing this newsletter from home in the knowledge that I will not get to say Merry Christmas and Happy New Year in person as you all come to collect the children this afternoon and I am very disappointed by that. Myself and my team have worked very hard this term to try and ensure that school could stay open as much as possible and not being there at the end when I got so close is rather upsetting. Unfortunately for me I received notice to isolate due to a family member testing positive on Thursday morning thus denying me the last two days in school with your wonderful children and my amazing team. However, as I work from home, using Zoom for meetings and assembly, and on the phone to annoy Lisa and Debbie in the office and Ms Wall regularly, it just further highlights for me how amazing the team at Fleet are, picking up the slack when needed by an absence and ensuring that all things are covered and the children won't miss out on anything. So with that in mind I I would like to thank the entire staff team for making this term so successful. I think we should all be incredibly proud of what we have achieved this term. In September, we had no idea how everything was going to pan out and it could have been very different. While we have had bubbles that have had to close, and at times a number of staff having to isolate, if anyone was, the rest of the team stepped in to support, like magic. All staff have worked together to make sure we have been able to maintain our incredibly high standards and also to ensure that our safety standards have not been compromised. Therefore we have been able to keep our school community as safe as we possibly can. The children have really enjoyed being back at school and have had a fantastic time. I would like to offer my sincere thanks to staff for everything they have done this term and for the commitment they have shown to the children and families. I am also grateful for the support they have shown to each other and to me. Although it can appear guite seamless, I am under no illusion as to how hard it has been and I hope that everyone will now be able to put their feet up and rest!

A huge thank you to you parents and families too for your support and the trust you have shown in us. We have had great attendance levels from children, which reflects the faith you have in us and the systems we have put in place to keep everyone as safe as we can. Your messages of support throughout the



#### We're raising £2,000 to Fleet Primary School (NW3)

Huge well done and thank you to Marc (Maureen and Maxence's dad) for the amazing effort! He completed his 12 days of Chritmas running challenge this week. He managed to cover an amazing 115km over the period (his final 15.11km route is shown here). The money raised so far for Fleet stands at just over £1900—he is so close to his target of £2000 let's help him get to it. Huge thank you to those parents and families who have dontated and helped to encourage him to complete the challenge. If you haven't yet and are able to



Gold level accreditation 2019

it's not too late to help him get to the magic £2000. Once again thanks Marc—Maureen and Maxence, your dad is a Superhero!

https://www.justgiving.com/crowdfunding/marcfleetprimaryschool?utm\_id=1&utm\_term=JDdJeaYp3

term, in person on the gates and through emails and phone calls have meant a lot in these difficult times. As we look forward to the vaccine roll-out into the new year we can start to hope that there may be a point in the near future when we can

## Term Dates for rest of year...

#### Spring Term

First day of Term: Tuesday 5th January 2021 Half Term: Monday 15th February—Friday 19th February 2021 Last day of term: Thursday 1st April 2021 (close early)

#### Summer Term

First Day of Term: Tuesday 20th April 2021 May Day bank Holiday: Monday 3rd May 2021 (school closed) Half term: Monday 31st May—Friday 4th June 2021 INSET day: 7th June 2021 (school closed) Last Day of Term: 22nd July 2021 (close early)

## Christmas Jumper Day 2020

A huge thank you to all of you who helped the children come in nice and Christmassy in their jumpers for Christmas Jumper Day



last week. We raised a fantastic  $\pm$ 184 for Save the Children. Money that is needed more than ever in such difficult times.

start to hope that there may be a point in the near future when go back to little more of the normality we all miss.

Despite the restrictions, we have adapted over the term and the last couple of weeks have been great with lots of different Christmas activities happening in classes—pantomimes, parties, talent shows, Christmas themed activities. Teachers have really gone the extra mile to try and not let Covid take Christmas away from the children. Along with the newsletter this week you should also have received a link to the end of term video teachers have put together to try and give you a flavour of what has been done this term in class in place of the usual termly class assembly. While we are teachers, and not film makers, I for one have loved seeing what the teachers have put together and loved watching them—I'm sure you will too. I would ask you to avoid sharing these videos on social media, if you want to share with wider family send them the link privately.

Speaking of videos, here is a link to an amazing story/video created by one of the members of the Fleet Community, Caroline Chan, grandma to Robyn and Amber-Lily. The message in this film is a brilliant one and well worth sharing: <u>https://www.youtube.com/watch?</u> <u>y=912MSIKpIEE&feature=youtu.be</u>

Have a great break and I hope to see everyone back, safe and well on January 5th.

Spring Term Starts back on Tuesday the 5th January—same entrances and start times for each class as this term—please ensure children are on time to avoid crossing with other bubbles—thankyou



## Attendance and Punctuality

Due to the prevalence of Covid-related absence, the way these are recorded they do not currently count towards absence. If we bear

that in mind, the overall attendance for this term has been very good—thank you for your support with this. Below are the children who were celebrated in today's end of term assembly (screen shot above!) for 100% attendance (with no more than 2 lates) and excellent punctuality. Well done to these children and families for their persistence and resilience in getting to school everyday and on time the foundations that good achievement is based on.

## <u>Attendance Award Winners - 100% and no more than 2 lates!</u>

ZanaLexiAlanaEmalineAadamUrsulaScarlettJakeAnnieYear 3ImanAleaYear 1JaydonHunterAnuthiYaraTheoYear 5Alfie WMichaela
ScarlettJakeAnnieYear 3ImanAleaYear 1JaydonHunterAnuthiYaraTheo
AnnieYear 3ImanAleaYear 1JaydonHunterAnuthiYaraTheo
Iman Alea <b>Year 1</b> Jaydon Hunter Anuthi Yara Theo
Jaydon Hunter Anuthi Yara Theo
Yara Theo
Year 5 Alfie W Michaela
Nida Riga Emir
Sami Zura Jona
Tamanna Tabby Nusereldein
Zainab Mael Gabriel
Ifeoma Rayan Michelle
Hannah Ranya Rocco
Isabella Natasha Nico
Maureen Tara
Lilly Yonis <b>Reception</b>
Francesca Millie Yusuf
Tallulah
Year 4 Year 2 Lorel
Lizzie Mia Elizah
Eva Shajai Annie
Ryan Lena Mariam
Asma Arafat Delphi
Mohamed Maxence Albie
Esema Noah Max
Ugo Lashanty
Tawfiq Charlotte
Suraiya Fatma
Leda Mickey

## Attendance Award

Below is a breakdown of the overall attendance for each class. Our overall attendance for the term was **96.91%**. Our target is 96% so well done to you all for helping us stay above that. As you can see, Reception are the only class not to make it. Fingers crossed all classes can be above next term. Well done **year 2**, our winners for the term with a fabulous **98.44%** 

Class	Attendance
Reception	92.19%
Year 1	96.21%
Year 2	98.44%
Year 3	98.17%
Year 4	98.08%
Year 5	97.17%
Year 6	97.27%

## **Punctuality Award Winners - No Lates all term!**

Year 6		Hunter
Ayesha	Year 3	Emir
Frankie	Zura	Robyn
Nommi	Yonis	Avra
Luke	Sufiyan	, Michaela
Lucia	Tabby	Lola
Emaline	Mael	Frankie
Annie	Millie	Michelle
	Rayn	Lir
Year 5	Abid	Theo
Maya	Hana	Rocco
Sami	Alea	Mohammed
Gloria	Conor	Anuthi
Penny	Arin	Nico
Erina	Ranya	Leo
Rosa	Mohammed	Alfie
Abubakar	Hunter	Jona
Faith	Yara	
Peter	Alfie W	Reception
Nida	Natasha	Yusuf
Tamanna	Saheim	Mohamed
Zainab	Riga	Benita
Isabelle		Afheen
Mason	Year 2	Aahil
Ifeoma	Mason	Lorel
Hannah	Charlotte	Elizah
Maureen	Shajai	Annie
Francesca	Fatma	Inaaya
	Lena	Mahir
Year 4	Skylar	Тео
Adil	Jarod	Delphi
Suraiya	Samuel	Musa
Amber-Lily	Maxence	Sumayya
Leda	Alana	Albie
Lizzie	Lorik	Max
Рорру	Ursula	
Ugo	Jake Sid	
Kai	Lashanty	
Hiba	Jake S	
Lexi	Marca	
Ryan	Year 1	
Sara	Nusereldein	
Aadam	Amina	

## **Punctuality Award**

There are still too many lates across the school. As we have mentioned previously, crossing with other classes risks everyone's

health and our ability to keep classes open should there be a case of Covid. While the majority of you are in school on time, there are a number who consistently arrive late. Please endeavour to get the children up and ready in time to get to school. Amazing job from Year 3 with only 11 for the whole term! Year 6, you can see how much you need to improve this year is crucial for you and

Class	Number of Lates
Reception	56
Year 1	56
Year 2	44
Year 3	11
Year 4	125
Year 5	60
Year 6	231

being in school ready to start at 8.45am is important.



Well done to these children who have been chosen by their class teachers to be the 'Star of the Term' - consistently doing the right things and being role models for the other children. Teachers find it really hard to pick just one for each class as there are so many children at Fleet who fit this description!







## **Reception**—Albie

It has been fantastic seeing your confidence grow this term. You have made lovely friendships and always try your very best to be doing the right thing. Thanks Albie! I can't wait to see what the rest of the year brings for you. Well done.

## Year 1—Robyn

For approaching this challenging term with a consistently sunny attitude! You put all your efforts not only into learning but also into positivity and helping your fellow classmates. Your enthusiasm makes us all smile and you are such an important member of Team Y1! Thank you, Robyn, and keep on being wonderful you!



## Year 2—Abiola

For joining in and being an important part of Year Two. We love counting with you every morning, skipping in the playground, playing chase and learning. You are making great progress. What a superstar! Well done!



Year 3—Millie

You are such a superstar! You are so positive and try your hardest in all things! You are so kind and caring - we are all so pleased to have you as part of the class! Keep on being your fantastic self!





### Year 4—Lizzie

For your fantastic effort this term. You try hard in everything you do, listening well and producing some lovely work. We've also noticed how kind and helpful you are to your classmates. We love having you as part of the Year 4 team! Well done.



## Year 5—Faith

Wow! What a superstar you are! You've shown excellent resilience and focus this term, which has resulted in great progress. On top of this, you are kind, helpful and always have a smile on your face. Well done, Faith!

### Year 6—Vesa

For approaching this very different and challenging term with such a sunny attitude. You have shown such positivity and resilience, even when things are tricky. You are working very hard and I love the warmth and enthusiasm you bring to our class. Keep up the wonderful job!



## Fleet Primary School

Tel: 020 7485 2028 E-mail: admin@fleet.camden.sch.uk Headteacher: Don McGibbon

## Arrangements for Christmas reporting of positive COVID-19 test results

#### Dear Parent / Guardian

Thank you for your ongoing cooperation this school year as we continue to respond to the challenges of COVID-19. As the Autumn Term comes to an end, we are asking you to help us continue to keep children and families safe over the Christmas holidays. This letter will cover:

- 1. School contact tracing over the holidays and what you need to do
- 2. What to do if your child or family member gets symptoms or tests positive over the holidays
- 3. Safe return in January

#### 1. School contact tracing over the Christmas Holidays

You will know that schools have been playing a vital role in contact-tracing. If a student or staff member tests positive for coronavirus (COVID-19), we carefully review who the person has been in close contact with while at school and ask those people to self-isolate. This helps to protect the remainder of the school community, your families and the wider public.

The Department for Education has said that schools must continue to support contact tracing for 6 days after the end of term. This is so that we can identify any close contacts of positive cases who were in school while infectious and where test results come back after term ends. Your reporting of positive test results remains vital to our contact-tracing efforts. As families come together for Christmas celebrations, this will minimise the risk of spreading the virus to your potentially vulnerable relatives.

→ If your child gets a positive COVID test result on or before 24<sup>th</sup> December, please email admin@fleet.camden.sch.uk with the following information:

- Name of child
- Class they are in
- Did the child have symptoms or not?
- What date did symptoms start? (this can be any feeling of being unwell, not just the three COVID symptoms)
- Date that test swab was taken
- Date child was last in school
- Has anyone else been unwell with COVID in your household?
- Your contact phone number in case more information is needed

Staff at the school will be working and responding to email notifications of positive cases up to six days following the end of term. **PLEASE NOTE THERE WILL BE NO-ONE ONSITE DURING THIS PERIOD TO GET PHONE MESSAGES – PLEASE NOTIFY US VIA EMAIL USING ADDRESS ABOVE – The email will be checked between 9-10am and 4-5pm daily during this period.** 

- ➔ If your child gets symptoms or tests positive after 24<sup>th</sup> December, schools do not need to be informed until the first day of the new term. Instead, please engage with NHS Test and Trace who will be in contact with you.
- 2. What to do if your child or family member gets symptoms or tests positive over the holidays

#### Symptoms of COVID-19

- The most common symptoms of coronavirus (COVID-19) are recent onset of:
  - new continuous cough and/or
  - high temperature
- a loss of, or change in, normal sense of taste or smell (anosmia)
- For most people, coronavirus (COVID-19) will be a mild illness.
- If anyone in your home develops symptoms of COVID-19, they should get tested and must remain at home for at least 10 days. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.
- All other household members who remain well must stay at home and not leave the house for 10 days. The isolation period for the household includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms), and the next 10 full days.
- Household members should not go to work, school or public areas and exercise should be taken within the home. This will help stop the virus spreading to others in the community
- · You should not have visitors to the home if anyone in the household is self-isolating
- If another household member gets symptoms, they should get tested. If their test result is positive, they should start a further full 10 day isolation period.
- No one else needs to get tested unless they have symptoms of COVID-19.

#### Telling the school about COVID in your household

- If your child gets symptoms or tests positive on or before 24<sup>th</sup> December, inform the school as set out in Section 1.
- If your child gets symptoms or tests positive after 24<sup>th</sup> December, schools do not need to be informed until the first day of the new term. Instead, please engage with NHS Test and Trace who will be in contact with you.
- If anyone else in the household gets COVID symptoms or tests positive for COVID during the holidays, please make sure that all household contacts isolate as set out above. Please do not send your child to school in January if they are meant to be isolating and inform the School Office.

#### 3. Safe return in January

We look forward to welcoming children back to school for the start of Spring Term on **Tuesday 5<sup>th</sup> January 2021** (usual staggered start times from this term remain) but it remains a priority that we keep the school community safe. Please do not send your children back to school if they should be self-isolating for any reason. Reasons that your child should be isolating include:

- Your child has symptoms of coronavirus or has tested positive and has not yet completed their 10 day self-isolation period
- A member of your child's household (e.g. mum, dad, sibling) has developed symptoms of coronavirus or tested positive and your child has not yet completed their 10 day self-isolation period
- You/your child have been contacted by NHS Test and Trace or the School because your child is the contact of someone who tested positive for coronavirus and your child has not yet completed their 10 day self-isolation period.
- Your child should be in quarantine on return from travel abroad. The 10-day period is counted from
  the day after you leave a non-exempt country. From 15 December 2020 you will be able to take a
  COVID-19 test with a private test provider to see if you can end self-isolation early. <u>Read more
  about the Test to Release for international travel scheme</u>.

## If your child is meant to be isolating at the start of Spring Term, please keep them at home and inform the school office.

Once again, let us take this opportunity to thank you for all you are doing to help us get through this difficult time and we look forward to seeing you back, all being well, on Tuesday 5<sup>th</sup> January 2021.

Letter sent this wee

Yours Sincerely,

hull 15th Don M<sup>c</sup>Gibbon

This letter was sent to all families via text/parent hub on Wednesday this week. It has important information about how and when to contact us over the holidays should anyone test positive for Covid. We hope you don't need to and everyone remains virus free but please make sure you know what to do if you are unlucky enough to need to inform us.

Fleet Primary School, Fleet Road, London, NW3 2QT

# **COVID-19 ABSENCE**

## 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> <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
my child tests positive for COVID-19 (coronavirus)	<ul> <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>	when child feels better, and has been without a fever for at least 48 hours They can return to school after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks after the infection is gone.
somebody in my household has COVID-19 (coronavirus) symptoms*	<ul> <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*
somebody in my household has tested positive for COVID-19 (coronavirus)	<ul> <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> </ul>	when child has completed 10 days of self-isolation, even if they test negative during this time

\*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.

INHS

See more at nhs.uk/coronavirus

KEEP

SAFE

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CAMDEN



**Test and Trace** 

Camden

What to do if	Action needed	Back to school
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> <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> </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> <li>From 15th December 2020 you will be able to take a COVID-19 test with a private test provider on Day 5 to see if you can end self-isolation early. Read more about the <u>Test to</u> <u>Release for international travel</u> <u>scheme</u>. You cannot use tests provided by NHS Test &amp; Trace under this scheme. Use one of listed private test providers. You can be fined if you use a negative NHS test result to end your self-isolation period early.</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> <li>Acturning from a destination where quarantine is needed:</li> <li>Child shouldn't attend school</li> <li>Day 0 of self-isolation is the day you leave a non-exempt country</li> </ul>	when the quarantine period has been completed for the child (10 days unless using the Test to Release scheme)
we have received advice from a medical / official source that my child must resume shielding	<ul> <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)	<ul> <li>Only people with symptoms* need to get a test</li> <li>People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive</li> </ul>	children with no symptoms are able to attend school, providing they are not meant to be isolating for any of the reasons set out above.
or further information and <b>amden.gov.uk/coronavir</b>	support to self-isolate: us 020 7974 4444 (option 9)	
KEEP	NHS	
SAFE	Test and Trace	

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# Fleet Facts!

- Learn your number facts
- Pass the tests
- Reach the top!



Fleet Facts is our whole-school programme aimed at improving the children's knowledge of key number facts.

Children work their way through the different stages, securing important addition, subtraction, multiplication and division facts—essential for enabling them to access the wider maths curriculum.

In the front of your child's home learning journal is a tracker, which shows the objective your child is currently working on e.g. 'doubles of numbers within 20' or '3 x table'. When children pass a test, their name will appear below.

## Well done to all these children who have passed their Fleet Facts test this week (14th—18th December)!

Year 2: Lashanty, Okpe, Alana, Samaarah, Yacub, Samuel, Zain, Arafat, Jake Sidoli, Mia, Noah, Shajai, Lottie

**Year 3:** Evangeline, Alea, Hana, Sufiyan, Rayn C, Ranya, Natasha, Rayan K, Tabby

Year 5: Jayda, Peter, Rosa, Isaac, Mason, Gaby, Youssef, Nathan, Nida,

Year 6: Mayeda, Iman, Eartha, Armaan, Scarlett, Anas, Jaydon, Frankie, Raaiha, Vesa, Gaith, Erion, Arifa, Emaline, Charlotte





# Christmas trees to help the PTA fund! Support

## **FLEET PRIMARY SCHOOL**

# This year treat the family to a beautiful, real Christmas tree delivered straight to your door.

Buy a Christmas tree through www.christmastreeexpress.co.uk this year and receive £5 off any tree and a further £5 will be donated to the school PTA! Please use the unique code below.

Choose from 4Ft, 6Ft and 8Ft, enter your school code and receive £5 off at checkout. Christmas Tree Express will then give a further £5 to the school. Delivery day can be chosen at checkout and is included.

Pre-order your tree today with the code:

FLEET and we will give you

## Order. Decorate. Enjoy. OFF your order

## www.christmastreeexpress.co.uk

\*Code is valid until 6th December or until we sell out, so please order ASAP!





When the children came in on Friday morning, they discovered there had been an intruder during the night. However, this intruder didn't take anything, in fact they had left a number of gifts in each classroom for the children, wrapped beautifully.

Confused, Mr McGibbon logged in to the CCTV and searched through for clues—this is what he found! It would appear even though we had had to ask Santa to avoid visiting during class time so he wasn't put at risk (after all he is very old and a high risk category!) he decided the classes couldn't go without their presents and came in the night! Thanks SANTA!





Fleet Primary School, Fleet Road, London. NW3 2QT

Front Gate

Twitter: @FleetPrimary Web: www.fleet.camden.sch.uk



## **Parent Questionnaire**

To the right you will see a link to the annual parent questionnaire for your children's class. It has the usual questions, based on the OFSTED framework which also allows us to compare to previous years' responses. This year we have also included a couple of new sections related to the Covid-19 situation and response, as well as mental health and wellbeing specific sections to help us plan our support for the remainder of the year. Thank you in advance for taking the time to complete the surveys. There is a different link for each class—if you have children in more than one year group we would really appreciate if you could fill one out for each-this might seem strange but your experience of school with different children may not be the same and we'd like to know that. The survey shouldn't take more than 5-10 minutes to complete. We are trying to avoid sending paper home (for both Covid-19 and cost reasons) but if you are unable to access online and would like a paper copy please contact the school office who will help you. We appreciate your time.

Nursery—<u>https://forms.gle/XJrBtQC3idg8XTq98</u> Reception—<u>https://forms.gle/4Doky6Tz4oBvVk3A7</u> Year 1—<u>https://forms.gle/g1kyMdau5mnYYyBW9</u> Year 2—<u>https://forms.gle/NSAiDYyzF1qv5Qjc7</u> Year 3—<u>https://forms.gle/7PbKSjweoAcbzR868</u> Year 4—<u>https://forms.gle/5b9AGVtLxq5Gpy8H9</u> Year 5—<u>https://forms.gle/uWSNNrbVc1Vne3us8</u> Year 6—<u>https://forms.gle/KK3UzRCCJBMKsjZt5</u>



We weren't about to let a global pandemic get in the way of a Fleet tradition like the annual Christmas time KS2 Talent Show.

As we couldn't come together in the hall as usual, each class held their own auditions in their class and chose the acts to go through to the grand final to represent their class.

On Thursday afternoon the classes gathered (virtually!) on Zoom for the performances and to vote for Fleet's grand winner.

Well done to all the children who took part but a special well done to Natasha from Year 3 who won the vote following some fantastic singing. Also to Nommi and Eartha from Year 6 who came joint second with some sublime guitar and piano playing respectively.











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

New Tip...

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. Links to the Parent Questionnaire which has a wellbeing section can be found on page 5. Please take the time to complete and return it so that we can tailor our support to help as much as possible.

## Wellbeing Tip of the Week!

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

## Week 7—Helping Others

Find ways, big or small, to give back to others. Research shows that people who volunteer experience a boost in their mental health. Helping others can help to build self-confidence, a sense of purpose and helps us to stay connected with others. Some examples of how to do this include; supporting local businesses, offering to food shop for those who are vulnerable, or messaging friends, family or neighbours to checkin. The more we give, the happier we feel.

## Parent Workshops—open to everybody

If you attended the recent workshop and want to receive a copy of the presentation that was used we now have it and can email it to you—just let us know by emailing <u>admin@fleet.camden.sch.uk</u> and mark for the attention of Ms Wall.

Moving forward we'd be happy to organise more of these. If there's a particular area you'd like support with, or further information about, please don't hesitate to let us know.

Contact Ms. Wall via the office and she will be happy to get back to you to discuss and see what we can arrange. 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





## Supporting Children's Wellbeing A short guide for Parents and Carers

Over the last few months, we have had to adapt and adjust our lifestyles and routines in response to the coronavirus and lockdown.

Now, the return to school has brought about another aspect of change and uncertainty. These tips have been suggested to help support your family's wellbeing and the return to school.

## **Managing Different Emotions**



## Acknowledge anxiety and other feelings by saying things like:

- "I can understand why you feel worried"
- "I noticed you didn't play with your friend, is anything on your mind?"
- "Thank you for sharing that with me, you are being really brave."

## Create a safe space to talk by:

- Spending quality time with your child so they have your full attention
- Using eye contact to show you're listening
- Doing an activity with your child to make it easier for them to talk

## Encouraging creative coping activities:



## **Helping Children Build Resilience**

## Praise the effort your child has made, rather than the final outcome:

- "I can see you worked really hard on that drawing"
- "You spent a lot of time on building that tower, I'm proud of you!"

## Encourage your child to keep trying and learning from their mistakes:

- "You don't know how to do this **YET**, but keep going and you will."
- "Its OK to make mistakes, that's how you learn"

## Keeping a Healthy Lifestyle for all the family



## Reminding children to have healthy habits:

- Regular meals that include fruit and vegetables
- Daily exercise
- At least 8 hours of sleep each night
- Limit screen time, especially in the evenings and encourage more play and reading time



## **Support for Parents:**

- https://www.mentallyhealthyschools.org.uk/r esources/?Audience=ParentsAndCarers
- https://youngminds.org.uk/find-help/forparents/
- https://www.mentalhealth.org.uk/publication s/make-it-count-guide-for-parents-and-carers





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## Fleet Happiness Project

## GREAT DREAM Ten keys to happier living

GIVING	0	DIRECTION	Ð
RELATING	0	RESILIENCE	0
EXERCISING	0	EMOTIONS	0
AWARENESS	0	ACCEPTANCE	Õ
TRYING OUT	0	MEANING	Õ

This year we'll be 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.

Autumn 1	Direction Meaning
Autumn 2	Acceptance Giving
Spring 1	Awareness Emotions
Spring 2	Resilience
Summer 1	Relating Trying Out
Summer 2	Exercising Happiness (wellbeing week)

The first theme that we'll be thinking about is 'Direction'. In assemblies we've been discussing inspirational people who have worked towards their goals, and the children will be setting their own goals and thinking about steps that they can take to achieve them.





# 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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# **Online Safet** The 12

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore - and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. Merry Christmas!

### ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for perpettion with it do is in area it performance. parents to write it down in case it gets forgotten!).

## KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

#### **EXPLAIN SECURE** WIFI NETWORKS 0

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can (like trade iouria in conee snops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

## **TURN LOCATION** SETTINGS OFF

It's safest to disable the device's location services It's subset to training the device's stockting services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be beneficiently others. be tracked by others, it also significantly extends battery life

#### SET UP 2. 'PARENTAL CONTROLS'

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't isortheret by do semethisms they isolated they can't inadvertently do something they shouldn't.

#### HAVE 'THE MONEY **CONVERSATION**

fore your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a nurchase by accident they can come to you if they're uncertain, o if they have made a purchase by accident.

## LIMIT 8. SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.

## STAY AWARE OF THE SURROUNDINGS

It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.



www.nationalonlinesafety.com

@natonlinesafety

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One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use comment error grower price to the in error. games and apps appropriate for their age.

3. PAY ATTENTION TO AGE RATINGS

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## DISCOURAGE 🔍 DEVICE DEPENDENCY 🎽

Of course, children who've just got a new device will or course, children who ve just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they are back. device will be there when they get back

#### 9 ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they re at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

**2.** BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.

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

## **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 includes information in different languages
- Check the Council's news pages at news.camden.gov.uk
- Follow Twitter @CamdenCouncil and Facebook facebook.com/LBCamden
- Speak to someone at the Council directly by calling 020 7974 4444 (option 9).
- SIGN UP to the Council's coronavirus enewsletter at camden.gov.uk/coronavirus-updates

## London moves to Tier 3: VERY Follow the latest advice

With cases of coronavirus rising rapidly across much of London, yesterday (Wednesday 16 December) London moved to Tier 3 – a 'very high' level of local COVID alert. Restrictions now include:



Ban on socialising indoors with people not in your support bubble or household

No socialising outdoors with people outside your support bubble or household, except for in public parks, outdoor sports courts or playgrounds – in which case, follow the 'rule of 6'

People who are clinically extremely vulnerable are advised to stay home as much as possible unless exercising – in which case, avoid busy areas to minimise the chance of catching the virus

Work from home if you can.

For a full list of Tier 3 restrictions, visit gov.uk/coronavirus

## Staying safe over the festive period



Between 23 and 27 December, the Government is allowing people to form a 'Christmas bubble' made up of a maximum of three households. You can only be in one bubble and once formed, you cannot change it.

Please remember though that the more people you spend time with, and the more time you spend together, the higher your chance of catching the virus. You can also only meet your Christmas bubble in private homes or gardens, places of worship, or public outdoor spaces. Some people are choosing to celebrate virtually with loved ones instead of forming a Christmas bubble.

Please take this into consideration when forming your Christmas bubble and making plans. If you or someone in your Christmas bubble is clinically extremely vulnerable, consider keeping the number of people in your bubble as small as you can.

For more information, go to gov.uk/coronavirus



Despite the efforts of residents over the past months, which have helped to keep the number of COVID-19 cases in Camden low, the number of people catching the virus across London is now increasing at a dangerously fast rate. In Camden we have seen a 61% rise in cases compared to the previous week. London has moved into Tier 3 to combat these rising infection rates, and I know this will be a worrying time for residents and businesses.

We are calling on Government to support businesses in Camden that will be hit hardest by the move into Tier 3, and to ensure that anyone who needs to self-isolate receives proper financial and welfare support.

You can play your part this festive season to keep Camden families and communities safe by following Public Health advice. I know many people will want to meet family and friends in the coming weeks, but please consider whether you can organise a walk or meet in a park instead of having a meal indoors. You should also consider wearing a face covering in busy outdoor spaces where safe social distancing might be difficult. As always, if you develop symptoms, please self-isolate and get tested.

I know Camden residents will continue to look out for each other. There will be many who need a little extra help this winter and if you do, please reach out. Camden is here for you.

Councillor Georgia Gould, Leader of Camden Council

## Got symptoms? Get a free test



High temperature



If you develop coronavirus symptoms, self-isolate and get tested. Tests are free and accessible to everyone at **nhs.uk/coronavirus** or by calling **119**. Alternatively, visit **camden.gov.uk/bookatest** or call Camden Council on **020 7974 4444 (option 9)**. Choose the latter option if you need any support, including to self-isolate.

## Support Camden's local shops safely

Local businesses have worked hard to put extra measures in place to keep us safe. Please be extra careful to follow all safety measures and public health advice if you're out shopping in the run up to Christmas.



- Stay 2 metres apart from anyone you don't live with
- · Wear a face covering in indoor public spaces, unless exempt
- · Regularly wash your hands and use hand sanitiser
- Follow in-store safety measures.

Support your local shops safely, visit **camden.gov.uk/shoplocal** to find out which of your favourite shops are offering home deliveries.

## Get the flu vaccine

While the flu vaccine won't protect you from coronavirus, flu by itself can be serious and having both at the same time could make you seriously ill. Please be reassured that when you get the vaccine, local health services – including local GP surgeries and pharmacies – are running in a COVID-safe way, so extra precautions are in place to keep you safe. To find out if you're eligible for a free vaccine or for more information, go to **nhs.uk/flu** 

### Share your thoughts: Complete the NHS vaccine survey

Camden Council, together with the local NHS, is really keen to learn more about what Camden residents think about vaccinations – including the flu and COVID-19 vaccines. Please consider completing this survey developed by the local NHS at camden.gov.uk/vaccinationsurvey





