

Friday 18th June 2021

## Message from the head:

It was with disappointment, but not really surprise, that I watched the government announcement this week that the planned removal of restrictions was not to go ahead as planned on the 21st June. Each week I am in a meeting with Camden and Public Health and have seen first hand the rising cases once again across London and closer to home here in Camden. A number of Camden schools have already this half term had to start closing bubbles as we see the numbers of cases in schools and the community rising. We cannot become complacent and need to keep being vigilant here at Fleet and in the community about hand washing, social distancing, wearing our face masks and getting the vaccine when available to us and hopefully we can reach the end of this academic year without any further disruption caused by bubbles closing. I thank you for your patience throughout this year and maintaining the rules we have all had to operate under. While we now know our current Covid compliant way of working will have to continue to the end of this term we still do not know what we will be required to do come September, I know that I, like most of you I'm sure, am hoping for a return to single drop off and pick ups, through the main gate and the return of assemblies, shows and after school clubs! As soon as we know we will let you know but my guess is that we won't find out for sure until the very end of the summer break.

In the last week many of us, and I know from conversations with some of the children they too, saw the images from the European Football Championships of Christian Eriksen collapsing on the pitch when his heart stopped. Over the last few years we have introduced at Fleet an initiative where we give two classes CPR and Defibrillator training each year. Despite Covid we were lucky that last year we had the training just prior to the lockdown and today it was the turn of our Year 4 and 5 classes to receive their training. This is such an important life skill and could one day save a life—if your child is in year 4 or 5 ask them about what they learnt today.

I'd like to say thank you to all of you who supported your children with their recent home learning projects. I've seen the photos of what the children have been doing and I'm so impressed by the creativity and enthusiasm the children have shown. I've included some photos on pages 3—6 & 22 to share. Have a great weekend and see you on Monday.

## Cycle Training—Summer Holidays

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

For details and bookings:

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



## Nursery Applications for September

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

## Lunch Menu next week—21st-25th June

### Meat Free Monday

Cheese & Red Pepper  
Pizza  
Cauliflower & Tomato  
Shortbread Biscuit

### Tuesday

Meat/Halal: Turkey &  
Leek Pie  
Vegetarian: Lentil &  
Basil Whirl  
Gravy & Mash  
Sweetcorn & Broccoli  
Banana Sponge &  
Custard

### Available Daily

Freshly Cooked Jacket  
Potato  
Freshly Baked Bread

### Wednesday

Meat/Halal: Roast  
Chicken  
Vegetarian: Bean &  
Lentil Burger  
Gravy & Roast Potatoes  
Green Beans & Red  
Cabbage  
Yoghurt & Fruit

### Thursday

Meat/Halal: Beef Bolognese  
Vegetarian: Soya &  
Lentil Bolognese  
Spaghetti  
Broccoli & Carrots  
Pear & Strawberry  
Crumble with Custard

### Friday

Meat/Halal: Breaded  
Fish  
Vegetarian: Mixed  
Pepper Frittata  
Chips or Potatoes  
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**

## LA SAINTE UNION OPEN SESSION

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



## Vaccines at Tottenham Hotspur Stadium



This Sunday from 10am – 6pm, there is a big vaccination event taking place at Tottenham Hotspur Stadium in Haringey for everyone aged 18 and over. If you haven't yet had your first dose of the vaccine, you can turn up on the day but try to book in advance to guarantee your place at [eventbrite.co.uk/e/spurs-super-sunday-covid-vaccinations-20-june-2021-tickets-159505793121](https://eventbrite.co.uk/e/spurs-super-sunday-covid-vaccinations-20-june-2021-tickets-159505793121). Entry to the stadium will be gained via Paxton Terrace, which is fully wheelchair accessible via a street level lift. Please wear a face covering (unless exempt) and follow social distancing rules at all times. Extra precautions such as a managed queuing system will be in place to keep you and others safe at the site. If anyone close to you hasn't yet had their vaccine – like friends, family or neighbours – why not book an appointment at the same time and travel there together? If they have any questions, they can speak to the vaccinator before choosing to have it. With coronavirus cases rising rapidly, it's so important to get the vaccine as soon as you can because the more people that get vaccinated, the faster we can get cases under control. Even if you think you'll be fine if you catch it, having the vaccine will also prevent you passing it onto someone else who could get seriously ill.

## Punctuality Award

This week, our Punctuality award goes to Year 3 with 3 lates! A plea to Reception parents and year 6 to please ensure you are getting here on time. Children should be in the classroom ready to start learning (9am for Reception and 8.45am for Year 6). The gates will open for them 5 minutes before. Last week there were 15 and 18 respectively—an increase on last week's already high number of lates. Thank you to all of you who are managing to ensure teachers and children's learning is not interrupted or time lost by getting your children here on time. Children should be in their class ready to learn at their start time. They are young and need your help to do this.



## Attendance Award

Our Attendance Award this week goes to Year 1 with 98.9% - fantastic! This year's whole school target is 96%. We are currently at 95.6% - so close—we can do it!



## Online learning resources and homework

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

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

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



Dear Parent/Carer,

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

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

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

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

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

**OR**

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

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

We look forward to seeing you!

With warm wishes,

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

Dear Camden resident,

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

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

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

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

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

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

### COVID-19 vaccine facts:

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

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

## Parent group: Families, Food and Feelings

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









# Summer Term Home Learning Projects!



Red crab

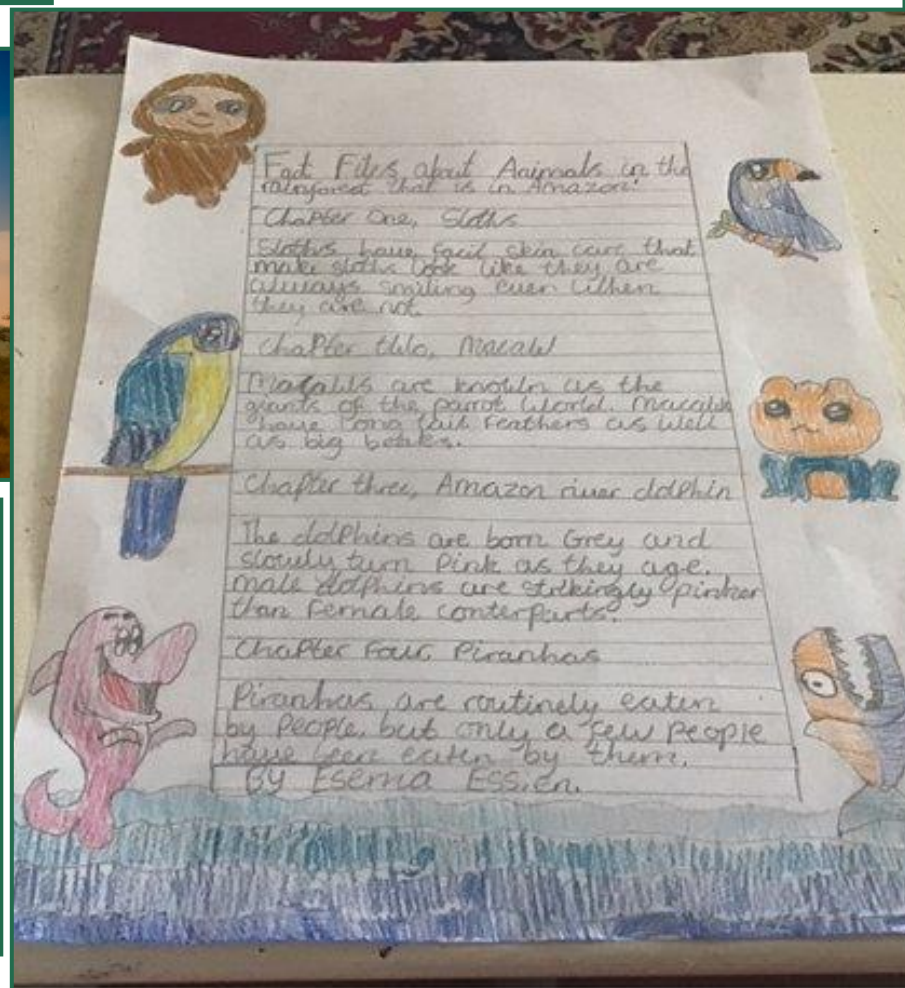
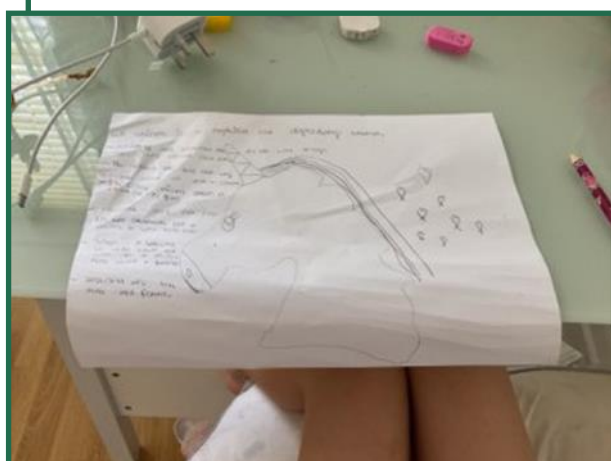
Fact 1. Crabs can have ten legs! Eight legs are used for walking, two are used for gripping.

Fact 2. Crabs like to walk sideways because it is much quicker than walking forward. ...e...r...y...s...i...d...e...w...a...l...k...i...n...g...

Fact 3. When shells on crabs get too small the shell splits open and the crab sheds the shell and a soft shell will start growing. It takes three days for the shell to harden.







# Summer Term Home Learning Projects!





## The wild

By Luke Year 6



## PHOTOSYNTHESIS How plants breathe

By Conor Martin Y3



## Hana's home learning project Into the woods

This Half-Term I went to Wales.

The first place I visited was a 27 meter high waterfall called Sgwd Henrhyd. I even got to go under the waterfall! The water and the sun created a magical rainbow.



# Summer Term Home Learning Projects!



# THE VIKINGS

The Vikings were warriors from Scandinavia in the late 8th Century to the early 11th Century. It all started with the Lindisfarne monastery raid on the 9th of June 793 AD. After that major event, Britain's life would change forever. The Vikings raided Ireland, Iceland, Greenland, Canada, and many other places.

## THE LINDISFARNE MONASTERY

### DID YOU KNOW?

- Did you know that Vikings were active in the North Sea?
- Did you know that Vikings were active in the North Sea?
- Did you know that Vikings were active in the North Sea?

BY NINA VS

In Scandinavia, you are considered an adult (AT THE AGE OF 16)

### RATO FUN FACTS!

The Vikings ended after the cargo sailed. King Harold Godwinson, defeated them!

## Fish

13/06/21

- 1) Siamese Fighting Fish
- 2) Goldfish
- 3) Gup
- 4) Common Carp
- 5) Blobfish
- 6) Shark
- 7) Nile tilapia
- 8) blue tang
- 9) swordfish
- 10) clownfish
- 11) wea
- 12) Atlantic salmon
- 13) rainbow trout
- 14) zebrafish
- 15) red-bellied piranha

## Jellyfish

- 1) moon jelly
- 2) Lion's mane jellyfish
- 3) Portuguese man o' war
- 4) Pelagia noctiluca
- 5) Barrel jellyfish
- 6) Chrysaora hysyscella
- 7) Blue jellyfish
- 8) Chrysaora quinquecirrha
- 9) Chrysaora
- 10) by-the-wind-sailor
- 11) immortal jellyfish
- 12) box jellyfish
- 13) Phyllorhiza
- 14) Aquorea victoria
- 15) cannonball jellyfish

## Dolphin

- 1) Killer whale
- 2) Amazon river dolphin
- 3) common bottlenose dolphin
- 4) striped dolphin
- 5) spinner dolphin
- 6) Irrawaddy dolphin
- 7) South Asian river dolphin
- 8) Indo-Pacific humpbacked dolphin
- 9) short-beaked common dolphin
- 10) risso's dolphin
- 11) dusky dolphin
- 12) Pacific white-sided dolphin
- 13) long-finned pilot whale
- 14) pantropical spotted dolphin
- 15) Tucuxi



Sea turtles eat sea grass, coral, and fish. Sea turtles lay their eggs in a nest dug in the sand.

Barnacle can grow on the sea turtle's shell.

Sea turtles are reptiles.

The group of eggs are called a clutch.

Sea turtles can live for a very long time.

# Summer Term Home Learning Projects!



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

## SCHOOL TERM DATES 2021/2022

### AUTUMN TERM

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

### SPRING TERM

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

### SUMMER TERM

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

### STAFF INSET DAYS – SCHOOL CLOSED

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

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



# Times Tables Rock Stars of the Week!

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

**Year 2: Okpe—17,917 coins (2nd week in a row)!**

**Year 3: Alea—390 coins!**

**Year 4: Hamzah—9,060 coins!**

**Year 5: Nida 8,540**

**Year 6: Charlotte—24,820 coins!**



## Fleet Facts!

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



**Year 2: Skylar, Lena, Ursula, Shajai, Samuel, Jarod, Arafat, Lashanty, Noah, Jake Sidoli, Daniel, Fatma, Okpe**

**Year 3: Arin, Yonis, Rayn, Evangeline, Mia, Rayan , Ranya , Hana, Tabby, Yara, Abid**

**Well done!**



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

All sessions will be lead by  
our head female coach!

All abilities welcomed!

Day: Thursdays

Time: 5-6pm

Venue: Hampstead Heath,  
behind the lido

Price: FREE

For more information  
please contact

Del - 07932431748

Peter - 07956 233977

Alexis - 07961 469477



# HVH Art - June Courses

HVH Arts, located less than 5 minute walk from Fleet have some amazing FREE opportunities for your children to be involved in art based classes. See below for details of the courses they are running through May/June. They are also taking bookings for their popular summer courses. Get in quick by visiting their website: [www.hvharts.org/courses/](http://www.hvharts.org/courses/)



## HVH ARTS

**OLYMPUS**

### MAY/JUNE SCHEDULE 2021

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

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

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

**DATES: ONGOING AND TBC**

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

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

**DATES: ONGOING AND TBC**

#### SCHOLARSHIP PHOTOGRAPHY PROGRAMME

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

**DATES: TBC**

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

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

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

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

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

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

REGISTERED CHARITY NUMBER 1149607

funded  
through



# HVH Art - Summer Courses



**PATRON:**  
Helen McCreary OBE

## HVH ARTS

**OLYMPUS**

### SUMMER SCHEDULE 2021

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### STOP MOTION ANIMATION WITH EMILY HOLLINGSBEE

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

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

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

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

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

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

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

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

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

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

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

#### GRAFFITI AND STENCILING TRIPTYCH WITH LOUISE ADIE

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

**DATE 20<sup>th</sup>, 21<sup>st</sup> August 12pm-4pm Ages: 8-16 (split into age-appropriate cohorts)**

#### SCULPTURE CLASS - SUSTAINABILITY

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

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

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

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

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

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

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

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

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

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

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

#### 2 DAY CURATION WORKSHOP

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

**'LOCKDOWN EXODUS' Exhibition!**

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

#### LOCKDOWN EXODUS EXHIBITION

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

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

NUMBER 1149607  
REGISTERED CHARITY





# Fleet Happiness Project

## GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



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

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

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

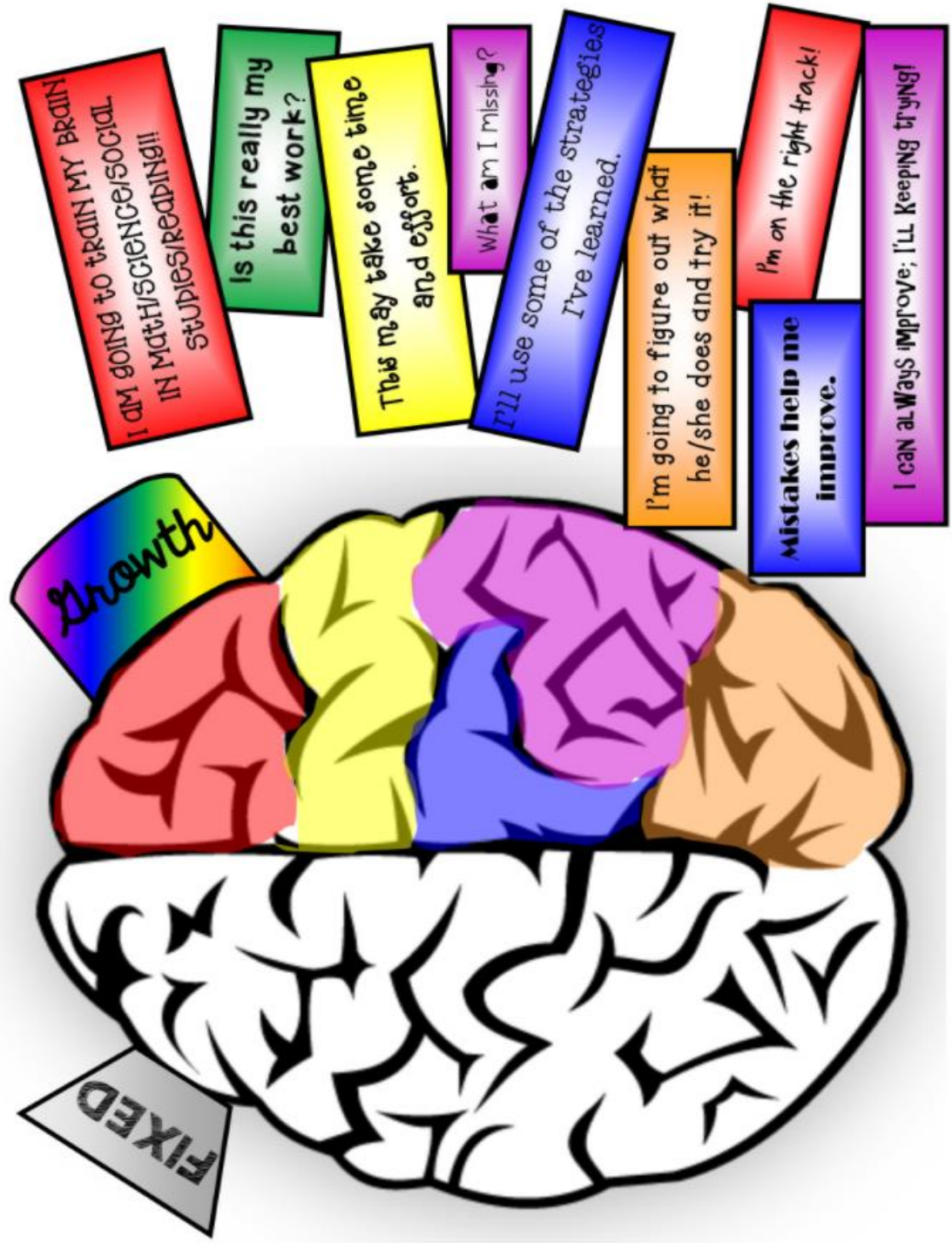
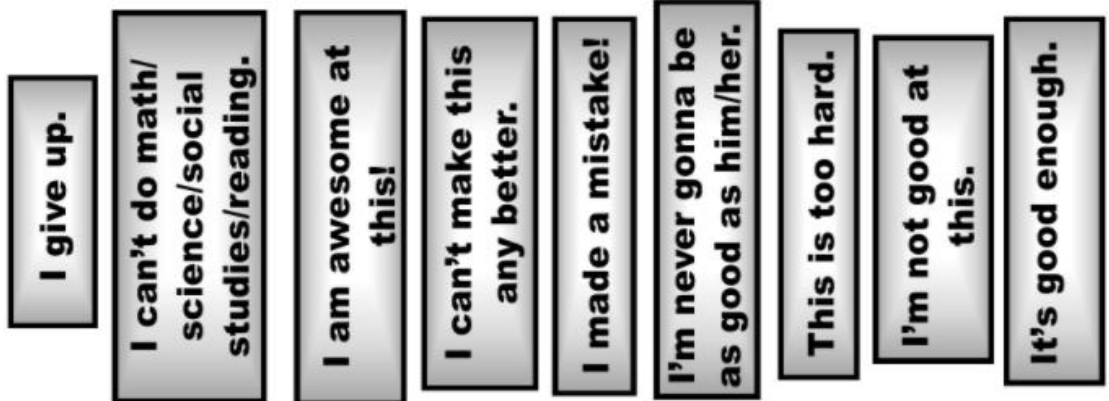
Look out for the activities in your Home Learning and remember to share what you've been doing by sending in photos for the attention of Miss Wall at [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk).

**ACTION FOR HAPPINESS**



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

# Change your words Change your *Mindset*





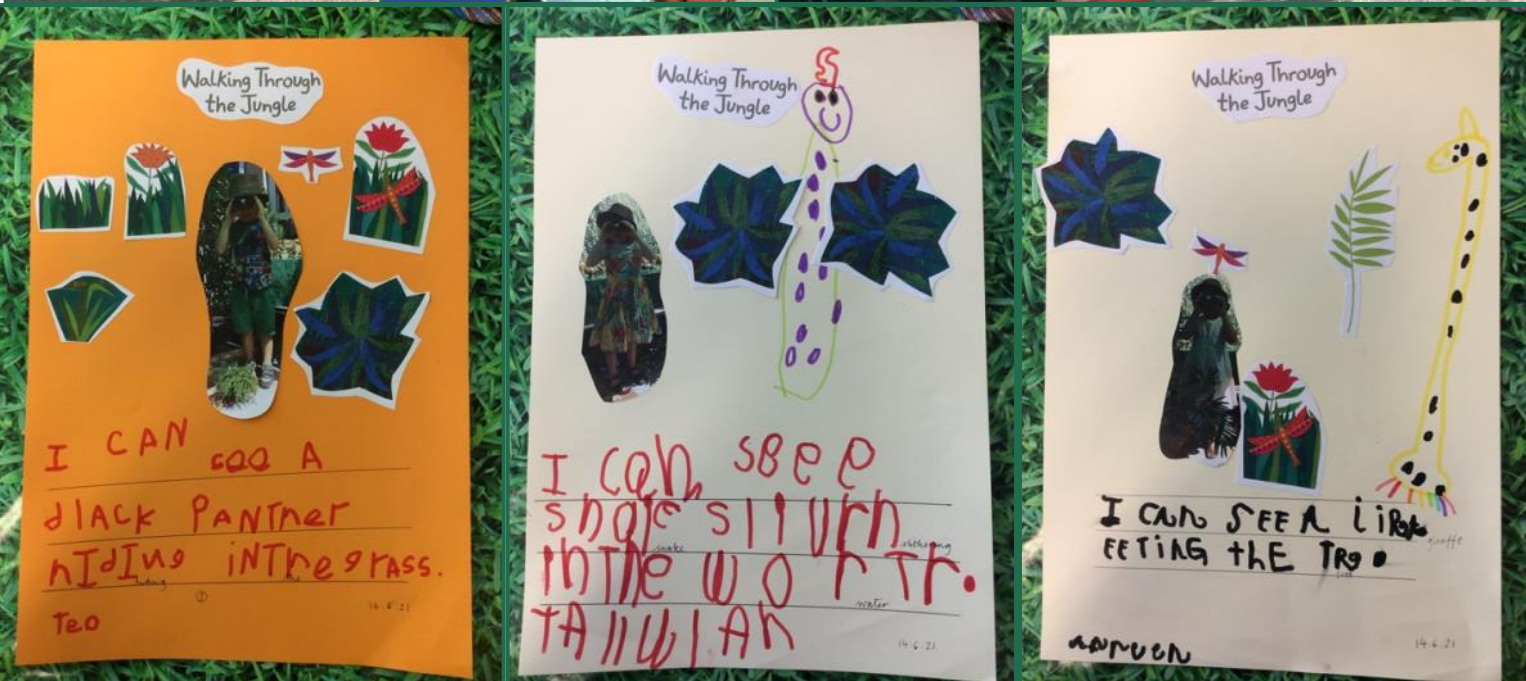


# Topic: Super Heroes & Vile Villains!

It's been all about minibeasts this week in Nursery. Painting minibeasts and making them too with their tools. They know how to use the hammer and screwdriver now so were thinking about which tool is best to use for each part of our bug. The children were very sensible and showed lots of creativity to come up with their own designs and see their ideas become reality in their creations.

# This week in Nursery...

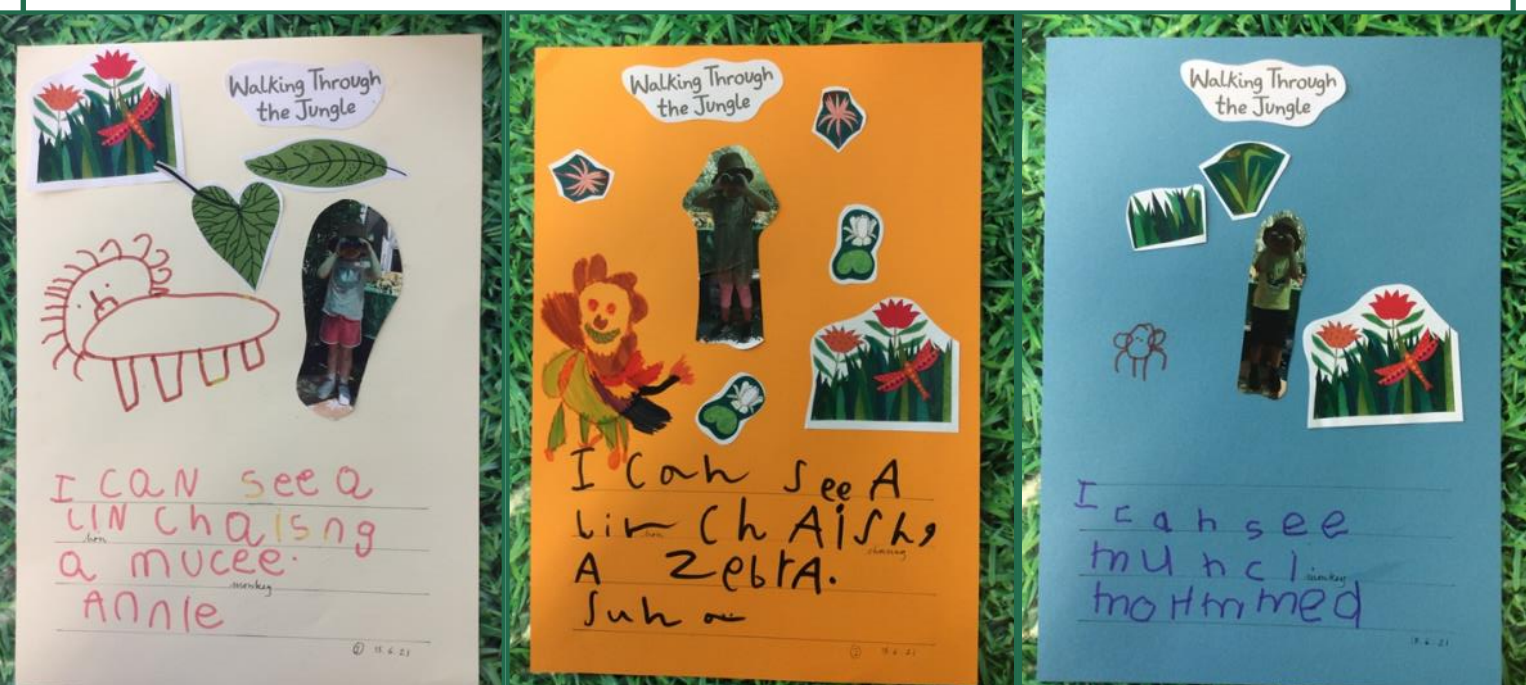




## This week in Reception...

This week in Reception they have been in a new habitat, the jungle! They have written about what they might see in the jungle, made lizards and snakes with repeating patterns. They are so enthusiastic about all the animals. Well done Reception!

## Topic: Animal Adventures



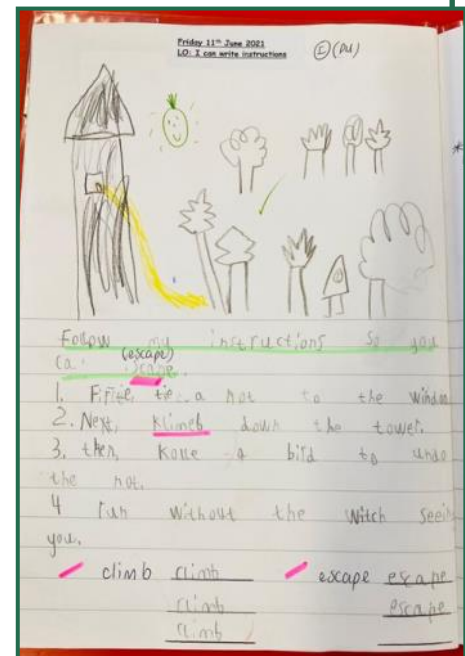
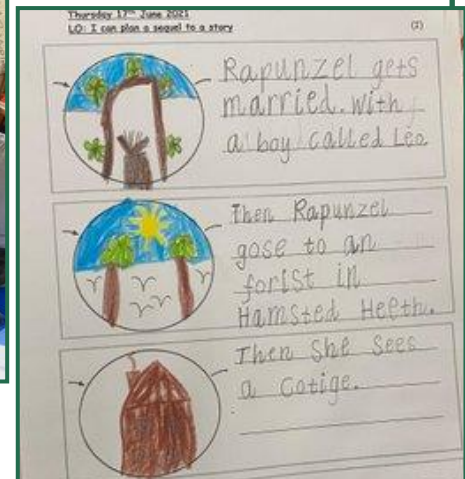
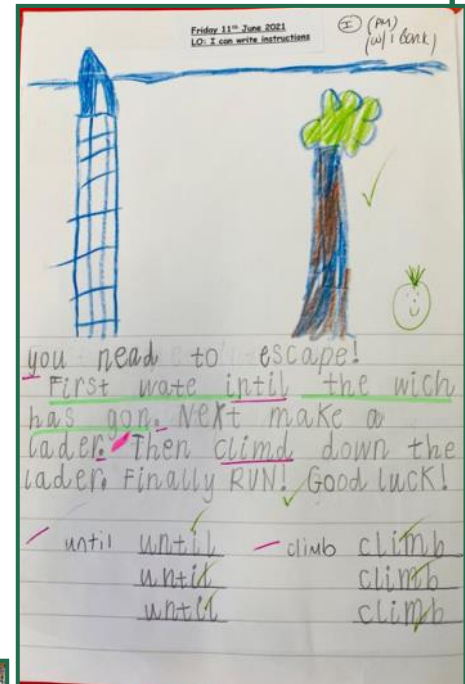




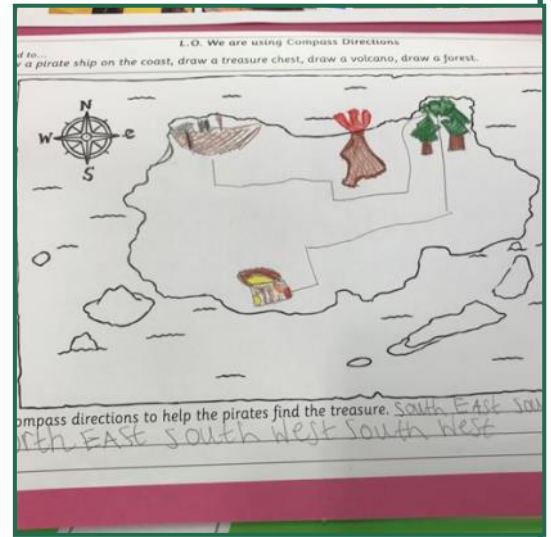
What a busy week—the children have been doing lots of ‘Rapunzel’ themed work—writing instructions to help her escape, planning and writing a sequel to the story and designing a tower for Rapunzel to be built from white tac and spaghetti. All this and time for phonics and paired reading and drumming rhythms with Lynley. Well done Year 1!

# This week in Year 1...

## Topic: History Detectives

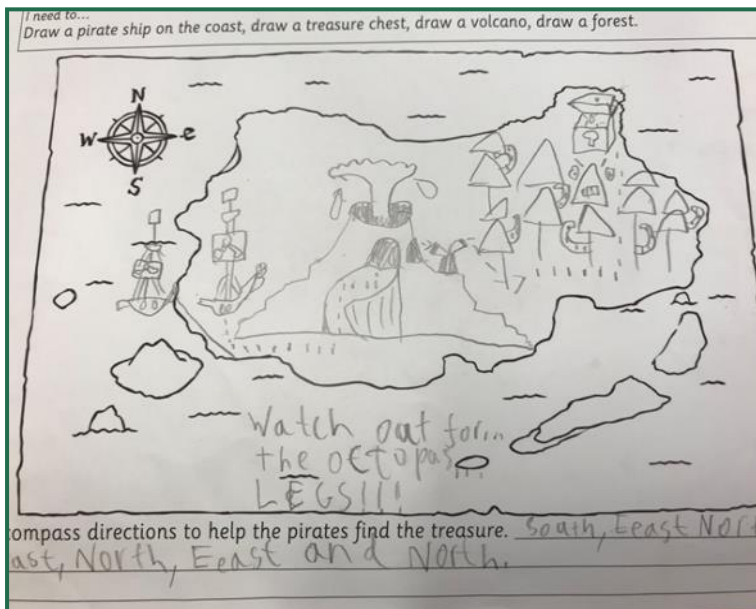
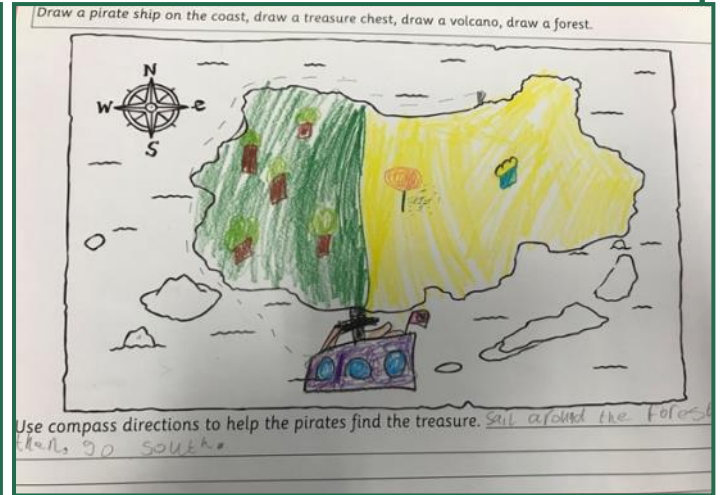
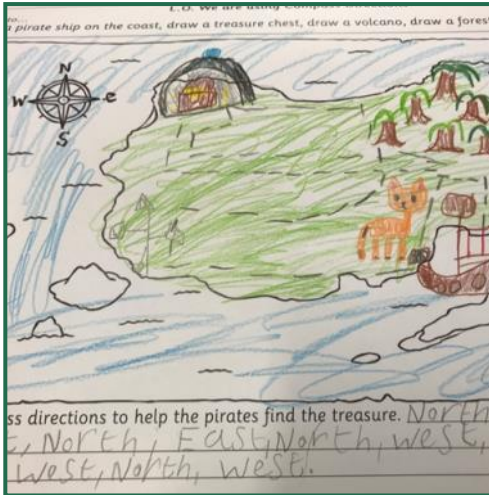






The children have been practising compass directions and drawing treasure maps. Lots more home learning projects came in this week—we'll do more year 2—such dedication to your learning. Mason shared his amazing radish he grew from the seeds he was sent for his science lesson during lockdown. Impressive!

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







## This week in Year 3...

The children made use of technology this week in music, using 'Incredibox' to compose and to use Bug club in reading. They got out into the playground too for a planning activity for their woodland animal calligrams and also to enjoy their Fleet Treat Ice-Cream Sundaes!

## Topic: Into the Woods



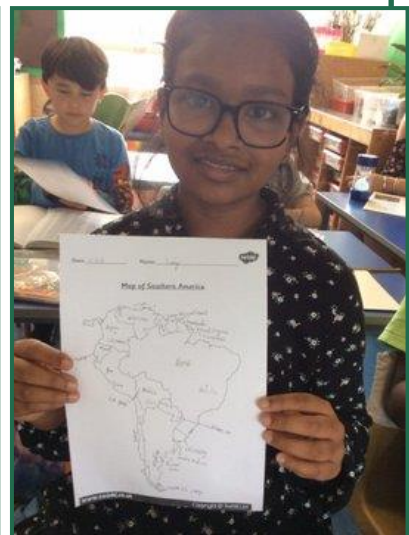
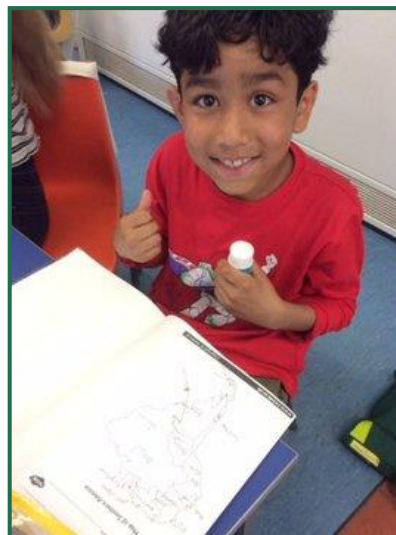




# This week in Year 4 Topic: Into the Rainforest

Another busy year 4 week. The children have been trying to learn all the South American capitals in geography—it's flags up next! They also started creating backgrounds and characters for their 'stop deforestation' stop motion movies. There was also time to enjoy getting out into the forest school area to read in the shade. Lovely!

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





## This week in Year 5

## Topic: Raiders & Invaders

This term's topic is proving to be a popular one. This week the children have been making posters on either the Vikings or Anglo Saxons. They had to use 15 words or symbols and then compared what each had come up with. They have also been creating Viking portraits. Great work Year 5.







## In Year 6...

They have been busy this week with science and lots and lots of show rehearsals (which are going really well). Pictures of slices of bread from their experiment (which have no mould grown yet!) are not very exciting and we don't want to give any surprises away about the show so here are some more of the amazing home learning projects created by this incredible and talented Year 6 class.

## 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—Kulchoma

For being such a lovely and kind friend to her peers. Kulchoma initiates lovely conversations, is patient and comforts them when they are sad. Thank you for being such a great friend in Reception! Well done Kulchoma.

## Year 1—Hester

For a great start at Fleet! You are putting in lots of effort during lessons, especially in Maths, and you fit into Team Y1 really well with your excitement and positive attitude. Well done, Hester, and keep being your wonderful self!



## Year 2—Lena

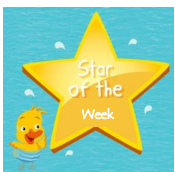
For consistently putting so much effort into everything you do. Your focus on your learning is brilliant to see and is resulting in wonderful work! Well done superstar!

## Year 3—Alfie

For your dedicated attitude to your reading. Choosing to spend your break practising your reading is very commendable! Well done!

## Year 4—Eva

We've really noticed how well you listen and concentrate in class. We love how much you contribute to class discussions with your great ideas and the effort you put into your work. Keep up the brilliant attitude! Well done.



## Year 5—Youssef

For your brilliant work in English this week. You have fantastic ideas and are becoming more and more independent each day! I'm so impressed with how far you have progressed and the dedication you put towards your learning. Well done Youssef!

## Year 6—Arifa

For your fantastic commitment to our production. In every rehearsal you are engaged and enthusiastic; showing everyone how it is done. You have shown dedication through the speedy learning of your lines and song lyrics. The energy you are bringing is a joy to watch on stage! Keep up the wonderful work you are doing! You're amazing!



# From National Online Safety



## Let's Tackle Online Hate Together



Make sure you know how to report content on any sites or apps that you use. Don't be afraid to report any hateful posts that you see.



Don't respond to the people posing hate: sometimes an ongoing conflict is exactly what they want. Instead, report, block and unfollow them.



Set a positive example through your own online behaviour. Before you post or share anything, ask yourself if you would say it to someone offline.



Show support for online campaigns against hate and 'like' posts that you see promoting positive messages. You could leave an encouraging comment, too!



If you see upsetting messages online, talk to your friends and family about them. Maybe take a break from the app or site you saw them on.



Remember that you have the power to shape your online world. Engage with posts or accounts that inspire kindness and connection, and block or unfollow the ones that don't.

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

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.06.2021



# 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 27 – Mindful or Mind-full? (Part 1)

Do you ever feel like you're running on autopilot and life is passing you by? Taking a moment to stop and absorb what's happening around you has been shown to improve our mental wellbeing. This is known as being mindful. Mindfulness is: (i) observing our surroundings and the senses we're experiencing in that moment, (ii) noticing our thoughts and (iii) connecting with our emotions. Research shows that being mindful can increase our enjoyment of the world, help us to understand our thoughts and feelings better, can reduce the risk of psychological illness and help us to feel calmer.

### **How can I practice mindfulness?**

1. Pay attention to the small everyday tasks and the senses you experience e.g. while brushing your teeth

2. Pick a time of day when you'll practice being mindful

Notice and observe your stream of thoughts without judgement

Have a go this week at becoming fully aware of some of the tasks you complete and see if you notice any differences in how you feel.



# 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)

\* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

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



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

## Coronavirus cases are rising – please follow the rules

Coronavirus cases are rising – and they are rising fastest amongst 18 to 29 year olds. Additionally, more people are being hospitalised with the virus. It's so important to keep following the rules to keep yourself, your friends and your family safe and to prevent you passing it on to someone who could get seriously ill:



Enjoy the warmer weather and socialise outdoors



Stay 2 metres from those outside your household or bubble



Wash your hands regularly and thoroughly



Wear a face covering in indoor and busy outdoor public spaces, unless exempt



Socialising indoors? Keep windows open to ventilate the space and dilute infectious particles

Thank you for all you're doing to keep Camden safe.

## You can still catch or spread COVID-19 if you don't have symptoms

Getting a rapid lateral flow test (for people without symptoms) twice a week to check you're COVID-free, including before going to work, or meeting up with friends or family, will prevent you passing the virus on to others without knowing. To find your closest test site, home test pick up or delivery options, visit [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest)

## Get the COVID-19 vaccine as soon as you're eligible

If you're **21 or over** and haven't had your first dose of the COVID-19 vaccine, please book your appointment as soon as possible. The more people that get vaccinated, the faster we can get the rise in coronavirus cases under control. Book your free appointment now:

- Call **119** for free
- Visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)
- Not registered with a GP? Email [nlccg.covid-19vaccine@nhs.net](mailto:nlccg.covid-19vaccine@nhs.net)
- Need support to book? Call Camden Council on **020 7974 4444 (option 9)**

Please also make sure you have your **second dose** as soon as you're eligible to give you maximum protection against the virus, and especially the Delta variant. For more information, visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)



Coronavirus cases are rising again in Camden and London, so it's so important we work together to stop the spread. Anyone 21 or over is currently eligible for the COVID-19 vaccine, so please book your first dose as soon as possible. And remember that the best protection against the COVID-19 variant currently spreading in Camden is two vaccine doses, so don't forget to book your second.

Vaccinations, plus regular testing if you are out and about, and socialising outside (or with windows open) and keeping a distance wherever possible, are the best defences we have against the virus.

I know the news that the further easing of restrictions has been delayed will be disappointing for many, and if you live, study or work in Camden, there is support available. Please don't hesitate to get in touch with our dedicated team, who can help you with queries including finances, mental health and business support, on **020 7974 4444 (option 9)**.

Finally, if you'd like to thank a local organisation or group who has helped you or your community during the pandemic so far, please consider nominating them for the We make Camden campaign. We'd love to hear your stories, see below for details – nominations close on Monday 21 June.

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

## Book your second dose of the AstraZeneca COVID-19 vaccine

The AstraZeneca COVID-19 vaccine remains safe and effective. While there have been reports of extremely rare cases of people developing blood clots after the first dose of the AstraZeneca vaccine, there are no safety concerns related to the second dose. Please have your second dose for longer-lasting protection against coronavirus. If you have any concerns, speak to your GP or the vaccinator.

## Domestic violence: Support available and new inquiry

Reported incidents of domestic violence have risen during the pandemic. If you are experiencing domestic violence or abuse or need support or advice, call Camden Safety Net confidentially on **020 7974 2526** or email [camdensafetynet@camden.gov.uk](mailto:camdensafetynet@camden.gov.uk). Advisors will help to keep you safe and discuss your options.

To prevent and tackle domestic violence and abuse in the borough, Camden Women's Forum has launched a new inquiry, focusing on the impacts on children and young people. The inquiry will help Camden Council to understand what needs to change to better support people and their families who have experienced domestic violence. For more information, visit [camden.gov.uk/domestic-violence](https://camden.gov.uk/domestic-violence)

**we make Camden**

## Last chance to nominate local organisations and groups

Has a local organisation or group helped your community since the pandemic began? Nominate them to be recognised for their efforts by Monday 21 June – email [camdentalking@camden.gov.uk](mailto:camdentalking@camden.gov.uk) or call **020 7974 4444 (option 9)**. You could nominate a Camden charity or voluntary organisation, group of residents, school, team within NHS or public service, business or any other group.



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

 **Camden**