

Friday 19th March 2021

#### Message from the head:

It's been such a busy week! The teachers and support staff have been working hard to get baseline assessment data following the return to school to help plan support and interventions for the children for over the summer term while at the same time wanting to ensure that we don't overwhelm the children or lose the creativity in our curriculum. I am very proud of the teachers for the careful way they have planned the lessons over this return and of the children for their positivity and resilience. As you can see later in the newsletter, despite the assessment activities this week, there has been plenty of creativity and special events going on. The Mosaic Project we are working on with the amazing London School of Mosaic is really looking impressive. The child led design is fantastic and this week 3 classes had the chance to start construction. It's going to be a real feature when it is finished and up on the wall outside the office. As well as those work-

shops this week we also were visited (virtually!) by ||Last day of term—1st April 'West End in Schools' who led classes on story inspired dance workshops. It really pleases me that despite the restrictions we face in school at the moment the teachers are continuing to be creative and find solutions to bringing in learning opportunities from outside school in place of the many trips and events we would usually have in our curriculum. I hope you all have a restful weekend.

Please see the finish times for the last day of term, Thursday 1st April in the table to the

right. Please note the pick up points will be the same as they have been all year. If you have siblings we will still have the hall in use until 2.15pm so that children finishing earlier can wait for <sup>l</sup>their siblings.

Class	Finish Time on 18th December
Nursery	1.30pm
Reception	1.45pm
Year 1	1.30pm
Year 2	2pm
Year 3	2.15pm
Year 4	1.30pm
Year 5	2pm
Year 6	1.45pm

#### Parent Video Conferences—Monday 19th April

Thank you to all of you who have signed up to the parent conference Zoom calls planned for the INSET day on 19th April. Those of you we didn't manage to catch at pick up or drop off, we will be calling over the next week to get you timetabled into slots. Once all appointments are set we will send a letter with the time for your meeting and the zoom link to use.

#### **Lunch Menu next week**

#### **Meat Free Monday**

Quorn Chow Mein with Noodles Sweetcorn & Broccoli Oranges

#### **Available Daily**

Freshly Cooked Jacket **Potato** Freshly Baked Bread

#### **Thursday**

Meat/Halal: Turkey & Chickpea Aloo Chaat Vegetarian: Lentil & **Sweet Potato Curry** Rice **Broccoli & Tomatoes** Peach Upside Down

Cake

#### Tuesday Meat/Halal: Mexican

Beef Chilli Vegetarian: Five Bean Chilli Rice **Green Beans & Carrots** Blackberry & Apple Cobbler with Custard

#### **Friday**

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

#### Wednesday

Meat/Halal: Roast Chicken & Gravv Vegetarian: Chickpea & Vegetable Loaf Rice Cauliflower & Red Cabbage Yoghurt

Please remember to let the office know if you want your child to change to or from school lunches so you are charged correctly

#### Online learning resources and homework

While remote learning was difficult for everyone there are some real positives that came out of it. The development of children's resilience and independence, especially the older children, being one. Utilising different real world technologies, such as video conferencing and learning platforms being others. Now children are back, many of you will be, like us, focussed on supporting the children to continue to progress in their learning and fill in any gaps that may have developed through lack of face to face teaching. We have known for a long time that the key to success is rooted in the basics—times tables, number bonds, reading etc. Regular practice supports fluency which helps with the more complex aspects of their learning. Many of the online resources we used during lockdown are as equally important to support these skills when school is back and we would encourage you to support the children in using these from home. Below is a reminder of the links to the different resources we have subscriptions to. Your child has an individual login—if they /you have forgotten it and can't find via ParentHub or other school communications please contact the office for support:

Mathletics: login.mathletics.com or download app for mobile (icon shown right top) Times Table Rockstars: https:// play.ttrockstars.com/auth/school or download app for mobile (icon shown right middle) Numbots (EYFS/KS1): https://play.numbots.com/ #/account/school-login/33442 (icon shown third down)



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

Seesaw: https://app.seesaw.me/#/login or download app for mobile (icon shown right bottom)

Busy things: https://www.busythings.co.uk/lgfllogin/



CLASS



#### **Nursery Applications for September**

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

#### **Punctuality Award**

This week, our Punctuality award goes to Year 3 and Nursery with 0 lates! There were 52 lates for the whole school-most of which were from Reception (14) and Year 6 (25). Thank you to all of you who were here on time. If you weren't please help us to improve—it's key for children to be in and ready to learn on time.

#### Attendance Award

Our Attendance Award this week goes to Year 3 AND Year 6 with 100% - amazing! This year's whole school target is 96% - this week attendance across all classes was 96.93%. Thanks you for your efforts so far. Keep it up!

# Feet Easter Egy Decorating Egystravaganza 2021.



Every year we hold an Easter Egg decorating competition. Even during lockdown last year many of the children took part—sending in their photos of their eggs-cellent decorated eggs and eggs-tremely funny egg scenes!

The countdown is now on for this years competition. Entries should be with us by the end of the school day on Wednesday 31st March.

To submit you entry you need to:

- take a photo of the egg/egg scene with you in the picture!
- Upload the picture to seesaw for your teacher to see (EYFS email in to the office)

Prize winners will be announced during the end of term sharing assembly on the last day of term—

Thursday 1st April.





### Fleet Facts!

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



Year 3: Rayan K, Sufiyan, Tara, Tabby, Tyrell, Evangeline, Saheim, Yonis, Hana, Alea

# 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: Jake Sidoli—4,566 coins!

Year 3: Saheim—7,791 coins!

Year 4: Hamzah—32,228 coins!

Year 5: Nida—5,672 coins!

**Year 6: Gaith—26,150 coins!** 



### Fleet Happiness Project



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.

Last half term we focussed on Awareness and Emotions, now we're turning our attention to Resilience!

Resilience is crucial to help us learn as well as to help us achieve happiness. We'll be doing lots of learning around improving our resilience and growth mindset. Look out for top tips to help support your child.

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.

Find ways to bounce back www.actionforhappiness.org

# indabo Change your Change your words

studies/reading. can't do math science/social I give up.

am awesome at this

can't make this any better. made a mistake!

as good as him/her. 'm never gonna be

This is too hard.

'm not good at this. It's good enough.

Pm on the right track! use some of the strategi Is this really my What am I missing This may take some time I CAN ALWAYS IMPLOVE; I'LL Reeping trying! IN MATHISCIENCE/SOCIAL AM BOING TO TRAIN MY BRAIN best work? Studies/Redpingii I've learned. and effort. I'm going to figure out what he/she does and try it! **Mistakes help me** improve. EIXED





Whittington Health MHS

Working in partnership

### Dental Health Advice for Parents/Carers Easter Holiday Dental workshops for Children

Venue: Join online Zoom

Camden Learning is inviting you to schedule meetings.

#### Friday 9th April 2021 at 10:30-11:00

Children's Easter Dental Workshop Sessions 3yrs to 6 years https://us02web.zoom.us/j/81370856020?pwd=RjRpNE1DRnZNYIYyUVRZSmpia1NsUT09

Meeting ID: 813 7085 6020

Passcode: 412105

#### Monday 12th April 2021 at 10:30-11:15

Children's Easter Dental Workshop Sessions 7yrs old & over

https://us02web.zoom.us/j/84918439763?pwd=Qms1bEltTIRvNjI1UIZjRGttQ3BUQT09

Meeting ID: 849 1843 9763

Passcode: 456704

#### 19th April 2021 13:00-14:00

Dental advice for Parents/Carers of SEND Children

https://us02web.zoom.us/j/87131472910?pwd=b0dlcnhLOW1xZCtHQ1FxaHNRK0lodz09

Meeting ID: 871 3147 2910

Passcode: 046508

#### 26th April 2021 10:00-11:00

Dental Health Advice - Parents/ Carers

https://us02web.zoom.us/j/82051364952?pwd=dGlOSUwrU0hoZXU1Y2s5Lysvb0dsdz09

Meeting ID: 820 5136 4952

Passcode: 280062











further mation: contact Ramnarnico-

la.ramnarine@nhs.net Tel: 07920236977



# Back to school

Updated: March 2021



From 8 March, schools and nurseries will safely reopen and we're really looking forward to welcoming back all our children. However, we know that some people have concerns about what this might mean.

Schools have been carefully following local and national public health advice to prepare for the return of all children and to ensure each school is safe. This includes regular rapid testing of school staff and secondary and special school pupils to identify those who may have COVID-19 but no symptoms.

Children don't spread coronavirus more than adults. For most people – and especially children – if they do catch the virus, the symptoms will be mild.







#### Stay safe

We all need to work together to make sure we keep our schools safe, so please remember to:

- Keep washing your hands
- Socially distance and wear face coverings where possible, especially at the school entrance during dropping off and picking up times (your school will let you know what plans are in place)
- Stay at home if you or your child (or someone you live with) have symptoms and get tested
- Tests can be booked online at: nhs.uk/coronavirus or by calling 119
- You can also find information and advice about testing, as well as test and trace at nhs.uk/coronavirus

We know that about one in three people with COVID-19 don't have any symptoms, but can still pass the virus on.

The Council is offering free rapid COVID tests for anyone who has to leave home to go to work and has no symptoms. Tests can be booked online at: camden.gov.uk/nhs-test-and-trace

If you are an adult (over 16) member of a household, childcare bubble or support bubble of staff or a pupil you can get a twice-weekly test if you are asymtomatic. These will be available:

- at one of the seven community test sites in Camden. Book online: camden.gov.uk/rapidtest or call 020 7974 4444 (option 9)
- by booking a home test-kit for pick-up from the NHS test centres open at Kingsgate and Ramsay Hall, in Camden, from 1.30pm to 7.30pm every day.

Anyone with a positive result should start to self-isolate straight away along with everyone in their household.

#### Keep healthy

Children should walk, cycle or scoot to school if they can, rather than taking public transport. Children aged 11 and over who take public transport should wear a face covering.

Vaccinations protect you and your family from many other infectious diseases. Speak to your GP to make sure all your child's vaccinations are up-to-date.

If you are eligible, please accept the offer of the COVID-19 vaccine when you are contacted.

#### Help and support is available

You can contact your school with any questions. You can also organise a private meeting with your School Nurse who can speak to you about any concerns you may have about coronavirus. For example, if you are worried about older relatives who live with you.

For School Nurses, please email <a href="mailto:camdenschoolnurses@nhs.net">camdenschoolnurses@nhs.net</a> or call **020 3317 2304**.

If you're worried about self-isolating for whatever reason, get in touch with Camden Council who can help you - 020 7974 4444 (option 9) or visit camden.gov.uk/support-for-individuals

Translated material will be available from your school.

### COVID SYMPTOMS? GET TESTED NOW.

hs.uk/coronavirus OR CALL 119

#### Become a COVID-19 Health Champion

Help to share the latest advice and guidance about COVID-19 with your family, friends and other community members in Camden or Islington.

#### To sign-up, complete this form

If you've got questions, email us at CHC@islington.gov.uk















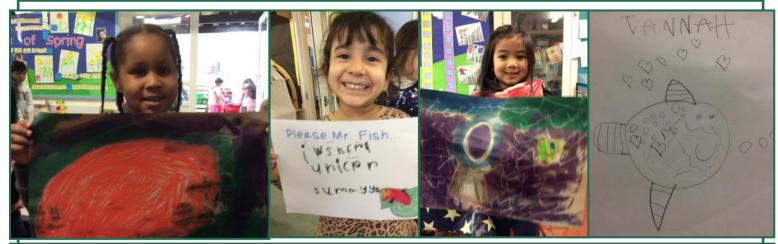




It has been 'Gingerbread Man' week in Nursery this week. They put on their own version with 'West End in Schools' during an online workshop, made some cut-outs during sensory play, rolled dough and painted pictures! A fantastic week. Well done Nursery.





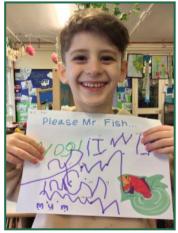










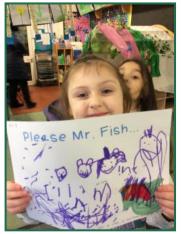






So much fantastic work going on in Reception this week around the book 'Please, Mr Magic Fish! They have been making predictions, writing wishes to the magic fish, painting their favourite parts of the story and catching fish to do maths problems with! Superstar Learners—well done Reception.

# This week in Reception.















# This week in Year 2...

Year 2's curriculum this week has been truly immersed in their topic—'Seeds and Thneeds'. They have been doing a science experiment on seeds, pretending to be seeds in their music lesson and writing a letter all about litter and the environmental problems it can cause.





What's the problem?
If you liter the place:
Will be messy and rotten
and then everything will look
Very duly so stoplishing
I don't liter because
If will take lots of hard
If will take lots of hard
If will take a whole day!



What can we do to hard we help help help help to pick star or and put it in the closest bin help to some characters on the help with the closest bin help to some characters on the help to some the

pick up litter. make a company to pick up litter. always crush a can when tou have one was h the can before you put it in the bil.















# This week in Year 3...

In amongst their assessment work this week the year 3 children took time out for a fantastic online dance workshop based around the 'Jungle book' as well as playing some 'Division Monster' Top Trumps in maths!



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

Tel: 0207 485 2028



This week the children started their Heroic Humans DT Puppet projects, they have researched conductors and insulators, and been thinking about resilience as part of their Happiness Project work. All this and doing 'back to school' assessments—it's been a busy week. All through it they've had a smile on their faces—what superstar students!

#### Y4 Brass Practice:

https://www.rod-ntom.com/fleet



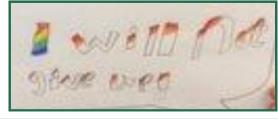












Fleet Primary School, Fleet Road, London. NW3 2QT

Tel: 0207 485 2028

Twitter: @FleetPrimary

Web: www.fleet.camden.sch.ul



# This week in Year 5...

Y5 Brass Practice: https://www.rod-ntom.com/fleet



Even by Fleet standards this week has been very busy for Ms. Sale and Year 5! They have had a Dance/Story workshop, a session with Gillian from the CLC, a session on the Fleet Mosaic Project with the London School of Mosaic as well as their weekly PE and Trumpets/Trombone sessions. This on top of their usual Topic, Maths and English curriculum lessons!









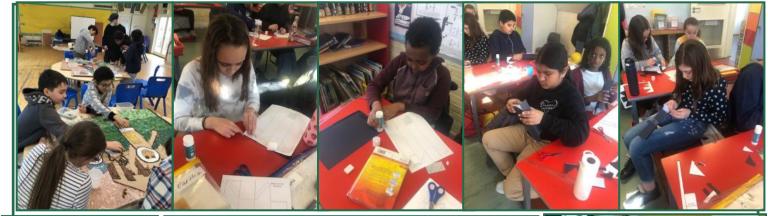


















This week in Year G.

In between Maths and English this week, Year 6 found time to fit in a workshop session on the Fleet Mosaic as well as painting their winning designs for the new climbing wall for the junior playground. They also learnt and built a periscope to investigate how light travels and how they helped in WW2. There is always time to be creative for this talented bunch of renaissance boys and girls!













Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - these are testing times, everyone adjusting to home learning again. We want to keep things as normal as we can so this term will continue with recognising our stars of the week even while we are in lockdown. Lisa will send your certificate via the post. Look out for it arriving! Well done to all these children, and to all the rest who might not have been picked this week but could have been.





#### Reception—Lily-Rose

You have had such a brilliant week! You have made lots of lovely drawings and did a fantastic job writing out a wish. You engaged really nicely during PE, playing catch. It has also been really nice seeing you make a new friend and play really nicely with her. Well done Lily-Rose!

#### Year 1—Amina

For her consistent effort, positive attitude and increased confidence in class. You are doing so well, Amina, and you are also a great friend in class and in the playground during our breaks - helpful, caring and kind. Your lovely smile lights up the day and you are a fantastic member of Team Y1. Keep being wonderful you!













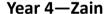


Year 2—Jarod

For coming back to school full of enthusiasm for learning. You are so thoughtful, interested in the world, and your eagerness to learn is really inspiring. Well done Jarod!

#### Year 3—Alfie

For your proactive attitude! You are making a great effort to use what you already know to help you and to ask for help when you need support. Fantastic job! Keep it up!



Well done for a really positive week. You've been working really hard and showing great enthusiasm with your learning. We particularly liked your map symbols activity. Keep it up!















#### Year 5—Ni-Mah

For her positive attitude towards her learning. Ni-mah approaches every subject with enthusiasm and always tries her best. She shows active listening and often has her hand up to share her great ideas. She was also excellent in this weeks dance class, learning the entire routine and not giving up when it got challenging. Well done, Ni-Mah!

#### Year 6—Mayeda

For continuing to show commitment to your learning. You are developing such great awareness of what you need to make progress. You are developing your focus, independence and ability to ask for help when needed. Keep up the excellent work

### 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 <a href="https://www.bbc.co.uk/bitesize/articles/z7ksxbk">https://www.bbc.co.uk/bitesize/articles/z7ksxbk</a>



#### Wellbeing Tip of the Week!

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

Week 16 - Managing anxiety about returning to school

The return to school after second lockdown indicates some progress with Covid-19, and some of us may breathe a sigh of relief that the children are back at school. However, some of us might be quite anxious about the return to school. Whether we are anxious about safety, or concerned about how much has changed, or the impact this has had on our mental health (amongst other things), there are things we can do to manage some of our anxiety. Try to focus on: the positives of returning back to "normal", the safety measures put in place to keep everyone safe in school, how resilient you might have found yourself to be, and any skills and positive experiences you have gained from this. For example, spending quality time together as a family, finding more creative ways to keep busy and stay connected, and having more reflection time to think and grow from our experiences.

Dear Parent/Carer,

The NHS mental health support team who work within your school and many others 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. The four topics covered, scheduled dates and times are:

Topic	Day and Date	Time
Routines	Tuesday 23 <sup>rd</sup> March 2021	12-1 pm
		1-1.20 pm -Q&A

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents or carers that are interested. You can opt in for all five sessions, or whichever most appeals to you.

To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <a href="https://www.eventbrite.co.uk/e/140783959613">https://www.eventbrite.co.uk/e/140783959613</a>.

We look forward to seeing you!

Camden Mental Health Support Team



#### Fleet School, Agincourt Road Footway Widening: Scheme Update

#### What you told us about Fleet Primary School, Agincourt Road

Staff from Fleet Primary School raised concerns to the Council regarding the situation caused by the COVID-19 pandemic. It was noted that the parents, carers and pupils were experiencing difficulties with maintaining social distancing outside of the entrance to Fleet Primary School on Agincourt Road due to the narrow width of the pavement.

#### The scheme we consulted on

In response to what you told us; we developed a scheme which will temporarily provide extra width on the pavements outside the school. This would be achieved by building out the existing footway on Agincourt Road through the introduction of new temporary kerbs between 1.3 to 1.8 metres from the existing kerb line, with the gap between the previous and new kerbs infilled with asphalt. The details of this scheme can be viewed overleaf.

This scheme helps to deliver our own Transport Strategy priorities, which were strongly supported when we consulted on them, including increasing walking and cycling, and making our streets and transport networks safe, accessible and inclusive for all. You can read more about our strategy on our website http://www.camden.gov.uk/transport-

The details of this scheme were shared with the public through a consultation which took place over a two-week period between the 4th and 21st of January 2021.

#### The decision that has been made

Having considered the feedback received during the public consultation, the rationale and criteria for the proposals, specifically the urgent road safety need for these changes, the Council's Director for Environment and Sustainability formally approved the implementation of the proposals on the 3rd of February 2021

Full details of this decision can be read on the Council's website http://democracy.camden.gov.uk/ieDecisionDetails.aspx?ld=3203

We are using Temporary Traffic Orders to make these changes. This Order will remain in place for approximately 6 months. Subject to the success of the scheme and feedback received from stakeholders, we may choose to extend this. The maximum that the scheme can be in place under this traffic order would be 18 months. It will be reviewed after approximately 5 months, when a decision will be made as to whether to carry out a public consultation regarding making the scheme permanent or not.

We have consulted with the emergency services and statutory groups on these changes. and you will also see information going up on local streets. If you have any concerns or comments on the changes, you can email us at: safetravel@camden.gov.uk

#### See the changes

The following plan presents the approved temporary changes to the footway on Agincourt Road outside of Fleet Primary School.

#### What's happening next?

Construction of this scheme is scheduled to take place during the weeks commencing 22nd

Camden camden.gov.uk/making-travel-safer-in-camden and 29th March 2021 and some noise should be expected between 9am and 5pm. AGINCOURT ROAD New footway buildout using DBM and half battered pcc kerbs New gulley New IGP Raise gulley Burn off 38m of lane markings Park entrance School 9ate **Fleet** 15.00 School



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

For more information about

Early Help visit: camden.gov.uk/earlyhelp

Sure Start 020 7974 8961 camden.gov.uk/surestart

for elicible 2 year olds



#### What's Early Help?

Early Help is about family and being here for when families are experiencing things that are starting to feel overwhelming. Early Help is about whatever is important to you, whatever is causing you to feel distress or worry. Early Help is for families with children of any age, from 0 to 19. It's voluntary and your choice whether to have it or not.

#### What can you help with?

Every family we work with is unique. We work with families experiencing relationship breakdown or conflict, violence in the home, children showing distressed behaviour, support for first time parents, housing, rent or money worries, difficulties at school, worries about a child's health or development, managing changes in circumstances, grief and bereavement, and mental health problems. Often it's a combination of many things. But whatever it is that you and your family want to change, we are here to work with you - to help you and your family get to where vou 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

#### 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 he

Someone to have a chat with to see how we can help and what Early Help service might be most useful.

#### First Stop 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 **inperson** 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





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#### What Parents & Carers Need to Know About

Clubhouse is an audio-only social media networking app that is currently available only to Apple users. The app encourages conversation between users, in various rooms discussing topics from the serious (health, sports, cryptocurrency, etc) to the more frivolous (favourite cereals, corniest jokes and so on). Clubhouse is like an interactive podcast that allows real-time two-way communication. The app is still in beta-testing stage and is invite only – you can only join if someone sends you an invite.

#### Fear of Missing out



Clubhouse's exclusivity has created significant curiosity and FOMO ('fear of missing out') among internet users still awaiting their invite. Many have turned to Reddit forums and social media for a way in. Scammers are exploiting this excitement: there have been people with the same username selling invites an different platforms. This is a red flag, since any one person only gets two invites to use



Clubhouse wants to be a safe environment for its users and aims to assign a moderator to every room. However as users are able to create their own rooms at will, it is hard to see how all of these could be appropriately moderated. Hence, a young person listening in could easily be exposed to adult language or comments that could be deemed offensive.

#### Recorded Conversations

There has been no evidence to date of Clubhouse conversations being leaked onto the wider internet. But the possibility cannot be dismissed that someone could easily record a conversation and then circulate it online. This would become a problem if a young person used their real name on the app and discussed a potentially sensitive issue in any of the rooms.

#### No Age Verification



The app is targeted at users aged 18 or over. How there is no age verification system in place (as yet), so anyone under 18 could easily join the app if they received an invitation. As Clubhouse encourages forthright discussion among adults, a young person signing up to the app would be highly likely to hear vigorous discussions of age-inappropriate subjects.

#### Insufficient Safety Protocols



CO

Although the app condemns hate speech and online abuse – and is working hard to keep these off the platform – there have been some safety concerns about Clubhouse. The speakers in some rooms, for instance, have been found to be taking advantage of the lack of moderation to incite hate against minority

#### Accidental Exposure

There are three types of room: open (anyone can join), social (only for someone's 'friends' on the app) and closed (the room creator decides who is allowed in). A child could easily be invited to join rooms by their friends or by same one they follow. This may result in them accidentally joining rooms that aren't age appropriate. There is curren'tly no way to prevent this from happening on the app.



Advice for Parents & Carers 🔝



#### Use 'Closed' Rooms

If your child is determined to use Clubhouse, emphasise that – in privately created vocans – they should only chat with people who they actually know. When creating their own chat room, encourage them to always set it to 'closed' (so only they can decide who can listen in or join the conversation) and don't allow strangers to have access.

#### **Block or Report**

Even as just a listener you can block someone or report them for abusive behaviour. If your child comes across a speaker in Clubhouse that is being offensive or abusive, then encourage them to block and report that user. It's good practice to always walk your child through blocking and reporting on any app with those facilities, giving them a method to protect themselves.

#### **Emphasise Digital Etiquette**

There are no text-messaging or image-sharing options currently available on Clubhouse; speakers whose presentation needs a visual element change their profile picture as a way to show the image. But it is still possible that conversations (even in private rooms) may be recorded by another user. Remind your child of the importance of maintaining good digital etiquette and behaviour.

#### Avoid Linked Social Media

When creating a profile, users can link it to their Twitter or Instagram account. Many people have used this to then connect with or message others users directly. You can protect your child's personal information by keeping any other social media accounts they might have separate from Clubhouse. This will reduce the potential of a stranger privately messaging your child away from the app.

#### Talk about the App

Clubhouse is for over 18s. So if a young person really does want to use the app, assess whether they are mature enough to handle some of the conversations they might encounter before allowing them to download it. Prevent them being misinformed by encouraging them to research the speakers they follow – making sure that they are credible people who are qualified to present on a particular topic.

#### Explore It Yourself



If your child is interested in Clubhouse, perhaps the best way to understand how the app works, and its format and content, is to download it yourself before they do. Trying the app will help you to decide if it is appropriate for your child to use. If you're not happy that it's suitable, explain your reasoning to your young one and possibly cooperate in researching more child-friendly alternatives.

#### Meet Our Expert

Parven Kaur is a social media expert and digital media consultantwho is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.





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www.nationalonlinesafety.com







Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 24.02.2021

### 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 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> <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> <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> <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> <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







What to do if	Action needed	Back to school
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> <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> <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) <ul> <li>even if they test negative during those 10 days</li> </ul> </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> <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> <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 (gov.uk/uk-border-control/before-you-leave-for-the-uk)</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> <li>Returning 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 arrive in the UK</li> </ul>	when the quarantine period has been complete 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
- · Child shouldn't attend school
- Contact school as advised by attendance officer / pastoral team
- Child should shield until you are informed that restrictions are lifted and shielding is paused again

... 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) There are two types of tests for COVID-19

For people who don't have symptoms:

- 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 and their close contacts will be required to self-isolate for 10 days
- If any of the close contacts develop symptoms, they should stay at home and get tested
- If anyone tests positive whilst not experiencing symptoms but develop symptoms during the isolation period, they must restart the 10-day isolation period from the day they developed symptoms

For people who **have symptoms**, they should book a test online at <a href="nhs.uk/coronavirus">nhs.uk/coronavirus</a> or call **119**. The whole household should isolate for 10 days

... 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 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 includes information in different languages
- · Check the rolling 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 for regular service updates, news and support at camden.gov.uk/coronavirus-updates

#### Free rapid tests in Camden

Free rapid tests are available for anyone who needs to leave home for work, those who leave home for care or volunteer responsibilities, and parents and carers of all primary, secondary and college students. Home test kits are also available for pick up from the NHS test sites at Ramsay Hall and Kingsgate Community Centre, from 1.30 to 7.30pm with no booking required.

To book an in-person rapid test, visit camden.gov.uk/rapidtest or call 020 7974 4444 (option 9).



As we near one year since the first lockdown, I know for many this will be a time of reflection. No one has been left unaffected by the impact of COVID-19, and it's clear the ramifications will be felt for some time to come. However, while there has been much loss and sadness, there has also been an incredible outpouring of support from within our communities. From local organisations delivering food parcels, to neighbours lending a hand, Camden's spirit has

shone through the most difficult of times.

As I look back on the year, I want to say thank you Camden for continuing to support our borough and for helping to keep us safe. Over the next few weeks, you can read here about our plans to recognise and honour the strength of our whole community efforts.

Finally, I know people, and especially women, across the country - myself included - have been deeply affected by the tradic murder of Sarah Everard. I stand with women and girls everywhere who are hurting, angry and scared. As a society we must do better, Harassment, abuse and violence need to be called out and continuing these conversations is a vital first step to achieving real change, where all women and girls can be safe.

Councillor Georgia Gould, Leader of Camden Council

#### Support for women experiencing domestic abuse, sexual violence or harassment

For many women who have experienced or are at risk of domestic help or advice, Camden Safety Net is here for you. Get in touch for independent and confidential support and advice on **020 7974 2526** or visit camden.gov.uk/domestic-violence. In an emergency, call 999.

#### Why I had the COVID-19 vaccine



Mohammed Gofur is the Chair of King's Cross Mosque. He's had the first dose of the COVID-19 vaccine and says:

"Please join me and have the vaccine when it's your turn. It's free from animal products, safe and effective, and it could save your life."

Find out more about the vaccine, including current eligibility, at nhs.uk/coronavirusvaccine

#### Find your future in technology and **business**

Are you are interested in working or launching a business in the technology, science or digital sectors? If so, you can now join the LIFT (Leading Inclusive Futures through Technology) programme. LIFT aims to support local recovery from COVID-19 by

helping people find work. The programme actively seeks out local employment and training opportunities with leading tech companies in the local area. Over the next six months, Camden Council - in partnership with Islington, Hackney and Tower Hamlets councils - will be running an employability and enterprise 'incubator' where residents can learn new skills, as well as a 'survive and pivot' programme for businesses. Women, people with disabilities, lone parents and people from Black, Asian and other ethnic backgrounds, who are currently under-represented in the sectors, are encouraged to join.

To find out more, visit liftfutures.london

#### Take part in Census 2021

Census Day is this Sunday 21 March, but you can complete your census now at census.gov.uk with the access code in the letter you should have received. To request an access code, paper questionnaire or support completing, visit the census website or call 0800 141 2021. The website has information in different languages and in accessible formats, and you can also call the language helpline on 0800 587 2021. It's important to take part as the information you provide helps to make decisions about public services in our

After Census Day, census officers will visit households that have not completed questionnaires. They will show identification, not enter your home, remain socially distanced, and wear PPE. You can find out more about how the census will be carried out safely during the pandemic on the census website.

Stay at home to save lives



You must work from home if vou can



You can exercise or meet outdoors with your household, bubble or one other person from another household



Only socialise indoors with your household or bubble



travel for a permitted reason

Please continue to follow the latest guidance. For the latest information on the Government's plans to ease lockdown restrictions, visit gov.uk/coronavirus

camden.gov.uk/coronavirus

020 7974 4444 (option 9)

