

Message from the head:

The moment we had dreaded finally arrived this week as we were forced to close our first bubble due to a positive Covid case. We hope our Reception children and families are all well and we look forward to having them back on the 1st December. Shortly afterwards we also had to close our office due to staff isolating. I'd like to thank you for your messages of support while we navigate these tricky times and for bearing with us while we have office staff working from home and are relying on the answer machine and email for communications—we may be a little slower than usual to respond to queries but I assure you we are doing our very best to keep going. It was only a matter of time before the increase in cases in the wider community would lead us to join the many other Camden schools in having to close bubbles due to cases and be affected by staff having to isolate. I know from conversations with some of you that the rules around isolation can be confusing—who has to isolate in a house and who doesn't? Is it 10 days or 14? If you are in the situation that these questions affect you and you aren't clear from our communications or wider government websites and advice please don't hesitate to contact us and we'll try to clarify.

Page 4 of the newsletter over the last few weeks has been given over to 'Wellbeing Updates'. For the last few weeks we have advertised a couple of Zoom sessions we had arranged for parents on topics you had told us were particularly relevant to you and that you'd like support in. It was disappointing this week that the first session had to be cancelled as only two parents came online for the session. The next session is planned for next week. Please contact Ms. Wall to indicate if you are interested. If the time of the session makes it difficult for you to log on please tell her that as we can look at altering the times. We want to be able to support you and feel that the team delivering the sessions are really good and the topics will be very useful to parents. The in person parent workshop we ran prior to the whole Covid situation was well attended and received. We know Zoom sessions aren't the same as face to face, but they are still useful.

Page 3 of the newsletter advertises a new fruit and veg delivery service one of our Fleet families has set up—please consider supporting them. With exercise and clubs harder to do at the moment eating healthily is even more important.

Last week I held the first meeting of the Fleet 'Bike it Crew'. This is a partnership we have with Sustrans and is all about encouraging active travel—walking, scooting, cycling—amongst our community. Page 2 has details of a weekly competition that we are encouraging the school community to get involved with. The 'Bike it' crew all applied for their post and are very keen to get going. Please support them by encouraging your children to enter the weekly competitions so they can then hand out some prizes across the school. You'll be hearing more from this dedicated bunch of children over the next few months.

I hope everyone stays safe and well and has an enjoyable weekend. I look forward to seeing you back next week—Reception families, remember to send in photos of any work you are doing at home so we can again include and celebrate you in next week's newsletter even if you are not in school with us.

Fleet School Mosaic Project

We have begun a project that will run this year to create a beautiful mosaic for the wall outside the school office. This project will involve the children at all stages—from the initial design ideas, through to the final design, then the construction and building of the mosaic right up to the installation on the wall outside. We want this project to be driven by the children and their ideas. This week The London School of Mosaic, who are supporting us with this project, came in to do workshops with every class. When the Mosaic is finished in the Summer term we'd love it if some parents were able to be involved in helping us to put it up. We wanted to develop a project to help the children with feeling connected to school again after so long out and what better way than to create a piece of art and personal expression that will allow each and every child to leave their mark on the school environment for many years to come—even after they have moved on and left us!

Parents' Webinar Series

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.

Topic	Day and Date	Time
Sleep	Friday 27/11/20	12pm
'Good enough' Parent and Child interactions	Friday 04/12/20	12pm

The series will include online workshops via Zoom. The topics covered, scheduled dates and times are:

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents who are interested. You can opt in for all four 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:

<https://www.eventbrite.co.uk/e/parent-webinar-series-tickets-126950144299>

Punctuality Award

This week, our Punctuality award goes to Year 2 & 3 with 1 late—brilliant! I'm pleased to say that lates for the whole school have come down making us all safer by avoiding crossing with other bubbles and equally important ensuring children aren't missing valuable settling and learning time. Year 4 and Year 6 still could do better with both classes having more than 10 lates. Please continue to ensure your child is in school on time. If they arrive late and cross with another bubble they risk having to isolate should that bubble need to while their classmates, who arrive on time, would not.



Attendance Award Our Attendance Award this week goes to Year 2 with 99.61% - amazing! Three classes were above 99% - brilliant! This year's whole school target is 96% - we're currently at 97.14%. Thanks for all your efforts.



Star of the Week Awards this week's winners...

Well done to our 'Stars of the Week' for this week. We are very proud of their hard work and effort.

Sustrans / Bike It Crew Weekly Challenge Competition

We have a new initiative at Fleet spearheaded by our very own 'Bike-it Crew' made up of some year 5 children. They have taken on the challenge of trying to encourage the school to travel more sustainably—be that by bike, scooter or walking. Over the next few months they will be sharing weekly challenges with you through the newsletter and leading special assemblies to the school. From time to time they will also be on the school entrances handing out prizes to children travelling sustainably to school. They will be working closely with Dave, our Sustainable Travel Project Officer from Sustrans. Below is our first weekly challenge competition—get your posters into your class teacher by Monday and they could be in with a chance to win a fantastic prize!

STAY ACTIVE WITH SUSTRANS

WEEK 1: POSTER MAKING!!



Win an
amazing
prize!

The Challenge

Create a poster about the benefits of active travel and why it's so good.

How to stand out

We're looking for bright and colourful designs and a good explanation of the benefits of active travel- good for your health, the environment, makes you happy, can do it with your friends etc.

How to enter

- Design your poster on A3 or A4 paper
- Hand your completed posters in to your school champion by next Monday!

Deadline

Your posters need to be in by **Monday 23rd November**

What happens if I win?

- We will announce the winner on the following **Wednesday (25th November)** via email.
- We will be in touch to arrange your prize: a bike or scooter!
- Your poster will be displayed around the school and on the school's newsletter or social media!

What happens if I don't win?

- There's still a chance your poster will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced on **next Monday**.

DID YOU KNOW...



You might be surprised to know that in the northern hemisphere the Earth is closest to the Sun during winter.



The Earth is 3.1 million miles closer to the Sun than midsummer when the Earth is furthest from the Sun.



SHARE YOUR POSTERS!



#stayactivewithsustranslondon

Exciting New Local Business from a Fleet Family!

This fantastic poster was designed by Frankie in our Year 1 class. Many of you will know his parents Darren and Abbie. They have started a business supplying fresh fruit and veg to the local community at a time when many find getting to the shops tricky. If you can, support this local family in this fantastic new and worthwhile endeavour.



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. We'll shortly be sending out a Parent Wellbeing Questionnaire. Please take the time to complete and return it so that we can tailor our support to help as much as possible.

Wellbeing Tip of the Week!

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

Week 3 - Quality time with family or friends

Try to find some time to do an activity as a family or household, such as, going to the park (keeping to Covid restrictions), playing a board game, cooking together, or making arts and crafts. Spending quality time together can strengthen our relationships, help us to reconnect with others and encourages positive communication. Bonding with loved ones increases dopamine levels which help us to feel good and promotes positive wellbeing.

Parent Workshops—open to everybody

PLEASE CONTACT MS. WALL IF YOU WANT TO ATTEND THIS SESSION BUT THE TIME IS NOT SUITABLE, OR IF YOU HAVE AN AREA OF MENTAL HEALTH AND WELLBEING YOU'D BE INTERESTED IN LEARNING MORE ABOUT — WE REALLY WANT TO SUPPORT ALL OUR FAMILIES AS BEST WE CAN - THIS WEEK'S SESSION HAD TO BE CANCELLED DUE TO NOT ENOUGH INTEREST

Weds 25th Nov, 12.30-13.30

'Supporting your child to cope with anxiety and stress'

- Know the signs, symptoms and causes of stress and anxiety
- How Covid-19 may have affected stress and anxiety
- Strategies and activities to help your child to cope better with stress and anxiety

Join Zoom Meeting

<https://us02web.zoom.us/j/87969281254?pwd=cW0vblZlRUU1aVd1cDNvU2lveUtxZz09>

Meeting ID: 879 6928 1254

Passcode: 654721

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/zkboxwnb>
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>



End of Autumn Term Parent-Teacher Phone Conference

As we are aware that teachers are not able to be in as close communication with families as we would normally, we have scheduled in an additional 'parent meeting' for this term. You will remember we brought forward to the usual parent meeting to the first half term to be able to touch base with you all over the phone and give you an indication of where your child was at based on our initial baseline assessments following reopening in September. You will be receiving your child's termly targets from teachers in the next couple of weeks. Following this we have scheduled another opportunity to speak with the teachers. Below is the proposed timetable. Your child's class teacher will attempt to call you at some point during the window of time listed that we have arranged for them to be out of class. Please make a note of these days/times in your diaries so you are available to chat. Due to the restrictions we have on class bubbles and needing to avoid too many people working in different bubbles it is very difficult to free the teachers up so please try to find time for this important call. Obviously, with the current situation there may be things that arise between now and then that affect our ability to staff this and it may change but this is what we are planning for and will endeavour not to change the times unless we have no other option. Thank you for your continued support and patience.

Class	Times	
Nursery	Wednesday 9th December 4-6pm	Thursday 10th December 9.30-11.30am
Reception	Wednesday 9th December 4-6pm	Thursday 10th December 1.30-3.30pm
Year 1	Wednesday 9th December 9.30-11.30am	Wednesday 9th December 4-6pm
Year 2	Wednesday 9th December 9.30-11.30am	Wednesday 9th December 4-6pm
Year 3	Wednesday 9th December 1.30-3.30pm	Wednesday 9th December 4-6pm
Year 4	Wednesday 9th December 1.30-3.30pm	Wednesday 9th December 4-6pm
Year 5	Wednesday 9th December 4-6pm	Friday 9th December 9.30-11.30am
Year 6	Wednesday 9th December 9.30-11.30am	Wednesday 9th December 4-6pm

Happiness Project

Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



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

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

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

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

Direction

Have goals to look forward to



Set a goal and take the first step to make it happen

Fleet Facts!

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



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

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

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

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

Year 2: Mason, Lenny, Arafat, Alana, Lena, Lorik, Amreen, Samaarah, Lashanty, Skylar, Shajai, Mia, Jake Sidoli

Year 3: Tabby, Rayan, Abid, Mia, Sufiyan, Saheim, Alea, Natasha, Hana, Rayn, Arin, Alfie W, Ranya, Yonis, Yara

Year 5: James, Penny, Rosie, Jayda, Ifeoma, Peter, Rosa, Maureen, Isaac, Maya, Ni'mah, Mason, Gaby, Erina, Hannah, Freddy, Nathan, Nida, Sami, Abubakar

Year 6: Ayesha, Jaydon, Armaan, Charlotte, Luke, Iman, Ruphy, Mayeda, Anas, Scarlett, Vesa, Ubayd



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



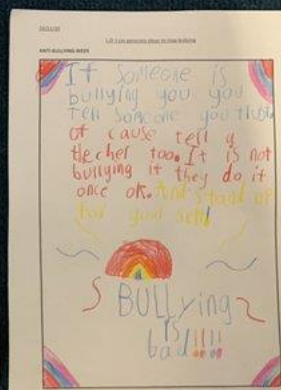
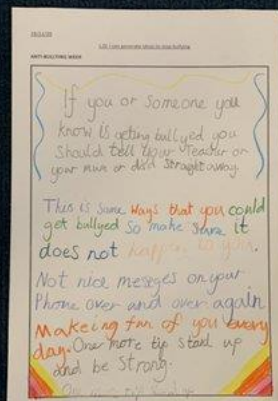
£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

Antibullying Week - 16th-22nd November 2020

This week was anti bullying week with schools across the country involved in different activities. We launched the week with a special school assembly. Monday was also 'Odd Socks Day' with children and grown ups across the school wearing odd socks to celebrate difference and diversity. As well as teacher led activities across the school some classes were involved in anti bullying workshops led by the community outreach team at Arsenal—big thank you to them for coming in and supporting Fleet as they do so often. It has been a good week with the children showing wonderful insight and a caring and accepting attitude. Thank you to Ms. Budd for her support of all the staff finding resources and ideas to use this week.



From National Online Safety



ROBLOX
Powering Imagination

According to the Roblox website, 'Roblox is the world's largest interactive social platform for play.' For those of you who are unfamiliar with the game, it is a multi-player online gaming platform which allows children to play and create a variety of games in a 3D world. Roblox is free to play and available on all modern smartphones, tablets, desktops, Xbox One, Oculus Rift, and HTC Vive.



AGE RESTRICTION
13+

What parents need to know about **ROBLOX**

ROBLOX STUDIO

The Roblox Studio allows users to create their own games and 'worlds' for others to play on the platform. As the games are user generated, it gives users the freedom to potentially include things you do not want your child to be exposed to, for example, weapons, violence and even pornographic content. There are no age restrictions on the games created in the Roblox Studio and to remove games from the platform Roblox relies on people reporting negative/violent content.

CHATTING & FRIEND REQUESTS

Whilst the games in Roblox are aimed at 8 to 18-year-olds, there are currently no age restrictions for signing up. This means that both adults and young people can play and communicate with each other and send friend requests through the platform. Once a friend request is accepted, this means that they can communicate with each other outside of gameplay.

ROBUX ONLINE PAYMENTS

When a user creates a game, they earn something called 'Robux,' which works as a currency within the platform and enables the purchase of upgrades and memberships. If the created game is of good quality and attracts multiple players and in-game adverts, children have the ability to earn a lot of 'Robux.' Once a user has earned a certain amount of Robux, they can convert this to real cash and withdraw it to a PayPal account. To withdraw money, users need to be over 13, have a PayPal account and have paid for the Roblox premium subscription.



**National
Online
Safety**

Top Tips for Parents

ALERT!

Tell your children to be careful and to think twice before they click any random advert or popup. There are a lot of phishing scams that advertise free Roblox etc. with the intent of stealing your child's personal information.

UNLIST SOCIAL MEDIA ACCOUNTS

Make sure your child's social media accounts are not listed in the settings/account information. If they are, advise them to set them to private or remove them from their account. This will ensure that nobody will be able to find and contact them on their social media platforms outside of Roblox.

CHECK SHARED INFORMATION

In the account settings, check that your child is not giving away any personal information in their bio/profile. For example, their full name, phone number or snapchat name. If you see that they have, explain why this is potentially dangerous and remove immediately.

2-STEP VERIFICATION

Roblox has a great two-step verification security feature which we recommend you enable to add an extra layer of security to your child's account.

HAVE A CHAT ABOUT 'GRIEFING'

Griefing is when someone purposely upsets another player in a game. This can be done by setting traps, damaging or stealing something from another player, intentionally killing them and generally doing something in the game to spoil their gameplay. Essentially, 'Griefing' is a form of cyberbullying and can be extremely frustrating and upsetting for players.

RESTRICT PAYMENT METHODS

Roblox is a free to play game, but there are still options to make additional in-game purchases. If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to restrict spending, we suggest using a games console gift card. These can be purchased in specific amounts, which will enable you to restrict how much your child spends and removes the need for a credit/debit card to be used with their account.

DISABLE IN-GAME CHAT

Roblox is great for children to play together and chat to each other. However, if you want to completely turn off in-game chat for your child (meaning they cannot contact anyone, including their friends) you can do so by following these steps: When logged in, go to the Account Settings page by clicking on the gear icon at the top right corner of the page, then click Settings. Next, click on the Privacy tab and under 'Who can chat with me in game?' select 'No one' and this will disable in-game chat.

IS YOUR CHILD UNDER 13?

Unfortunately, there are hundreds of YouTube videos showing children how to change their age settings on Roblox, so firstly, you should talk to your child to set up some rules/agreement. There are additional safety features for children under 13, for example having their posts and chats filtered for inappropriate content and behaviour, so it is worth checking that your child has set up their account with the correct age. You can find this in their account settings.

SOURCES

corp.roblox.com and press kit - All images shown belong to Roblox ©2018 Roblox Corporation. Roblox, the Roblox logo, Roblox, Bloxy, and Powering Imagination are among our registered and unregistered trademarks in the U.S. and other countries.

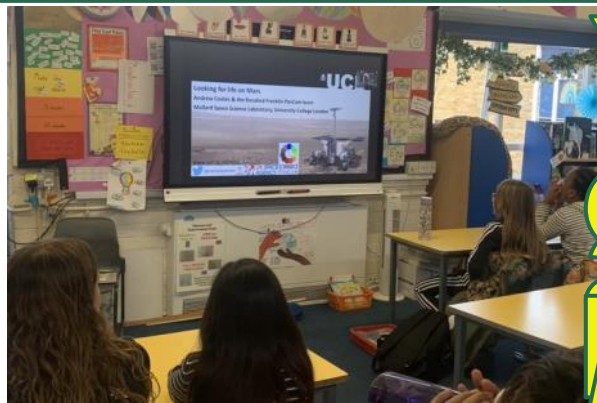
© National Online Safety Ltd

This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

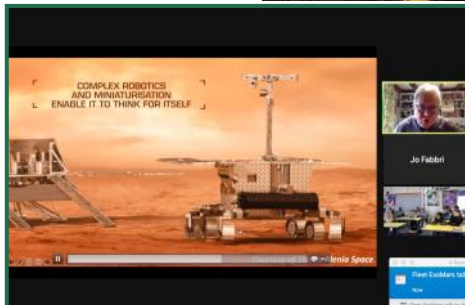
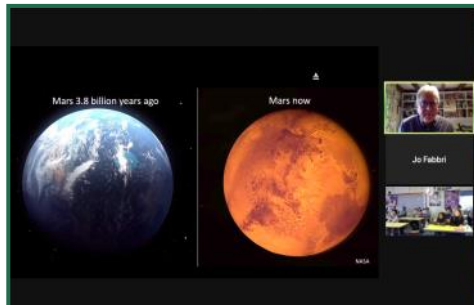
www.nationalonlinesafety.com

In school this week...

Huge thank you to Professor Andrew Coates for talking to Year 5 this week about the Exo-Mars PanCam which is launching in 2022! Also thanks to Jo and Fab (parents to Albie and Jake) for organising it for us. We learnt so much and Y5 are now keen to be the scientists working on future missions! They asked such great questions—we were very proud of them as they explored the forefront of Space research!



Y5



Thanks Joe from the London School of Mosaic for kicking off Fleet's new mosaic project with a great workshop with Year 5!





Great Maths Art in Y1 using their learning on 2D shapes and also thinking about how shapes can make pictures relating it to our whole-school mosaic project.

While the children can't travel as a class into The City for a trip to view our famous London landmarks they can bring them into us via their great Art/English project in Y1. Well done Team Y1!



Fantastic thinking, discussing and drawing this week with the London School of Mosaic. The children were planning their designs for the new school mosaic, based around the subterranean River Fleet. This was the first workshop to launch the project. They will be working on this throughout the year being involved in the different stages of design and construction before it is unveiled during the summer term.



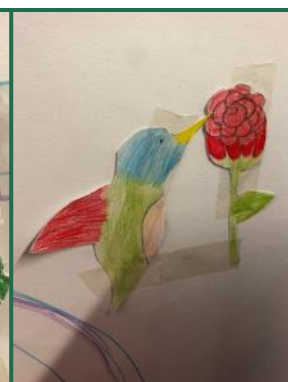
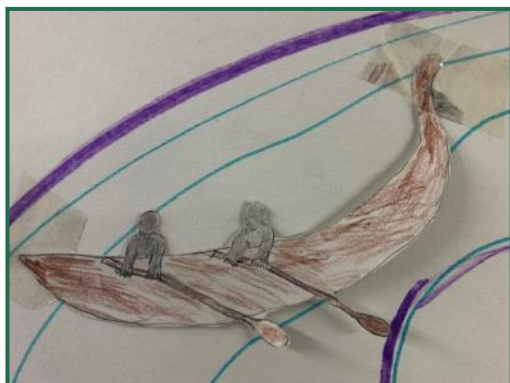
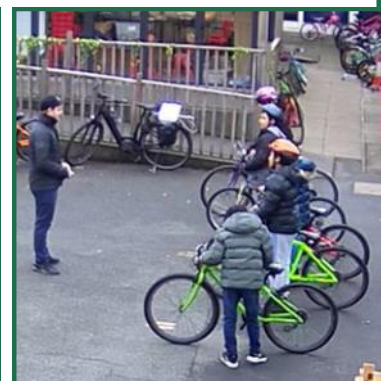
Year 1

This week Year 6 was very busy with some special events—as well as the usual lessons and learning taking place, just over half of the class had signed up to do the Level 2 Bikeability training. After a session on Monday in the playground, they took to the streets around Fleet and Hampstead Heath to practice safely cycling on the roads. Cycling is great exercise, good for our mental health and helps reduce pollution - such a great skill to have. Well done to these children for passing Level 2.

Also this week they had two workshops in class—one delivered by Arsenal on the theme of Anti-bullying and part of this week's celebrations of anti bullying week.

The second workshop was delivered by the London School of Mosaic—the children began thinking about designs for the year long project we are doing to create a child designed mosaic to go up outside the school office—they thought about where our school gets our name from (The River Fleet) and then came up with pictures that could go with a river motif.

All these events were successful and the adults involved commented on how engaged, thoughtful and well behaved the children were. Well done year 6!



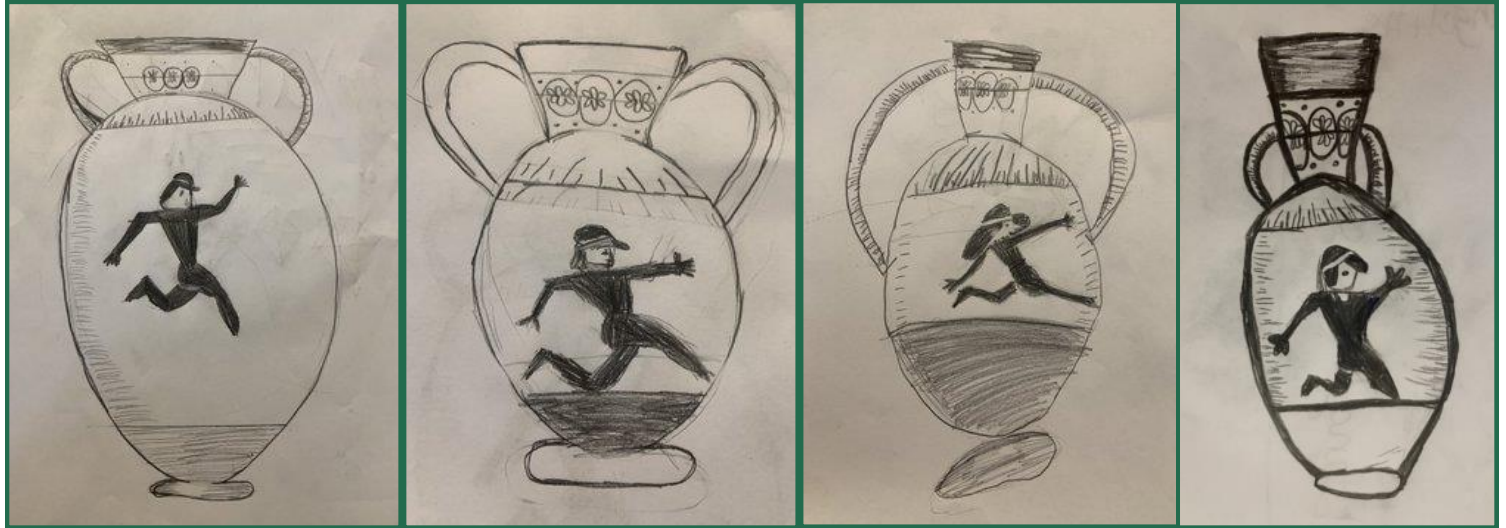
Year 6



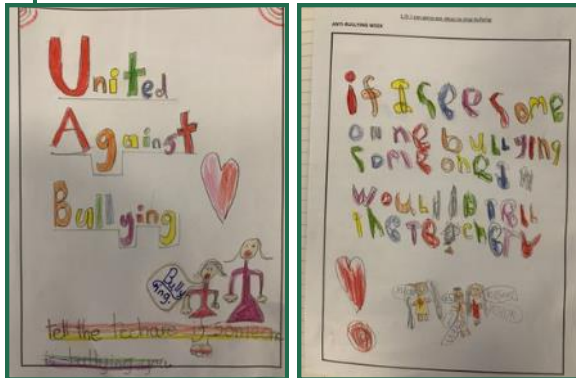
Year 3 had their final session of the term with Arsenal. They've absolutely loved it! Thanks coach Stefano.



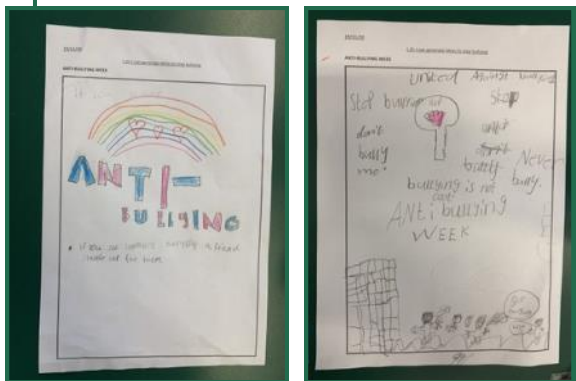
Y3 have been sketching Greek pots. Here is work from Saheim, Yara, Alea and Evangeline!



The children enjoyed their workshop with Joe from London School of Mosaic. Their initial ideas were great and they took such care and attention over their artworks—all bodes well for the Mosaic they will help create and leave their mark on the school for many years to come..



Year 3



Some fabulous Anti-Bullying posters from Natasha, Sufiyan, Millie and Mia—showing they are 'united against bullying'!

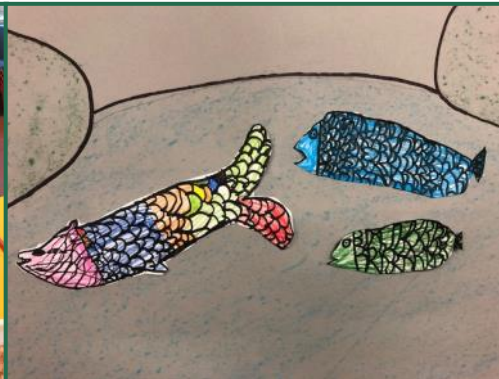
Year



2



Year 2 enjoyed their workshop with the London School of Mosaic this week as they made a start on thinking about a possible design for our whole school mosaic project—such talented artists!



The woodwork tools are out in Nursery! The children are learning how to use the hammer and nails safely and they are doing a fabulous job!

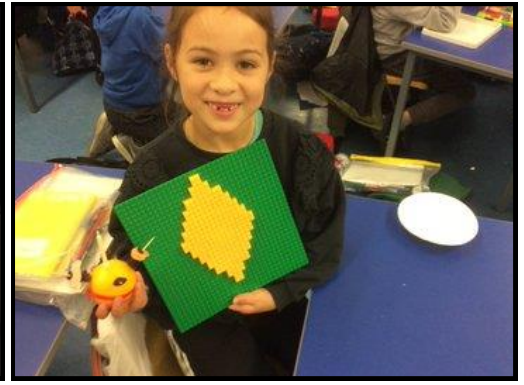
Nursery



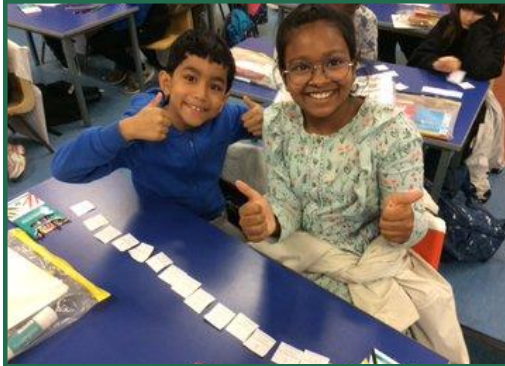
Happy Diwali from Nursery!



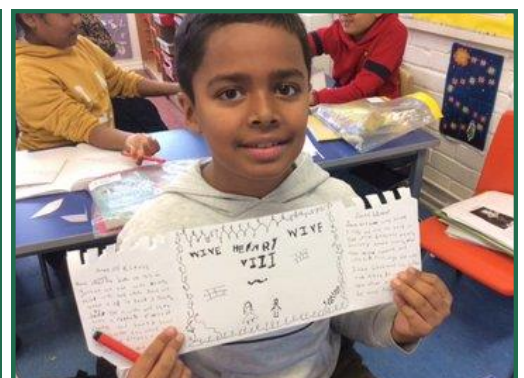
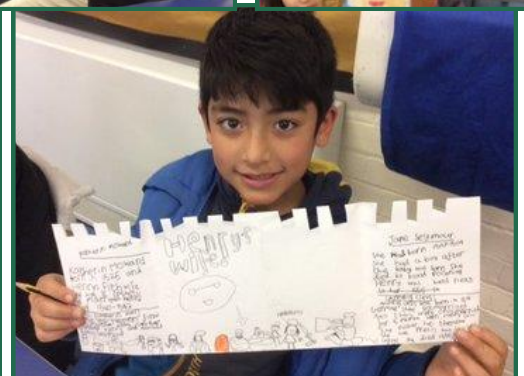
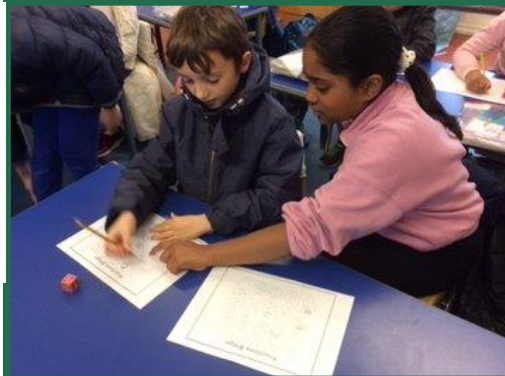
Year 4 enjoyed their online RE workshop with Reverend Esther making Christingles and building Lego scenes of the Christmas story



Year 4's Tudor portrait and frame masterpieces are finally finished. The National Portrait Gallery would be lucky to have them!



Year
4



Year 4 finished their unit on fractions this week playing some Maths games. Great team work everyone!

Year 4 are so proud of their finished Henry VIII books. Amazing work everyone!

**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



Back to school and nursery

Do you have questions or concerns about how your child's school or nursery is staying open safely during the ongoing COVID-19 emergency?

We have a panel of experts ready to answer your questions – please email them to us in advance and book a place at our online event for parents on Thursday, 26 November from 1.30 to 3pm.

Register on Eventbrite for this free online Zoom parents' webinar.

camden.gov.uk/backatschoolevent



Visit bit.ly/gohvision
to complete our
short survey and
have your say!

TOP PRIORITIES FOR THE VISION:



Better Public Space



Queens Crescent



Community Safety



Homes & Housing



Community Provision



Jobs & Enterprise

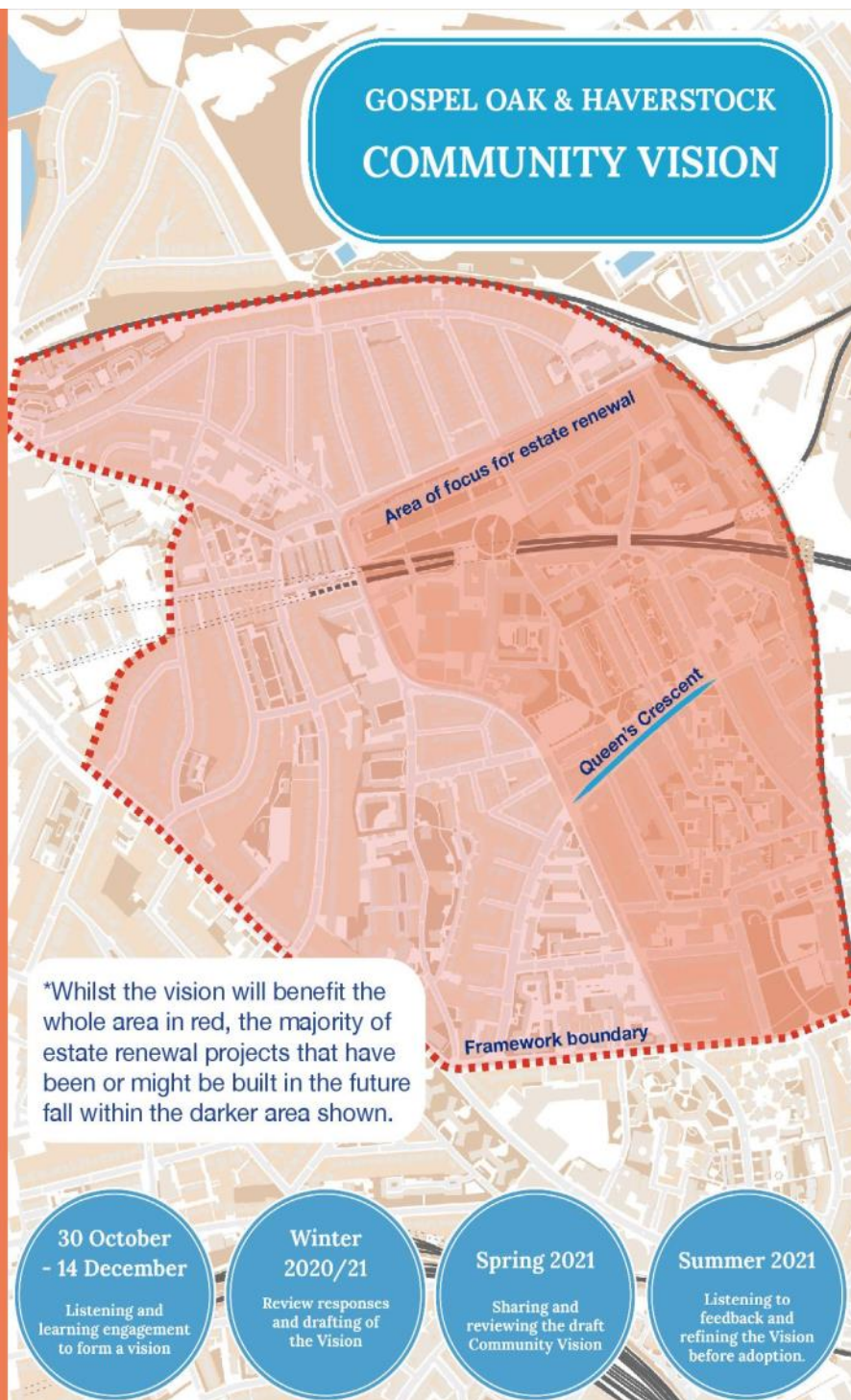


Getting About



Sustainability &
Environment

GOSPEL OAK & HAVERSTOCK COMMUNITY VISION



Gospel Oak and Haverstock Community Vision

Camden Council is developing a Community Vision for Gospel Oak and Haverstock. This will be a planning framework that will help to guide where and how money is invested in the neighbourhood to make it a better place to live, work and visit. We know that local people know their area better than anyone else, which is why we want you to get involved and help shape the future by telling us what your community needs.

What's happening?

The next few years will bring exciting changes to the area including **brand new council homes, safer streets and improvements to Queens Crescent and the market.**

We want to work with local people, businesses and organisations to create a Community Vision, which will set out how you think the area could change for the better.

Have your say

Visit bit.ly/gohvision to fill in a short online questionnaire, or visit GOHvision.camden.gov.uk to find out more.

The engagement is now live and will run until Monday 14 December.

To adhere to Covid-19 rules and protect safety, much of our engagement will be taking place online. If you do not have access to the internet or require translation services please give us a call and we can take you through the questions by phone or arrange for printed versions to be sent to you by post.



bit.ly/gohvision



0203 735 7629



GOHvision@camden.gov.uk

make:good



Camden

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 newsfeed at camden.gov.uk/coronavirusnews
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil)
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



SIGN UP to the Council's coronavirus e-newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates

New coronavirus test site in Camden

A new coronavirus test site has opened at UCL's Ramsay Hall on Maple Street, near Euston Road. It is open seven days a week, from 8am to 8pm.

Please note that you need to book a test appointment and cannot just turn up.

Got symptoms? Stay home and get tested



If you develop coronavirus symptoms, however mild, please self-isolate and book a test online at nhs.uk/coronavirus or call **119**. You will be given options to book an appointment at a test centre, which includes Ramsay Hall, or request an at-home test kit.

If you need any support to self-isolate, please contact the Council on **020 7974 4444 (option 9)** or visit camden.gov.uk/coronavirus

Mental health support for children and young people

If a child or young person in your care is struggling with their mental health, these services are available:

- Camden Child and Young Person's Mental Health Service offers support for a range of different issues. Call **020 8938 2241** between 9am and 5pm, seven days a week, or find out more at tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-camhs-open-minded
- Kooth offers confidential online support for young people aged 11 to 18 at kooth.com
- Young people under 19 can phone Childline on **0800 1111** between 7.30am and 3.30pm seven days a week. They also provide support if you're D/deaf or hard of hearing – details at childline.org.uk
- More information about support for young people is available at camdenrise.co.uk/emotional-wellbeing
- If your child needs urgent healthcare, call **NHS 111** or visit **111.nhs.uk** so you can be directed to the best service for your child. Please note, the closest children and young people's A&E services are at the Whittington Hospital. UCLH and the Royal Free children's emergency departments are temporarily closed.



Throughout this pandemic, we have seen our communities come together to support one another and perform simple acts of kindness for each other. The months ahead will be challenging for us all, but it's vital we continue to work together to help prevent further spread of coronavirus in our communities and a rise in cases this winter.

Getting a test and the results quickly is vital. This week a major new testing centre opened in Camden and it is a big step forward in making sure everyone can access the right help and support when they need it.

If you have symptoms, it is really important to self-isolate and get tested. If you test positive you will receive a call from the NHS Test and Trace team, who will ask you to share contact details of people you've been in close recent contact with so that they can get the advice they need. The Council and our partners are here to ensure that if you have to self-isolate you can do so safely and with the right support. Following this advice will mean we all play our part in controlling the spread of coronavirus and keep our families, friends and communities safe.

Councillor Georgia Gould, Leader of Camden Council

Back at school and nursery – online event for parents

Parents whose children go to Camden schools or nurseries can put questions about education and childcare during the COVID-19 pandemic to a panel of Council and Public Health representatives at an online event next week.

The parents' Zoom conference is on Thursday 26 November, 1.30 to 3pm. If you'd like to ask a question, please submit in advance to Julie.Edgecombe@islington.gov.uk



Topics will include bubble sizes, social distancing and face coverings in schools, NHS Test and Trace, and more.

Find out more and book your place at camden.gov.uk/backatschoolevent

Care home visits

This is understandably a difficult and worrying time for care home residents and their families and friends. Local care homes are working closely with Camden Council and Public Health to put in place safety measures to enable visits to take place where possible.

Each care home's ability to have visitors will depend on their individual facilities and circumstances. This is in line with new Government guidance. Please check directly with individual care homes about their visiting policy before making any visiting arrangements.



Need support? Camden Council is here for you



Mental health



Housing



Finances



Accessing food



Self-isolating



020 7974 4444 (option 9)



camden.gov.uk/coronavirus

camden.gov.uk/coronavirus **020 7974 4444 (option 9)**

