

Friday 23rd April 2021

Message from the head:



Welcome back everyone to the summer term. What a lovely week it has been—the sun is shining and the amazing Fleet blossom tree in Reception is in full bloom. If you are one of the classes who drops off in the car park at the moment and haven't seen it, take a wander past the front—it really raises the spirits seeing nature in its full splendour here in the heart of our school. Reception children have been enjoying lunch in its shade this week!

Thanks to all of you for engaging with our Zoom parent conferences on Monday this week. While not ideal—we miss face to face conversations—it was really good for teachers to be able to touch base with you and discuss your children.

I am watching with real optimism as we have entered another step in the gradual re-opening of restrictions as per the government road map. I met with other Camden head teachers this week and we are waiting for some information specific to schools as to when we might be able to ease some of the restrictions we are still having to follow in school. We hope that as the wider community is able to open up we too will soon get the go ahead to scale back some of our limitations which will allow us to operate a bit more normally, relaxing some of the restrictions that stop us doing many of the things we value so much here at Fleet. I am very hopeful, and we are planning for, holding summer term activities such as our sports day and end of year 6 performance and generally being able to welcome you, our amazing families, back onto site more. For now we need to continue to follow the existing guidance but as soon as it relaxes I want to assure you we want you to be able to join us here in school to celebrate the amazing work the children are doing. Thank you for your support up to now in what I know has been difficult as well as irritating at times!

This week the classes have all started work on their new topics—letters and topic snapshots will be sent out next week to give you more detail but I've really enjoyed seeing some of the creative ways teachers have launched their topics including the visit of a unicorn this week!

Have a lovely weekend and see you all next week when hopefully the sun will still be shining!

Congratulations Ms Kingham!

We are very pleased to announce that Ms Kingham gave birth to a beautiful baby boy this week. We're sure you will join with us in wishing her every happiness as she adjusts to the new addition to her family—we can't wait to meet him!



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Online learning resources and homework

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

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

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

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

Bug Club Reading Resource: <https://www.activelearnprimary.co.uk/login?c=0>

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

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

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



Lunch Menu next week

Meat Free Monday

Quorn Chow Mein with Noodles
Sweetcorn & Broccoli
Shortbread Biscuit

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
Crumble with Custard

Friday

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

Wednesday

Meat/Halal: Roast Chicken & Gravy
Vegetarian: Chickpea & Vegetable Loaf
Roast Potatoes
Cauliflower & Red Cabbage
Yoghurt & Fruit

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

Nursery Applications for September

We are taking Nursery applications for children born between 1st September 2017 and 31st 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 5 with 1 late! There were 42 lates for the whole school—most of which were from Reception (9) and Year 6 (18). We know you can both do better! 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 5 with 100% - amazing! This year's whole school target is 96% - this week attendance across all classes was 97.14%. Thanks you for your efforts so far. Keep it up!



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—6,981 coins!

Year 3: Hana—5,341 coins!

Year 4: Hamzah—15,620 coins!

Year 5: Nida—3,518 coins!

Year 6: Eartha—5,925 coins!



Voluntary Covid Testing Project for Fleet Families

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

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

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

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



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

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

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

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

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



The children's A&E at
University College Hospital will
REOPEN from 9am on **Thursday 8
April** and the children's A&E at the
Royal Free Hospital will **REOPEN**
from 9am on **Monday 12 April**

If your child is under 18 years old and needs urgent healthcare,
call NHS 111 or visit 111.nhs.uk to find your nearest children's A&E.

For life-threatening emergencies, call 999 immediately.

Last year, [temporary changes](#) were made to paediatric services in north central London (NCL) to ensure patients and families could continue to receive safe and high quality care during a period of increased demand for services due to COVID-19.

These changes were always temporary and the NHS in NCL have now agreed it is safe to reopen the children and young people's accident and emergency departments and general inpatient wards at **University College Hospital from 9am on Thursday 8 April** and at the **Royal Free Hospital from 9am on Monday 12 April**.

Until the University College Hospital and the Royal Free Hospital sites reopen, children and young people should continue to access emergency care through alternative hospitals. Options include the southern hub at the Whittington Hospital, North Middlesex University Hospital and Barnet Hospital.

If any parent is unsure where to take a child in need of emergency treatment they should visit 111.nhs.uk or call the NHS 111 service. In a life-threatening emergency, dial 999 immediately.

Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



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

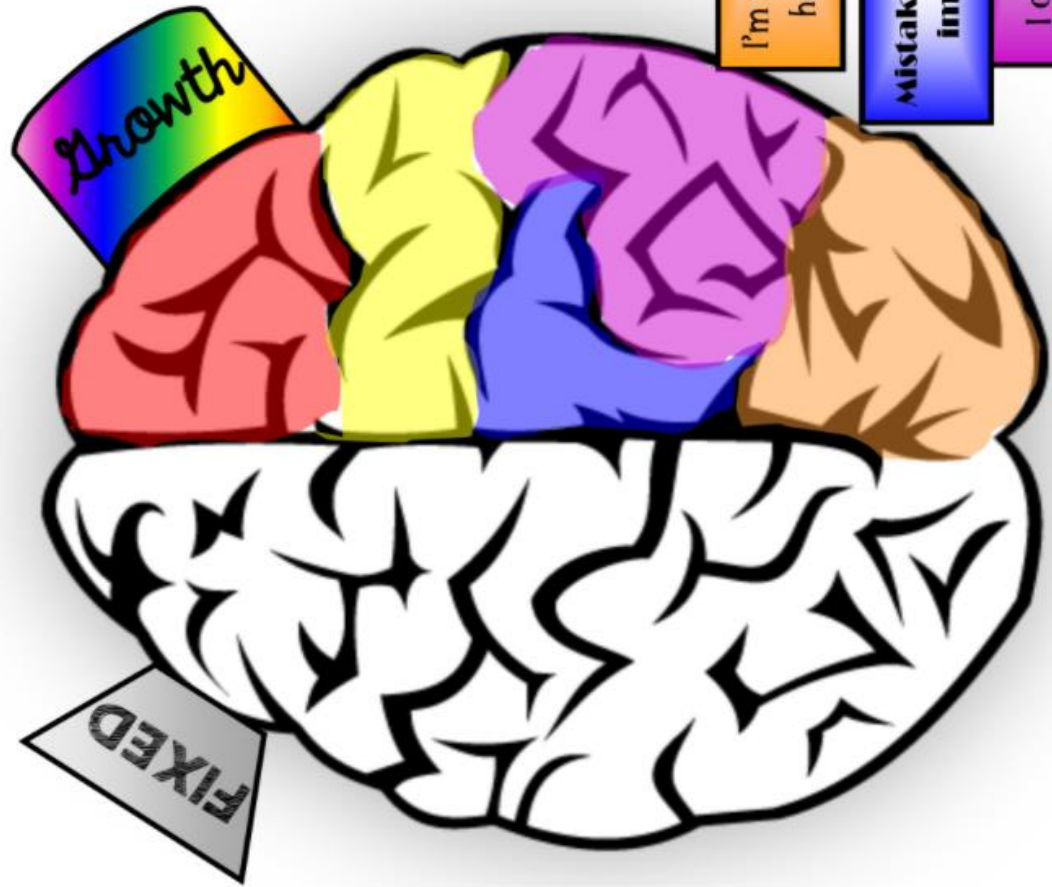
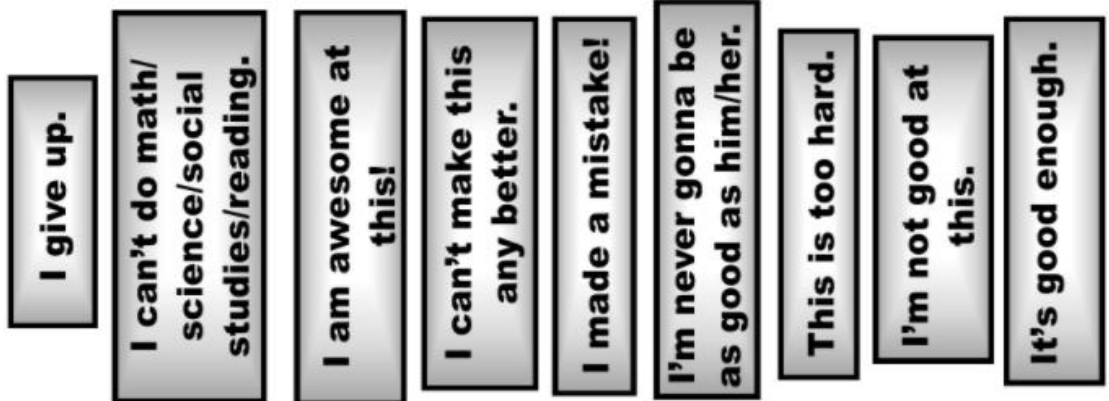
We'll be focussing on 10 themes across the year with lots of activities, assemblies and learning in class about each one.

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

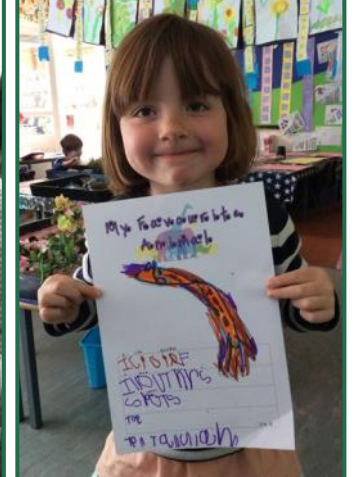
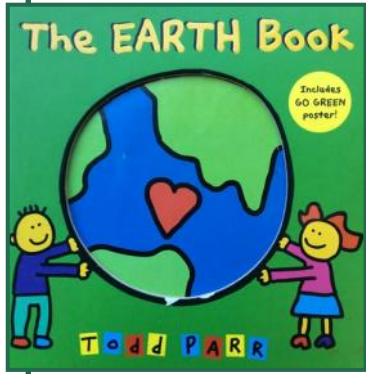
Look out for the activities in your Home Learning and remember to share what you've been doing by sending in photos for the attention of Miss Wall at admin@fleet.camden.sch.uk.



Change your words Change your *Mindset*



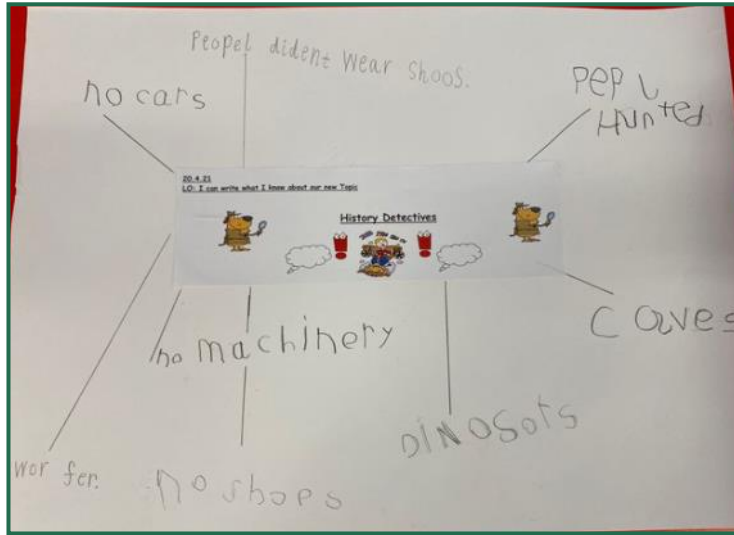
This week in Reception...



and Nursery...



**This
week
in years
1 & 2**



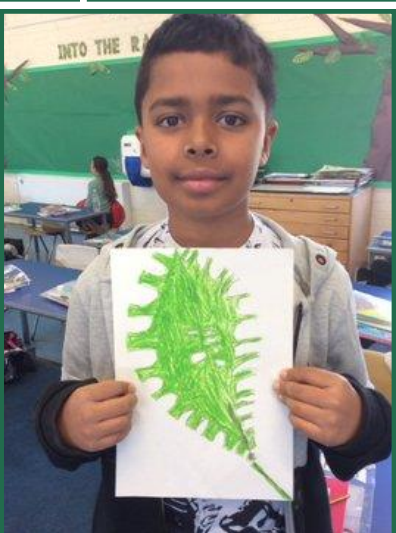
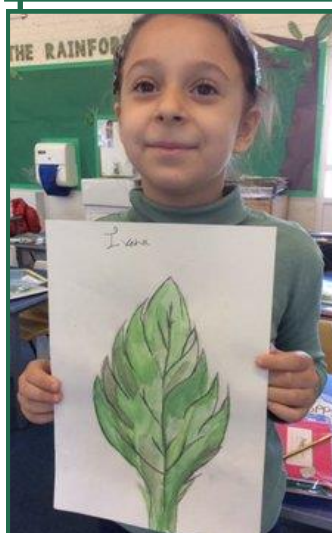


This week in Year 3...



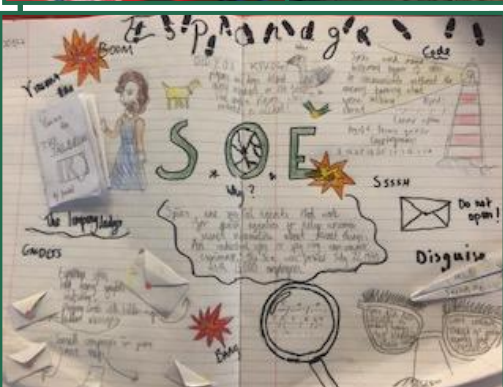
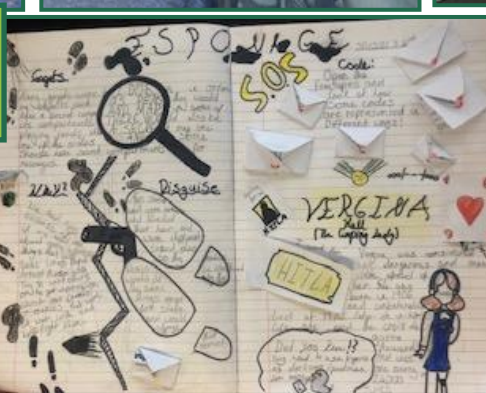
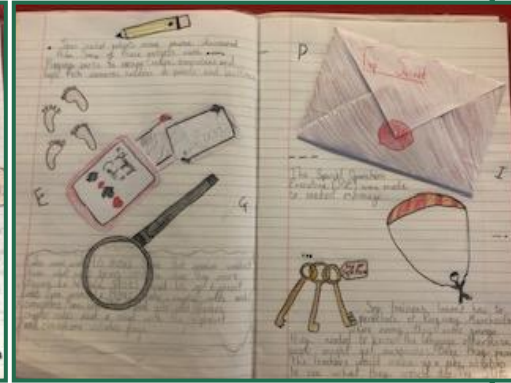
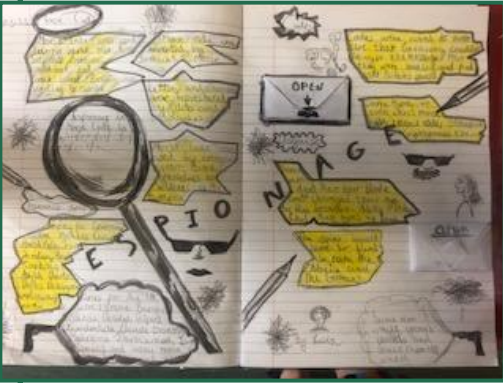


This week
in Years
4 & 5...



Y4 & 5 Brass Practice:

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



In Year 6...

Stars of the week!



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 lock-down. 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—Yahya

For being so enthusiastic about maths. It has been great to see you choose to engage with maths activities during your play and I love hearing you talk about sums you know. Well done Yahya! Keep it up.

Year 1—Abida

For great effort in learning this week. You have returned to school with a more confident attitude and you have been trying your very best in each lesson and particularly so in Phonics and Reading. You are a superstar, Abida—keep being confident in your abilities and you will keep progressing!



Year 2—Shajai

For your fabulous focus and commitment to your learning this week. I've really noticed how carefully you have completed writing tasks and how you challenge yourself in Maths. Well done!

Year 3—Ranya

for your excellent efforts! You have made great strides in your writing and have such a conscientious approach to your learning - well done!

Year 4—Hamzah

Well done for such a positive start to the Summer term. You've come back into school, giving everything your best shot and engaging well with all your learning. We were particularly impressed with your Rainforest leaf painting - so carefully created. Keep it up!



Year 5—Freddy

I've been so impressed with how well Freddy has settled back into his learning after the Easter holidays. He has been focused and engaged and has become much more independent. His kindness towards other children and his sense of humour make him a really positive member of our class.

Year 6—Armaan

Since coming back to school after Easter, you have been working so well, gaining independence every day. You have produced excellent work in both English and Maths and have been thinking very carefully about all our learning. Keep up the excellent work, you are making great progress!

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 20 – Learn to live in the present

Rather than dwelling on the past or being anxious about the future, the best thing for our mental health is to focus on the here and now. *"No amount of regretting can change the past, and no amount of worrying can change the future."* — Roy T. Bennett. If we get stuck in the past or are pre-occupied by problems that might occur in the future, this can lead us to experience anxiety and low mood.

If we can appreciate what we have now, let go of the past, and focus on solving the problems in front of us, rather than things that haven't happened yet, this can increase our happiness and improve our well-being.





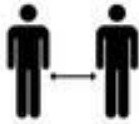
KEEP CAMDEN SAFE



Wash your hands regularly and thoroughly



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



Keep 2 metres apart from others



Get a free, regular lateral flow test (for people without symptoms) at camden.gov.uk/rapidtest

Got symptoms? Get a test at nhs.uk/coronavirus or by calling 119 for free



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

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

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

Thank you for helping us to keep Camden safe

Join the Camden COVID-19 Q&A: Monday 26 April

Do you have questions about the COVID-19 vaccine, accessing testing or what the way forward from lockdown looks like for the borough's communities?

Join the Camden COVID-19 Q&A on Monday 26 April, from 6pm to 7.30pm. The Q&A is presented by the Camden New Journal and chaired by Deputy Editor of the CNJ, Richard Osley, and your questions will be put to a panel consisting of:

- **Cllr Georgia Gould**, Leader of Camden Council
- **Piers Simey**, Camden Director of Public Health
- **Sally Mackinnon**, Director of Integration for NHS North Central London CCG
- **Dr Jonathan Levy**, James Wigg GP Practice
- **Fanni Mohamud**, Nurse Specialist at Hampstead Group Practice
- **Dr Ehsan Alkizwini**, West Hampstead Medical Centre
- **Anisha Rahman**, Co-chair of Fitzrovia Youth in Action

[Register now](#) to submit your questions and to receive your invite to join the Q&A online:

https://www.eventbrite.co.uk/e/camdens-covid-19-q-and-a-tickets-150773578833?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

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

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961
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





Raise FREE donations for

FLEET PRIMARY SCHOOL

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£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

PHYSICAL

- 1 LEAVE YOUR PHONE AT HOME**
Now the weather's turning nicer, go for a long walk ... without your phone!
- 2 EAT WELL, FEEL WELL**
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress.
- 3 PUT THE 'NO' INTO 'NOTIFICATIONS'**
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions.
- 4 APP-LY YOURSELF**
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps!
- 5 GO TOTALLY TECH FREE**
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours.
- 6 STREAM SOME STRESS AWAY**
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite!
- 7 TIME FOR A CUPPA**
Working from home? Take regular screen breaks. Even just five minutes can do the trick!
- 8 LAUGH YOUR CARES AWAY**
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle.
- 9 TAKE A BREATH... OR TWO**
Fitbits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos.
- 10 PUSH THE ENVELOPE!**
Write and post a card or a letter to a loved one. It'll make them feel good too!

MENTAL

- 1 SOUNDS RELAXING**
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed.
- 2 WELL, FANCY THAT**
Go online and learn something new. Just any random fact that you didn't know this morning!
- 3 ELIMINATE SOME EMAILS**
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space.
- 4 BEAT THIS**
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost!
- 5 CLEANSE YOUR SOCIAL MEDIA**
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at.
- 6 LET THEM WAIT**
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress.
- 7 GET PRODUCTIVE**
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager.
- 8 PEACE IN A POD**
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you.
- 9 SPRING CLEAN YOUR PHONE**
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain!
- 10 HELP YOURSELF**
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better.

EMOTIONAL

- 1 FABULOUS FACETIME**
Video call a friend or family member, just to catch up. Or, if you have time, do both!
- 2 SPREAD SOME GOOD VIBES**
Choose your favourite post of the day from your social feeds and share it.
- 3 CUTE, CUDDLY AND CALMING**
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better!
- 4 READY PLAYER ONE**
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long!
- 5 BRIGHTEN THEIR DAY**
Share some love! Message someone just to tell them that you're thinking of them.
- 6 U OK HUN?**
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you.
- 7 LIKE THIS, LIKE THAT**
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too.
- 8 START ON THE FRONT FOOT**
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow.
- 9 PIC AND CHOOSE**
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it!
- 10 SHARE SOME LOVE**
Someone you know achieved something special? Go online and publicly congratulate them!



For further info about Stress Awareness Month and more resources to help reduce stress, visit www.stress.org.uk/stressawarenessmonth/



Stress Management Society
100% distress-free stress



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.04.2021

**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 style="list-style-type: none">• Child shouldn't attend school• Child should get a test• Whole household self-isolates while waiting for test result• Inform school immediately about test result	... 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">• If the child was tested at school they should go home immediately• if the child tested at home they should inform school immediately about their test results• 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)• Whole household self-isolates for 10 days from day of test – even if someone tests negative during those 10 days	... 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">• Child shouldn't attend school• Inform school immediately about test results• Child self-isolates for at least 10 days from when any symptoms started (or from day of test if no symptoms)• 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	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">• Child shouldn't attend school• Household member with symptoms should get a test• Whole household self-isolates for 10 days while waiting for test result• Inform school immediately about test results	... 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 style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 10 days - even if someone tests negative during those 10 days • Day 0 is the day the first person in the household's symptoms started (or the day the test was taken if no symptoms) • 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 	... 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"> • Child shouldn't attend school • 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 • Rest of household does not need to self-isolate, unless they are a 'close contact' too • 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 	... 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"> • 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"> - quarantine for 10 days in a managed quarantine hotel - take a coronavirus test on or before day two and on or after day eight of quarantining - Read more about international travel and how this operates (gov.uk/uk-border-control/before-you-leave-for-the-uk) • Do not take unauthorised leave in term time • Consider quarantine requirements and Foreign and Commonwealth Office advice when booking travel • Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> • Child shouldn't attend school • Day 0 of self-isolation is the day you arrive in the UK 	... 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"> • 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)	<p>There are two types of tests for COVID-19</p> <p>For people who don't have symptoms:</p> <ul style="list-style-type: none"> • 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 <p>For people who have symptoms, they should book a test online at nhs.uk/coronavirus or call 119. 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 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 news pages at news.camden.gov.uk
- Follow Twitter [@CamdenCouncil](https://twitter.com/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 e-newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates

Please socialise safely

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



Only socialise indoors with your household or bubble and only socialise outdoors in groups of up to 6 or 2 households



Wear a face covering in indoor and busy outdoor public spaces, unless exempt – including on public transport, in taxis, in places of worship and if you're popping to the loo in a pub or restaurant



Wash your hands before you leave home, and sanitise or wash your hands when you're out and when you get back



Keep 2 metres apart from those outside your household or bubble



When travelling, plan your journey to avoid the busiest times and routes



Get a regular lateral flow test

Get rapid lateral flow tests in Camden

Around 1 in 3 people with COVID-19 do not have any symptoms. Getting regular rapid lateral flow tests is the only way for people without symptoms to know if they have the virus so they can self-isolate and stop passing it unknowingly on to others.



Everyone without symptoms is eligible for two free tests a week:

- Book an in-person test online at camden.gov.uk/rapidtest or call **020 7974 4444 (option 9)**
- Pick up kits to do testing at home – information on pick up locations is on the website above
- If you're over 18, order kits online for delivery at gov.uk/order-coronavirus-rapid-lateral-flow-tests

If you test positive, self-isolate with your household and book a follow-up PCR test within 48 hours to confirm the result at nhs.uk/coronavirus or call **119**. You need to self-isolate and book a PCR test if you develop symptoms.



It's been wonderful to see businesses starting to reopen over this past week, and to see people across Camden responsibly enjoying their local areas once again. Continuing to keep our borough safe is vital, so please keep following the latest guidelines.

This has been the toughest of years for everyone – and while we've been physically apart, Camden's community spirit has shone through stronger than ever.

We've seen an incredible outpouring of support and generosity, with so many organisations and groups in Camden stepping up to support their communities and make sure that no one gets left behind.

To recognise and celebrate these incredible acts of kindness and selflessness, we want to hear your stories. If you know a Camden-based group or organisation that has gone above and beyond to help the local community over the past year, we want to hear from you. Read more about how to nominate below.

Councillor Georgia Gould, Leader of Camden Council

we make Camden

Nominate local organisations and groups

Has a local organisation or group helped you or your local community during the pandemic?

From working on the frontline and looking out for neighbours, to setting up online activities, every contribution has made a real difference. As part of Camden Council's 'We make Camden' campaign, you can nominate a Camden charity or voluntary organisation, a business, a group of residents, or a team within the NHS, Camden Council or other public service to be recognised for their efforts.

Email camdentalking@camden.gov.uk or call **020 7974 4444 (option 9)** with your nomination.

Have the COVID-19 vaccine when it's your turn



The COVID-19 vaccine is safe and effective, and gives the best protection against the virus. Dr Ammara Hughes is a GP Partner at Bloomsbury Surgery in Camden. She's had the vaccine and says:

"As a GP and frontline worker, I feel immense relief that I've had the COVID-19 vaccine because now I'm protected against the virus."

If you're eligible, book your appointment now by calling **119** for free or visit nhs.uk/coronavirusvaccine



Camden COVID-19 Q&A

Join the Camden COVID-19 Q&A presented by the Camden New Journal, and its Editor Richard Osley, on Monday 26 April from 6 to 7.30pm. This is an opportunity to have your questions answered by Councillor Georgia Gould, Leader of Camden Council; Camden's Director of Public Health; and local doctors and nurses. Sign up for the Q&A and submit questions in advance at camdenccovidqanda.eventbrite.co.uk

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

