

## Message from the head:

I was glad that the weather towards the end of the week improved—the children have spent so much time inside over the last year or so that not being able to get out when it is wet is not good. Please can you make sure that you check the forecast and send the children in dressed appropriately—there's a number who come in without coats on days it is due to rain and equally on very hot sunny days some coming without sun cream/water/hats.

These last few weeks I have really enjoyed listening to the Year 6 children singing and rehearsing for their end of term show. Sadly, the usual involvement of other year groups and having parents, friends and families squeezing into the hall to celebrate with them is not possible this year. We have come up with alternative arrangements for the year 6 families to be able to see the show which, while not ideal, at least allow for some live audience. I'd like to thank them for their understanding while we navigate the restrictions as best we can. We're all using our positive thinking to wish for more sun over the next few weeks as this event has been moved outside to be able to take place with any kind of audience and be within the covid restrictions—please don't rain!

Last week I sent out information on the Camden Music Service and how to enquire about individual instrument lessons that can take place here in school with specialist tutors. I am pleased to say the Music Service tells me a number of parents have enquired about lessons for their children. I want to take this opportunity to encourage any that haven't made contact and were thinking about it to do so. We need a certain number of children before a tutor will come—as you can imagine, these are self employed music teachers, hired through Camden music, so they can't visit a school if there are only a couple of children down for lessons. For some instruments, such as drums for example, we have had some parents express an interest, but not yet enough for it to be offered. Speaking as a parent of a child who took up drums at school I can say it's a great instrument and there are ways to mitigate noise if you are concerned about having a kit at home (and you don't need one initially as we have a kit in school they use for the lessons and can find time for them to practise during play/lunch/after school while they/you decide if it's the right instrument for them). Other instruments available include piano, guitar and many more. The cost is cheaper than were you to arrange private lessons and there is a 50% discount on top of the already low costs for any children in receipt of FSM. Learning an instrument is a great skill to have and research shows it also supports learning in all other areas. I've included the information on the tuition service on pages 3 and 4 here in case you missed it earlier in the week. If you have any questions either contact Camden Music directly or speak to our fabulous Music Co-ordinator, Lynley, who may be able to answer your questions.

Have a great weekend and here's hoping the sun keeps shining—see the fun event happening on the Heath this weekend shown on Page 5 and the Graffiti Art Course taking place on Sunday on Page 11—if your children go to either I'd love to hear about them next week when we welcome them back for another week.

## Nursery Applications for September

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

## Lunch Menu next week—28th June-2nd July

### Meat Free Monday

Macaroni Cheese  
Sweetcorn & Peppers  
Shortbread Biscuit

### Tuesday

Meat/Halal: Sausage Roll  
Vegetarian: Vegetarian Sausage Roll  
Jacket Potato Wedges  
Cauliflower & Cabbage  
Pear & Raisin Upside Down Cake

### Available Daily

Freshly Cooked Jacket Potato  
Freshly Baked Bread

### Wednesday

Meat/Halal: Roast Chicken  
Vegetarian: Veg Wellington with stuffing  
Gravy & Roast Potatoes  
Swede/Carrot Mash & Green Beans  
Yoghurt & Fruit

### Thursday

Meat/Halal: Chicken Tikka Curry  
Vegetarian: Chickpea Curry  
50/50 rice  
Broccoli & Carrots  
Peach Crumble & Custard

### Friday

Meat/Halal: Fish fingers  
Vegetarian: Spanish Omelette  
Chips or cous cous  
Baked Beans, Peas & Baked Tomato  
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**

## Local Vaccination Info



If you're **18 or over** and haven't had your first dose of the COVID-19 vaccine, why not get your family or friendship group together and book appointments at the same time? Call **119** for free:

- Visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)
- Not registered with GP? Complete form at [camden.gov.uk/form](https://camden.gov.uk/form)
- Need support to book? Call Camden Council on **020 7974 4444 (option 9)**

Please remember that while the first dose of the vaccine will give some protection against the virus, **you must get both doses for maximum protection** – especially against the Delta variant.

### Getting vaccinated in Camden and neighbouring boroughs

In addition to getting vaccinated at one of Camden's 15 vaccination centres, there are a number of big vaccination events taking place in neighbouring boroughs over the coming days and our COVID-19 vaccine bus will be out in Camden vaccinating local residents too. See below for more details:

- A local vaccination event is taking place at the Emirates Stadium (Hornsey Rd, London N7 7AJ), Friday 25-Monday 28 June (inclusive), 8am-8pm each day. Turn up on the day or book in advance by calling **020 7527 8222**.
- On 25 June, 3-7pm our COVID-19 vaccination bus will be at the access point to Regent's Park Estate off Robert Street, NW1 3QJ. Turn up on the day or book in advance by calling **020 7974 4444 (option 9)**.
- On 26 June, 10am-5pm our COVID-19 vaccination bus will be at Queen's Crescent Market (pitches 37-40 and 64-60), NW5 4ED. You can just turn up on the day.

## Punctuality Award

This week our Punctuality award goes to Year 5 with no lates! Brilliant (also well done to Y1 and Y2—only 3 between them! Thank you for ensuring children's learning is not interrupted or time lost by getting your child here on time. They should be in their class ready to learn at their start time.

## Attendance Award

Our Attendance Award this week goes to Year 4 with 98.1% fantastic! This year's whole school target is 96%. We are currently at 95.9% - getting closer—we can do it!



# After School Clubs...



We are hopeful that after the summer we will be able to return to normal in terms of the running of the school day. This means we are looking to plan for our after school club provision. Traditionally some of the clubs have been run by parents—as a small school with limited numbers of staff available, and to keep down costs by not hiring in outside companies, to offer a broad and varied number of clubs we need your help. If you have any skills or interests that you think would be useful and you

would be willing to run a club after school please get in touch. We wouldn't necessarily be able to pay you but would be able to cover all costs for resources or equipment.

In the past parents have run cooking club, code club, language clubs etc.

Please contact the office who can arrange for a meeting to discuss further or answer any questions you might have.

Thank you for your support.

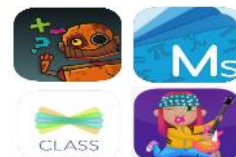


## Online learning resources and homework

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

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

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



Dear Parent/Carer,

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

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

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

Each workshop will last up to 60 minutes, with an optional follow-up slot of 30 minutes for further questions for those parents who are interested. You can opt-in to all four workshops, or select one or more topics that most appeal to you.

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

We look forward to seeing you!

With warm wishes,

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

## Parent group: Families, Food and Feelings

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







**camdenmusic**

- LESSONS IN SCHOOLS
- SATURDAY CENTRES
- SUNDAY GROUPS
- HOLIDAY COURSES

Camden Music is delighted to offer a wide range of one to one and shared music lessons in your school.

### **Getting started is easy!**

Simply go to our website for more information and to register. Why not sign up for an exciting weekend or holiday group as well?

[www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service)



020 7974 7239

[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)

## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

Lead to a career or be a lifelong, fulfilling activity where they will make friends.

## How can you help?

Your child will need to practise regularly to make progress. At first this will mean setting aside 10 – 15 minutes three or four times a week (a regular time is best) but as your child progresses, they will need to practise most days, for longer. Younger children will need you to help them – you don't need to be musical, just be encouraging.

## What else will help?

As soon as your child is able to play for more than a few minutes happily, and can play and read about eight notes, they could join one of our groups, make friends, and really develop their musicality.

Find out more here

[www.camden.gov.uk/saturday-music-centres](http://www.camden.gov.uk/saturday-music-centres)

and here

[www.camden.gov.uk/music-service-ensembles](http://www.camden.gov.uk/music-service-ensembles)

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second instalment by half term.

We offer ten lessons per school term. Most terms have more than ten weeks. In the event of us not being able to offer ten lessons we will credit your account or make a refund for lessons missed. If the school is closed for reasons relating to COVID-19, lessons will be taught online. If you are unable to access online lessons, it may not be possible to make up the missed lessons and no refund will be given.

If the tutor is absent we will try to find a suitably qualified temporary replacement. If this is not possible and your child does not receive the number of lessons paid for that term, you will be reimbursed automatically after the end of the term.

In the event of a pupil not attending a lesson for any reason the tutor will make up the lesson, provided written notice has been given to both the tutor and to the Music Service three weeks before the missed lesson. If this is not possible, the cost of the missed lesson will be credited to your account. Lessons missed without three weeks' notice will not be made up and no refunds will be made.

Camden Music and/or the school will monitor the attendance and progress of pupils receiving free or subsidised lessons, and subsidy may be withdrawn if attendance is unsatisfactory.

If you wish to cancel tuition we require at least half a term's notice.

If you have any queries or require further information, please contact the Camden Music Service – 020 7974 7239 – [camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)



## Instrumental Tuition at Fleet Primary School



Camden Music Service  
The Crowndale Centre  
218 – 220 Eversholt Street  
London NW1 1BD  
Tel 020 7974 7239

[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)

[www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service)

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

The Camden Music Service aims to extend the range of high quality instrumental tuition available to children attending Camden schools.

## What instruments can my child learn?

We currently offer tuition on piano. Do let us know if your child is interested in starting a different instrument. If there is enough interest we can look to provide a tutor.

## Will my child need an instrument?

Yes, because to progress children need to practise between lessons. Camden Music Service has a stock of instruments available for hire at very reasonable cost. Unfortunately we are not able to hire pianos, keyboards or drum kits.

If you would like to buy an instrument we can help through our **Instrumental Purchase Scheme** which lets you buy a brand new instrument at a greatly reduced price. To make life even easier, we offer a 12-month interest-free repayment scheme.

## When and where will lessons take place?

Most instrumental lessons take place during the school day which means that pupils leave a classroom lesson for a short period.

## What types of lessons are there?

We offer shared or individual lessons. Shared lessons can only be offered where there is another child of a suitable age and standard to share with yours. If there isn't, we will arrange a 20-minute individual lesson for you.

### Shared lessons

- Ideal for beginners, especially for younger children
- Children learn from each other and have the opportunity to play together; excellent preparation for playing in ensembles later
- Children who start in a group can change to individual lessons later

### Individual lessons

- Ideal for children who benefit from individual attention
- Better for children who are easily distracted
- Any sense of competition is reduced
- Easier to arrange a lesson to suit the needs of the child

## What will it cost?

The following fees are based on 10 lessons during a school term.

Ten shared lessons (2 children) £84 per term  
Ten individual 20 min lessons £112 per term  
Ten individual 30 min lessons £168 per term

## How do I pay?

The Music Service will send you an invoice before the start of term. **Lessons will only start once you have paid.** Payment may be made online or over the phone.

## Is any financial help available?

Children eligible for Free School Meals may apply for a 50% reduction in fees.

## What about if we want to stop?

We will invoice you for the next term's lessons shortly after half term. If you don't want to continue, please let us know. Lessons are booked for a term at a time and it is not usually possible to stop lessons part way through a term.

## How do I apply?

- You can apply online
- Visit [www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service) and follow the link to instrumental and voice lessons in schools.
- We will put your child on our waiting list if there is not a lesson space available straight away.
- We will send you an invoice when a lesson is available. Your child's lesson will not start until you pay.





The Kite Society and  
The Heath & Hampstead Society present

# A KITE DISPLAY AT PARLIAMENT HILL

Marking 150 years of The Hampstead Heath Act 1871

Come and see members of The Kite Society of Great Britain give a spectacular display of the art of kite flying, with tricks and intricate routines accompanied by music, in the beautiful surroundings of the Heath.

**27 JUNE 2021 • 2 PM TO 5 PM • PARLIAMENT HILL FIELDS**



FREE FOR ALL

# CAMDEN HEALTH KICK TIMETABLE

To find out more or book a place on any of the sessions, please call:  
020 7267 6635 or Email: [frances@qcca.org.uk](mailto:frances@qcca.org.uk)

## MONDAY

**WOMENS ZUMBA** (Sign up required)

11 am - 12pm at The Dome

**GYM** (Sign up required)

1.30 pm - 4pm at The Dome

**FAMILY FOOTBALL**

4.30-6.30pm at Malden Pitch

## TUESDAY

**HEALTH CHECKS** (Sign up required)

11am -12pm at QCCA (twice  
a month)

**GYM** (Sign up required)

1.30 - 2pm at The Dome

**FAMILY YOGA** (Sign up required)

5pm- 6pm at The Dome

## WEDNESDAY

(Sign up required)

**FAMILY MULTI - SPORTS**

4.30-6.30pm at The Dome

Starting on the  
30th of June  
2021

## THURSDAY

**WOMENS YOGA** (Sign up required)

2pm - 3pm at the Dome

## FRIDAY

**FAMILY SPORT INC ZUMBA**

WOMEN ONLY (Sign up required)

4.30pm - 6pm at The Dome

**Activities starting at the end of June 2021. Please sign up in  
advance for all sessions!**

**QUEENS CRESCENT COMMUNITY ASSOCIATION**

ThriveLDN



45 Ashdown Crescent , Belsize Park, London NW5 4QE







## Summer holiday cycle training for children

Free cycle training sessions for children during the Summer Holidays 2021. The course is **free of charge** and is delivered over two days; however booking is **required to secure a place**.

Aimed at children and young people aged 8 or over who can ride unassisted and want to improve their safe cycling skills. We do not currently offer courses for children who are still learning to start, stop and balance.

<b>Saturday-Sunday 24-25 July 2021,</b>	<b>10.30am - 12.00noon</b>
<b>Monday-Tuesday 26-27 July 2021,</b>	<b>10.30am - 12.00noon</b>
<b>Wednesday-Thursday 28-29 July 2021,</b>	<b>1.00pm - 2.30pm</b>
<b>Saturday-Sunday 31 July-1 August 2021,</b>	<b>1.00pm - 2.30pm</b>
<b>Monday-Tuesday 2-3 August 2021,</b>	<b>1.00pm - 2.30pm</b>
<b>Wednesday-Thursday 4-5 August 2021,</b>	<b>10.30am - 12.00noon</b>
<b>Saturday-Sunday 7-8 August 2021,</b>	<b>10.30am - 12.00noon</b>



VENUE: Haverstock School, 24 *Haverstock* Hill. Chalk Farm. NW3 2BQ

For more information, or to book a child onto a course,  
<https://www.camden.gov.uk/cycleskills>

**Please ensure you bring your own roadworthy bike.**  
**There are some bikes available to borrow.**



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

## SCHOOL TERM DATES 2021/2022

### AUTUMN TERM

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

### SPRING TERM

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

### SUMMER TERM

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

### STAFF INSET DAYS – SCHOOL CLOSED

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

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



# Times Tables Rock Stars of the Week!

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

**Year 2: Okpe—15,377 coins (3rd week in a row)!**

**Year 3: Alea—15,320 coins (2nd week in a row)!**

**Year 4: Aman—8,859 coins!**

**Year 5: Erina 14,467**

**Year 6: Charlotte—26,669 coins (2nd week in a row)!**



## Fleet Facts!

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



**Year 3: Hana, Yara, Sufiya, Evangeline, Arin, Alfie W, Ranya, Tara, Alea, Rayan, Tabby**

**Year 4: Ben, Suraiya, Mo, Ugo, Asma, Kai, Marli, Amber-Lily, Zain, Ryan, Sara, Lexi**

**Year 5: Ni'Mah, Gaby, Jayda**

**Well done!**



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

All sessions will be lead by  
our head female coach!

All abilities welcomed!

Day: Thursdays

Time: 5-6pm

Venue: Hampstead Heath,  
behind the lido

Price: FREE

For more information  
please contact

Del - 07932431748

Peter - 07956 233977

Alexis - 07961 469477





# QUEENS CRESCENT STREET ART!



*Enrol now for our next graffiti class this Sunday 27th June with the amazing Sam Sure street artist !*

- 12pm - 3pm
- HVH ARTS GALLERY at 44 Ashdown Crescent NW5 4QE
- Snacks and water provided

**Wear paint-appropriate clothing!**

**Enrol here: <https://hvharts.org/courses/>**

# HVH Art - June Courses

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



## HVH ARTS

**OLYMPUS**

### MAY/JUNE SCHEDULE 2021

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

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

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

**DATES: ONGOING AND TBC**

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

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

**DATES: ONGOING AND TBC**

#### SCHOLARSHIP PHOTOGRAPHY PROGRAMME

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

**DATES: TBC**

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

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

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

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

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

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

REGISTERED CHARITY NUMBER 1149607

funded  
through





# HVH Art - Summer Courses



**PATRON:**  
Helen McCreary OBE

## HVH ARTS

**OLYMPUS**

### SUMMER SCHEDULE 2021

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### STOP MOTION ANIMATION WITH EMILY HOLLINGSBEE

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

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

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

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

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

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

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

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

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

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

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

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

#### SCULPTURE CLASS - SUSTAINABILITY

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

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

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

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

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

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

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

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

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

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

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

#### 2 DAY CURATION WORKSHOP

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

**'LOCKDOWN EXODUS' Exhibition!**

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

#### LOCKDOWN EXODUS EXHIBITION

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

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

NUMBER 1149607  
REGISTERED CHARITY





# Fleet Happiness Project

## GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



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

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

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

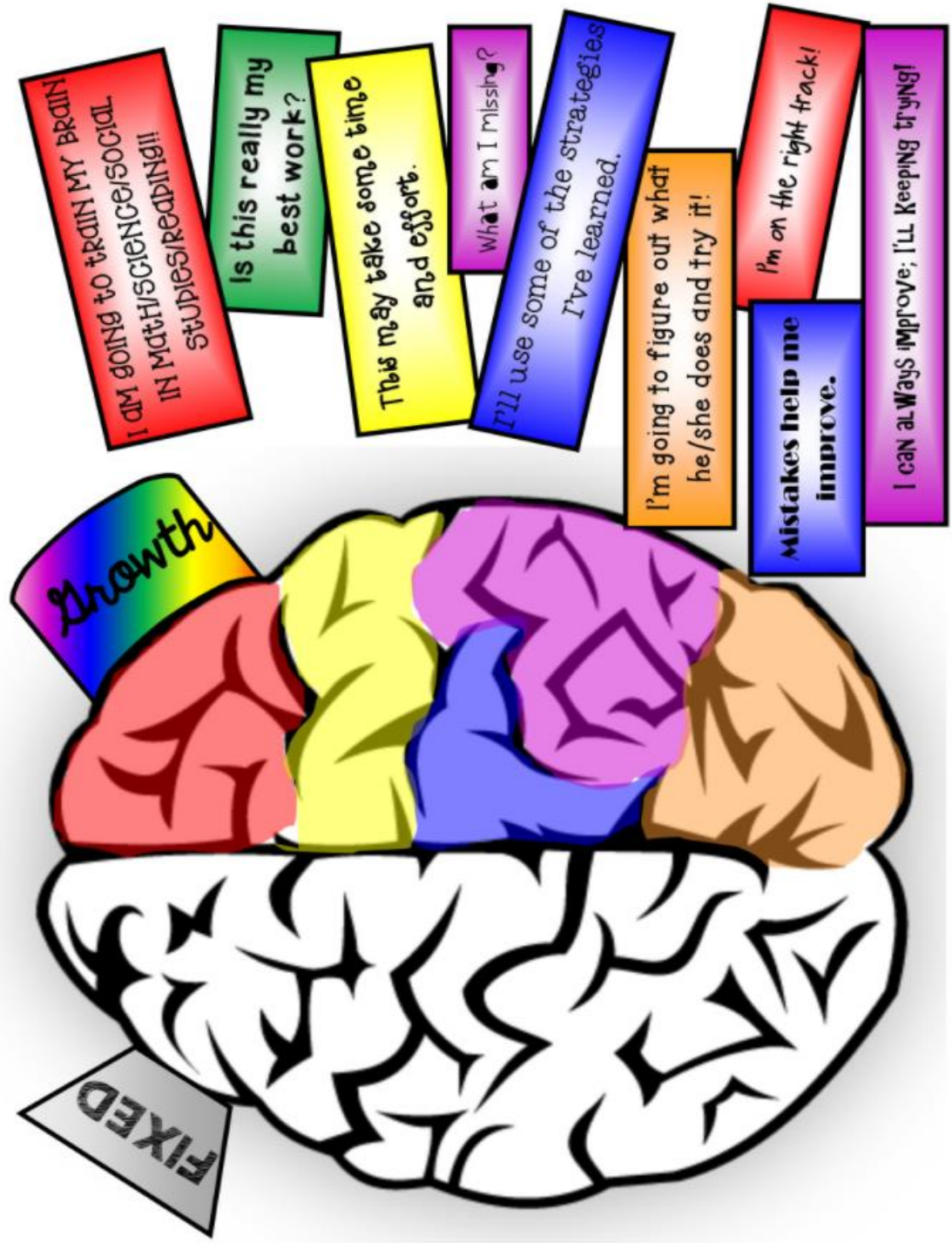
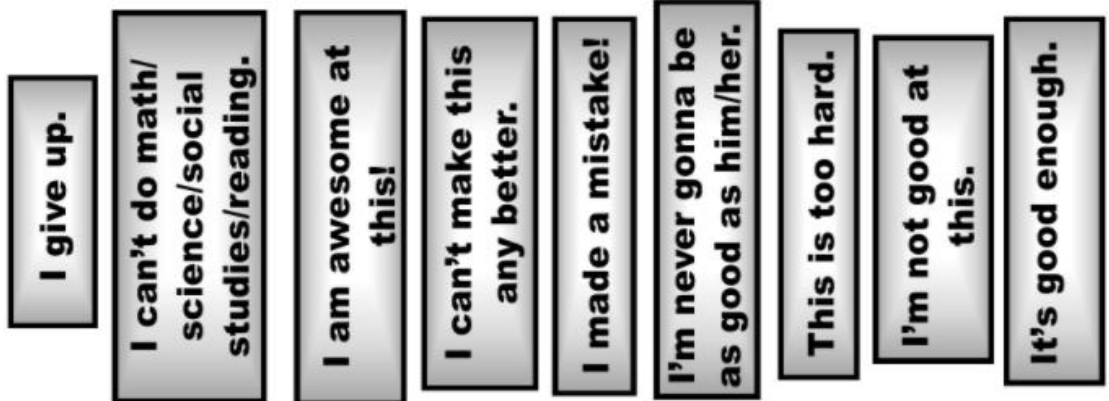
Look out for the activities in your Home Learning and remember to share what you've been doing by sending in photos for the attention of Miss Wall at [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk).

**ACTION FOR HAPPINESS**



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

# Change your words Change your *Mindset*







## Topic: Super Heroes & Vile Villains!

This week the children have been focusing on real life superheroes including one of our own - Mrs Pang the Lollipop lady! What fabulous paintings the children have created. They also had fun role playing on the Nursery Fire Engine outside.

## This week in Nursery...

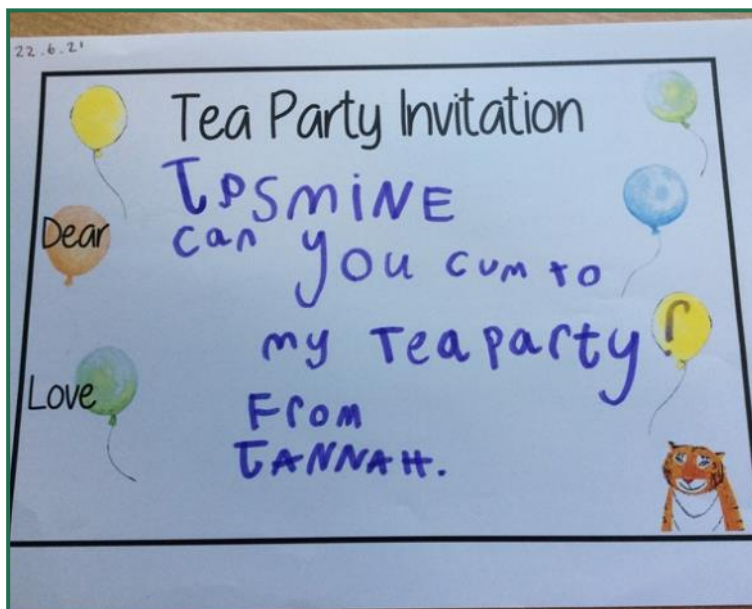
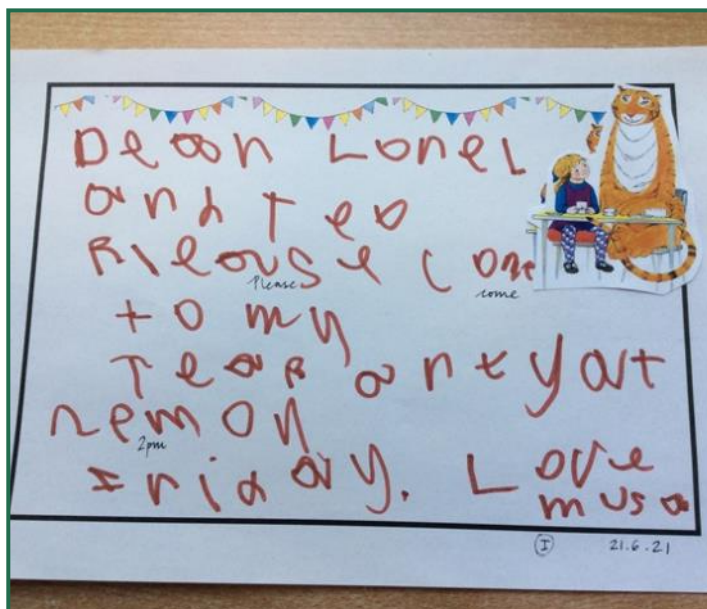




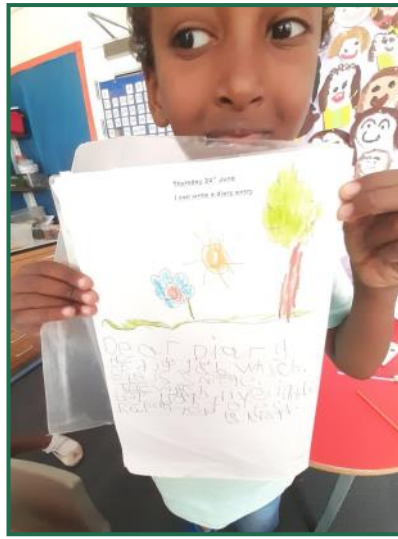
## This week in Reception...

The children have been looking at Tigers! They started by reading 'The Tiger Who Came To Tea' and then wrote some invitations for a tea party. They have also been busy creating tiger pictures using different 2D shapes, making tiger collages using a range of different materials like tissue paper and paint and also writing some amazing tiger fact files! Well done Reception!

## Topic: Animal Adventures



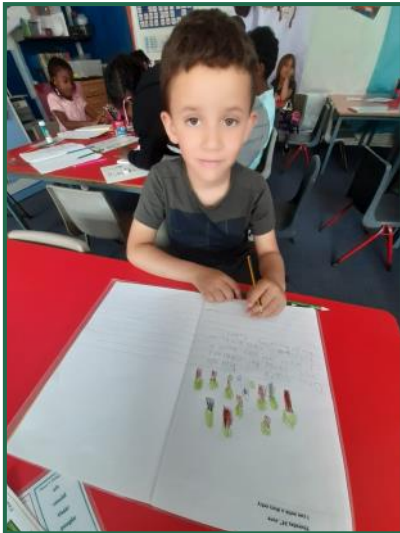




# This week in Year 1...

What a fabulous bunch these children are—such enthusiastic learners! This week they have produced excellent diary entries for describing the Rapunzel story, brilliant doubling in maths, super reading and giving their best in their PE lesson on top pitch with Coach Keeley—on your marks, get set, go....well done Year 1

## Topic: History Detectives

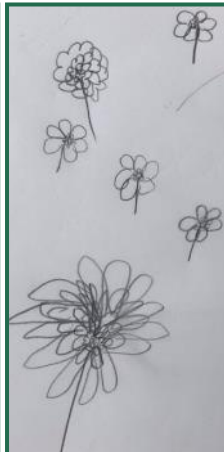
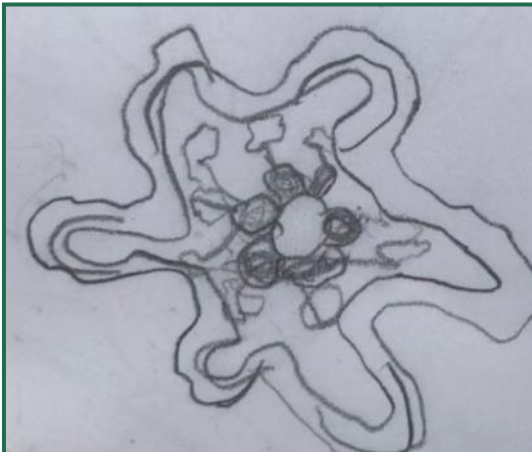




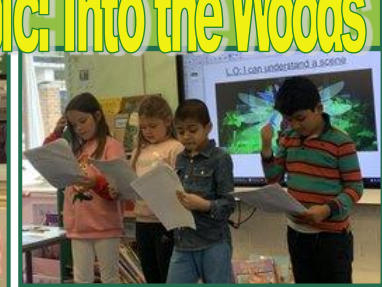


Our brilliantly gifted artists in year 2 have been impressing again this week. They have been learning and experimenting with colour blending for the backgrounds of their under-water paintings as well as some exquisitely detailed wild flower observational drawing. Keep it up Year 2!

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







## This week in Year 3...

Busy, busy, busy in Year 3! They've been acting out the first scene from 'A Midsummer's Night Dream' by Shakespeare, Playing Times Table Tennis and learning about the history of the local area such as the Hampstead Wells! Great Job Year 3!

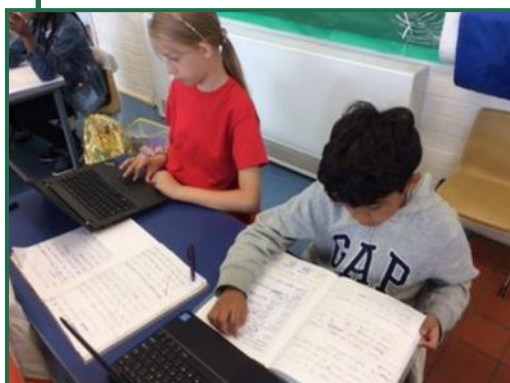
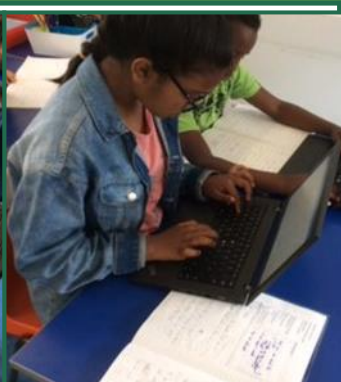
## Topic: Into the Woods





## This week in Year 4 Topic: Into the Rainforest

It's been the usual busy week in year 4. On Friday they all took part in a CPR/Defibrillator workshop learning a vital life skill that might one day save a life. They have been continuing their work looking at south America in Geography, this time looking and learning about the flags of the different nations. Then in English they have been learning about the dangers of deforestation of the rainforests and the climate implications of this. They wrote persuasive letters to send to the government minister tasked with this area to make their thoughts and feelings known. Well done Year 4.



I am writing to you because of the amount of deforestation! Animals once lush habitats are now turning second by second into a desert! Heartless people are chopping down trees just for profit but you can stop it!

Animals have to flee their homes every day.

Y4 Brass Practice:

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



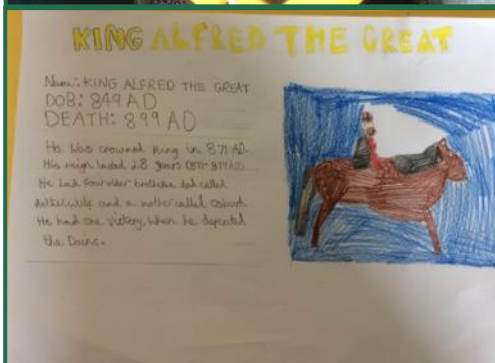
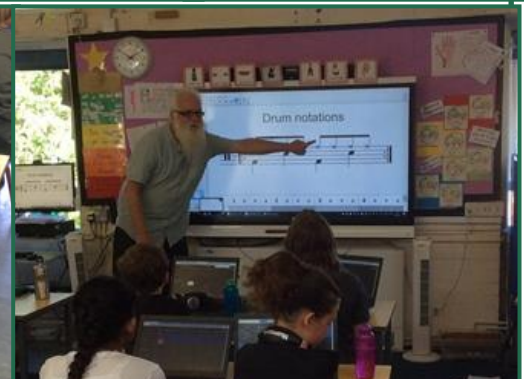
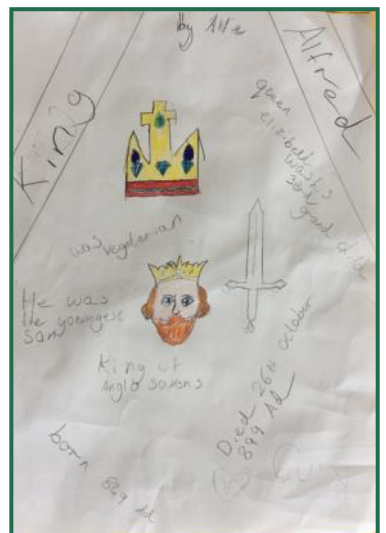
# This week in Year 5...

Lots of different areas covered in this last week from a CPR/Defibrillator workshop, sound mapping art project in music, Music workshop using Band Lab with Rod from the CLC and some research and report writing on King Alfred the Great—all tackled with the usual year 5 enthusiasm! Great week year 5.

## Topic: Raiders & Invaders

Y5 Brass Practice:

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







## In Year 6...

There has been lots of rehearsing and prop making this week in preparation for next week's end of Year performance of the 'Wizard of Oz'. We are really pleased we have been able to make sure that all parents have been given their first preference for which performance to attend. See to the right for important information about attending the performances. Lets all wish for dry days for the performances! It's not been all ShowTime though, they have still found time to write some fantastic ghost stories! Well done Y6. 'Break a leg' for next week, as they say in the theatre.

## Topic: Wild!

know about Richard? The village ghost," he asked when I came in.

"No", I replied, confused.

"Well now you know", he smiled. "Lily, 5 miles away from here is Greystone Manor, I can't go there because I am old and frail, but you could."

"Why?" I suddenly felt cold. The wind blew inside the house and chilled my bones.

"Richard died there," Grandfather said. I nearly ran out of the room and I jerked in my seat. "He was my best friend".

At that point, mother came into the room. Earlier that day she told me that I would have a brother, so I leapt out of my seat eager to assist her in any way.

"Lily, you've got some free time today so you can go for a walk by yourself around here if you like!" she said.

I glanced at Grandfather and sinister smile appeared on his face so unlike his own. My heart beat faster and I agreed hastily.

A few hours later I was trudging along the mud all by myself. Something caught my eye. I whipped round and saw a sinking doll in the mud. A shiver ran through me. I stepped over it hurriedly and continued North, the way to Greystone Manor...

By Lucia

After that night, the game hide and seek will forever haunt me. We were to young and adventurous yet our curiosity got the better of us. If only we hadn't done what we had then he would still be here. I remember that night so clearly. Every night I try to block out the dreams, the chair rocking back and forth and back and forth. I remember his excited face when I finally agreed on going into the school with the gate open. It was a huge red flag and my gut said no however my feet wandered through the gate.

We had just come from the shop and we were walking past a school. The street was deserted and our only source of light was from the full moon and a flickering street light. We headed through the gate wondering what our future would hold. "Alex this doesn't seem very safe we should just go now," I reasoned with him. The gate slammed shut as my heart sank. "Just a gust of wind," he replied. I tugged at the gate but it didn't move the slightest. The only way was forward. One foot followed the other, Alex leading the way...

By Emaline

## Guidance for Y6 parents about next week's performances...

For these to go ahead as live performances we need to stick to the covid rules operating within school. Please read carefully below:

- **Please only attend the performance you have been allocated a ticket for:**
  - Wednesday 30th June—show starts at 10.30am—please arrive from 10.20am
  - Thursday 1st July—show starts at 7pm—please arrive from 6.50pm
- Admittance to the viewing area will be via the car park access from Agincourt Road—**do not come to the front gate**
- Please wear a face mask/covering at all times on site
- Please observe social distancing at all times from other individuals not part of your family bubble
- You will be assigned a seat—please do not move that seat or sit elsewhere
- Seats will be spaced out using social distancing guidance—those from a single family bubble will not need to socially distance from each other and their seats will be together

A few years ago, a girl moved into a new home with her mother and father. That girl was called Lucky. Lucky was an only child and didn't have many friends but she liked being alone. She was getting ready for bed when she saw the door creek open. She thought to herself it must be the wind. Weird marks appeared on the dust covered floor. Before she could get a look mum came in to say goodnight. Lucky's mum gave her a hug then walked down stairs. She shut her eyes and went in to a deep sleep.

The next morning, she went straight downstairs to have breakfast but her mother and father weren't there. A crumpled note was on the table it said:

"Hi Lucky, just popped out to the shops, Be back soon. There is cereal in the cupboard and fresh clothes on the chair in your bedroom. Call me if you need anything! I would have warned you I was going out but didn't want to wake you. Love mum xxx  
p.s. Dad is in a meeting at work, best not to bother him."

She sighed, for the first time she minded being all alone. She finished her bowl of cornflakes and ran upstairs to get dressed. The floor creaking underneath her feet. Lucky went outside to explore and saw a boy. He started to walk over and said, "Hi"...

By Eartha

# Stars of the week!



Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - Well done to all these children, and to all the rest who might not have been picked this week but could have been.



## Reception—Lily-Rose

For being focussed and for actively engaging in our carpet sessions. Lily-Rose has been having lovely conversations with her friends and sharing lots of great information about tigers with the class! Well done Lily-Rose.

## Year 1—Sativa

For her positive attitude and determination. Since you've come back to school, you've put in so much effort with your learning as well as continuing to be the most kind and helpful classmate and friend. You're a wonderful young woman and a great member of Team Y1. We are so very proud of you, Sativa!



## Year 2—Daniel

For putting lots of effort into your Maths learning this week. You are really focused and enjoy challenging yourself. Well done!

## Year 3—Gabriella

for an excellent start at Fleet! We are so glad to have you! Already, you are being a great friend and are a lovely asset to Year 3!

## Year 4—Poppy

Well done for all your effort in lessons this week. You've clearly been working hard. We also noticed your great teamwork during our stop motion video task. Keep it up!



## Year 5—Erina

I have really noticed how much effort you have put into staying on task and managing distractions this week. Well done for making your learning a priority and maintaining focus. As a result, you have been able to share some great ideas with the class and have produced some lovely topic work. Keep it up, Erina!

## Year 6—Luke

For the wonderful energy and enthusiasm you are bringing to our class production. You take on board feedback so well and are giving your all to your character. It is so great to see you shining on stage! Keep up the fantastic efforts ready for show week!



# 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 28 – Mindful of Mind-full? (Part 2)

Last week we looked at how we can focus our minds to pay full attention to one single activity. This week we are going to think about one specific aspect of mindfulness, mindful eating. Mindful eating is all about paying attention to the way we eat. Research has shown eating mindfully improves digestion, regulates our appetite, and helps us enjoy our food much more.

Start by having a good look at what you're about to eat, notice the textures, shapes and colours, and any smells and sounds. When you take a bite, notice the temperature, the texture and all the different tastes and how they feel in your mouth.

Take the time to eat your food, focus on your mouth chewing and your breathing as you go. Aim to chew each bite for at least 20 seconds.

Being mindful when we are eating allows the body to respond effectively to what it's doing. If you eat whilst worrying about school or work, the body is in stress mode and digestion is compromised. Eating mindfully also helps our brain to recognise when we're full, preventing us from overeating. When you've finished eating become aware of your breathing, try to notice the feelings of fullness and any tastes that linger.

Are you worried your  
child is showing signs of  
stress and anxiety?

Are you concerned about  
your child's wellbeing  
coming out of lockdown?

# SUPPORTING YOUR CHILD TO BUILD RESILIENCE AND POSITIVE MENTAL HEALTH

The aims of this session are to help you to

- Identify the signs and symptoms of a child struggling with their emotional wellbeing
- Support your child to make positive choices for their wellbeing
- Learn strategies and activities to support their mental health resilience
- Reflect on the impact of the pandemic and how we can support children to move forward

## JOIN OUR VIRTUAL SESSIONS

28TH JUNE 2021

10-11.15AM

OR

5TH JULY 2021

10-11.15AM

Please contact [deborah.kaiser@camden.gov.uk](mailto:deborah.kaiser@camden.gov.uk)  
to book your chosen session.

*You will be sent a Zoom link 24 hours before the session*





# Camden Early Help



Everyone needs a little help sometimes. If you're feeling worried about your child, or you want to make a change in your life, Camden Early Help is here for you, your children and your whole family.

- ▶ Free support service for families with children aged 0 to 19 in Camden
- ▶ Practical and emotional support with a range of life issues if they are starting to feel overwhelming
- ▶ Working with you and your family to help make whatever changes you want to make
- ▶ Helping you and your family develop friendships and feel connected with your community.

## Early Help



### As well as family workers, there's lots of other options:

- ▶ Early Help Family Group Conference – bring together a circle of family members, friends, neighbours or community members to help solve problems
- ▶ Parenting programmes – a range of programmes for parents to be, and parents with children from 0-19 to help you feel confident and positive about your parenting role
- ▶ Activities – to enjoy time together as a family
- ▶ Early Help Play – support to access holiday play schemes, breakfast clubs, after-school clubs, and free early education and childcare places\*
- ▶ Employment advice and welfare rights – access to our advisors to help with benefits and all things work-related
- ▶ Connections to housing support and homelessness services
- ▶ Connections to community organisations in your area.



### How do I get Early Help?

You can contact us today, or you can talk to someone in your life that you trust. This might be your child's teacher or nursery worker, your GP or health visitor, your housing or tenancy support worker or youth worker.

They can contact us on your behalf, and then you can work with us if you would like to.

If it feels like it's time to make a change, Camden Early Help would love to be by your side so the little things don't become big things.

### Other formats

If you require this leaflet in large print, Braille or in another language please contact us.

### Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)

E: [LBCMASHadmin@camden.gov.uk](mailto:LBCMASHadmin@camden.gov.uk)

For more information about Early Help visit:

[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)

Sure Start 020 7974 8961

[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

Produced by Creative Services 1251 23

\* free childcare places for eligible 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 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.





# 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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SPORTS BETTING

Sports betting involves staking money on the predicted outcome of sports results. Online sports gambling is much faster and easier than using a traditional bookmaker and provides more markets to wager on – including in-play betting, enabling bets to be placed on an event after it has started. Online betting operators also provide the incentive of odds which look like a better deal than high-street bookmakers, along with bonuses and promotions for customers. Alongside the convenience of being able to place a bet (in seconds) from a mobile phone or tablet at any time, this has helped online sports betting in the UK to grow year on year.

### Betting for 'fun'

A study into why young people use gambling platforms reported that the most common responses were "because it's fun" (55%), "to give me something to do" and "to win money" (both 31%). Other reasons on the list included "because it's cool", "because it's something my parents or guardians do" and "because it helps me when I feel depressed".

### Cross-selling of products

Cross-selling is a critical marketing strategy for sports betting operators. It is a concern because it can lead users of one gambling platform on to another, and then to another. These other gambling apps and sites include high-speed casino games (such as blackjack and roulette), which are extremely addictive and financially thrive on engaging the user to gamble.

### Underage gambling

The UK Gambling Commission suggests around 140,000 11- to 16-year-olds have, or risk having, a gambling problem. Gambling under 18 is illegal, but some platforms' weak age verification processes make it possible for young people to bet using their own card details or an adult's. Usually, if the name used to sign up matches the cardholder's name, then the user will have no issues depositing funds to bet with.

### Financial risks

There have been numerous reports of instances where a young person has gambled away a significant amount of money in a short space of time on a parent's card. The parent has then had to retrospectively file a complaint with the operator of the gambling platform and attempt to prove that it was not the cardholder who had signed up and placed bets.

### Possibility of addiction

Researchers have proved that when we take any risk and it pays off, our brain releases the chemical called dopamine which causes us to feel good. So in a gambling context, when a person places a bet and is successful, these reward pathways are triggered in the brain. This physiological response can very rapidly become addictive for some people.

### Negative impact on mental health

Several scientific studies have concluded that gambling can lead to mental health issues such as anxiety, depression, low self-esteem, anger management problems and even suicidal thoughts. In fact, gambling disorder (the overall term for compulsive gambling or gambling addiction) is highly correlated with suicide and disproportionately affects people under the age of 30.

## Safety tips for Parents & Carers

### Talk about the risks

Even if your child has not asked about betting on sports online, talk to them about its potential dangers. Young people are exposed to gambling through their devices, via social media and by friends. Make sure they are aware of the risks of gambling apps and platforms.

### Support critical thinking

Encourage your child to think critically about online gambling. Explain how limited the chances of winning are, and make sure they understand that the whole business of gambling companies is taking money from users.

### Install protective software

Install blocking software such as Gamban, Betfilter or Betblocker on your child's devices. These user-friendly, non-intrusive pieces of software stop users from accessing thousands of online gambling websites and apps worldwide.

### Limit access to funds

Ensure your card details aren't saved on your child's device (from a previous purchase, for example). This restricts their spending and stops them gambling if they don't have their own debit card. If your child does have a bank card, make sure they realise that gambling can leave them with no money to spend on other things that they like.

### Be a role model

It's wise not to expose your child to gambling, because seeing you bet can normalise it and suggest to them that it is risk-free and harmless. They would also be far less likely to take you seriously when you talk to them about the dangers of gambling.

### Seek support

If you're concerned about your child and online gambling, it's important to step in early. What might first appear to be the odd bet here and there can quickly become a serious issue. If your child is affected, don't be afraid to ask for guidance and advice – there are several charities who you can turn to for support.

**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday

## Spot the signs

Problem gambling can be very isolating. Awareness of the issue is increasing, but it can still be difficult for people to seek help or even admit that they are struggling. These signs are common indicators of gambling issues: if your child displays any of them, it might be time for an honest talk.

- Regularly borrowing money
- Expenditures they don't want to explain
- Being secretive about their devices
- Controlling or manipulative behaviour
- Becoming depressed, agitated or anxious
- Changes in performance at school
- Mood swings

### Meet Our Expert

TalkGEN is a non-profit organisation that was formed by individuals who have lived experiences of gambling harm. As well as their own direct efforts to reduce the dangers through research, education and treatment, TalkGEN actively campaign for reform of the sector to eliminate the potentially devastating effects of problem gambling on current and future generations.

**TALKGEN**  
FOR BETTER GAMING

SOURCES: <https://www.thefreelibrary.com/journals/compul/article/piiS2468-28671832043-9/fulltext> | <http://parents.org.uk/gambling-keeping-children-safe/> | bbc.co.uk



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



@atonlineafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.06.2021



## 1-2-1 CYCLING ADVICE AND SKILLS SESSIONS WITH SUSTRANS

ARE YOU THINKING ABOUT CYCLING INTO SCHOOL OR WORK  
AND NEED A LITTLE BIT OF HELP OR ADVICE?



These sessions can be done **remotely** by phone/ Zoom or **in-person** at a place convenient to you.

We can cover absolutely anything related to cycling but these may be things such as:

- Advice on choosing a cycle or equipment;
- Learning to ride (in-person only);
- Refresher cycling courses;
- Route finding;
- On-road cycling (in-person only);
- Bike maintenance;
- And anything else!



*"Just wanted to say thank you so much for the session with my daughter and husband today it was really helpful. We gained so much confidence and skill so quickly it's wonderful."* **Parent at previous cycle skills session**

The sessions can be for:

- Individuals
- Families
- Groups of less than 6



For more information and to  
book sessions please email:  
[dave.ebbrell@sustrans.org.uk](mailto:dave.ebbrell@sustrans.org.uk)





# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on **easyfundraising.org.uk**

<http://www.easyfundraising.org.uk/causes/fleetps>

**4,300** online sites will give us a free donation  
when you shop with them - at no extra cost to you!



**Download the easyfundraising App**



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users



**PLEASE ENSURE YOU ALL HAVE THIS APP INSTALLED AND NOTIFICATIONS TURNED ON  
THIS IS OUR PRIMARY MEANS OF COMMUNICATING WITH YOU**



## Fleet Primary School

would like you to join their channel on Parent Hub.

Just tap “Add a School ” in the app and enter the handle below...

**@FleetPrimary**

The Parent Hub app is FREE to download and use.



### What is Parent Hub?



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

### Instructions for Parents



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose “Add a School” and enter the school handle (above).

Visit [www.parenthub.co.uk](http://www.parenthub.co.uk) to find out more

# COVID-19 ABSENCE

Updated:  
March 2021

## A quick guide for parents / carers

Please note: the first day of self-isolation is day 0. You must stay in isolation for the next 10 full days

What to do if...	Action needed	Back to school...
...my child has COVID-19 (coronavirus) symptoms*	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Child should get a test</li><li>• Whole household self-isolates while waiting for test result</li><li>• Inform school immediately about test result</li></ul>	... When child's test comes back negative and the child is well enough
... my child tests positive for COVID-19 (coronavirus) using a lateral flow test (rapid test) and they don't have symptoms	<ul style="list-style-type: none"><li>• If the child was tested at school they should go home immediately</li><li>• if the child tested at home they should inform school immediately about their test results</li><li>• Child should have a confirmatory PCR test to confirm the result if they got a positive result from a rapid test (order online or call 119)</li><li>• Whole household self-isolates for 10 days from day of test – even if someone tests negative during those 10 days</li></ul>	... after 10 days, as long as they haven't developed any symptoms. If they do develop symptoms, they need to self-isolate for 10 days from the start of symptoms*
... my child tests positive for COVID-19 (coronavirus) and they have symptoms	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Inform school immediately about test results</li><li>• Child self-isolates for at least 10 days from when any symptoms started (or from day of test if no symptoms)</li><li>• Whole household self-isolates for 10 days from day when symptoms* started (or from day of test if no symptoms) – even if someone tests negative during those 10 days</li></ul>	After 10 days, if the child's symptoms have gone, or if the only symptoms they have are a cough or loss of smell or taste, which can last for several weeks.
...somebody in my household has COVID-19 (coronavirus) symptoms*	<ul style="list-style-type: none"><li>• Child shouldn't attend school</li><li>• Household member with symptoms should get a test</li><li>• Whole household self-isolates for 10 days while waiting for test result</li><li>• Inform school immediately about test results</li></ul>	... when household member test is negative, and child does not have COVID-19 symptoms*

\*symptoms includes at least one of the following: a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)





What to do if...	Action needed	Back to school...
... somebody in my household has tested positive for COVID-19 (coronavirus)	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Whole household self-isolates for 10 days - even if someone tests negative during those 10 days</li> <li>• Day 0 is the day the first person in the household's symptoms started (or the day the test was taken if no symptoms)</li> <li>• If the child develops symptoms whilst self-isolating, they should get tested, and if they test positive they will need to self-isolate for 10 days from when their symptoms started</li> </ul>	... when child has completed 10 days of self-isolation, as long as they are well
...NHS Test and Trace or your school/nursery has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Child self-isolates for 10 days (as advised by NHS Test and Trace, or your school / nursery) – even if they test negative during those 10 days</li> <li>• Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> <li>• If, during the isolation period, they develop symptoms or test positive they (and their household) will need to self-isolate for 10 days from when symptoms started or, if there are no symptoms, for 10 days from when they were tested</li> </ul>	... when the child has completed 10 days of self-isolation, even if they test negative during those 10 days
....we/my child has travelled and has to self-isolate as part of a period of quarantine	<ul style="list-style-type: none"> <li>• From 15 February onwards, everyone allowed to enter England who has visited or passed through a country where travel to the UK is banned in the last 10 days must: <ul style="list-style-type: none"> <li>- quarantine for 10 days in a managed quarantine hotel</li> <li>- take a coronavirus test on or before day two and on or after day eight of quarantining</li> <li>- Read more about international travel and how this operates (<a href="https://www.gov.uk/uk-border-control/before-you-leave-for-the-uk">gov.uk/uk-border-control/before-you-leave-for-the-uk</a>)</li> </ul> </li> <li>• Do not take unauthorised leave in term time</li> <li>• Consider quarantine requirements and Foreign and Commonwealth Office advice when booking travel</li> <li>• Provide information to school as per attendance policy</li> </ul> <p><b>Returning from a destination where quarantine is needed:</b></p> <ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Day 0 of self-isolation is the day you arrive in the UK</li> </ul>	... when the quarantine period has been completed for the child (10 days)

What to do if...	Action needed	Back to school...
... we have received advice from a medical / official source that my child must resume shielding	<ul style="list-style-type: none"> <li>• Child shouldn't attend school</li> <li>• Contact school as advised by attendance officer / pastoral team</li> <li>• Child should shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	... when school / other agencies inform you that restrictions have been lifted and your child can return to school again
... I am not sure who should get a test for COVID-19 (coronavirus)	<p><b>There are two types of tests for COVID-19</b></p> <p>For people who <b>don't have symptoms</b>:</p> <ul style="list-style-type: none"> <li>• Simple and quick tests, known as lateral flow device (LFD) tests are used to test people, without the need for a laboratory. Children in secondary schools and colleges will be tested on site from 8 March and then issued with testing kits to use at home. If they test positive, then the child <b>and their close contacts</b> will be required to self-isolate for 10 days</li> <li>• If any of the close contacts develop symptoms, they should stay at home and get tested</li> <li>• If anyone tests positive whilst <b>not experiencing symptoms</b> but develop symptoms during the isolation period, they must restart the 10-day isolation period from the day they developed symptoms</li> </ul> <p>For people who <b>have symptoms</b>, they should book a test online at <a href="https://nhs.uk/coronavirus">nhs.uk/coronavirus</a> or call <b>119</b>. The whole household should isolate for 10 days</p>	... children who have tested negative and/ or who have no symptoms are able to attend school providing they are not isolating for any of the reasons set out above

For further information and support to self-isolate:  
[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) 020 7974 4444 (option 9)





# Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit [camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) – includes information in different languages
- Check the rolling news pages at [news.camden.gov.uk](https://news.camden.gov.uk)
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil) and Facebook [facebook.com/LBCamden](https://facebook.com/LBCamden)
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



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

## All adults now eligible for the COVID-19 vaccine

If you're **18 or over** and haven't had your first dose of the COVID-19 vaccine, why not get your family or friendship group together and book appointments at the same time? There are four ways to book:

- Call **119** for free
- Visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)
- Not registered with a GP? Complete the form at [camden.gov.uk/form](https://camden.gov.uk/form)
- Need support to book? Call Camden Council on **020 7974 4444 (option 9)**

Please remember that while the first dose of the vaccine will give some protection against the virus, **you must get both doses for maximum protection** – especially against the Delta variant.

## Get vaccinated at Emirates Stadium!

A big vaccination event is taking place this Friday to Monday (25 to 28 June inclusive) from 8am to 8pm at Emirates Stadium in Islington. All Camden residents aged 18 or over who haven't had their first dose are eligible to attend. Book in advance by calling **020 7527 8222** or turn up on the day.

## Stay safe: Keep following the rules

Coronavirus cases are rising in Camden and London, so we all need to keep following public health guidance to keep ourselves and others safe. You must also continue to follow the rules after having the COVID-19 vaccine, because while it will reduce your risk of catching or passing on the virus, it does not get rid of the risk completely:



Enjoy the warmer weather and socialise outdoors



Stay 2 metres from those outside your household or bubble



Wash your hands regularly and thoroughly



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



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



Meeting others? Get a free rapid test (for people without symptoms) at [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest)

Get the vaccine as soon as possible



Thank you to the over 122,000 people who have come forward to get a COVID-19 vaccine. We are really pleased that everyone over the age of 18 can now book their vaccine, so please do book or keep an eye on our website which we will keep up to date with information about walk-in opportunities at [camden.gov.uk/covid19vaccine](https://camden.gov.uk/covid19vaccine).

The more people that get vaccinated, the faster we can get the rise in coronavirus cases under control and the best chance we have of keeping everyone in our community safe. Please also remember that you need to get both doses for maximum protection. There are around 1,000 people per day being vaccinated in Camden and we are grateful for this extraordinary joint effort from the NHS and our community.

Finally, a reminder to our EU residents that 30 June 2021 is the deadline to apply to the EU Settlement Scheme. We are really proud that over 44,000 residents have applied for settled status in Camden and of the important role they play in our diverse, vibrant community. If anyone hasn't applied yet then Camden Council is here to help, including with digital identity verification. To apply and find out more, please go to [gov.uk/eusettledstatus](https://gov.uk/eusettledstatus) For support from the Council and partners, visit [camden.gov.uk/eu-settlement-scheme](https://camden.gov.uk/eu-settlement-scheme) or call **020 7974 4444**.

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

## COVID-19 rapid tests

Taking a free rapid lateral flow COVID-19 test twice a week to check you're COVID-free will prevent you passing the virus on to others. For test site, home test pick-up or delivery options, visit [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest) or call **020 7974 4444 (option 9)**.

If your test result is positive, or you or someone in your household develops COVID-19 symptoms, self-isolate and book a PCR test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call **119**.



## Free rapid tests for businesses

Businesses that have registered for rapid tests for employees can order at [gov.uk/get-workplace-coronavirus-tests](https://gov.uk/get-workplace-coronavirus-tests) until 19 July. Businesses that haven't registered should get staff to take a rapid test twice a week if coming to work.

## Survey for young people

Camden Council is asking young people what they do in their spare time to help make sure there are the right activities and services available as COVID-19 restrictions are lifted.

If you're aged 12 to 18, or you know a young person who is, take part in the short online survey at [camdenrise.co.uk/newsandblogs](https://camdenrise.co.uk/newsandblogs) and you can be entered into a prize draw for the chance to win a £50 voucher.



## Have your say: E-scooter rental trial in Camden

Camden Council is consulting on whether or not to take part in the Transport for London electric scooter rental trial and how this could be managed. The Council is committed to exploring sustainable forms of transport and ways to tackle the climate crisis.

Take part at [camden.gov.uk/e-scooter-trial](https://camden.gov.uk/e-scooter-trial) or call **020 7974 4444** for a paper questionnaire. The consultation closes on 12 July.



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

 **Camden**