

Message from the head:

I hope you are all well. I haven't left myself much room this week to write (a sigh of relief from you all!). You will notice a number of items this week relating to mental health with next week being 'Child Mental Health Week'. On the theme of mental health I would like to ask a small favour—this week's announcement that we would not be opening to all children after the half term break was a blow to you all I'm sure, it was also a blow to the staff, many of whom, like you, are finding this lockdown tough and really missing the children. If you imagine how anxious I know many of us are about our children's learning and the time in school they have missed during the last year, multiply that by the 30 children each teacher/TA is responsible for in their class—the staff do this job because they are passionate about ensuring all children can achieve their potential. Knowing we are not able to teach the way we want to to achieve that goal is hard! The favour I'd like to ask is this, if you feel your child's teacher and support staff are doing a great job, please let them know—via email or during the phone chats. It doesn't have to be much, just a short note or word of encouragement I think can really help raise the spirits. Thank you in advance and to all of you who have already done and keep doing this! In tough times a kind word goes a long way. Have a good weekend.

Nursery Applications for September 2021

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>. Alternatively, call the office to arrange to come in and complete a form.

Children's Mental Health Week—1st-8th Feb

Next week is Children's Mental Health Week. This is an excellent opportunity to help highlight the importance of mental health with your child and this year's theme is Express Yourself, focussing on feelings and emotions. Look out for the different activities that will be set on SeeSaw this week and Miss Wall's assembly that will go online on Tuesday. Follow this link for more great ways to support your child <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>.

Ipads and Laptops

While we have given out all our iPads and most of the laptops over the last few weeks we still have a small number available—and if we need more may be able to source some. Please let us know if you still need one—if you've already told us and haven't got one yet please chase us and ask again! If you have children sharing devices please also let us know and if we can, we will give you extra. Ideally each child in a family should have a device each.



Parents can sign up for a free pack of activities to use from home and support physical exercise during this lockdown.

See Sustrans Outside In: <https://www.sustrans.org.uk/campaigns/outside-in>

Activities include videos, games, weekly challenges, themed activities and more.

It is designed by Sustrans' knowledgeable, experienced and fun-loving Schools Officers. The four-week activity pack is full of cycling, walking and scooting themed fun. **Outside In** weekly updates are packed with creative, active and interesting indoor and outdoor activities for all the family.

Parent and Carer Mental Health Support Workshops—via Zoom

The Mental Health Support Team (MHST) is an early intervention service that aims to support children, families and schools across the borough of Camden. We are pleased to be able to offer an online Webinar series for all parents and carers of primary school children in Camden. The series will include online workshops via Zoom. The remaining topics to be covered, scheduled dates and times are shown in the table below:

Topic	Day and	Time
Routines	Thurs 4 th Feb	12-1pm 1-1.20pm-Q&A
Parent/Carer and Child interactions	Thurs 11 th Feb	12-1pm 1-1.20pm-Q&A
Introduction to the Mental Health Support Team: Why Early Intervention Matters	Wed 24 th Feb	5-6pm

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents that are interested. You can opt in for all five sessions, or whichever most appeals to you. We offer two options of the same workshop on 'Understanding and supporting your child with worries'. You can either select option A - 12pm on Thursday 28th January 2021 or option B - 5pm on Wednesday 27th Jan 2021, whichever one works better for you.

To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/parentcarer-webinar-series-tickets-135509262853>.

Reading and books

There is a 'virtual' school library with links to free stories and videos from famous children's authors on the 'Oak Academy' website—following the link: <https://library.thenational.academy/>

If you are short of reading material, don't forget that we can arrange for you to collect a pack of books for your child. Please speak to your child's class teacher to arrange. Some classes have also been set tasks as part of their weekly work using our online reading programme 'Bug Club'. Again, ask your teacher if you are having problems accessing books this way.

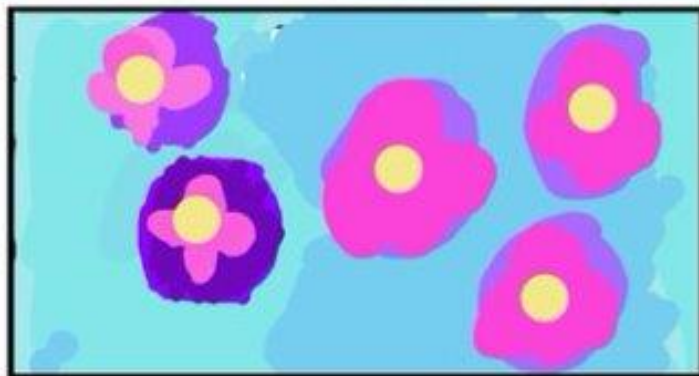
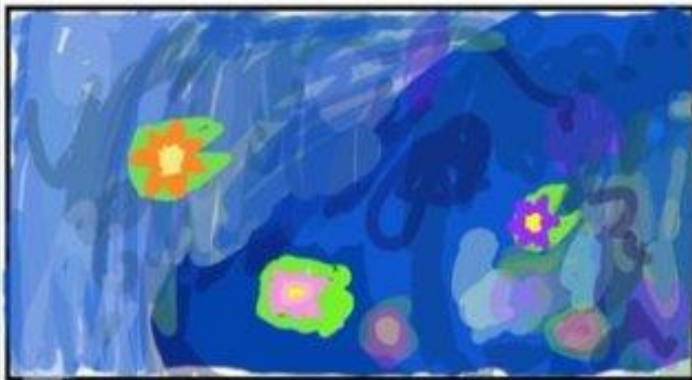
Topics

Topic Letters and Snapshots will be sent out via parenthub/text on Monday. In the meantime here are the topic titles for this term:

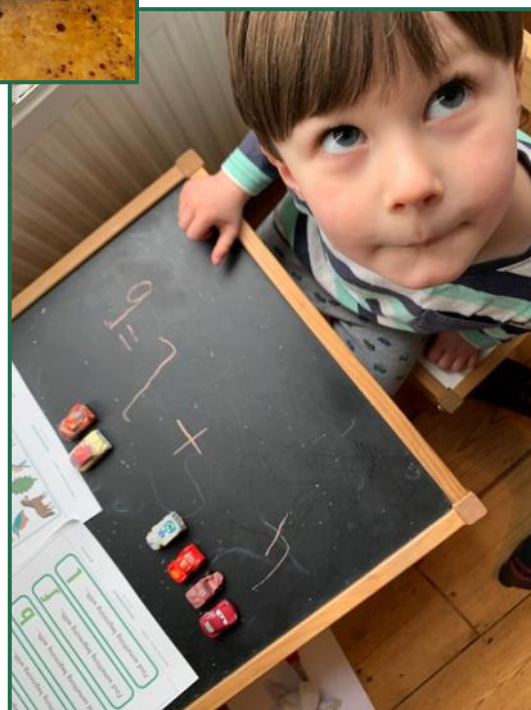
- Year 6: Blackout!**
- Year 5: To India and Beyond!**
- Year 4: Heroic Humans**
- Year 3: Hall of Flame**
- Year 2: Seeds and Thneeds!**
- Year 1: Wild!**
- Reception: Super Stories!**
- Nursery: Once Upon a Story**

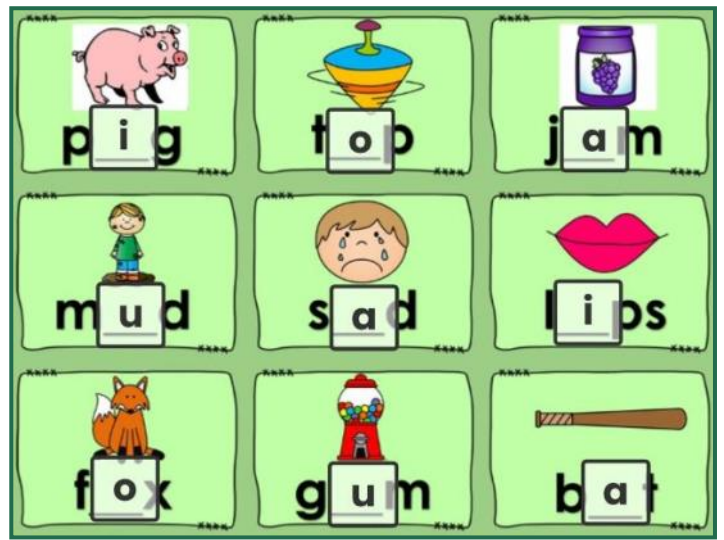


Some topical artwork from Home Learning this week: The White House by Tawfiq in Year 4



Home Learning this week





Born in London in 1815

ADA LOVELACE




Died of cancer at 36 years old

Lovelace was a
Mathematician and a
writer.

She wrote the program for Charles Babbage's mechanical computer, "The Analytical Engine"

She was fascinated by a textile loom used to make fabric

Her mum made her study a lot of Maths as a child

Her father was lord Byron, a famous poet

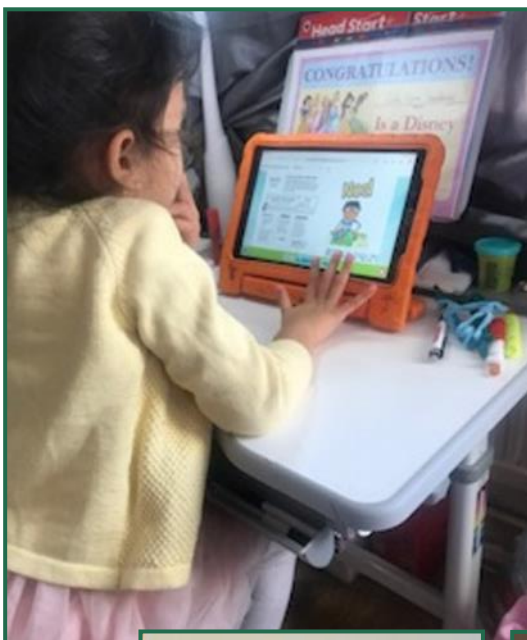
Ada Lovelace was married and had 3 kids

Lovelace met an inventor called Charles Babbage. She wrote a book with him.

wrote the world's first computer program

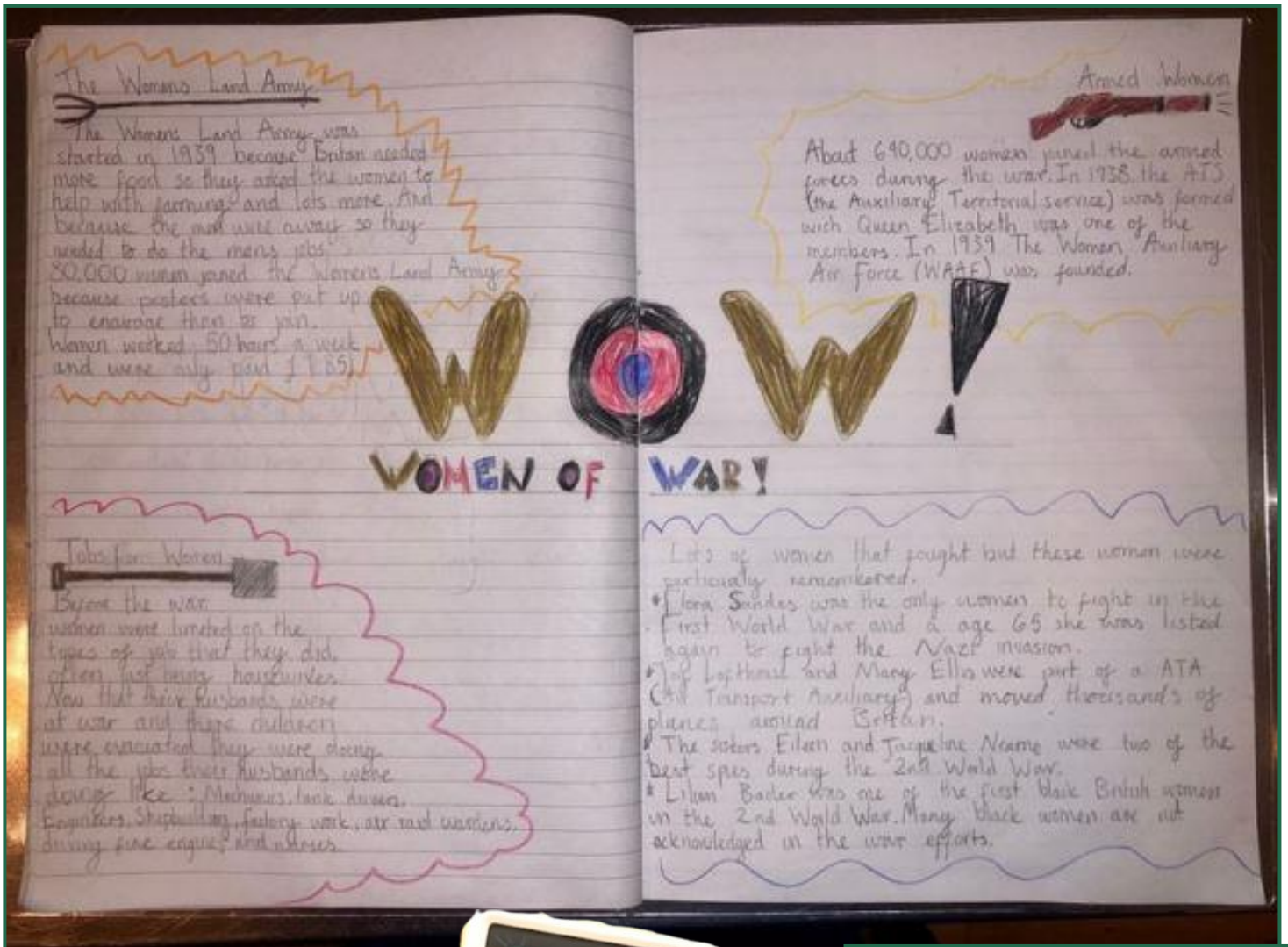
Home Learning this week





**Home Learning
this week**



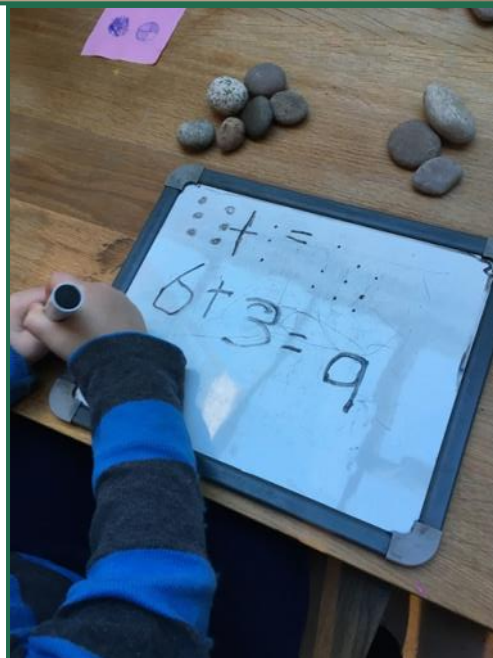
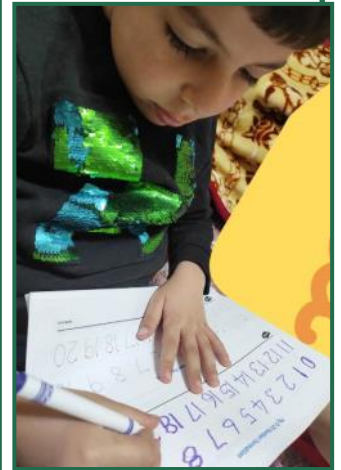


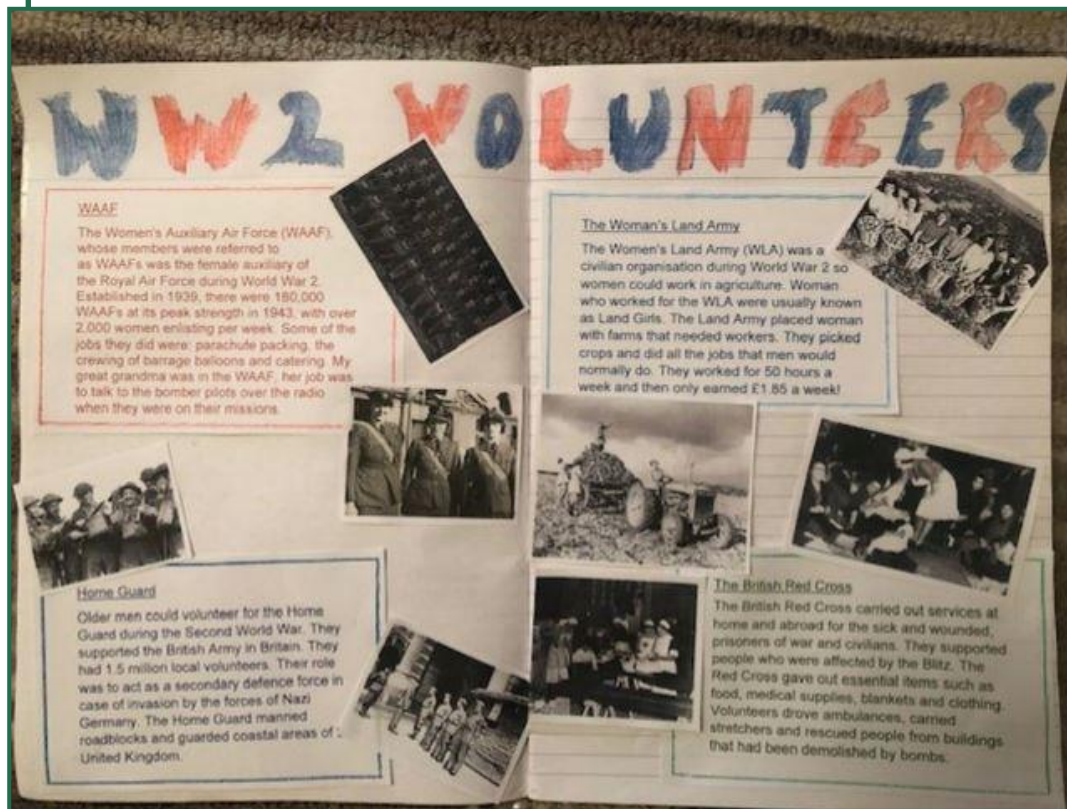
**Home Learning
this week**



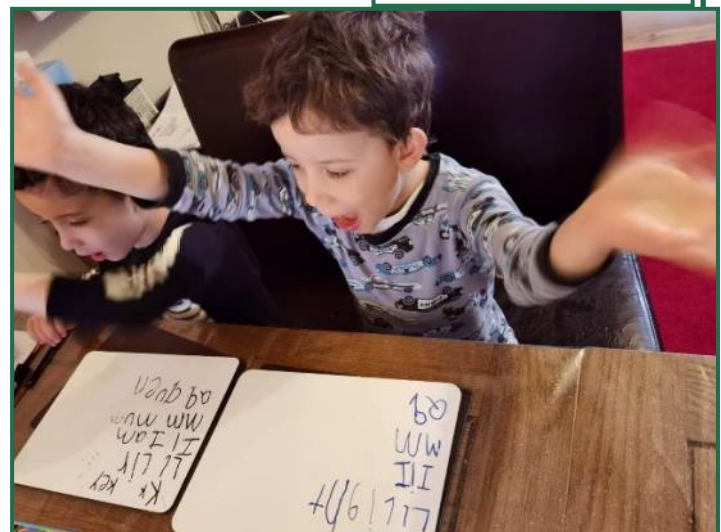
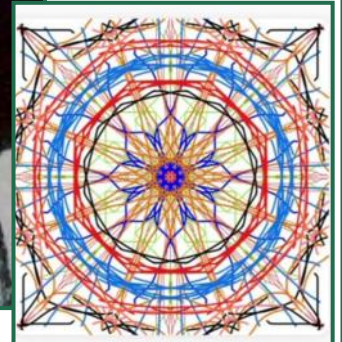
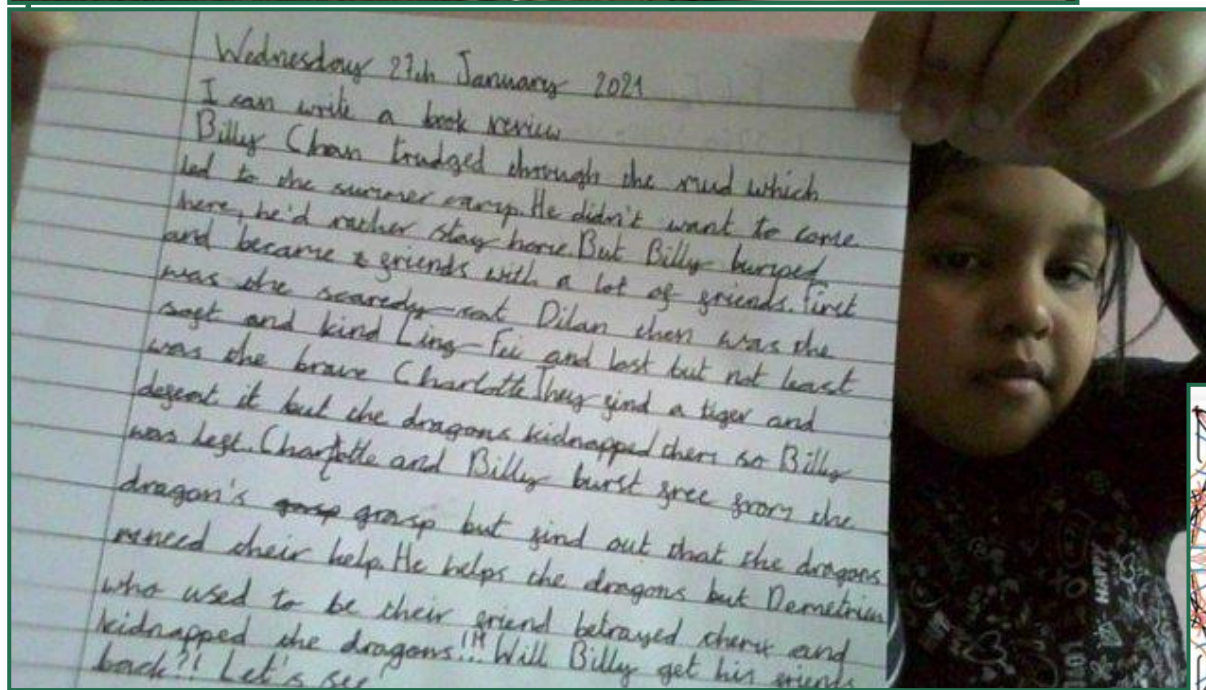


Home Learning this week





Home Learning this week

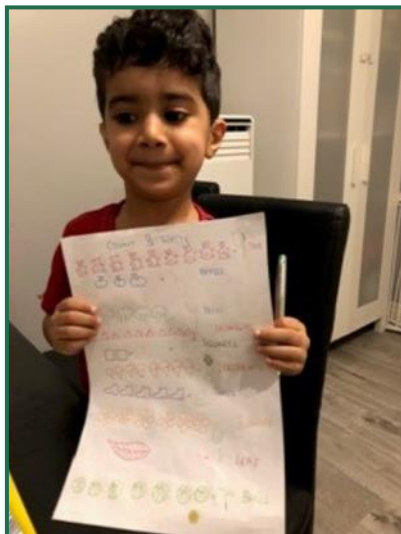


Fun in the snow!



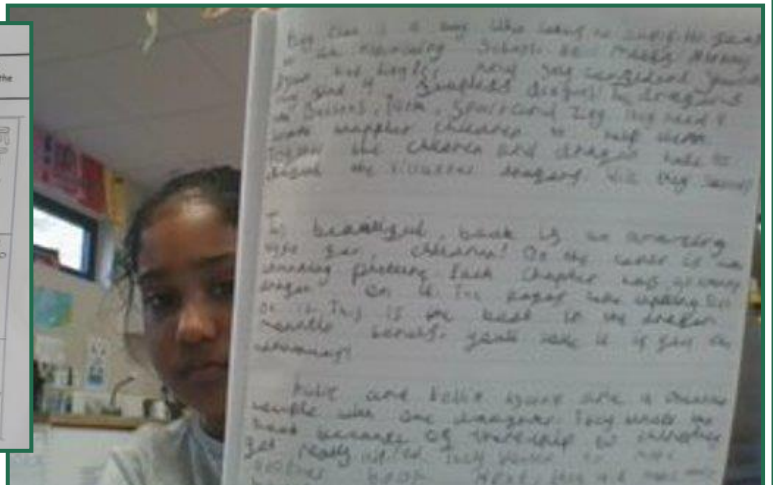
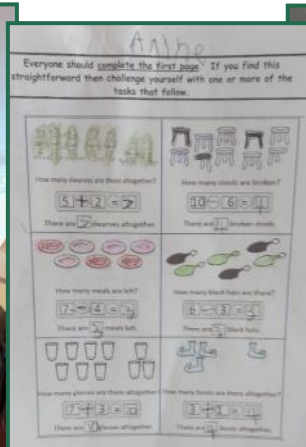
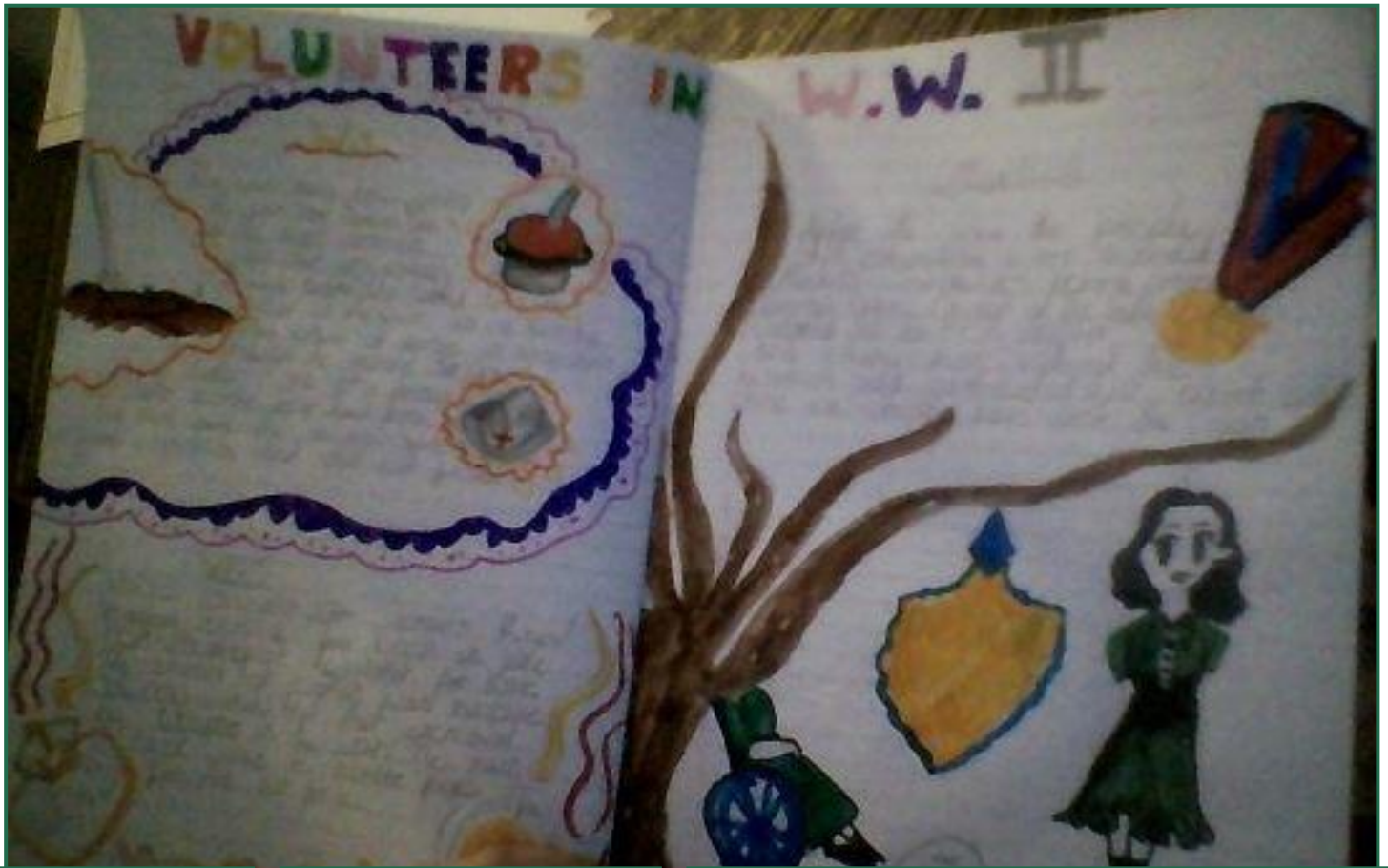
To family:

I am writing a letter to you , to let you know how I am , and the journey I took to reach the top of Mount Everest . I start of by letting you know that it took me 2 whole days to climb Mount Everest . The first day I was scared , so scared , that the weather was thunderous , strong blizzards , fast - winds , unbelievable . I got help from some of the more experienced climbers , to help me wear the clothes , and attach me to the thing that I don't fall. I started off by climbing and following every instruction from the professionals , it took us about 6 hours to reach the first point , where we would sit and eat , then we carried on with our journey . I was getting scared when it was getting dark , I was wondering where to sleep, but thank god i had people with experience beside me, and they had found a cave where we stayed the night. It was my worst night of my life, I just didn't sleep a bit. The next morning we woke up and carried on, I could see the peak finally from where we slept it took us a full day to reach the peak and finally when I reached the top I started crying of happiness and what I've achieved.



Home Learning
This Week





Home Learning this Week

This Week Home Learning

Dear family,

I have finally reached the top!

I'm so proud of myself and amazed by the wonderful view.

I reached my goal by using a special helicopter to get to the Valley Of Silence and from there, I hiked my way up to the highest peak.

To accomplish this achievement, I had to start preparing last year for -60 degrees temperatures and the oxygen dropping to 30%. I knew that there was a high risk of dying in multiple ways among these perpetual ices, such as heart failure, frost bites and a stuck valve on your oxygen tank. Despite that I am alive, healthy and excited.

This towering mass of boulders reaches a whopping 7,925 meters in altitude!!!

Then you enter the dead zone which is the most extreme part of the journey: there have only been 4000 people in the whole wide world who have reached such an extreme height so far.

This has been the most challenging adventure of my entire life.

I missing you lots and can't wait to see you again.

Wednesday 27th Jan 2021

I am with a book review.

Billy Chan is a wonderful 12 year-old friendly boy who made his friends for life at summer camp and has three loyal friends (Charlotte, Dylan and Ling Fei) and four dragons trapped inside a mountain beyond him. The four children end up bonding with the dragons called Spark (city blue), Xing (shining silver), Buttons (green green), Luck (black red), entering the dragon realm and getting separated from their dragons. Together they must find the beloved dragons in the red dome. Will they make it before it's too late?

It has beautiful illustrations in every chapter. Absolutely stunning and detailed. It is a page-turning and mouth-watering read. On the edge of it is a unique gesture and 2 on the edge of the pages. The plot is so unpredictable and exciting. It has striking gold writing on the spot as well as dramatic pictures on the cover too.

Katie and Kevin Tenny are young, clever, creative and kind. Dragon Mountain is their first book of their series. The characters in the book are inspired by themselves and friends. Their hikes in Yunnan inspired them for

English

Wild lives in the forest with wild animals.

Wild has big brown eyes and mossy green hair with a flower.

Wild is feeling happy and excited to be free because she loves nature.

Wild does not wear clothes or shoes. She likes to swing from the trees.

Lola

Dear Father,

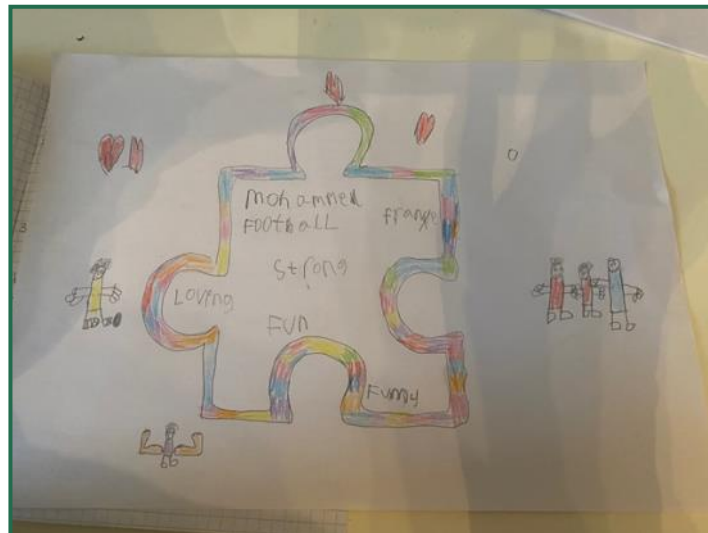
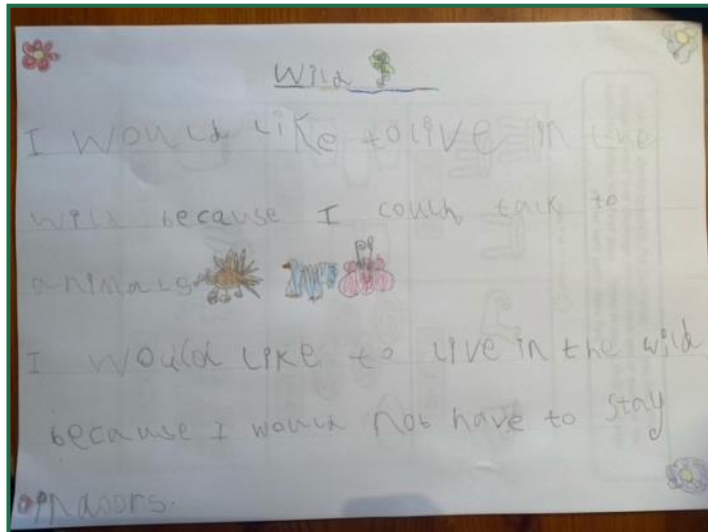
I have travelled to the volcano to collect the royal sulphur to make the best fireworks anyone has ever seen.

I am sorry if this makes you sad but it is my dream to be the best firework maker possible.

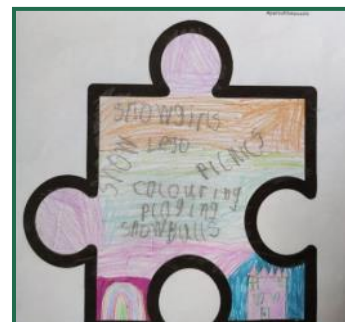
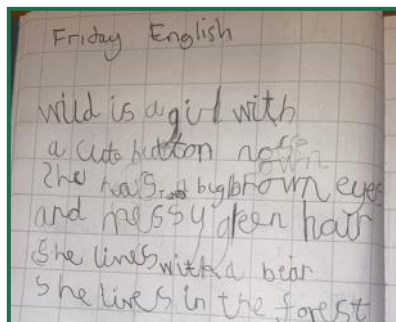
I don't think it is fair that just because I am a girl I am expected to get married and not have my own job. Making fireworks is what I was born to do and makes me truly happy.

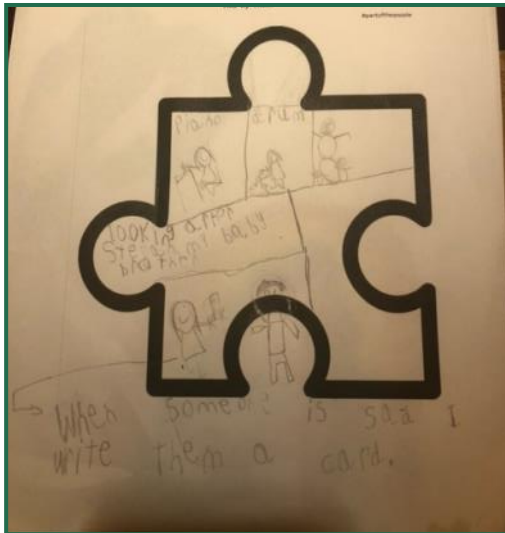
Even though I am young, I know this is what I want to do in life. I am determined to see this through. I would like it if you could support me in my choices as you always have done in the past.

From Iida



Home Learning this week

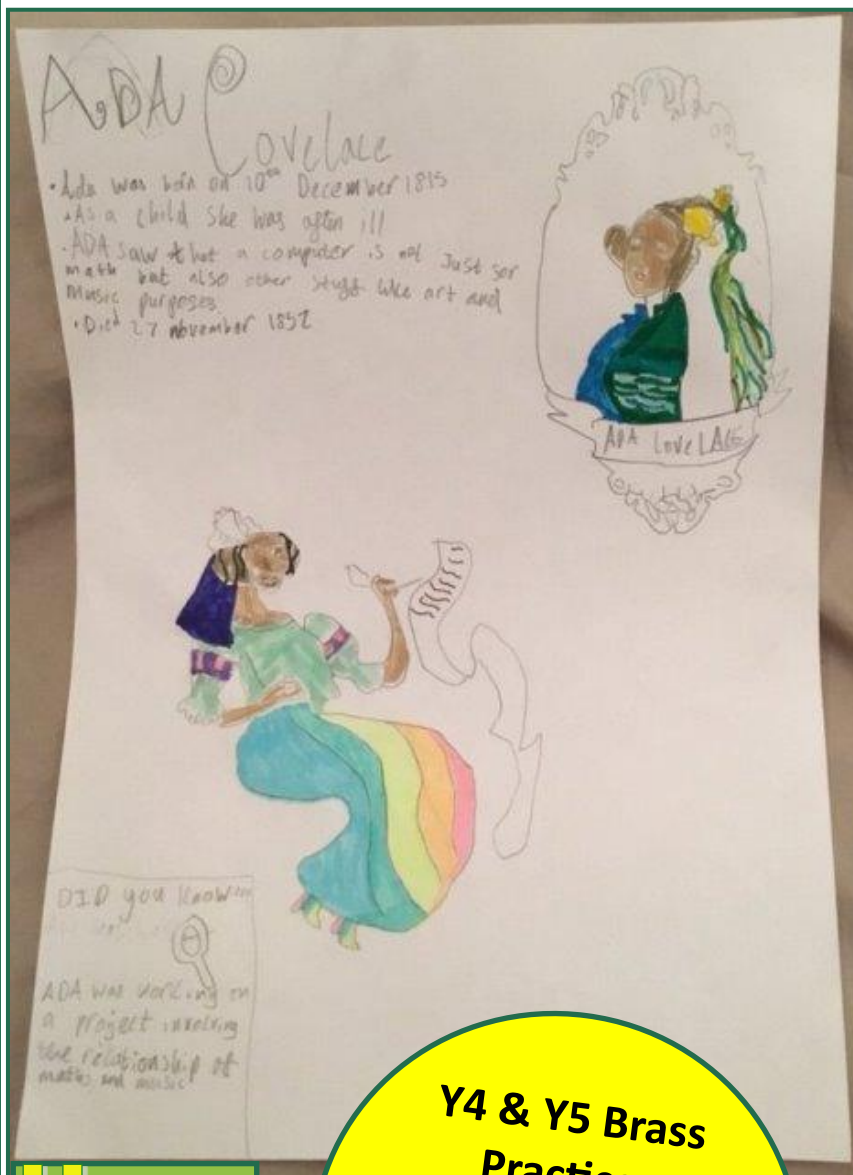




Dear Billy,

I have just reached the top of the tallest mountain in the world! It is called Mount Everest and it is part of the Himalayas. It is 8,848 Metres tall and the highest peak on planet. It has taken me just over 2 months to reach the top and it was a very hard journey. Can you believe I am higher than birds and planes? I stopped at Khumbu icefall and we slept in teams to look out for each other. We slept in tents even on snowy floors in a base camp. When we stayed in base camp a Sherpa man cooked food for us and local Sherpa men and women brought food and supply's for us, they work really hard. The higher up we got during the day it was so hot even though it was snowing but at night it was super cold. I still had to keep warm so I wore a big warm jacket, thick gloves, a hat and green boots with spikes on them to help me climb. The climb was hard but good. When I reached the top I felt amazing and happy that I did it.

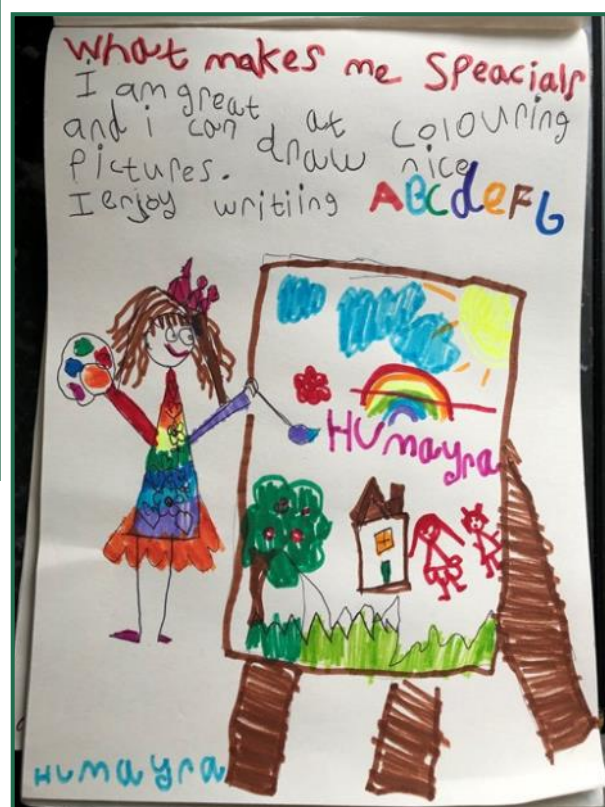
Yours Sincerely,
Mason



Y4 & Y5 Brass
Practice:

[https://
www.rod-n-
tom.com/fleet](https://www.rod-n-tom.com/fleet)

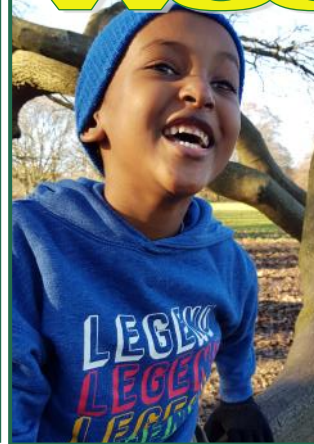
Home
Learning
this
week



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—Afreen

For working really hard at home, especially with phonics and writing. I have really enjoyed seeing your smiling face in all of the photos you have sent in. Well done Afreen!

Year 1—Naz

for his positivity and determination. You came to England speaking no English only a few months ago and, despite this and despite school being closed not long after you started with us, you are working hard at home with your Dad on your learning and on improving your English, now talking to me and Emma over the phone when we call - it hasn't been easy for you and we are really proud of how well you are doing, Naz! Keep learning and being your positive happy self!



Year 2—Faiza

for your beautiful waterlilies drawing and Seesaw picture. You looked closely at Monet's paintings and worked hard to mix lots of different greens, blues and purples to create a lovely water texture just like Monet. Well done!

Year 3—Yonis

for your wonderful manners! You make an effort to treat those around you with kindness and appreciation; it's such a lovely quality! As well as this, you have been trying so hard with your home learning and we are really proud of your efforts! Well done!

Year 4—Leda

You've been a real star this week, putting so much effort into your learning. We have been so impressed with your Maths and, in particular, your amazing Ada Lovelace poster. Keep it up!



Year 5—Zainab

for an excellent attitude to learning! It is a pleasure to discuss your learning with you - you are so enthusiastic and keen to do your best. You listen to feedback and work hard to improve your learning, meaning you are doing extremely well. Well done!

Year 6—Tyler

for the excellent commitment to your learning you have shown over the past few weeks. You have shown great focus and dedication to your independent learning whilst we have been working from home and are always engaged and actively taking part in all our zooms. I am so impressed with this brilliant attitude and hard work! Keep it up, please!

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. Links to the Parent Questionnaire which has a wellbeing section can be found on page 5. Please take the time to complete and return it so that we can tailor our support to help as much as possible.

Wellbeing Tip of the Week!

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

Week 11 - Find the lesson

This whole crisis can seem depressing, frustrating and emotionally draining. One way to work through it is to focus on the potential positive outcomes and the things we can learn from our experience. What have you learnt about yourself and how you cope in stressful situations? What might you do differently if faced with a difficult situation in the future? What changes can you make in your day-to-day life to prepare you to cope better and build your resilience? For example, practising self-regulation exercises e.g. deep breathing (breathe in for 5 seconds and out for 7 seconds) or letting go of the things outside of your control.

Check out these videos for parents developed to help you support your primary aged children:

1. How to Talk to you Child About Covid-19
<https://www.bbc.co.uk/bitesize/articles/zkboxwnb>
2. Encouraging Your Child to Take Care at School
<https://www.bbc.co.uk/bitesize/articles/z8g6jsg>
3. How to Deal with Anxieties
<https://www.bbc.co.uk/bitesize/articles/zj4p2v4>
4. Communicating with School
<https://www.bbc.co.uk/bitesize/articles/z7ksxbk>



Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



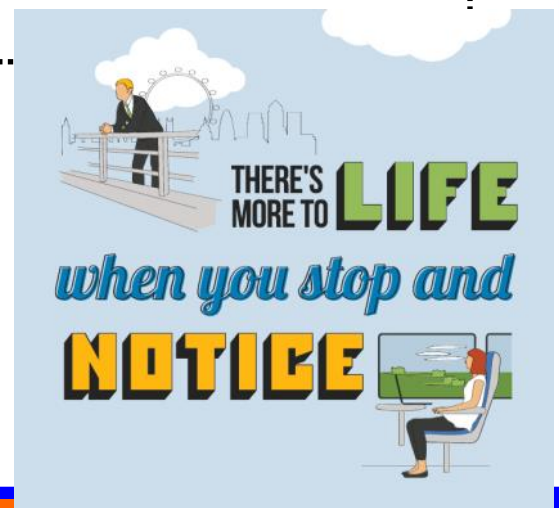
This year we're running the Fleet Happiness Project across the school. This is a project that we ran a few years ago with the aim of looking specifically at ways that we can increase our own, and others', happiness.

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

Last term we focussed on 4 different themes:

- **Direction:** setting goals for the short and long term
- **Meaning:** thinking about how we connect to the world around us and how we make a difference.
- **Acceptance:** appreciating how we are all different
- **Giving:** focussing on all the things we can give to each other.

Next up we'll be thinking about Awareness. 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.





Raise FREE donations for

FLEET PRIMARY SCHOOL

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

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

4,300 online sites will give us a free donation
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£ Over £32 million raised

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👤 1.8 million users

From our house to yours...



BRINGING RAZZAMATAZ TO YOU WITH DANCE SINGING AND DRAMA ONLINE TUITION EVERY SATURDAY. INTERACTIVE QUALITY LESSONS WITH A DEDICATED TEAM WHO WILL ENSURE YOUR CHILD GROWS IN CONFIDENCE, IMPROVES THEIR WELLBEING AND PHYSICAL FITNESS ALL WHILST HAVING LOTS OF FUN!
EMAIL: BELSIZEPARK@RAZZAMATAZ.CO.UK OR CALL ON: [07425 918328](tel:07425918328) TODAY FOR MORE INFORMATION AND TO BOOK A FREE TASTER SESSION FOR YOUR CHILD

Now that we are in Lockdown no. 3, we at Razz Towers have become old hands at how best to keep our students Singing, Dancing and Acting and above all smiling online. We offer a full programme of classes on Zoom every Saturday making sure that our students are keeping both mentally and physical fit whilst at home and are also ready to bounce back into the classroom once lockdown is over. This term we have auditions for our Summer Showcase, Pyjama Day, Mad Hair day and much more to look forward to. Come and join the fun. Call or email Victoria on the contact details given above and book a **FREE Taster Session** of your child Today!



From National Online Safety

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



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.



www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Sources: Remote education good practice. DfE guidance. | Safeguarding and remote education during coronavirus (COVID-19). DfE guidance.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.11.2020

**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

Coronavirus: Weekly update from Camden Council

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

- Visit camden.gov.uk/coronavirus – includes information in different languages
- Check the rolling news pages at news.camden.gov.uk
- Follow Twitter [@CamdenCouncil](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 newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates



At what is still such a difficult time for London and the country, it's heartening hearing that so many of our older and most vulnerable residents have received the vaccine in Camden. People who are over 70 or extremely clinically vulnerable, care home patients and staff and health and care professionals are prioritised because they are at most risk from the virus. When it's your turn, the NHS will be in touch, so please wait for them to contact you and in the meantime make sure you're registered with your local GP. The COVID-19 vaccine is safe and our best hope of protection against the virus.

Even if you have had a dose of the vaccine, please continue to follow public health advice. By staying at home and following the guidance if we have to go out for an essential reason, we are helping to protect ourselves, our community, and the NHS.

Councillor Georgia Gould, Leader of Camden Council

STAY AT HOME TO SAVE LIVES



With cases of coronavirus still so high in London, it's vital to follow public health advice to prevent catching it or passing it on:



Stay at home unless leaving your house for an essential reason. If you go out, act like you and others have COVID-19



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



Wash hands regularly and thoroughly



Keep 2 metres apart from people you don't live with

For more information, visit gov.uk/coronavirus

Why I got the COVID-19 vaccine



"I am a retired GP who re-registered to return to work as a clinical volunteer. Having the vaccine, which I know to be safe and very effective, has given me the confidence of knowing that I am protected. The most important thing I can do to keep my patients, colleagues and family safe is to keep following the rules."

Dr Caz Sayer, retired Camden GP and Chair of Haverstock GP Federation

Find out more about the COVID-19 vaccine at nhs.uk/coronavirus or call **119**.

Support to self-isolate

Self-isolating can be difficult, so if you need any support, including with mental health, Camden Council can help. Visit camden.gov.uk/coronavirus or phone **020 7974 4444 (option 9)**.

If you're on a low income and currently receiving benefits, you may be eligible for a one-off £500 payment to support you to self-isolate and make up for lost income. Find out more and apply for a Test and Trace Support Payment at camden.gov.uk/apply-for-test-and-trace-support-payment or phone **020 7974 4444 (option 9)**.

Advice to self-isolate safely if you live with other people



Preventing the spread of coronavirus can be more difficult when you're living in close proximity to others. If you develop coronavirus symptoms, or someone you live with does, you must all self-isolate for 10 days and follow this advice to prevent those you live with catching the virus.

- Stay 2 metres apart from people you live with, especially if they are clinically extremely vulnerable, e.g. avoid using shared areas at the same time.
- Wear a face covering in shared areas, unless exempt.
- Regularly clean your home. Take extra care to clean frequently touched surfaces, e.g. door handles and toilet flush.
- Wash your hands more regularly, particularly after sneezing, coughing or blowing your nose. Do not share towels.
- Keep your home well-ventilated, e.g. open windows.
- Keep an eye on anyone who's got symptoms. If you're worried, call the NHS for free on **111**. In an emergency, phone **999**.

Christmas Support Payment applications close this weekend



The Christmas Support Payment supports wet-led pubs – those that don't serve food and rely entirely on drinks sales for their business – that have been severely impacted over the Christmas period due to temporary local restrictions.

The deadline for applications is 31 January 2021.

Find out how to apply at camden.gov.uk/business-support
If you have any questions, email businessgrants@camden.gov.uk

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

