

Friday 2nd July 2021

## Message from the head:

I'd like to start this week's newsletter with a thank you to our year 6 children. As we approach the end of a very difficult year for us all they reminded us all why we love doing the job we do and why being around your children gives us such satisfaction in our jobs. They have been working hard over the last few weeks on an end of term performance. The year 6 show would usually be at Christmas with input from the other junior classes but what with all the restrictions we were not able to do one. We decided they couldn't leave without a show and with the government roadmap to reopening we decided to do it as an end of year performance instead. When the announcement of the delay came we were all gutted, but with the resilience and determination that epitomises the Year 6 team we came up with a plan so the show could go on! This week, they performed the show outside in the junior playground to two audiences of parents and families. The children were incredible. All their hard work coming together into two knockout shows. They transported us to the land of Oz and not even the heavy traffic of Agincourt road could interrupt us! Having parents once more on site, while masked and socially distanced, and watching our children perform, brought into stark light what we have missed about the Fleet community these last 16 months. We hope, come September, we will be in a position to be able to welcome you back properly into school, share shows and performances with you, and celebrate the achievements of your wonderful children in person. This was just a small glimpse of how life at Fleet used to be and I can't wait to get back to it. Thankyou to the staff who made it happen, the children for their tireless enthusiasm and determination and to the year 6 families for your support and flexibility to allow us to go ahead and you kinds words to the team afterwards. This coming week we are aiming to have mini-sports days for the children. Unfortunately due to the logistics involved and the limits on gatherings still in place, as with many schools we have decided to do these as closed events in school. They will be on top pitch on Wednesday with Coach Keeley. As usual on Wednesdays please make sure the children have their PE kit and are weather appropriate for the day (water and sun cream if as hoped the sun shines!). Let's hope next years Sports day can be the whole school, spectator filled event we usually have on the Heath. I'd also like to take a moment to say thank you to Hannah Shipp, mum to Ursula and Astrid, who has stepped down as a parent governor. Thank you Hannah for all you ideas, help and support. We will be recruiting a new parent governor in Autumn so if this is something you are interested in or want to know more about please do let me know. I hope you all have a lovely weekend and I look forward to seeing you all back next week.



## Local Vaccination Info



Coronavirus cases are rising across London, so if you haven't had the COVID-19 vaccine yet, please get it as soon as you can. The vaccine is safe and effective, it protects you, your loved ones and your community and it prevents further spread of the virus. You don't need to be registered with a GP, or bring proof of address, identity or immigration status to get vaccinated. If you're 18 or over, book an appointment in one of the following ways or attend a local pop-up event:

- Call 119

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)**

Find out about a walk-in event happening near you at [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)

### Local vaccination events and walk-in clinics over the next week

There are lots of opportunities to get vaccinated in Camden, either on our vaccine bus or at a vaccination event in Kilburn, West Hampstead, Fortune Green, Kentish Town and Queen's Crescent over the coming days. If you're 18 and over and haven't yet had your first dose, please come along to one of these events and get vaccinated.

For the full list of vaccination events, visit [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)

### Trusted COVID-19 vaccine information and advice

Visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)

Visit [gov.uk/covid19vaccine](https://gov.uk/covid19vaccine)

Book an appointment, because you'll be able to ask the vaccinator questions before choosing to have the vaccine.

## Lunch Menu next week—5th-9th July

### Meat Free Monday

Quorn Chow Mein  
Sweetcorn & Broccoli  
Shortbread Biscuit

### Tuesday

Meat/Halal: Mexican  
Beef Chilli  
Vegetarian: 5 Bean  
Chilli  
50/50 Rice  
Green Beans & Carrots  
Black Berry & Apple  
Crumble & Custard

### Available Daily

Freshly Cooked Jacket  
Potato  
Freshly Baked Bread

### Wednesday

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

### Thursday

Meat/Halal: Turkey &  
Chickpea Aloo Chat  
Vegetarian: Lentil &  
Sweet Potato Curry  
50/50 Rice  
Broccoli & Tomatoes  
Peach Upside Down  
Cake

### Friday

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

## Punctuality Award

This week our Punctuality award goes to Year 3 with 1 late! Brilliant (also well done to Y1 —only 2 this week! 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 2 with 100% - fantastic! This year's whole school target is 96%. We are currently at 95.9% - getting closer—we can do it!



# After School Clubs...

## CALLING ALL PARENTS

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.

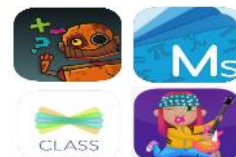


## Online learning resources and homework

- 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/>



## Safe and Healthy Streets Queen's Crescent

Traffic restriction cameras go live - 1st July 2021



## Sharing the latest news

We recently wrote to you to tell you about the trial changes on Queen's Crescent, Weedington Road and Grafton Crescent to make it a safer and more pleasant environment. We now have a number of new updates to share with you:

- The new traffic enforcement cameras will be active from the 1st July 2021
- We've added new planters and trees
- We've added new trial Parklets to the street, which are areas of seating and greenery that anyone can use. These are located outside 143 and 155 Queen's Crescent
- We've appointed two Camden residents as Queen's Crescent Champions. They will be collecting feedback and sharing information locally as well as supporting with maintenance of the new Parklets.

Do you need...  
tradução? tłumaczenie? tłumaczenie?  
Udugesi? 翻译?  
turmamasi? 翻译?  
LARGE PRINT?

## Survey now open

To find out more and share your views on the trial changes we are making, visit our website to answer a few quick questions. On our website you can also read our new frequently asked questions guide.

[camden.gov.uk/QueensCrescent](https://camden.gov.uk/QueensCrescent)

You can use this QR code to access the site from your phone.



If you'd prefer to fill out a paper form just get in touch with us on 020 7974 4444 (option 6) and we'll pop one in the post for you. If you need support completing the survey in another language, please call to request a call back from one of our community officers who will assist where possible. Thank you for sharing your thoughts with us.

Email us: [SafeTravel@camden.gov.uk](mailto:SafeTravel@camden.gov.uk)



[www.camden.gov.uk/QueensCrescent](https://www.camden.gov.uk/QueensCrescent)



## 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.





- 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.





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.

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



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—15,437 coins (4th week in a row)!**

**Year 3: Alea—10,742 coins (3rd week in a row)!**

**Year 4: Aman—8,859 coins!**

**Year 5: Sami—6,681 coins!**

**Year 6: Charlotte—21,383 coins (3rd week in a row)!**



## Fleet Facts!

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



**Year 2: Samuel, Amreen, Daniel, Noah, Okpe, Mason, Jarod, Maxence, Mia, Ursula, Shajai, Lena, Jake Sidoli, Jake Sullivan**

**Year 4: Amber, Mo, Lizzie, Aadam, Ben, Poppy, Amber-Lily, Aman, Sara, Esema, Nasiru, Isabella, Zain, Hamzah, Tawfiq**

**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

# 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. Enjoy 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**

#### GRAFFITI AND STENCILING TRIPTYCH WITH LOUISE ADIE

Our amazing tutor Louise is back! She will be teaching the art of Graffiti, the tricks of shadows, the concept of this art is more than just a spray can. Artists will create their own triptych to reflect the amazing skills learnt at the course!

**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

**Our last theme this year is Exercise: Looking after our bodies. We want to show the children that looking after our bodies helps look after our minds.**

**We'll be thinking about three key areas:**

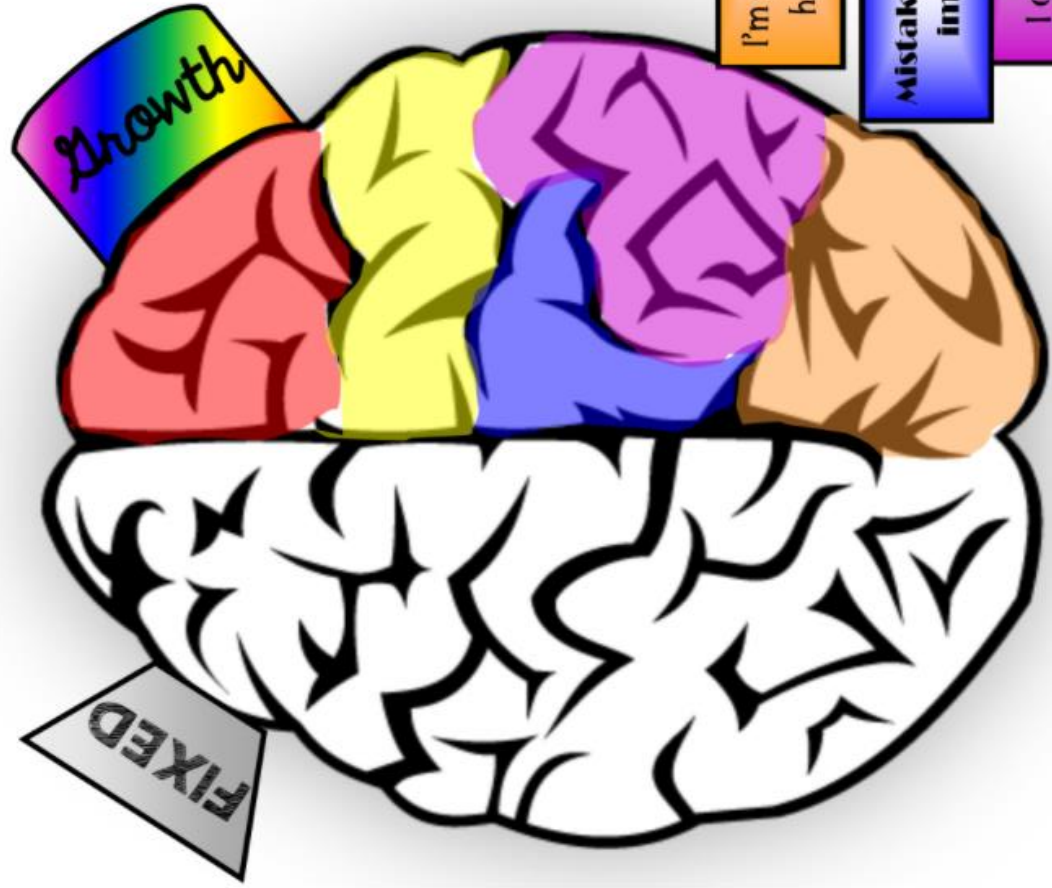
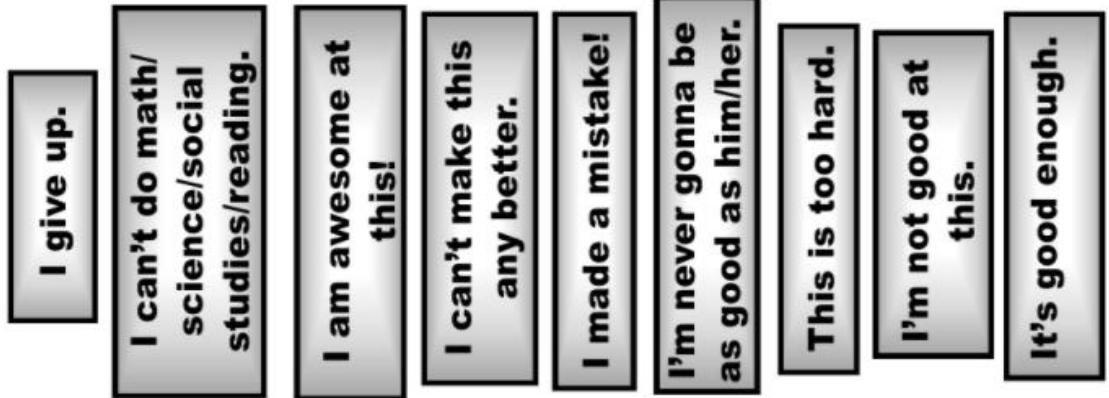
- staying active
- eating healthily
- getting enough sleep



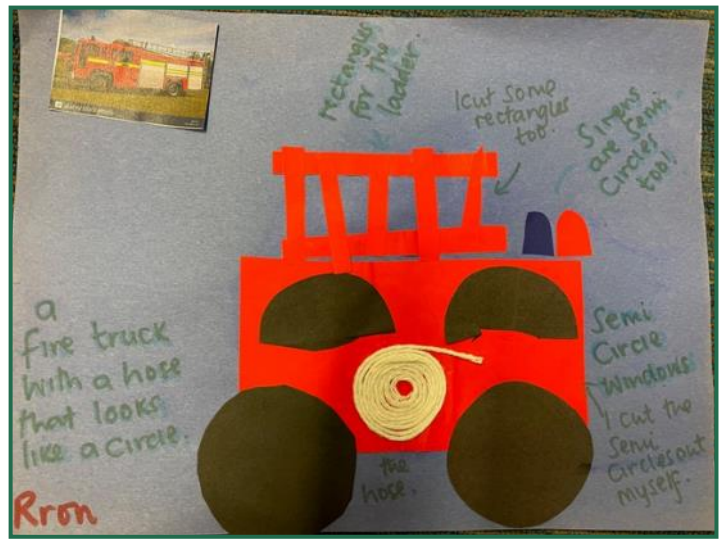
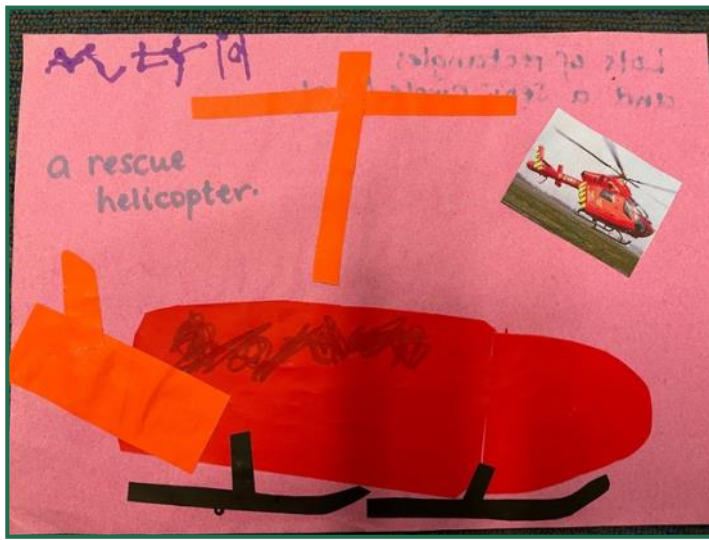
Look out for the activities in your Home Learning and remember to share what you've been doing by sending in photos for the attention of Miss Wall at [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk).



# Change your words Change your *Mindset*







**Topic:**  
**Super Heroes & Vile Villains!**

The children have been continuing the theme of real life super heroes—they were very excited on Friday last week to see the ambulance helicopter flying overhead! This week they have been designing and building their own emergency vehicles. Well done Nursery!

**This week in**  
**Nursery...**



Animal  
Fact File

Name: LYNN

Appearance: BROWN

Diet: MEAT

Habitat: JUNGLE

PANDA

Writing Number Sentences

$1 + 2 = 3$

$4 + 5 = 9$

$20 + 8 = 28$

$12 + 4 = 16$

Mohamed

moed

Animal  
Fact File

Name: realt

Appearance: with

Diet: carrot

Habitat: Farm

Marion



**This week in Reception...**

This week in reception we have been busy exploring elephants. We enjoyed reading the story, 'Elephant Wellyphant' and then painted our own elephants that are special to us for different reasons such as being able to do ballet or for playing football!! They have also been busy writing their own addition number sentences, making elephant pictures using balloons and also writing some amazing animal fact files! Well done Reception!

**Topic:**  
**Animal Adventures**







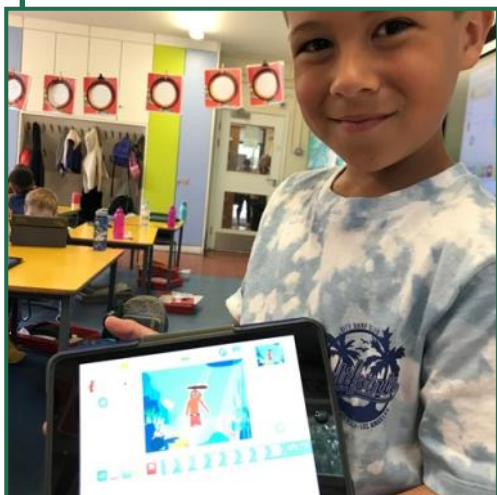
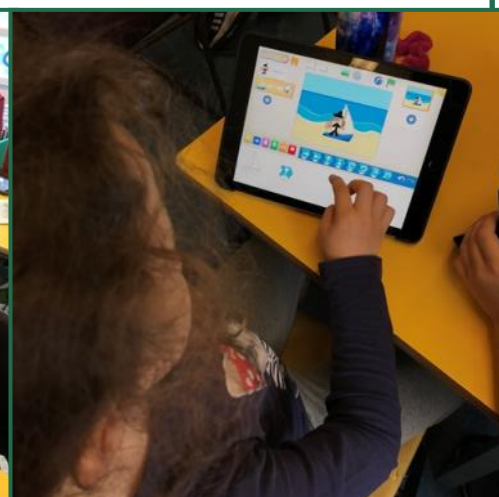
# This week in Year 1...

## Topic: History Detectives



Such a busy week for Team Year 1! They have been looking at the difference between fiction and non-fiction, they've been creating timelines of their lives, writing descriptions of the witch from Rapunzel and working through the tricky concept of division in maths. All this and finding time to do some rhythm and beat work with Lynley in music—sounding great year 1! Keep it up.





The children added their sea like silhouettes to the amazing backgrounds they painted last week. They look incredible. They also showed their coding skills this week with a workshop run by Gillian from the Camden Learning Centre. They were using Scratch Junior on the iPads. Their art skills on a digital device were as brilliant as they are with brush and paper and the outcomes they programmed were very impressive. Well done Year 2—we're sorry your walk to the Heath was scuppered by the horrible weather, hopefully we can try again soon.

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





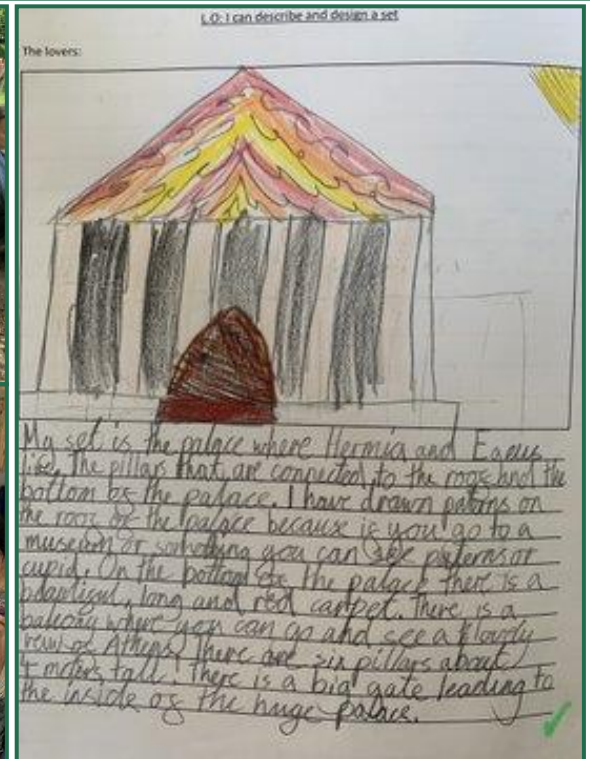
## I Am an Amazing Person!



## This week in Year 3...

Another busy week in year 3. They do love some quiet time reading outdoors—so good to see them enjoying a book in the quiet corner. They also enjoyed getting out for a philosophy session at the log circle. In PSHE they were reflecting on their achievements (of which there have been many!). They also made cakes to say farewell to Zura. Still they manage to fit in their writing and some fantastic art. What a great class and fabulous friends they are.

## Topic: Into the Woods









What a busy week! As well as doing assessment work in maths and English the children found time to make some amazing clay Viking statues, bake bread using a Viking recipe (which most certainly passed the year 5 taste test — they said it tasted yummy!) and held a debate—‘The Vikings were just brutal savages’ - the outcome was a unanimous ‘No’—they were not just brutal savages. They also found time to explore spreadsheets and use formulas— thanks to Freddy from Mr M<sup>c</sup>Gibbon for being a stand in TA and helping his friends during the lesson!

Y5 Brass Practice:  
<https://www.rod-n-tom.com/fleet>

# This week in Year 5... Topic: Raiders & Invaders







## In Year 6... Topic: Wild!

Between performances of their end of year show, finishing off their Ghost Stories and a surfing lesson and trip to a beach in Kent, it's been an action packed week from the children. Well done Y6—you've tackled it all with enthusiasm and smiles on your faces—we're very proud of you all!

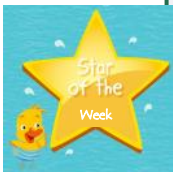
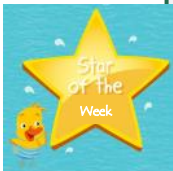




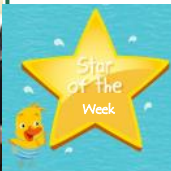




# Stars of the week!



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—Noel

For being more engaged on the carpet and for trying his best with his learning. Noel has been making lovely contributions in our carpet sessions and working very well with his peers. Keep up the good work Noel. Well done.

## Year 1—Naz

For his effort and progress in writing - you are writing more and doing more independently, Naz, and it has been lovely to see you blossom! Keep practising and putting in all the effort you have been and you will continue to see great results! Well done!



## Year 2—Lorik

For your fantastic effort in reading. You always carefully read your books at home and come to guided reading sessions ready to tell the group all about them. What a superstar!

## Year 3—Natasha

you have been making amazing progress with your writing! You work so hard to apply all feedback and it is leading to fantastic results! Be really proud of yourself and the brilliant writer you're becoming!

## Year 4—Amber

Well done for a star week this week. You've been super-focused and engaged with all your learning and, as a result, you've produced some great work. We've been so impressed by your attitude and positivity. Keep it up!



## Year 5—Faith

For her positive attitude and dedication to her learning. Faith always tries her best in every lesson and is an attentive and engaged learner. She contributed great points during our class debate and made a lovely clay Viking head. Well done Faith.

## Year 6—The whole class!

For your wonderful production! You have shown such tenacity and commitment, whilst rehearsing for our show and have produced something amazing as a result. Well done for all your hard work—you did a brilliant job!



# 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 29 – Connecting with Nature

Now that the weather is improving and restrictions are easing, we can start to find ways to reconnect with nature. It was reported that going for walks was one of our top coping strategies during lockdown, and 45% of people felt that being in green spaces was vital for their mental health. What can we do:

- **Use your senses** - Take some time to reflect in natural surroundings using all of your senses. When you're outside; listen out for birdsong, look for butterflies, smell the grass, or notice the movement of the clouds.
- **Bring nature to you** - Sometimes it's hard to access natural places because of where you live. Bringing new plants in the house is a great way to have something natural to see, touch and smell – pots of herbs from the supermarket are a good start. This can also be a fun learning activity to do with the whole family. If planting isn't for you, you can read stories or watch TV programmes about nature to try to connect and help you reflect.

**Combine Nature with Creativity** - Try combining creativity with your natural environment e.g. taking part in creative activities outside, like dance, music, or art. You could also increase your sense of connection by taking photos, writing, drawing or painting pictures of the landscape, plants or animals.

Try to notice how you feel after being in nature. If you feel a lift in your mood, maybe this is something you could try doing everyday!





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*





Date: 30/06/2021  
 Our reference: EV/Source/2021/Fleet Road  
 Email: [source@camden.gov.uk](mailto:source@camden.gov.uk)

Transport Strategy Service  
 London Borough of Camden  
 5 Pancras Square  
 London  
 N1C 4AG

Phone: 020 7974 5551  
[camden.gov.uk](http://camden.gov.uk)

Addressee  
 Address Line 1  
 Address Line 2  
 Address Line 3  
 TOWN  
 Postcode

Dear Sir or Madam,

## Electric Vehicle Charging Point Bay – Fleet Road

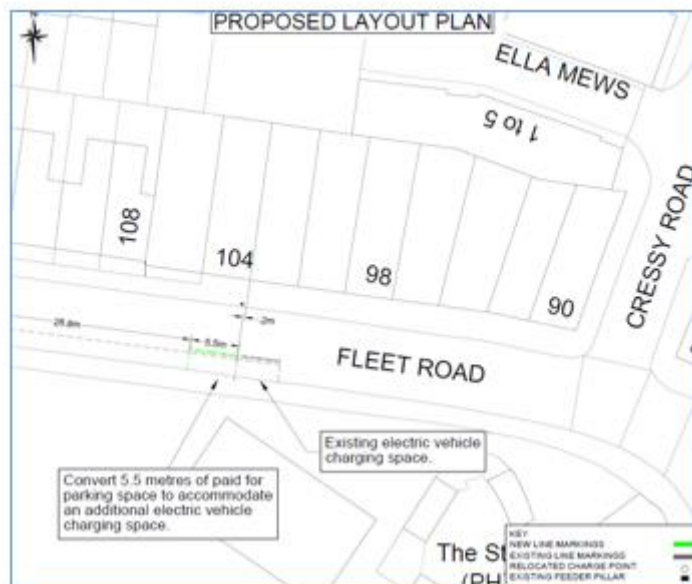
We are writing to inform you of the Council's proposal to extend the existing electric vehicle charging space opposite 104 Fleet Road to allow two electric vehicles to charge at the same time. The extension is being proposed because usage data shows that this location and other proposed extension sites have the highest use in the borough.

The council is committed to rolling out a network of electric vehicle charging points to encourage people who live, work, and visit the borough to use electric vehicles when there is an essential need for a motor vehicle. This is in line with our Camden Transport Strategy and the Electric Vehicle Charging Point Action Plan.

As electric vehicles become more popular the demand for charging points in Camden is growing. Benefits to owning and using an electric vehicle include:

- Exemption from Vehicle Excise Duty and London's Congestion Charge;
- Heavily discounted residents' permit;
- Zero tailpipe emissions, contributing to our ambitions to reduce nitrogen dioxide emissions in the borough and assist in improving air quality
- Less noise pollution as electric vehicles are quieter than petrol/ diesel vehicles

The proposed layout is illustrated in detail on the plan overleaf. The measures, if approved for implementation, will result in the loss of one paid for parking space.



New Charge Point & Feeder Pillar

## Proposed changes – opposite 104 Fleet Road

The proposals consist of the following:

- To convert 5.5m of paid for parking space to accommodate an additional electric vehicle charging space.



The proposed works are scheduled to be implemented by the end of the calendar year, and the charge point is being funded by Source London.

Prior to implementation a statutory Traffic Management Order (TMO) consultation will be undertaken which will involve advertising the changes in local newspapers.

Please ensure any comments are received by 22/07/2021.

### How to comment?

Option 1 Email: You can submit your comments via email to: [source@camden.gov.uk](mailto:source@camden.gov.uk)

Option 2 Post: Send your comments using the following freepost address (no stamp required) FREEPOST LBC TRANSPORT STRATEGY – Only this text is required to reach us.

### Who is being informed?

All properties in the immediate area of the site will be informed along with local and statutory groups, emergency services and ward councillors.

Please contact the following should you have any queries on the proposals detailed in this information leaflet:

Chris Gardner  
 Project Manager  
 Transport Strategy Service  
 London Borough of Camden  
 Tel: 020 7974 5551  
[email: source@camden.gov.uk](mailto:source@camden.gov.uk)

Peter Ashley  
 Design Engineer  
 Transport Strategy Service  
 London Borough of Camden  
 Tel: 020 7974 3456  
[email: source@camden.gov.uk](mailto:source@camden.gov.uk)

### Legal Notice

Notice is hereby given under Section 17 of the London Local Authorities and Transport for London Act 2013 that the London Borough of Camden is proposing to enter into an agreement with Source London Mobility Solutions Ltd. to provide and operate electric vehicle charging points as part of the Source London Scheme in certain streets in the Borough.





# 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 app 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.



TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around 800 million active users worldwide.

**AGE RESTRICTION**  
**12+**  
Under 18, supervision of a parent or legal guardian required.

## What Parents & Carers Need to Know About



# TIKTOK



### AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – so it is possible for a child to be exposed to explicit and age-inappropriate content.

### EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and want to imitate any explicit language or suggestive actions.

### TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



### HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.



### ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep you intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.



### IN-APP PURCHASES

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. Buying coins is now restricted to over-18s – but TikTok doesn't require users to verify their age on sign up, so a young person could easily access this feature if they were determined to.



## Advice for Parents & Carers



### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.



### MAINTAIN PRIVACY SETTINGS

In early 2021, TikTok changed the default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.



### ENABLE FAMILY SAFETY MODE

'Family Safety Mode' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok refreshed its Safety Centre in May 2021, providing new resources for parents and carers to support online safety among families. These resources can be found on their website.



### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.



### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.



## Meet our expert

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



SOURCES: [www.tiktok.com](http://www.tiktok.com)



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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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## 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**

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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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**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, Facebook [facebook.com/LBCamden](https://facebook.com/LBCamden) and Instagram @WeMakeCamden
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



**SIGN UP** to the Council's coronavirus newsletter newsletter for regular service updates, news and support at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)

HANDS



FACE



SPACE



TEST



## Book your COVID-19 vaccine now

Coronavirus cases are rising across London, so if you haven't had the COVID-19 vaccine yet, please get it as soon as you can. The vaccine is safe and effective, and it protects you, your loved ones and your community. You don't need to be registered with a GP, or bring proof of address, identity or immigration status to get vaccinated.

If you're 18 or over, book an appointment in one of the following ways or attend a local pop-up event:

- Call **119**
- 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)**
- Find out about a walk-in event happening near you at [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)

## Vaccine pop-ups

Book an appointment for the below vaccine pop-ups by visiting [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine) or call Camden Council on **020 7974 4444 (option 9)**. You can also turn up on the day but try to book in advance to guarantee your appointment.

- Thursday 1 July, 2 to 6pm: Student Central, University of London, Malet Street, WC1E 7HY
- Friday 2 July, 3 to 7pm: Queen's Crescent Community Association car park, Queen's Crescent, NW5 4QE
- Saturday 3 July, 10am to 2pm and Tuesday 6 July, 3 to 7pm: Sidings Community Centre car park, Brassey Road, NW6 2BA
- Thursday 8 July, 11am to 3pm: Kilburn Library, 12-22 Kilburn High Road, NW6 5DU – pop-up accessed via Greville Road entrance

## Trusted COVID-19 vaccine information and advice

- Visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)
- Visit [camden.gov.uk/covid19vaccine](https://camden.gov.uk/covid19vaccine)
- Book an appointment because you'll be able to ask the vaccinator questions before choosing to have it



Over 122,000 people in Camden have already had their first dose of the vaccine – we are so grateful to the volunteers, NHS colleagues and community groups that have worked so hard to make sure everyone can get vaccinated in our communities. The Camden vaccination bus is continuing to travel around Camden, and there will be a number of walk-in vaccine clinics in Camden over the next few weeks.

Every person who gets vaccinated makes us all safer, and as well as getting vaccinated we can all still play our part by being careful and continuing to follow the guidance, including getting tested and self-isolating. Free rapid lateral flow tests (for people without symptoms) are available for pick-up or delivery, and the advice is to take these twice a week if you're out and about, so please do make these part of your routine. There is also continued support available for anyone who is self-isolating, including help with food deliveries and financial support. Please see below for more information on all of these.

We want this to be the best summer ever, full of the community spirit and excitement that Camden is known for, and I know we will all continue to do all we can to keep each other safe.

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

## Rapid COVID-19 tests help stop the spread



You can still catch or spread COVID-19 without showing symptoms, even if you've been vaccinated. Take a free rapid lateral flow test (for people without COVID-19 symptoms) twice a week to prevent passing the virus on to others. Find your closest

test site, home test pick-up or delivery options at [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 within 2 days to confirm the result at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call **119** – rapid tests are not suitable if you have COVID-19 symptoms. If you need support to self-isolate, contact Camden Council on **020 7974 4444 (option 9)** or visit [camden.gov.uk/support-for-individuals](https://camden.gov.uk/support-for-individuals)



## Camden Council's Instagram account launches

### Follow @WeMakeCamden

Whether you've lived in the borough for many years or you've recently moved, discover Camden anew through **@WeMakeCamden**

on Instagram. Camden Council's new Instagram account features stories of the people and places that make Camden so

unique. Hear how local communities have been supporting each other during the pandemic, get to know the faces behind frontline services, find out interesting Camden facts, and more. Start following now!

