

Friday 30th April 2021

Message from the head:

It has been a great week in school. The children have hit the ground running this term and seeing them getting into their new topics has been fantastic. I've had a lot of visitors this week with teachers sending children down to share their great writing, art work and other successes with me. Seeing the pride on their face as they show me what they have done has been great. I hope you enjoy seeing some of the great work here in the newsletter.

Yesterday you should have received the topic letter and snapshot for your child's topic for this term. Please take a moment to read these. The snapshots are especially useful to allow you to support your child with remembering the key learning from this term's topic. If you didn't get these, please check Parent Hub in case you don't have notifications turned on and you missed the message. Contact Lisa in the office if it isn't there and she can support you to find out why it hasn't come through.

To all our Muslim children, families and staff observing Ramadan and fasting at the moment I want to wish you all well. Over halfway now—I am full of admiration for how you manage to fast while managing your busy lives—it can't be easy. Not long to go before you are able to celebrate with friends and family during the Eid celebrations.

Today the children across the school took part in running the daily mile as part of 'National Daily Mile' Day. As the weather improves we will be trying to get the children out more regularly for these daily running sessions. We all know how important exercise is for our mental health and especially given how much of the last year we have all had to spend indoors.

Year 6 parents, look out next week for a letter coming with some important dates for this term—we have been setting dates for a show, leavers presentation, BBQ and some fun trips and activities in place of the residential trip. They are all falling into place and we will be sharing more detail with you next week.

Here's hoping the sun continues to shine this weekend as we go into the Bank Holiday Weekend. I hope you all have a good one and we look forward to seeing you all back on Tuesday after Monday's May Day Holiday.

School Lunch Prices

Just a reminder that meal prices have increased from £2.22 to £2.24 with effect from 20th April 2021. The price increase is due to the wage increases for the staff (Caterlink), which is linked to the London Living Wage (LLW) and retail price index on food.

Lunch Menu next week

Available Daily

Freshly Cooked Jacket
Potato
Freshly Baked Bread

Tuesday

Cheese, Tomato &
Pepper Wholemeal
Pizza
Cauliflower & Tomatoes
Shortbread Biscuit

Wednesday

Meat/Halal: Roast
Chicken
Vegetarian: Bean &
Lentil Burger
Gravy & Roast Potatoes
Green Beans & Red
Cabbage
Yoghurt & Fruit

Thursday

Meat/Halal: Beef Bolognese
Vegetarian: Soya, Lentil and Vegetable Bolognese
Spaghetti
Broccoli & Carrots
Pear & Strawberry
Crumble & Custard

Friday

Meat/Halal: Breaded
Fish
Vegetarian: Mixed
Pepper Frittata
Chips or Steamed New
Potatoes
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**

Two Exciting Cycling Events

Please see pages 2 and 3 of this newsletter for information on two cycling related events open to the school community. One is the next planned visit of the Bike Dr—unlike when we have run this previously, you do need to pre-book your place so read the information and call the office if you want to make use of this great service. The other is a borough wide family cycle event happening over half term. It would be great for Fleet families to get involved—we see how many of you and your children enjoy scooting and cycling so hope you are able to take part.



Online learning resources and homework

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

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

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

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

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

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

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

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



Nursery Applications for September

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

Punctuality Award

This week, our Punctuality award goes to Year 3 with 1 late! Years 1, 2 and 5 were all in single figures too—well done. There were 69 lates for the whole school—unfortunately this is increasing in years Reception, 4 and 6. We know it is difficult sometimes but please do everything you can to get to school on time—it's key for children to be in and ready to learn on time.



Attendance Award

Our Attendance Award this week goes to Reception with 99.3% - amazing! This year's whole school target is 96% - this week attendance across all classes was 98.4%. Thanks you for your efforts so far. Keep it up!



Dr Bike - 27th May



Get your bike checked over ready for the Spring!

FREE Bike Checks. Bring your bike along to the school (yours and/or your child's) at drop off from 08:45am and have it checked over by professional cycle mechanics.

Booking via the school required.



Minor services, parts and repairs will be free. You can also ask for advice on bike fitting and any technical questions.

Places are limited so please book ahead by calling the office now take your details and ensure your bike can be seen in the time the Dr's are here.

Important: This is a free service and delivered in the school. Some repairs may require a workshop. We will advise you if this is the case. If the bike is beyond repair, we will advise you.

Please bring replacement inner tubes if you think your bike has punctures. The inner tube will be replaced. We are unable to provide inner tubes as there are many different types and we are unable to carry all the types.

THE CAMDEN CLEAN AIR CYCLE

Sunday 30 May

WHERE

106 Arlington Road, Camden, NW1 7HP

WHEN

Sunday 30 May, anytime between 10:00 - 16:00

ROUTE

The route will take riders around Camden, past all the beautiful landmarks that make our Borough so wonderful. To make the ride even more enjoyable, you can stop off along the way at our partner coffee shops for refreshments!

SIGN UP

Register your place at
<https://camdencleanair.org/events/the-camden-clean-air-cycle/> - family discounts apply!

**REBUILT
BIKES**

CLOUD

CYCLES



England's Lane

[The Camden Clean Air Cycle](#) will take place on the first day of Bike Week 2021, Sunday 30 May. Due to the COVID-19 pandemic, we will not be encouraging a mass meet-up of riders. Instead, all participants will be able to complete the cycle ride at any point on Sunday 30 May between 10:00 and 16:00.

The route start and end point is 106 Arlington Road, Camden, NW1 7HP. We have selected a route that will take cyclists all around the Borough of Camden, past all the beautiful landmarks that make our Borough so wonderful. To make the ride even more enjoyable, you can stop off along the way at our partner coffee shops for refreshments. Partner bike shops along the way will also be signposted so you can stop for bike maintenance if needed or just to have a look in.

We would like all riders to wear something BLUE either on themselves or their bikes. The crazier the better! We also have ongoing competitions such as fastest time, photos in as many coffee shops along the way, and photos next to landmarks across the Borough.

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—8,491 coins! (2nd week in a row!)

Year 3: Alea—10,150 coins!

Year 4: Hamzah—26,220 coins! (2nd week in a row)

Year 5: Ifeoma—10,690 coins!

Year 6: Gaith —7,720 coins!



Fleet Facts!

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



Year 4: Lexi, Esemá, Rayane, Suraiya, Poppy, Hamzah, Ryan, Ugo, Kai, Amber-Lily, Isabella, Tawfiq, Zain, Lizzie, Ben, Hiba, Aman, Aadam, Eva, Asma

Well done!

Voluntary Covid Testing Project for Fleet Families

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

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

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

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



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

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

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

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

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



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

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

For life-threatening emergencies, call 999 immediately.

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

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

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

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

Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



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

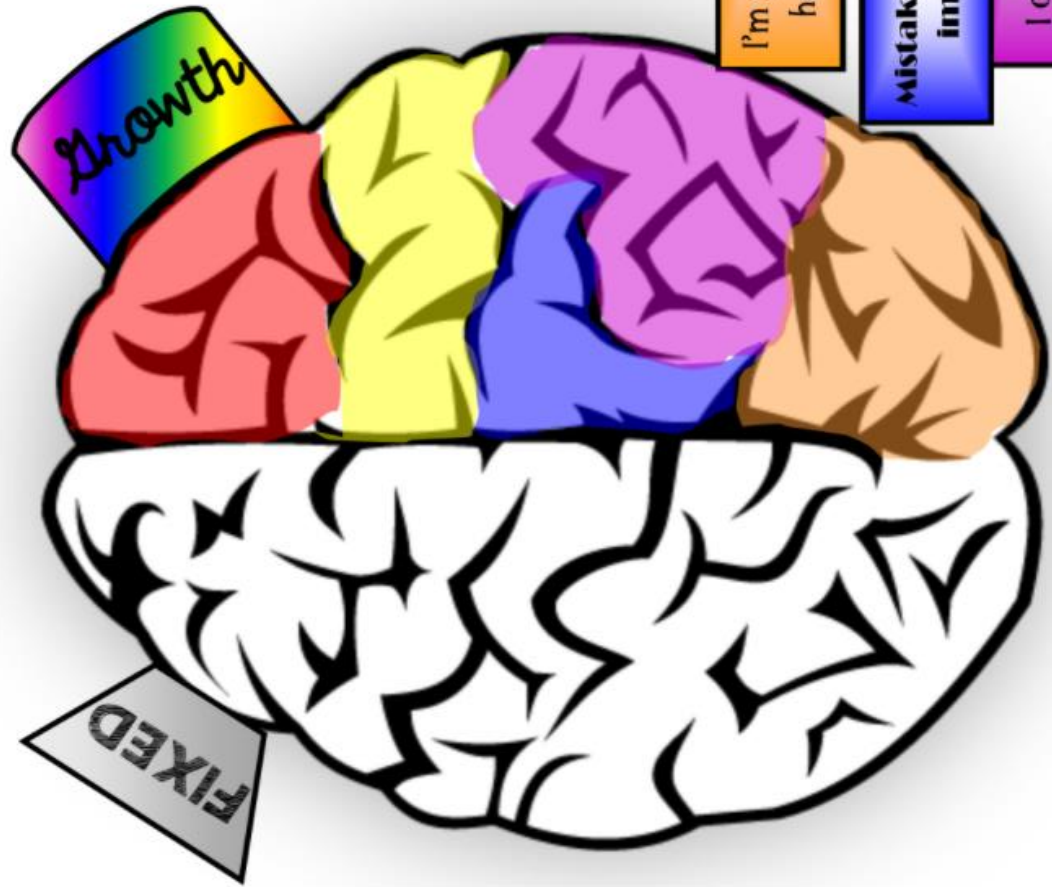
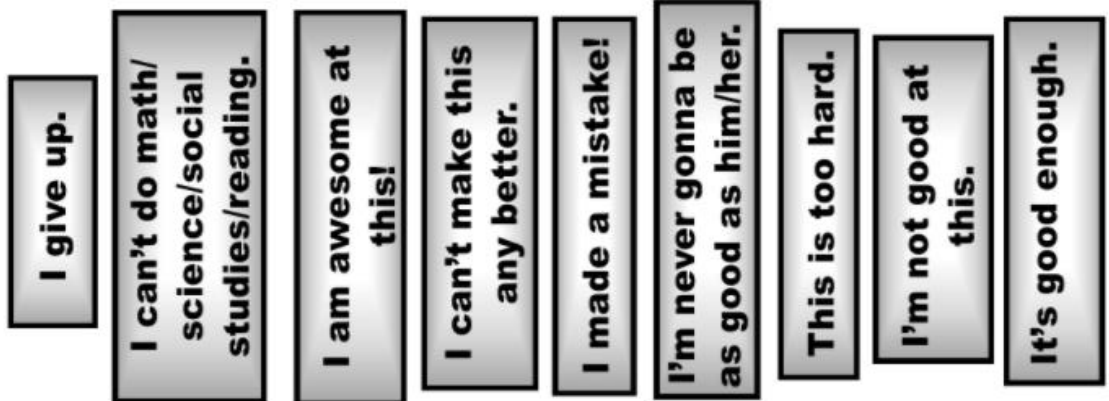
We'll be focussing on 10 themes across the year with lots of activities, assemblies and learning in class about each one.

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

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



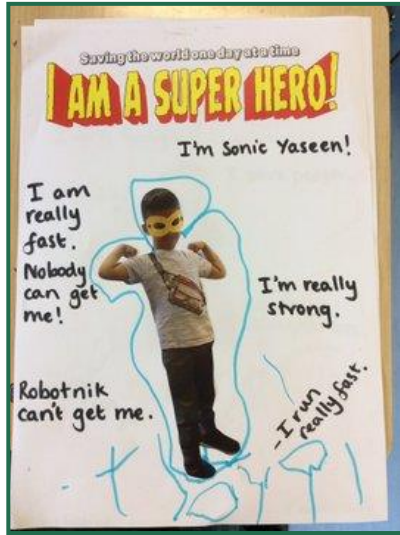
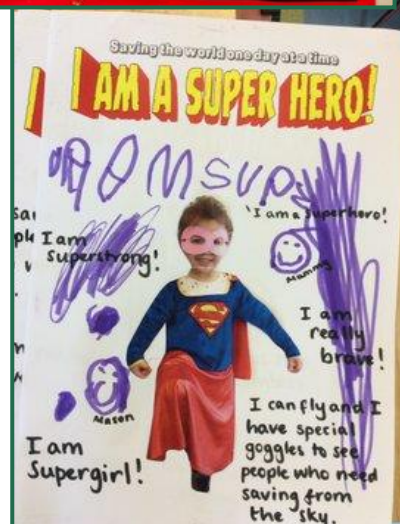
Change your words Change your *Mindset*



This week in Nursery...

It's been all things Super Heroes this week in honour of this term's new topic. The children have been coming up with their own super identities and powers as well as reading about Super Duck and making kites. There is a lot of fun being had as usual in Nursery!

Topic: Super Heroes & Vile Villains!

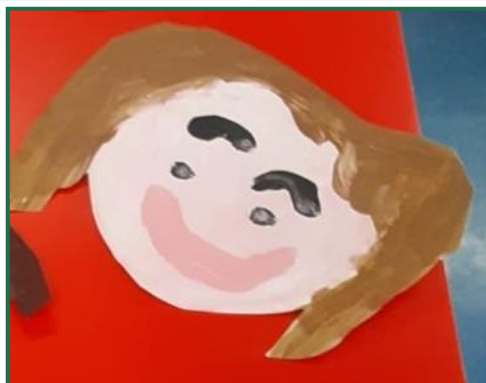




This week in Reception...

Animal Adventures is the theme for this term and this week the children have been enjoying the sunshine while they have been painting and writing about their favourite animals. Some fantastic animal creations—the first of many animal themed tasks this term.

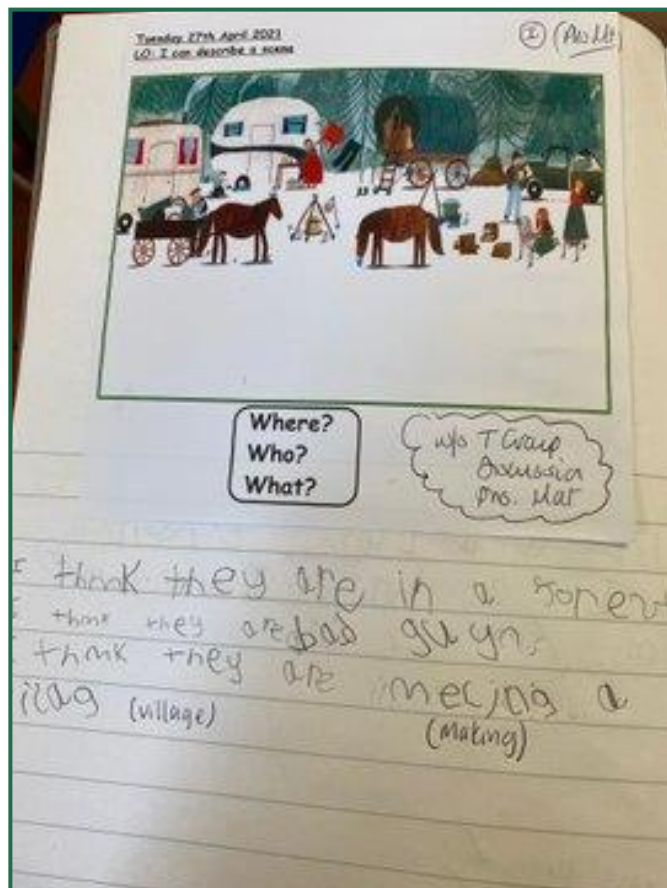
Topic: Animal Adventures



This week in Year 1...

Year 1 are going to become history detectives this term. As well as learning about famous historical figures and periods they will be learning about the history of Camden and Fleet School. This week they have been creating portraits of some of the people they have learnt about so far such as Rosa Parks, Joan Procter and Greta Thunberg as well as writing about Traveller life using their new story, 'Ossiri and the Bala Mengro'. What an interesting topic is ahead of them!

Topic: History Detectives





This week in Year 2...

This term the children will be learning about nature and island/sea life. They are studying the amazing book 'Commotion in the Ocean'. They had a treat recently when they visited the theatre to see the Lorax—of course it had to be a virtual trip, the show streamed online, but they go into the spirit with the tickets and a walk round the block before they entered the year 2 Theatre!

Topic: The Island



I live in most places in the ocean
where there is a lot of commotion.
I eat fish, sharks and squid.
If you want call me Sid.
I have an amazing sense of smell.
I even lick blood from a shell.
I have ~~blee~~ no bones but I can fossilize.
I tempt my prey with my lies.





This week in Year 3...

It's been an incredibly busy week in Year 3 as they get stuck into their new topic. They have been making the most of the sun in the quiet area of the playground reading, doing some incredible writing around the themes and history of the book 'The Giving Tree' including a debate as well as making salt dough dinosaur fossils, experimenting with ink and brush as well as some fun maths games. What a week!

Topic: Into the Woods



'The Giving Tree' is a reciprocal relationship but as well as that it gives an example of stereotype. There is unconditional love but it is sexist. Banning books is bad for people who want to read it but they can't. If the tree was male then nothing would really change because the boy would still ask for all the things he wanted but it would only be sexist if the boy was a girl and the tree was a boy.

Maybe the author wanted his story to inspire people who read it to make them think the right thing which is not to treat people badly because of their gender. All of the people in the world should be treated rightfully. They have a lot of chances. They can be right.

By Hana



This week in Year 4...

This week year 4 made and ate some tasty empanadas, wrote free verse poems, investigated habitats around school and made badges for the important people in the lives as part of the Happiness project theme of relating. We think you'd agree—a great start to the summer term and their new topic.

Topic: Into the Rainforest

Y4 Brass Practice:

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

The Magical Rainforest

as the nice birds glide over the trees,
they see a beautiful waterfall,
as it throws it's self over the rocks,
they shine like rubies.

The monkey started to swing from leaf to leaf,
it snatches some bananas on it's way.

As people go to explore the secret part of the
rainforest,
they see many colourful animals there,
minding their own business.

As the sun glimmered onto the leaf,
the leaf shines like glitter sparkling everywhere.

Soon a toucan came landing down showing it's
majestic beak.

By Esema

The Giant Rainforest

In a world of darkness that most animals
call home,
Some eat the others and some eat plants.
If people don't care, darkness will cover
the earth and all will die.

Leaves like a green roof covering this
world,
Sleepy sloths cling to the trees,
Trees as tall as the sun are all around you
as you enter the rainforest,
What will you find in this magical world?

By Kai

The Magnificent Rainforest

Lush, green leaves
protect the rainforest
from splashing rain up above,
Slowly all the animals awaken,
jaguars prowling for their prey,
ants working quickly and efficiently,
no one is safe in a rainforest,
you don't know if an animal is lurking in the
shadows

By Ugo



The Rainforest

The rainforest is awoken.
The ferocious tigers growl.
The lazy Jaguar sleeps.
The ants scatter and the frog leaps.

The birds glide through the mighty trees.
The rainforest can looks for it's prey.
From mighty carnivores to the little insects.
The sharp piranha bites.

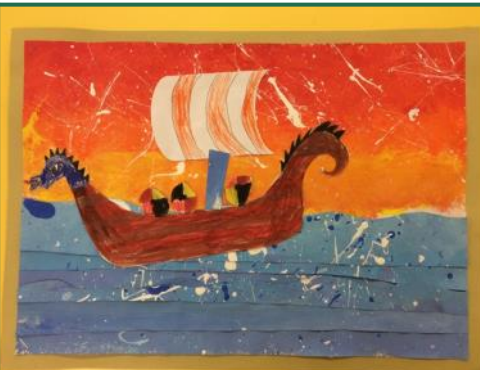
Then the waterfall splashes in the cold water.
The rains splashes from drop to drop.

By Aadam

The Magnificent Rainforest

Shrouded in a blanket of clouds
Majestic leaves wake to a new lush day,
Monkeys swing carelessly on vines,
Birds soar gracefully above a lush green roof,
A glistening blue waterfall clashes on to the rocks
below,
Canopies of green shine bright in the sun,
Slithering snake slowly slither up to its prey—SNAP,
The snake had eaten it's prey in 1 snap and 1 gulp.

By Sara



Some fantastic artwork produced by the children this week as part of their new topic—look out for examples of fantastic poetry inspired by their images soon. The children also enjoyed a trip to the Heath for pond dipping as they look at their new science topic of living things. A busy and successful week.

This week in Year 5...

Topic: Raiders & Invaders

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





Wolf!

The wolf crept across the stones cautiously, paws tough as leather, pad swiftly. Her eyes dart around the river, looking for prey, vigilant as ever. Her velvety, pink tongue salivates to the thought of a good meal. She wonders where her children are but her instincts take over her emotions. She pants rapidly, as she runs, her fur streamlined in the wind. It's a metallic grey, like a sterling silver ring, smooth and shiny. She has leadership in her eyes, a sharp gaze that cuts through the trees, spying her prey. She has gone without food before, though she is not old enough to know true hardship like the elders. Her ears pick up with the sound of a rustle in the bushes, stubby hairs standing on end. Her nose twitches, smelling the air, the gushing river, the rain from the previous night. A low snarl escapes from the back of her throat. She is a predator. That is all. She is wolf.

By Frankie



The Wolf

This cute wold was all alone in the forest. Her fur was as white as a cloud and it felt silky and smooth. The cub whistled sadly as she trotted in the damp forest. Her silver eyes glittered with sadness. Her white fur starts shivering as she found out her siblings have dies. She stretched her head out mournfully, and howled one, twice, three times, no response. Sadly she started to scratch with her sharp claws.

By Jaydon

The piercing howls of the lone wolf echoed through the forest. His matted grey fur ruffled in the cool breeze. The cold blue eyes flashed dangerously in the darkness. He bared his grimy teeth as shiny red blood dripped off them. He prowled in the blackness as he cruelly tore apart his prey to extinguish his hunger under the moonlit sky. As always, he devoured all the meat without any for the rest of his starving pack. The snow slowly and gently fell around the sly wolf. Blood-thirsty and brutal the wold was always ready for a fight.

By Raaiha

Alpha males. Leader of the pack though not leader of the travel. This is no other like the Alpha. Rightfully feared by the whole animal kingdom. Flaming amber eyes. Protective fur coat as white as snow. Piercing claws. Paw prints in the snow. Teeth made only for digging into prey. Healthy limbs which could go on for many moons. His neck titles back as a magical howl is unleashed towards the moon. A full moon, the moon of production, activities and hunting. Although fierce most of the time, playing with his cub is a priority.

By Erion



In Year 6...

Year 6's topic this term is looking at our wild places and environments. They are also covering, through their history the stone age. This week they have been doing some drama freeze framing from their text 'Wolf Brother' as well as cave paintings. It's going to be a 'Wild' term for all the right reasons in year 6!

Topic: Wild!

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—Sumayya

For fantastic writing this week! I'm so impressed to see you writing the sounds you can hear in words independently. Keep up the fantastic work!

Year 1—Amaani

For lots of effort in Maths and writing this week. You are trying your best and we are proud of you! Keep going and showing us your best efforts, Amaani. Well done!



Year 2—Mia

For your wonderful poem inspired by Commotion in the Ocean. You worked really hard to think of animal facts and matching rhyming words and performed it beautifully to the class. What a star!

Year 3—Evangeline

For your incredible attitude! You constantly push yourself and are very self-reflective about your progress. Keep up the amazing work; it's producing fantastic results!

Year 4—Kai

Well done Kai for all your focus and effort during this week. Your positive attitude to all your learning has shone through. We were particularly impressed with your trumpet playing this week. Great job!



Year 5—Francesca

For her unwavering dedication to her learning. Every lesson, Francesca challenges herself and as a result produces excellent work. This week, she completed a beautiful piece of artwork showing a Viking long ship battling through ferocious waves. Well done for taking such pride in your work, keep it up!

Year 6—Annie

For being such a brilliant asset to our class. You are so focused on your learning and always try to do your best. You listen carefully and apply new learning with good resilience. You show beautiful manners and are a wonderful role model to others in our class and school. You should be really proud of yourself! Keep up the amazing attitude!

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 21 – Positive Self-Talk

We can easily fall into the trap of critical self-talk. When we get something wrong or make a mistake, we can dwell on these “failings” and only notice the flaws in ourselves. Sometimes we can be so harsh to ourselves, saying things that just aren't true e.g. “I'm useless!”. We would never put someone else down in that way, so why do we do it to ourselves? This type of negative self-talk can contribute to low self-esteem and feelings of low self-worth. Instead, we need to actively be our own cheerleader. When we catch ourselves being self-critical, we should stop and say 3 positive things about ourselves: one thing that we've done well that day, one thing that we're proud of and one thing that we've achieved. Changing our inner self-talk can be so beneficial to our wellbeing.





KEEP CAMDEN SAFE



Wash your hands regularly and thoroughly



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



Keep 2 metres apart from others



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

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



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

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

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

Thank you for helping us to keep Camden safe

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

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

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

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

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

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

Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

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

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961
camden.gov.uk/surestart

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.



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





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From National Online Safety

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

Stress Awareness Month 30-DAY CHALLENGE

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

PHYSICAL

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

MENTAL

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

EMOTIONAL

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



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



Stress Management Society
100% distress-free stress



www.nationalonlinesafety.com



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/NationalOnlineSafety



@nationalonlinesafety

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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 to find out more

COVID-19 ABSENCE

Updated:
March 2021

A quick guide for parents / carers

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

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

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

See more at nhs.uk/coronavirus



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

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

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



Coronavirus: Weekly update from Camden Council

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

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



SIGN UP to the Council's coronavirus newsletter at camden.gov.uk/coronavirus-updates



The roll-out of the COVID-19 vaccine continues to take great strides, and I urge everyone who is eligible to book an appointment. Getting the vaccine, along with regular testing and keeping to the rules, is essential to getting back to a more normal life.

I'm excited to share that this week, the Council, in partnership with UCLH (University College London Hospitals NHS Foundation Trust), launched a vaccine bus to travel into Camden's communities to make it as convenient as possible for residents to get vaccinated. The bus will visit areas where people may find it harder to get access to the large-scale vaccination centres or other vaccine services, to help make sure no one gets left behind. We'll share more details next week. Thank you to the NHS and all of the organisations involved in making this happen.

Continuing to follow the rules is key to making sure we stay on track for the next relaxation of the rules on 17 May. So, as always, keep 2 metres from people outside your household, wash your hands often, and wear a face covering unless exempt. Please also remember that we still can't socialise with friends or family indoors, unless they're in your household or bubble. Thank you for continuing to keep Camden safe.

Councillor Georgia Gould, Leader of Camden Council

Please only socialise outdoors

COVID-19 spreads more easily indoors, which is why you should only meet others outdoors in private gardens, parks or other outdoor spaces. The only exception is if you're socialising indoors with the people you live with, or your support bubble – but still keep windows open because ventilation helps to reduce the spread of the virus. Thank you for all you're doing to keep Camden safe.



How to get a vaccine if you're not registered with a GP

The COVID-19 vaccine is now available to people aged 42 and above. If you're currently eligible but not registered with a GP or don't have an NHS number, you can book an appointment by calling **119**. You are still encouraged to register with a GP to help you access a wide range of local medical and preventative care year-round. You don't need proof of identity, address or immigration status to register. Find out more at nhs.uk or contact your local GP surgery.



Why I had the COVID-19 vaccine



Laurie Armantrading is Older People's Day Service Manager at Camden Council and he has had the vaccine. He says:

"To keep yourself safe, I urge you to accept a vaccine when you're invited to have it."

Book your appointment now at nhs.uk/coronavirusvaccine or call **119**.

Help with damp and mould for council tenants



With many people spending more time at home because of the pandemic, homes may have damp or mould for the first time, or existing issues may have become worse. If you're a Camden Council tenant and your home has damp or mould, please contact the repairs team as soon as possible so they can help you.

Talk to the repairs team on webchat at camden.gov.uk/housing-repairs or call **020 7974 4444 (option 3 then 1)**, Monday to Friday, 9am to 5pm.

Rapid testing available to everyone

You can now pick up COVID-19 rapid lateral flow home test kits from all rapid test sites in Camden or get them delivered.

Around 1 in 3 people with coronavirus don't show symptoms. Doing regular rapid tests, either at home or in person at one of our test sites, is the only way for people without symptoms to find out if they have the virus so they can self-isolate and stop the spread. Remember:

- ✓ Everyone is eligible for two free tests a week
- ✓ It's fast – get results within 45 minutes
- ✓ If you develop symptoms, book a PCR test at gov.uk/get-coronavirus-test or call **119**.

For more information on test sites and getting home test kits delivered, visit camden.gov.uk/rapidtest or call **020 7974 4444 (option 9)**.

Have your say on Streateries

Camden Council is consulting on new Streateries across the borough. Streateries are new spaces on the road for tables and chairs, protected by barriers. This leaves more space on the pavement for people to pass by and allows people to eat and drink outside safely.



It is vital that the Council consults now to help the hospitality sector reopen safely in line with the Government's roadmap out of lockdown. To find out more, visit camden.gov.uk/safe-and-healthy-streets. You can comment at any time on existing Streateries at streateries.commonplace.is or call **020 7974 4444** for a paper form.

Business grants



If you run a business and have not been eligible for or received any grant funding during lockdown, apply now for an Additional Restriction Grant (round 2). One-off payments of up to £12,000 available. Applications close tomorrow (Friday 30 April). Visit camden.gov.uk/business-support

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

