

Message from the head:

I hope everyone is well and has had a good week. The roll out of the Seesaw app to years 1, 2 and 3 went really well this week—thank you for all your feedback. It is now being used very efficiently from years 1—6 and allows teachers and the children to be able to share work and feedback, ask questions and extend learning, far more efficiently than using the email system. As we become more proficient with it and the children get even more used to it I'm sure this will get even better.

As I mentioned in the letter sent home last week we are having to constantly juggle staffing to meet the ever changing pressures—balancing the needs of those children working from home, those children coming in to school for childcare, and the pressures staff are under from their own family life during lockdown. We know from discussions with many of you that the need for daily calls from the support staff to the children is in some cases less needed due to the introduction of Seesaw and your own expressed preferences. Over the next week and then after half term we will continue to adjust the frequency of contact to best meet you and your child's needs and support our staffing. This may in some cases free up time for some additional supportive teaching calls for targeted children/groups. We will keep you posted—as ever please let the staff know when they call if you feel it's too much or too little—wherever possible we want to work together to meet the specific needs of you and your children. We may not always agree, or be in a position to meet all needs, but we want to be able to incorporate your thoughts into the decisions we make.

Next week is the last week of this half term before everyone gets to take a break from home schooling for a week. We are very conscious of the amount of screen time that children are forced to have at the moment due to the nature of home schooling. Next week we plan to have an afternoon of 'no screen'. We will be in touch with more details next week. In the meantime, please remember that as much as they can, teachers do plan in activities that can be done offline—even if there is a frame on Seesaw that can be typed or written on via the device, the option to write on a bit of paper, do artwork etc. in the 'real' world is there and encouraged. Seesaw allows a photo to be taken and sent in. Having been working at home this week due to isolation I know that seeing my own children doing the majority of their homelearning online, then playing games and communicating with their friends online when school finishes, really highlighted to me just how much screen time we are asking them to have. It's good to be able to get off the screen when they can and we want to support that. Have a good weekend.

iPads and Laptops

We've given out all our iPads but have a small number of chrome-books left. We're working our way through families who have more children and offering extra devices where we can. Please let staff know during your calls if you need a device, or the device you were using is causing you problems. Let us know about any internet connection issues you may have and we will help if we can.

Half Term Home Learning Projects & Digital Detox Day

Every half term we set a topic based project task for the children to let their creative spirits shine! Teachers will be discussing these with the children in the zoom sessions next week. These projects, as always, have three weeks to be completed including the week of half term. If you need any resources please do let us know. Also, in light of the amount of 'screen time' we have all had to do, next Friday will be a 'Digital Detox Day' where children can choose from a set of tasks focussing on wellbeing and not to be done on a screen. We will send out more information next week.

Parent and Carer Mental Health Support Workshops—via Zoom

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

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

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents that are interested. You can opt in for all five sessions, or whichever most appeals to you.

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

Nursery Applications for September 2021

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

Free Printing for Children's Home School Learning at Winworths and Chestertons Estate Agents

Estate agent chains Winkworths and Chestertons are offering free printing facilities for children who need to print out home-school work but don't have a printer. Winkworths have a branch in Kentish Town, Highgate, St Johns Wood and Islington, and Chestertons have branches in Camden Town and Primrose Hill, Kentish Town, Covent Garden and Islington.

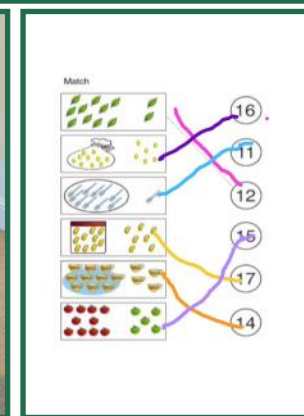
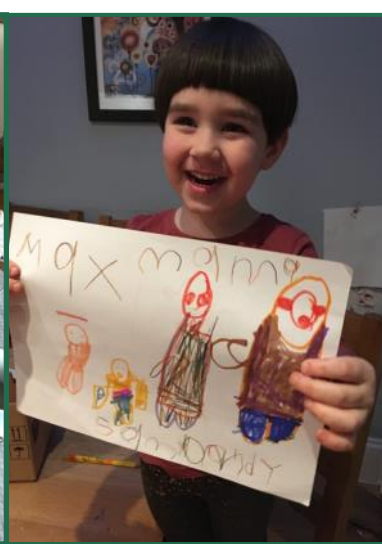
Topics

Topic Letters and Snapshots have been sent out via parenthub/text. Here are the topic titles for this term:

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



A fantastic labelled diagram from Riga in Year 3 as part of their science in their 'Hall of Flame' topic this week



Q: I can understand different perspectives



Lighthouse Keeper

The lighthouse keeper may be struggling because she/he doesn't want the people in the town to get hurt and also the people in the boats to get hurt.

The lighthouse keeper may be very sad to leave his/her job because this is the only way for him to get money and food for him/her to survive.

The lighthouse people can't really see anything if the ARP shut down the light because it would be hard when there isn't any light around you.

The lighthouse keepers will have to find a new job and also try to save up money to get food because now they don't have a job due to the ARP Wardens.



ARP Warden

The ARP Wardens probably don't care about the people who fish and stuff like that because they just focus on their jobs and don't really also care about the lighthouse keeper.

The ARP is trying to help people but it also isn't really helping the people in the lighthouse and the people in the boats.

The wardens are just making sure everyone in the town is ok and are trying to prevent from bombs to happen and people to see us.

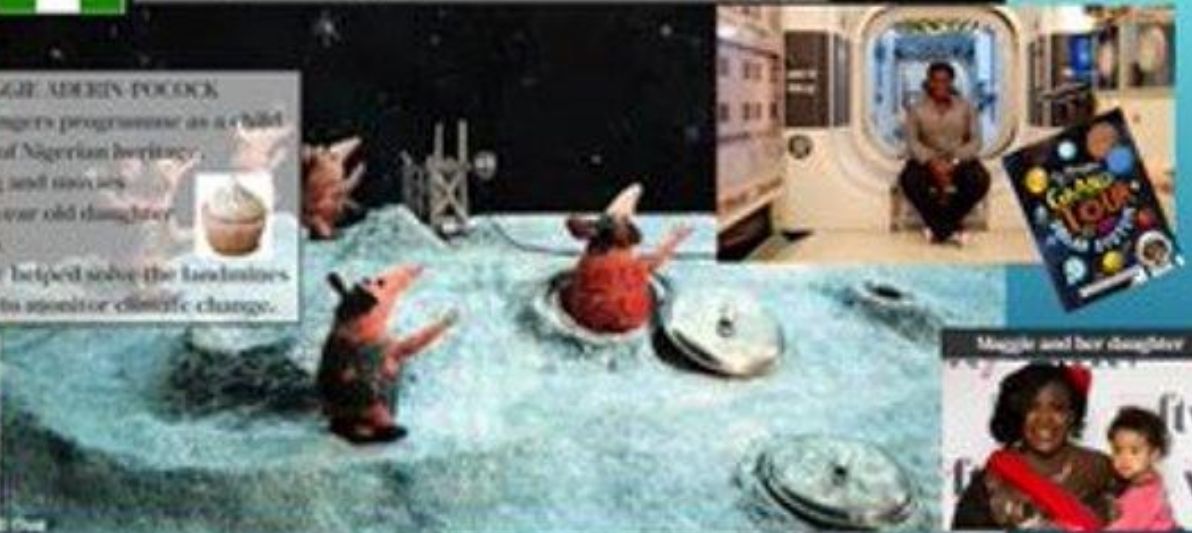
The ARP don't care if the people on the boats die and if the people in the lighthouse die they just want to protect the people of England.

Home Learning
This Week

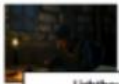
Maggie Aderin - Pocock

FACTS ABOUT MAGGIE ADERIN-POCOCK

1. She liked the Changers programme as a child
2. Born in London of Nigerian heritage.
3. She loves baking and music.
4. She has a three year old daughter.
5. She has Dyslexia.
6. As a scientist she helped solve the landmines problem and ways to monitor climate change.



I.O: I can understand different perspectives



Lighthouse Keeper

The sailors won't find their way back from the sea.

My job is useless now because no one is using the lighthouse anymore.

My lighthouse has been turned into a great, ugly black building.

The light is hope for lost people in oceans, seas, lakes and rivers. You're just blotting that hope out.

The German Spitfires won't bomb the countryside.

The Spitfires will just pass over us, and carry on to the cities, but there are people dying in the sea and they need our help.

My friends laugh at me because I have become a Darkhouse keeper, not a lighthouse keeper as I should be.



ARP Warden

The Spitfires could destroy whole cities, towns, villages, houses, historic structures, people and many more things.

The Spitfires are more important than your job.

The paint on the lighthouse is for everyone's protection, not just to your disappointment.

The sailors are the least of our worries now. We're fighting a war!

I know they won't, but they could get lost and crash into a mountain or something.

I've already said, the sailors are the least of our worries!

Your friends can say what they like, but people are dying in this war!



Home Learning
this week





Home
Learning
this
week





Home Learning this week





King Cobras

At first, King Cobras sound like terrifying beasts, with petrifying roars, but are they really as blood curdling as they sound? For example, did you know that King Cobras open their hood and lift the top half of their body to warn you that they will attack, because they are scared. Read on to find out more.

Alarming appearance

These creatures have a 13 feet long body (about two times as big as a full size bed), which can weigh up to 20 pounds. King Cobras are astonishing reptiles with a variety of brown, yellow, black and green scales to help them camouflage. Shedding up to five times per year, King Cobras constantly slither past rocks to help their sticky skin come off. They are surprisingly good swimmers thanks to their ability to flatten their body.

Friday 28th January

L.O: I can give a character advice

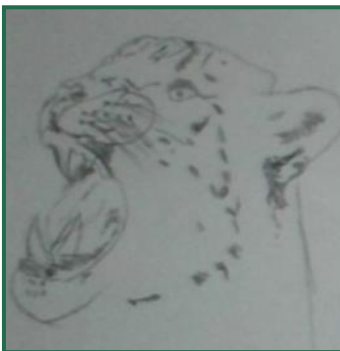
Dear Lila,

I think the most important thing is to not panic! This will mean that you can think more quickly about how to escape. You could grab a dagger and hold it to the man on the bottom of the boat and make them take you across the river or you'll kill him.

Another way to trick them is to pretend that your money has fallen into the river so they all jump in and get eaten by crocodiles.

You can do this and be brave!

From Tabby



THE WHITE TIGER

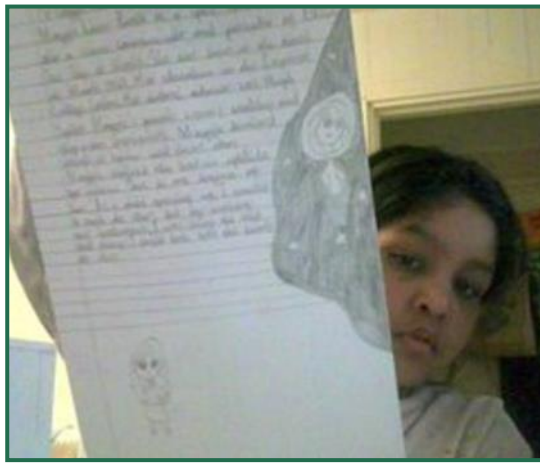
The white tiger is a hybrid of a Bengal tiger and Siberian tigers. It's native to India but most - maybe all - live in captivity to be protected. So you want to find out more about these fascinating creatures? Then read on, who knows what else you might learn!

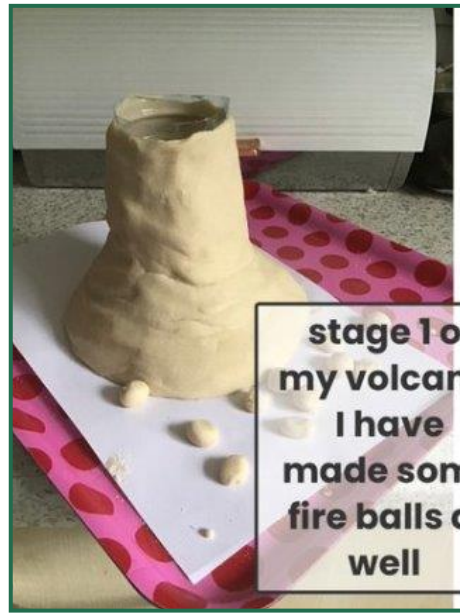
Appearance

White tigers - also known as bleached tigers - have a very distinctive coat. Along with their intriguing sapphire blue coloured eyes, it makes them extremely rare animals. No two tigers have the same patterns of stripes (they are unique). They can weigh up to 550 pounds and 10 feet long. I bet you didn't know that! Their faces are not any different from any other Bengal tigers apart from colour.



Home Learning
this week

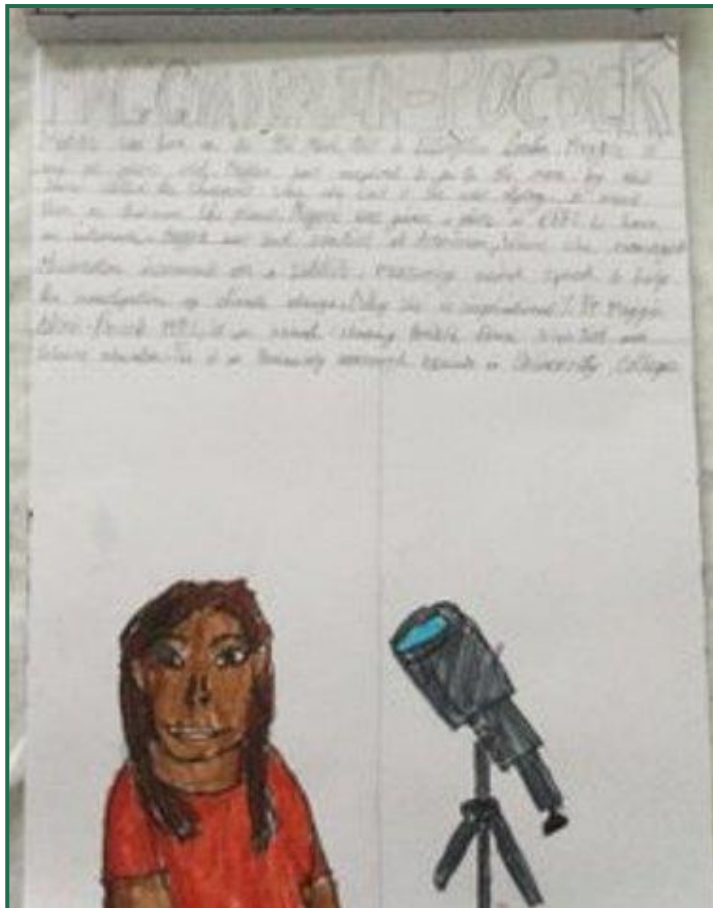




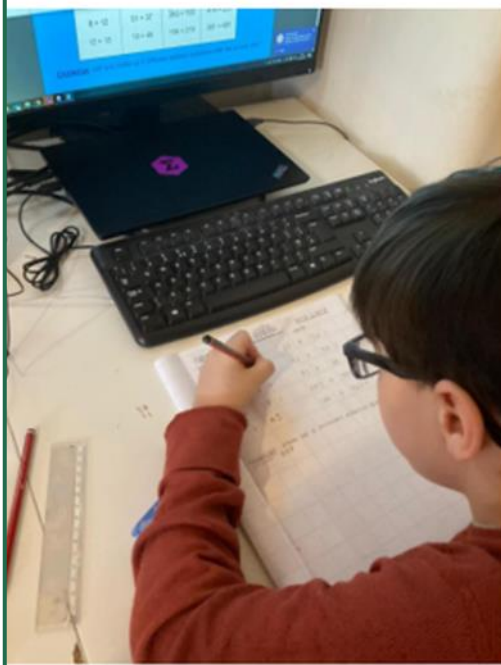
stage 1 of
my volcano.
I have
made some
fire balls as
well



Home
Learning
this
week



Home Learning this week



On I can understand different perspectives



Lighthouse Keeper

worried
incase
people
died.

i would be
scared
because
what if they
had bombs
and guns.

could i lose
my home.

what if the
ships cant
go to land
because its
tooo dark.



APP Warden

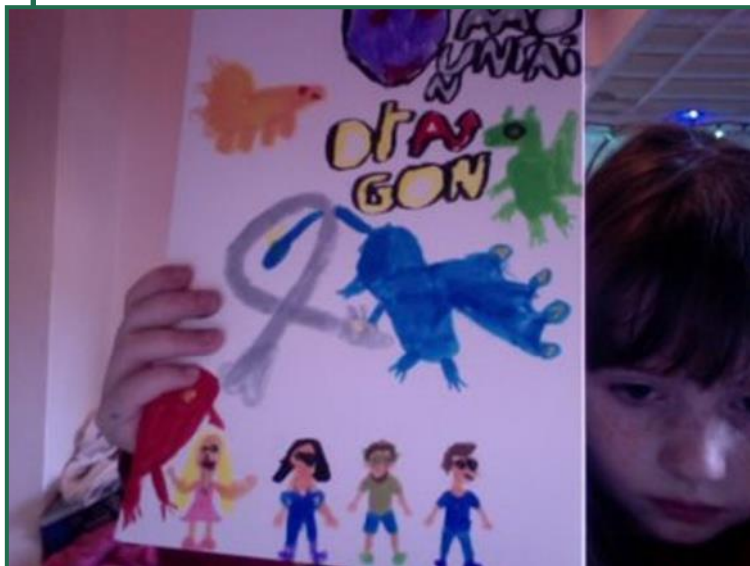
he might
feel guilty
but its his
job.

he might
feel sorry for
us.

fed up
because he
has to keep
telling
people of.

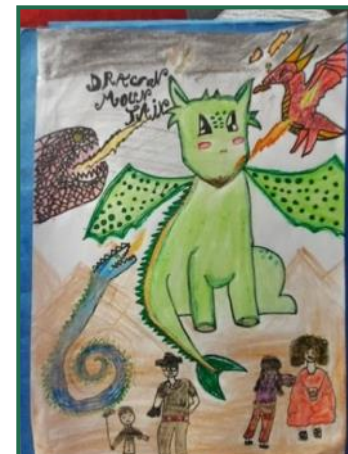
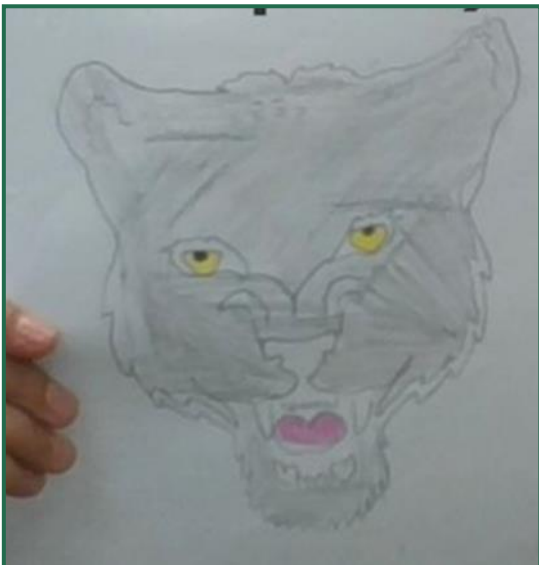
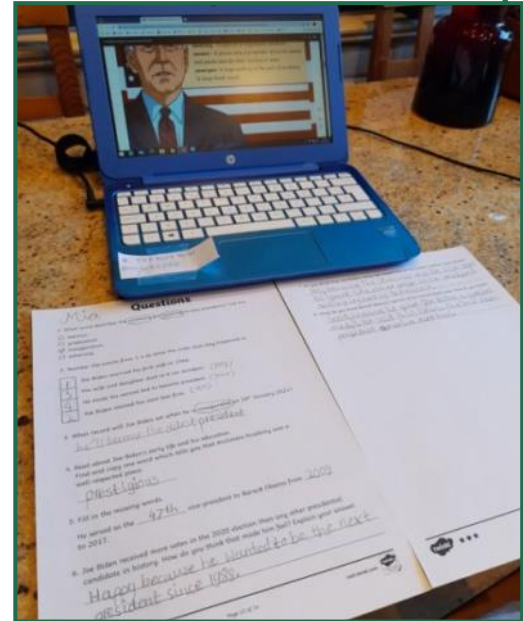
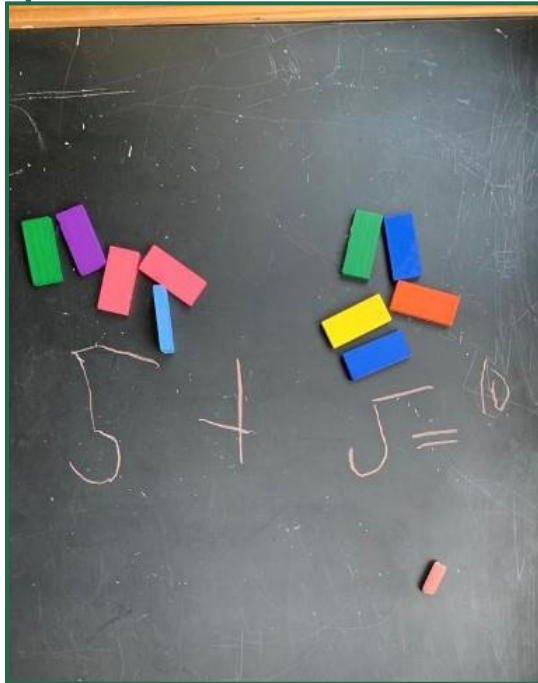
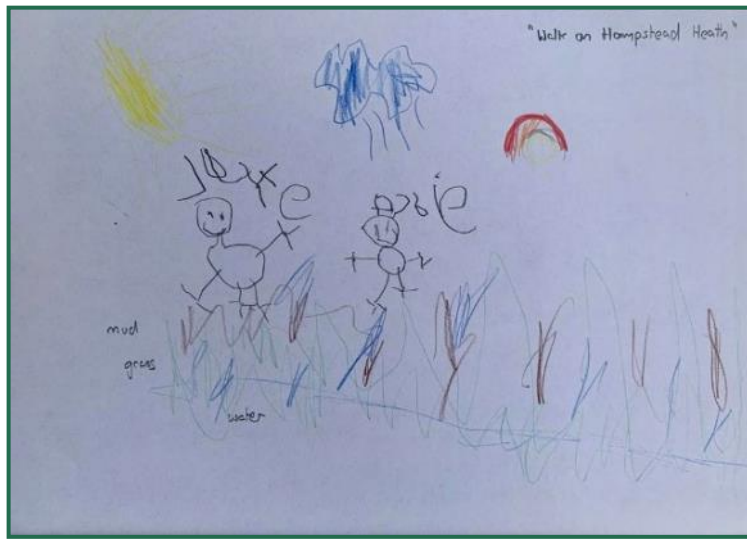
he might
feel hated
because he
told
everyone to
turn the
lights off.

sad becuse
lots of
people
could die at
the sea.

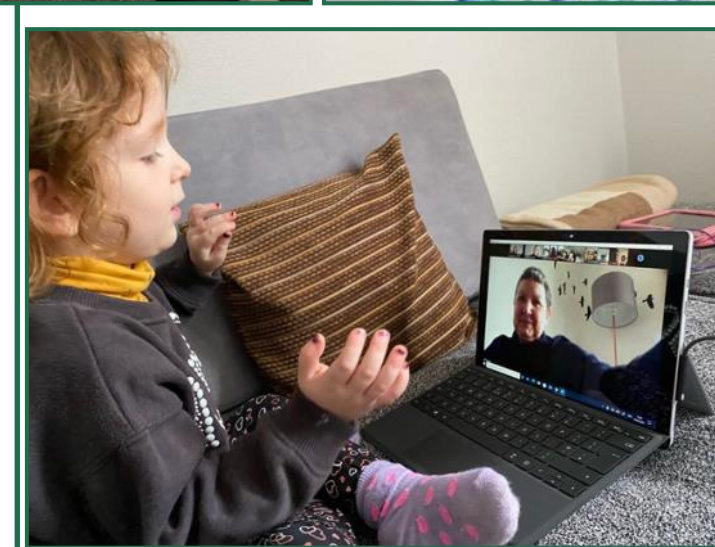


I made a war time
carrot cake recipe
because I didn't have
the ingredients for the
others. They used
carrots during the war
because sugar was
rationed. I improved
the recipe by adding
icing but they
wouldn't have been
able to do that.





Home Learning This Week



Dear Father,

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

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

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

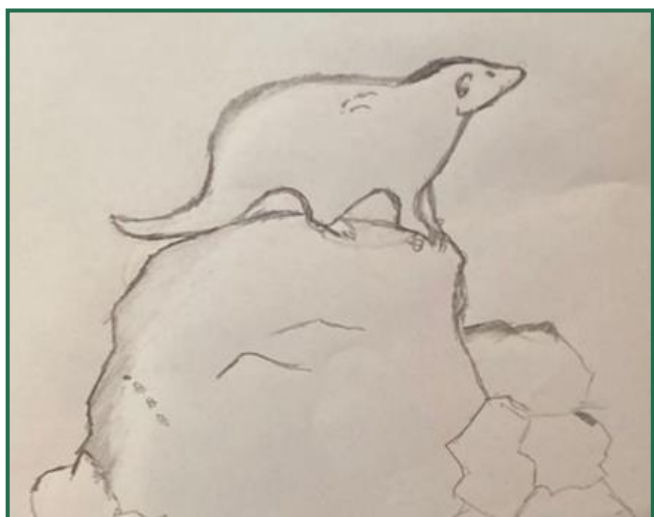
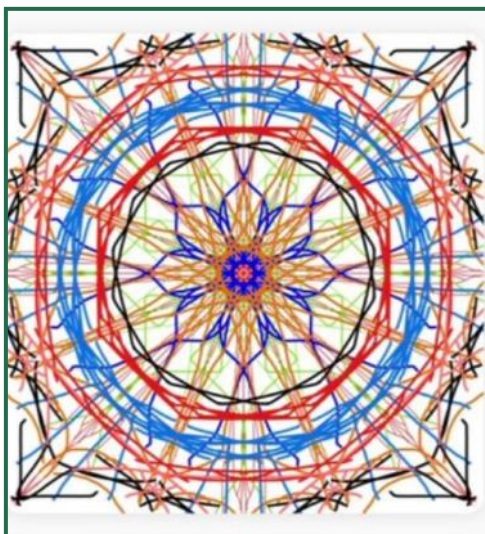
Even though I am young, I know this is what I want to do in life. I am determined to see this through. I would like it if you could support me in my choices as you always have done in the past.

From Lily



Home Learning this Week

This Week Home Learning



Les numéros
Write each number in French and draw that number of objects

Mia

| | | | | | |
|---|--------|--|----|-------|--|
| 1 | un | | 7 | sept | |
| 2 | deux | | 8 | huit | |
| 3 | trois | | 9 | neuf | |
| 4 | quatre | | 10 | dix | |
| 5 | cinq | | 11 | onze | |
| 6 | six | | 12 | douze | |

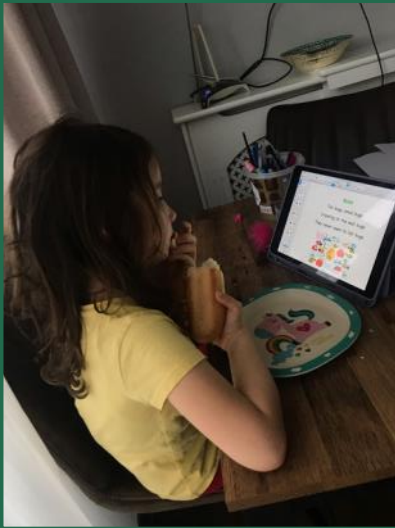
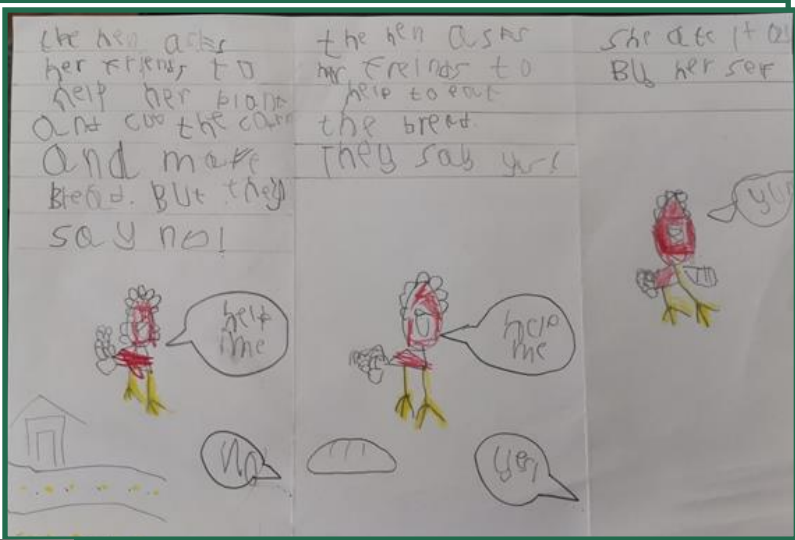
Cut all the cards out and mix them up.
Can you match each number to the right word in French and also to the picture?



Y4 & Y5 Brass

Practice:

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



Home Learning this week

Stars of the week!



Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - these are testing times, everyone adjusting to home learning again. We want to keep things as normal as we can so this term will continue with recognising our stars of the week even while we are in lock-down. Lisa will send your certificate via the post. Look out for it arriving! Well done to all these children, and to all the rest who might not have been picked this week but could have been.



Reception—Max

It has been great to see the lovely home learning you have been busy doing. Your recipe writing is fantastic! I have been very impressed with your number work too. Well done! You really are a super star.

Year 1—Frankie

For his positivity, determination and mature attitude! Frankie, you put so much effort into all your learning every day and you take on every challenge with a smile. We've so enjoyed seeing, reading and hearing your learning on SeeSaw this week and it's a pleasure to have you in our Team Y1 Zoom Check-Ins every morning, especially contributing with your fantastic reading and super smile! We are so proud of you and you're such an important member of Team Y1! Keep being wonderful you!



Year 2—Maxence

for working really hard at home and challenging himself to try more complex tasks. It's great to see your enthusiasm for learning, well done!

Year 3—Rayn C

For your amazing effort with Bug Club this week! You have worked with such commitment and your enthusiasm for reading is a delight to see! Keep up the wonderful attitude!

Year 4—Hiba

For your brilliant attitude towards your learning this week. You've really put in tremendous effort to each task you've tackled. Keep it up.



Year 5—Gloria

You put 100% effort in to all your learning and listen carefully to teaching to ensure you are successful in your work. Even though I know you are missing school and your friends, you continue to show positivity, enthusiasm and diligence, resulting in fantastic work. Well done!

Year 6—Frankie

For consistently putting such care and effort into your work. You engage well and give very thoughtful answers in your learning. You are an excellent role model to others and I always enjoy reading your lovely work. Well done you!

Weekly Wellbeing Update

New Tip...

Relationships with parents are valued hugely at Fleet and we're very much missing seeing everybody as regularly as we usually would. Therefore we'd like to look at alternative ways of communicating and helping each other; at this difficult time we'd like to know how best to support you. Links to the Parent Questionnaire which has a wellbeing section can be found on page 5. Please take the time to complete and return it so that we can tailor our support to help as much as possible.

Wellbeing Tip of the Week!

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

Week 12 - Reach out for help

It is not always easy to ask for help or to reach out to others in times of need. However, asking for support can help us to put things into perspective and gives us time to explore and process some of our feelings. Having a supportive ear also promotes a sense of belonging during challenging times and reminds us that we are not alone. Try to find someone you feel comfortable with, who you know can give you the support you need and be honest with them about what's going on for you. As hard as it may seem at first, you'll feel great once it's off your chest. Remember, people love to help others!

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

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



Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



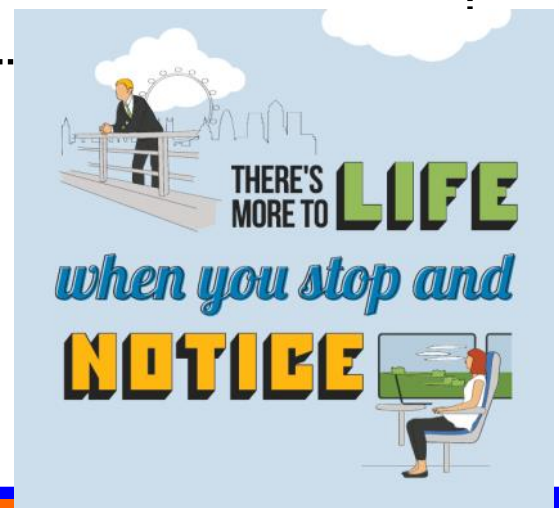
This year we're running the Fleet Happiness Project across the school. This is a project that we ran a few years ago with the aim of looking specifically at ways that we can increase our own, and others', happiness.

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

Last term we focussed on 4 different themes:

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

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





Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Download the easyfundraising App



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

From our house to yours...



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

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



From National Online Safety

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



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

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

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

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



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

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



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

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



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

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



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

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



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

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



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

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



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

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



9. MAINTAIN FEEDBACK WITH TEACHERS

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



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

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



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

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

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

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



Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

Visit www.parenthub.co.uk to find out more



Ofsted-registered childcare available for key workers this February Half Term with The Strings Club.

Dear Parent/Carer,

Are you a key worker and looking for high-quality childcare during the school holidays? We would love you to join us soon at our multi award-winning Holiday Camp taking place at: **Holy Trinity CE School, Trinity Walk, NW3 5SQ.**

For those who are not key workers, we also have a range of online guitar, violin and ukulele lessons and free sessions - see our website for more information.

Rated 5* by parents on Netmums, our **Ofsted registered** Holiday Camps bring together the very best of music and childcare to engage and inspire your child **every school holiday**. Each day is wonderfully different and includes our "Learn Together, Play Together" morning ukulele lessons alongside our carefully-created afternoon workshops. There's **free hire of an instrument** too!

We currently only have 15 places available. To book a place, visit www.thestringsclub.org or call 0121 296 9204.

During 2020, we welcomed hundreds of children to our Holiday Camps in a safe way working alongside government guidelines and our regularly reviewed COVID-19 policy. See our website for further info.

Why Consider Us?

- EYFS Ofsted-registered
- Free hire of an instrument
- Qualified, experienced, fully DBS checked team
- Standard hours run 9:30am - 4pm
- Wrap-around care from 8am - 5:30pm
- 10% sibling discount
- Childcare vouchers accepted
- Rated 5* on Netmums by parents

We look forward to seeing you soon!

Amy and The Strings Club team

www.thestringsclub.org | 0121 296 9204

BEYOND TOMORROW

Make Your Own Futuristic Movie this Half Term



Make Your Own Movie this Half Term Online Movie Making Camps for Ages 7-11 & 11-14

"They told us they came from the future..."

In this fun movie making workshop, young filmmakers will learn all about filmmaking. It's an action-packed camp full of fun and creativity. All activities are practical, fun and interactive. Sessions are hosted live by filmmaking instructors, with plenty of collaboration and teamwork between young filmmakers.

"He really has loved it. It's been so good for his confidence – he is actually achieving something in a field he only dreamed about."

Learn more and register online:
<https://www.sparkarts.co.uk>



Do you have children in a Camden nursery or primary school? Become a Families for Life Community Champion!

Families for life programmes offer free healthy eating and active play activities for families with children age 2-11.

Calling on Dads, Mums and Carers who:

- Live in Camden
- Are passionate about empowering and improving the health of your community
- Can be available to volunteer for two or three hours a week.

As a volunteer you would:

- Talk to parents of nursery or primary school children about Families for life programmes
- Promote the benefits of eating healthy and being active
- Inspire families to access the Families for Life programmes
- Have opportunities to support the delivery of Families for Life programmes.



For more information on how to be part of our volunteering team, please contact:

Syria Chowdhury, Community Champion Coordinator
m: 07734 603 060, e: syria.chowdhury@camden.gov.uk

Be a Families for Life Community Champion!



Families for Life Community Champion Programme

Monday & Tuesday's
starting on:
22 Feb - 16 Mar 21
10-11.30am

Virtual MS
Teams
sessions

Keen to build on your skills and knowledge to create a happy, informed and healthy community?

Happy to support and share information about free, fun, and healthy lifestyle programmes available in Camden?

Want to develop key communication skills, building strong local connections?

Curious on how volunteering can boost your CV, offer valuable skills and improve your career opportunities?

If your answer is YES! Join us and make a real difference in your community.

We offer a FREE 4-week programme for Camden parents/carers who has what it takes to become an inspirational volunteer Families For Life Community Champion.

Sessions run on Monday and Tuesday's at 10-11.30am from 22 February to 16 March 2021.



Coronavirus: Weekly update from Camden Council

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

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



SIGN UP to the Council's coronavirus newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates



As the current lockdown enters its second month, I know many will be finding life extremely hard. While everyone's experience is different, it's so important we continue to look after and be kind to each other – but also to ourselves. That includes taking care of our mental and physical health.

If you need any support, we are here for you. We can provide help with accessing essentials such as food and medicine, support with self-isolation, your finances and much more. To speak to the team, call 020 7974 4444 (option 9) or visit camden.gov.uk/coronavirus

While the rollout of the COVID-19 vaccine brings great hope, it is crucial we all continue to stay at home as much as possible – people are still catching the virus every day. Even if you don't have symptoms, you could be carrying the virus when you go out. If you do need to leave home for work, we are offering free tests with a 45-minute turnaround time for those who live or work in Camden – see details below to book a test.

Stay safe and thank you for continuing to look after our borough.

Councillor Georgia Gould, Leader of Camden Council

STAY AT HOME TO SAVE LIVES



With cases of coronavirus still so high in London, it's vital to follow public health advice to help control the spread of the virus and save lives:



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



Wash your hands regularly and thoroughly



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



If it's essential to go out, act like you and others have COVID-19

For more information on national coronavirus restrictions, visit gov.uk/coronavirus

£500 support to self-isolate

If you're employed or self-employed, on a low income and currently receiving benefits, you may be eligible for a one-off payment of £500 to support you to self-isolate and to make up for lost income. This is called a Test and Trace Support Payment.

Find out more and apply at camden.gov.uk/apply-for-test-and-trace-support-payment – or call 020 7974 4444 (option 9).

No symptoms but must leave home for work?

Rapid COVID-19 tests are available for adults who live or work in Camden, who do not have symptoms and do not have access to tests via their employer. Even without symptoms, you may be infectious and at risk of passing the virus on to others. By taking a free test, you are helping to protect yourself and others, particularly those at highest risk. Please note new opening times at test locations:



Swiss Cottage Library,
88 Avenue Road,
NW3 3HA: 7.30am – 2.30pm



New Charlie Ratchford Centre, Crogsland Road,
NW1 8AY: 9am – 5pm



33-35 Jamestown Road,
NW1 7DB: 7.30am – 7.30pm



Triton Café at Regent's Place, 17-19 Triton Street,
NW1 3BF: 9am – 5pm

You will receive results within 45 minutes. You must book in advance. Visit camden.gov.uk/rapidtest

Got symptoms?

Self-isolate and get a free test by calling 119 or via nhs.uk/coronavirus. If you need help booking call Camden Council on 020 7974 4444 (option 9).

Please note, you will never be asked to pay for a test.

COVID-19 vaccine

The COVID-19 vaccine is important because it will help to reduce the number of people dying or getting seriously ill from COVID-19, which will help to reduce the strain on the NHS over time. It's safe, effective and gives the best protection against COVID-19. The NHS will contact you when it is your turn to be vaccinated – please make sure you attend your appointments.

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



Dr Zuhaib Keekeebhai is a local GP, pictured above having his vaccine. He said: "I've had the vaccine and I urge you to have it too when it's your turn. One thing we can all do to keep each other safe is to keep following the rules."

Social care workers

The COVID-19 vaccine is being offered to frontline social care workers working directly with people more vulnerable to COVID-19. Camden Council knows many people with care needs directly employ personal assistants or care workers.

If you provide paid care privately or via a direct payment to someone living in Camden and have not already been given information about booking a vaccination by your employer, email socialcarevaccinationinfo@camden.gov.uk