

## Message from the head:

This is hopefully the last newsletter I have to put together during lockdown! I, along with the rest of my staff, cannot wait until next week to see the children all return.

I know from conversations I have had, and that the staff have passed on to me, that many of you are as excited as we are. However, I also understand that many of you may also be a little anxious—we are too, that is normal in the circumstances. I want to assure you we are doing everything we can to make sure that the return is a safe one, that any risks posed by the virus and transmission routes, are kept to an absolute minimum. School will be running with each class effectively in isolation from all the others. I want to thank you in advance for playing your part in this by reading all our communications, following all our guidance and supporting us and the children in getting stuck back in to the job of teaching face to face and inspiring the children to enjoy their learning and further their development—both academic and the vital bit that has been so impacted over the last year, developing socially and emotionally through their play and interactions with others.

This week the newsletter is again full of some fantastic examples of the amazing job you and the children have been doing while learning from home. There are excellent examples of home learning projects the children have worked on, fantastic writing, art and other subjects from their curriculum and topic studies and some lovely photos of the World Book Day activities from yesterday. Thank you for continuing to work with the children and encourage them through this last term.

Once the children return next week we will be settling them back into the routine of school and carrying out some assessment work over the first couple of weeks. This information will help us to plan the work for the coming weeks and term as well as think about any additional support that may be required. One of the things that we have had your feedback on during this lockdown and which we ourselves felt was positive was the communication teachers and support staff had with you throughout the lockdown. Once we are back we know, due to site restrictions it is tricky to keep that. What we plan to do is hold video conference calls (using Zoom or something similar) on Monday 19th April—this is the INSET day after the Easter holidays. This will give the teachers a chance to discuss with you how your child has settled back into the routine and what we have learnt from our assessment work and what will be happening over the coming term to support them in their learning and progress. We will be in touch over the remainder of this term with details of how to sign up for a time slot during that day. We look forward to seeing you all on Monday. Have a good weekend.

## Spring Engineering Challenge

In normal times we have a close relationship with University College School which often involves taking our students to the school for opportunities to use their science labs and other resources we don't usually have access to. They have contacted us with details of an engineering challenge that they are running in the run up to Science Week this year that is open to our children to enter. Details are below—it would be great if some Fleet children were to enter!

**Deadline: 15th March at 4pm. Winners announced mid-March.**  
**Challenge—KS1 & KS2—Can you make a balloon powered vehicle?**



### Build a vehicle powered by air.

Using a balloon, create a moving vehicle powered by nothing more than the air within the blown up balloon. You can use any other equipment you have at home. Submit a video (max 2 minutes) or picture of your successful design. Two prizes will be awarded. One for the most creative design and one for the furthest distance travelled. Submit entries to [stem@ucs.org.uk](mailto:stem@ucs.org.uk) with the subject 'Challenge 1' by 15th March. Please include your name, age and school within the submission.

Mr McGibbon's assembly last week was about this competition and demonstrates the sort of thing you could do. Click the link

to watch it: <https://vimeo.com/516762406>

## Nursery Applications for September

We are taking Nursery applications for children born between 1<sup>st</sup> September 2017 and 31<sup>st</sup> 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.

## Return to School for all children—8th March

You should have received a letter yesterday regarding the return to school for all children next Monday, the 8th March. If you did not receive this letter via Parent Hub (or text message if you are not yet signed up) then please contact the office—there may be an issue with the contact details we hold. A copy can be found using this link on the website. The start and finish times are shown below:

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Return%20to%20school%20letter%204th%20March%202021.pdf>

Class	Teacher	Start Time	Finish Time	Entrance to use
Year 6	Oona Matheson	8.45am	3.15pm	Car Park – Junior Playground
Year 5	Holly Kingham	9.15am	3.45pm	Car Park – Junior Playground
Year 4	Ruth Hanfling & Lynley Benbetka	9am	3.30pm	Car Park – Junior Playground
Year 3	Sinead Costelloe	9.15am	3.45pm	Main Gate
Year 2	Rachel Webb	9am	3.30pm	Car Park - Nursery Gate
Year 1	Karen Coulter	8.45am	3.15pm	Main Gate
Reception	Elizabeth Cleine	9am	3.30pm	Main Gate
Nursery	Rebecca Combes & Nicola Budd	9.15am	3.20pm	Car Park - Nursery Gate

# Back to school

Updated: March 2021



**From 8 March, schools and nurseries will safely reopen and we're really looking forward to welcoming back all our children. However, we know that some people have concerns about what this might mean.**

Schools have been carefully following local and national public health advice to prepare for the return of all children and to ensure each school is safe. This includes regular rapid testing of school staff and secondary and special school pupils to identify those who may have COVID-19 but no symptoms.

Children don't spread coronavirus more than adults. For most people – and especially children – if they do catch the virus, the symptoms will be mild.





## Stay safe

**We all need to work together to make sure we keep our schools safe, so please remember to:**

- Keep washing your hands
- Socially distance and wear face coverings where possible, especially at the school entrance during dropping off and picking up times (your school will let you know what plans are in place)
- Stay at home if you or your child (or someone you live with) have symptoms and get tested
  - Tests can be booked online at: [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling **119**
  - You can also find information and advice about testing, as well as test and trace at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

We know that about one in three people with COVID-19 don't have any symptoms, but can still pass the virus on.

The Council is offering free rapid COVID tests for anyone who has to leave home to go to work and has no symptoms. Tests can be booked online at: [camden.gov.uk/nhs-test-and-trace](https://camden.gov.uk/nhs-test-and-trace)

If you are an adult (over 16) member of a household, childcare bubble or support bubble of staff or a pupil you can get a twice-weekly test if you are **asymptomatic**. These will be available:

- at one of the seven community test sites in Camden. Book online: [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest) or call **020 7974 4444 (option 9)**
- by booking a home test-kit for pick-up from the NHS test centres open at Kingsgate and Ramsay Hall, in Camden, from 1.30pm to 7.30pm every day.

**Anyone with a positive result should start to self-isolate straight away along with everyone in their household.**

## Keep healthy

Children should walk, cycle or scoot to school if they can, rather than taking public transport. Children aged 11 and over who take public transport should wear a face covering.

Vaccinations protect you and your family from many other infectious diseases. Speak to your GP to make sure all your child's vaccinations are up-to-date.

If you are eligible, please accept the offer of the COVID-19 vaccine when you are contacted.

## Help and support is available

You can contact your school with any questions. You can also organise a private meeting with your School Nurse who can speak to you about any concerns you may have about coronavirus. For example, if you are worried about older relatives who live with you.

For School Nurses, please email [camdenschoolnurses@nhs.net](mailto:camdenschoolnurses@nhs.net) or call **020 3317 2304**.

If you're worried about self-isolating for whatever reason, get in touch with Camden Council who can help you – **020 7974 4444 (option 9)** or visit [camden.gov.uk/support-for-individuals](https://camden.gov.uk/support-for-individuals)

**Translated material will be available from your school.**

# COVID SYMPTOMS? GET TESTED NOW.

[nhs.uk/coronavirus](https://nhs.uk/coronavirus) OR CALL 119

### Become a COVID-19 Health Champion

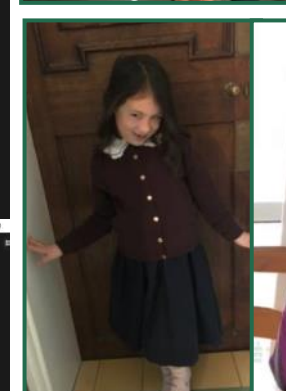
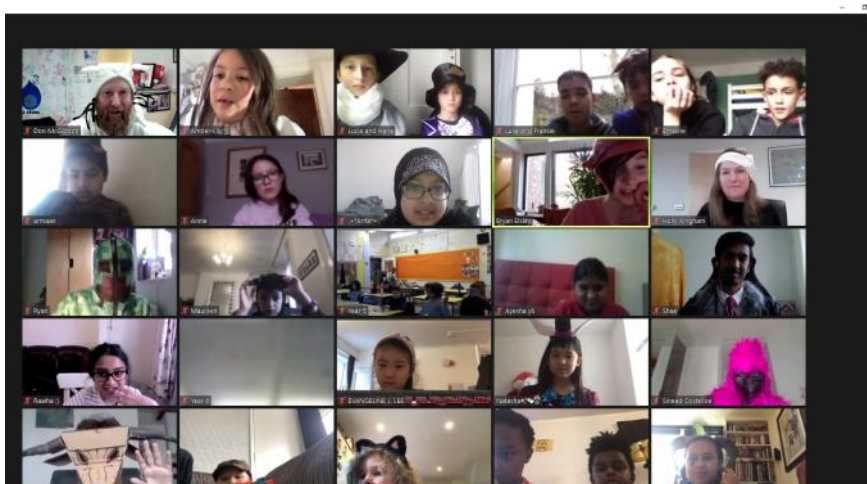
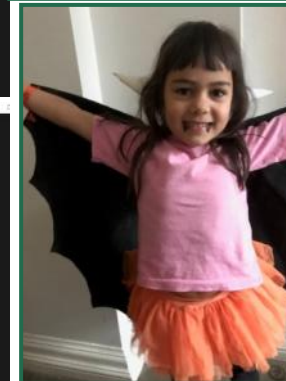
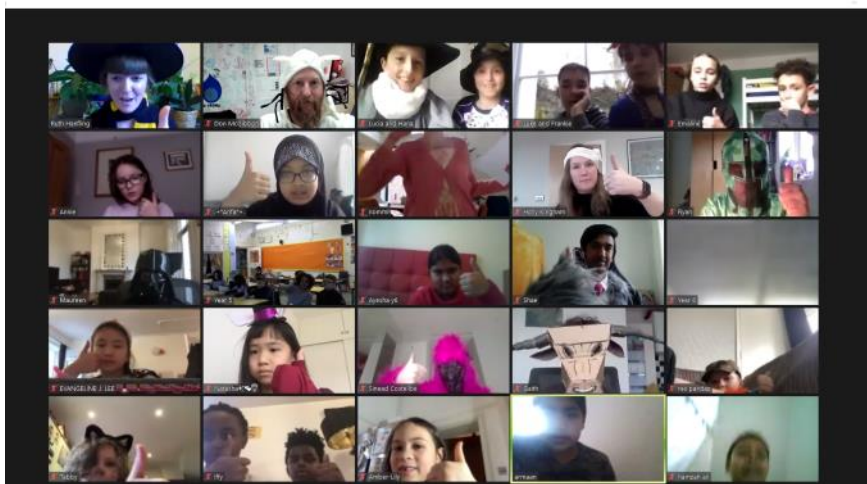
Help to share the latest advice and guidance about COVID-19 with your family, friends and other community members in Camden or Islington.

To sign-up, [complete this form](#)

If you've got questions, email us at [CHC@islington.gov.uk](mailto:CHC@islington.gov.uk)



# Dressing up for World Book Day!



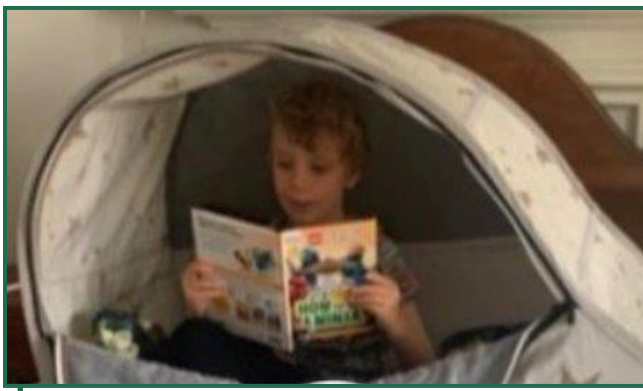




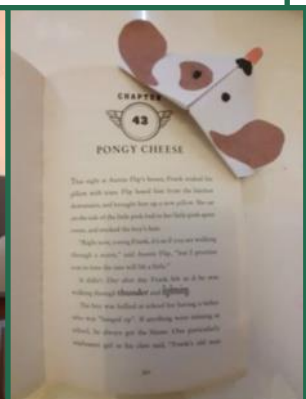
# More WBD Costumes!





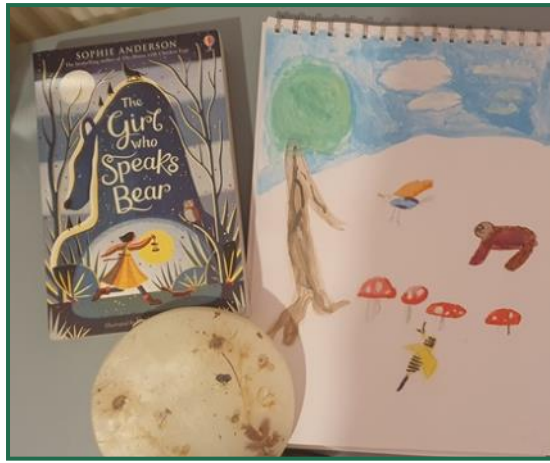


...and  
more  
WBD  
activities!





...and  
more  
WBD  
activities!



Thank you Morrisons!

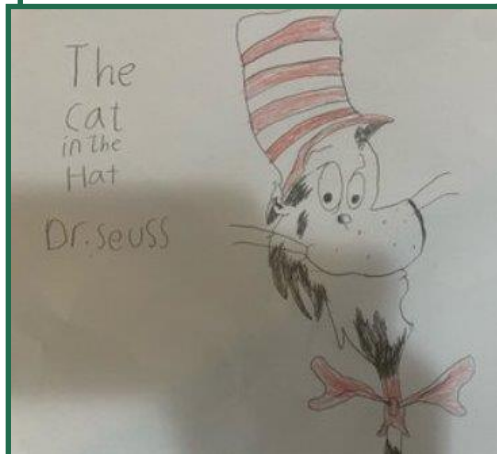
A big thank you to Morrison's Supermarket, and Charlie-Ann their community champion, who dropped of a wonderful box of books for the school this week. Much appreciated and will certainly be enjoyed by the children in the coming weeks.







...and  
more  
**WBD**  
activities!







# Home Learning this week



The emerald forest slowly starts to fade to ash grey. The beige brown paper thin building loomed over Rose. Wet puddles of unknown dusty substances surrounded the barbed wired fence. It let them see but not let them out. The look of terror stricken Rose. Penetrating cold pierced every part of the orphans body. The noise of crys for food and warmth was just making rose wish that she had something to give to them. It was 7 degrees and while rose was wraped warm the orphans were wrapped in puny clothes. There bodys were servely malnourished. All their hopes and dreams were crushed. The rancid smell of the building made Rose feel sick. The run down and coarsed building look like it provided no heat. The charcoal smoke started to fill roses lungs but would have probably filled up the orphans lungs. Legs were exposed to the cold. Soon they started to ball their eyes out but those tears were turned to ice. Frostbite covered their fingers and toes. No gloves. No boots. They just stood there. Staring into rose starteled face. But when the supervisor came out Rose hid behind a bush.

By Ayesha—Y6





# Home Learning this week

Iola's homelearning project 🥰 Iola wrote and sang a song about wild and played her piano surrounded by wild flowers! (some of which she built) 🌸



## HOW WE SHOULD HELP



WE SHOULD NOT GO TO OTHER PEOPLE HOUSES  
STAY HOM (EXEPT FOR GOING SHOPPING OR GOING TO SCHOOL) THAT WILL HELP THE NHS VERY MUCH AND WE WILL BE SAFE TO



My project  
Chicken curry

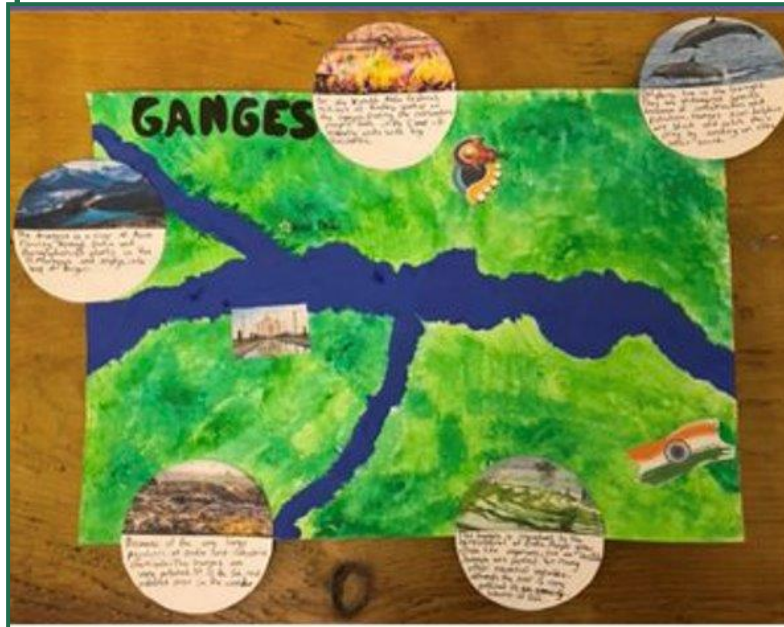
For my project I decided to cook chicken curry because I've never cooked anything for my project before.



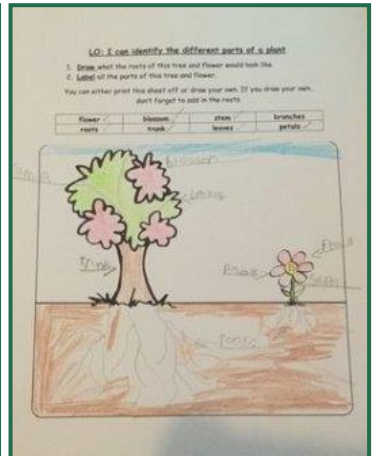
It tasted amazing!







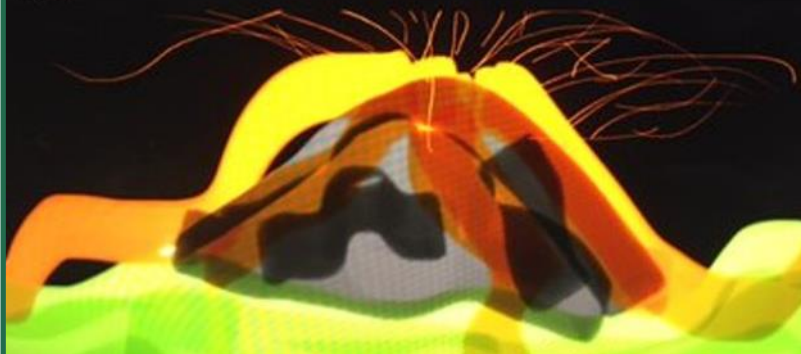
# Home Learning this week



## Volcano Facts

- Volcanoes are either active, dormant or extinct.
- 350 million people live in the danger zone of active volcanoes.
- Volcanoes can be found on land and in the sea.
- They are found where two plates of the Earth meet.
- Volcanoes can help farmland to grow good crops.
- About 1,900 volcanoes on Earth are active!
- There are volcanoes in the solar system!
- Mounta Loa in Hawaii is the world's largest active volcano.

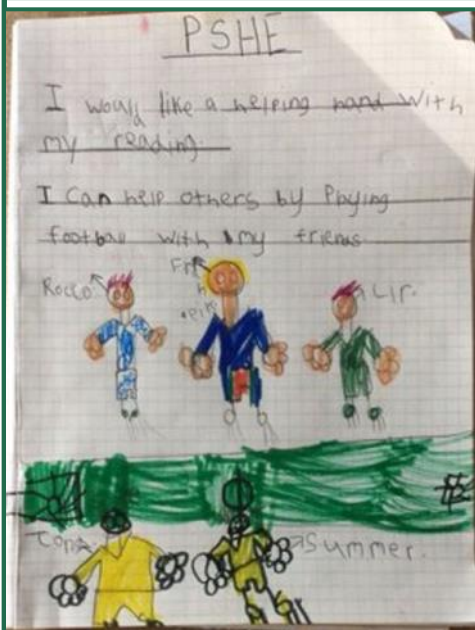
BY TADDEY



As Rose reached the end of the beautiful green forest, her heart immediately stopped beating for a split second. She saw in front of her an enormous dark brown building that loomed over a mix of soldiers and hungry lonely children. They looked at Rose with sad eyes, begging her silently to help and save them. A razer sharp wired fence surrounded the perimeter and prevented any chance for an escape. The cold snow was colder than the north pole and Rose could see the trapped children's skin had turned red.

By Anas—Y6





# Home Learning this week

Tuesday 2nd March 2021  
 Will I ever write a story ending  
 Rose was mortified by what happened yesterday so she decided to try and help the children escape from the concentration camp but Rose didn't quite know what that was yet.  
 Rose had finally got an idea after sitting around her room for about half an hour. She would go back to the concentration camp but with a pair of wire cutters and free the children. Unfortunately, it wasn't as easy as she thought.  
 After going left, right and up the hill she arrived. Rose fished the pair of wire cutters out of her pocket that she had taken out of her dad's tool box. She started to cut through the barbed wire, children start to play at her. Finally, she had cut a big enough hole for them to get through. She called over to the children to come and escape.  
 Half of the children climbed through but the guards came round to see what all the children were doing.  
 The other half stood by the fence to cover the hole. When the guards had gone the rest climbed through and they all hid in the woods of children from the camp was.  
 One of them said "Thank you so much but where will we all go now?" Rose hadn't thought that far but she said "You can hide in..."  
 She paused "You can hide in... the old house that is next to mine. We can take the woods back there."  
 The only question that Rose had was was "What is that place?"

By Earthat—Y6

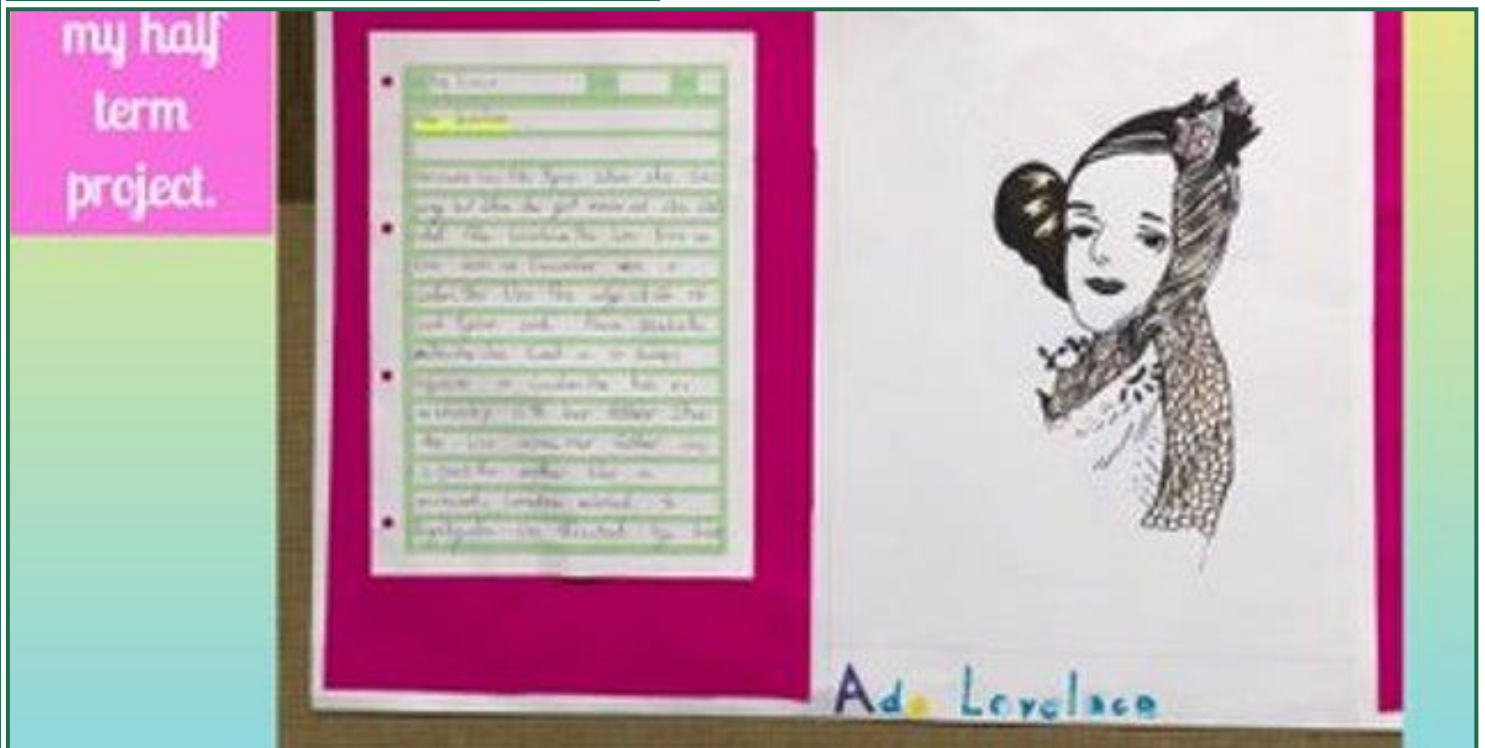
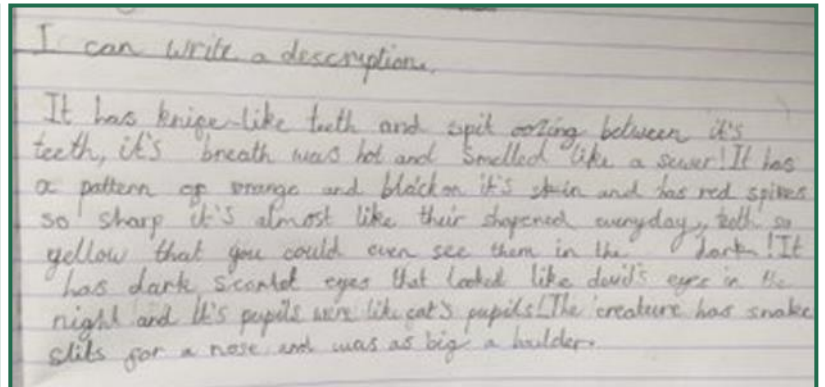
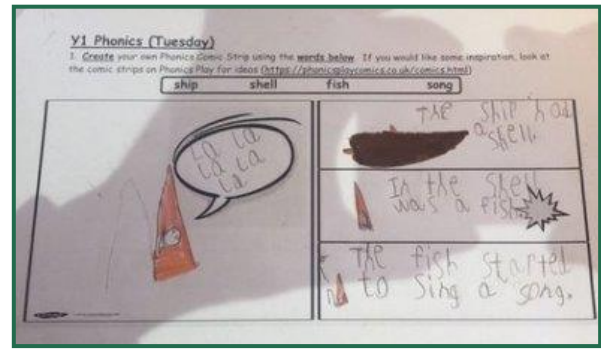
time had stopped. the sound of roses heart was beating so loud in her ears that she thought anyone could hear it from a mile away. The adrenaline pumping through her veins heightened her ability to react. rose stretched out her arms to the unsuspecting guards waist and carefully took the keys it was like a movie scene everything stood still apart from rose who was making her escape.

A sudden burst of excitement welled up in her chest. the feeling of victory overwhelmed rose as she knew that she would be able to save the trapped children from the terrible fate however this all changed within a split second an uncontrollable sneeze left rose and there was nothing she could do about it the prison guard turned around glaring at her with anger and malice he slowly walked towards rose powerless and frozen by fear rose was captured and she thrown into concentration camp with the children she wanted to save. there was no escape now she was all alone.

By Armaan—Y6



# Home Learning this week



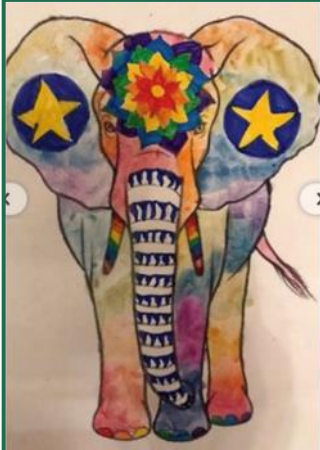


# Home Learning This Week



Re-write the poem using your own adjectives (different from the ones that Shirley Hughes has used above). Look closely at the illustrations to think about what adjectives best describe what you are writing about.

<b>Rainy</b>	clouds,	
Rain again,		
Rivers on the		
<b>grey</b>	pane,	
<b>Wet</b>	umbrellas	
In the street,		
<b>Shoes</b>	noises,	
<b>Cold</b>	feet	



PSHE

I would like a helping hand with my five times tables.

I can help my friends with their handwriting.

(3)

Go to Bed Hungry

This means children should go to bed hungry. Therefore children should have food. We need food to restore our energy and help us grow. If a child feels hungry they will feel unhappy, miserable and unable to sleep. He preventing children from not going hungry.

Bea Becoming MBE

In October 2020, Rashford was recognized by the Queen as an MBE (Member of the Order of the British Empire) for his efforts in fighting child food poverty.

Rashford has shown that in and off the pitch he is a Hero!

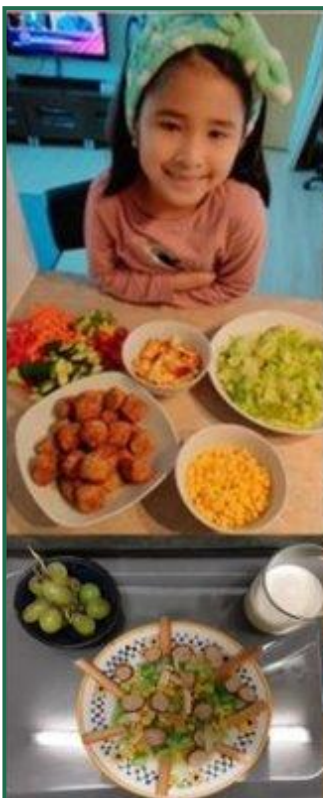




She walked further onwards only to see the grey clouds above her. It was as though all the happiness in the world had vanished. The chattering of the birds had disappeared, even the trees were silent afraid to make noise. She saw a fence, and reached out, only to get silver barbed wire slice through her freezing skin. Pools of muddy grey water surrounded Rose.

Rose carried on following the young boy in the truck, when she came across a group of children with sad, starved eyes. The shivering children saw Rose and started reaching out as if to say "please give us food". Rose gave some bread, as that was all that she had. The starving children had worked under a grey sunless sky, lacking any colour and joy in their lives. Snow scattered itself around the depressed children. Her eyes spilled salty tears as she saw the way that they were living in. The absence of the blood red sun made Rose even more upset. She hastily wiped her tears before going back to where she knew she was fortunate to have a warm dinner waiting for her.

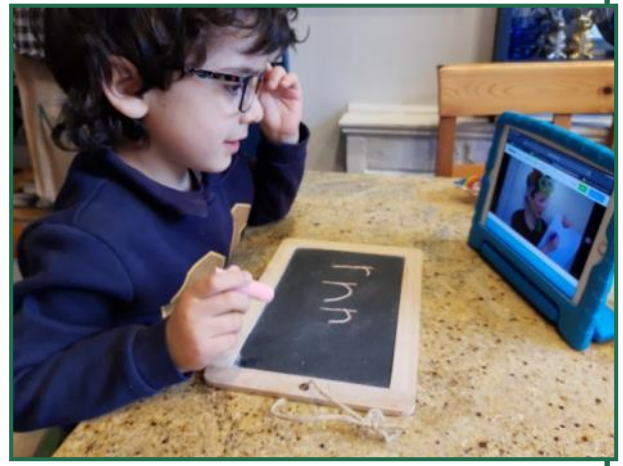
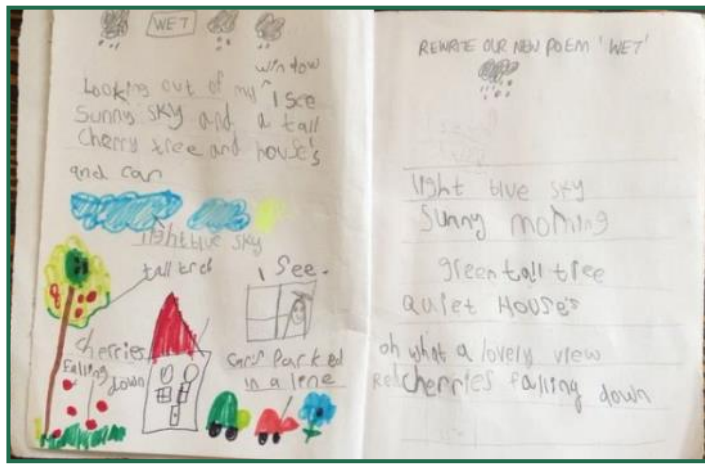
By Raaiha—Y6



Home Learning this Week



# This Week Home Learning



She peeped over the hill to see the people lying on the snowy floor and there clothes where ripped she heard one of the gaurds shouting orders at the people. Rose waited for the gaurds to leave so she could give them food and water. She waited for what felt like eternity for them to leave, there was a chill in the air. When they finally left she crept down the small hill to the barbed wire where she saw the people. She whispered to them "I am here to give you food and fresh water",

"Thank you" one of them replied.

Rose was thinking of a way to get the food and water inside she figured the best way was to throw the food over the barbed wire.

"Get ready to catch it". said Rose

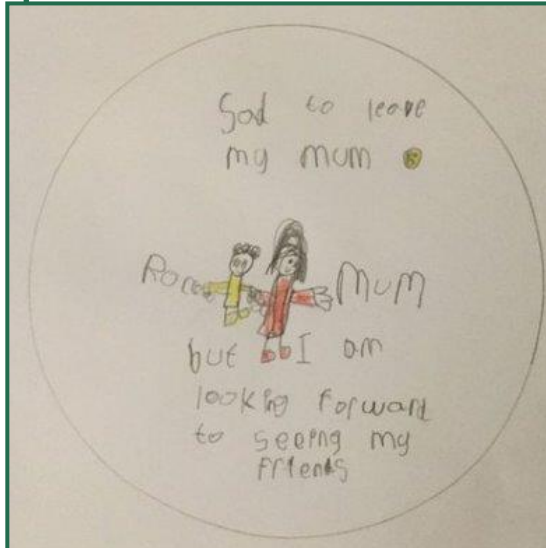
They noded and she threw it over and they caught it so it made no noise, when she threw the last bottle of water it landed on the floor which made a loud sound and water splattered everywhere. The door opened slowly...

By Ruphy—Y6



Restless days later, days of pacing, waiting for a letter or a telegram informing Rose that the children, like siblings to her, were safe. Then out of the blue, when she thought all was lost, a telegram came. She cradled it in the palm of her hand reading every letter twice to make sure this was real. 'Dear Rosemary, the beloved children are safe with Bessy, Reggie and friends. As I write this I am making my way back to Berlin in hope that we tell no one about this. Yours, Johnny xxx' She kissed it, thanking the Lord for this generosity. She hid it under her mattress where she also kept a note written in wobbly handwriting by one of the children in the camps. It only had two words 'Thank You' she treasured it with all her heart. Few days later when her Mama was cleaning her room, she was taking the sheets of Rose's mattress and pulls out what seems to be a telegram and a crumpled piece of paper. 'Rosemary, was ist das?' (loosely translated; 'Rosemary, what is this?') she said holding out the note at arms length, Rose ran up stairs, her thoughts galloping around in her head. 'Rosemary!' .....

By Frankie—Y6



This is my half term project. It's a face experiment. I filled the bottle with 500 ml of water. Then I poured some oil (popping oil) into it. One by one I put a special floating tablet into the mixture. When the floating tablet on the first tablet rubbed another one and so on. The tablets had various colours. It was very cool when the water went so high and lots of big bubbles came up and then down! If you put your ear just above the bottle you could hear the floating really loud!



You need:  
500 ml of water  
3 table spoons of cooking oil  
Special floating tablets  
One laboratory flask



**Y4 & Y5 Brass  
Practice:**

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

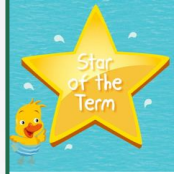
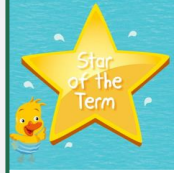
**Home Learning this week**



# 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 lockdown. 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—Delphi

For being such a super star at school and being happy and confident to join in with a range of different activities. You have been a good friend and really helpful. Thanks Delphi!

## Year 1—Hunter

For a fantastic attitude to learning! Hunter, you turn up to and engage actively with our Zoom Check-Ins every morning (even helping Ms Coulter with the technicalities at times!), you complete all your learning to the very best of your ability, your ideas are thoughtful and interesting and you put in so much effort every single day. Hunter, you are a star! Keep being your wonderful self!



## Year 2—Faiza

For the amazing story she wrote for World Book Day. Well done Faiza, you worked so hard and it was lovely to listen to you read your story. What a superstar!

## Year 3—Hunter

throughout this whole period of virtual learning, you have been so dedicated! You have put your best effort into every single task! You should be very proud of yourself - we are so proud of you!

## Year 4—Sara

Well done for a fabulous week, Sara. We've been so impressed by the quality of all the work you've produced. Your monster description was suitably scary and you handled learning a new method in Maths brilliantly, showing great resilience and perseverance. Keep it up!



## Year 5—James

You've been working really hard to make sure you get all of your learning done and pushing yourself to try more challenging tasks. In addition, you have a fantastic, positive attitude about coming back to school. Keep it up!

## Year 6—Annie

For showing such commitment to your learning throughout the whole of lockdown. You have engaged fully and met expectations well. It has been brilliant to see you develop your independent learning so well. During this challenging time, you have been a super role model to others. Keep up the excellent attitude and hard work!



# 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.

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

1. How to Talk to your 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 15 – Thoughts are not facts

Sometimes we can experience a flood of negative thoughts that can lead us to question ourselves and our abilities. These thoughts can spiral out of control and leave us feeling low and not good about ourselves. By reminding ourselves that these thoughts are not facts, we can begin to take control of them, rather than letting them control how we feel and behave. We do not have to attach any meaning to them, we can let them come in and out, give them no power and see them as clouds drifting through our minds. Remember that they are not a reflection of reality or of our true selves and we do not have to react to each one. The more we can start to do this, the more we can be in control of our thoughts and not let them affect our mood, our self-esteem and our self-belief.

Dear Parent/Carer,

The NHS mental health support team who work within your school and many others in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom. The four topics covered, scheduled dates and times are:

Topic	Day and Date	Time
Understanding and supporting your child with worries - <b>Option A</b>	Tuesday 9 <sup>th</sup> March 2021	12-1 pm 1-1.20 pm -Q&A
Understanding and supporting your child with worries - <b>Option B</b>	Wednesday 10 <sup>th</sup> March 2021	5-6 pm 6-6.20 pm -Q&A
Parent/Carer and Child interactions	Tuesday 16 <sup>th</sup> March 2021	12-1 pm 1-1.20 pm -Q&A
Routines	Tuesday 23 <sup>rd</sup> March 2021	12-1 pm 1-1.20 pm -Q&A

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

They offer two options of the same workshop on 'Understanding and supporting your child with worries'. You can either select **Option A** - 12pm on Tuesday 9th March 2021 or **option B** – 5pm on Wednesday 10th March 2021, whichever one works better for you.

To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/140783959613>.

We look forward to seeing you!

Camden Mental Health Support Team



# Fleet Happiness Project

## GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



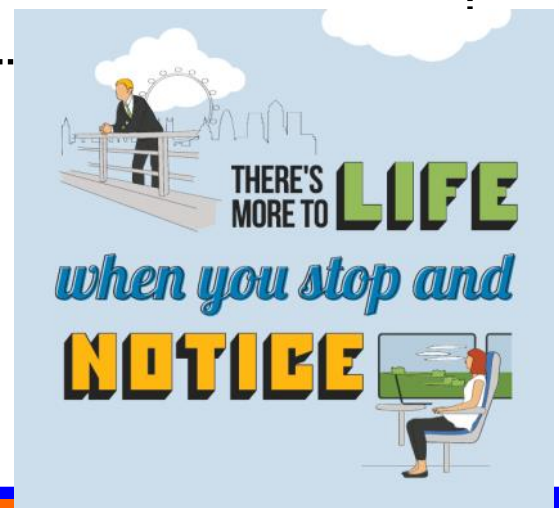
This year we're running the Fleet Happiness Project across the school. This is a project that we ran a few years ago with the aim of looking specifically at ways that we can increase our own, and others', happiness.

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](mailto: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 National Online Safety

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



## What Parents & Carers Need to Know About

# SIGNAL

12+  
App Store  
Rating

Signal is a multimedia messaging service (previously known as TextSecure) which provides secure chats between users. It is encrypted, so any intercepted communication cannot be read by attackers. Users can send one-to-one messages or set up group chats. The service is free, has no adverts and doesn't track users' location like many other messaging platforms. The app experienced a popularity boom in early 2021 as large numbers of users left WhatsApp over perceived privacy issues.

### Disappearing Messages

Messages on Signal can be set to disappear (from both the sender and the recipient's devices) a specified time after they are first opened – potentially as little as five seconds. So it is difficult to monitor the app and see what your child is talking about. Should someone behave inappropriately towards them, unless they record evidence instantly there is no way to prove what has happened – making it difficult to take the proper action.

### Risk of Screenshots

Because messages can be set to disappear on Signal, some young people assume that nobody else will ever see them and let their guard down as a result. But a recipient could still capture a screenshot of your child's message before it vanishes from their device. This screenshot – which might be of something inappropriate or deeply personal – can then be shared with others or even made public on the internet.

### False Sense of Security

The feeling of total privacy and security within the app can make young people feel like they are invulnerable – and possibly that they could get away with behaving in ways they normally wouldn't. This behaviour could range from the harmful (such as participating in cyber bullying or sharing age-inappropriate images or videos) to the extremely dangerous: perhaps chatting to strangers, who might potentially be predators.

### Vulnerability to Hackers

Like virtually any piece of software, Signal has been shown to have flaws in its security. One hacker was able to make a call to a target device using the app and could then listen in on the victim through their phone – without needing them to even answer the call. Afterwards, the hacked user was completely unaware that the eavesdropping had taken place.

## Advice for Parents & Carers

### Gather Any Evidence Quickly

If your children are old enough to use Signal, they will likely already know how to take a quick screenshot on their phone. It's best to confirm this with them, however, because if they're sent something inappropriate or offensive, they will only have a very short opportunity to screenshot it as evidence of misconduct before the message disappears. Once they've captured the screenshot, they should then come to you or another trusted adult.

### Talk about Online Bullying

Before your child downloads Signal, have an open discussion about the potential risks of this app and others like it. Ensure your child is aware of the possibility of bullying or hurtful messages on such platforms. They should understand that the app makers themselves do not help with investigating incidents – and that it may be difficult to prove someone has done something to upset them.

### Think before Sending

The messages a young person sends on Signal don't last forever, but the effects of those messages very well might – for your child and for others. You could suggest to your child that, if they're unsure whether to send a particular message, they should ask themselves if they would be comfortable showing the content to you. And if they wouldn't, should they really be sending it at all?

### Stay Updated

It's wise to make sure your child knows how to keep their software up to date by downloading the latest version. Developers will often release software updates that (as well as occasionally adding new features or improving functionality, etc.) help to fix any security flaws and stop hackers from exploiting possible weak points in the app.

### Consider Online Reputation

Talk to your child about the implications if a message they sent was made public without their consent. Remind them that once an image (for example) is out there, there's no way to control what happens to it or erase every single copy. It's a good way to get young people to start considering how their digital footprint might have repercussions on their future prospects.

### Meet Our Expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



Sources: <https://smarteq.co.uk/signal-app/>, <https://www.signal.org>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.03.2021



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



## Fleet Primary School

would like you to join their channel on Parent Hub.

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

**@FleetPrimary**

The Parent Hub app is FREE to download and use.



### What is Parent Hub?



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

### Instructions for Parents



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

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



# COVID-19 ABSENCE

Updated:  
March 2021

## A quick guide for parents / carers

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

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

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

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





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



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

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





# Coronavirus: Weekly update from Camden Council

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

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



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

## Schools and further education colleges



From Monday 8 March, all schools and further education colleges will reopen for face-to-face learning. Schools will have updated their risk assessments to ensure the necessary measures are in place to keep pupils and staff as safe as possible. Parents and carers of primary and secondary school or college age children will be encouraged to book

regular free rapid lateral flow tests – find out how below. Your child's school will be in contact but you can also find out more at [camden.gov.uk/schools-children-and-families](https://camden.gov.uk/schools-children-and-families)

## Rapid COVID-19 testing

Free, rapid COVID-19 tests with results in 45 minutes are available to these people **without COVID-19 symptoms** in Camden:

- Parents and carers of primary and secondary school or college age children
- Adults living or working in Camden who need to leave home for work
- Adults who are in close contact with others through care or volunteer responsibilities

Book a test appointment at one of seven community test centres at [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest) or call 020 7974 4444 (option 9).

You can also pick up a home test kit from the NHS Kingsgate or Ramsay Hall test centres (open 1.30 to 7.30pm every day), or find your closest COVID-19 test centre at [find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk](https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk)

If you test positive without symptoms using a home rapid test kit, you and your household must self-isolate and book a PCR test, which is sent to a lab – visit [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119. Most people get their result the next day. **Do not go to a rapid test centre with symptoms.**



I am pleased that so many residents have now received their first COVID-19 vaccination or have appointments coming up. I encourage anyone currently eligible to get your vaccine – it's the best way we can protect ourselves against the virus.

Please remember that even if you have been vaccinated, you still need to follow Government and public health guidance – keeping your distance, wearing a face covering (unless exempt) and washing your hands.

As part of the phased approach to ending lockdown, which includes schools and further education colleges opening from next week, restrictions will only be eased if the data on vaccine uptake and infections are heading in the right direction.

Thanks to the role everyone has played so far, coronavirus cases are falling in Camden and London but the virus has not gone away and we will need to keep taking precautions to make sure we don't go backwards, including regular testing. The Council is committed to doing all we can to help, and Camden are providing free rapid tests for parents and carers of school children, anyone who needs to leave the house for work, and those in close contact with others through care or volunteer responsibilities.

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

## COVID-19 vaccine

The COVID-19 vaccine is safe, effective and gives the best protection against coronavirus.



- If you're 60 or over, clinically extremely vulnerable or are in receipt of Carer's Allowance and haven't had your first dose of the COVID-19 vaccine, you can now book your vaccination at [nhs.uk/covid-vaccination](https://nhs.uk/covid-vaccination) or call 119 for free. **If you're clinically vulnerable, you can book an appointment once you receive a letter from your GP.**
- Government guidance has changed, and people on the GP learning disability register are now eligible for the vaccine. If you are on the register, your GP will contact you to book an appointment. **Please make sure you are registered with a GP and that they have included you on their learning disability register.**

If you have a learning disability and would like support with the vaccination process, call 020 7974 4444 (option 9).

### Why I got the COVID-19 vaccine

Paul Smith is a community nurse who's involved in Camden's vaccine rollout. As a healthcare professional, he's already been vaccinated and explains why he chose to have it:



**"I am very privileged to have had the vaccine so early. As a nurse, I feel very reassured that I am protected."**

## Camden libraries activities

Camden libraries together with Age UK Camden are running online 'Reading Friends' groups to connect people through reading and sharing stories. Activities include a knitting group; a poetry group; reading aloud sessions with older residents; and story time sessions for children and adults. Find out more at [camden.gov.uk/readingfriends](https://camden.gov.uk/readingfriends). To find out more about Camden digital library services and the Request and Read service, visit [camden.gov.uk/libraries](https://camden.gov.uk/libraries).



**Stay at home to 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 outside your household or bubble

For the latest information on the Government's plans to ease lockdown restrictions, visit [gov.uk/coronavirus](https://gov.uk/coronavirus)

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

