

Friday 7th May 2021

Message from the head:

It's been another busy week here at Fleet as you will see on the next few pages. Some of the writing, science and art work I have seen this week from the children has been really excellent.

As a head teacher, many of the meetings over the last few weeks have focused on the difficulties facing the children on returning to school having experienced loss of learning through the pandemic. It is sometimes easy to always look at the negatives and see the gaps, while forgetting just how amazing and resilient the children are. While there are certainly patterns and gaps we have identified across the school and are working to support, what shines out and should not be forgotten is how enthusiastic the children are about their learning. I think in some ways, the loss of school life—not just the academic support, but the social and emotional support being with friends and trusted adults in school provides—has made us all value school and the school experience even more than before. Teachers are inspired to make our topics and learning as interesting as possible, and the children are keen to devour all the knowledge they can. This enthusiasm shines through in the pages ahead showcasing your children's activities as well as on our twitter account which teachers post to regularly. Until such a time that you can come back into classes and look at displays and books, I hope you are, and will continue, to find the newsletter and Twitter useful to get a flavour of what your child is doing in school. To those of our families getting ready to celebrate the end of Ramadan next week with their Eid celebrations, I wish you all well and hope you have a wonderful end to your fasting with friends and families.

Can you help?

Prompted by the current Covid crisis in India, Oona (Y6 teacher) organised two special yoga sessions for staff and has managed to fundraise £500! Thank you Oona for your hard work arranging this. For anyone who'd also like to contribute, the charities she chose were Give India <https://www.giveindia.org/>, Mission Oxygen India <https://www.ketto.org/fundraiser/mission-oxygen-helping-hospitals-to-save-lives> and 24/7 Ambulance Network <https://www.ketto.org/fundraiser/getHelpNow>

Eid 2021

Next week marks the end of Ramadan and many of you will be celebrating Eid with family and friends. We'd like to take this opportunity to wish you all Eid Mubarak! Enjoy your celebrations.

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)

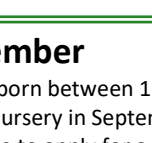
Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442> (icon shown third down)

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/>



Lunch Menu next week—10th-14th May

Meat Free Monday

Macaroni Cheese
Sweetcorn & Peppers
Shortbread Biscuit

Tuesday

Meat/Halal: Sausage Roll
Vegetarian: Veg Sausage Roll
Jacket Potato Wedges
Cauliflower & Cabbage
Pear & Raisin Upside Down Cake

Available Daily

Freshly Cooked Jacket Potato
Freshly Baked Bread

Wednesday

Meat/Halal: Roast Chicken
Vegetarian: Veg Wellington with stuffing
Gravy & Roast Potatoes
Swede/Carrot Mash & Green Beans
Yoghurt & Fruit

Thursday

Meat/Halal: Chicken Tikka Curry
Vegetarian: Chickpea Curry
50/50 Rice
Broccoli & Carrots
Peach Crumble & Custard

Friday

Meat/Halal: Salmon Fishfingers
Vegetarian: Spanish Omlette
Chips or cous cous
Baked Beans, Mushy Peas & Baked Tomatoes
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

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 0 lates—fantastic! Years 1 and 5 also did brilliantly with 1 and 2 lates each. There were 43 lates for the whole school—which is an improvement on last week but is still too high! 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 Year 3 with 98.89% - well done! This year's whole school target is 96% - this week attendance across all classes was 97.09%. Thanks 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 who will take your details and ensure your bike can be seen in the time the Drs 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: Jarod—3,332 coins

Year 3: Rayan—38,048 coins

Year 4: Ugo—3,964 coins

Year 5: Ifeoma—1,770 coins (2 weeks in a row!)

Year 6: Charlotte—19,550 coins



Fleet Facts!

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



**Year 2: Daniel, Samaarah, Samuel, Jarod,
Noah, Shajai, Jake Sullivan, Mason, Mia, Jake Sidoli**

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.

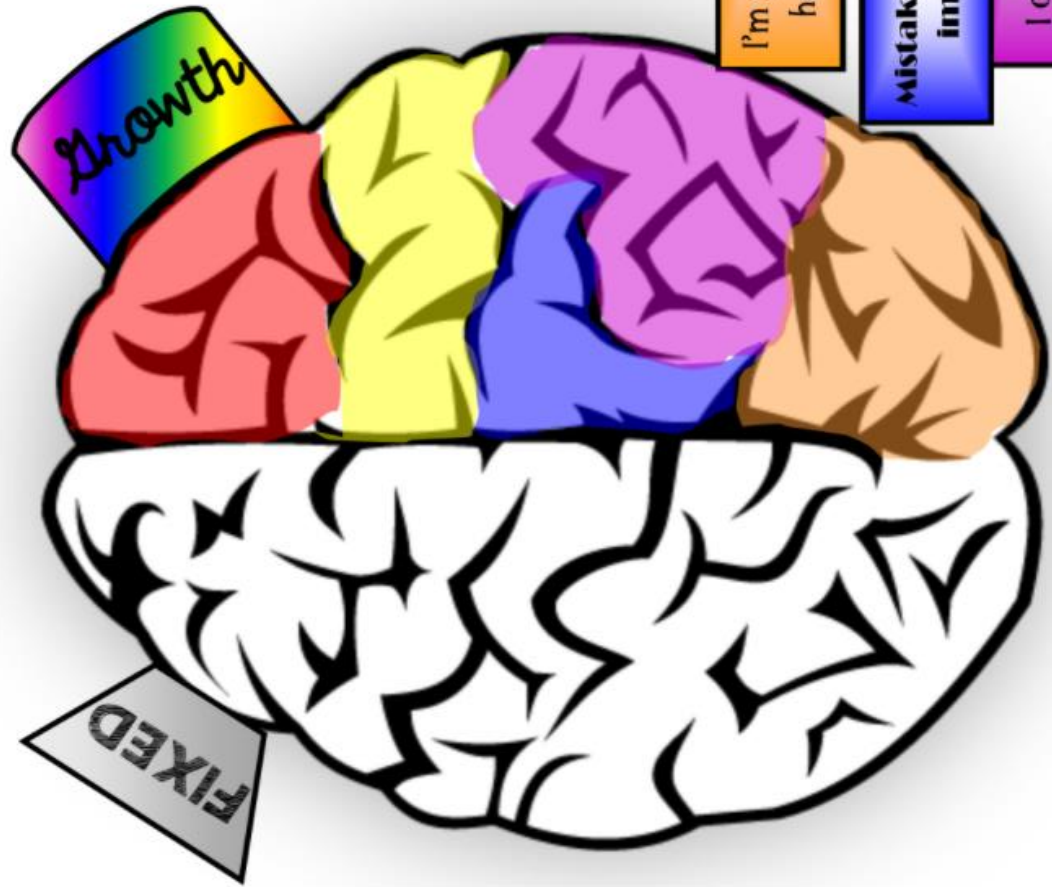
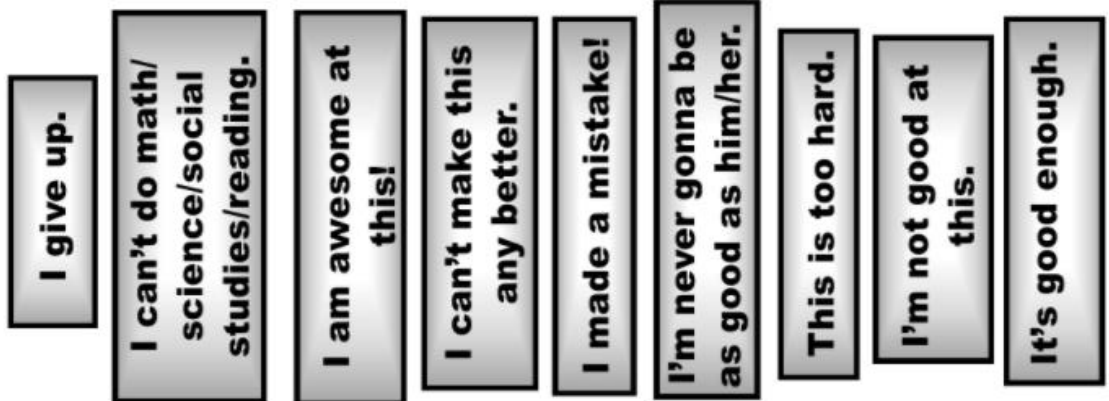
We'll be focussing on 10 themes across the year with lots of activities, assemblies and learning in class about each one.

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.



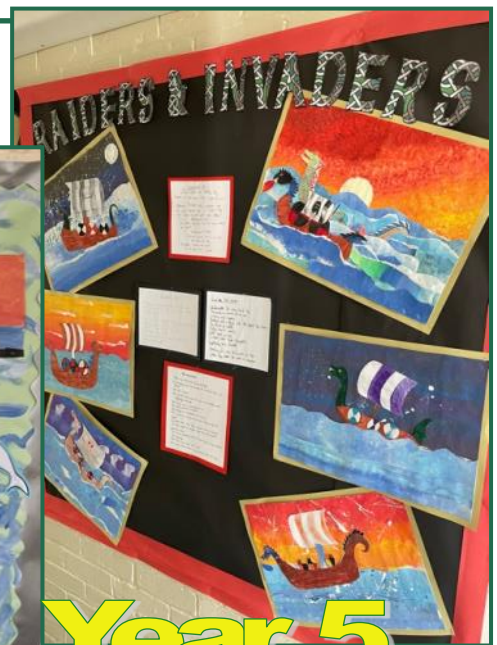
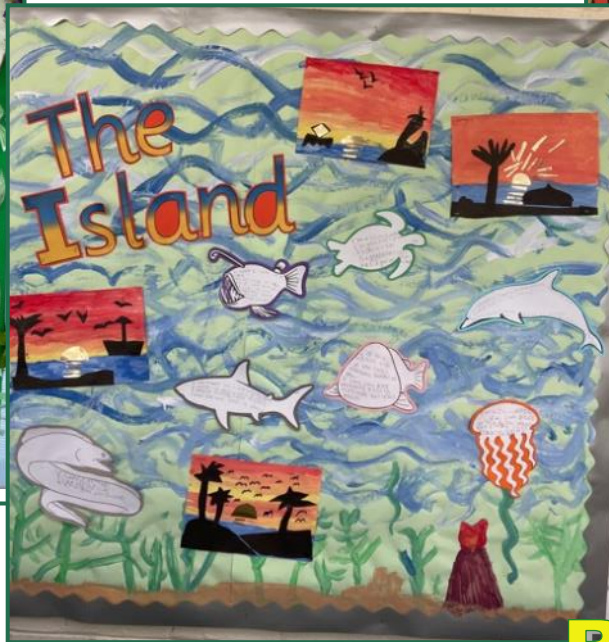
Change your words Change your *Mindset*



Year 2



Year 4



Year 5



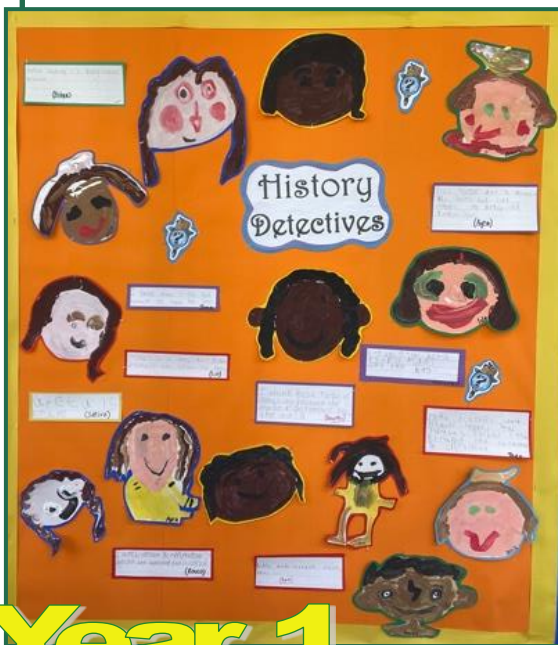
Year 6

Topic Displays

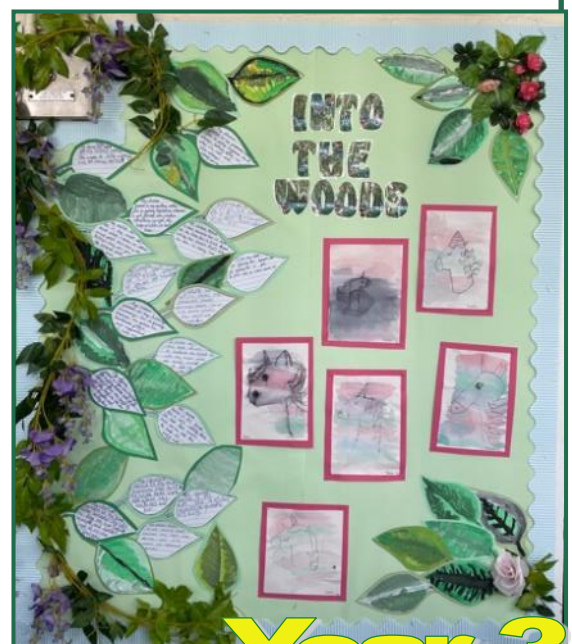
As you may or may not know, every term each class creates a display in the corridor outside Mr McGibbon's office that showcases the topic they will be learning about that term.

We know that the children love to show these off to you and we often see parents coming along at pick up to have a look and celebrate their children's work. Due to Covid your presence on site has been hugely limited and we know that means you don't get to see the wonderful displays in the classrooms or these topic displays in the corridor. This page shows you this term's topic displays—they are far more impressive in person and hopefully before the end of this academic year you will get to see them in person but in the meantime we hope these pictures give you a flavour.

Reception



Year 1

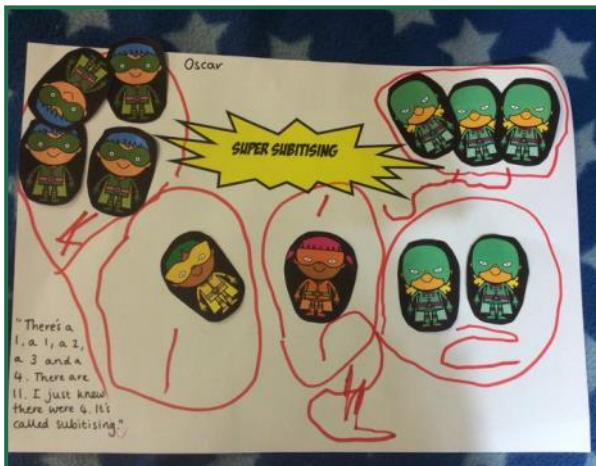


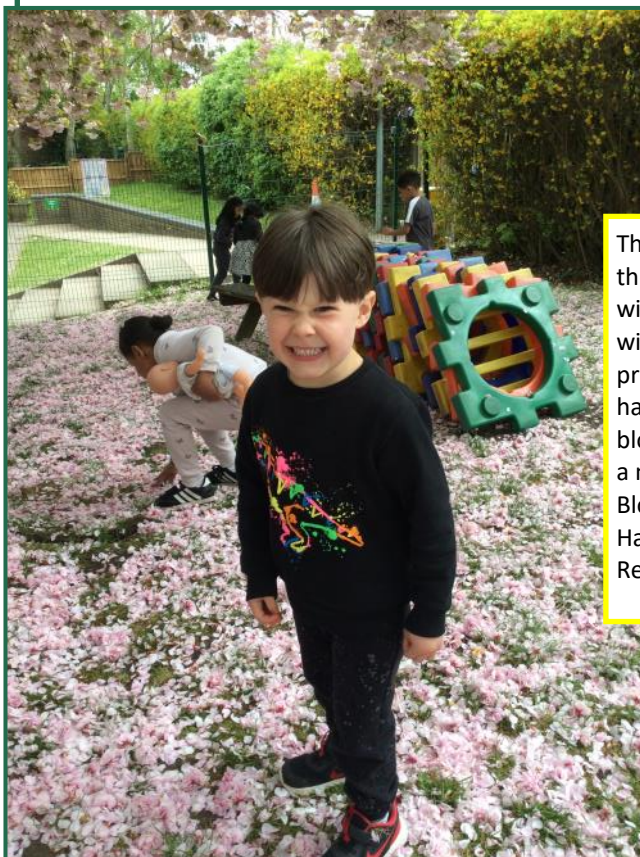
Year 3

This week in Nursery...

It's been another 'SUPER' week in nursery. The children have been making collages of themselves as super heroes flying through the sky, counting to ten with the ten little superheroes and painting villains! Keep up the good work Nursery—they are all 'Super' in our eyes!

Topic: Super Heroes & Vile Villains!

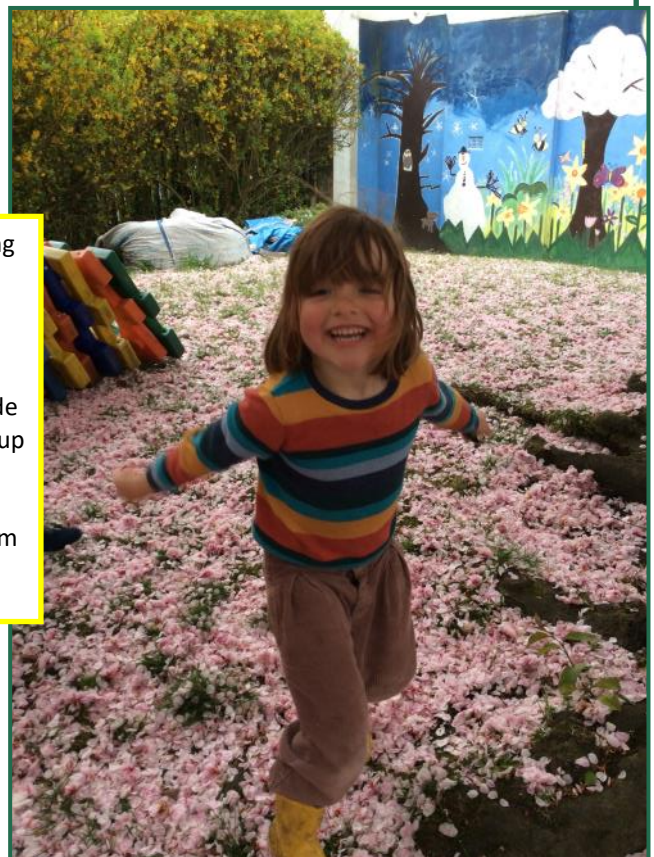


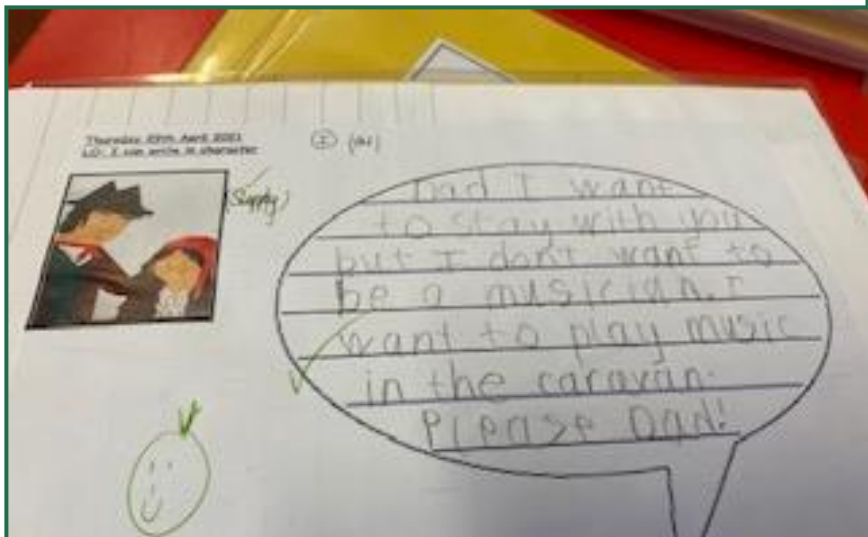


This week in Reception...

The children were letting their imaginations run wild this week playing with the blossom. They pretended it was snow, had a flower party, made blossom tea and made up a new celebration—Blossom Day! Happy Blossom Day from Reception!

Topic: Animal Adventures



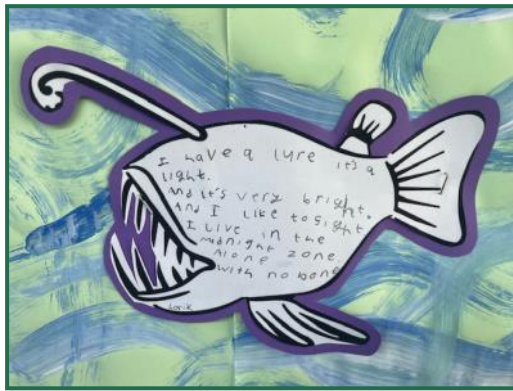


This week in Year 1...

The children had a fabulous music session with Lynley this week practicing their new song—'London's Burning'. They've also been working hard in English, freeze framing calmness and serenity to mirror the character from their book. They followed this up with writing from the main character to her father to persuade him to let her play music! Great work Year 1!

Topic: History Detectives

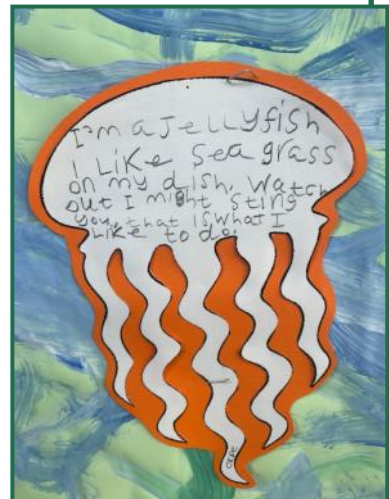
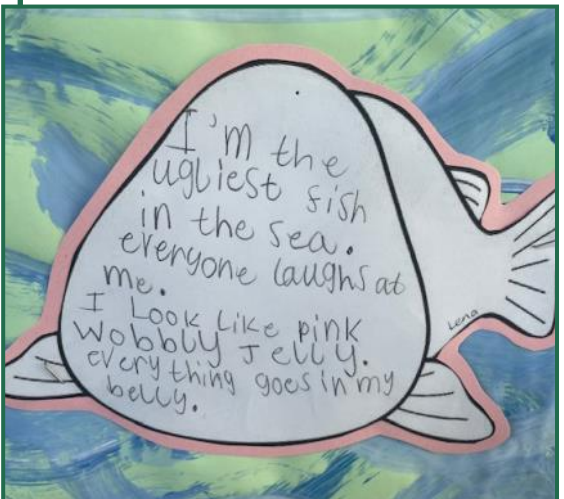
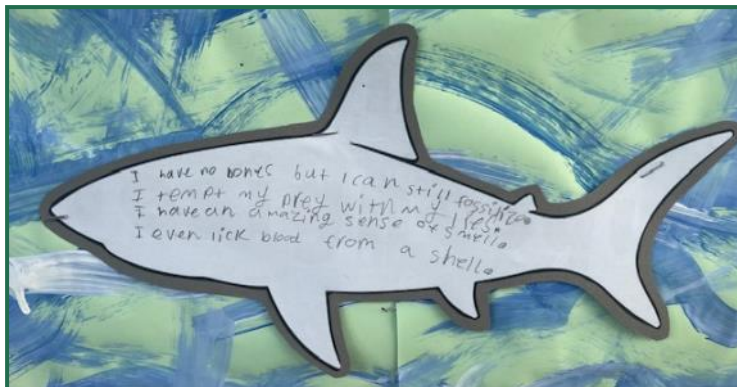
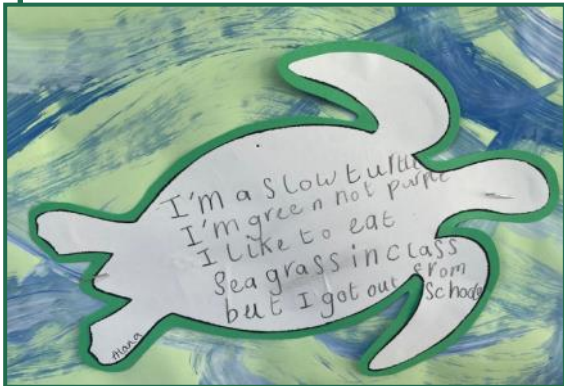


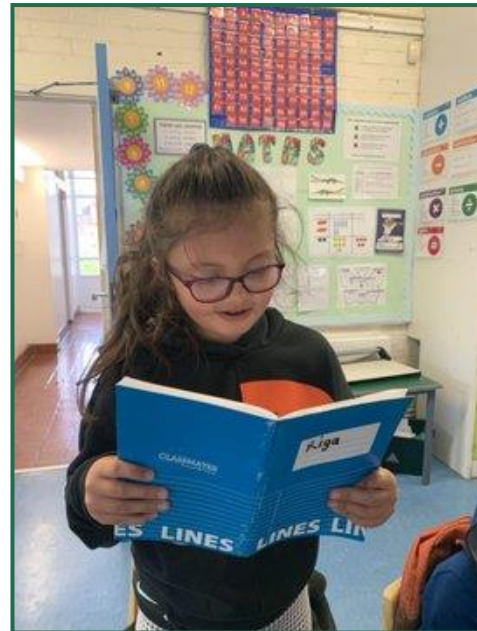
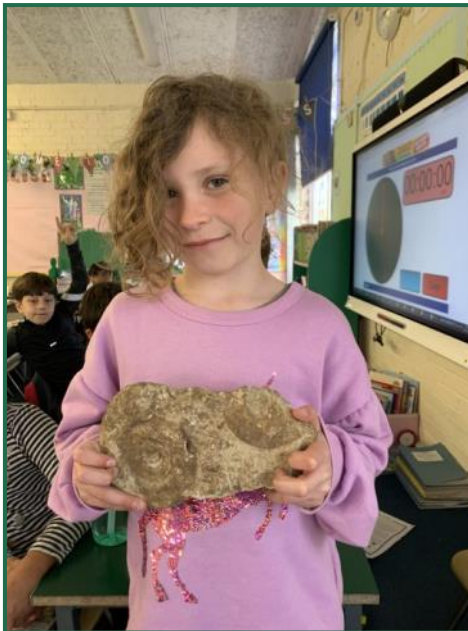


This week in Year 2...

There has been some wonderful sea creature research, art and writing going on in Year 2. Well done to them all!

Topic: The Island





This week in Year 3...

Year 3 have been busy this last week. They finished last week with some fabulous efforts in their daily mile as part of National Daily Mile day and continued into this week with some wonderful sharing from their writing book work, as well as continuing to look at fossils in science. They have also been planning setting descriptions for the 'Forest of Sin' as part of the work on the Minpins text. What a busy bunch!

Topic: Into the Woods





This week in Year 4...

Year 4 ended last week on a high with a brilliant effort on National Daily Mile Day. They carried this high level of effort into this week and have been rewarded with some exquisite art work. They have really worked hard and learnt the principles of print making to produce the rainforest inspired images you seen on this page. Well done year 4.

Topic: Into the Rainforest

Y4 Brass Practice:

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



Eye of the storm

Underneath the inky, black sky
Thousands of warriors set to sea
Crashing and tipping
Rolling and rolling into the eye of the storm.
The thirst of battle
Pulling them to islands
Gold and fortune
Swaying over their thoughts
Lightning, hail, thunder
Striking fear into the hearts of men
When they hear the roar of vikings

Vicious vast sea
Underneath the Purple Sky
Waves hit the boat like a battering ram
Lightning flicker like a broken bulb
the wind howls like a injured dog
the clouds shower hail like arrows
Pelting, pelting the sea.
It's so dark not even the moon can see through
the clouds
the boat begs for mercy
tormented by the waves the boat
tries to scurry away
believes break the boat
but the boat still stand

This week the children took part in an online 'Viking' workshop. They learnt about what life was like and the types of journeys and places they visited. As well as this they have been learning about Metamorphosis in science and writing some fabulous poetry. They've also enjoyed starting their weekly sessions with the Arsenal coaches—a busy lot!



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



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



A Viking Voyage

Underneath the inky night sky
The Pounding ocean attacks the Seafless Vikings.
BOOM! CRASH!
The Viking boat is full of salty sea water
The long boat cries for help
The boat sinking in to the deep dark ocean
As slow as a sloth. &
The deep Water Swallowing the boat
One bit at a time.

The Sly Snake

Underneath the threatening sky
The manipulative waves reach out beckoning the boat to
Come closer curious and naive the boat follows.
Boom!
The thunder Coast land as a lion,
Setting an un-easy mood to the place...
The Sly Snake that is the waves led the boat to
a cone.
Suddenly it hit her, at that moment the waves
pounded.
It was almost as if the waves were snickering.
She realised the mistake she had made
She had tricked the waves.
What would she do?



In Year 6...

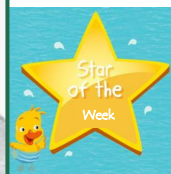
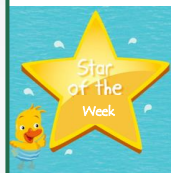
At the end of last week the children enthusiastically took part in 'National Daily Mile Day'. Then this week in PSHE the children were thinking about relationships and how they can show someone that they value them. They made friendship bracelets to gift to people we care about. In Art they created mixed media pieces inspired by their English text 'Wolf brother'. First they learnt how to draw silhouettes of wolves and then they chose how to create their final pieces. They used a mixture of pencil, chalk and oil pastels. They also used different paper for visual effect. Well done 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' - Well done to all these children, and to all the rest who might not have been picked this week but could have been.



Reception—Mahir

For sharing so much knowledge about animals with us, especially elephants. You have remembered what lots of our topic vocabulary means that we have learnt so far like habitat and hibernation.

Year 1—Amine

For increased effort and engagement during lessons, especially during our Carpet Sessions. We can see you have been trying your best, Amine, and it is paying off in the learning you are completing. Well done and keep going!



Year 2—Samuel

for your great effort and focus in English lessons. I have really noticed how hard you're working and it's lovely to see all your interesting ideas down on paper. Well done!

Year 3—Saheim

For your amazing attitude to your reading at the moment! You are so focused and have made incredible progress! I'm so impressed with your mature approach to your learning! Keep it up, superstar!

Year 4—Nasiru

Well done Nasiru, we've been so impressed with your English this week and with your focus in lessons. We particularly enjoyed the diary entry you wrote on Wednesday. Keep up the positive attitude!



Year 5—Rosie

I have been really impressed with Rosie's attitude to learning this week in English. She has been engaged and has made great contributions during our discussions on the Lindisfarne Viking raid. She also threw herself into our Arsenal Football lessons, taking control of the ball and scoring for her team. Well done, Rosie!

Year 6—Vesa

For your never wavering commitment to your growth. You engage well with all our class conversations and lessons and work hard to apply what you have learnt. You show enthusiasm in all that you do and are always keen to give things a try, no matter how challenging. I love how you can find the positives in any situation! Keep up the wonderful attitude!

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.

What Parents & Carers Need to Know about The Ofcom Children and Parents: **MEDIA USE AND ATTITUDES** Report 2020/21

Content Consumption



of children aged 5-15 watch content on video-sharing platforms (VSPs)

Most popular apps used by 12-15 year olds



Social Pressures

83% of 8-11s & 89% of 12-15s felt the pressure to be popular online

Screen Time

4 out of 10 parents found it hard to control their child's screen time



Online Safety



Only **32%** of parents use parental controls built into devices



Only **30%** use controls to restrict access to inappropriate content



Only **50%** use settings to stop app downloads or in-app purchases



2 out of 3 sought online safety advice from schools

Online Gaming: Who Plays Games Online?



55% of 5-7s



80% of 8-11s



86% of 12-15s

Posting/sharing content



of 5-7s shared content online



of 12-15s shared content online

Parental Concerns



50% concerned about pressure to make in-game purchases



45% concerned about bullying



38% concerned about content

Vulnerable Children

Children aged 12-15 are more likely to ...



Have a negative experience



Be contacted online by a stranger



Feel pressure to send photos/personal information



Rely on video-calling platforms to socialise



84%

of children who have an impacting/limiting condition used video software such as Zoom, HouseParty and Skype

NOS
National Online Safety®
#WakeUpWednesday

Sources: <https://www.ofcom.gov.uk>

8-11s

40% watch other people's live streams

8% have shared live streams

Most popular platforms:



30%



10%



10%

Live Streaming



12-15s

50% watch other people's live streams

17% have shared live streams

Most popular platforms:



38%



32%



25%



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.05.2021

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 22 –Growth mindset vs. Fixed mindset

Psychologist, Carol Dweck, identified two types of mindset: growth mindset and fixed mindset. Growth mindset is the belief that we can “grow” our abilities through hard work, a willingness to learn and being open to feedback. Fixed mindset is the belief that we can't change or improve. Research has shown that a growth mindset allows people to navigate stress more effectively and can lead to higher levels of wellbeing. To achieve growth mindset, we need to:

- Accept our imperfections
- See challenges as opportunities for self-improvement
- Replace the word “failing” with the word “learning” – when we make a mistake, we haven't failed, we've learned

Value the effort we have put in, over the end result

Practice one of these ideas each week to help you achieve a growth mindset. “I haven't failed. I've just found 10,000 ways that won't work.” *Thomas Edison*



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

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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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)

