

Friday 8th January 2021

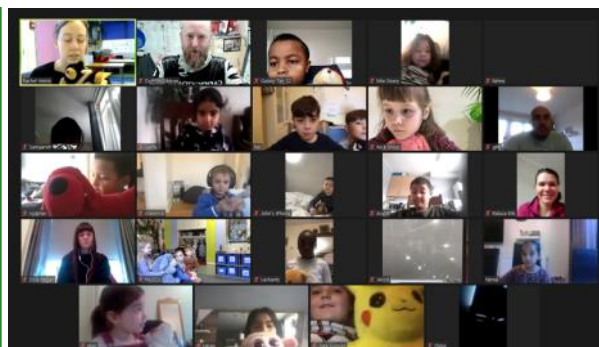
Message from the head: Not really sure where to start this week's newsletter—Happy New Year would seem to be the obvious place but somehow seems a strange thing to say at such a difficult time. I know many of you out there are currently living with the pandemic being very close to home, cases in Camden are very high and a number of Fleet families have positive cases within their families and some people very ill. Our thoughts and best wishes are with you all. I'd like to thank you all for how you have all managed with the home learning this week. I dreaded, as the situation worsened over the winter break, the announcement that we were to close—no-one in education wants to work this way but we know it is how we must for the time being to ensure everyone is safe. Like the last lockdown it is throwing up a number of challenges for us as a school and you in your new roles as defacto teachers and support staff! Our task is made even more difficult by a constantly changing landscape in terms of the guidance we are given and expected to do. I want to assure you all we are doing everything we can to support you in the best way we see fit. I am trying to balance the needs of the entire school community—children, families and staff—with what guidance from government, local authority and unions suggests/dictates—and it is not always clear! I hope you will be patient with us as we adjust. We've done our best this week to get devices out to families who most need them. We have some left and are waiting on a delivery of some more. Please mention to the teacher or TA if there are any technological barriers to accessing the work we are setting and we can try to support you. We know from our conversations that some of you are worried about the amount of work your child has to get through, while others want more. We recognise that all families and children are in different situations—if you have any worries please discuss them with the teacher when they call, or email into the office and the teacher will get back to you to address any problems. Over the coming weeks we will adjust and introduce things as we review to make this experience the best it can be. Above all at this time, I want to assure that you, your children's and my team's mental health is at the forefront of my mind (there is some useful info to support this on Page 13-16). I wish you all the very best and look forward to seeing the children (virtually!) next week. Stay safe everyone.

Assemblies

Ms. Wall and Mr McGibbon will be posting video assemblies twice a week for the children to access. The first one is up there. Please visit the website below:
<https://www.fleet.camden.sch.uk/parents/home-learning-for-school-closure-january-2021/home-learning-assemblies>

Temporary Pavement Widening Outside of Fleet—Agincourt Road Side

Following our reopening in June and continuing into last term a number of parents who were having to use the back entrance of the school due to using this new entrance, raised a concern that the pavement (between the car park and traffic lights at the junction with Mansfield Road/Fleet Road) was very narrow and that it was difficult to socially distance if you passed anyone without going onto the road. As this is also a busy road with cars often travelling fast along it at pick-up and drop-off times this was a further safety risk. Mr McGibbon also felt this was a concern and contacted Camden Council to enquire about the possibility of temporarily widening the pavement to aid social distancing as had been done in other areas of the borough during the pandemic. It has taken some time but the council now has a consultation set up to do just that. You should have received an attachment with the information on this consultation in the same message as this newsletter. If you would like to please comment, in support or otherwise, you can. It is likely that we will continue to need to use this back entrance for the foreseeable future with some classes so it would be good to make it as safe as possible. If you have not received the consultation document please let us know.



Morning Zoom sessions

Thank you to all of you who have been managing to get the children online for the zoom sessions this week. This is a different approach to the home learning than we took in the last lockdown. We think they are a really good way of getting the children ready and focussed on their day ahead and will help to provide them with a bit more structure to their day as well as an opportunity for them and the teacher to check in.

Sessions will continue using the joining details that were sent out this week. Please let the office know, as you would an absence from school, if there is any reason a child may miss one of these sessions. We expect all children in years 1-6 to take part in these sessions.

A few reminders of behaviour that is expected and helps to make the sessions most useful:

- Children should be on mute unless the teacher asks them to unmute/respond
- Please ensure the children are not typing in the chat box when the teacher is talking. They should focus on the teacher and only use the chat box if/when instructed to by the teacher
- Wherever possible, the children should be sat upright at a table/desk/counter when on the call—avoid lying on beds, sitting on the stairs, wandering around the house—this is to aid concentration and focus

Free School Meals

The government have informed us that they will be setting up a new voucher scheme for families eligible for Free School Meals but as yet this has not come through. We are in the process of setting up vouchers ourselves so that these families do not have to wait. We hope to have this in place by early next week. Lisa/Debbie will contact you once we have it set up and will then send through the vouchers to those families who are eligible.

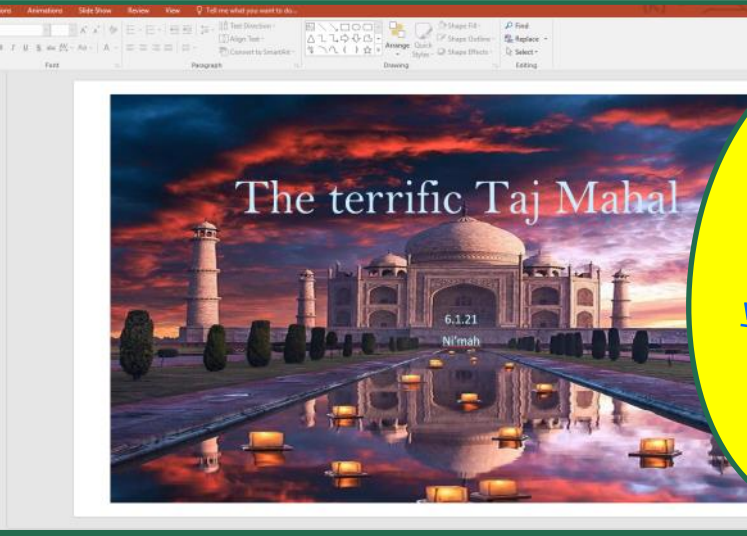
Topics

Topic Letters and Snapshots will be sent out via parenthub/text on Monday. In the meantime here are the topic titles for this term:

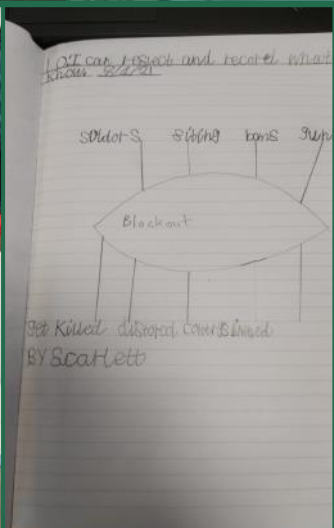
- Year 6: Blackout!**
- Year 5: To India and Beyond!**
- Year 4: Heroic Humans**
- Year 3: Hall of Flame**
- Year 2: Seeds and Thneeds!**
- Year 1: Wild!**
- Reception: Super Stories!**
- Nursery: Once Upon a Story**



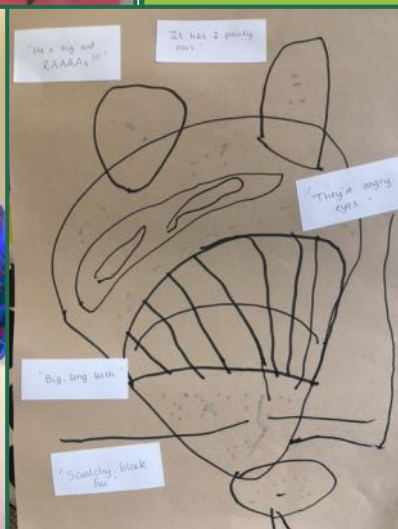
Topic Artwork from Home Learning this week: Hunter's Dragon from 'Hall of Flame' in Year 3



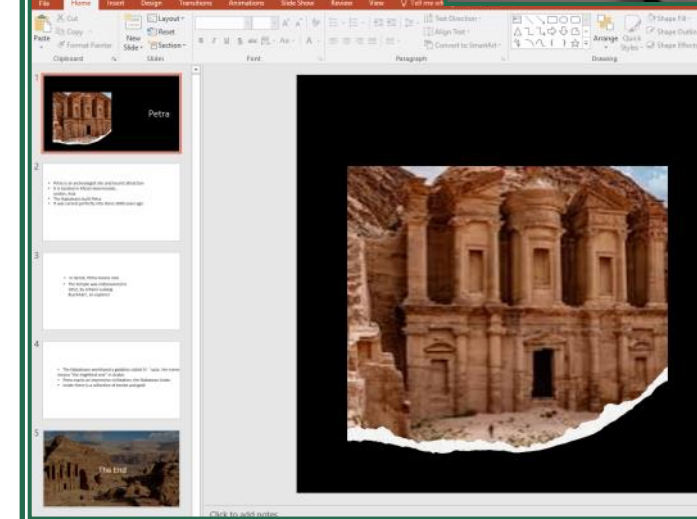
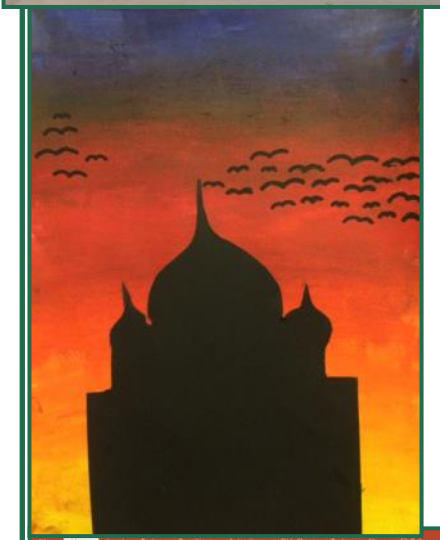
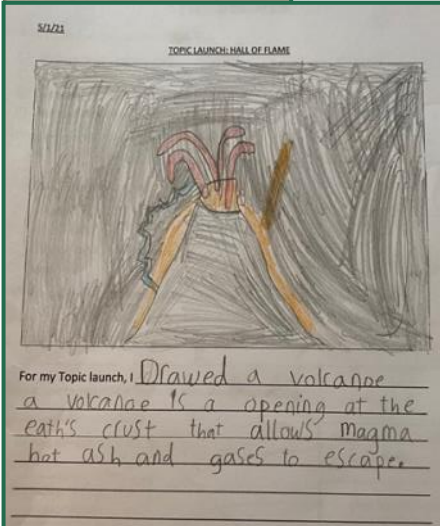
Y4 & Y5
Brass
Practice:
[https://
www.rod-n-
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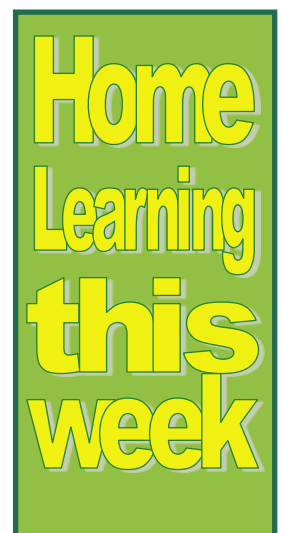
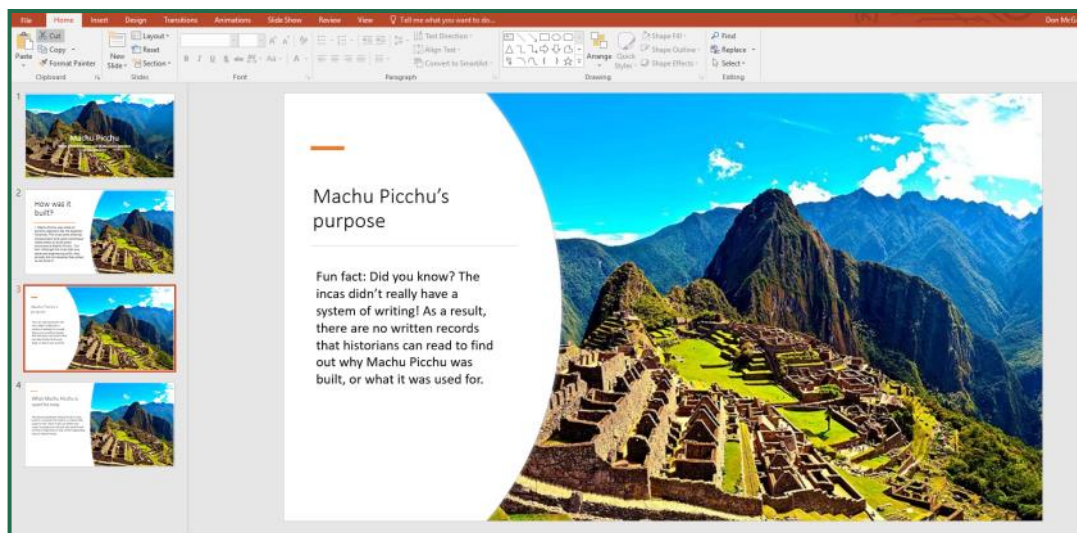
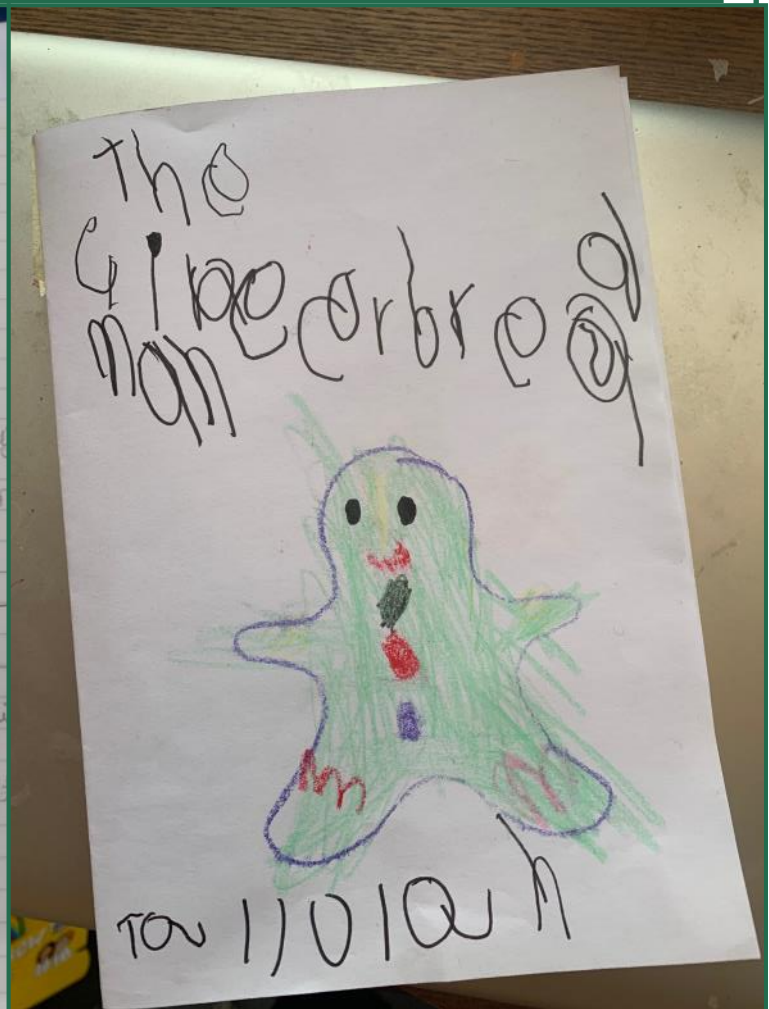
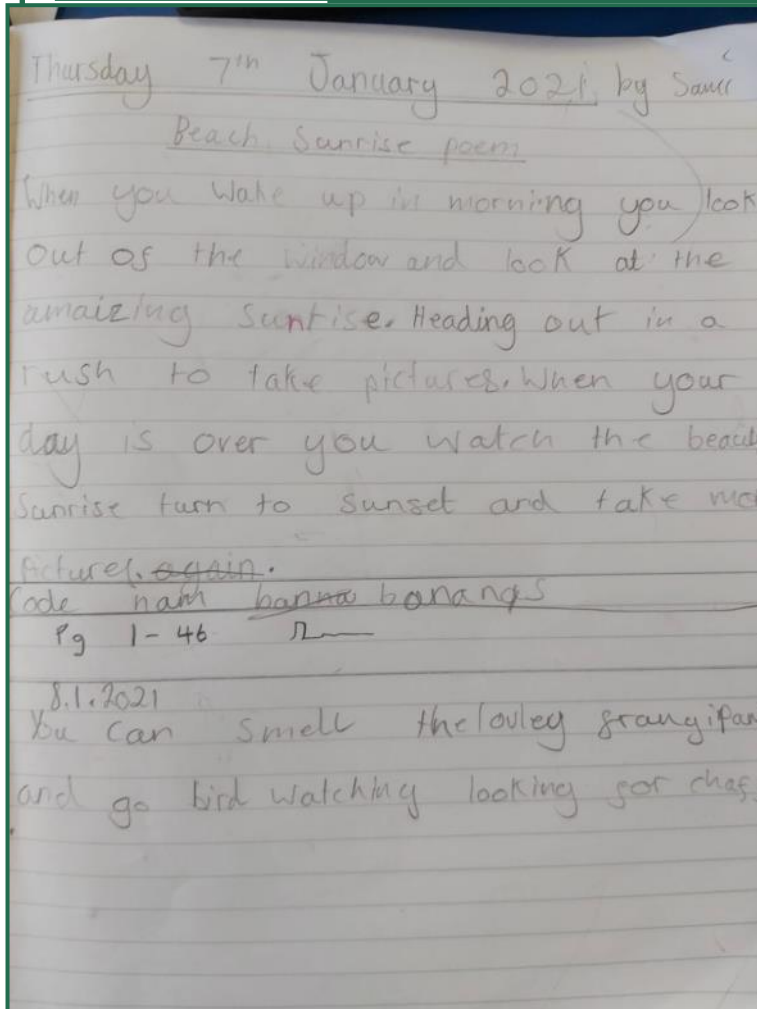
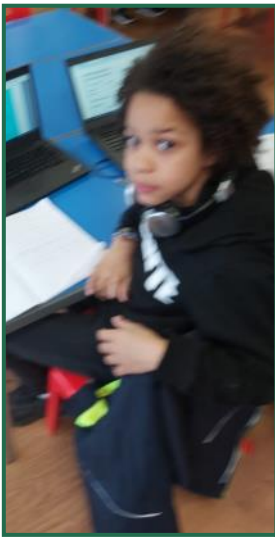


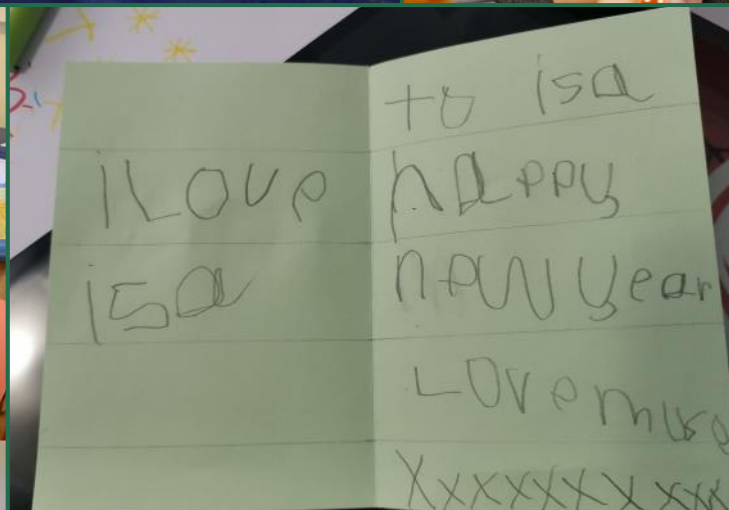
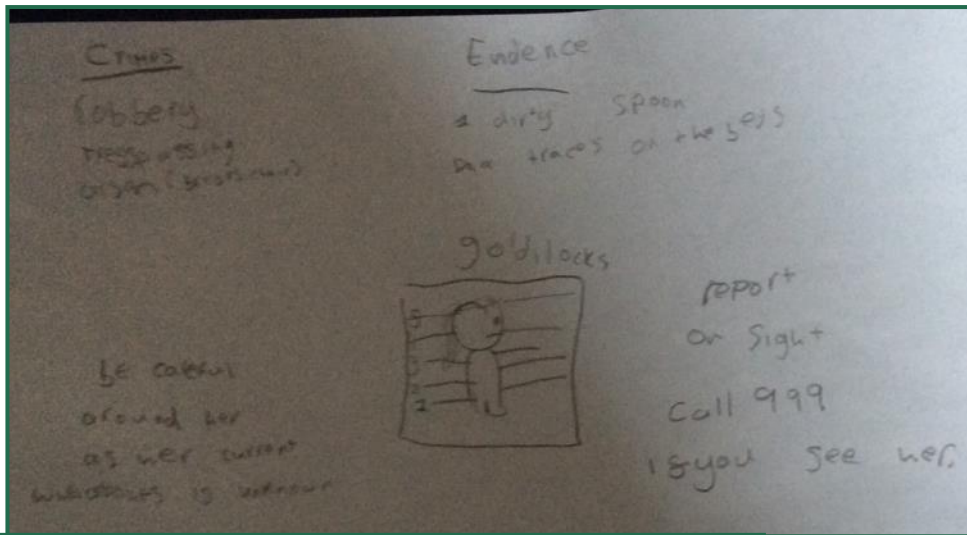
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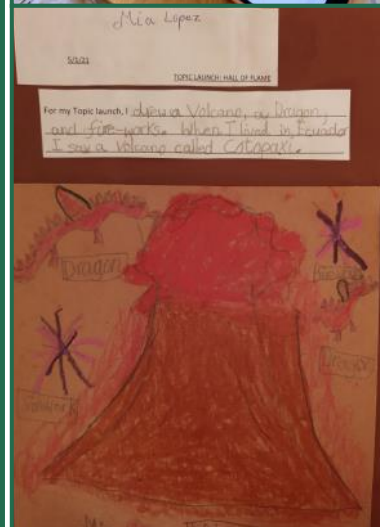
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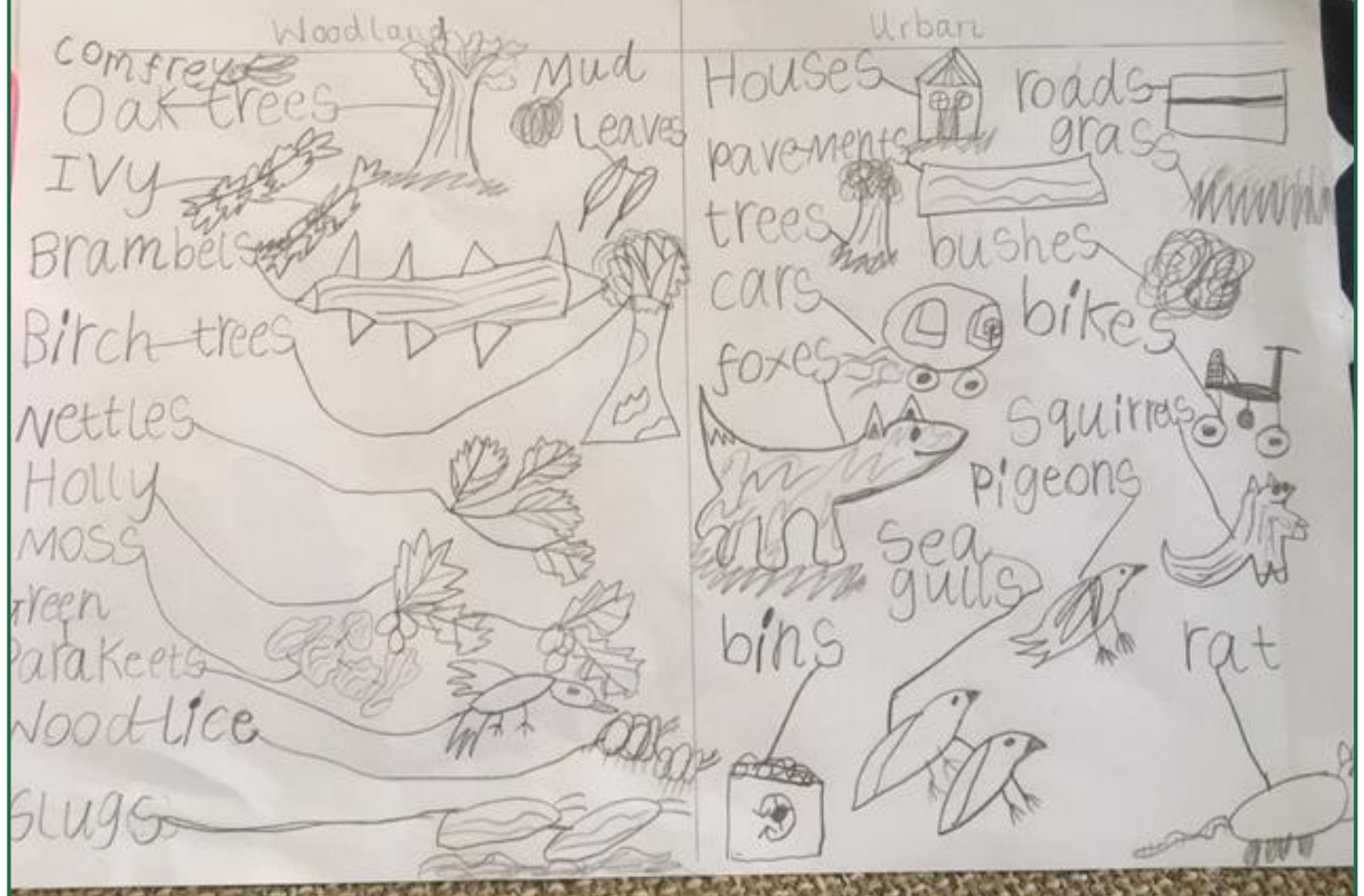




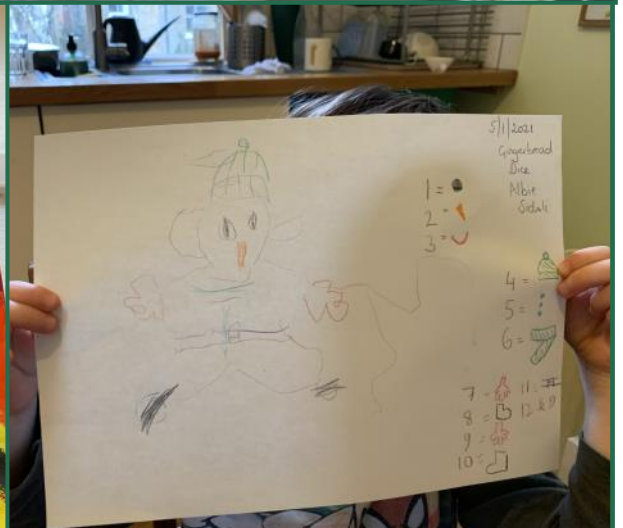


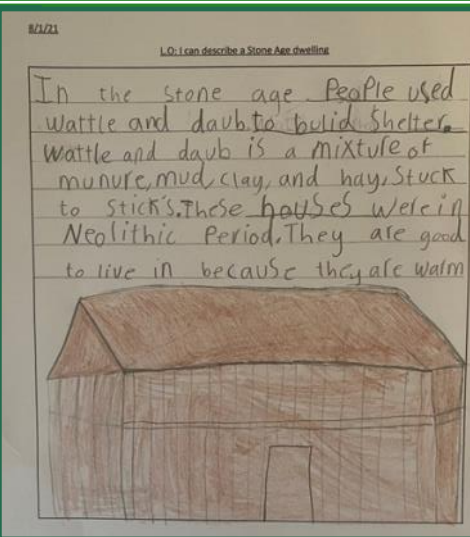
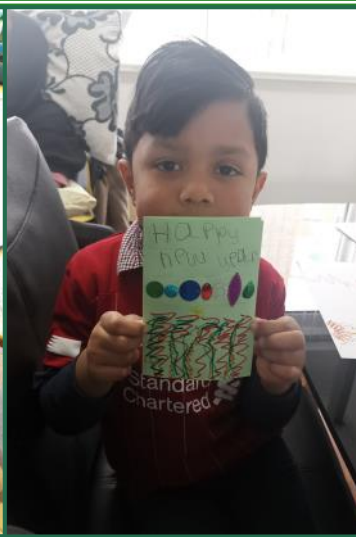
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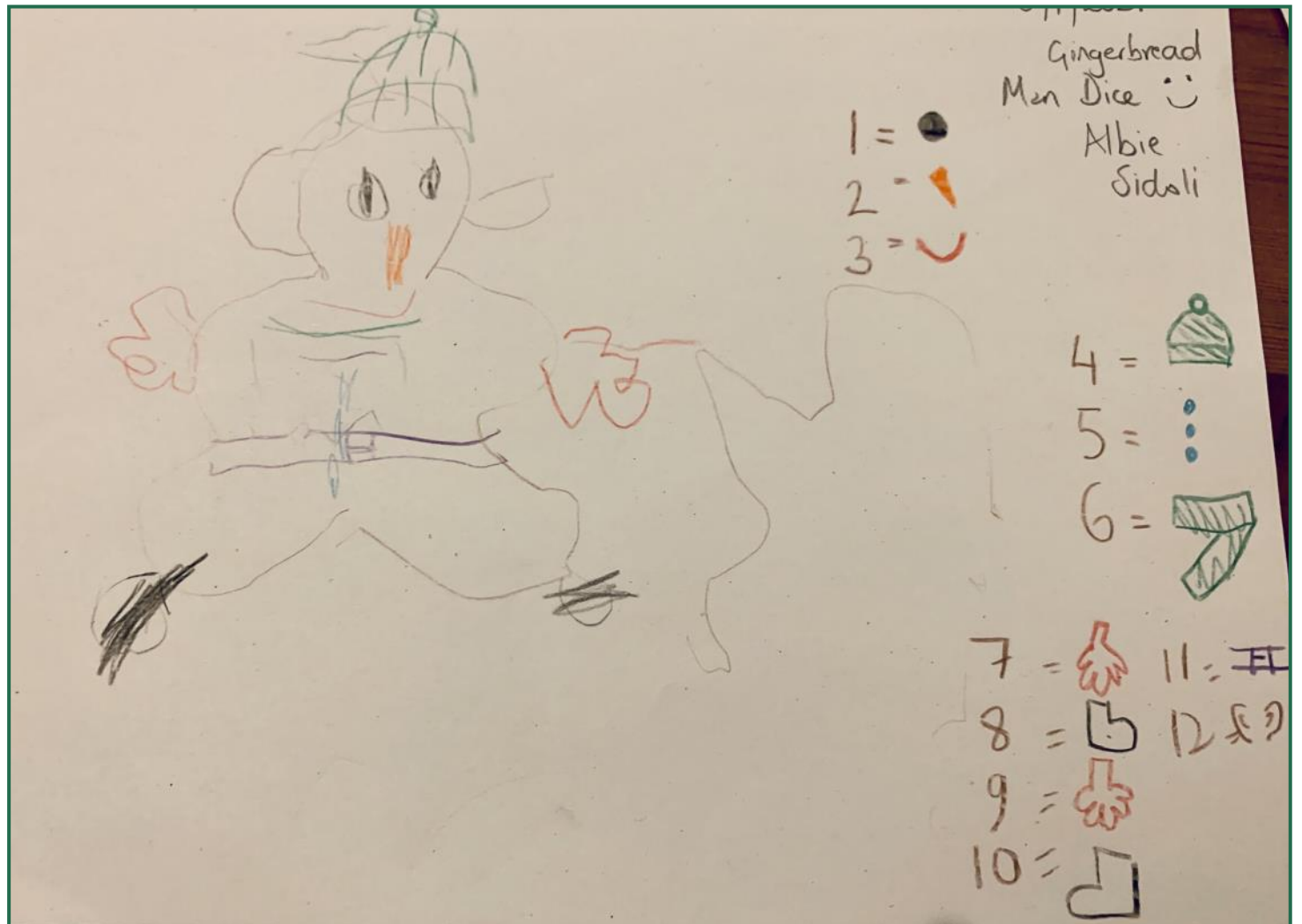
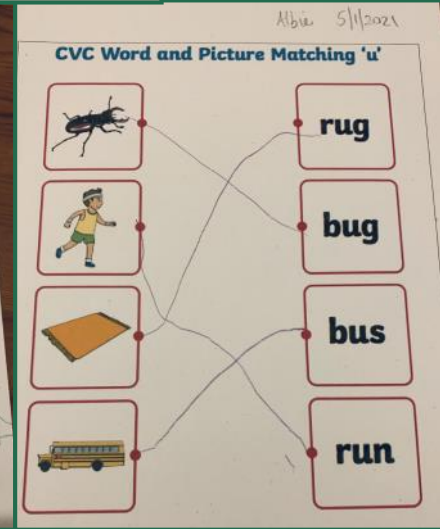
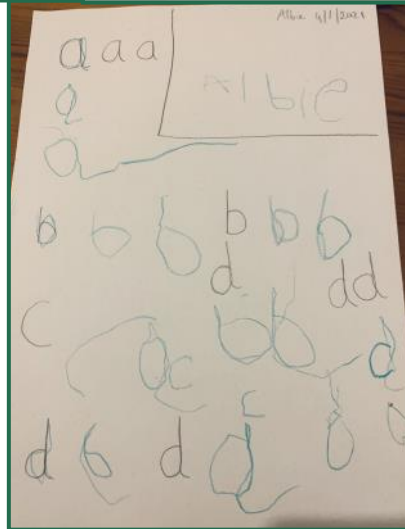


**Home
Learning
this
week**





Home Learning this week



Stars of the week!



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



Reception—Aahil

For being super chatty on the phone and working really hard on his gingerbread man. Your home learning is off to a great start Aahil, well done.

Year 1—Nico

He has not only turned up on time to every Zoom meeting this week but has also been putting lots of effort into his learning as well as starting his own independent Lego project! I am so impressed with how you have started the new term, Nico - well done and keep it up!



Year 2—Ursula

For all the effort she has put into her home learning this week. She added so much information to her Habitats task and is becoming a fantastic scientist!

Year 3—Tara

For your dedication to your home learning this week. You have such a committed approach and we're very proud of you for your efforts. Keep up this excellent attitude!

Year 4—Ryan

For great engagement with the home learning this week. We've been so impressed with how you've risen to the challenge of working from home, you're really showing us your maturity and independence. You've done some great work this week. Well done!



Year 5—Erina

We've been so impressed with your effort and focus this week. You've been working hard on all the tasks set and shown such a positive and resilient attitude! We can tell you're working hard on your handwriting too! Well done, Erina!

Year 6—Nommi

For maintaining such a high work ethic whilst working from home. For being thoughtful in your decisions and independent learning, and for your mature approach to moving through this difficult time to the best of your ability. Keep up the super attitude and 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.

Wellbeing Tip of the Week!

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

Week 8 - Gaining a sense of control

In this time of uncertainty, where we can't predict what's going to happen next, it can feel like we have little control. This can be damaging for our mental wellbeing. So, what can we do to regain that sense of control amongst the chaos? Try to create structure in your day by establishing a routine, find things around the house that you can tidy up or re-organise, take on a project that you can do at home, e.g. growing some vegetables. Having control over our life circumstances can reduce chronic stress and improve our physical health.

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/zkxwnb>
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>



Supporting Children's Wellbeing

A short guide for Parents and Carers

Over the last few months, we have had to adapt and adjust our lifestyles and routines in response to the coronavirus and lockdown.

Now, the return to school has brought about another aspect of change and uncertainty.

These tips have been suggested to help support your family's wellbeing and the return to school.

Managing Different Emotions

Acknowledge anxiety and other feelings by saying things like:

- "I can understand why you feel worried"
- "I noticed you didn't play with your friend, is anything on your mind?"
- "Thank you for sharing that with me, you are being really brave."



Create a safe space to talk by:

- Spending quality time with your child so they have your full attention
- Using eye contact to show you're listening
- Doing an activity with your child to make it easier for them to talk



Encouraging creative coping activities:



Keeping a Healthy Lifestyle for all the family



Reminding children to have healthy habits:

- Regular meals that include fruit and vegetables
- Daily exercise
- At least 8 hours of sleep each night
- Limit screen time, especially in the evenings and encourage more play and reading time

Helping Children Build Resilience

Praise the effort your child has made, rather than the final outcome:

- "I can see you worked really hard on that drawing"
- "You spent a lot of time on building that tower, I'm proud of you!"

Encourage your child to keep trying and learning from their mistakes:

- "You don't know how to do this **YET**, but keep going and you will."
- "It's OK to make mistakes, that's how you learn"



Support for Parents:

- <https://www.mentallyhealthyschools.org.uk/resources/?Audience=ParentsAndCarers>
- <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



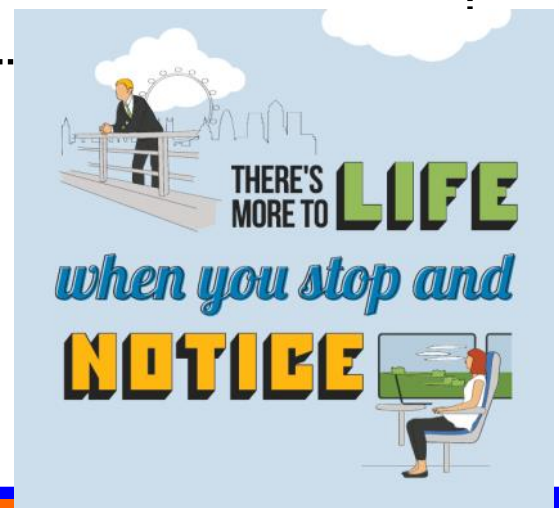
This year we're running the Fleet Happiness Project across the school. This is a project that we ran a few years ago with the aim of looking specifically at ways that we can increase our own, and others', happiness.

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.



EMERGENCY BREATHING KIT for Parents and Kids

~ for your Corona Days at Home

*With love from The Breathing Classroom Team
A program from the International Breathing Foundation*

1) Corona days - issues for both parents and kids

- People self-isolating at home at times are feeling a sense of overwhelm, anxiety, stress, irritability, excess energy, having poor sleep,.... as well as lethargy/ poor motivation to get started with home projects, irritability, loss of routine or boredom. This can be especially true with children.
- Learning how to do online learning with the kids can be a stretch - some coursework can feel boring or lacking in vitality or connection
- Covid-19 is a lung disease, perhaps with an underlying message that it's time for us to learn to breathe more consciously
- Parents can easily incorporate breaks for conscious breathing and movement and nature, as part of *'the glue'* that holds together your corona days - like a reset button

2) How Conscious Breathing can help children and parents

- Helps us set focus
- Calms and relaxes anxiety or fears, bringing peace to oneself
- Energizes and brings clarity and optimism
- Helps release built up energy in a healthy way
- Helps both kids and parents to self regulate and self soothe
- Helps with PTSD (Post Traumatic Stress Disorder)
- Helps for easing into sleep at night or nap time



3) Parents / Teachers : PUT YOUR OXYGEN MASK ON FIRST

- You are doing the most important job in the world - you want to start with care for yourself so you can care for your loved ones
- Even if your days are feeling full - find a moment just for yourself to breathe consciously - maybe it will have to be 'on the corona throne' in the bathroom!
- Start practicing the "All Ages / Adult" breathing exercises for yourself
- Try out each of the following breathing exercises by yourself first before you offer them with your kids. Each one has a script for you to follow.
- Do this in the moment, first thing in morning, before a cap nap, before meals, before bed

4) Breathing Exercises for Young children / Ages 3 - 7

- THE CORE BREATH PRACTICE All Ages/ Adult too

*Use For: To become aware of the breath, to focus, to observe
Duration: 1-3 minutes*

[YOU CAN USE A CHIME OR BELL AT THE BEGINNING AND AT THE END]
"When you hear the bell sound, close your eyes and listen until you can no longer hear it.
When you no longer can hear the bell...."

Bring your attention to your breath.
Put your hands on your belly. Feel your belly popping out as you breathe in.
Feel your belly flatten as you breathe out.
Breathe in through your nose... Breathe out through your nose... Belly rising... Belly falling..
As you continue to breathe in this way notice what you feel in your body.
Notice how your breath fills your belly and up into your chest.
Keeping one hand on your belly, place your other hand on your chest.
Notice how your hands on your belly and chest rise and fall with each inhale and exhale.
Notice how it feels... like a balloon filling up.. and then gently letting all the air spill out.
Notice how your breath fills ...
[FILL IN THE BLANK: your breath fills your hands, every cell of your brain, your legs and your feet,
your heart, your shoulders, your fingers, your throat and your voice, your eyes, etc...]
Now relax your hands and let them rest on the tops of your legs.
Bring your breathing back to its normal rhythm.

[BELL CHIME] When you hear the bell sound...listen. When you can no longer hear it,
bring your awareness back to the room - in silence.

● **THE TARZAN BREATH** All Ages

Use For: Raising the energy, fun for all ages
Duration: 15 -20 seconds

"Stand up and take a deep breath. Imagine yourself as Tarzan and start beating your upper chest with your fists. On the exhale make a sound like Tarzan with a long loud Tarzan yell."

* Repeat 2 or 3 times . You can also do this fun exercise while sitting.



5) Breathing Exercises for Elementary School children / Ages 8 - 12

● **THE RELAXING BREATH** Age 8-18 / Adult too

Use For: To relax, to rest, brings calm
Duration: 1- 3 minutes

[YOU CAN USE A CHIME OR BELL at the beginning or the end]

"When you hear the bell sound, close your eyes and listen until you can no longer hear it. When you no longer can hear the bell...."

Relax and notice your breath.

Breathe your normal rhythm... breathing in through your nose with your mouth closed... and... breathing out through your nose with your mouth closed. Notice how you feel.

As you continue to breathe, notice your inhale.

Notice how long it is... and just to yourself slowly count out how long it is.

So to yourself you might notice that it is the length of "1..2.. 3.."

On your next breath I want you to double your exhale.

So if your inhale was to the count of 3 then now make your exhale to the count of 6

it only has to be close - it doesn't have to be exact.

Continue breathing with your exhale doubled.

Notice how you feel.

Allow your shoulders to drop on the out breath and feel your whole body relax.

Continue for several breaths.

[BELL/ CHIME] When you hear the bell, start bringing your breath back to its normal rhythm."

● **THE WOODCUTTERS BREATH** Ages 3 to 13

Use For: To release anger or to let go of built up energy
Duration: 1 minute

"Stand up right with your eyes open and your legs spread apart. We are going to chop wood with an 'axe'."

Hold the handle of your 'axe' in both your hands for chopping wood.

Take in a deep inhale through the nose or mouth as you lift your hands high over your head.

As you let the 'axe' drop swiftly to chop the 'wood,' make a strong and expressive exhale making a loud sound of "Hiiiiiiiiiiii!"

Let your head and hands drop down in front like a rag doll and relax for 2 full long breaths.

Now come back up and repeat your wood chopping, followed again by hanging and breathing like a rag doll.

Repeat this 1 more time followed by a couple of sighs or a relaxing breath."

6) Breathing Exercises for High School Kids & Adults / Ages 13 - 18 / Adult

● **THE BEAR BREATH** Ages 8 and up / Adults too

Use For: Self-control breath which helps kids deal with big emotions and anger
Duration: 3-4 breath cycles

"With the mouth closed, breathe in through the nose for 2 counts

Hold for 2 counts

Breathe out the nose for 2 counts

Hold for 2 counts.

Repeat "

* Do a round of 3 or 4 breaths and feel more in control.

● **INFLATING THE TIRE BREATH** All Ages / Adult too

Use For: Energizing breath for movement and optimism
Duration: 3-5 breath cycles

"Take your bike pump in your left hand (visa-versa if you are left-handed)

Support with your left wrist near your left knee

Keep it close to your left knee and pump downwards with your right hand.

Pulling out the handle will make you straighter and breathe in.

When pumping, bend towards your knee and breathe out strongly.

Take the starting position now with the pump pulled out.

Take a deep breath and push..

Pull..Inhale / Push.. Exhale / Pull..Inhale / Push.. Exhale / ... etc.

When you stop, come upright. Arms along your body.
Close your eyes or focus on a point on the floor.
Breathe quietly and feel in your body what it has done to you. "



● THE BALANCING BREATH Age 5 - 18 / Adult

Use For: Helps reduce PTSD and anxiety when regularly practiced, balances the active sympathetic and the relaxed parasympathetic nervous systems

Duration: High school/adults start with 7-8 breaths per minute and work down to 6 breaths per minute/ for 5 minutes / 3 times a day
Younger Kids under 8 will do 8-10 breaths per minute / for 1-2 minutes / daily

A) To start

"We are going to S L O W our breath down so we can time it for having just 6 breaths per minute. To start we will practice with a stopwatch just to notice how slow that feels.

[Be ready to start your stopwatch for 1 minute]

Take a deep clearing breath in through your mouth and let your breath out through your mouth...let it go
And now we will begin. With your mouth closed, breathing in and out through the nose...

[Start stopwatch... each inhale should be close to 5 seconds long... each exhale should be close to 5 seconds long]

Breathe in through your nose, S L O W L Y [5 seconds]
Now breathe out through your nose, S L O W L Y [5 seconds]

In... 2, 3, 4 [5 seconds]

Out... 2, 3, 4 [5 seconds]

[Repeat up to 60 seconds and shift for the next 60 seconds]

B) To add movement

"Take a deep clearing breath in through your nose
and let your breath out through your nose

And now we begin...

On your Inhale: face your palms open towards the sky

and then slowly raise your arms up to sky [5 seconds]

On your Exhale: face your open palms downwards towards earth,

Slowly bring your arms down to earth [5 seconds]

Inhale... palms and arms up to sky [5 seconds]

Exhale ... palms and hands down to earth [5 seconds]

* Take your time to build up to making this a 365 practice: 3x/day , 6 breaths/minute, for 5 minutes
* Kids can take turns being an orchestra conductor leading the movement.

7) MAKING GAMES, INTENTIONS and VARIATIONS with breathing exercises

- have bubbles, balloons, feathers or other items on hand to make games for young children
- add hand, arm, foot, leg movements to breathing exercises for vitality
- make a breathing song or game for washing hands, or physical distancing
- make a breathing game with a straw in the side of paper cup and blow up rubber glove stretched on top
- make an intention with the breathing exercises of healing, protection, vitality, connection, appreciation
- notice the difference before and after breathing consciously - focus and feel deeply it - discuss this with older kids
- weave breathing exercises throughout the day: beginning of day, at meals, in Nature, before/during lessons, at moments of upset, before bed
- have crayons, paints and paper on hand for drawing or painting before and afterwards - present the art and discuss
- make this an exercise in receiving and sending healing energy to those in need, to loved ones, to self and the world
- focus on making a connection to a 'larger whole' in these times (Earth, Air, ancestors- descendant continuum,...)

8) LEARN MORE

YOU CAN SHARE YOUR EXPERIENCE/ASK QUESTIONS

- The Breathing Classroom Facebook support page

- www.TheBreathingClassroom.com

LEARN MORE ABOUT OUR FREE PROGRAMS

- *Conscious Breathing in the Classroom* : this Emergency Breathing Kit for Parents and Kids is an excerpt from this IBF program which includes a manual and training video for bringing 3-5 minutes of conscious breathing into your children's daily lives

www.TheBreathingClassroom.com

- *International Breathwork Foundation (IBF)* : Access a world of breathworkers who span the globe, a Breathing App, group breathwork online, a program for trauma recovery, a program for conscious breathing in the classroom, science and research advisors, an annual international breathwork conference, World Breathing Day

www.IBFBreathwork.org

~ For The Children and their beautiful Caregivers ~





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👤 1.8 million users

From National Online Safety

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



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

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

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

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



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

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



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

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



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

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



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

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



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

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



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

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



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

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



9. MAINTAIN FEEDBACK WITH TEACHERS

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



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

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



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

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

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



Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents




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

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

Coronavirus: Weekly update from Camden Council

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








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

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

Stay home, save lives

**NATIONAL
LOCKDOWN
RESTRICTIONS**

A national lockdown was announced on 4 January 2021 to control the spread of coronavirus. These restrictions are due to last until at least mid-February. For more information, go to gov.uk/coronavirus

-  Stay at home unless you're leaving the house for a permitted reason, in which case, stay local
-  Only leave the house to exercise once a day alone, or with people you live with, those in your support bubble or one person from another household
-  You must not socialise indoors or outdoors with anyone you don't live with or are not in a support bubble with
-  You must work from home if you can
-  You must only travel for a permitted reason and walk or cycle where possible
-  If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You should not attend work
-  Schools will remain closed until February half-term, except for vulnerable children and children of key workers

A number of grants and financial support packages are available to help businesses affected by the lockdown. More information will be available on the Government website. You can also visit Camden Council's webpages for advice and support at camden.gov.uk/coronavirus

Follow public health advice to prevent you catching or passing on coronavirus

-  Wear a face covering in indoor public spaces and busy outdoor spaces, unless you're exempt
-  Wash your hands regularly
-  Keep 2 metres apart from people you don't live with

Contact Camden Council if you need support

If you're worried about anything – including self-isolating, your housing situation, accessing a business grant, your finances, home-schooling your children or your mental health – please contact the Council for advice and support. Speak to someone on **020 7974 4444 (option 9)** or find out more at camden.gov.uk/coronavirus



The news of a lockdown is heartbreaking for so many residents already struggling. Despite the fatigue we all feel, we must continue to follow public health advice to save lives and protect each other. The last year saw so much pain but it also saw extraordinary generosity and community spirit. I know Camden will come together again to get us through a difficult winter.

My clear and heartfelt message to Camden residents is to please stay at home wherever possible. Coronavirus cases are very high in Camden so residents have a much higher risk of catching it than previously. This is a dangerous situation that requires every one of us to play a part – we continue to see rising infection levels and hospitalisations in London putting the NHS under huge strain.

Another lockdown will bring great anxiety for many residents. I can assure you that Camden and our communities are here to support you through this at this difficult time. We will also do everything in our power to support the vaccine rollout, which gives us real hope for much brighter times in the months ahead. Thank you to all Camden residents who are making sacrifices to stop the spread of the virus and to every single person on the front line working to keep us safe.

Councillor Georgia Gould, Leader of Camden Council

Got symptoms? Self-isolate and get a free test



New, persistent cough



High temperature



Loss of, or change to, sense of smell or taste

If you develop symptoms, however mild, you must self-isolate to prevent you passing the virus on and book a free test at nhs.uk/coronavirus or by calling **119**. Alternatively, you can book an appointment at the Ramsay Hall test site (W1T 5HB, no step-free access) directly with Camden Council by calling **020 7974 4444 (option 9)** – who can help you access support to self-isolate or with anything else at the same time.

Schools, colleges and nurseries

Primary and secondary schools, as well as further education colleges, will now stay closed until February half-term in line with national COVID-19 lockdown restrictions – except for vulnerable children and the children of critical workers. All other children will be learning online from home. Your child's school or college will be in touch about their arrangements.

Early years and childcare services, including children's centres, nurseries and childminders, will remain open, although staff absences (including COVID-19 related sicknesses) mean that places are being prioritised for vulnerable children and children of



critical workers.

For more information and the latest updates visit camden.gov.uk/schools-children-and-families