

Friday 9th October 2020

Message from the head: This week I kicked off Black History Month at Fleet with a virtual assembly for KS2. As part of our series of 'inspiring people' I decided to talk to the children about Dr Martin Luther King. At Fleet we believe that there are so many more things that we have in common than differences and we do all we can to celebrate difference and encourage the children to be respectful, tolerant and value diversity. Over the next month the children across the school will be celebrating and learning about the different aspects of Black History, many of which I certainly was not taught in school. While times have moved on significantly since my school days that does not mean we should be complacent and think there is no need for such an event. The daily news and political and societal goings on in this country and around the world show us now more than ever we need to ensure that our young people hear and see the positives of living and growing up in a diverse and tolerant society that celebrates the different cultures and backgrounds that make up school and the wider society. I encourage you to have conversations with your children about these things—from the youngest to the oldest in school. There are lots of great resources online and on TV/radio throughout October to support you. BBC Newsround has some fabulous resources suitable for younger children: <https://www.bbc.co.uk/newsround/54385116> For older children, and particularly secondary age, Camden has arranged some great Zoom seminars that may be of interest: go to www.camdenrise.co.uk for more information on how to sign up. I wish you all a pleasant weekend and look forward to welcoming you all back on Monday.

Agincourt Road Entrance

We currently are having to use Agincourt Road as an entrance. Please take care when walking along this pavement. The section from the traffic lights on the corner to the school car park is very narrow. Cars are often very fast on this road and going into the road can put you and your children in danger. Children are often speeding off ahead on their scooters or running which can lead to others having to go onto the road to avoid them. Please ensure you keep your children under close supervision when on this stretch of pavement. We have contacted Camden and requested that this bit of pavement be considered for temporary widening as part of the adjustments being made across the borough to aid social distancing. If this has affected you it might be helpful if you contact them too.

Attendance Policy 2020

This week the Governing Body agreed the new attendance policy. This policy is in line with DfE and Camden guidance. There is an addendum relating to the changes in place during the Covid-19 Pandemic. The policy was sent out to all families via the Parent Hub app. It is also on our website. Please take some time to read this.

<https://www.fleet.camden.sch.uk/virtual-office/policies-and-procedures>

Drop offs and pick ups

Please remember to stick to your child's 5 minute window for drop offs and pick ups and remain socially distant from other families if you come on site. Please also leave the site promptly after you have dropped off to avoid this. We are a very open and welcoming school and we hate having to say these things but for the time being we need to remain vigilant.

Individual School Photos

Individual photos will have been sent home with your child this week. If you would like to purchase photos, please order them online by following the instructions of the front of the envelope. Due to Covid, orders should not be made via the office (as specified on the envelope). Orders need to be completed by **Thursday 15th October**. If your child was absent on photo day, there will be another opportunity in the Spring Term (when the photographer returns to take class and sibling photos). Many thanks.



Do you shop online? Easy Fundraising!

School's budget is as tight as ever and with lots of extra costs due to the Covid restrictions and lack of fundraising opportunities we really need your help. Online shopping is something we nearly all do and there is a way to help raise money for the school without costing you a penny. By installing the 'Easy Fundraising' App on your phone/table or in your internet browser on your computer every time you shop online you could be helping by the company you are buying from making a donation to the school. 1000s of popular retailers are signed up to the scheme. Over the last few years we have had a small number of parents signed up and they have helped to raise over £1500 for the school. If you are not already using it, please follow the link below and join them.

1. Go to <http://www.easyfundraising.org.uk/causes/fleetps>
2. Sign up for free (or download the App if you shop on mobile)
3. Then shop online as normal!

Trips and Workshops

For the time being we are not going on any trips outside of school that require us to use public transport. We are making use of the local area, especially the Heath, as we can walk there. We have also been looking at alternatives to trips—online virtual workshops (such as one that took place this week with the British Museum) and having visitors come in to run workshops (ensuring that they follow all our Covid-19 related rules to keep everyone safe - this week the October Gallery ran two workshops in school). Just like trips we would usually go out to, these workshops (whether online or in school) do cost the school money. As our fundraising (class teas; summer fair; etc.) has been impacted and a number of extra costs are being incurred due to the Covid restrictions, we cannot offer these experiences fully from the school budget. We are going to be asking for voluntary contributions when these events are taking place as we would for a normal trip. These requests will be sent out via the Parent Hub app—please keep an eye out for notifications so you know if your child's class has a workshop coming up. We really appreciate your support with this.

Punctuality Award This week, our Punctuality award goes to Year 3 with no lates! Brilliant! 47 lates for the whole school—we need to improve (especially Year 4 and 6)!



Attendance Award Our Attendance Award this week goes to Year 6 with 99.26% - Well done! This year's whole school target is 96% - we're currently at 96.6%. Thanks to you all for your efforts so far. Keep it up!



Star of the Week Awards this weeks winners...

Well done to our 'Stars of the Week' for this week. We are very proud of their hard work and effort.

Happiness Project

Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



This year we'll be 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.

Autumn 1	Direction Meaning
Autumn 2	Acceptance Giving
Spring 1	Awareness Emotions
Spring 2	Resilience
Summer 1	Relating Trying Out
Summer 2	Exercising Happiness (wellbeing week)

The first theme that we'll be thinking about is 'Direction'. In assemblies we've been discussing inspirational people who have worked towards their goals, and the children will be setting their own goals and thinking about steps that they can take to achieve them.

Direction

Have goals to look forward to



Set a goal and take the first step to make it happen

HALLOWEEN PHOTO COMPETITION

CAMDEN MARKETS TEAM AND QCCA INVITE YOU TO
TAKE PART IN OUR HALLOWEEN PHOTO
COMPETITION BY SUBMITTING A PHOTO OF YOUR
CARVED PUMPKIN TO
MARKETSTEAM@CAMDEN.GOV.UK BY
MONDAY 26TH OCTOBER 2020.

**THE TOP 3 WINNERS WILL GET EXCITING
PRIZES.**

ONLY 1 PHOTO PER PERSON.
WINNERS WILL BE ANNOUNCED ON TUESDAY
3RD NOVEMBER 2020 ON
[t @CAMDENMARKETS](https://www.instagram.com/camdenmarkets) &
[f CAMDENMARKETS1](https://www.facebook.com/camdenmarkets1)

**VOTE FOR YOUR FAVORITE
PUMPKIN PHOTO AT OUR
FESTIVE STALL
AT QUEENS CRESCENT
MARKET**



**Saturday 31st
11am to 4pm**



Public Health
England

This poster, an information leaflet and the consent form for the Flu Vaccine have been sent to all families from Year1-Year 6 this week. Please check Parent Hub and read the info carefully. You will need to complete the consent form so your child can take advantage of this scheme. If you need a hard copy of the consent form to sign then please contact Lisa in the office. These must be returned to the school signed by Monday the 18th October for your child to benefit from the scheme.



flu: 5 reasons to vaccinate your child

1. Protect your child. The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends. Vaccinating your child will help protect more vulnerable family and friends

3. No injection needed. The nasal spray is painless and easy to have

4. It's better than having flu. The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs. If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school or in year 7 of secondary school, the school will send you a leaflet and consent form. Please sign the form and return it.

If your child has a health condition that puts them at greater risk from flu, or lives with someone on the NHS Shielded Patient List, they can get the flu vaccine from their GP.

For more information visit www.nhs.uk/child-flu

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**HELP US
HELP YOU**
PROTECT AGAINST FLU

Flu i mmunisation
Helping to protect children,
every winter

**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



*** **IMPORTANT** ***

Please Read :

What to do if my child or someone in my house is ill?

We are entering into Autumn, and with the children coming back to school and into contact with the other children in their class they are more likely to pick up illnesses than over the summer break.

In this time of Covid-19 it is important that everyone knows what to do should your child, or anyone in your house become ill.

In the case of a cold, snuffle, sore tummy etc. or other symptom that is **NOT** one of the 3 symptoms associated with Covid-19 they would only need to stay off school for the period their illness means they are too unwell to be here. Any siblings, if not ill too, are able to come to school as normal.

The indicator symptoms of Covid-19 are:

- **a high temperature** – this means you feel hot to touch on your chest or back. A temperature above 37.8C is normally considered to be high.
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If your child, or any member of the family exhibits **ANY** of those 3 symptoms then you must go online and arrange a test for them. That child or person should self isolate for 10 days and their siblings and other members of the household for 14 days, until there is **EITHER**:

A negative test result **OR** A doctor's note explaining that the symptom is not COVID-19 (e.g. the cough is not a "new" cough – i.e. is typical of the child's pre-existing health condition)

If you have only been told by 111 that they do not need to get tested but the individual with symptoms still has one of the three COVID symptoms, then we will request a GP note to confirm this information before we will consider the child returning. This is in line with the advice we have received from the local authority.

To protect our whole school community and keep everyone safe...



It is really important that anyone with symptoms is tested within 5 days. If the person is not tested within 5 days of symptoms first exhibiting then the whole household is required to self-isolate for 14 days. That is a lot of school for the children to miss and having a test can really minimise that. We know it is proving very difficult and frustrating at the moment to arrange tests but please keep trying if you are in the position that someone in the house has symptoms. In the majority of cases the test will be negative (very few children across the country are testing positive and unlike the flu, young children have been shown not to be spreaders). As soon as a negative test comes back children will be able to return rather than have to miss 2 weeks of school.

If the test is positive you must let us know straight away so we can discuss with public health and determine if we need to isolate the class the child is in and move to online learning for 14 days.

In the case of a positive test in your families all children in the family home—whether they have symptoms or not would stay off school.

If you are unsure you can phone the office for advice or call 111. To arrange a Covid-19 test go to: www.gov.uk/get-coronavirus-test



please STAY AT HOME if your child or anyone in your household has symptoms of coronavirus

Stay alert to any of these symptoms:

- A high temperature
- A new, continuous cough
- A loss of, or change to, your sense of smell or taste



If your child or anyone in your household has symptoms:

- Stay at home
- Self-isolate and get tested
- Tell your school that someone in your family may have coronavirus

Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus
If a test has been taken and the result is negative, we will then welcome your child back at school!



Does your child need urgent healthcare?

Be sure to go to the right place.



Temporary closure of children's A&Es at UCLH and the Royal Free Hospital



Some children and young people's services have temporarily changed as part of our Covid-19 response

Anyone under 18 and needing accident or emergency care should go to the nearest alternative local hospital:

- Whittington Hospital
- Barnet Hospital
- North Middlesex University Hospital
- St Mary's Hospital
- Royal London Hospital
- UCLH and Royal Free A&Es remain open for adults

For life-threatening emergencies call 999 straight away.
For more info go to <http://bit.ly/emergency-paediatric>



Does your child need urgent healthcare?

Be sure to go to the right place.

Call NHS 111 or visit 111.nhs.uk first.

Some children and young people's services have temporarily changed as part of our Covid-19 response

Anyone under 18 and needing accident or emergency care should go to the nearest alternative local hospital.

Please call NHS 111 or visit 111.nhs.uk to find your nearest children's A&E

A&Es at UCLH and Royal Free remain open for adults



*We are working to provide the best care to children and young people during the busy pandemic and winter period. This might mean your nearest children's emergency department has temporarily changed location.

For life-threatening emergencies call 999 straight away.

For more information visit <http://bit.ly/emergency-paediatric>

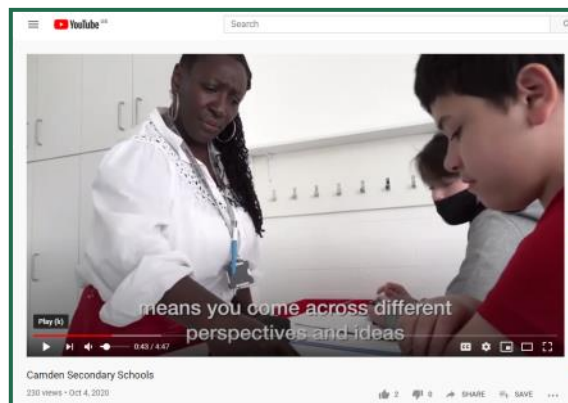


Important Information for Year 6 Parents about Secondary Transfer Events

Camden council have a film just out on what makes the secondary schools in our area stand out. You can watch it here: Secondary Transfer:

https://www.youtube.com/watch?v=db-zlk4_Kk

Also, a reminder that the deadline for secondary school transfer applications is October 31st and you can see what open days are still happening here: <https://news.camden.gov.uk/moving-on-to-secondary-school-in-camden-2021/>



Coronavirus (Covid-19) update: Many schools that test for a child's ability or aptitude have postponed admission tests until later in the autumn term. This is in response to a range of Covid-19 related issues. Despite these changes, you should still register your child for tests by published deadlines. You should also submit your online application by the national closing date, 31st October 2020. If you receive the results of the test after the 31st October 2020, you may make changes to your application preferences. This is such as to add or remove a selective school. Please ensure that you email admissions@camden.gov.uk with any changes by 10th December 2020. Changes to preference after this date will only be considered after places are offered on 1st March 2021. If you live outside Camden, contact your local authority for their policy on making changes to a school admission application.

Moving on to secondary school: The high quality teaching and supportive environment at Camden's secondary schools aims to help every student reach their potential. That's whether your aim is a place at a top university, an excellent apprenticeship or landing a great job. All Camden secondary schools are currently rated either 'good' or 'outstanding' by Ofsted. Read our latest guide to secondary schools in Camden:

[Secondary schools in Camden guide – applying for a Year 7 place for September 2021](#) (a copy of this was sent home with every y6 child, if you did not get it please call the office to let us know)

Your child will be due to start secondary school in September 2021 if they were born between 1 September 2009 and 31 August 2010. Applications for Year 7 places are open from 1 September until the deadline of 31 October 2020. [Apply online for a Year 7 place for September 2021](#)

Is your child due to start secondary school in September 2021? Find out more about what Camden schools can offer your child at open events taking place this term.

Camden secondary schools, which are all rated either 'good' or 'outstanding' by Ofsted, will each hold their own open days and evenings - though several of these will now be held 'virtually' online. Please check each school's website or call their office to check if the event is still on and how it is being held - face to face or 'virtually' online. The next page is [a poster with upcoming dates](#) (several of these events on the poster will now take place virtually or they have moved dates / times, as set out below. Some schools are holding additional events too).

Camden School for Girls will be replacing their open days and open evening this year with a virtual open event, which will be available on [the school's website](#) from Wednesday 16 September. The aim is to give parents, carers and children as full an impression of the school as they would receive from visiting the school in person, including a 'virtual tour' of the school.

For details of Acland Burghley School's open events, please [visit the school's website](#).

[Parliament Hill School](#) will run a virtual Open Evening on 24 September. The open mornings which were planned and are mentioned on the above poster will now take place at the end of the school day instead on 29 and 30 September and 1 October. The school will run an additional Open Day on Saturday 3 October. Booking information has now been published [on the school's website](#).

[La Sainte Union Catholic Secondary School](#)'s open mornings will be as advertised in our poster and secondary admissions guide but will now be held virtually online. The school's open evening on Thursday, 24 September, from 4 to 7pm, will go ahead as advertised but is by ticketed entry only - [find out more and book your place via the school's website here](#) (note: this open evening is now fully booked so if you were hoping to visit please book onto one of the school's virtual open mornings instead).

[William Ellis School](#) is also looking forward to welcoming prospective parents of Year 7 pupils to their open evening on Thursday, 24 September, from 4.30pm to 8pm. [Visit the school's website to book your place](#).

[Maria Fidelis Catholic School](#) is hosting an open event on Saturday, 10 October. [Find out more and book your place](#).

[Regent High School](#) will be running an Open Week from Monday 12 October to Friday 16 October, with daily tours from 9am to 10.20am. [Bookings have now opened on Eventbrite](#), with a maximum of 30 places available per morning.

[Meet the Parents](#) also holds [informal forums for primary parents](#) at local schools across the borough, some of which will also be held 'virtually' online and some face to face. See below for details of the Virtual event for Fleet Parents.

You can also find out more about Camden secondary schools and how to apply by reading our new [secondary admissions guide](#).

[Applications are now open](#) and the deadline to apply is 31 October 2020.



Choosing a secondary school in Camden

Open events 2020



Acland Burghley School

Burghley Road, London NW5 1UJ 020 7485 8515
www.aclandburghley.camden.sch.uk



Please check the school calendar or contact the school for the arrangements of the open morning and evening events.

Sixth Form: LaSWAP: Thursday 26 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

Hampstead School

Westbere Road, London NW2 3RT
 020 7794 8133
www.hampsteadschool.org.uk



Open evening: Tuesday 6 October, 6pm

Open mornings: Tuesdays 15, 22, 29 September and 6, 13 October, 9am

Sixth Form: Thursday 12 November, 5.30pm

La Sainte Union

Highgate Road, London NW5 11RP 020 7428 4600
www.lasainteunion.org.uk



Open evening: Thursday 24 September 2020, 4 to 7pm

Open days: 30 September, 1, 7, 8, 14, 15, 21 and 22 October, 9.30 to 11.30am (limited spaces - advance bookings required). Additional dates and times can be arranged by appointment.

Sixth Form: LaSWAP: Thursday 26 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

Parliament Hill School

Highgate Road, London NW5 1RL 020 7485 7077
www.parliamenthill.camden.sch.uk



Open evening: Thursday 24 September, 5 to 7.30pm

Open mornings: 29 and 30 September and 1 October, 9 to 10.30am

Sixth Form: LaSWAP: Thursday 26 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

The UCL Academy

Adelaide Road, London NW3 3AQ 020 7449 3080
www.uclacademy.co.uk



Open evening: Tuesday 15 September, 5 to 7pm

Open mornings: 18, 23 September and 7 October, 9 to 10.15am. Please call to book appointments.

Sixth Form: Tuesday 3 and Wednesday 18 November, 5 to 7pm

Camden School for Girls

Sandall Road, London NW5 2DB 020 7485 3414
www.camdengirls.camden.sch.uk



Open evening: Monday 21 September 2020, 5pm

Open mornings: Wednesday 16 and Friday 18 September 2020, 9am

Sixth Form: Tuesday 17 November. Tickets available Thurs 1 Oct

Banding assessment registration: register online by Tuesday, 22 September, 12 noon

Haverstock School

24 Haverstock Hill, London NW3 2BQ
 020 7267 0975
www.haverstock.camden.sch.uk



Open evening: Thursday 1 October, 5 to 7pm

Open mornings with tour of classrooms: Every Thursday from 24 September to 22 October 9.20 to 10.30am

Sixth Form: Please check our website for details of Sixth Form Open Events.

Maria Fidelis School FJC

1–39 Drummond Crescent, London NW1 1LY
 020 7387 3856
www.mariafidelis.camden.sch.uk



Please check the school calendar or contact the school for the arrangements of the open evening and Sixth Form events.

Open mornings: Every Tuesday morning throughout the school term, 9.30 to 10.30am (please note that this will be by appointment only – due to Covid-19). Please call the school office on 0207 387 3856 option 0 to arrange.

Regent High School

Chalton Street, London NW1 1RX 020 7387 0126
www.regenthighschool.org.uk



Open evening: Thursday 1 October, 4 to 6pm

Open mornings: 1, 7, 13, 19 October, 9am

Sixth Form: Thursday 19 November, 4 to 6pm

William Ellis School

Highgate Road, London NW5 1RN 020 7267 9346
www.williamellis.camden.sch.uk



Open evening: Thursday 24 September, 6 to 8pm

Open mornings: 29, 30 September and 6 October, 9 to 10.30am

Sixth Form: LaSWAP: Thursday 26 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

While most Camden secondary schools still plan to have open events for parents and the details below were correct at the time of going to print, these arrangements could change or the events may be held 'virtually' online – please check the school's and Camden Council's website for the most up to date information.



Camden Active Travel Challenge for Fleet Primary School

Monday 5th – Friday 16th October, 2020

We are calling all of our families to rise to the Active Travel Challenge!

Our school has been entered into Camden's Active Travel Challenge. Children are being asked to walk, scoot or cycle to and from school as much as possible for **2 weeks beginning Monday, the 5th of October until Friday, the 16th of October**, to help win our school some amazing prizes!

1st prize:

Active Travel Trophy to be displayed in school for the year and a 'Scoot Fit Experience' Session for all pupils

<https://www.scootfit.co.uk/scooter-experience-day>

2nd prize:

Schools to receive a fit kit bag including equipment and instructions for over 30 different activities

All children will get lots of fun prizes throughout the competition such as:
Reward badges and stickers.

For those pupils not able to travel in an active way for the whole journey for whatever reason. The following will also count towards our schools active travel total:

- Parents park 10 mins away from school and walk the remainder to school.
- Parents and children get off of the bus 2 stops early and walk the remainder to school
- Parents and children do some form of exercise for 20 minutes a day (Walk for 10 minutes twice a day, go for a bike ride, play a game of tag in the park, etc)

We are very excited about this campaign for many reasons especially in our current Covid-19 world, the importance of social distancing and avoiding public transport, where possible. We see this as something we can all do to keep all our students safe and healthy, all the while having great fun!

We will be encouraging the staff to do this too!

Thank you and we hope to see lots of you walking, biking or scooting 5th-16th of October!

CHANCE TO WIN A SCOOTER EXPERIENCE DAY FOR THE WHOLE SCHOOL!!

TOP SCHOOLS FIT KIT BAGS WITH OVER 30 ACTIVE GAMES AND EQUIPMENT!

5th October – 16th October, 2020

PRIMARY ACTIVE TRAVEL CHALLENGE

How do you get to school?

WALK, SCOOT OR CYCLE
to school and home again
to earn prizes!

Camden Learning

Camden

 **STARS**
Sustainable Travel: Active Responsible Safe
Inspiring young London

 **Transport for London**

 **Camden**

From National Online Safety

From National Online Safety, we create a healthy, thriving primary school environment for our children with the help of our staff and parents. We are committed to ensuring the safety of our children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Online Mental Health & Wellbeing Series



Brought to you by
NOS
National Online Safety
www.nationalonlinesafety.com

What you need to know about...

PERSUASIVE DESIGN

What is it?

'Persuasive Design'

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These equations are highly complicated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacts in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. iPhones have a 'downtime' feature, which automatically shuts apps off between specific times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will definitely help improve sleep patterns too. Phones emit blue light, which can trick people into thinking it's day time and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone's spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of 'alert, check, scroll'.

Action & Support

Monitor the situation

See if you can link your child's mood with the time they spend on their phone. Do they start scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal that they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhelpful relationship with social media developing, this is probably made worse by spending longer there.

Our Expert Jodie Cook



Jodie Cook is a leading expert on social media. She is the founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.

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Year 5 have been incredibly busy this week making the most of what they can do both in school, in the playground and wider afield up on the Heath. They have been investigating rocket launching in the playground, up on the Heath for two workshops—orienteering and map reading. On top of all this they have also found time to travel back in time to 1969 to interview the Apollo 13 crew about the moon landing! They came up with really interesting questions and during hot-seating gave very insightful answers.

In school this week...



To be a good interviewer, you should prepare relevant and interesting questions to ask.

The person I was interviewing was: Dr Michael Collins

My questions and their responses were:

1. What was your first job?
I was your first job that you didn't go on the moon?
"I was upset that you & I didn't get to go on the moon." It was unfair.
2. What did your friends do on the moon?
They collected moon rocks and testing gravity by dropping stuff on the moon.
3. Do you feel that you still achieved something when you didn't get to go on the moon?
I still feel like I still achieved something because with out me the rockits would have flown out into space. (infinity)

Brass Practice

Year 5 have made a fabulous start to their brass lessons with Rod. Please encourage them to practice at home. Rod has developed an online practice page to help the children.

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



Year 5

Our first forest school session took place this week in the front area of the school. Beth is looking forward to a term full of forest school learning with the children.



Year 1

Year 1 have been ever so busy over the last week. They had their Arsenal Football session, an art workshop with the wonderful Georgie from the October Gallery as well as all the usual maths, literacy and topic learning they do. They even had the chance use the VR headsets to explore the stars!

As part of their 'Paradise and the Jungle' Topic, Y6 had a workshop based on the Maya and the Aztecs with Georgie from the October Gallery. First they looked at the Art of Aubrey Williams and created their own abstract group art work, using wax crayons, pencils and water colours. They listened to traditional music from South America and closed their eyes to feel inspired. They drew and painted hieroglyphs which were used by the Maya and Aztecs as one of the very first writing systems. Then they looked at the artist Jordan Ann Craig, who is from an indigenous American

tribe. They considered how she uses her tribal heritage as inspiration for her abstract art works. They used cotton buds to create their own art inspired by one of her key pieces. Finally they combined all the parts of their art to create one composition.

Year 6



Year 3 really enjoyed their workshop with the CLC. They animated their own versions of the 'The Little Mermaid' fairy tale. They also had a lot of fun in maths, starting the week with the 'Don't Roll A Six' game. They are all working very hard and Ms. Costelloe is very proud of them all. A great start to life in the Juniors

Year 3



ROTTEN ROMANS

By:
Eva, Kai



They are made out of brick and paint. They are called villas.



Men wore knee length tunics. Rich women wore long tunics made of expensive cotton and silk. Soldiers wore helmets and armour to protect them.



Roman army's used these shields to protect and attack their enemies.



They ate bread, grapes, meat, eggs, fruit, rice and more.



They worshiped gods and goddesses like Jupiter, Mars, Venus, Apollo, Diana.



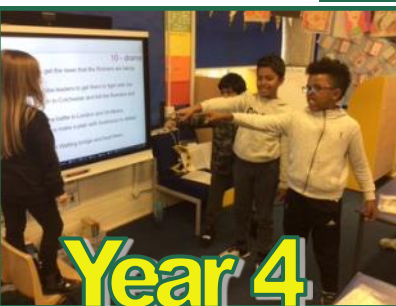
The Romans invented many things like bath houses, Olympics central heating, concrete and aqueducts.

It's been all about Roman history this week in Year 4. They've been using the 'Comic Life' app to create information posters. They also took part in an online workshop with the British Museum where they learnt all about the Frome Hoard while in literacy they have been using drama and freeze framing to support their writing about Boudicca. They have been busy!

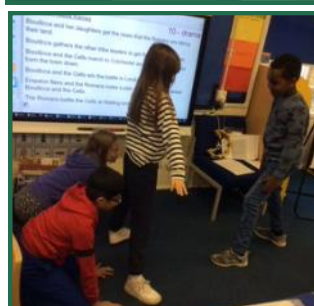
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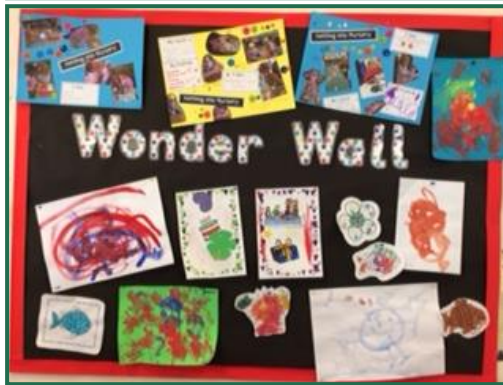
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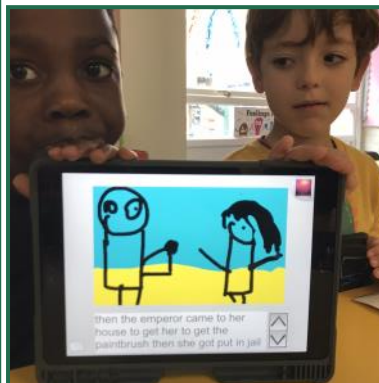
Year 4



Nursery



Another busy week in Nursery as the children build up their stamina towards full days.



Year 2

Year 2 have been showing their creative side this week with some Magic Paintbrush Stories on the 'Create a Story' app. Well done Year 2.

Coronavirus: Weekly update from Camden Council

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

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



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

Coronavirus cases are rising – keep Camden safe

As coronavirus cases continue to rise, you're at a higher risk of catching coronavirus, so it's really important that you continue to follow public health advice:



Regularly wash your hands



Wear a face covering in indoor public spaces and please make sure it covers your nose and mouth



Stay 2 metres away from people you don't live with



Don't socialise indoors or outdoors in groups of more than 6 people

For more information, visit gov.uk/coronavirus

Got symptoms? Stay at home and get tested

Look out for coronavirus symptoms:



New, persistent cough



High temperature



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

Request a test online at nhs.uk/coronavirus

OR CALL 119

World Mental Health Day

As World Mental Health Day approaches this Saturday (10 October), there are many things we can do to keep ourselves well, and support is available to anyone who is struggling or in crisis.

- Try and be kind to yourself, find time to do things you enjoy, keep active and keep in touch with loved ones. You can find more tips on looking after your wellbeing at thrivedn.co.uk/resources/six-ways-to-improve-your-wellbeing
- Whatever problems you are facing, Samaritans are there to listen – phone **116 123**
- For more information on support available, as well as advice in other languages, visit camden.gov.uk/mental-health



The challenges, loss and uncertainty of this year have had a huge impact on people's mental health. As we mark World Mental Health Day on Saturday (10 October), I know we will all continue to look out for our family, friends and community at this difficult time.

If you are struggling or know someone who is, you are not alone and there is support out there – find out more below and on our website.

We're all in this together, and I'd like to thank everyone in Camden who continues to support our community in so many ways. By continuing to follow public health guidance, helping our neighbours and being kind to ourselves, together we will get through this difficult time.

Councillor Georgia Gould, Leader of Camden Council



It's more important than ever to get the flu vaccine

The flu vaccine is safe, effective, and this year more people can get it for free. The flu vaccine won't protect you from coronavirus, but having coronavirus and flu at the same time can make you seriously ill – particularly if you have underlying health conditions.

School-aged children will be vaccinated in school (please look out for the consent form), pregnant women through their midwifery service and adults at the pharmacy or GP surgery.

Find out more at londonflu.co.uk

Does the vaccine contain pork gelatine?

The adult flu vaccine does not contain pork gelatine, but the child vaccine, administered via a nasal spray, contains a tiny amount. If you're uncomfortable with this, speak to your child's school nurse or GP to ask for the adult vaccine.

Kickstart for young people's careers



The Council is calling on Camden businesses to join the Kickstart Scheme to create job opportunities for young people struggling to get a foothold in the pandemic-hit local job market.

Businesses are encouraged to get involved in the £2 billion Government initiative, which aims to create thousands of six-month, paid work experience placements.

The scheme is open to 16 to 24-year-olds in receipt of Universal Credit and who are at risk of long-term unemployment.

The Council is working with local employers to create roles and has committed to creating 200 placements, including 30 within the Council paid at London Living Wage.

Visit camden.gov.uk/kickstart-scheme to find out more.

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

