

Friday 10th September 2021

Message from the head: Welcome back to another busy Fleet school year! Seeing the children being able to move round school in a more normal way after the last 18 months and return to having assembly in person and eating together in the dining hall has been fantastic. Teachers and children have been immensely busy already, getting stuck into their amazing new topics and doing some baseline assessment work in readiness for all the new learning ahead through the year. To those of our families who celebrated Rosh Hashanah this week and have Yom Kippur next week I wish you all the best for your new year. We have a busy newsletter this week.

Gender Equality: During our INSET training last week, we completed a workshop with the organisation, Lifting Limits. They work in the arena of Gender Equality, supporting schools to ensure that this is integral to their ethos and curriculums. It was such a fantastic session with all staff I think taking something away from it to help us in our practice and to help us ensure that none of our conscious or unconscious biases or stereotypes should limit or restrict in any way the children, boys or girls, in their opportunities or ideas. We will be working with them throughout the year and using our learning to develop our curriculum as well as having specific lessons and assemblies across the school dealing with the issue of gender equality. We will also be delivering some parent sessions in the future which I would encourage you to come along to. We have included a 'Guide for Families' in this newsletter—please see page 6.

Curriculum Meetings: Next week are the curriculum meetings for Year 1-6. For this term, as we come out of the previously imposed restrictions and while infection rates in Camden and beyond are still high, we are doing these meetings via Zoom. Please make every effort you can to attend as this meeting will go through lots of important information. We will send out the joining details for each class' meeting on Monday. Keep an eye on your ParentHub app for this coming through. Topic Letters and Snapshots will be sent out after the meetings.

Free School Meals: Please see the information Lisa has included on the bottom right of this page about free school meals. Even if your children currently receive the universal free school meals as they are under 7 you should still apply for this if you are eligible. Much of the funding a school receives, including the Covid recovery funding, is linked to free school meal numbers. In a time when our budget is incredibly stretched we need to ensure we receive the funding we should so please do look whether your child may be eligible.

Clubs: You should have received a letter earlier this week to sign up your child for this term's clubs. Lisa has gone through these and has now sent out the club offers. The majority of children were able to get their first choices. However, if your child did not then they will be priority next term when the clubs change again. I'd like to say a big thank you to Annie (parent to Tabby) and the staff who have volunteered to run clubs. If you haven't applied yet please contact Lisa to find out which clubs have spaces left. It's not too late to volunteer to run a club should you want to. Just let the office know what you'd like to do and when you are available.

Finally, I'd like to thank you all for helping the first full week back go so smoothly and for your continued support of Fleet. I am looking forward to a hugely successful year. Have a great weekend!

What an inspiration—please support!

Below is a link to Louise Looney's fundraising page. Louise (mum to Mickey and Isabelle) is taking on the incredible challenge of running the London marathon in a few weeks. She is raising money for the charity Brain Research UK. Please visit the link to read Louise's moving story and why she has chosen this charity. We are in total awe of Louise and want to help her to achieve her fundraising goal. Good luck Louise—we're all rooting for you at Fleet.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=LouiseLooney&pageUrl=1>

Lunch Menu next week—13th-17th September

Meat Free Monday

5 Bean Chilli or Veg & Bean Fajitas
Broccoli & Sweetcorn
Yoghurt & Fresh Fruit

Tuesday

Meat/Halal: Cottage Pie & Gravy
Vegetarian: Shepherdess lentil pie & Gravy
Garden Peas & Carrots
Rhubarb Crumble & Custard
Yoghurt & Fresh Fruit

Available Daily

Freshly Cooked Jacket Potato
Freshly Baked Bread

Wednesday

Meat/Halal: Chicken Drumsticks
Vegetarian: Lentil & Basil Puff Pastry Whirl
Gravy & Roast Potatoes or Rice Green Beans & Sweetcorn
Yoghurt & Fruit

Thursday

Meat/Halal: Sweet & Sour Chicken
Vegetarian: Sweet & Sour Veg & Butterbean Egg noodles
Green Beans & Mixed Veg
Eve's pudding & Custard
Yoghurt & Fresh Fruit

Friday

Meat/Halal: Breaded Fish
Vegetarian: Red Pepper & Cheese Frittata
Chips or Cous Cous
Baked Beans & Peas
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

FREE SCHOOL MEALS

You may be entitled to Free School Meals if you receive one of the following:

- Income Support
 - Income-based Job Seeker's Allowance
 - Income-related Employment and Support Allowance
 - Universal Credit – your household income must be less than £7,400 a year (after tax and not including benefits)
 - Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
 - the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)
- If you receive Working Tax Credit you will not be entitled to free school meals unless you have:

- stopped work in the last 4 weeks; or
 - reduced your hours to less than 16 hours in the last 4 weeks
- Free school meal entitlement will mean that you will not have to pay for school lunches and will receive concessionary rates for clubs and trips. It is also important for you to apply, as the school receives extra funding.

<https://accountforms.camden.gov.uk/freeschoolmeals/>

Punctuality Award

This week's Punctuality award goes to Years 2 & 4 with 2 lates! We have got off to a good start for years 1-4 but year 5 and 6 need to do better. Both classes had 10 lates this week. Thank you for ensuring children's learning is not interrupted or time lost by getting your child here on time, ready to learn @9am.

Attendance Award

Our Attendance Award this week goes to Year 6 with 99.6% fantastic! This year's whole school target is again 96%. We just missed it last year but I know we can do it this year and what a great start. Overall for the week we were 97.7%!

Topics - Autumn Term - 2021-22

**Nursery: Wonderful world,
wonderful me!**

Reception: Monsters

Year 1: Our Wonderful World

Year 2: All around the World

Year 3: Olympics and Olympus

**Year 4: An Adventure through
time**

Year 5: Journey to Valhalla

Year 6: Paradise in the Jungle



Online learning resources and homework

- Mathletics: login.mathletics.com or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- 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
- Busy things: <https://www.busythings.co.uk/lgfl-login/>

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible.



**Hampstead Heath
Outdoor Film Festival**

8th - 12th September

Cult Classics Blockbusters New Releases
Family Favourites Singalongs and Much More

HideAway Cinema
Brought to you by
VOLVO




**HAMPSTEAD
RUGBY CLUB**

New Players 2021/22

Interested in playing rugby in a fun and friendly environment?
Hampstead RFC are looking for children of all ages to join our teams

CORE VALUES
TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

FREE taster sessions every week
Come try the fun before you join

Girls and Boys
Minis U6-U12s and Youth U13-U18s

All Abilities Welcome

**Training every
Saturday at 10.00am on the
fields by Parliament Hill Running Track, NW3 2JP**

For more details
juniors@hampsteadrugbyclub.co.uk
www.hampsteadrugbyclub.co.uk



Our Instagram account is now live!

Follow @WeMakeCamden

to discover the people and places that make Camden so unique



Camden

See link below for the latest Job Hub Newsletter from the Camden Job Hub based in Gospel Oak

<https://content.govdelivery.com/accounts/UKLBC/bulletins/2ee759e>

**GOOD
WORK
CAMDEN**

JOBHUB
Gospel Oak

Parent group: Families, Food and Feelings

The Enhanced Healthy Living Service (EHLS) runs quarterly 6-week parent groups for Camden and Islington parents/carers of children aged 5-17 who struggle with excess weight. The group focuses on psychoeducation and strategies around boundary setting, healthy modelling, emotional eating and encouraging a healthy relationship with food. Referrals are accepted by professionals and parents can also self-refer via the brandoncentre.healthyliving@nhs.net email address.



The Bike Doctors are back...

Friday 24th September



Get your bike checked over ready for the Winter!

FREE Bike Checks. Bring your bike along to the school from 8:45am on the 24th September and have it checked over by professional cycle mechanics. Booking via the school required.

Children's and Adults Bike welcome

Minor services, parts and repairs will be free.

You can also ask for advice on bike fitting and any technical questions.

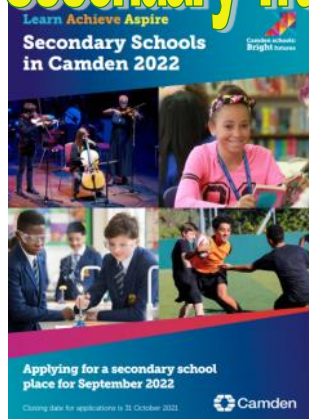


Places are limited for this excellent service so please book your place by calling Lisa in the office and reserving one of the slots.

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.

Secondary Transition Information and Events - Year 5 & 6 families...



A hard copy of the Secondary Schools in Camden Booklet was sent home with the children in Year 6 yesterday. This booklet has all the information you will need to begin your online application for a year 7 place for your child for September 2022. The deadline for applications is the 31st October.

The booklet (and a copy is on the next page) lists all the different schools' open days—many of which will be virtual this year. We would recommend going to as many of these as you can so you can make the most informed choice possible.

The link below takes you to a digital copy of the booklet.

<https://www.camden.gov.uk/documents/20142/225233791/Secondary+schools+in+Camden+2022+-+admissions+guide+for+parents.pdf/62cf86e7-8716-2619-5f10-bd6c55431622?t=1628864196200>

The key dates for this year are shown below along with some other important information on transition events happening. If you have any questions, or need any support or help to make your online application please contact the office. While this is a requirement for Year 6 families to apply for places, some year 5 parents may want to start thinking about this for next year and are welcome at many of the events. We would ask for now though that no year 5 children are taken out of school to attend transition events as they can do this in their year 6.

2021

August	New admissions booklet published online
1 September	Online applications open at www.eadmissions.org.uk
September/October	Parents and their children visit secondary schools on open days arranged by the individual schools Parents discuss preferences with Camden primary school headteachers
Noon on 22 September	Camden School for Girls deadline to register for the banding assessment test and music aptitude assessment
23 September	UCL Academy visual arts supplementary form deadline
9 October	William Ellis music place application deadline
30 October	Maria Fidelis supplementary information form deadline
25 to 29 October	Half-term *
31 October	Final closing date for applications and changes to preferences
4 December	La Sainte Union deadline for parents to provide copies of the child's Baptismal Certificate, together with the parents' Certificate of Catholic Practice
17 December	End of autumn term*

2022

4 January	First day of spring term
14 to 18 February	Half term*
Tuesday 1 March	Camden Council informs applicants who live in Camden of the outcome of ALL applications to schools in or outside the borough within the co-ordinated scheme. If you applied online, you will receive an email with the outcome of your application during the evening
15 March	Deadline to accept or decline offer via eadmissions website or reply slip
31 March	Closing date for submitting appeals for Camden community schools. Parents appealing to other local authorities or voluntary aided/foundation schools must check the deadline for submitting appeals with those authorities/schools
4 to 18 April	Spring holiday*
June – July	Appeal hearings for Camden community schools
September	Children start secondary school

* Some Camden schools have different term dates. Please check the relevant school website for further information.

Meet the Parents Transition Event...

The pioneering secondary school transition project, Meet the Parents, is holding an online event this coming Monday, September 13th, from 6 to 7pm, to which all Fleet parents are invited. You will be able to ask any questions you wish from a friendly panel of local parents and students at Acland Burghley, Camden School for Girls, La Sainte Union, Parliament Hill and William Ellis schools. All year groups are welcome. Please sign up for free here:

<https://www.eventbrite.co.uk/e/mtp-acland-burghley-csg-lsu-parli-william-ellis-tickets-163168905589?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

Feel free to submit questions in advance at info@meettheparents.info.

There will be another event the following Monday, September 20th, featuring families from Haverstock school and UCL Academy among others. Sign up here: <https://www.eventbrite.co.uk/e/mtp-hampstead-haverstock-maria-fidelis-regent-ucl-academy-tickets-163174291699?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

Meanwhile, Fleet parents are warmly invited to a face-to-face Meet the Parents event at Gospel Oak school on Wednesday October 6th from 6.30 to 7.30pm. You will have a chance to meet local secondary school families and talk to them privately. We would really recommend these events to fill an achievement gap between school open days and playground rumours.

Madeleine Holt: madeleine@meettheparents.info

Message from Camden School for Girls...

Our open events are taking place **virtually** this year. From Wednesday 15 September there will be a dedicated page on our website (www.csg.school). This will provide as much information as possible including a virtual tour of the school and a talk by the Headteacher. All applicants who wish to be considered for a place at the school **must** sit a banding assessment. The dates for the banding assessment sessions are as follows:-

- **Wednesday 22 September 2021 at 2pm**
- **Saturday 25 September 2021 at 8.15am, 8.45am, 12.15pm or 12.45pm**

Parents must register their child online for the session of their choice **before Tuesday 21 September at midday**. If parents are also putting their child forward for one of the 8 music places then they can register for the music aptitude assessment. There are 2 sessions as follows:-

- **Thursday 30 September 2021 at 4pm or 4.30pm**
- **Friday 1 October 2021 at 4pm or 4.30pm**

Online registration for both the banding and music aptitude assessments is available at: <https://www.camdengirls.camden.sch.uk/admissions/?pid=205>



Choosing a secondary school in Camden

Open events 2021



Acland Burghley School

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



Open evening: Tuesday 21 September from 5pm
Open mornings: Monday 20, Tuesday 21, Thursday 23 and Friday 24 September 2021 from 9am
Sixth Form: LaSWAP: Thursday 25 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 12 October, 6pm
Open mornings: Tuesdays 21 and 28 September, 5, 12 and 19 October at 9.15am
Sixth Form: Thursday 17 November, 5.30pm

The UCL Academy

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



Open evening: Tuesday 14 September and 26 October, 5 to 7pm
Open mornings: 17, 22 September, 7 October, 2021, 9am to 10.15am. Please call to book appointments.
Sixth Form: Tuesdays 2 and 16 November, 5 to 7pm

Parliament Hill School

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



Open evening: Thursday 23 September, 5 to 7.30pm
Open mornings: 28, 29 and 30 September, 9 to 10.30am
Sixth Form: LaSWAP: Thursday 25 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

La Sainte Union

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



Open evening: Thursday 23 September, 4 to 7pm
Open days: By appointment during weeks beginning 4 and 11 October. Advance booking will be required. Please check the school website for further information and booking form.
Sixth Form: LaSWAP: Thursday 25 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

Camden School for Girls

Sandall Road, London NW5 2DB
020 7485 3414
www.csg.school



Open evening: Monday 20 September, 5pm
Open mornings: Wednesday 15 and Friday 17 September, 9am
Sixth Form: Tuesday 23 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



Please check the school calendar or contact the school for the arrangements of the open evening and Sixth Form events
Open mornings with tour of classrooms: Drop in on any Thursday, 9 to 10am, from 16 September to 21 October

Maria Fidelis School FJC

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



Open evening: Thursday 14 October, 4.30 to 6.30pm
Open mornings: Depending on COVID-19 – will hopefully resume on Tuesdays from 9 to 10am
Sixth Form: Please check the school calendar or contact the school for the arrangements of Sixth Form events

Regent High School

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



Open mornings: 4, 5, 6, 7, 8, 11, 12, 13, 14 and 15 October, 9am
Sixth Form: Thursday 18 November, 4 to 6pm

William Ellis School

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



Open evening: Thursday 23 September, 6 to 8pm
Open mornings: 28, 29 September and 5 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 schools' and Camden Council's website for the most up to date information.



Gender equality: guide for families

What are gender stereotypes?

Fixed and widely held ideas about roles and behaviours that society thinks appropriate for men and women, girls and boys. For example that boys are more active, adventurous and tough and that girls are more caring, emotional and concerned with appearance. These stereotypes are everywhere in children's lives – in clothes, toys, books, media and language.

Children learn what those around them expect of them as a girl or a boy and their brains adapt. What might look like a child's free choice of toys, friends, subjects or jobs is heavily influenced by the messages the child has absorbed from birth about what's suitable for their gender. **The good news is that we can change these messages.**



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

Gender stereotypes can limit children's choices, behaviour, aspirations and even achievement. They are bad for individuals and for society. They steer girls and boys in different directions – feeding different subject choices, different job options and even different health outcomes.

Study and work:

- In childhood, construction and science toys are often sold 'for boys'. At A level, only 10% of computing and 22% of physics students are girls. At work, less than 10% of engineers are female.
- In childhood, children learn that dolls are 'girls' toys' and that women do more caring work. At work, fathers are twice as likely to be turned down in a request for flexible working. Only 11% of nurses are male.
- When it comes to children's career ideas, the gender divide is as strong at age 4 as at 14.



Health and mental health:

- In childhood, boys learn not to show their feelings except through anger. Boys are 6 times less likely than girls to seek Childline counselling about suicidal thoughts and feelings. Men account for 75% of all suicides.
- 1 in 4 women in the UK will be a victim of domestic violence in her lifetime.

'You cry like a girl'

FAQs

- *But aren't girls and boys just different?*
Despite popular perceptions, there is no credible scientific evidence of natural difference in interests or skills between genders. Children learn from the stereotypes surrounding them what is considered 'normal' for their gender – and their choices adapt accordingly.
- *What's wrong with girls and boys liking different things?*
Nothing, so long as it is down to an individual child's preference rather than pressure to conform. Girls and boys are more alike than different.
- *Are you saying I should stop telling my daughter how pretty she is?*
No – but if her appearance is what your daughter is most often praised for then she may start to think that society values her looks above her other qualities.
- *What about boys?*
Statistically, boys are more likely than girls to achieve lower grades in school, to go to prison and not to seek help for mental health problems. Harmful gender stereotyping contributes to these outcomes.

Our aim: that children be free to make their own way as individuals, unlimited by gendered expectations



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

- Building blocks, puzzles and construction develop spatial awareness. Dolls and imaginary play help to develop empathy and communication. Introduce a range of toys for all children.
- Thinking about buying presents? For help avoiding gifts which reinforce gender stereotyping see the Let Toys be Toys website at www.lettoysbetoysof.org.uk – especially their Gift Guides and recommended retailers.

Opportunities to challenge gender stereotypes:

- In role-play games with younger children, who plays what roles?
- Talk to children about what they are seeing on TV – in what roles are male and female characters shown? How are female and male characters dressed?
- Look for positive role models of female leaders, women in sport, men in caring roles.

Language:

- Think about the messages language can suggest – e.g. 'man up' suggests that boys should not show their emotions. Never use 'girl' or 'girlie' as an insult.
- 'We need a strong man to open that' 'I can't do that with these nails' – throwaway comments can have a powerful impact on children.
- Use 'humankind' rather than 'mankind' or 'firefighter' rather than 'fireman' – avoid using the masculine to refer to everyone.

Expectations and aspirations:

Beware assumptions which might influence children's aspirations – e.g. by suggesting certain jobs are more for women or men or by assuming a future role as carer for girls and breadwinner for boys.

Books:

- Children's books still send very gendered messages about male and female roles.
- Look for books with strong female leads and boys in caring roles – for boys and girls.
- Swap 'he' and 'she' where male-dominated.
- Use books as an opportunity to question roles and attitudes.

Around the home:

- Who do children see doing what work around the house?
- What chores are children given at home – are they different for girls and boys?
- Is different behaviour expected of sons and daughters?
- If newspapers and magazines show women and men in stereotypical roles, question these so that children don't assume that's just the way the world is.

Attitudes:

- Teach children that caring roles are rewarding and important – and ensure that boys can see themselves in caring roles.
- All emotions are for everyone! Don't discourage boys from crying or expressing how they feel.
- What praise are children given? e.g. repeated praise of girls as pretty and boys as clever or strong teaches children what society expects of them.

Clothes and shoes:

- Are girls wearing clothes or shoes which are more delicate – which they need to keep clean or which hinder them in climbing or kicking a ball?
- Think about slogans, colours and the messages they send.

Similarities and differences:

- Don't set up girls and boys as 'opposite' or separate – there are more similarities between them than differences.
- Beware treating girls or boys as uniform groups.
- Friendships between genders are to be encouraged.



www.liftinglimits.org.uk



FROM SEPTEMBER 8TH

HEALTH & WELLBEING CHECK

DATE: EVERY WEDNESDAY

TIME: 10:30AM - 11:30AM

PLEASE NOTE - These sessions will be an advise and guidance talk between yourself and a nurse. No physical checks will be taken place.



BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635

Email : Sarah@qcca.org.uk

**ADDRESS: 170 WEEDINGTON ROAD
LONDON, NW5 4NU**

Registered Charity No: 1096655

Registered CLG: 04393769

Registered Address:

QCCA Ltd.

**45 Ashdown Crescent
London, NW5 4QE**

Email: info@qcca.org.uk

Tel: 0207 267 6635

Web: www.qcca.org.uk



September
2021

CAMDEN HEALTH KICK

To find out more or book a place on any of the sessions, please call:
020 7267 6635 or Email: frances@qcca.org.uk

MONDAY (Sign up required)

WOMENS ZUMBA

11 am - 12pm at The
Dome

GYM

1.00 pm - 4pm
at The Dome

FAMILY FOOTBALL

Children must be accompanied by an adult.

4.30-6.30pm at
Malden Pitch

TUESDAY (Sign up required)

FAMILY YOGA

5pm- 6pm at The Dome

Children must be accompanied by an adult.

WEDNESDAY (Sign up required)

FAMILY MULTI - SPORTS

MEN AND BOYS 4.00-6.00pm at The Dome

New
Time

THURSDAY (Sign up required)

WOMENS YOGA

11:30pm - 12:30pm at the Dome

Children must be accompanied by an adult.

FRIDAY (Sign up required)

FAMILY SPORT INC ZUMBA

WOMEN AND GIRLS 4.30PM - 6PM AT THE DOME

Activities start on the 6th of September 2021. Please sign up in
advance for all sessions!

QUEENS CRESCENT COMMUNITY ASSOCIATION

Thrive LDN



45 Ashdown Crescent, Belsize Park, London NW5 4QE



- LESSONS IN SCHOOLS
- SATURDAY CENTRES
- SUNDAY GROUPS
- HOLIDAY COURSES

Camden Music is delighted to offer a wide range of one to one and shared music lessons in your school.

Getting started is easy!

Simply go to our website for more information and to register. Why not sign up for an exciting weekend or holiday group as well?

www.camden.gov.uk/camdens-music-service



020 7974 7239

camdenmusic@camden.gov.uk

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

Lead to a career or be a lifelong, fulfilling activity where they will make friends.

How can you help?

Your child will need to practise regularly to make progress. At first this will mean setting aside 10 – 15 minutes three or four times a week (a regular time is best) but as your child progresses, they will need to practise most days, for longer. Younger children will need you to help them – you don't need to be musical, just be encouraging.

What else will help?

As soon as your child is able to play for more than a few minutes happily, and can play and read about eight notes, they could join one of our groups, make friends, and really develop their musicality.

Find out more here

www.camden.gov.uk/saturday-music-centres

and here

www.camden.gov.uk/music-service-ensembles

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second instalment by half term.

We offer ten lessons per school term. Most terms have more than ten weeks. In the event of us not being able to offer ten lessons we will credit your account or make a refund for lessons missed. If the school is closed for reasons relating to COVID-19, lessons will be taught online. If you are unable to access online lessons, it may not be possible to make up the missed lessons and no refund will be given.

If the tutor is absent we will try to find a suitably qualified temporary replacement. If this is not possible and your child does not receive the number of lessons paid for that term, you will be reimbursed automatically after the end of the term.

In the event of a pupil not attending a lesson for any reason the tutor will make up the lesson, provided written notice has been given to both the tutor and to the Music Service three weeks before the missed lesson. If this is not possible, the cost of the missed lesson will be credited to your account. Lessons missed without three weeks' notice will not be made up and no refunds will be made.

Camden Music and/or the school will monitor the attendance and progress of pupils receiving free or subsidised lessons, and subsidy may be withdrawn if attendance is unsatisfactory.

If you wish to cancel tuition we require at least half a term's notice.

If you have any queries or require further information, please contact the Camden Music Service – 020 7974 7239 – camdenmusic@camden.gov.uk



Instrumental Tuition at Fleet Primary School



Camden Music Service

The Crowndale Centre
218 – 220 Eversholt Street
London NW1 1BD
Tel 020 7974 7239

camdenmusic@camden.gov.uk

www.camden.gov.uk/camdens-music-service

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

The Camden Music Service aims to extend the range of high quality instrumental tuition available to children attending Camden schools.

What instruments can my child learn?

We currently offer tuition on piano. Do let us know if your child is interested in starting a different instrument. If there is enough interest we can look to provide a tutor.

Will my child need an instrument?

Yes, because to progress children need to practise between lessons. Camden Music Service has a stock of instruments available for hire at very reasonable cost. Unfortunately we are not able to hire pianos, keyboards or drum kits.

If you would like to buy an instrument we can help through our **Instrumental Purchase Scheme** which lets you buy a brand new instrument at a greatly reduced price. To make life even easier, we offer a 12-month interest-free repayment scheme.

When and where will lessons take place?

Most instrumental lessons take place during the school day which means that pupils leave a classroom lesson for a short period.

What types of lessons are there?

We offer shared or individual lessons. Shared lessons can only be offered where there is another child of a suitable age and standard to share with yours. If there isn't, we will arrange a 20-minute individual lesson for you.

Shared lessons

- Ideal for beginners, especially for younger children
- Children learn from each other and have the opportunity to play together; excellent preparation for playing in ensembles later
- Children who start in a group can change to individual lessons later

Individual lessons

- Ideal for children who benefit from individual attention
- Better for children who are easily distracted
- Any sense of competition is reduced
- Easier to arrange a lesson to suit the needs of the child

What will it cost?

The following fees are based on 10 lessons during a school term.

Ten shared lessons (2 children) £84 per term
Ten individual 20 min lessons £112 per term
Ten individual 30 min lessons £168 per term

How do I pay?

The Music Service will send you an invoice before the start of term. **Lessons will only start once you have paid.** Payment may be made online or over the phone.

Is any financial help available?

Children eligible for Free School Meals may apply for a 50% reduction in fees.

What about if we want to stop?

We will invoice you for the next term's lessons shortly after half term. If you don't want to continue, please let us know. Lessons are booked for a term at a time and it is not usually possible to stop lessons part way through a term.

How do I apply?

- You can apply online
- Visit www.camden.gov.uk/camdens-music-service and follow the link to instrumental and voice lessons in schools.
- We will put your child on our waiting list if there is not a lesson space available straight away.
- We will send you an invoice when a lesson is available. Your child's lesson will not start until you pay.

Weekly Wellbeing Update

We're delighted to be returning to school in a relatively 'normal' way this term and it's been so good to see so many of you at drop offs and pick ups. We hugely value our relationships with parents at Fleet so we're delighted that our staff are now able to see you in person more regularly. If there is anything that you'd like support with please don't hesitate to speak to your child's teacher or Miss Wall and we will do everything that we can to help.

These are great websites providing advice to parents who would like support with their child's wellbeing:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

<https://www.youngminds.org.uk/parent/>

<https://www.careforthefamily.org.uk/family-life/parent-support>

<https://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/>

Parent Workshops

We're keen to provide parent workshops where we can, to work together in order to best support your child's mental health and wellbeing. In the past we've hosted workshops on areas such as self-esteem and resilience and we'd really like to target the areas that most interest you. Please contact Miss Wall through the admin address (admin@fleet.camden.sch.uk) if you have any suggestions.



New Tip...

Wellbeing Tip of the Week!

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

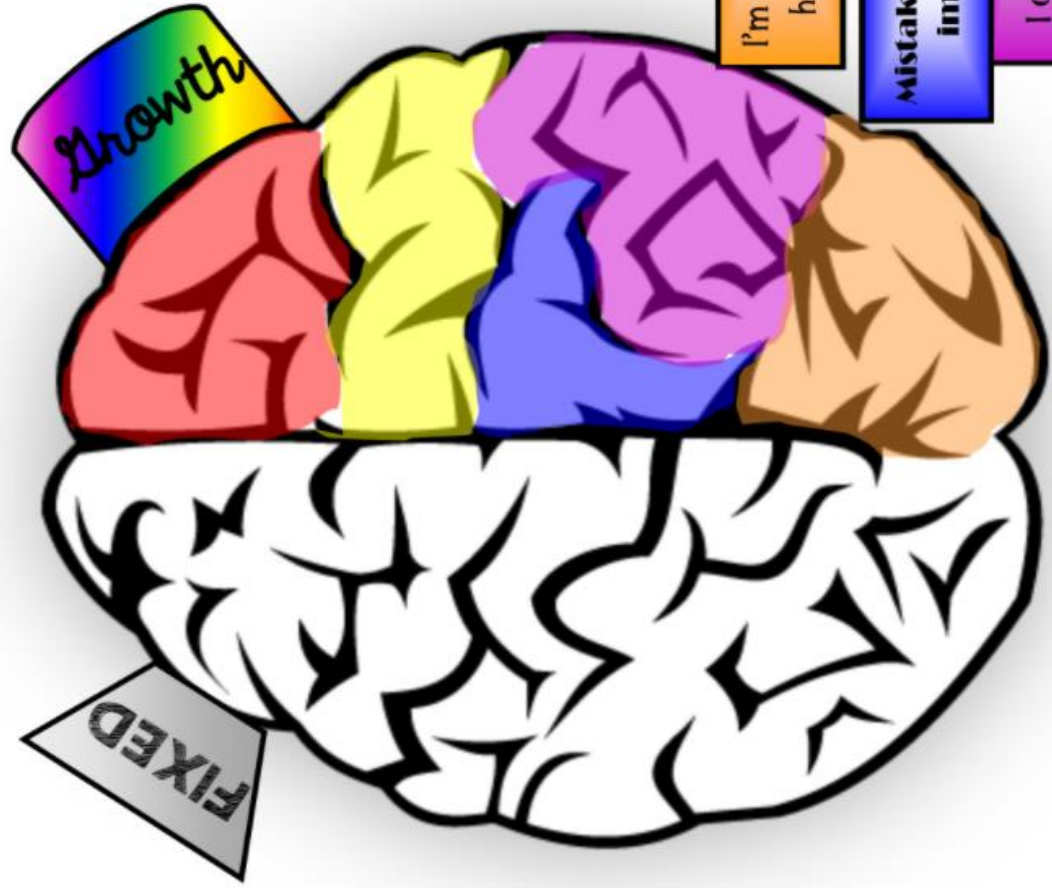
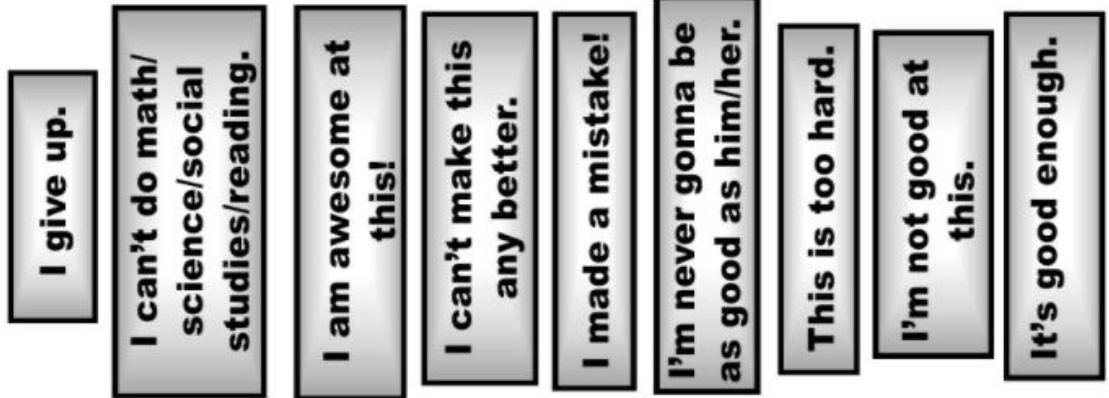
Week 1 – Settling back into school

It can be a bit of a shock to the system going back to school after the summer holidays. Whether you're starting school for the first time, starting a new year, or going to a new school; any change can make us feel a bit anxious. How can we make this new start feel less daunting?

- Try and get into a good morning routine, allowing enough time to have breakfast, get dressed and check your school bag without feeling rushed
- If you're feeling anxious in the morning or the night before school, try listening to some calming music and practicing some breathing exercises e.g. deep breath in through the nose, hold it there and then breathe out through the mouth
- Talk to your family about any anxieties you're having. It can be helpful to get these off your chest and to problem-solve together

Each night, make a list of things you are looking forward to for the next day or in the year ahead, or all the things that went well that day, to remind you of all the positives there are. Starting anything new can feel quite alarming, but take it one day at a time and you'll soon feel more comfortable as you get settled in.

Change your words Change your *Mindset*





SCHOOL TERM DATES 2021/2022

AUTUMN TERM

First day of term	Friday 3 rd September 2021
Half term (inclusive)	Monday 25 th Oct – Friday 29 th Oct 2021
Last day of term	Friday 17 th December 2021

SPRING TERM

First day of term	Wednesday 5 th January 2022
Half term (inclusive)	Monday 14 th Feb – Friday 18 th Feb 2022
Last day of term	Friday 1 st April 2022

SUMMER TERM

First day of term	Wednesday 20 th April 2022
May Day Bank Holiday	Monday 2 nd May - school closed
Half term (inclusive)	Monday 30 th May – Friday 3 rd June 2022
Last day of term	Friday 22 nd July 2022

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Wednesday 1 st & Thursday 2 nd September 2021	Tuesday 4 th January 2022	Tuesday 19 th April 2022
2 nd half term			Friday 27 th May 2022

Please note Nursery and Reception start dates in the Autumn Term differ due to home visits and phased transition. You will receive your child's start date as part of the welcome pack and will be discussed at the meeting prior to the Autumn Term start.



Yesterday we welcomed the first group of this year's Reception class into school. Each day for the next week a new group will be added until all 30 of them are in. The children loved exploring their new classroom and finding out what toys there were for them to play and learn with.

It was fantastic to see some old faces from our Nursery last year as well as say hello to some new faces joining the class this year during the meetings earlier in the week.



Welcome
to
Reception

This week in Reception...
Monsters!

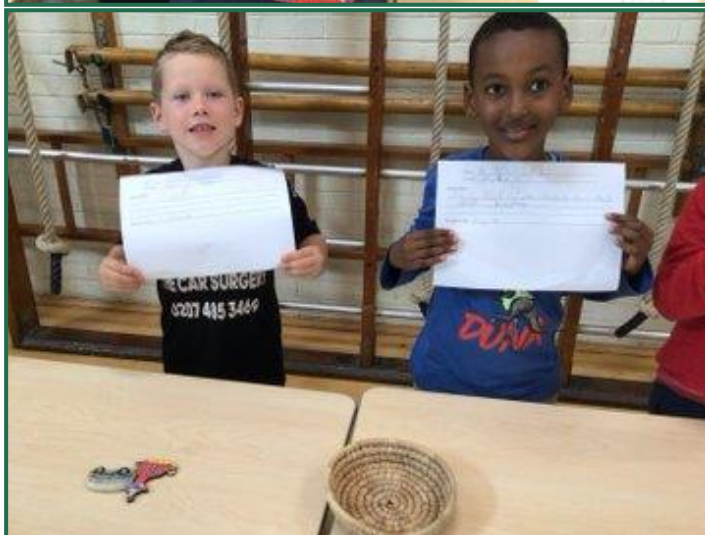
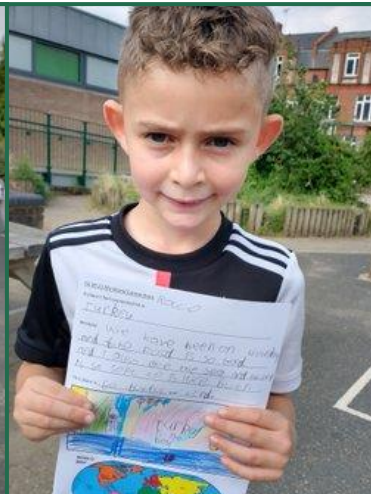




This week in Year 1... Our Wonderful World

Year 1 have got off to a fantastic new school year. They have been exploring the new year 1 outdoor area while busy building, writing, drawing, singing, reading and counting. The transition from EYFS to KS1 is going brilliantly! Well done Team Year 1.

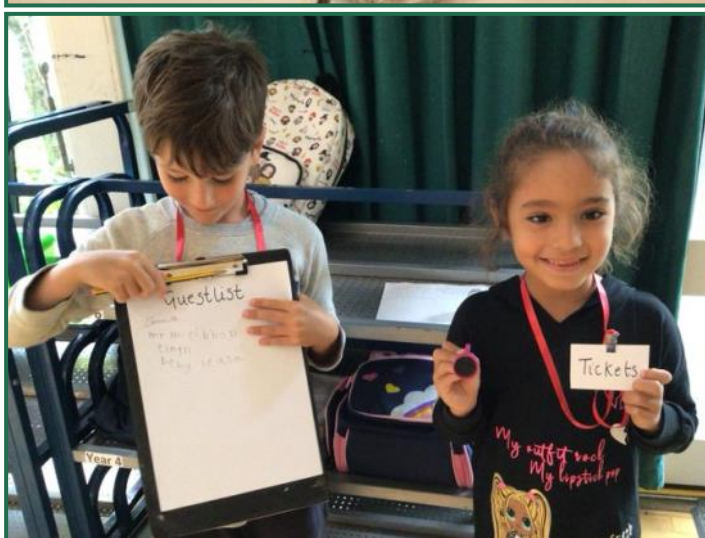




It's been a busy start for year 2. Their new topic has got off to a great start and this week they held an exhibition in the hall where they invited various members of staff to come along. They had items they had brought in from all over the world and they did an amazing job at explaining to the adults what they were. It was the grown ups turn to learn new things! Well done year 2.

This week in Year 2...

Topic: All Around the World





This week in Year 3...

A busy week for year 3 included a 'Greek Feast' as they launched their new topic. This and time performing stories in the playground as well as maths up in class.

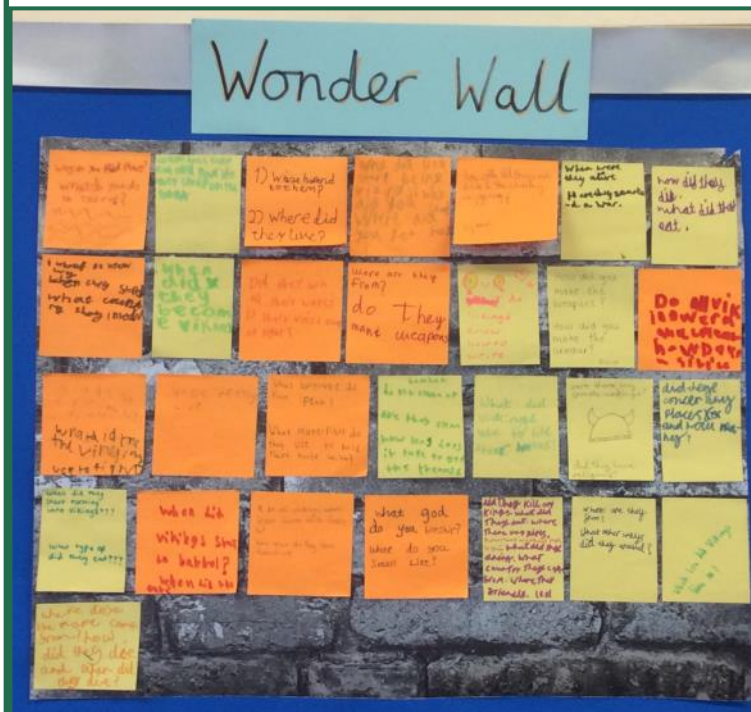
Olympics & Olympus



The children began their adventure through time this week with making some Roman bread—very messy!

They have also shown what a fantastic class they are with brilliant team work in their PE lesson. It's going to be a good year Year 4!

This week in Year 4
Topic: Adventures in time



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

Y5 Brass Practice:



This week Year 5 have been writing their class rules, creating a topic wonder wall and an English vocabulary bulls-eye. The children above are showing the start of their Viking longship artwork, to be completed next week—look out on twitter and the newsletter for some of the finished pieces. Well done Year 5—a great start!

This week in Year 5...
Topic: Journey to Valhalla





In Year 6...

Topic: Paradise in the Jungle

This week Year 6 have made a tasty start to their new topic making tortillas from scratch as well as salsa with chipotle roasted squash. We used the squash and tomatoes from the school garden! Well done Year 6!



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—Coming soon...

We look forward to welcoming our new Reception cohort in—some children started back yesterday and today. By the end of next week all will be in. Who'll be our first star!

Year 1—Kulchoma

Kulchoma for trying her very best to get to school on time every day this week and for her positive and happy attitude to learning and the new school year. Thank you for being your wonderful self, Kulchoma, and keep smiling!



Year 2—Sarah

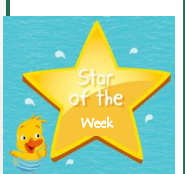
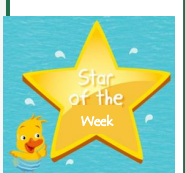
For your great effort with writing tasks this week. I've loved seeing how hard you're trying with your work and reading your brilliant ideas. Well done!

Year 3—Alana

For your amazing effort this week! You are so conscientious and have made a brilliant start in Year 3. Keep it up!

Year 4—Tyrell

You've been putting in so much effort to all your lessons this week. Well done for your perseverance and positive attitude. Keep it up!



Year 5—Zain

For a fantastic first week in year 5! Shae and I have been so impressed with how well you've settled in - you have shown enthusiasm, independence and great listening. We are so proud of you, keep up the great work!

Year 6—Yusuf

For his brilliant attitude to the start of Year 6. You have embraced everything this week with positivity and enthusiasm. You have shown beautiful manners and have been an excellent role model to others. Well done.

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

* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

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.



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 game 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 and Carers Need to Know About...

ROCKET LEAGUE

Age Restriction
PEGI 3

Rocket League is a free-to-play multiplayer vehicle football game. It was developed by Psyonix, now part of the Epic Games family (which also includes Fortnite and Gears of War). Rocket League is essentially a football game where, instead of running, the players drive rocket-powered cars. The game was a surprise hit that took the world by storm when it first released in 2015. Rocket League is available for the Xbox One, Xbox Series X, PlayStation 4 & PlayStation 5, Nintendo Switch, Windows PC, MacOS and Linux.

Fiercely Competitive Community

Competitive gaming isn't necessarily bad. However, playing purely to win (as opposed to simply having fun) can result in aggressive behaviour among some players if they're not successful in the game. Certain people can become hostile or "toxic" towards other players. Continually seeing this behaviour can cause children to think it is acceptable and lead to anger issues while playing.

Grinding and Increased Screen-time

Features like the Rocket Pass and the ranking system can make Rocket League a grinding-focused game. This means players need to spend a lot of time on the game to progress through levels and collect rewards. Grinding encourages regular long gaming sessions for players seeking to climb the rankings (meaning increased screen time) but it doesn't always result in making much headway.

Unsuitable Online Interactions

A video game's age rating cannot take player-generated elements into account. Rocket League is rated PEGI 3, but its online features mean that appropriateness can't be guaranteed. Audio and text chat, player usernames, player-to-player trades and other user-created content may not be suitable for young players. The game is moderated, but catching everything can be difficult.

Scams and Bad Trades

Player-to-player trading is common in Rocket League. The game has lots of cosmetic items to collect, and some can be very valuable. Players can trade items among themselves, but younger gamers are not always the best judges of what constitutes a fair deal. This can lead to them being swindled in trades – or to children signing up to illegitimate trading websites, where they then get scammed.

In-App Purchasing

Free-to-play games (so called because they don't cost anything to download) like this depend on players making in-game purchases to turn a profit. Rocket League's in-game currency, called credits, are used to buy items in the game. Credits can be earned by playing the game or can be bought with real money – which could prove expensive if a child lets their love of the game and desire to progress get the better of them.

Advice For Parents & Carers

Use Parental Controls

Psyonix has added some safety measures into the game. The text and voice chat can be disabled, for example, limiting contact from strangers. However, it's not currently possible to block contact from other players about trades. It's a good idea, then, to talk with your child about the possibility of scams and bad trades either before they download the game or early in their Rocket League 'career'.

Stay Aware of Spending

Free-to-play games can become money sinks without children realising. For peace of mind, make sure you don't have any payment methods attached to your child's gaming account to avoid accidental purchases. Rocket League credits can be earned through gameplay or bought with real money: encourage your child to use their earned credits first before they ask you to top them up.

Monitor Gaming Time

It's impractical to sit and watch your child every time they play Rocket League. Keeping an eye on their gaming hours is crucial, however; it's easy to lose track of time while playing (even for adults), so "one more game" can soon turn into ten more games. Helping your child to balance their gaming time with their homework, chores and other activities is a life lesson in time management.

Encourage Regular Breaks

Sitting in the same position all day while gaming isn't healthy, but it is an easy habit to fall into. A short break every hour or half hour is important. It allows players to rest their eyes, brains, hands and arms. Learning the value of an occasional break from any activity is good practice for the future. Encouraging your child to rehydrate regularly can also help to lower any rising competitive tempers!

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books. With experience in esports and content creation, Clare has seen the benefits and drawbacks of all aspects of gaming.



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SOURCES: <https://support.rocketleague.com/hc/en-us/articles/360015613074>, <https://support.rocketleague.com/hc/en-us/articles/360053542814-Parental-Controls>, <https://support.rocketleague.com/hc/en-us/articles/360039907693-How-can-I-protect-my-child-from-online-interactions->, <https://theglobalgaming.com/rocket-league/credit-system-free/>



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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

HELP STOP THE SPREAD OF COVID-19

GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

- ✓ All tests are free
- ✓ It's fast – get results in 30 minutes
- ✓ These tests are for people without COVID-19 symptoms

If you need these LFT kits see Lisa in the office. We have a number of these to give out to families so that the adults in the household can regularly test as the staff in school do.

If you test positive or develop COVID-19 symptoms please book a PCR test within 2 days at: gov.uk/get-coronavirus-test or call 119

