

Friday 12th November 2021

## Message from the head:

This week I was delighted to see the children proudly bringing in and telling me all about their home learning projects. The richness and breadth of the curriculum here at Fleet really comes through in these projects with nearly every subject area or presentation medium imaginable coming through—this year we even had a Viking village constructed in Minecraft! If you weren't able to see them yourself when they were on display in the hall check out the examples below and page 2 and 3 for just a sample of what you missed. Today was also the fantastic Year 1 class assembly. Their first ever class assembly! Well done to the children, Ms Coulter and her team—so impressive! Really looking forward to the Infant and Junior Christmas shows now. I'd like to take this chance to say thank you to the 'Parents' Association' and all the parents who came along to their meeting on Monday to begin planning the Winter Fair. I am really excited at the prospect of being able to have these events again after so long. Keep an eye out on Parent Hub and here in the newsletter over the next few weeks for updates on the sort of things they are needing for the fair. If you weren't able to attend the meeting and would like to be involved, either before or to help out on the day, please let the office know and they can get you in touch with the parent's association. Next week we will be recognising Anti-bullying week with classes looking at different aspects of this year's theme, 'One Kind Word', and also discussing in assembly. We will be doing 'Odd Sock Day' - linked to the anti-bullying message, week after next, on Tuesday 23rd November. Please encourage your children to take part and think about the reason we do it which will be discussed with them next week in our assembly. I wish you all a lovely weekend and see you all back on Monday.



## Christmas Lunch—10th December

Christmas Lunch will be held on Friday 10<sup>th</sup> December. If your child usually has a packed lunch and would like to have Christmas Lunch instead, please let the office know by emailing [ad-min@fleet.camden.sch.uk](mailto:ad-min@fleet.camden.sch.uk), giving your child's name, year group and Meat or Veg option. Lunch will cost £2.24, or is free to those in receipt of Free School Meals. If your child usually has a school dinner, you do not need to email.

### Christmas Menu...

**Main course:** Roast Turkey or Feta, Spinach & Cranberry Puff Pastry Roll  
**Trimmings:** Roast Potatoes, Honey Roasted Carrots, Brussel Sprouts, Stuffing & Gravy, Chicken or Veg Sausages  
**Dessert:** Chocolate, Orange and Cranberry Brownie with Vanilla Ice Cream

## Dates for your diary

Below are some provisional dates of planned events for the coming half term. Covid transmission rates remain very high in Camden and Nationally and all so in some cases we may not be able to make final decisions until closer to the time but wanted to be able to give you the dates as best we can in the hope they go ahead as near to normally as possible.

Thank you

- 15-19th November—Anti-Bullying Week
- 18th November—Reception Class Tea
- 23rd November—Odd Sock Day
- 25th November—Nursery Class Tea
- 24th & 25th November—Parent Evenings
- 3rd December—Infant Christmas Show
- 4th December—Winter Fair
- 9th December—Junior Christmas Show—morning and evening shows
- 10th December—Christmas Lunch
- 15th December—Infant Christmas Parties
- 16th December—Junior Christmas Parties & Talent Show
- 17th December—Last day of term—finish at 2pm

## Lunch Menu —15th-19th Nov

### Monday

*Meat Free Monday*  
5 Bean Chilli or Veg & Bean Fajitas  
Rice  
Broccoli & Sweetcorn  
Fruit & Yoghurt

### Tuesday

Meat/Halal: Cottage Pie  
Vegetarian: Shepherdess Pie  
Green Peas & Roast Butternut  
Rhubarb Crumble & Custard

### Wednesday

Meat/Halal: Chicken Drumsticks  
Vegetarian: Lentil & Basil Pastry Whirl  
Jollof Rice or Sweet Potato Wedges  
Sweetcorn & Carrots  
Fruit & Yoghurt

### Thursday

Meat/Halal: Sweet & Sour Chicken  
Vegetarian: Sweet & sour Vegetables & Butterbeans Noodles  
Green Beans & Mixed Veg  
Eves Pudding & Custard

### Friday

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

### Available Daily

Freshly Cooked Jacket Potato  
Freshly Baked Bread

**Please remember to let the office know if you want your child to change to or from school lunches so you are charged correctly**

## Parent Meetings—24th & 25th Nov

Thank you to all of you who signed up to parent evening slots for the end of this month. We will send you confirmation of your day and time slot via Parent Hub in the coming weeks. If you chose zoom over a face to face meeting we will also send out the zoom link nearer the time. If you haven't yet signed up please contact the office who will let you know the remaining slots and reserve one for you.

## Punctuality Award

This week's Punctuality award goes to Years 1 and 4 with 3 lates each. Reception came close too. Thank you to those of you who arrive on time everyday. Overall this week lates are creeping up this week. Please get here so children are in the class at 9am.

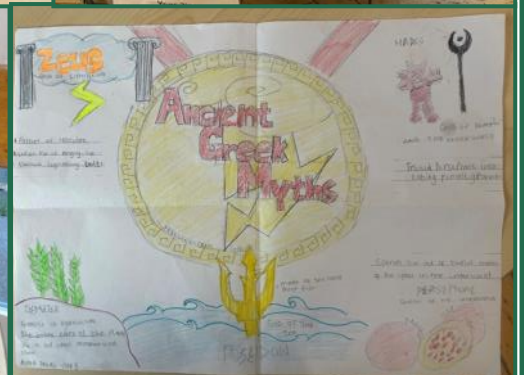
## Attendance Award

Our Attendance Award this week goes to Year 4 with 99.1%—fantastic—two weeks in a row! Year 3 very close behind this week. This year's whole school target is again 96%. Overall for the year we are currently at 95.7% - creeping up each week—so close—we can do it!



# Autumn Term Home Learning Projects

We were blown away this week by the home learning projects that the children in Year 2-6 brought in for their half term home learning project. There was such a wide variety of different ideas from posters, information leaflets, models, paintings, drawings, collages to films and digital presentations and artwork. What came across very strongly was how much thought and care the children took with their ideas and how much they are clearly enjoying and learning from their topics. Thank you for the support you gave your children in completing these projects and for taking time to come by the exhibition in the hall on Wednesday to help us celebrate them. Our only regret is that we don't have space in school to keep them and have them on display to celebrate for longer. Well done to all the children who submitted a piece. We are very proud of you.





[illegible]



# 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—Rron

For being such a friendly and caring friend. All the children really enjoy playing with you because you have fun ideas, are very kind and you help everyone get involved. Well done Rron, what a superstar!

## Year 1—Jannah

For all the effort she has put into learning her Assembly lines this week and for the consistent effort she puts into her lessons and the pride she has in how she presents her learning - you persevere even when things are difficult, Jannah, and that is a wonderful quality that will see you go far in life! Well done and keep being fabulous!



## Year 2—Michaela

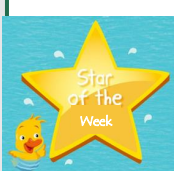
For your fantastic effort in Maths this week. You've been working hard to find totals of amounts in pence and are even trying to help others around you. Keep trying your best superstar!

## Year 3—Mason

For your increasing independence! You are approaching your learning with a proactive attitude and are making great progress! Keep up the excellent work!

## Year 4—Alea

for your consistently positive attitude to all your learning, particularly during our portrait and frame making. You're always putting in lots of effort and trying until you get it right! Keep it up.



## Year 5—Leda

For the effort and enthusiasm she has put into her geography and history learning this week. I have really noticed Leda's articulate contributions to discussions and the care she has put into her independent work. Well done Leda!

## Year 6—Tamanna

For the fantastic attitude you bring to everything you do. It was lovely to see you being so inclusive and compassionate on our CLC trip. You always try your very best and are an excellent role model to others in our class and school. What a star!





# Say hello to our sustainable travel champions...

Meet our SUSTRANS 'Travel Champions'. This group are working with Mr M<sup>c</sup>Gibbon to raise the profile of sustainable travel across the school. One of the initiatives they are working on starts next week—they will be watching everyone arriving on Wednesday mornings and selecting at random a child seen walking to school to receive a small prize. They will also be putting a 'golden lock' onto someone's bike or scooter. If you find the lock on your bike/scooter, go to the office at the end of the day for the key and that person will also get a prize! We want as many people to regularly walk, scoot or cycle to school and help improve our environment.





# Fleet Facts!

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

**Year 2:** Theo, Robyn, Lola, Naz, Jona, Lir, Ayman, Angelo, Nico, Rocco, Sativa, Hester

**Year 3:** Layan, Saaimah, Noah, Lottie, Ursula, Jake Sidoli, Lena, Lorik, Shajai, Jarod



Please keep encouraging your children to practice their Fleet Facts and go online to practice Times Table Rock Stars! Both these will really support their overall progress in maths. Thank you

## Times Tables Rock Stars of the Week!

**Well done to these children who earned the most coins in their class on Times Tables Rock Stars this week!**

**Year 3: Jarod—28,610 coins!**

**Year 4: Hana—25,152coins!**

**Year 5: Tawfiq—35,298 coins!**

**Year 6: Riley—17,997 coins!**





## DO YOU KNOW AN ECO CHAMPION?

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Is there someone in your community who goes above and beyond to protect our environment? If yes, then nominate them today!



### MINI WARRIORS

Win a VIP tour for six  
at Kentish Town City  
Farm plus more



### JUNIOR HEROES

Win a free Youtube  
tutorial to develop your  
channel plus more



### LOCAL LEADERS

Win four free tickets to  
the Jazz Cafe plus  
more

**FIND ALL INFORMATION AND THE APPLICATION FORM ON OUR WEBSITE:**  
**[www.camdencleanair.org/community/camden-eco-champion-awards/](http://www.camdencleanair.org/community/camden-eco-champion-awards/)**



THIS POSTER IS FULLY RECYCLABLE 



# Keats Community Library

Autumn 2021  Story Time



**Saturdays at 3pm**  
in the **GARDEN** or in the **Children's Library**

**Beginning Saturday 18 September**

*Children of all ages are welcome (as long as they can sit for stories)!*

**POETRY READINGS** on the first Saturday of each month with Moragh Gee!!  
**Beginning 2 October at 3 pm.**

## Keats Community Library

Join us for

### **Mandarin Language**

**Classes - FREE TRIAL** with Anqi La



This class is designed for students with no prior knowledge of Mandarin Chinese. In each session we will explore engaging and fun ways to learn basic Chinese characters, day-to-day vocabulary, common phrases, and Chinese culture. We will focus mainly on speaking and acting, and each class will be based on a theme, i.e. food, sports, animals.



**Saturday 20 Nov 2021**

**11:30 am-12:15 pm**

**In the Children's Library**

(for children ages 6+ and their families)

*Sign up is required to secure your spot.*

*Please let us know which date (or both!), ages and names.*

*Spaces are limited!*

Rsvp [kelchildrenslibrary@gmail.com](mailto:kelchildrenslibrary@gmail.com)

Keats Community Library is a registered charity (1146702) and a company limited by guarantee (07889559)  
We are at: The Library, Keats Grove, London NW3 2RR.

## Keats Community Library

Join us for the return of

### **Children's Chess**

**With Bryan Ellis**



**Saturdays during term time**

*(Beginning 25 September)*

**2-3 pm**

**(for children ages 5-11 years of age)**

*£10 per child/lesson*

*(£7/lesson if 4 lessons purchased in advance)*

*Payment made directly to the instructor.*

*Sign up is recommended to secure your spot.*

*Spaces are limited to 15!*

Rsvp to [bryan.t.ellis@me.com](mailto:bryan.t.ellis@me.com)

To be added to the chess mailing list please email  
[keatscommunitylibrary@gmail.com](mailto:keatscommunitylibrary@gmail.com)

Keats Community Library is a registered charity (1146702) and a company limited by guarantee (07889559)  
We are at: The Library, Keats Grove, London NW3 2RR.



# Fleet's Forest School Request

If you or any friends and family are tidying gardens and pruning trees over the weekend or during half term, please save and bring in any branches or logs for our Forest School. Any size! They are very useful for making dens and forest crafts. Thank you so much. If you have any questions, please pop over and speak to Rebecca Combes in Nursery.





# Free virtual sessions for the whole family

2



Fun, free and easy ways to keep primary school pupils healthy, happy and interested in cooking.

For children 5 - 11 years



Follow along online with your family at a time that's convenient for you.



4



Camden residents will receive a supermarket voucher to cover the cost of ingredients.

Then send in a picture of the food you've made and complete a short online survey to receive a £5 Love2Shop voucher.



or



Contact:  
[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk) or call  
020 79746736

to get your link to the education and cook along sessions and request a food shopping voucher

# Family Kitchen at Home

Join our next free 90-minute online cooking sessions! Available for families with children aged 2 to 11 years.

To book your place and receive £30 food shopping vouchers to cover the cost of ingredients for the 4 sessions, contact us to register for the next programme:

0207 974 6736

[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)



Learn new and easy healthy recipes

Share and make nutritious and delicious meals as a family

Find out more about sugar and label reading when you're out shopping for food

Build confidence around handling knives safely



# Community Vision for Gospel Oak and Haverstock Consultation

## GOSPEL OAK & HAVERSTOCK COMMUNITY VISION

Visit [bit.ly/gohvision](https://bit.ly/gohvision)  
to have your say on  
the draft planning  
framework!

### COMMUNITY VISION: PRINCIPLES FOR CHANGE



Delivering  
homes



Making the best  
use of land



Fostering a  
strong  
community



Inclusive  
economy



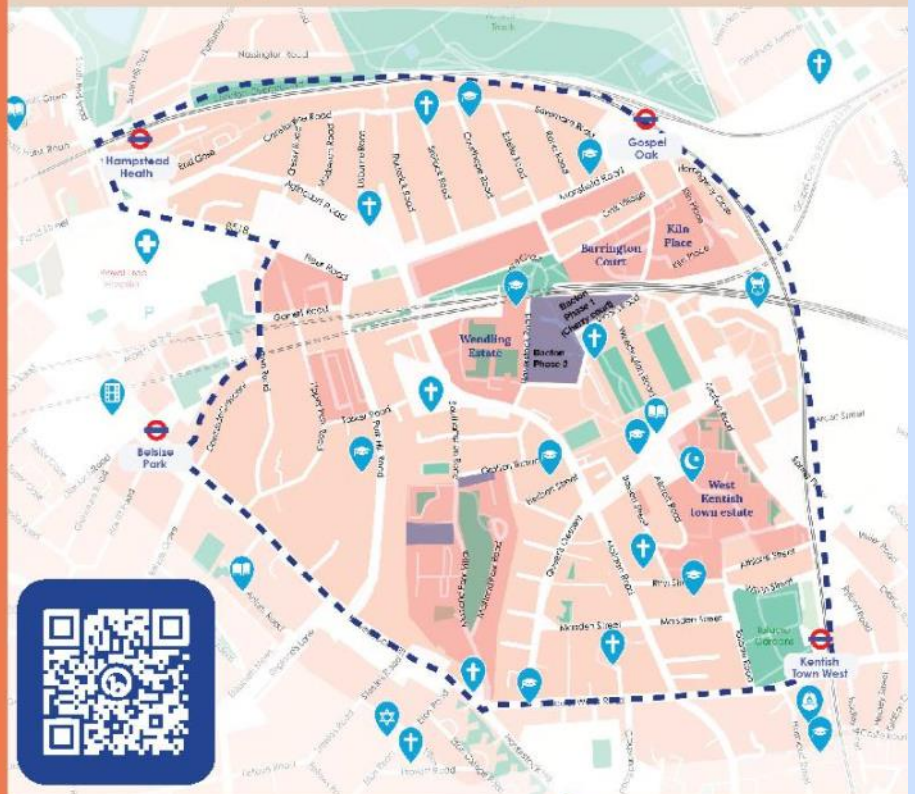
A healthy  
and safe  
neighbourhood



Sustainable  
neighbourhood



A planning framework to support  
neighbourhood's regeneration.



[bit.ly/gohvision](https://bit.ly/gohvision)



0203 735 7629

make:good

Camden

### Gospel Oak and Haverstock Community Vision

After listening to and learning from local people Camden Council has developed the first draft of the Community Vision for Gospel Oak and Haverstock - a planning framework to support the neighbourhood's regeneration. This will help to guide where and how money is invested in the neighbourhood to make it a better place to live, work and visit.

We know that local people know their area better than anyone else, which is why we want you to get involved and help shape the future by helping us to refine the draft Community Vision before a final version is formed.

### Where to have your say

The consultation is now live and will run until 17th December. Have your say by visiting [bit.ly/gohvision](https://bit.ly/gohvision). Copies will also be available to read and paper copies of questions can be taken away and dropped-off from the Queen's Crescent library. If you require translation services please give us a call.

#### Public Exhibition



25 November 2021



St Martin's church



3pm -6pm

This exhibition will also showcase the work of young people who took part in the Photovoice project this summer.

#### Library drop-in



1st December 2021



Queen's Crescent Library



6pm-9pm

Consultation is now  
live and will run  
until the 17th  
December.

Need assistance, have a question or want to  
join our mailing list to be kept informed?

Email us at:

[GOHCommunityVision@camden.gov.uk](mailto:GOHCommunityVision@camden.gov.uk)

or call us on 0203 735 7629



# KIDS Early Years

## Specialised Stay & Play sessions

The KIDS Portage team run two drop-in developmental stay and play sessions in Camden.

These are for pre-school children who have developmental delays or who have a diagnosed or an undiagnosed disability or condition.

Both groups provide a variety of play based activities aimed at supporting Children's learning and development.

We provide a support network for the parents and share information about local services.

If you would like more information, please contact:

[Karen.rodriques-ayers@kids.org.uk](mailto:Karen.rodriques-ayers@kids.org.uk)

### **SUPERSTARS SESSION**

Tuesday 10.30-12.30  
Harmood children centre  
1 Forge Place, Ferdinand St,  
London NW1 8DQ

Sessions are term time only

### **AMAZING TOTS Session for under 2's**

Thursday 10.30-12.30  
JW3 Centre  
341 – 351 Finchley Rd  
London NW3 6ET

Sessions are term time only

Keep up to date with us:

 [www.kids.org.uk](http://www.kids.org.uk)

 KIDScharity

 0207 359 3635

 KIDScharity

Registered charity number: 275936



Giving  
**disabled children**  
a brighter future



# HvH Art - Autumn Courses

HvH Arts, located less than 5 minute walk from Fleet have some amazing FREE opportunities for your children to be involved in art based classes. See below for details of the courses they are running this term up to Christmas. Get in quick by visiting their website: [www.hvharts.org/courses/](http://www.hvharts.org/courses/)

## SCREENPRINTING/TEXTILES/T/shirts with artists in residence Iyha and Lola

Create and design your very own HvH ARTS branded T-shirt. Learn the art of creating stencils, spacing, fabric painting and screen printing. Go home with a super design on your very own t-shirt or gym bag. Learning the negative /positive of designing your stencils and how they work in printing. This is a really inspiring course for those who love design and textiles.

**DATE: 6<sup>th</sup> November Time: 11am to 3pm (AGE: All ages welcome) Location HvH ARTS GALLERY**

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## CREATE YOUR OWN GLASS DESIGN CHRISTMAS CANDLE HOLDER

With our artist in residence: Debbi Clark and Sam Green and Youth Ambassador Sienna Rackal.

We are delighted to be able to offer this fun and creative free workshop designing your own glass candle holder, painting in oils designing your very own glass candle holder. This will be fun and creative project open to all ages. This workshop was designed

**DATE: 13<sup>th</sup> November 2021 Time: 12pm to 4pm (All Ages Welcome!) Location HvH ARTS GALLERY**

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## EXHIBITION of PHOTOGRAPHY RESEARCH in partnership with LSHTM.

25<sup>th</sup> NOVEMBER- 9<sup>th</sup> DECEMBER – open 12pm to 4pm

*An exhibition of photographs created by our young people and parents who joined our research project with London School of Hygiene and Tropical Medicine!*

**COME VISIT OUR EXHIBITION at HvH ARTS Gallery and see the vision and research created of images taken in our local community of Queens Crescent/Gospel Oak!**

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## STYLING and MAKE-UP with the fabulous Patricia Jones(stylist) and Ciara (MUA)

We will be running a fun workshop learning the art of putting together your Christmas party outfit with fashion stylist Patricia Jones. And a Make-up workshop with fashion MUA Ciara creating lots of fun party styles and looks getting ready for our up-and-coming Christmas Party at HvH ARTS!

**DATE: 4<sup>th</sup> December 2021 Time: 12pm to 4pm (AGES: 8yrs to 18 yrs ) Location HvH ARTS GALLERY**

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## HvH ARTS CHRISTMAS PARTY EXTRAVAGANZA! (Sponsored by The Childhood Trust)

We are delighted to invite our young people and parents to our Christmas Party this year being supported by Goldman Sachs/ CHILDHOOD TRUST! Join us and dress up for lots of fun and games, with a special appearance by Father Christmas who will be with us to give all our beneficiaries a Christmas Present from us at HvH ARTS at our Santa's Grotto being held at our studios in London School of Mosaic. We will be showing our artwork, and our films and music videos with photography videos all created by our young people!

**DATE: 8<sup>th</sup> DECEMBER 2021 Time: 4.30pm to 7pm Location: LSoM, 181 Mansfield Road, NW3 2HP**

All ages welcome!

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## OILS/ACRYLICS/WATERCOLOURS on canvas with prolific NYC ARTIST: LEE MATTHEWS

Prolific artist Lee Mathews will be back at HvH ARTS gallery, to teach our young people the art of painting in the medium of oils, acrylic and watercolours onto canvas. This workshop is designed to teach young people how the different textures of paint and how you envisage your final piece of art.

**DATES: 11<sup>th</sup> December 2021 Time: 12 to 4pm (Age: 8yrs to 14yrs) Location HvH ARTS GALLERY**

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## FASHION /COLLAGE Design workshop with prolific fashion designer Melanie Press

This workshop will be run by Melanie Press Fashion Designer from PRESS in Primrose Hill.. Melanie has very kindly offered to teach our young people the art of creating their own 'croquis' as they say in the Fashion World - meaning a sketch - a template from which they work on to design their own fabulous ideas. We will then choose their favourite design and create a sample in the workshop.

Dates to be confirmed – register your interest by email: [courses@hvharts.org](mailto:courses@hvharts.org)

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**TO ENROL PLEASE VISIT OUR WEBSITE: [www.hvharts.org](http://www.hvharts.org) Email: [courses@hvharts.org](mailto:courses@hvharts.org)**

**YOU MUST ENROL TO JOIN ANY OF OUR FREE COURSES at HvH ARTS!**

[www.hvharts.org](http://www.hvharts.org)

Registered Charity No: 1149607





Due to popular demand we  
have decided to re-start our  
mini ballers session!

Venue: Royal free  
Recreation club  
Fleet road, nw3 2qg

Day: Tuesdays

Time: 4-5pm

Fee: first session is FREE  
then £20 monthly fee.

For more information or to  
book your space please  
Del - 07932431748

Sessions have already  
started!



Search 'On the Fence Podcast Camden' 🔍

Made with and for young  
Camden residents

## On the fence about getting the COVID-19 vaccine?



SCAN TO WATCH  
OUR PODCAST →



### Online learning resources and homework

- Mathletics: [login.mathletics.com](https://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.

### 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)



### Clue

There are hundreds of different ones out there, you will find them near home printers



and when not hiding inside printers they usually look like this



[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)

Recycle 4 Charity

## Treasure Hunt

Attention to all  
children and teachers!

Find some empty ink cartridges and bring them to the school to turn them into gold!



Your school will receive money for them, and you will help the environment with your recycling!

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/>

**Do you have any used  
printer cartridges lying  
around at home?  
Send them into the  
school office!**

### 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](mailto:brandoncentre.healthyliving@nhs.net) email address.





## 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](http://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](http://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](http://www.liftinglimits.org.uk)





# CAMDEN HEALTH



## KICK

Please sign up in advance for all sessions!

### MONDAY

<b>WOMENS ZUMBA</b> 11 am - 12pm at The Dome	<b>VI GYM</b> 1.00 pm - 4pm at The Dome	<b>FAMILY FOOTBALL</b> 4.30-6.30pm at Malden Pitch
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### TUESDAY

#### FAMILY YOGA

5pm- 6pm at The Dome

### WEDNESDAY

#### FAMILY MULTI - SPORTS

Men & Boys 4.00-6.00pm at The Dome

### THURSDAY

#### HEALTH CHECKS

11am - 12pm at the Dome

#### WOMENS YOGA

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

### FRIDAY

#### FAMILY SPORT INC ZUMBA

Women & Girls 4.30pm - 6pm at The Dome

**AUTUMN  
2021**

Call: 020 7267 6635  
or  
Email: [frances@qcca.org.uk](mailto:frances@qcca.org.uk)

**FREE**

## FAMILY SPORT'S ACTIVITIES

Do you want to become physically active?  
We put on free activities throughout the week at the dome!

### HOW TO FIND THE DOME 170 WEEDINGTON RD



CCA



Thrive LDN



Registered Charity No: 1096655  
Registered CLG: 04393769

Registered Address:  
QCCA Ltd.  
45 Ashdown Crescent  
London, NW5 4QE

Email: [info@qcca.org.uk](mailto:info@qcca.org.uk)  
Tel: 0207 267 6635  
Web: [www.qcca.org.uk](http://www.qcca.org.uk)



CCA



Vision Foundation

London's sight loss charity established 1921



# 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](mailto: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](mailto:info@qcca.org.uk)  
Tel: 0207 267 6635  
Web: [www.qcca.org.uk](http://www.qcca.org.uk)



# Do you want to learn computer skills?

**Camden adult community learning have FREE courses starting in November! Just come along or sign up online!**

## **Drop-in Digital Skills Workshops**

Every Monday & Wednesday, 10am-12pm  
Netley Adult Learning Centre, 74 Stanhope Street,  
NW1 3EX

## **Fun with Photos**

Starts Wednesday 3rd November, 1pm-3pm  
Netley Adult Learning Centre, 74 Stanhope Street,  
NW1 3EX

## **MS Excel & Money Management for Beginners**

Starts Tuesday 2nd November, 10am-1pm  
Training Link, 54-56 Phoenix Road, NW1 1ES

## **MS Word for Beginners**

Starts Wednesday 3rd November, 10am-12pm  
Training Link, 54-56 Phoenix Road, NW1 1ES



## **Easy Introduction to Coding with Scratch**

Starts Thursday 4th November, 3pm-5pm  
Online course

**Enrol here:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

We have lots of other courses and drop-in workshops to help you improve your digital skills. You can even get an Essential Digital Skills Qualification!

**Email:** [adultlearning@camden.gov.uk](mailto:adultlearning@camden.gov.uk)

**Enrol online:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

**Phone:** 020 7974 2148

- 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](http://www.camden.gov.uk/camdens-music-service)



020 7974 7239

[camdenmusic@camden.gov.uk](mailto: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](http://www.camden.gov.uk/saturday-music-centres)

and here

[www.camden.gov.uk/music-service-ensembles](http://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](mailto: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](mailto:camdenmusic@camden.gov.uk)

[www.camden.gov.uk/camdens-music-service](http://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](http://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](mailto: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 9— Power Poses

Social psychologist, Amy Cuddy, suggests that we can use power poses to help us develop self-confidence when we feel nervous or fearful before an event. Her research found that spending just 2 minutes power posing can help us feel more confident and self-assured before heading into a job interview, delivering a presentation/speech, or before any kind of performance.

Power posing involves adopting stances associated with power and achievement, such as:

- Lifted chest
- Holding your head high
- Raising your arms above your head
- Hands on hips



Have a go this week at trying out some of these poses for a few minutes before an event that you might feel nervous for and see if it helps you feel more confident.

Here is the link to watch Amy Cuddy's full Ted Talk:

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_may\\_shape\\_who\\_you\\_are?language=en](https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en)



Dear parent/carer,

## **Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged Children and Secondary School aged Young People**

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 8 topics in total with workshops being offered from this point until the end of Spring term.

### **Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people:**

- Why Early Intervention Matters
- Introducing the MHST
- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time

### **Webinars for Parents/Carers of Primary aged children:**

- Parent-child interactions
- Managing child worries

### **Webinars for Parents/Carers of Secondary aged Young People:**

- Supporting your Anxious Young Person
- Understanding Adolescent Development

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can register for any of the above webinars through Eventbrite for free at:

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2021-2022-tickets-184684756077>

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from **Friday 12<sup>th</sup> November 2021 until Thursday 10<sup>th</sup> March 2022**.

The scheduled topics, dates and times are:

Webinar topic	Intended Parent Audience	Date	Time
Why Early intervention matter: Introducing the MHST	Primary & Secondary	Friday 12 <sup>th</sup> November	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Friday 19 <sup>th</sup> November	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Friday 26 <sup>th</sup> November	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Friday 3 <sup>rd</sup> December	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Friday 10 <sup>th</sup> December	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Thursday 20 <sup>th</sup> January	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Thursday 27 <sup>th</sup> January	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Thursday 3 <sup>rd</sup> February	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Thursday 10 <sup>th</sup> February	12.00 to 13:00 Q and A 13:00 to 13.30
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 <sup>th</sup> February	12.00 to 13:00 Q and A 13:00 to 13.30
Screen Time	Primary & Secondary	Thursday 3 <sup>rd</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 <sup>th</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30

### **Advertising the webinars**

We are aiming for the process to be as convenient as possible for school, parents and carers so we are using the online booking platform Eventbrite to advertise and allocate requested places. If you feel your parents and carers may be interested in the webinar series please include the attached information in your next newsletter, school website or other accessible media. Please could you also recommend to any parents and carers who you think might be interested.

If you have any questions or suggestions please do contact us.

With many thanks,

Alessia Potere (Counselling Psychologist- MHST)



# VRU PARENT PROJECT

## Present

### *Introduction to supporting young people's mental health.*

- *Thinking about how parents can support good mental health in adolescents.*
- *Indicators that your child may be struggling and how to distinguish this from the normal ups and downs of adolescence.*
- *Supporting a young person who is finding life a challenge – being there for them.*
- *Where to look for help.*

*The aim is to allow for lots of questions and for feedback to be used to develop a second training on 16/11/21.*

*Facilitated by Dr Julia Jenkinson is a Clinical Psychologist currently working in Islington's Young People Services with over 24 years' experience of working with children and young people.*

VRU Team is inviting you to a scheduled Zoom meeting.

#### **Session 1**    Nov 9, 2021 06:00PM

***Topic: Introduction to supporting young people's mental health Part 1***

Join Zoom Meeting

<https://us02web.zoom.us/j/89463053973?pwd=SUYzMEkyU1kweHl0OW8vOEZidkwvZz09>

Meeting ID: 894 6305 3973  
Passcode: 0911

#### **Session 2**    Nov 16, 2021 06:00PM

***Topic: Introduction to supporting young people's mental health Part 2***

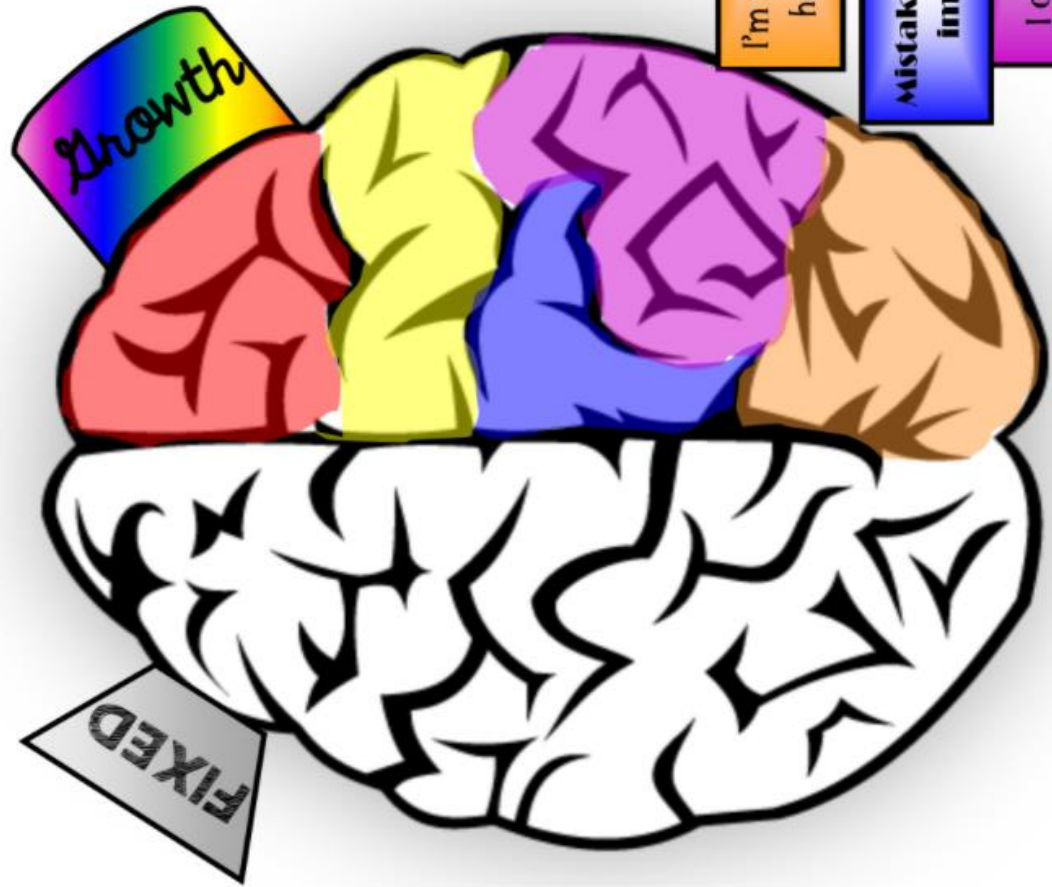
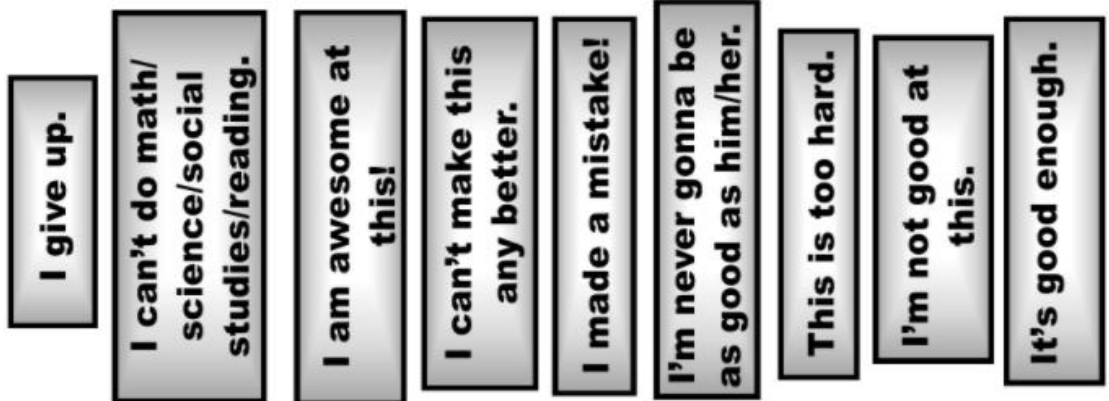
Join Zoom Meeting

<https://us02web.zoom.us/j/82198720502?pwd=ZTJOUmZLRmcweGRMTWN0VU1TTEp4QT09>

Meeting ID: 821 9872 0502  
Passcode: 1611

*For more information or to register for your place, please contact*  
**[VRUREFERRALS@islington.gov.uk](mailto:VRUREFERRALS@islington.gov.uk)**

# Change your words Change your *Mindset*







Please Note: Due to the extra bank holiday this year for the Queen's Platinum Jubilee there will be an additional day school is closed. We have not yet set the date for this closure.

## SCHOOL TERM DATES 2021/2022

### AUTUMN TERM

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

### SPRING TERM

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

### SUMMER TERM

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

### STAFF INSET DAYS – SCHOOL CLOSED

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

## Fleet facts tracker

Track your progress through the Fleet Facts stages using

Your teacher will sign to show when you have passed a

Once you've passed a test, start learning the next fact f

Parents/Carers: For your information and so you can best support your child this is the order of key facts and number knowledge the children learn for their Fleet Facts. They will know what stage they are but if unsure just check with the teacher. Practice at home is key to them making swift progress.

Stage 1					
Test 1 - Adding and subtracting 1	Test 2 - Doubles of numbers to 5	Test 3 - Adding and subtracting 2	Test 4 - Number bonds to 10		
Stage 2					
Test 1 - Adding 10	Test 2 - Adding 0	Test 3 - Near doubles and ones without a family (the tricky ones!)			
Stage 3					
Test 1 - Doubles of numbers to 10 and near doubles	Test 2 - Bridging and Compensating				
Stage 4					
Test 1 - 2 x tables	Test 2 - 10 x tables	Test 3 - 5 x tables			
Stage 5					
Test 1 - 3 x tables	Test 2 - 4 x tables	Test 3 - 8 x tables			
Stage 6					
Test 1 - 6 x tables	Test 2 - 7 x tables	Test 3 - 9 x tables	Test 4 - 11 x tables	Test 5 - 12 x tables	
Stage 7 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6
Stage 8 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6





Had a fantastic time starting their forest school sessions last Friday and another one again today! They have also been enjoying making clay hand prints and decorating them for Diwali and learning the story of Rama and Sita. Well done Nursery—what a great week!

## This week in Nursery... Wonderful World, Wonderful Me!

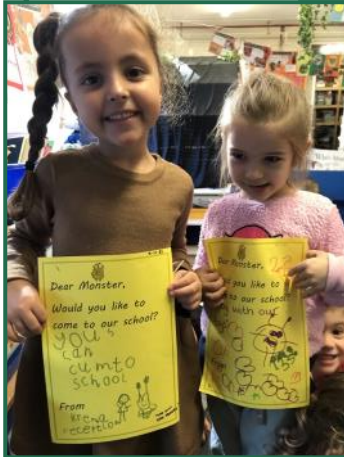






# This week in Reception... Monster's!

Lots of smiling faces in Reception this week. They have been reading, building and showing fantastic listening skills. There was some super letter writing to the monster in their story too. Well done Reception.





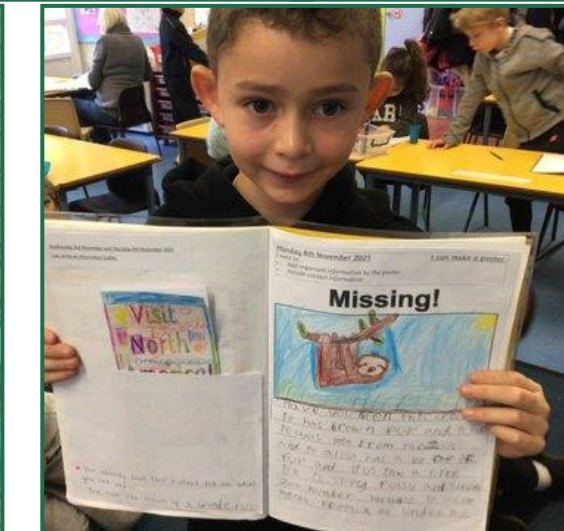


# This week in Year 1... Our Wonderful World

It's been all about expression and creativity this week in year 1 as they have been rehearsing for their wonderful class assembly. They also took some time to design posters for their class tea. In maths they have been identifying parts and wholes in addition equations (special shout out to Delphi and Benita for this work!) and in English using adjectives to describe different London landmarks following on from their new story 'Katie in London' and doing some freeze frames of Katie seeing the crown jewels for the first time!







## This week in Year 2... Topic: All around the world

Time to move continent again for the children—next stop on their topic journey South America. They started reading 'Sloth Slept On' and made their own missing posters. They even had a Sloth friend to help! They've also been getting their sketch books out to start planning their South American inspired animal print. Last Friday they showed their programming and directional language skills in a computing workshop with Gillian from the CLC. They've also made a start on learning their songs for the Christmas Show—we're very excited to see them perform! Well done year 2.







## This week in Year 3... Topic: Olympics & Olympus

Year 3 had a fantastic trip this week to the CLC where they took part in a workshop using Lego Wedo. They built models which they then wrote computer programmes to control and make them move. The teacher at the CLC was impressed with not just their ability to understand the concepts being taught and being able to complete the tasks but also their all round attitude to learning and support of each other. This week they also unveiled their new reading/calm area and enjoyed getting to use it. Well done Year 3.



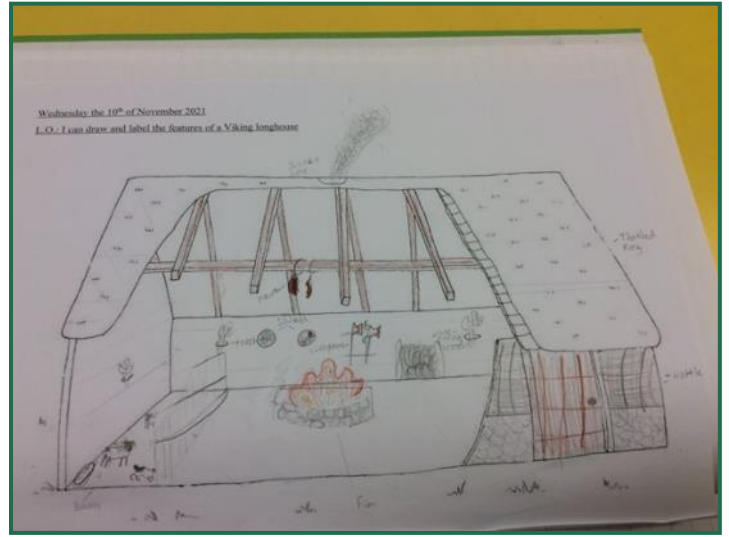
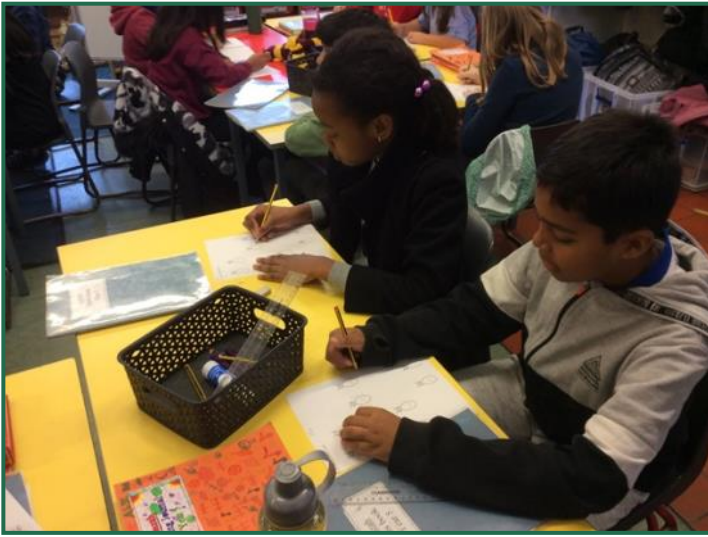


**Y4 Brass Practice:** <https://www.rod-n-tom.com/fleet>

This week Year 4 made the most of year 6 being out on a trip to use their session with the Arsenal coaches—they're looking forward now to getting their slot later this year. They have continued their study of the Tudors, taking what they saw at Hampton Court Palace to design and make their own picture frames to hold the Tudor portraits that are now finished and look amazing! In English they continued writing fact files on Henry VIII and his various wives as well as making comic strips to explain the different stories! Wow!

**This week in Year 4**  
Topic: Adventures in time

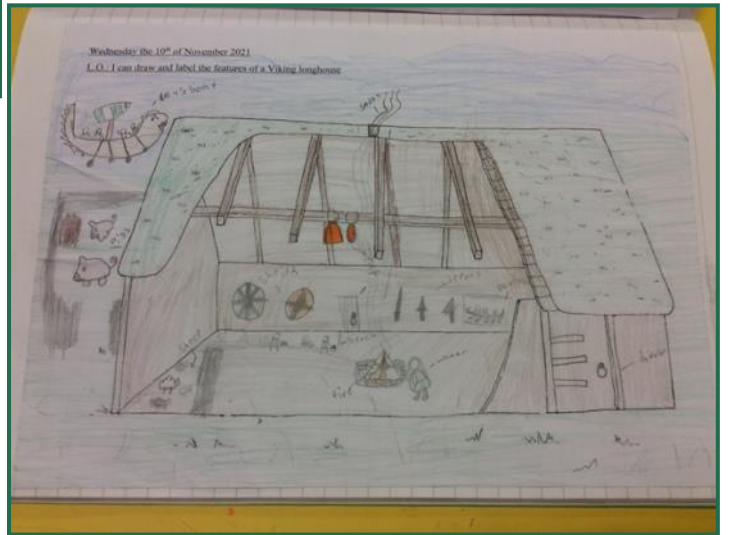




## This week in Year 5...

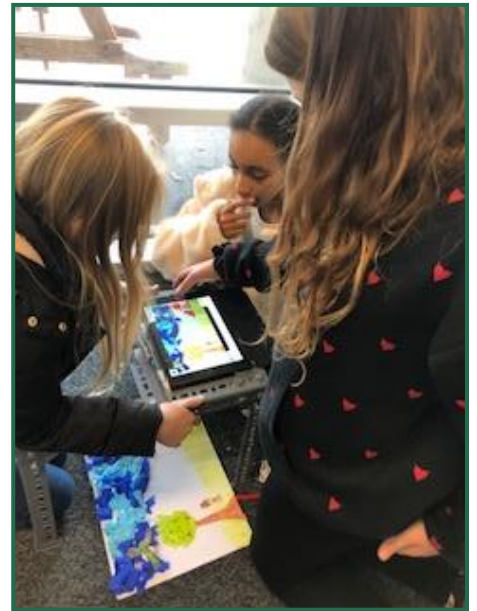
This week Year 5 have been tackling common factors in maths and during topic they have been learning more about Viking Longhouses, this week drawing and labelling them. The children who were doing the level 2 cycle training also completed their 'on the road' training. The trainers were very impressed with them. Last Friday they also got into the spirit of Bonfire night with a firework themed firework artwork. Well done Year 5.

## Topic: Journey to Valhalla



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





The Adventure of Death  
Mayan Sacrifice  
The Mayan World Cup  
Mayan vs Aztecs  
Mayan Warrior  
Mayan Battle  
Mayan Sacrifice  
A Jaguar's Journey  
Cocoa

<https://vimeo.com/644305140/54385d6969>  
<https://vimeo.com/644305169/b1eba34a44>  
<https://vimeo.com/644883087/9198f3d735>  
<https://vimeo.com/644883259/da6fe89e6a>  
<https://vimeo.com/644883263/b5bbc949c7>  
<https://vimeo.com/644883731/3643c8ad90>  
<https://vimeo.com/644883877/7c877f8bab>  
<https://vimeo.com/644883919/5b1f8e0008>  
<https://vimeo.com/644884013/35a18721bf>

As well as the usual Maths and English happening this week the children visited the CLC for a day long workshop making stop motion animations. They used their topic for the source material and in the space of a few hours managed to design, create and record some brilliant little films. They worked together really well in small groups and using the animation frames and Gillian's expert guidance did a great job. Visit the links above to be able to watch the films. Well done year 6 – maybe the next Nick Park is in this class!

**In Year 6...**  
**Topic: Paradise in the Jungle**



# 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](mailto:LBCMASHadmin@camden.gov.uk)

For more information about Early Help visit:

[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)

Sure Start 020 7974 8961  
[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

Produced by Creative Services 1251 23

\* free childcare places for eligible 2 year olds



### What's Early Help?

Early Help is about family and being here for when families are experiencing things that are starting to feel overwhelming. Early Help is about whatever is important to you, whatever is causing you to feel distress or worry. Early Help is for families with children of any age, from 0 to 19. It's voluntary and your choice whether to have it or not.

### What can you help with?

Every family we work with is unique. We work with families experiencing relationship breakdown or conflict, violence in the home, children showing distressed behaviour, support for first time parents, housing, rent or money worries, difficulties at school, worries about a child's health or development, managing changes in circumstances, grief and bereavement, and mental health problems. Often it's a combination of many things. But whatever it is that you and your family want to change, we are here to work with you - to help you and your family get to where you want to be.

### What does Early Help do?

There are lots of Early Help services in Camden, so we'll work with you to figure out the one you think will be most helpful to you and your family. You can watch a video about Early Help made by a Camden young person here: [youtube.com/user/CamdenCouncil](https://www.youtube.com/user/CamdenCouncil)

### Early Help services include:

#### Sure Start

A full range of help and support in your local children's centre if you are pregnant or have a child under 5.

#### Early Help Co-ordinators

Someone to have a chat with to see how we can help and what Early Help service might be most useful.

#### First Step Early Help

A team of family workers who will work alongside you for up to 12 weeks, and help you and the network of people around you to feel on the right track.

#### Families in Focus

A team of family workers who will work alongside you for 6 to 12 months.

#### Transformation Team

A team of family workers who will work alongside you for 12 months plus.

#### Youth Early Help

A full range of help and support for families with children aged 11 plus and young people.



### Every Early Help team will:

- ▶ Be with you through the tough stuff
- ▶ Listen to you and your family – we'll be led by you
- ▶ Focus on what's important to you and your family, and what a good life might look like for you
- ▶ Work with you to find out what's going well and what feels strong
- ▶ Work with you to explore and make sense of the things you want to change
- ▶ Make a plan with you, your children and your family so the changes can start to happen
- ▶ Make sure everyone involved works together to help you and your family best.







**NORTH LONDON PARTNERS**  
in health and care



# Does **your child** have asthma?

## Your child will need:



**an asthma  
management  
plan**



**the correct  
inhaler  
technique**



**an annual  
asthma  
review**

### What **you** can do:

- 1** Ask your GP or school nurse for an asthma management plan
- 2** Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3** Ask your GP, asthma nurse or consultant for an annual asthma review for your child



These **three important steps** can prevent an emergency admission to hospital and even save a life.

*Thanks to Healthy London Partnership for the poster idea*



# 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 the need arise. It is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

### INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

### BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

### SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

### HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

### CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite: the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time: this represents a risk to children if a stranger gains access to the Teleparty.

## Advice for Parents & Carers

### KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

### CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.



### CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.



### SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

### SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

### CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.



### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**National Online Safety®**

#WakeUpWednesday

Sources: [www.help.netflix.com](http://www.help.netflix.com) | [www.about.netflix.com](http://www.about.netflix.com) | [www.cofcom.org.uk](http://www.cofcom.org.uk)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.11.2021





# Raise FREE donations for

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£ Over £32 million raised

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👤 1.8 million users



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



## Fleet Primary School

would like you to join their channel on Parent Hub.

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

**@FleetPrimary**

The Parent Hub app is FREE to download and use.



### What is Parent Hub?



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

### Instructions for Parents



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

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



# Starting Solids Virtual Sessions

## Dates and Times:

### October 2021

4th (Monday)	2-3:30pm
7th (Thursday)	11-12:30pm
15th (Friday)	10:30am -12pm
20th (Wednesday)	10-11:30am
26th (Tuesday)	1-2:30pm

### November 2021

1st (Monday)	2-3:30pm
4th (Thursday)	11am-12:30pm
12th (Friday)	10:30am -12pm
17th (Wednesday)	10-11:30am
23rd (Tuesday)	1-2:30pm

### December 2021

2nd (Thursday)	11am-12:30pm
6th (Monday)	2-3:30pm
10th (Friday)	10:30am -12pm
15th (Wednesday)	10-11:30am
21st (Tuesday)	1-2:30pm

The Department of Health recommends babies start on solid foods when they are around six months old. This free session supports parents of babies who have not yet started solid foods.

- Do you have a baby who is ready to start solids?
- Would you like to know more about when and how to start solids?
- Would you like to explore more about the types of food to start with and which foods to avoid?

If so, this free 90 minute session is for you! We'll explore all the above and more. There will also be opportunities to ask questions. Please advise us in advance if you would like an interpreter.



[CLICK HERE TO BOOK YOUR PLACE](#)



# Starting Solids Next Steps Virtual Sessions

## Dates and Times:

### October 2021

12th (Tuesday)	10:30am -12pm
18th (Monday)	2 -3:30pm
28th (Thursday)	1-2:30pm

### November 2021

3rd (Wednesday)	11am-12:30pm
9th (Tuesday)	10:30am-12pm
25th (Thursday)	1-2:30pm

### December 2021

14th (Tuesday)	10:30am -12pm
20th (Monday)	2 -3:30pm
30th (Thursday)	1-2:30pm

This free session supports parents of babies who have already started solid food and are under 1 year. Please advise us in advance if you would like an interpreter.

Each 90 minute session covers:

- Moving on to more textured family foods and finger foods.
- Encouraging your baby to drink from a cup
- Overcoming baby feeding challenges
- Opportunity for questions and answers



[CLICK HERE TO BOOK YOUR PLACE](#)



Please contact Camden's Health and Wellbeing Team if you would like any further information:

020 7974 6736

[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)

<https://www.camden.gov.uk/health>



Both Starting Solids and Starting Solids Next Steps sessions are taking place virtually with Camden's Health and Wellbeing Team using Microsoft Teams.

Microsoft Teams is free to download on a computer, phone or tablet. Either visit your app store or go to:  
<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>  
You can also join via phone, no internet required.



# 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](https://gov.uk/get-coronavirus-test) or call 119





# COVID-19: Update from Camden Council

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

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



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



Looking after our health is important at any time of the year. But this winter, with 'flu season' likely to hit harder than last year, and COVID-19 rates high, we are urging all residents to take extra care.

There are several things you can do to stay well this winter and protect others. The first is to have the COVID-19 vaccine, and the booster too, as soon as you are eligible. You can also

get a flu vaccine (check below to find out if you qualify for a free one). These will help to protect against getting seriously ill from both viruses and have been shown to provide the best forms of defence.

Improving health and wellbeing for everyone in Camden is one of the borough's highest priorities. COVID-19 has had a profound impact, putting pressure on local health and care systems and shining a stark light on deep-rooted inequalities. It's never been more important to work together to build back a fairer, healthier Camden.

Find out below how we're starting to tackle this issue and how you can get involved.

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

## Free flu vaccinations available

Having COVID-19 and flu at the same time can make you seriously ill, particularly if you have underlying health conditions or work with people who do. Free flu vaccinations are currently available to:

- People aged 50+
- People aged 16+ with underlying health conditions
- Pregnant women
- All frontline health or social care workers

Remember, getting both the flu and COVID-19 vaccines at the same time or closely together won't cause any harm.

Find out more and book your appointment at [nhs.uk/flujab](https://nhs.uk/flujab)

Viruses like COVID-19 and flu spread more easily in autumn and winter, so it's important to take care of yourself to avoid getting ill. Keep your home warm, have hot drinks regularly and at least one warm meal a day. If you're struggling, contact Camden Council on 020 7974 4444 (option 9) or visit [camden.gov.uk/support-for-individuals](https://camden.gov.uk/support-for-individuals)

## Get your COVID-19 vaccination

Whether it's a first, second or booster dose, the vaccine is the best way to protect yourself against coronavirus. Boosters are available 6 months after your second dose of the COVID-19 vaccine, but you can now book yours if it's been 5 months (152 days) and you're:

- Aged 50+
- Aged 16+ with a health condition that puts you at high risk from COVID-19



To get your COVID-19 vaccination, including a booster if you're eligible, you can choose to:

- Book online at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119
- Visit a walk-in clinic – [camden.gov.uk/walkin](https://camden.gov.uk/walkin)
- Drop by Camden's COVID-19 vaccination bus, which runs Monday to Saturday, 10am to 4pm throughout November at:

**Regent's Park Estate, Access Way, NW1 3QJ**  
Friday 12 and Saturday 13 November

**1 Palmerston Road, NW6 2DG**  
Wednesday 17 and Thursday 18 November

**Swiss Cottage Market, Eton Avenue, NW6 3EU**  
Monday 15 and Tuesday 16 November

**Brunswick Square, opposite UCL's School of Pharmacy, WC1N 1AX**  
Friday 19 November

To find out more, visit [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)

## Test regularly to check you're COVID-free

You can still catch and spread COVID-19 without symptoms, even after vaccination.

Taking regular rapid tests, including before going out to work, going shopping or meeting with friends or family, prevents you passing the virus on to others without knowing. All rapid tests are free and take 30 minutes. To find your closest test site, home test pick-up or delivery options, visit [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest)

If you develop any COVID-19 symptoms, please self-isolate and book a PCR test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119.



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.

12 noon to 4pm for a host of fun free health-related activities, including exercise taster sessions, face painting, live music, healthy food and smoothie bike, NHS health checks and health information and advice.

## Join People's Question Time

Have your say on the issues that matter most to you. Join the Mayor of London, Sadiq Khan, and the London Assembly for People's Question Time on Tuesday 23 November, 7 to 9pm at Congress Centre, 28 Great Russell Street, WC1B 3LS. Topics will include transport, policing and safety, air quality and the environment, housing and London's economic recovery from COVID-19. Register for free tickets at [london.gov.uk/events/2021-11-23/peoples-question-time-camden](https://london.gov.uk/events/2021-11-23/peoples-question-time-camden) or call 020 7983 4762.