

# Fleet Community Notices



Wednesday 15th June 2022



## New this week...

See the information in the box to the right about food vouchers. Contact number listed if by next week you have received nothing and think you should. Page 2, as always, has important dates for the term. Page 4 has advice on keeping safe in the sun/heat—please encourage the children to dress properly and bring in a water bottle (and refill through the day!). Page 7 is a poster from KXRecruit, a local recruitment service working with local people for free. If you are on the lookout for a new career or job give them a call. We will be sending out information on the Summer Fair and how you can help from the Parent's Association soon—keep an eye on Parent Hub—the date to keep free is shown below. Enjoy the rest of your week.

## Fleet Summer Fair

We look forward to the Summer Fair making a triumphant return this summer.

Please save the date—  
**Saturday 16th July**

The PA will be in touch with requests for help and plans over the next few weeks.



## 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

## Household Support Fund: Food vouchers for families

If you receive Housing Benefit or Council Tax Support and have children aged up to 18, or if your child attends a Camden school and receives free school meals, you should receive a letter from Camden Council about government-funded supermarket vouchers soon. **If the letter does not arrive by 20 June, or if you need any other support, please call Camden on 020 7974 4444 (option 9).**

If you don't have access to the internet or can't download the voucher, your local library or children's centre can help (we can help too!).



# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on [easyfundraising.org.uk](http://easyfundraising.org.uk)

<http://www.easyfundraising.org.uk/causes/>

4,300 online sites will give us a free donation when you shop with them - at no extra cost to you!



Download the easyfundraising App



# Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. This can happen for any number of reasons and we try, where possible, to give as much notice as we can. We also will often need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parent hub closer to the date of a trip for requests for help and contact the office if you are able to accompany. Thank you.

- **16<sup>th</sup> June:** Year 6 to the Zoo
- **16<sup>th</sup> June:** Year 5 to the Crick
- **16<sup>th</sup> June:** Year 4 Class Tea
- **17<sup>th</sup> June:** Year 4 Class Assembly
- **20<sup>th</sup> June:** Year 4 taking part in Camden Choir festival
- **21<sup>st</sup> June:** Reception to Little Angel Theatre
- **21<sup>st</sup> June:** Year 3 to Belsize Synagogue
- **22<sup>nd</sup> June:** Rec-Y3 Classroom Open Session for parents—Reading 9.05-9.25am
- **23<sup>rd</sup> June:** Year 2 Class Tea
- **23<sup>rd</sup> June:** Y5 Cricket at St. Christophers School
- **24<sup>th</sup> June:** Year 5 to UCS for Climate Summit
- **24<sup>th</sup> June:** Year 2 Class Assembly
- **27<sup>th</sup> June:** Year 3 to Burgh House
- **28<sup>th</sup> June:** Reception to the zoo
- **28<sup>th</sup> June:** Year 6 to October Gallery
- **28<sup>th</sup> June:** Year 4 to Kew Gardens
- **29<sup>th</sup> June:** Year 3 & 4 to the Heath with St Christopher's School
- **29<sup>th</sup> June:** Nursery to London Zoo
- **29<sup>th</sup> June:** Y5 to Haverstock School
- **30<sup>th</sup> June:** Year 2 to the seaside
- **30<sup>th</sup> June:** Year 1 Class Tea
- **1<sup>st</sup> July:** Year 1 Class Assembly
- **7<sup>th</sup> July:** Reception Class Assembly
- **7<sup>th</sup> July:** Reception Class Tea
- **8<sup>th</sup> July:** Sports Day on the Heath
- **13<sup>th</sup> July:** Parent—Teacher drop in after school
- **14<sup>th</sup> July:** Nursery Class Tea
- **15<sup>th</sup> July:** Reception Summer Heath Walk
- **16<sup>th</sup> July:** Summer Fair (Saturday)
- **19<sup>th</sup> July:** Year 3 & 4 to Go Ape
- **21<sup>st</sup> July:** Year 6 Leaver's Assembly @2pm
- **21<sup>st</sup> July:** Year 6 BBQ @ 6pm
- **22<sup>nd</sup> July:** Last day of school year—finish @ 2pm
- **1st September:** INSET day—school closed
- **2nd September:** INSET day—school closed
- **5<sup>th</sup> Sept:** start of Academic Year 2022-23

# 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
Additional Days Holiday for the Queen's Platinum Jubilee	Monday 13 <sup>th</sup> June 2022 – school closed
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.



# Now the sun is out and the days are getting hotter...

**Soltan**  
Sun Ready  
Schools



**Follow these five sun ready  
tips to stay safe in the sun**

In partnership with

**MACMILLAN**  
CANCER SUPPORT

1



**Use 5-star rated,  
high-SPF sun cream**

2



**Drink plenty  
of water**

3



**Cover up with a hat  
and long sleeves**

4



**Wear sunglasses to  
protect your eyes**

5



**Stay in the shade  
between 11 to 3**



# Fleet Primary School Calendar Competition 2023

New Entries for  
Summer Term  
now being  
accepted...

The Calendar Art Competition for creating a school calendar at the end of the year is still on. Due to lockdowns over the last 2 years this popular annual event has not been possible so it's great to bring it back.

Children can use any art medium in their entries as long as it is A4 in size and they can enter as many times in a term as they want.

Prizes will be awarded termly, with a selection of winning entries chosen to go in the calendar for 2023 at the end of this year.

Entries should be handed in to the school office and should have the child's name and class on the back (in pencil) along with an indication of the person or event that inspired it.



## This year's theme...Lifting Limits!

This year the theme links in with the 'Lifting Limits' gender equality work we are doing in all classes and also with the racial equality work that runs throughout our curriculum. We are asking that the subject of the art be inspired by a historical figure—contemporary or older.

Think about GENDER EQUALITY - a man or woman who did something amazing and at the time, unusual or not the norm, for someone of their sex.

Think about RACIAL EQUALITY - someone again who was a trailblazer and didn't let their race, colour of their skin or religion stop them from doing something.

It could be someone we have talked about in assembly, or someone you have learnt about in class or even someone you have learnt about from your own reading or investigations.

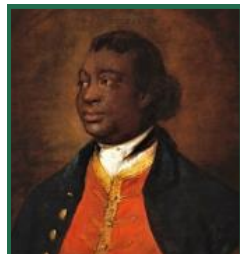
## Ideas from people looked at already this year in assemblies or topics...



Flora Sandes



Greta Thunberg



Ignatius Sancho



Septimius Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



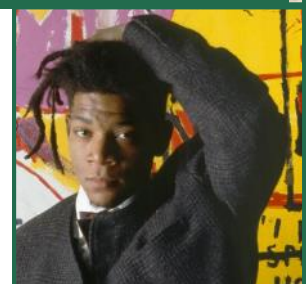
Marcus Rashford



Frida Kahlo



Beryl Burton



Jean-Michel



# Camden Highline Project



**From  
this...**

**To this...**



You may or may not be aware of a project being proposed in Camden to transform a section of unused railway on top of a viaduct into a new urban park. See this link for more information.

<https://drive.google.com/file/d/1e88rkswUKtD9wVfxKYP0Zr-CZ80twkLc/view>

This looks like being a fantastic addition to Camden for children and families. The planning application is currently open. If you would like to have your say please leave a comment through the form <https://planningrecords.camden.gov.uk/Northgate/PlanningExplorer/PLComments.aspx?pk=591260>

Or by emailing [planning@camden.gov.uk](mailto:planning@camden.gov.uk) . Include the reference '2022/2019/P' to make sure they know you're talking about the Highline.

# Seeking a new Career?

KX Recruit is the recruitment agency that matches employers with jobseekers at King's Cross.

We are passionate about King's Cross and are here to help **local business** to find the right staff, and at the same time help **local people** to access the job opportunities created by the redevelopment of King's Cross. Our service is **personal, highly-specialised and completely free-of-charge**. We help companies to recruit at all levels and have a track record of successfully working with a range of companies, from small businesses to multi-national organisations.

## Contact us today

Call **020 36914000**

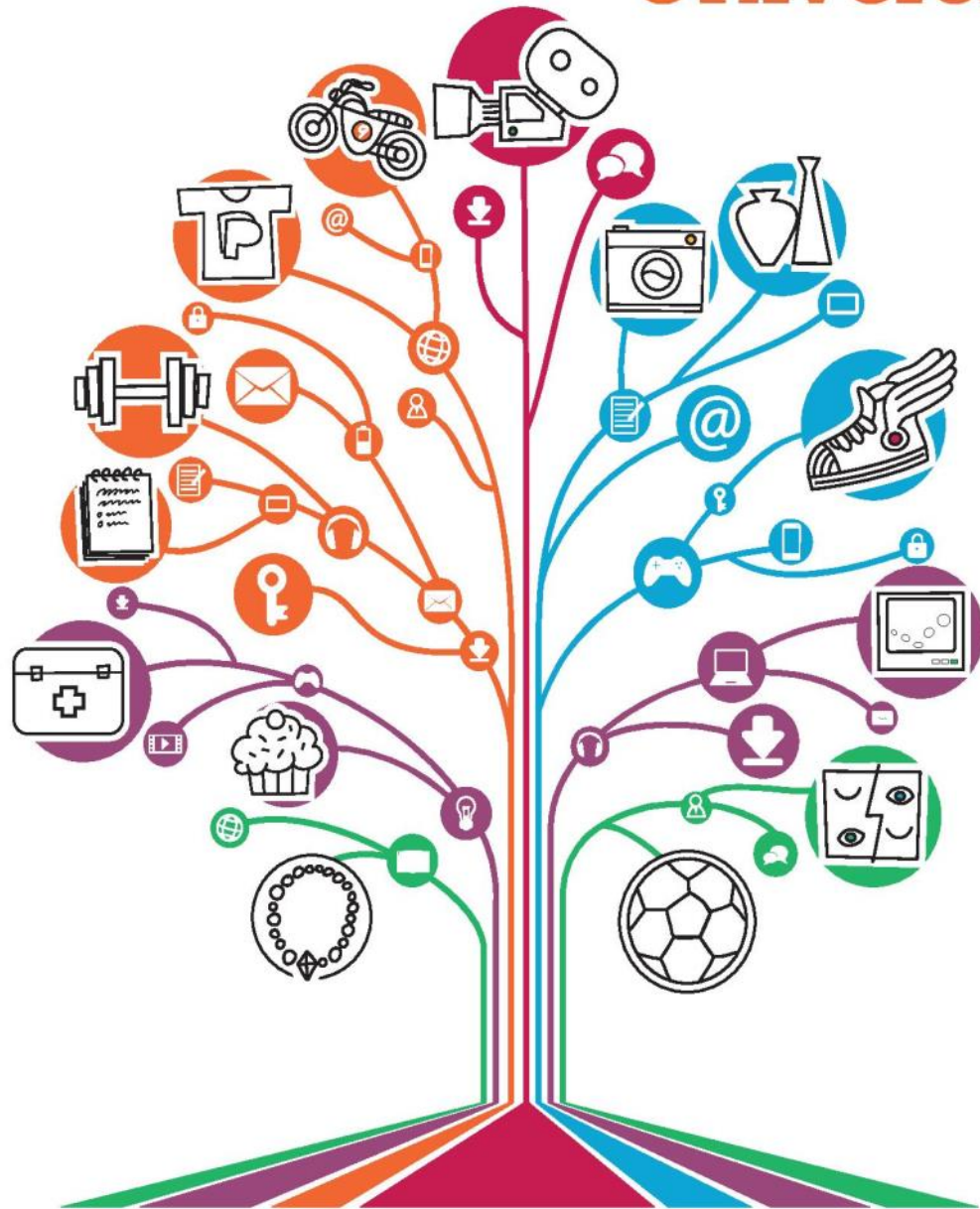
Email **[reception@kxrecruit.co.uk](mailto:reception@kxrecruit.co.uk)**

KX Recruit, 11 Stable St, London, N1C 4AB

**[www.kxrecruit.co.uk](http://www.kxrecruit.co.uk)**



# Camden Summer University



Visit [www.cmdn.co.uk](http://www.cmdn.co.uk)





## MONDAY

**Female Only  
Nordic  
Walking**

10:30am - 11:30am  
@ Hampstead Heath



## TUESDAY

**Rest Day**



## WEDNESDAY

**Mixed  
Family  
Badminton**

7pm - 8pm  
@ The Dome



## THURSDAY

**Female  
Only Yoga**

11:30am - 12:30am  
@ The Dome



## FRIDAY

**Female Coffee  
Morning**  
11am - 12pm  
@ QCCA

Every other week

**Female & Child  
Multisport  
Zumba**  
4:30pm - 6pm  
@ The Dome

If you are interested in any of the classes

Please contact to register:

Call - 020 7267 6635 OR Email - [Sarah@qcca.org.uk](mailto:Sarah@qcca.org.uk) or [Frances@qcca.org.uk](mailto:Frances@qcca.org.uk)


**FREE**

## HOW TO FIND US

**THE DOME:**  
170 Weedington Rd  
London NW5 4NU



**QCCA:**  
45 Ashdown Crescent  
London NW5 4QE





# Peter Pan holiday courses

Drama, dance and singing  
summer courses for 4–10s



— Ella had a fabulous time,  
it's given her such a burst  
of confidence and joy.

Michele Meldrum

[perform.org.uk/peterpan](http://perform.org.uk/peterpan)

## Summer holiday fun for 4–10s

'Let's have fun' said Peter Pan and that's exactly what your child will do this summer as they fly off to Neverland on an adventure with Tinker Bell, the Lost Boys and Captain Hook.

We'll add a sprinkle of Perform fairy dust, imaginative costumes, songs and original music as your child stars in a wonderful show for family and friends.

Your child will enjoy:

- ▶ Three or five full days of drama, dance and singing
- ▶ Energetic friendly team of actors, dancers and musicians
- ▶ Colourful performance on the last day for friends and family with original music and costumes
- ▶ Personalised certificate of achievement for every child

## How to book

To book or find out more, call 020 7255 9120  
or visit [perform.org.uk/peterpan](http://perform.org.uk/peterpan)

Course T-shirts are required at a cost of £8.50. We offer a 25% discount for siblings attending the same holiday course at the same venue. Payment can be made by credit/debit card or childcare vouchers. See our website for Terms & Conditions and our refund policy.

\*Owing to class size restrictions, Highbury is priced at £380 for five days.  
Your child should bring a water bottle and a nut-free packed lunch.



## Venues

Three Day Courses £285 (10am–3pm)

Monday 3rd – Wednesday 5th August  
Wednesday 24th – Friday 26th August  
Notting Hill

Five Day Courses from £365\* (10am–3pm)

Monday 25th – Friday 29th July

Beaconsfield, Blackheath, Chiswick, Clapham South, Hampstead Garden Suburb, Highbury, Kensington, St John's Wood, Wimbledon and Winchester

Monday 1st – Friday 5th August

Ealing, Earlsfield, East Dulwich, Hackney, Richmond, Sevenoaks, St Albans, West Hampstead and Wokingham

Monday 8th – Friday 12th August

Beckenham, East Finchley, Eastcote, Fulham, Hammersmith, Kensington, Primrose Hill, Tufnell Park, Twickenham and Wanstead

Monday 15th – Friday 19th August

Battersea, Chiswick, Clerkenwell, Dulwich, Highgate, Kensal Rise, Kensington, Primrose Hill, Richmond and Sevenoaks

Monday 22nd – Friday 26th August

Barnes, Chelsea, Highbury, Muswell Hill, Oxford, St John's Wood, Streatham and Wimbledon



— Thank you for  
making it such  
an enjoyable  
few days, the  
performance was  
really magical.

Selina Vernal



[perform.org.uk/peterpan](http://perform.org.uk/peterpan)

020 7255 9120





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!

# FREE FOOTBALL FOR GIRLS

**Venue: Tufnell Park Primary,  
31 Carleton Road, London N7 0HJ**

**EVERY WEDNESDAY** (excluding half terms)  
Ages: School years 5 & 6  
Start date: Wednesday 6th October,  
5-6.30pm

**EVERY SATURDAY MORNING**  
Ages: School years 3 & 4 - 9-10.15am  
followed by years 5 & 6 - 10.30am-12pm  
Start date: Saturday 9th October

**All sessions are FREE of charge.**

Training takes place outside on Astroturf.

**All participants must wear shin pads.**

Register via [www.playthearsenalway.com](http://www.playthearsenalway.com)

For more information please contact  
[jwarnock@arsenal.co.uk](mailto:jwarnock@arsenal.co.uk)



**Sprint, run,  
throw and jump  
into athletics!**

At Parliament Hill Track on  
Sunday 6 March, 3 April, 1 May, 5  
June, 3 July, 7 August, 4 September  
12-2 pm

Registration is £3 and opens at 11:30  
or register on line at:  
<https://webcollect.org.uk/highgate>

*How fast can you sprint?*

*How far can you throw?*

*What's your longest long jump?*

*Got the stamina to race for two minutes?*

QuadKids is an England Athletics endorsed athletics format for children of all abilities. It is quick, fun and a great way to measure progress over time.

For further details email Brenda Myers  
[quadkids@highgateharriers.org.uk](mailto:quadkids@highgateharriers.org.uk)

**We hope to  
see you there!**



## FAMILY ACTIVITIES

Join us for our FREE family sporting activities

### WEDNESDAY'S

MIXED BADMINTON  
7PM - 8PM

### FRIDAY'S

WOMEN'S ONLY FAMILY  
ZUMBA  
4.30PM - 6PM



**TO REGISTER PLEASE CONTACT**

EMAIL: [frances@qcca.org.uk](mailto:frances@qcca.org.uk)  
CALL: 0207267 6635

**FREE**



170 Weedington Road, London, NW5 4NU

Registered Charity No 3096655  
Registered CLG 04991799

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)



# 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 it be needed. This guide features in one of many issues 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.

## LONELINESS ONLINE: What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?  
In a recent study, 14% of 10-12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who they told us some of the things that make them feel isolated when they're online.

### CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat

### WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online - and we've collected some of their advice to share with you.

- ☒ Tell a friend or a trusted adult that you feel lonely
- ☒ Watch funny videos of cats and pandas
- ☒ Watch yoga videos and do some exercises
- ☒ Play single-player games you enjoy
- ☒ Listen to happy music
- ☒ Listen to your favourite audiobooks
- ☒ Send nice messages to your friends and family
- ☒ Play games with friends who you trust, if they're online too



### TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ☒ Paint or draw pictures
- ☒ Play with a pet
- ☒ Write about your feelings
- ☒ Hang out with your family
- ☒ Get outdoors & enjoy nature



### FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes - but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

**0800 1111**



**National  
Online  
Safety®**

**#WakeUpWednesday**



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



[@natonlinesafety](https://twitter.com/natonlinesafety)



[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)



[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.05.2022



## Free 24/7 urgent mental health support for young people

The last 18 months have been particularly hard for young people's mental health and wellbeing. Young people and their families in need of urgent help with their mental health can get free 24/7 support from trained NHS professionals by telephone.

The NHS has set up free telephone lines across London for young people in distress, open all day, every day, and staffed by trained mental health professionals. They can provide immediate support, or refer people to other sources of help if needed.

Find your local crisis line number [here](#).



**URGENT MENTAL HEALTH SUPPORT 24/7**

**Worried about your mental health?**

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need - including children, young people and their parents. The lines are free to call and open 365 days a year.

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 350 8590



## 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.



# Weekly Wellbeing Update

New Tip...

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.



## Wellbeing Tip of the Month!

An initiative brought to you by Camden Learning's Health and Wellbeing Team

### June's Wellbeing Tip – The joy of laughter

It's true, laughter is a strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens our immune system, boosts mood, diminishes pain, and protects us from the damaging effects of stress. Nothing works faster to bring your mind and body back into balance than a good laugh. Here are some ways to start thinking about adding more humour to our routines this month:

- **Smile** - Smiling is the beginning of laughter, and like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling.
- **Bring humour into conversations** - Ask people what funny things they have seen recently, or if anything funny has happened to them.
- **Engage with comical media** – If you know there are certain shows, video clips, writers, comedians that make you laugh, make time to engage with them.
- **Spend time with fun, playful people.** As humans, we take on the energies of people around us so try and spend time with those who laugh easily—both at themselves and at life, and who routinely find the humour in everyday events.



If you or any friends/family are tidying gardens and pruning trees 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.

## Fleet's Forest School Request



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

## WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

- Music making sessions for children up to Year 5
- Instrumental lessons
- Bands, orchestras and choirs
- Music technology
- Adult choir
- Music groups for babies and very young children



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



camdenmusic

020 7974 7239

[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.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

✉ [adultlearning@camden.gov.uk](mailto:adultlearning@camden.gov.uk) ☎ 020 7974 2148 🌐 [camden.gov.uk/adultlearning](http://camden.gov.uk/adultlearning)





# 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



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



Please book your place on the programme by contacting the  
Health and Wellbeing Team on [healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)  
0207 974 6736.



# Free virtual sessions for the whole family

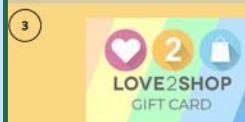


Fun, free and easy ways to keep  
primary school pupils healthy,  
happy and interested in cooking.

For  
children  
5-11  
years



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



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.



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



Do you want to learn fun ways to be healthy as a family?

**families for life**

**change  
4life**



## 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 KIDScharity  
0207 359 3635 KIDScharity

Registered charity number: 275936



**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

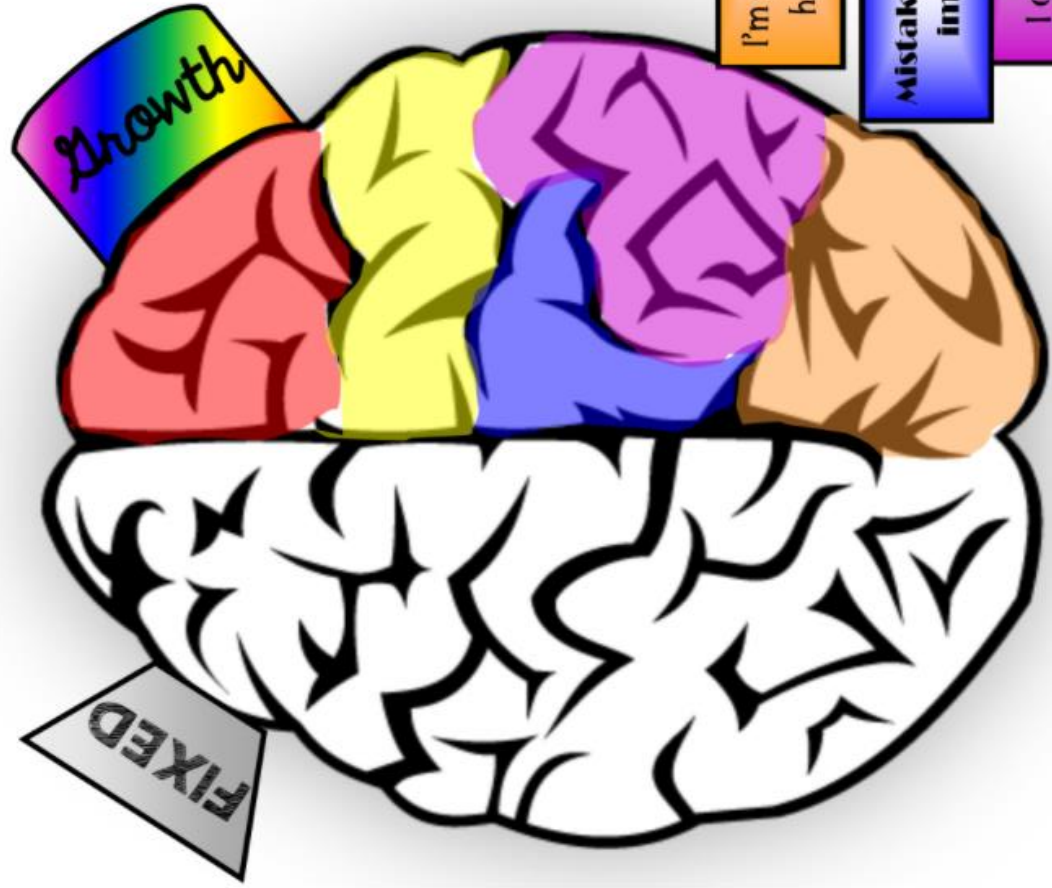
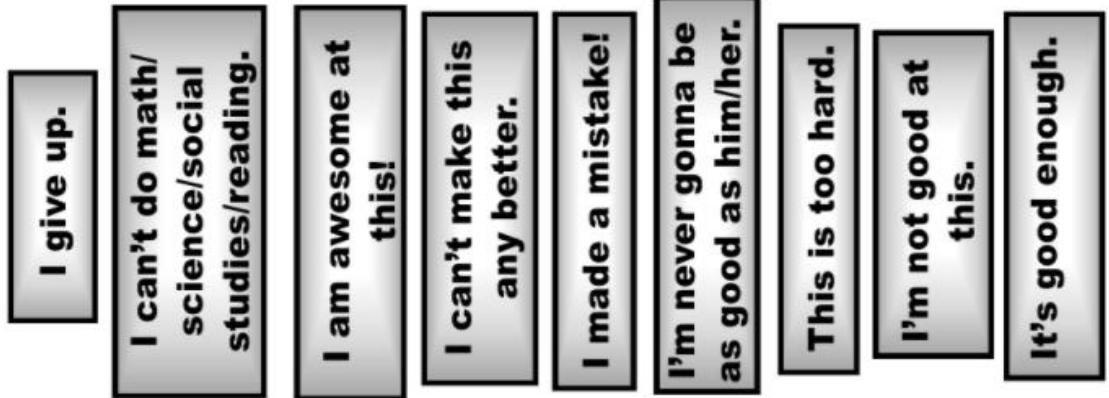


These **three important steps** can prevent  
an emergency admission to hospital and  
even save a life.

Thanks to Healthy London Partnership for the poster idea



# Change your words Change your *Mindset*





## 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)



## 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 installment 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)



- 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)

### 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.



# 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)

\* 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.

