

Friday 15th October 2021

## Message from the head:

This week I spent some of my time meeting with groups of children from each class and chatting to them about school and all the things they have been doing this year so far. It was clear how much they are enjoying the different topics they are learning about and the facts they have already covered in the different subjects. Hearing their enthusiasm for their learning and the passion with which they talk about their favourite subjects and pride they took showing me their writing I couldn't have been prouder of them or my staff.

Next week the year 5 children have a 'Rites of Passage' that was denied to the current year 6 due to Covid. It is the Year 5 School Journey to Sayer's Croft. They are so excited they have repeatedly told me about when it is! Ms. Wall will be with them for the first part of the week before I switch places with her on Wednesday next week. I know I will be exhausted when I get back but seeing the children learning new skills and going so far out of their normal comfort zone is well worth it.

While I'm on the topic of trips, I want to say a big thank you to the Reception parents who supported yesterday's trip to the Heath—the first Reception trip of the year. The children loved it and excitedly showed me the leaves they had collected. I look forward to seeing the artworks they make with them back here in school!

This week we have seen in some of the children's play in the playground, and from their conversations, quite a lot mentioning watching 'Squid Games' on Netflix. Having seen it myself, I wanted to flag this for any parents who may not have seen it but know their children are watching it. It is incredibly violent, and while some may see it as 'comic book' violence I would suggest you watch a bit and decide if you think it is appropriate for Primary aged children. I know I am not allowing my primary aged son to watch it!

I sent a letter out yesterday about the Flu vaccine happening in school next Monday. I know some parents may be reluctant to let their child have the Nasal version due to the inclusion of Pork derived gelatine products that go against the teachings of some religions. If this is the case my letter was to point you in the direction of the injectable vaccine which previously has not been an option for children but is this year. I would urge you to read the letter and make arrangements for the injectable vaccine if you don't want them to have the Nasal one. You can arrange for your child to have the injection at a local vaccine centre.

I hope you all have a wonderful weekend and look forward to seeing you all back again on Monday.

## Thankyou—we're still collecting!

We're still collecting for the Afghan refugees recently arrived in Camden—more is needed. If you are unable to drop off at school during the day but want to donate



any items, Patricia (nan to Mia—Y3) has kindly offered to act as an out-of-hours drop off. Her address is:

Flat 13, Palgrave House, Fleet Road. NW3 2QJ

The items needed are:

### Underwear and toiletries - new items only

If you have any of the above items to donate please drop off in the school office and please share this plea with your friends and neighbours so we can collect as much to help them as possible. Thank you in advance.

## Flu Vaccine

Public Health expect the winter flu this year to be especially problematic. This is due to relatively low prevalence last year as we were all locked-down indoor and not mixing and so our natural immunity will be less than in previous years. For this reason they are rolling out the Nasal Flu Vaccine to all children. If you have not yet returned your child's consent letter please make sure you do first thing Monday as the health team are attending school on Monday to carry out the vaccinations (they will return for Y5 only due to them being away on school journey).

## Teaching – the best job in the world!

Are you interested in training to become a teacher – or do you know someone amazing who would make a fantastic teacher? Here in Camden, led by our partners at Eleanor Palmer, we run an outstanding primary teacher training programme which leads to a PGCE qualification in conjunction with UCL's Institute of Education. You will get the chance to train in amazing local schools, and see what a great place Camden is to train in and launch your teaching career. This programme brought us our own wonderful Ms. Kingham, Ms. Coulter, Ms. Costelloe and Ms. Sale. Recruitment has just launched for entry in September 2022. If you would like to hear about our programme and what we can offer please do get in touch to attend one of our Open Mornings at Eleanor Palmer. The first one this year is on **Friday 5 November 9.30am-11.30am** where you can find out more about the process of becoming a teacher and find out about Camden Primary Partnership's unique teacher training programme. To book your place or for more information email

[Vicky@eleanorpalmer.camden.sch.uk](mailto:Vicky@eleanorpalmer.camden.sch.uk), call her on 020 7485 2155 or follow the teacher training link on EP's website <https://www.eleanorpalmer.camden.sch.uk/school-direct/>.

## Lunch Menu—18th-22nd October

<b>Monday</b> <i>Meat Free Monday</i> Roasted Veg or Cheese and Tomato Pizza Peas & Sweetcorn Fruit & yoghurt	<b>Wednesday</b> Meat/Halal: Chicken Drumsticks Vegetarian: Mixed Veg & Chickpea Loaf Roast Potatoes Sweetcorn & Carrots Fruit & Yoghurt	<b>Friday</b> Meat/Halal: Fish in batter Vegetarian: Potato & Spinach Tart Chips or Cous Cous Baked Beans & Peas Jelly, Yoghurt & Fruit
<b>Tuesday</b> Meat/Halal: Meatballs Vegetarian: Mixed Bean Casoulet Spaghetti Green Beans & Carrots Pear Crumble & Custard	<b>Thursday</b> Meat/Halal: Chicken tikka Masala Vegetarian: Roasted Cauliflower & Chickpea Curry 50/50 rice Green Cabbage & Roast Butternut Squash Peach Upside Down Cake	<b>Please remember to let the office know if you want your child to change to or from school lunches so you are charged correctly</b>
<b>Available Daily</b> Freshly Cooked Jacket Potato Freshly Baked Bread		

## Punctuality Award

This week's Punctuality award goes to Reception with 1 late—brilliant! Y2 & Y4 only had a couple each too—well done. Arriving late disturbs the start of the day for all learners, not just those coming in late. Please keep trying to ensure the children are here on time. Year 5 need to do better again highest in the school.



## Attendance Award

Our Attendance Award this week goes to Year 5 with 98.9% fantastic! This year's whole school target is again 96%. Overall for the year we are currently at 95.4% - so close—we can do it!



# 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.



# Say hello to your School Council!

This week, following on from the class votes, Ms. Wall announced the children who have been elected to represent their class views on the school council for this year. Ms. Wall looks forward to working together with this brilliant group of young people to represent the views of their class to make Fleet even better!



## Year 3

## Year 4



## Year 5

## Year 6



# FAMILY FAIR

## WORLD SIGHT DAY

**WHEN:** Thursday 14th October

**TIME:** 2:00pm - 5:00pm

**WHERE:** 45 Ashdown Crescent  
Belsize Park, London, NW5 4QE

**WHAT:** Specialist Talks,  
Nurse, Food, Fun & Activities  
& Prizes to be won



**#Loveyoureyes**

Nearly everyone on the planet will experience  
an eye health issue in their lifetime!

Come to QCCA for an afternoon of fun for all the family  
and learn more about your own eye health!



Vision Foundation

London's sight loss charity established 1921

100  
years



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)

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.



# 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—Oscar

For always being such a thoughtful and caring friend. You play so nicely with others and help people get involved in games. Well done Oscar!

## Year 1—Mahir

For his wonderful manners and kindness and for always putting his best efforts into learning, even when it's challenging. Mahir, you are a great member of Team Y1 and we are very proud of you! Keep being fabulous you!



## Year 2—Thaddeus

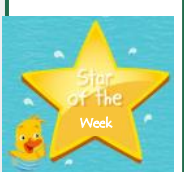
for your great focus and engagement during carpet sessions. You listen so well and can always tell me so much about what we're learning, especially about the books we've read. Well done, I'm so impressed!

## Year 3—Skylar

For your amazing attitude! You approach every task with dedication and positivity and bring such a wonderful energy to the classroom! Thanks for being such an excellent member of Y3!

## Year 4—Abid

You've been our assembly super star in every rehearsal this week. You've put in such effort and always had a smile on your face. Well done for your positivity and delivering your line with such gusto!



## Year 5—Asma

For your fantastic effort in English this week. I was really impressed with your brilliant piece on the Norse Goddess, Idun. It was beautifully written and very informative! Well done Asma!

## Year 6—Freddy

For all of your hard work this week. You have been so focused on your learning and trying your best. You have been representing your class well with visitors and have been a super role model- keep up the brilliant job!

## Programme details

Location: N1C Centre, Ground Floor Plimsoll Building  
Handyside St, London N1C 4BQ

Date: Weds 22nd September - Weds 22nd December 2021

Time: 11am-2pm

Facilities: Refreshments and light lunch provided

Contact: Abdi/Maryan 0204 526 1693  
maryan.cabdi@sydrc.org  
Request a place online at <http://bit.ly/sfsc-camden>



A free inclusive course to help parents and carers raise happy confident children all ages from babies to teens



strengthening families  
strengthening communities

## About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

*I found it very supportive being part of a group and sharing ideas with other parents.*

*I loved the programme and will ask my friends and relatives to go as well.*

*I spend more time with my mum and we communicate better*

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it's for you!

*I feel calmer about dealing with my children on a day-to-day basis. I don't get angry as quickly.*



The course will help you to

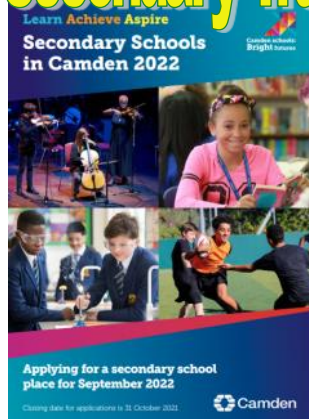
- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas



All groups end with a celebration.  
You will receive a certificate and a parent manual.



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



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

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

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

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

The key dates for this year are shown below. If you have any questions, or need any support or help to make your online application please contact the office.

## IMPORTANT: Application Deadline is 31st October! 2021

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

## 2022

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

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

## Gender equality: guide for families

### What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



### Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

### FAQs

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

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



[www.liftinglimits.org.uk](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

**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  
Tel: 0207 267 6635  
Web: www.qcca.org.uk



100  
years



## FROM SEPTEMBER 8TH HEALTH & WELLBEING CHECK

DATE: EVERY WEDNESDAY  
TIME: 10:30AM - 11:30AM

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



### BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635  
Email : Sarah@qcca.org.uk

ADDRESS: 170 WEEDINGTON ROAD  
LONDON, NW5 4NU

Registered Charity No: 1096655  
Registered CLG: 04393769

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

Email: info@qcca.org.uk  
Tel: 0207 267 6635  
Web: www.qcca.org.uk



### Mental Health Awareness Course for Parents

Are you a parent or carer who is concerned about your mental health or the mental health of your child?  
Do you want some hints and tips on how to help?

#### Saturday 16th October 2021

10am to 4pm

OR

#### Wednesday 20th October 2021

9am to 3pm

**Lunch will be provided!**

QCCA has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself and your children.

**Address - 170 Weedington Road, London, NW5 4NU**

Please contact below to book your space:

Email: Sarah@qcca.org.uk  
Call: 020 7267 6635





## FEAR & FASHION

Conflict is inevitable, it's how you respond to it that matters.

Fear and Fashion is a conflict management programme for young people aged 14-19 years old. This is a partnership between Camden Council (Youth Early Help) and Leap Confronting Conflict. It addresses issues of serious youth violence, in particular knife crime. Participants will grow their conflict management skills and will be trained to facilitate a workshop about resolving conflict and staying safe which can be delivered to peers in the community. This programme involves:

- A taster session for young people to experience Leap's training.
- Three days of Leap's training.
- Two days of facilitation training, giving young people the skills and confidence to deliver a workshop on knife carrying and choices and consequences.

If you are interested in this course, please contact:

**Mukith Miah, Camden Senior Youth Worker**

E: [mukith.miah@camden.gov.uk](mailto:mukith.miah@camden.gov.uk)

T: 0795 798 7349



Registered charity number: England and Wales 1072376. Scotland SCO41152.  
Registered company number: 3628271

### Learning Outcomes

- Gain a greater understanding of own relationship to conflict.
- Increased skills and confidence to manage conflict in everyday life.
- Improved ability and confidence to make positive choices regarding risk-taking behaviour.
- Develop facilitation skills and practice delivering a workshop.
- Improved employability skills and increased personal awareness of potential.

### Taster Session

- 11<sup>th</sup> October 2021 at  
Netherwood Youth Centre, 5  
Netherwood St, London NW6;  
5pm – 8pm

### 5-Day Fear & Fashion Course

- Monday 25<sup>th</sup> – Friday 29<sup>th</sup>  
October 2021, at Netherwood  
Youth Centre, 10am-4pm

[www.leapcc.org.uk](http://www.leapcc.org.uk) | [@leap\\_cc](https://twitter.com/leap_cc) | 020 7561 3700



**camdenmusic**

- 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 6 – Reflecting on inequalities in Mental Health World Mental Health Day

Sunday 10<sup>th</sup> October 2021 marked World Mental Health Day and the theme for this year was inequalities in mental health. It can be positive for our wellbeing to take the time to think about the perspective of others and how their experience of mental health may affect them. For example, we know that:

- In 2020, 1 in 6 young people had a mental health problem compared to 1 in 10 in 2017
- People from racialised communities are at a higher risk of developing a mental health difficulty but less likely to get support

Black people are 4x more likely to be detained under the Mental Health Act than white people

This week, you might like to think about how you can use your voice, your knowledge to speak out, spread the word and help to make small changes to these inequalities. You can use the above information to start conversations with friends, check-in with someone who you know struggles with their mental health or is having a hard time at the moment. Think about how you can help someone to get some additional support, if they need it. You might even like to do some research to find out more about mental health inequalities and how you can raise awareness of the issue.

For more information, visit:

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>



# Change your words Change your *Mindset*

I give up.

I can't do math/  
science/social  
studies/reading.

I am awesome at  
this!

I can't make this  
any better.

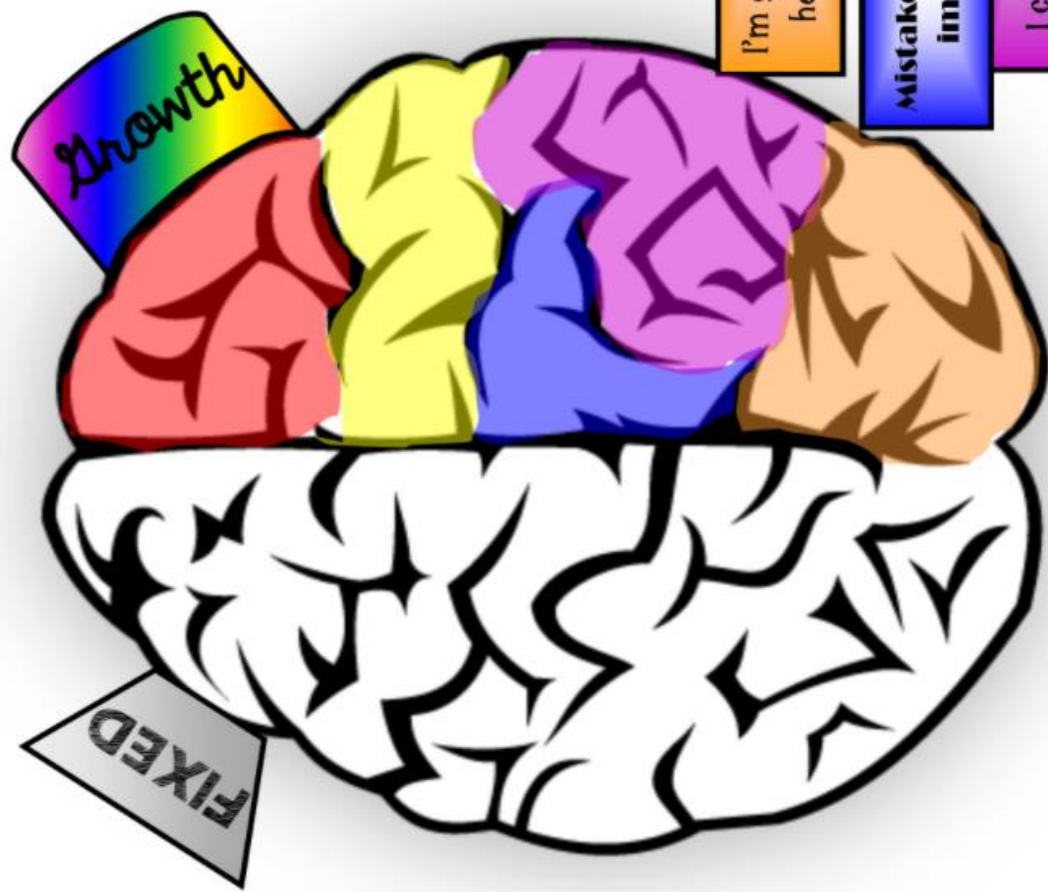
I made a mistake!

I'm never gonna be  
as good as him/her.

This is too hard.

I'm not good at  
this.

It's good enough.



I am going to train my brain  
in math/science/social  
studies/reading!!

Is this really my  
best work?

This may take some time  
and effort.

What am I missing?

I'll use some of the strategies  
I've learned.

I'm going to figure out what  
he/she does and try it!

I'm on the right track!

Mistakes help me  
improve.

I can always improve; I'll keep trying!



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 as we were only just notified we are to get it—we will add to the dates below once the date is set.

## 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!

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

**Year 2:** Naz, Thaddeus, Ayra, Lir, Frankie, Hunter, Nico, Theo, Leo, Amine, Rocco

**Year 3:** Jake S, Samuel, Shajai, Daniel, Jarod

**Year 4:** Alea, Evangeline, Hana, Mia, Natasha, Ranya, Tabby, Yara, Yonis



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: Okpe—22,800 coins—2nd week in a row!**

**Year 4: Evangeline—4,792 coins!**

**Year 5: Tawfiq—8,448 coins!**

**Year 6: Ifeoma—10,397 coins—2nd week in a row!**

## 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



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



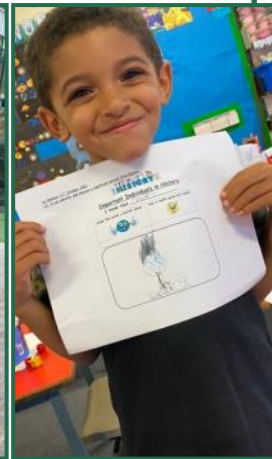
Nursery are settling in well and having lots of fun! We have been painting self portraits to decorate the Nursery. To do this we have been looking at our faces closely in a mirror and thinking about the colours we can use and what features to include. We think our paintings are wonderful - we hope you agree!



# This week in Reception... Monsters!

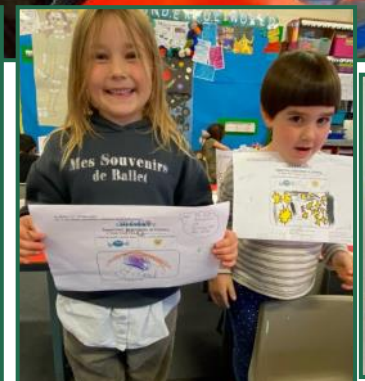
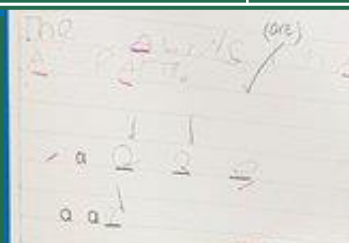
More monster mayhem this week and a trip to the Heath on a leaf hunt. Big thank you to the parents who were able to come along and help out—the children really enjoyed their first school trip!





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

We've had music making, drama and freeze framing as well as some brilliant work learning all about the fantastic Mae Jemison including writing letters to her and thinking about amazing words to describe her. Then there was time for a walk on the moon with the VR headsets and some superb number work too looking at bonds to 10.





In year 2 the children's journey around the world through their topic has reached the continent of Africa. This week they paid particular attention to Kenya, the setting for the book they are reading in English, the fabulous 'Lila and the secret of the rain'. In their PSHE lessons they have also been thinking about all the things that make them happy—it was great to see all the things they could think of—they are a very happy bunch!

This week in Year 2...

# Topic:

# All Around the World



## This week in Year 3...

Year 3 have been incredibly focussed this week as they have considered the recent World Mental Health Day reflecting on their own strengths and starting 'Belly and Ball Breathing'. They have also been busy with their fantastic cherry blossom art-works and showing great subtraction skills playing some maths games.

## Olympics & Olympus

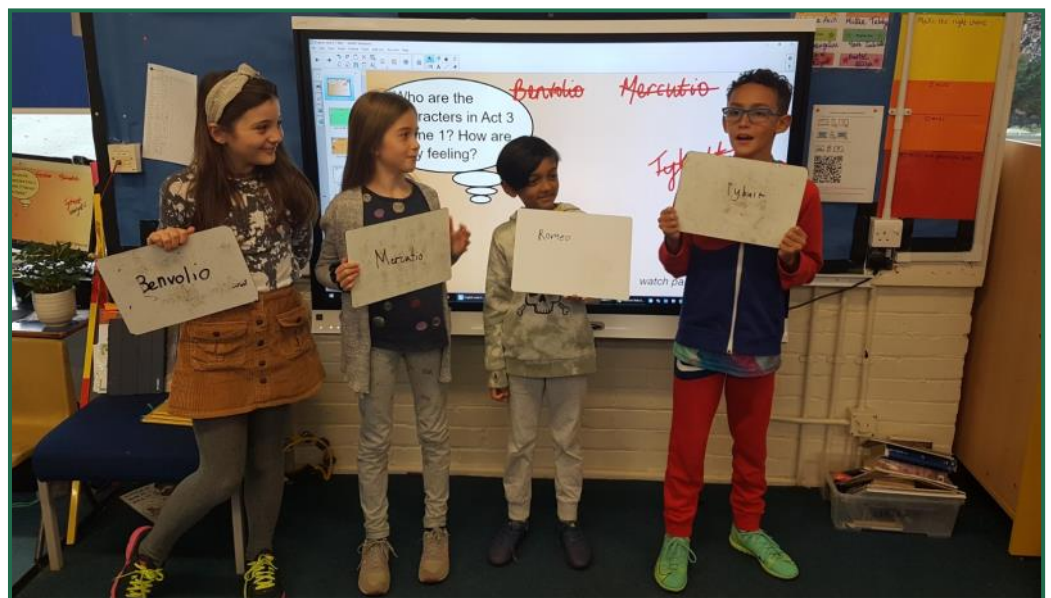
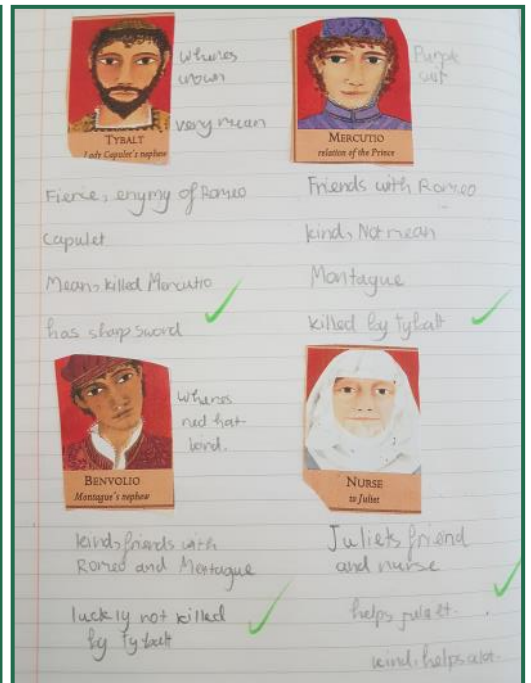
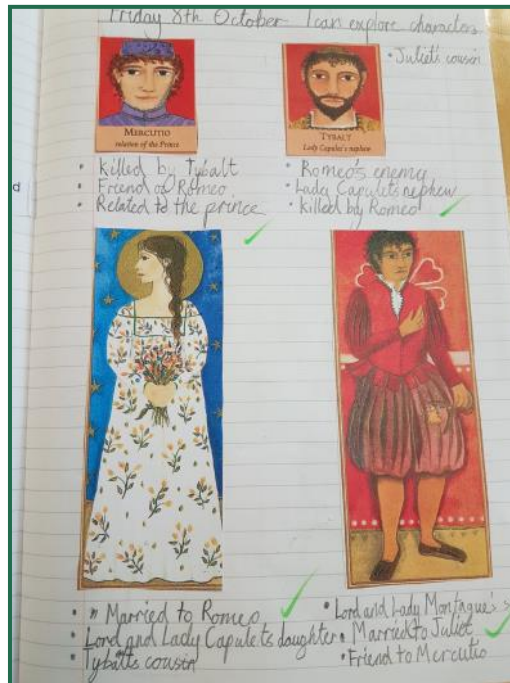




Benvolio and Mercutio were waiting for Romeo in the amazing square of Verona when the fiery Tybalt marched towards them. Just as Tybalt started shouting at them Romeo turned up and Tybalt got so angry that he drew swords with Mercutio and killed him slowly. Enraged with Tybalt, Romeo drew his sword angrily and the fight went on for ages until Romeo killed Tybalt and felt his warm breath against his cheek.

The sun was shining on the town square of Verona. Mercutio looked around impatiently for his friend Romeo Montague. Benvolio, Romeo's cousin grumbled bitterly. At last, Romeo came bounding excitedly along the path to the town square. He breathlessly told Mercutio and Benvolio that he was wed to Juliet Capulet. But he was rudely interrupted by Tybalt Capulet and some Capulets. Tybalt sneered at Romeo for being a Montague and challenged Romeo to a fight. He refused...

Mercutio (Romeo's cousin) and Benvolio (Romeo's cousin) were waiting for Romeo in the fiery hot town square. Mercutio was waiting in a small fountain hoping that it would cool him down a bit whilst Romeo was away. Suddenly Romeo arrived quickly and he was bending down to have a big breath. He was about to tell that about him falling in love when he heard somebody say hi name. It was Tybalt who was shouting Romeo's name angrily. Tybalt tried to persuade Romeo to fight him because Tybalt found out that Romeo broke into the Capulet's house but Romeo didn't want to! Mercutio wanted to fight him so he did. Romeo got in between them but Tybalt powerfully reached forward and by accident stabbed Mercutio. When Romeo realised that his best friend had died he got angry and went to fight with Tybalt. In the middle of the fighting Tybalt and Romeo were both at the edge of the town square. Romeo lost his balance but they both fell down. After a few minutes later the edge of Romeo's sharp sword reached Tybalt's check and Tybalt died. Romeo realised what he had done. The Prince of Verona arrived and banished Romeo from Verona.



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

Year 4 have been reading Romeo and Juliet this week—focussing especially on the fight scene. First they thought about who the different characters were, then did some hot seating. Hunter, Alea, Sufiyan and Hana answered lots of tricky questions about some of their character's actions. Then the children wrote some character profiles before finally, they wrote the story of the scene in their own words. They have also been busy this week rehearsing for today's class assembly and making props. It was fabulous!

This week in Year 4  
Topic: Adventures in time

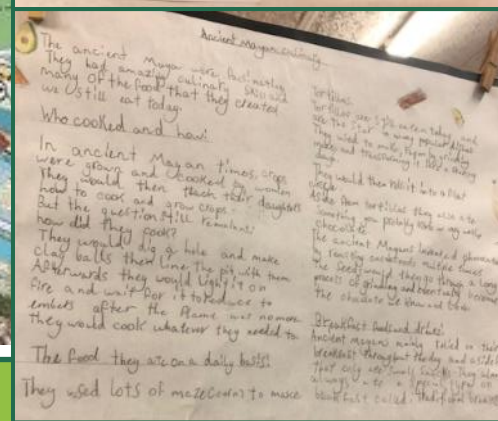
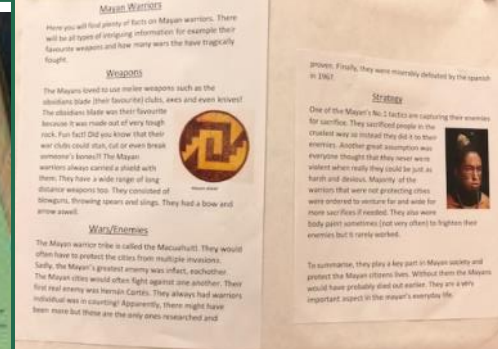


## This week in Year 5 Topic: Journey to Valhalla

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

This week Year 5 have been keeping active with their daily mile exercise in the playground. It's great to see them all running and giving it 100%. In maths they have been looking at measurement and getting out rulers and metre sticks to measure their classroom. They have also found time to write up paragraphs about the Norse gods they have been researching online.





This week year 6 have been working hard as usual. They had a great session with the Arsenal coaches as well as a visit from TfL for a workshop on being a good citizen while travelling round London and keeping safe. In topic they were looking at fossils and explored ammonites and dinosaur bone fossils. This week they also got to see and deliver to all the children in the school the 'Fleet Beat' Magazine they worked so hard putting together last week when it arrived from the printers. Did you get your copy? They've also finished off their Mayan reports.

# 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)

\* 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.





**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*

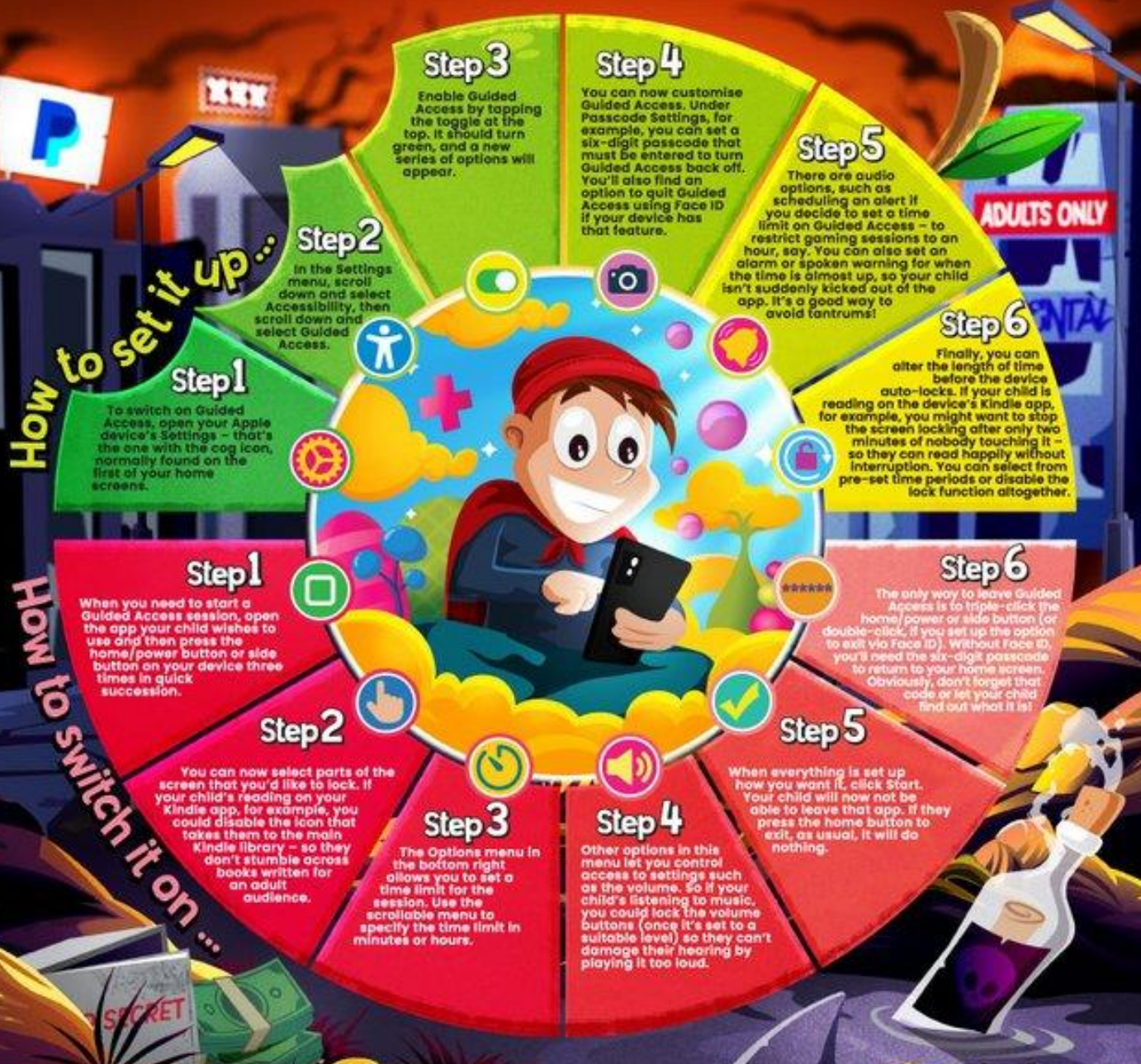
# From National Online Safety

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 it feel it is needed. This guide focuses on one issue 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 and Carers Need to Know about APPLE GUIDED ACCESS

IPhones and iPads don't offer separate user accounts. So when you hand your Apple device to a child to play a game or watch a video, you're also handing them access to your email, the web, messaging and numerous other apps through which they could accidentally do something regrettable.

Apple Guided Access solves this potential problem by letting you restrict the iPhone or iPad to one particular app whenever your child uses the device. If they try and leave that app, they will be asked for a password or Face ID, meaning they can't access anything they shouldn't elsewhere on the device. Here, we show you how to find and set up the Guided Access feature, so you can confidently let your child borrow your iPhone or iPad.



### Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and has written regularly about internet safety issues.



**NOS** National Online Safety®  
#WakeUpWednesday

SOURCES: <https://support.apple.com/en-gb/HT202812>



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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.10.2021



# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on **easyfundraising.org.uk**

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

**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**



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 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](#)

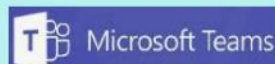


Please contact Camden's Health and Wellbeing Team if you would like any further information:

020 7974 6736

healthandwellbeingteam@camden.gov.uk

<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



# Coronavirus: 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 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 on 020 7974 4444 (option 9).



**SIGN UP** to the Council's coronavirus e-newsletter for regular service updates, news and support at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)

## Where to get the COVID-19 vaccine in Camden

If you're due your first or second dose of the COVID-19 vaccine, there are a number of ways you can get it. If you're 16+, turn up to a local walk-in vaccination centre or Camden's COVID-19 vaccine bus. Find out more at [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine). If you're 18+, you can also book a vaccine appointment – call 119 for free or visit [nhs.uk/coronavirusvaccine](https://nhs.uk/coronavirusvaccine)

## Please keep wearing a face covering, unless you're exempt, to keep those around you safe

Coronavirus cases remain high across Camden and London. Please keep wearing a face covering over your nose and mouth in indoor and busy outdoor public spaces – including communal lifts, public transport and shops. Doing this will help to keep people safe, including those that can't get the vaccine, because it will prevent infectious particles from coughs, sneezes, breathing and speaking reaching others.



## Book an appointment for your flu vaccination

Flu season is coming, and while the flu vaccine won't protect you from coronavirus, having COVID-19 and the flu at the same time can make you seriously ill – particularly if you have underlying health conditions. A flu vaccination is the best way to protect yourself, your family and your community against flu this winter. It's free for:

- People aged 50+
- Pregnant women
- All frontline health and social care workers
- People with a long-term and/or underlying health condition/s
- People who are the primary carer for an older person or someone with an underlying health condition



Please do not put off getting your flu jab. Speak to your GP, pharmacist or midwife to book your appointment. For more information visit [nhs.uk/flujab](https://nhs.uk/flujab)



Even though many of us are returning to some form of 'normal', there are still a lot of challenges. Whether you're struggling with the return to work, with the impact of the end of furlough or the national Universal Credit cut, or getting used to more people out and about, I want to remind you that there is lots of support available in Camden. No matter what you are going through, I urge anyone who needs help, or knows

someone who does, to reach out. Please know you are not alone. You can find some useful resources and tips on this page.

As we enter the autumn months, taking care of ourselves and those around us is particularly important. For those who are eligible, getting a flu vaccine will help protect you from getting seriously ill from flu. Vaccines are the best way to protect yourself, friends and family from the spread of dangerous viruses. You can find out more, including how to book your flu vaccine, below.

The past 20 months have shown what amazing community strength there is in Camden. Let's continue to look out for each other as we navigate the next phase of this pandemic.

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

## Need some help? Support available in Camden

It's a difficult time for lots of people, so if you're struggling, support is available on a range of issues:

### Mental health advice and support



Many people are feeling overwhelmed and anxious at the moment. If you are worried about your mental health or need some extra support, there is a range of help available. You can speak to your GP, visit [icope.nhs.uk](https://icope.nhs.uk) or phone iCope on 020 3317 6670. If you're experiencing a mental health crisis, please phone the 24-hour crisis line at St Pancras Hospital on 020 3317 6333.

As well as accessing support when you need some extra help, there are small ways we can look after our wellbeing day-to-day too. That might be taking some time out during your working day, getting out and about in Camden's green spaces, checking in with loved ones or taking some time away from your phone or computer screen.

For more information on available support and tips to look after your wellbeing, including specific resources for young people and in other languages, visit [camden.gov.uk/mental-health](https://camden.gov.uk/mental-health)

### Finance and debt support



If you're struggling to pay your rent or bills, or worried about debt, call Camden Council on 020 7974 4444 (option 9) or visit [camden.gov.uk/financial-support-for-residents](https://camden.gov.uk/financial-support-for-residents)

### Housing support



If you're worried about paying rent or service charges, or need support on any other housing issue, call Camden Council on 020 7974 4444 (option 9) or visit [camden.gov.uk/housing-and-hostels](https://camden.gov.uk/housing-and-hostels)

### Domestic abuse and violence support



Please get in touch with Camden Safety Net – phone 020 7974 2526 (Monday to Friday, from 9am to 5pm), email [camdensafetynet@camden.gov.uk](mailto:camdensafetynet@camden.gov.uk) or visit [camden.gov.uk/domestic-violence](https://camden.gov.uk/domestic-violence). In an emergency, call 999.

If you're not sure who to speak to, call Camden Council on 020 7974 4444 (option 9) who can provide help and advice, or visit [camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)