

Fleet Community Notices



Wednesday 16th March 2022



This week...

There are a few new notices in this week. Page 3 has information on comic relief/Ukraine appeal for this Friday. There are more trip/event dates for your diary—please check for any that affect your child's class (page 4).

A well done to Tallulah on Page 2 who completed her sponsored walk event.

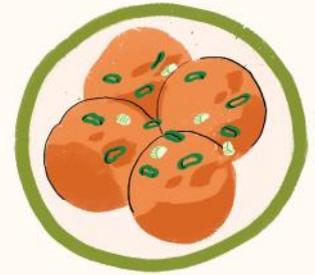
Page 9 and Page 11 have some new notices we received this week and to the right of this page is the advert for International Food Evening which is happening at the end of term. We hope lots of you will be coming along and bringing a dish to share—it will be our first in person Parents Association event since Winter fair of 2019!

Easter Holiday Programme at Fleet

We are currently in the last stages of planning for a holiday scheme to run here at Fleet over Easter as we had over the Christmas and Summer breaks . As soon as we have the details for how to sign up we will let you know. The scheme will offer 4 hours a day (11am -3pm we think) and includes a hot meal. The dates the programme will run are the 11th-14th of April (the 2nd week of the holiday)



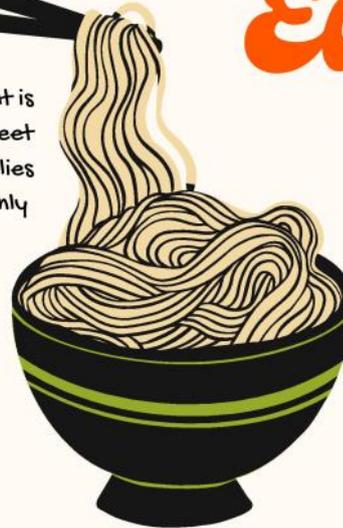
Bring a national dish to share,
and try some delicious food
from around the world!



International Food Evening



This event is
for Fleet
families
only



**Thursday 31st March
5-7pm in the hall**

Free entry
and free food!
Drinks available
to buy, raising funds
for the school.

Parent Phonics Sessions—16th-17th March

We have organised phonics sessions for parents of children in Nursery, Reception and Year 1. These will be face to face led in the hall by the class teacher to show parents the phonic programme we use with the children and to give you ideas of how to support and practice at home.

Dates & Times are:

Today—Wednesday 16th @ 3pm—Nursery parents

Thursday 17th @ 9am—Reception parents

As Ms. Coulter is off, Y1 parents are welcome to come to either of these two sessions Either will be useful to introduce you to the phonics programme being used in Year 1 and how you can support at home in the children's early reading acquisition.

GREAT ORMOND STREET HOSPITAL EASTER HUNT EGG DONATION

We have a pupil who is in remission from having cancer. His name is AJ, aged 4 and he is doing an easter egg donation for Great Ormond Street Hospital. Please parents any donations of easter eggs would be greatly appreciated and would need to be received by the 17th of March. AJ will be going to Great Ormond Street on the 21st of March to hand out these eggs to all the children who will be stuck in hospital over Easter. Thank you in advance to all the people that have donated to this worthy cause.



**Last chance to drop off tomorrow
before they are taken in to Great
Ormond Street on Friday!**

Tallulah's Fundraising Effort...

Massive thank you to all you who supported Tallulah's fundraising efforts.

At the weekend she took part in her fundraising walk and despite the rain most of the way round she was amazing—

smiling all the way to the finish. She has smashed her target of £160 managing to raise over £500 so far! Great job Tallulah!



[https://www.justgiving.com/team/
TheBrittins](https://www.justgiving.com/team/TheBrittins)

Please Support Suha, Jasmine and Jannah's Effort...



Suha, Jannah and Jasmine (Year 1) are taking on the Walk All Over Cancer Challenge where they will be doing 10,000+ steps on 8th March and throughout March on selected days.

Thankyou for your support when they had their sponsorship forms out after school. They are off to a great start but it's not too late to support them with their worthy cause that's close to many of our hearts. See the link below to donate online.

[https://
fundraise.cancerresearchuk.org/
page/walk-all-over-cancer-4-our-
loved-ones](https://fundraise.cancerresearchuk.org/page/walk-all-over-cancer-4-our-loved-ones)



Walk, cycle and scoot

Support the children to travel to school actively...



Next week and up to the Easter break in school we will be recognising the 'Sustrans Big Walk & Wheel'

Sustrans Big Walk and Wheel (formally Sustrans Big Pedal) is the UK's biggest inter-school walking, wheeling, scooting and cycling to school challenge.

The name has changed but the aim remains the same - to encourage more families to be amazing and travel to school actively.

Challenge dates: 21 March - 1 April 2022



Red Nose Day 2022



Friday 18th March

This year we are raising money for Comic Relief and Ukraine.

Come to school wearing pyjamas for Comic Relief or yellow and blue to show our support for Ukraine – or both!

Please give generously.

All money donated will be split between Comic Relief and Ukraine.

Thank you from the Rights Respecting Ambassadors.



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.

- **7th-18th March:** Y5 Swimming
- **16th-17th March:** Parent Phonics Sessions
 - **16th @ 3pm**—Nursery parents
 - **17th @ 9am**—Reception parents
- **16th March:** Year 3 Parent Meetings (rescheduled)
- **17th March:** Year 3 to Royal Albert Hall Music and Math Workshop
- **17th March:** Year 2 Class Tea
- **17th March:** Reception & Year 3 Parent Meetings (rescheduled)
- **18th March:** Year 2 Class Assembly @ 10am
- **18th March:** Year 6 CLC Trip
- **21st March:** Year 4 to Hampstead Heath 10am-12pm
- **22nd March:** Year 5 to the CLC
- **22nd March:** Year 6 Puppet Workshop (in school)
- **22nd March:** Year 3 to Hampstead Heath
- **22nd March:** Pitch Perfect Club at Camden Music Festival—1pm-7pm
- **23rd March:** Year 3 to the CLC
- **23rd March:** Nursery to the Heath for the morning
- **24th March:** Year 2 to Hampstead Heath
- **24th March:** Year 1 Class Tea
- **25th March:** Year 5 to the Tate Modern
- **25th March:** Year 1 Class Assembly @ 10am
- **28th March:** Reception & Year 6 National Height & Weight Checks (in school)
- **30th March:** CLC in school to work with Reception
- **31st March:** Year 3 Class Assembly (rescheduled)
- **31st March:** International Food Evening
- **1st April:** Last Day of Term—children finish at 2pm
- **20th April:** Summer Term Starts—children back
- **27th April:** year 1 to ICCUK Mosque
- **3rd May:** Morris Dancing workshops in school for all classes
- **5th May:** ICCF visits—Y5, Y4, Y3, Y2
- **9th-12th May:** Year 6 SATS
- **16th-27th May:** Year 6 Swimming
- **19th May:** Y3 and Y4 to ICCUK Mosque
- **23rd May:** Y5 and Y2 to ICCUK Mosque
- **27th May:** School Closed—INSET
- **30th May-3rd June:** Half Term holiday

SCHOOL TERM DATES 2021/2022

AUTUMN TERM

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

SPRING TERM

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

SUMMER TERM

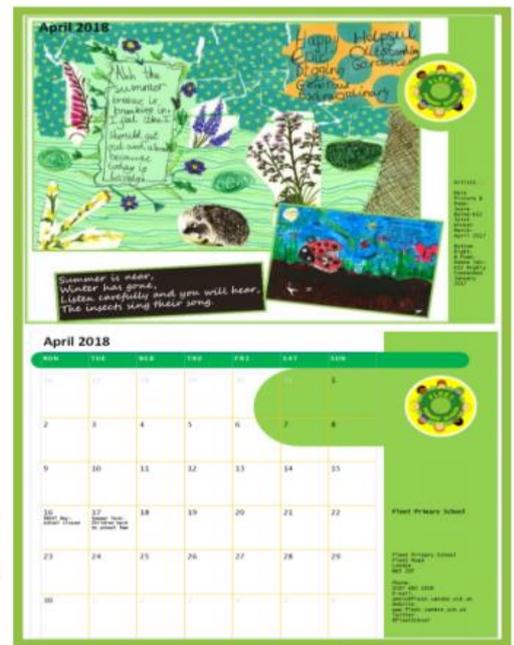
| | |
|--|--|
| First day of term | Wednesday 20 th April 2022 |
| May Day Bank Holiday | Monday 2 nd May - school closed |
| Half term (inclusive) | Monday 30 th May – Friday 3 rd June 2022 |
| Additional Days Holiday for the Queen's Platinum Jubilee | Monday 13 th June 2022 – school closed |
| Last day of term | Friday 22 nd July 2022 |

STAFF INSET DAYS – SCHOOL CLOSED

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

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

Fleet Primary School Calendar Competition 2023



This week we launched the Calendar Art Competition for creating a school calendar at the end of the year. 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



Great Thunberg



Ignacious Sancho



Septimus Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



Marcus Rashford



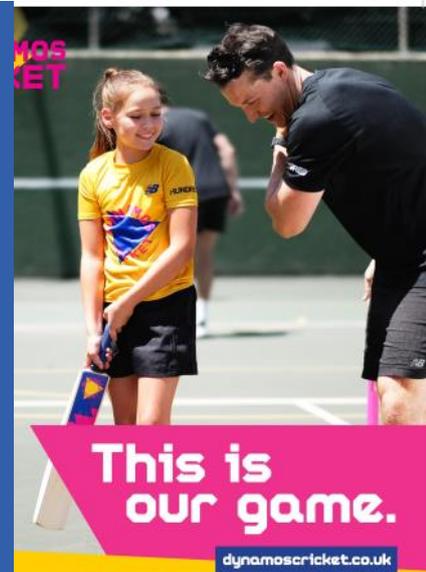
Frida Kahlo



Beryl Burton



Jean-Michel



All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 weeks of jam-packed fun, activity and skills development!

The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.

Every child that registers will receive a backpack full of goodies!

Sign up to your nearest All Stars Cricket Centre today.

Sign up today at
allstarscricket.co.uk or at the centre



We are Canons CC, a parent-run Junior Girls Community Cricket Club based at NW2 2BH and affiliated to Middlesex Cricket for ages 5-11 year olds.

During summer half-term holidays and on Sundays during the summer holidays, we are the only club in NW London who are running *Girls* All Stars Cricket and Dynamos Cricket programmes at suitable open space park venues in NW6 and NW11.

Cricket for Girls aged 5-8 years.

27 May - 3 June during Summer Half Term Holidays Cricket for Girls aged 5-8 years All Stars *Girls* 5-8yrs, 2pm-3pm Sign up at <https://bit.ly/3JMZsaY> £40, 8 Days, At the RRP. No markup.

27 May - 3 June Summer half-term,

Cricket for Girls aged 8-11 years.

Dynamos *Girls* 8-11yrs, 2.30pm-4pm Sign up at <https://bit.ly/3HfVbuV> £40, 8 Days, 90 minutes. At the RRP. No markup.

With kindest regards,

Bharath

for Canons CC

Twitter @CanonsCC

canons.play-cricket.com 07818488159 (WhatsApp)



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

We hope to see you there!



North London
Athletics Network



Highgate Harriers
www.highgateharriers.org.uk



London Heathside
www.londonheathside.org.uk



Shaftsbury Barnet Harriers
www.sbarriers.co.uk



Message from Bloomsbury Football and #thenext Campaign

We are so excited to announce the launch #thenext campaign, the objective of this campaign is to create overwhelming excitement ahead of the Women's Euros and inspire #thenext generation of female ballers. To kick off this exciting campaign we are delighted to announce the kit competition.

At Bloomsbury Football we have a great partnership with the Girls Super League in which we have partnered with Nike London to offer one person the chance to create their very own bespoke GSL X Nike kit that represents the future of women's football. A Nike By You workshop will take place in their West London new shop, where the kit will be brought to life! Several applicants will be part of this once in a lifetime experience!

If you could please get this email out to girl's parents who would be interested that would be great.

To participate, Please download the digital template on our website. You can design it digitally or print it off and use pen and paper!

All entries must be photographed, scanned or uploaded with your name. Please email: kitcomp@superleagueldn.com.

Last day to participate is the 18th of March.

For more information rules and terms & conditions, head to our website <https://www.superleagueldn.com/nike-by-you>



#THENEXT KIT COMPETITION

IN PARTNERSHIP WITH NIKE LONDON, WE'RE OFFERING ONE PERSON THE CHANCE TO CREATE THEIR VERY OWN BESPOKE GSL X NIKE KIT THAT REPRESENTS THE FUTURE OF WOMEN'S FOOTBALL.



DOWNLOAD YOUR TEMPLATE IN THE LINK IN OUR BIO AND COMPLETE IT DIGITALLY OR PRINT IT OFF AND DO IT WITH SOME PENS AND PAPER!

ALL ENTRIES MUST BE UPLOADED AND EMAILED ALONG WITH YOUR AGE, NAME AND WHY YOUR DESIGN SHOULD BE #THENEXT KIT IN WOMEN'S FOOTBALL!



SEND YOUR SUBMISSION TO:

KITCOMP@SUPERLEAGUELD.COM
DEADLINE: 18TH MARCH

AFTER A PUBLIC VOTE, THE WINNER WILL GET TO EXPERIENCE A NIKE BY YOU WORKSHOP IN LONDON AND SEE THEIR KIT BEING BROUGHT TO LIFE!

*BY ENTERING YOUR SUBMISSION, YOU ACCEPT THE TERMS AND CONDITIONS THAT APPLY AVAILABLE ON OUR WEBSITE
YOU MUST BE 18 OR UNDER TO ENTER.



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

For more information please contact jwarnock@arsenal.co.uk



THE DOME YOUTH CLUB

FREE SPORTS SESSIONS IN THE DOME

Sign up now by emailing frances@qcca.org.uk



WHEN: JAN - FEB 2022

A variety of ages and abilities are welcome to join us in sports sessions including basketball, football cricket and more, all delivered by professional coaches!



JUNIOR SPORTS TIMETABLE 2022

TUES

Girls Only (10-15's)

6:30pm - 8pm

The Dome

WED

Basketball (9-13's)

5pm - 6pm

The Dome

THU

Cricket (8-12 yrs)

5pm - 6.30pm

The Dome

Football (8-12 yrs)

6:30 pm - 7.30pm

The Dome

WANT TO TRY SOME NEW SPORTS?

JOIN US AT THE DOME!

The Dome Youth Club
170 Weedington Rd, Kentish Town, London NW5 4NU

Registered Charity No: 1096655

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

@THEDOMEYOUTH

OR VISIT OUR WEBSITE: WWW.QCCA.ORG.UK



REPAIR, REUSE & RECYCLE WORKSHOPS.

Book online now!

Workshops are for Children and Adults alike...



Join our new & exciting programme here at Kentish Town City Farm to learn how to repair, reuse & recycle your items rather than send them to landfill.

Workshop Programme & Dates

| | | |
|---|---|--|
| Camden Cyclists' Bike Workshop Feb 24 th & March 1 st 2-4pm Learn how to check & fix your bike with experienced mechanics. | Mend Along Kids: Mouse Making! Feb 28 th 11am-1pm Make a cute mouse out of a lone sock or outgrown T-shirt. | Mend Along: Nifty Knitwear Feb 28 th 3-5pm Make your favourite jumper last for a lifetime by learning how to fix holes with style. |
| Grow Food for Free March 8 th 12-3pm Collect seed and grow food from your every day waste at home for FREE. | Radical Screen Printing March 8 th 12-3pm Screen print a design you cherish. | Mend along: Decorative Denim March 13 th 1-3pm Learn how to mend & upcycle, denim jeans. |

The workshops are free – book online at www.ktcityfarm.org.uk/bookings



FREE

WOMEN'S ONLY YOGA

Every Thursday (term time only)

11:30am - 12:30pm



The Dome, 170 Weedington Road, London, NW5 4NU

For registration and inquiries:

Call: 020 7267 6635

Email: frances@qcca.org.uk



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

Need support? We're here for you



Mental health



Homelessness



Money worries



Accessing food



Employment support



Energy bills

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

For employment support, visit goodwork.camden.gov.uk



From National Online Safety

All 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, which is why our Test B is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about



YUBO



Yubo is a social networking platform where users can chat and livestream with up to 10 friends at once. People can connect with others based on location, with a Tinder-style 'swiping' mechanism to accept or reject someone based on their profile pictures. The app has approximately 50 million users worldwide – but despite its popularity, Yubo has not been free from controversy. While the app claims to monitor inappropriate content, a newspaper investigation in early 2022 found young users being exposed to sexual harassment, racism, bullying and conversations with adult themes.

WHAT ARE THE RISKS?

FLimsy AGE GATES

Yubo states it is only for over 13s, but there is no credible age-gate to prevent an even younger child joining the platform. An undercover journalist investigating dangerous content reported spending 10 days posing as a 15-year-old on the app without any age verification. This flaw, and the fact that it's impossible to verify a user's true identity on Yubo, raises serious concerns over potential grooming.

INAPPROPRIATE CONTENT

Yubo has experienced problems with inappropriate content being displayed to children and teens. Although the app's developers claim to monitor profiles and messages for adult-themed or unsuitable material, a Sunday Times investigation found young users being exposed to sexual harassment, racism and bullying with many chats referencing self-harm, suicide and drug use.

LIVESTREAM RISKS

Due to Yubo's lax age verification, children are able to launch live video streams which strangers can then view and interact with via real-time text chat. Not only is the thought of strangers watching children's livestreams extremely worrying (they could also use these as a means to establish the child's location) but text chats might result in a young person disclosing personal information.

ON AIR

BULLYING POTENTIAL

Yubo users 'swipe' to accept or decline the chance to talk with each other. These decisions are entirely based on someone's profile picture, raising the potential for children to be left with low self-esteem if declined repeatedly. Negative feedback about their appearance can seriously damage a child's emotional wellbeing, causing a loss of confidence in how they look or how interesting they are.

EXTENSIVE ACCESS

Users of Yubo, no matter what their age, are required to grant access to their device's microphone and GPS. This means they are potentially revealing highly sensitive information, including their exact location. In addition, new users of the app are asked to provide personal details such as their name, date of birth and phone number, which – in the case of young people – represents a clear risk.

'GATEWAY EFFECT'

Yubo's swiping system (right for 'yes', left for 'no') works much like Tinder and various other dating apps. This could lead to children exploring similarly designed apps that aren't intended for a young audience. Users can also link their Yubo account to social media such as Snapchat and Instagram, making it easier for a stranger to track them down on various platforms.

Advice for Parents & Carers

DISCOURAGE USE

We don't often advise totally avoiding an app, but due to the concerns that Yubo has generated of late (the February 2022 Sunday Times expose and a recent abduction case in which the alleged perpetrator met a teenage girl through the app) and the fact that inappropriate content has been proved to be circulating on the platform, you may decide that the safest option is to dissuade your child from downloading it altogether.

STAY AWARE

It's important to stay attuned to how your child is using social media. If they only access Yubo in private, for example, you might reasonably question what they're potentially using it for. It's also important to watch for warning signs that they may be over-using the app; prioritising it over everyday routines like meals and homework, for instance, or showing signs of irritability and a lack of concentration.

DISCUSS IN ADVANCE

If your child is absolutely determined to join Yubo (perhaps their friends all use the platform, for instance), then it's essential to talk to them about the dangers of this type of app before they install it. It's vital they understand not to disclose personal information to people they don't know, for example, and that they're warned about the type of mature content they may be exposed to on the app.

ALTER THE SETTINGS

After the recent high-profile controversies surrounding the app, Yubo's developers have increased its security controls. Users can now choose to block profiles, screen out nudity in live streams and keep their location private. There's also an option to report inappropriate content, so make sure your child knows that they can now flag up anything they find disturbing via the app's safety centre.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



LOCATIONS



National Online Safety®

#WakeUpWednesday



www.nationalonlinesafety.com



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.03.2022

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 |
| South West London | Barking & Dagenham, Havering, Redbridge and Waltham Forest | 0800 995 1000 |
| | 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 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/lgfi-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

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 email address.





Dear Parents/ Guardians,

Do you know a girl aged 5-18 who loves fun, adventure and making new friends? Girlguiding is for her!

Girlguiding (Rainbows, Brownies, Guides and Rangers) units in Gospel Oak, Kentish Town and across London have spaces! We learn new skills, help in our community, enjoy nature, go on adventures, make new friends and much more!

Our units are run by volunteers, meet on weekday evenings, with some weekend activities including trips, sleepovers and holidays. We are a volunteer run organisation and work actively to include girls from all backgrounds including those with additional needs and our activities are very financially accessible.

To find out more, visit: <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/> or contact: guides7thstpancras@live.co.uk

Best wishes,

Tash

St Pancras Girlguiding Leader



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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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



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Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents

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



Visit www.parenthub.co.uk to find out more

Weekly Wellbeing Update



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

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

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

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

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

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

Parent Workshops

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



Wellbeing Tip of the Week!

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

Week 25 – Positive Affirmations

Affirmations are positive statements that can help us to challenge and overcome any negative thoughts or doubts we may have about ourselves. When we repeat them often, and believe in them, we can start to make positive changes. These positive mental repetitions can reprogram our thinking patterns, so that over time, we begin to think, feel, and act differently.

According to research, spending just a few minutes thinking about your best qualities before a performance review, presentation, or test/exam, can help to calm your nerves, increase your confidence, and improve your chances of a successful outcome.

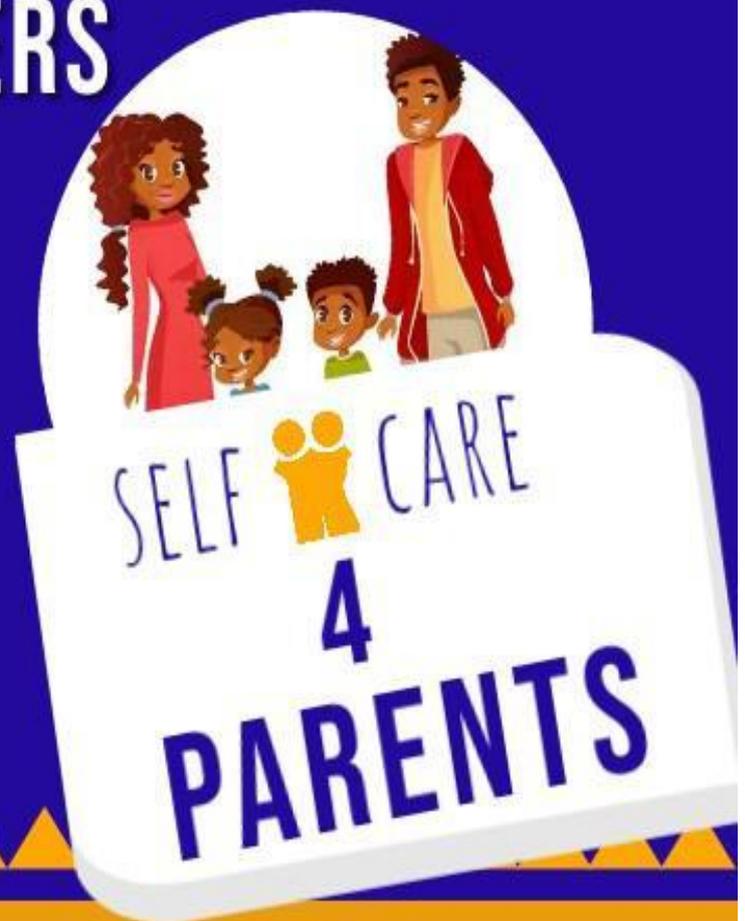
By definition, your affirmation will be personal to you, and specific to what you want to achieve or change, but the following examples may provide some inspiration:

- I am proud of myself
- I can ask for help when I need to
- I am a good friend
- I am not afraid to stand up for myself
- I have a positive attitude
- I put effort into everything I do

PARENTS & CARERS WELLNESS WORKSHOPS

3 WEEK COURSE
STARTING IN MARCH

@QCCA - THE DOME,
WEEDINGTON RD, NW5 4NU



THURSDAYS 12.30 - 1.45PM MARCH 3RD, 10TH & 17TH

JOIN OUR 3 WEEK MODULE WELLNESS COURSE WHERE WE
PROVIDE PRACTITIONER EXPERTISE, DISCUSSION & LEARNING
IN CONSCIOUS PARENTING, COACHING & SELF-CARE.

WELLNESS

SUPPORT GROUP

COFFEE MORNINGS

WWW.THEWELLNESSAA.ORG - INFO@THEWELLNESSAA.ORG

Supporting Parents Wellness
#FamiliesTogether

In Partnership with QCCA





PATRONS: Helen McCrory OBE and Damian Lewis

SPONSOR: OLYMPUS UK

SPRING TERM SCHEDULES 2022 at HvH ARTS

Supporting all our young people by offering our free courses and workshops in the Arts.

We are pleased to be able to offer the following courses FREE and continue to support our young people in Camden. We must ensure that we follow up on our courses by giving our young people access to the arts projects that we deliver to encourage and inspire our future generation!

Please take note of age groups according to course/workshops as this is important when enrolling your child/young person. Our courses/workshops are designed to inspire individuals who want to learn the incredibly exciting courses that we offer and therefore we design them accordingly!

WE ARE PLEASED TO ANNOUNCE 'THE MUSIC MENTORING PROJECT' (TMMP) IS NOW OPEN TO SUPPORT MANY MORE YOUNG PEOPLE SUPPORTING THEIR SKILLS IN MUSIC, PRODUCING, MENTORING, WRITING, REHEARSALS IN STUDIOS, LEARNING MUSICAL INSTRUMENTS and PERFORMANCE. ALL DATES MUST BE ATTENDED AS PART OF THIS PROGRAMME IN EACH OF THE COHORTS OF YOUR CHOICE!

TMMP Queens Crescent: STUDIO /PRODUCTION supporting young people at risk with music manager Jacob Landau and music producer Tom

Location: Pirate Studios: Camden
Times: 4pm to 6pm / 6pm to 8pm
Dates: WED 5th/12th/19th/26th JAN and 2nd/9th/16th/23rd FEB and 2nd/9th/16th/23rd/30th MAR
Cohorts: 16yrs to 21yrs
(This course is open to support young people at risk)

TMMP: LIVE MUSIC JAM : with Piers and Spider

Open to support the young, gifted and talented young people in FREE tuition, voice coaching and performance skills in music. Students are mentored, to learn skills on their preferred instrument, voice coaching, writing their own song and collaborating with a band with the intention to learn performance, confidence building, ensuring good mental health, learning the art of music.
Location: Pirate Studios: Camden
Times: 2pm to 5pm
Dates: SAT 15th/22nd/29th JAN and 5th/12th/19th/26th FEB and 5th/12th/19th/26th MAR
Cohorts: 11yrs to 16 yrs
(This course is open to support young people at risk, young people who may be gifted and talented to be supported for free, who would not otherwise be able to access skills in music)

TMMP : Studio Sessions in writing, producing, singing, music management with Jacob Landau, music producer Karlos and artist Muuni.

Open to support young people who will be to be mentored in music management skills, production skills, writing skills, and recording in each session.
Location: Pirate Studios: Camden
Times: 12 to 2pm / 2pm to 4pm / 4pm to 6pm
Dates: SUN 16th/23rd/30th JAN and 6th/13th/20th/27th FEB and 6th/13th/20th/27th MAR
Cohorts: 13yrs to 18yrs
(This course is open to support young people at risk, young people who may be gifted and talented to be supported for free, who would not otherwise be able to access skills in music.)

QUEENS CRESCENT STREET ART PROJECT WITH SAM SURE

We continue with our street art murals along the Queens Crescent shutters that have been a local success story in the neighbourhood! We are so excited by this project as it has been hugely popular. Young people learn the skills of spray painting, seeing the whole process through from beginning to end; they begin with mocking up designs and then transfer these on to the shutters, inspired by the shop owners and creating beautiful artwork.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE
Time: 12pm to 4pm
Dates: SUNDAYS (to be confirmed as we plan according to weather)
Ages: 8yrs to 18yrs

We will be sending out notices one week before each Graffiti Art Session – if you are not on our mailing list please email courses@hvhart.org to register your interest.

ILLUSTRATE AND CREATE YOUR OWN ALBUM COVER with artist in residence Iyla Shah

Iyla Shah young dynamic artist, takes our young people through a course of imagination and design to produce exciting album covers. Inspired by our young people's favourite artist and musicians, they produce illustrations to portray the essence of the music. Iyla guides the young illustrators to try bold aesthetics for their designs, learning about blending colour, shading and composition.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE
Time: 12pm to 3pm
Dates: SATURDAY 5th/12th/19th/26th FEBRUARY
Ages: 5yrs to 18yrs

SCREENPRINTING - T/shirts with artists in residence: Iyla and Lola

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW4 4QE
Time: 12pm to 3pm
Date: SUNDAY 27th FEBRUARY
Ages: 5yrs to 14yrs

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

Prolific artist Lee Matthews will be back at HvH ARTS gallery, to teach our young people the art of drawing and painting and collage. This workshop is designed to teach young people how the different textures of paint, sketching and collage to envisage your final piece of art.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE
DATES: SATURDAY 5th and 12th MARCH
Time: 12 to 4pm
Ages: 8yrs to 14yrs

FASHION AND TEXTILES PROJECT (sustainable fashion) with HvH Youth Ambassadors artists in residence: Miranda Barton and Sophia Thompson

During this project we will bring in established fashion designers to give our students and youth ambassadors inspirational visits, ideas and mentoring. Designers will have the option to bring in second-hand clothes to rework, or use our outfits from designers Roland Mouret, Vivienne Westwood and other donations we have to produce this project. The designers/models will learn how to plan and make a unique piece and style it into a fashion piece. Teaching pattern design, cutting creating sustainable fashion.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE
Time: 4pm to 6pm
Dates: TUES 11th/18th/25th JAN and 1st/8th/15th/22nd FEB and 1st/8th/15th/22nd/29th MAR
(Open to our fashion and art scholars at HvH ARTS)

PHOTOGRAPHY WORKSHOPS with Professional Photographers: Debbi Clark / Paul Romans / Leah Band, Karyn Ruby and Jude Wacks

This term we will be supporting young people in the art of photography learning skills in documentary, portrait, street, flat lays, creative art photography and fashion photography with professional photographers who will teach our young people their professional medium in skills of photography.

Locations: HvH ARTS GALLERY 44 Ashdown Crescent NWS 4QE and London School of Mosaic- HvH studios, 181 Mansfield Road, NW3 2HP
Time: 12pm to 3pm
Dates: SATURDAYS or SUNDAYS – certain weekends throughout the Spring Term between 15th Jan to 27th Mar, to be confirmed according to interest
Ages: 10yrs to 18yrs

To register your interest for these workshops please email courses@hvhart.org (free enrolment).

MAKE-UP workshop with the fabulous professional (MUA) Ciara and the opportunity to shoot a portrait with Fashion Photographer: Debbi Clark.

Explore the art of make-up with professional (MUA) Ciara who will be working on sketches to teach structure of face, creating fabulous make-up looks! We will then use the OLYMPUS EPL-8 cameras and take a portrait of each of our MUA creations with fashion photographer Debbi Clark using lighting and backdrops to create a portrait.

Location: HvH ARTS GALLERY 44 Ashdown Crescent, NWS 4QE
Time: 12pm to 4pm
Date: SUNDAY 16th JANUARY
Ages: 8yrs to 18yrs

SCULPTURE with HvH ARTS : artists in residence: LOLA and IYLA

An opportunity to collaborate on creating a sculpture together using sustainable objects from the Queens Crescent Market. Young people will be given a budget to buy objects/goods from stalls, shops in Queens Crescent and work together to create a sculpture on this very exciting workshop, using glue guns, clay and painting their final sculptures to explore colour.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE
Time: 12pm to 3pm
Date: SATURDAY 22nd JANUARY
Ages: 5yrs to 11yrs

FASHION/COLLEGE: Design workshop with prolific fashion designer Melanie Press

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE
Date: To be confirmed for MARCH

Register your interest by email: courses@hvhart.org

HALF TERM WEEK of 14th February to 18th February 2022

This half term we will be supporting children and young people in the arts! We are organising trips to TATE MODERN, National Portrait Gallery and The Photographers Gallery during half term week. We are offering 8 places each day to support children and young people who are beneficiaries at HvH ARTS! This week will be aimed at supporting our young people's mental health, healthy lunches and support their learnings in the arts!

WE WILL BE SENDING OUT THE DATES AND TIMES during the first week of FEBRUARY. If you would like to join our mailing list please subscribe by emailing us at courses@hvhart.org and ask to be added to subscriptions for updates on our FREE workshops, courses and art culture days.

NO CHILD'S LAND PROJECT – sculptures with artist in residence JEBET.

This course is a fantastic opportunity to create life-size scale sculptures with the incredible artist JEBET. This is a half term project being sponsored by The Childhood Trust who support our children and young people at HvH ARTS.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE
Times: 12pm to 4pm
DATES: TBC

ENROL FOR ANY OF OUR FREE COURSES - PLEASE VISIT OUR WEBSITE: <http://hvhart.org/courses>

Email: courses@hvhart.org

www.hvhart.org

Registered Charity No: 1149607



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



camdenmusic

camdenmusic@camden.gov.uk

020 7974 7239

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

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

Enrol online: www.webenrol.com/camden

Phone: 020 7974 2148

✉ adultlearning@camden.gov.uk ☎ 020 7974 2148 🌐 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 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 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



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-avers@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

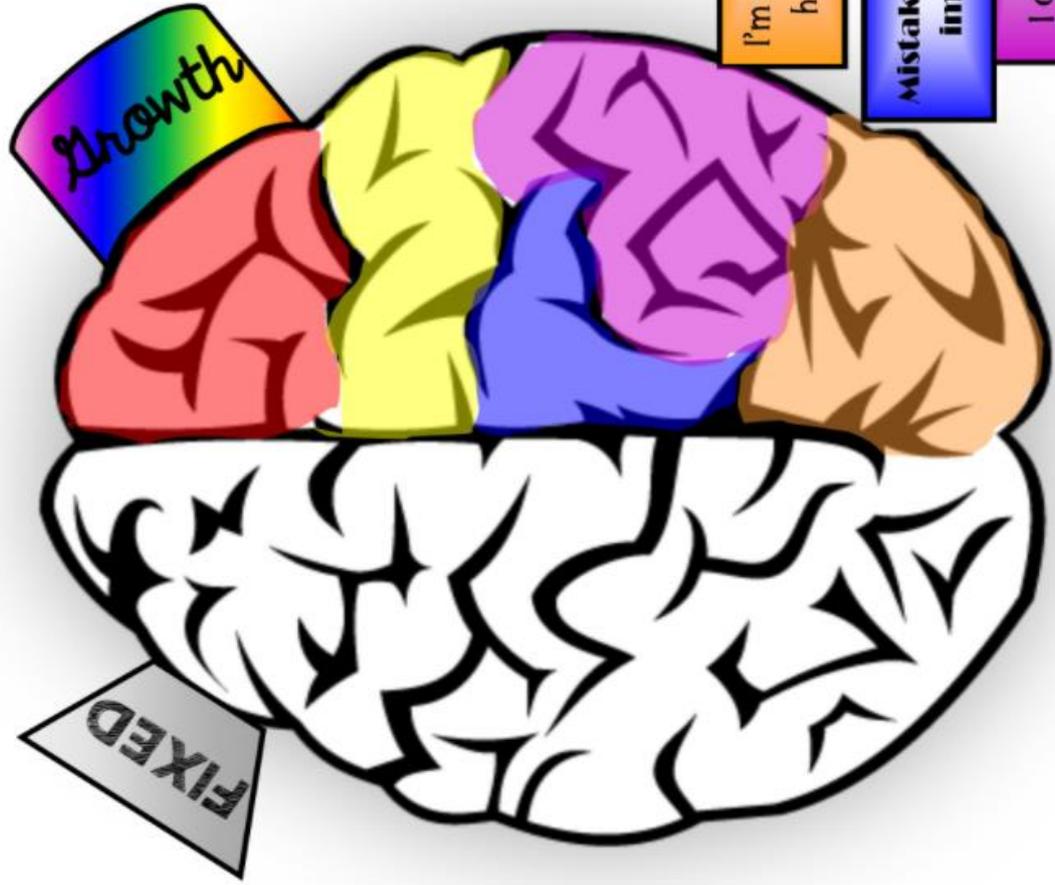


These three important steps can prevent an emergency admission to hospital and even save a life.

Thanks to Healthy London Partnership for the poster idea

Change your words Change your *Mindset*

- 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!

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.**



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.



FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

Camden Early Help



Everyone needs a little help sometimes. If you're feeling worried about your child, or you want to make a change in your life, Camden Early Help is here for you, your children and your whole family.

- ▶ Free support service for families with children aged 0 to 19 in Camden
- ▶ Practical and emotional support with a range of life issues if they are starting to feel overwhelming
- ▶ Working with you and your family to help make whatever changes you want to make
- ▶ Helping you and your family develop friendships and feel connected with your community.

Early Help



As well as family workers, there's lots of other options:

- ▶ Early Help Family Group Conference – bring together a circle of family members, friends, neighbours or community members to help solve problems
- ▶ Parenting programmes – a range of programmes for parents to be, and parents with children from 0-19 to help you feel confident and positive about your parenting role
- ▶ Activities – to enjoy time together as a family
- ▶ Early Help Play – support to access holiday play schemes, breakfast clubs, after-school clubs, and free early education and childcare places*
- ▶ Employment advice and welfare rights – access to our advisors to help with benefits and all things work-related
- ▶ Connections to housing support and homelessness services
- ▶ Connections to community organisations in your area.



How do I get Early Help?

You can contact us today, or you can talk to someone in your life that you trust. This might be your child's teacher or nursery worker, your GP or health visitor, your housing or tenancy support worker or youth worker.

They can contact us on your behalf, and then you can work with us if you would like to.

If it feels like it's time to make a change, Camden Early Help would love to be by your side so the little things don't become big things.

Other formats

If you require this leaflet in large print, Braille or in another language please contact us.

Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)
E: LBCMASHadmin@camden.gov.uk
 For more information about Early Help visit:
camden.gov.uk/earlyhelp
 Sure Start 020 7974 8961
camden.gov.uk/surestart

Produced by Creative Services 1251/23

* free childcare places for eligible 2 year olds



What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Stop 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.



COVID-19: Update from Camden Council

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

- Visit camden.gov.uk/coronavirus
- Check the news pages at news.camden.gov.uk
- Follow Twitter @CamdenCouncil, Facebook 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 at camden.gov.uk/coronavirus-updates

COVID-19 is still here



Getting vaccinated is the best way to protect yourself and others



Pre-book your appointment online or visit a walk-in clinic.

Visit nhs.uk/coronavirus Call **119**

Or scan the code to book your vaccine appointment.

Please keep being kind, look out for each other and continue to follow public health advice, like washing your hands regularly. To find out more about the government's plan for living with COVID-19, visit gov.uk/coronavirus



We are grateful for the huge sacrifices Camden residents have made to get us through the last two years, as the government announces a new phase of learning to live with COVID-19. We know, however, that the impact of the pandemic continues to be felt strongly, both physically and mentally, and will affect everyone differently, so I know we will continue to support each other in the months to come.

If you are struggling and need some support, for instance with money worries, your mental health, or with concerns around employment, we are here for you. No one in Camden should have to go through this difficult time alone. We also work with many amazing community organisations who are there to help you, including those in the Camden Advice Network, so please don't hesitate to reach out if you need a hand. We've included some of the support available below or you can also call us on **020 7974 4444 (option 9)** to talk to someone directly.

Councillor Georgia Gould, Leader of Camden Council

Update on Test and Trace Support Payments

The Test and Trace Support Payment scheme has now closed. If you were told to self-isolate before 24 February you can still make a claim within 42 days of the first day of self-isolation and no later than 6 April. To find out more and check eligibility, visit gov.uk/test-and-trace-support-payment

Camden Council is here for you. Contact us if you need support

We know it's a difficult time as we continue to live with COVID-19, its impact on our communities and rising living costs.

For mental health support

Find a range of mental health support services at camden.gov.uk/mental-health You can also speak to your GP, visit icope.nhs.uk or phone iCope on **020 3317 6670**. Young people aged 11 to 18 can access safe and anonymous mental health support at kooth.com



If you're struggling with energy bills

If you're struggling with energy bills, call the Green Camden Helpline on **0800 801738** Monday to Friday, 9am to 5pm. Find out more at camden.gov.uk/staywarm



For advice on debt or money worries

Find out how to access a range of benefits, grants and discounts, at camden.gov.uk/finances or call **020 7974 4444 (option 9)**.

If you're struggling with money, you may be eligible for a £150 payment to help pay for essentials, like heating bills and groceries. To apply, contact one of the organisations in the Camden Advice Network by 24 March – see details at camden.gov.uk/householdsupportfund You can also call Camden Council on **020 7974 4444 (option 9)** or come along to the Council's drop-in session tomorrow (Friday 4 March), 2 to 3pm at Abbey Community Centre at 222c Belsize Road, NW6 4DJ to find out more and apply.



For help accessing food

For help accessing food, visit camden.gov.uk/access-food or call the Council on **020 7974 4444 (option 9)**. You could also join a local food co-op with your neighbours to access affordable food – visit cooperation.town for information.



For employment support

To help find a job or better paid work, visit goodwork.camden.gov.uk Young people can access careers and employment support by emailing connexions@camden.gov.uk or calling **020 7974 7252**.



For more information, visit camden.gov.uk/advice or call the Council on **020 7974 4444 (option 9)**. You can also contact Camden Advice Network – a group of local organisations that provide advice and support on a variety of issues. Find out more at camden.gov.uk/camdenadvicenetwork