

Friday 17th September 2021

Message from the head: It's been another busy week at Fleet. Firstly, can I thank all the parents who were able to join us for the curriculum meetings that happened this week for Y1-Y5. Year 6 yours has been rescheduled for this coming Monday. If you weren't able to join don't worry—Lisa will be sending you a link to watch the teacher presentation, along with the Topic Letters and Snapshots on Monday along with a document with the end of year expectations in both Maths and English. This week we sent home a request for a parent to take up our vacant Parent Governor role. Please consider putting yourself forward for this. Parent Governors play a vital role in the strategic planning and monitoring of the school. If you have any questions about the role please do come and ask me or one of our existing parent governors (Annie—mum to Tabby; Jon—Dad to Hunter & Rocco; Ellie—mum to Delphi & Sam; Sabiha—mum to Suha; Jason—dad to Robyn & Amber-Lily). Fleet is and serves a very diverse community and it would be great if we could reflect that more in our Governing body—we want all parts of our fantastic community to have a voice so please do consider taking on the role if you are able. You will see next to this text information on how we are hoping to be able to contribute to the community effort under way in Camden to support the Afghan refugees who have recently been placed in the borough. Please do what you can to help us. Finally, if you haven't looked in the junior playground yet, please do go and look at the new climbing wall that we have installed. The design was part of a project we did last academic year and each panel is the idea of one of the children with a message they wanted to share. The boards have really brightened up the playground and the children have been enjoying being able to climb again. Each class did a great job with the design and painting. Have a great weekend and we will see you all next week.

What an inspiration—please support!

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

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

Lunch Menu next week—20th-24th September

Monday <i>Yom Kippur themed meal</i> Herby Roast Chicken or Halal Chicken Sau-sages or Lentil and Basil Whirl Stuffing, Gravy, Roast Potatoes & Sweet Potatoes Carrots & Broccoli Apple Sponge	Meat Free Wednesday Macaroni cheese or Vegetable Pasta Green Beans & Carrots Yoghurt & Fruit	Friday Meat/Halal: Fishfingers Vegetarian: Glamorgan Bean & Leek Sausage Chips or Cous Cous Baked Beans & Peas Jelly, Yoghurt & Fruit
Tuesday Meat/Halal: Burger Vegetarian: Quorn Burger Potato Wedges Peppers & Sweetcorn Apple Crumble & Custard	Thursday Meat/Halal: Beef Bolognese with Spaghetti Vegetarian: Tomato & Lentil Pasta Green Cabbage & Carrots Apple, Cheese & Biscuits	Please remember to let the office know if you want your child to change to or from school lunches so you are charged correctly
	Available Daily Freshly Cooked Jacket Potato Freshly Baked Bread	

Please Can you help?

At the end of the summer holidays many of us followed in disbelief the unfolding situation in Afghanistan. As was reported, as the Taliban took control many thousands of people in fear of their lives fled the country. The UK like many others has taken in a large number of these refugees. What you may not know is that a large number have been temporarily placed in Camden while their longer term destinations are worked out—this includes over 1000 children. They have arrived with next to nothing, having had to leave everything behind them.

At Fleet, through our UNICEF Rights Respecting School work, we teach the children about the rights of all people to be safe from harm. Many of us have friends and family who are refugees and know how difficult it can be to leave their lives behind at short notice and start afresh in a strange country. We want to be able to help these families in anyway we can. Camden council is working closely with the Home Office and the families to support them.

We are sending out a plea to our Fleet School Community to help. We are going to act as a donation hub. They currently have sufficient donations of food and clothes, but desperately need donations of new underwear and toiletries. If you can donate any of the following it would be greatly appreciated:

Underwear - new items only

- New packets of men's underwear (all sizes)
- Women's underwear (all sizes)
- Children's underwear (all sizes)
- Unisex socks (all adult sizes)
- Children's unisex socks (all sizes)

Toiletries - new items only

- Shampoo
- Adult Toothbrush
- Child Toothbrush
- Adult Toothpaste
- Child Toothpaste
- Comb/Brush
- Women's Deodorant
- Men's Deodorant
- Sponge
- Shaving Gel
- Soap
- Shower Gel
- Sanitary Towels
- Hair Oil/Gel

Further information about how to support newly arrived Afghan refugees regular updates will be available on the council's website: <https://news.camden.gov.uk/camden-ready-to-welcome-refugees-from-afghanistan/>

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.

Punctuality Award

This week's Punctuality award goes to Year 4 with only 1 late! Years 1 and 5 didn't do well this week with 15 and 9 respectively. It's crucial the children are in on time, especially when settling into a new class and routine. We would recommend getting here by 8.45am so they have time to settle in and not waiting until 9am to arrive. Lets see if we can improve next week.

Attendance Award

Our Attendance Award this week goes to Year 3 with 98.5% fantastic! This year's whole school target is again 96%. We just missed it last year but I know we can do it this year. Overall for the week we were 97.18%!

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 →**



HAMPSTEAD RUGBY CLUB



New Players 2021/22

Interested in playing rugby in a fun and friendly environment?

Hampstead RFC are looking for children of all ages to join our teams



CORE VALUES

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

FREE taster sessions every week

Come try the fun before you join

Girls and Boys

Minis U6-U12s and Youth U13-U18s

All Abilities Welcome

Training every

Saturday at 10.00am on the

fields by Parliament Hill Running Track, NW3 2JP

For more details

juniors@hampsteadrugbyclub.co.uk

www.hampsteadrugbyclub.co.uk



Online learning resources and homework

- Mathematics: 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)
- 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/>

Topics - Autumn Term - 2021-22

Nursery: Wonderful world, wonderful me!

Reception: Monsters

Year 1: Our Wonderful World

Year 2: All around the World

Year 3: Olympics and Olympus

Year 4: An Adventure through time

Year 5: Journey to Valhalla

Year 6: Paradise in the Jungle

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 brandoncen-tre.healthyliving@nhs.net email address.



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.

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.



The Bike Doctors are back...

Friday 24th September



Get your bike checked over ready for the Winter!

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

Children's and Adults Bike welcome

Minor services, parts and repairs will be free.

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

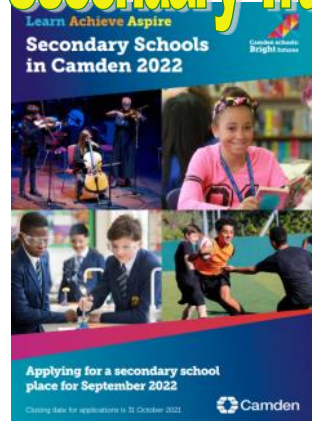


Places are limited for this excellent service so please book your place by calling Lisa in the office and reserving one of the slots.

Important: This is a free service and delivered in the school. Some repairs may require a workshop. We will advise you if this is the case. If the bike is beyond repair, we will advise you.

Please bring replacement inner tubes if you think your bike has punctures. The inner tube will be replaced. We are unable to provide inner tubes as there are many different types and we are unable to carry all the types.

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



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

2021

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

2022

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

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

Meet the Parents Transition Event...

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

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

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

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

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

Madeleine Holt: madeleine@meettheparents.info

Message from Camden School for Girls...

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

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

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

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

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



Choosing a secondary school in Camden

Open events 2021



Acland Burghley School

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



Open evening: Tuesday 21 September from 5pm
Open mornings: Monday 20, Tuesday 21, Thursday 23 and Friday 24 September 2021 from 9am
Sixth Form: LaSWAP: Thursday 25 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

Hampstead School

Westbere Road, London NW2 3RT
020 7794 8133
www.hampsteadschool.org.uk



Open evening: Tuesday 12 October, 6pm
Open mornings: Tuesdays 21 and 28 September, 5, 12 and 19 October at 9.15am
Sixth Form: Thursday 17 November, 5.30pm

The UCL Academy

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



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

Parliament Hill School

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



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

La Sainte Union

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



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

Camden School for Girls

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



Open evening: Monday 20 September, 5pm
Open mornings: Wednesday 15 and Friday 17 September, 9am
Sixth Form: Tuesday 23 November. Tickets available Thurs 1 Oct
Banding assessment registration: register online by Tuesday, 22 September, 12 noon

Haverstock School

24 Haverstock Hill, London NW3 2BQ
020 7267 0975
www.haverstock.camden.sch.uk



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

Maria Fidelis School FJC

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



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

Regent High School

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



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

William Ellis School

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



Open evening: Thursday 23 September, 6 to 8pm
Open mornings: 28, 29 September and 5 October, 9 to 10.30am
Sixth Form: LaSWAP: Thursday 26 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

While most Camden secondary schools still plan to have open events for parents and the details below were correct at the time of going to print, these arrangements could change or the events may be held 'virtually' online – please check the schools' and Camden Council's website for the most up to date information.



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk



FROM SEPTEMBER 8TH

HEALTH & WELLBEING CHECK

DATE: EVERY WEDNESDAY

TIME: 10:30AM - 11:30AM

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



BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635

Email : Sarah@qcca.org.uk

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

Registered Charity No: 1096655

Registered CLG: 04393769

Registered Address:

QCCA Ltd.

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

Email: info@qcca.org.uk

Tel: 0207 267 6635

Web: www.qcca.org.uk



September
2021

CAMDEN HEALTH KICK

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

MONDAY (Sign up required)

WOMENS ZUMBA

11 am - 12pm at The
Dome

GYM

1.00 pm - 4pm
at The Dome

FAMILY FOOTBALL

Children must be accompanied by an adult.

4.30-6.30pm at
Malden Pitch

TUESDAY (Sign up required)

FAMILY YOGA

5pm- 6pm at The Dome

Children must be accompanied by an adult.

WEDNESDAY (Sign up required)

FAMILY MULTI - SPORTS

MEN AND BOYS 4.00-6.00pm at The Dome

New
Time

THURSDAY (Sign up required)

WOMENS YOGA

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

Children must be accompanied by an adult.

FRIDAY (Sign up required)

FAMILY SPORT INC ZUMBA

WOMEN AND GIRLS 4.30PM - 6PM AT THE DOME

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

QUEENS CRESCENT COMMUNITY ASSOCIATION

Thrive LDN



45 Ashdown Crescent, Belsize Park, London NW5 4QE



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



Instrumental Tuition at Fleet Primary School



Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

Weekly Wellbeing Update

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

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

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

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

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

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

Parent Workshops

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



New Tip...

Wellbeing Tip of the Week!

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

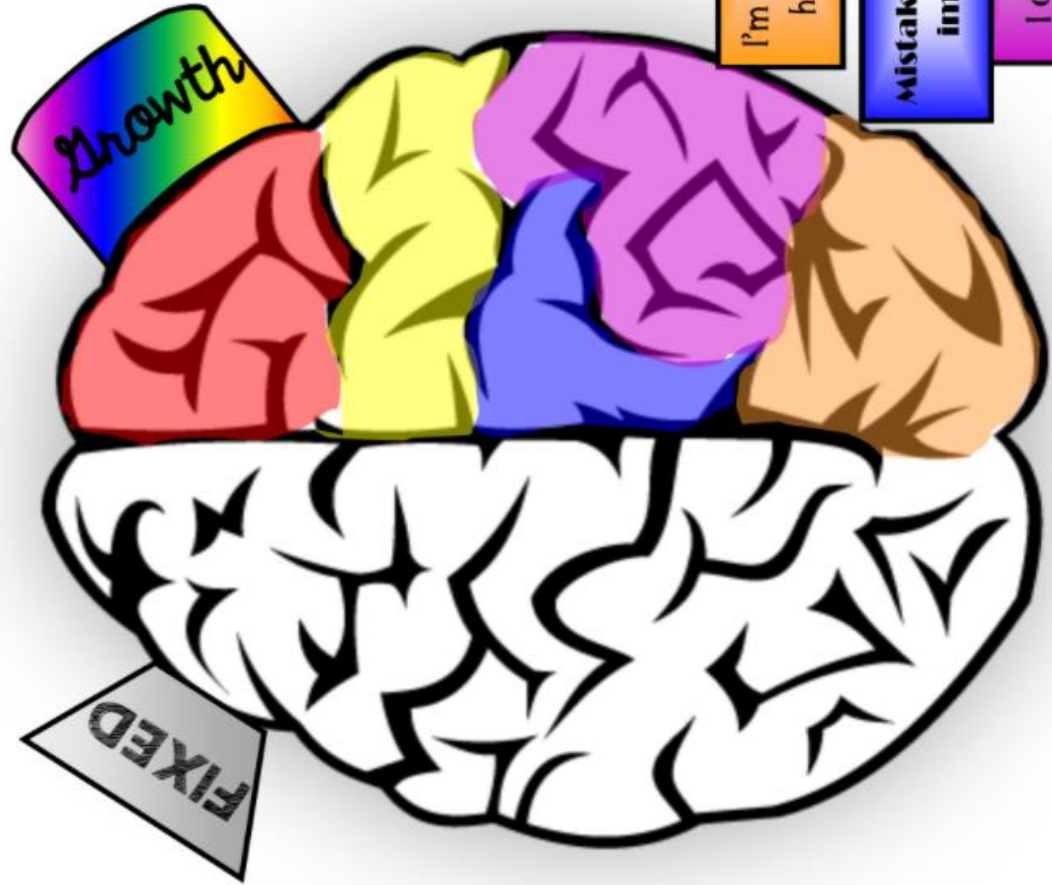
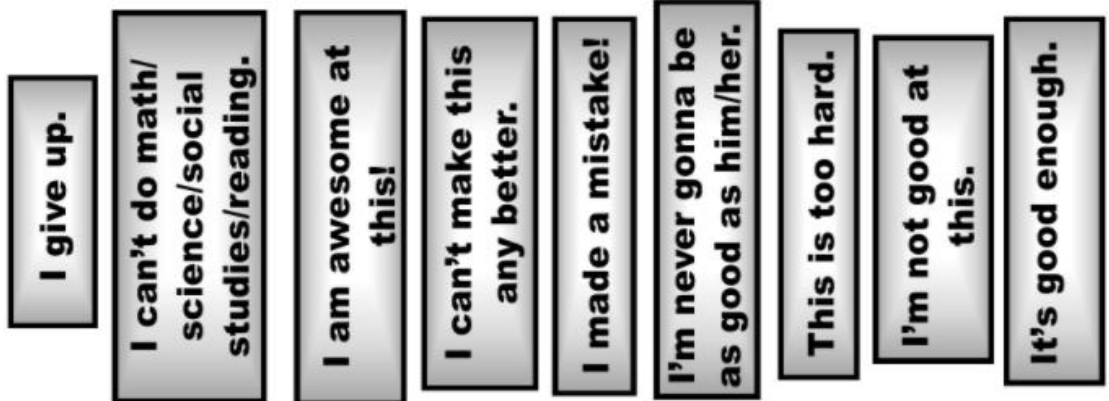
Week 1 – Settling back into school

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

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

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

Change your words Change your *Mindset*





SCHOOL TERM DATES 2021/2022

AUTUMN TERM

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

SPRING TERM

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

SUMMER TERM

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

STAFF INSET DAYS – SCHOOL CLOSED

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

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

Fleet Facts!

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

Year 2: Frankie, Robyn, Lir, Abida, Sarah, Anuthi, Theo, Thaddeus, Amine, Angelo, Leo, Hester, Nico, Hunter, Lola, Ayra, Aisha, Rocco, Sativa, Naz, Jona

Year 4: Hana, Natasha, Yonis, Rayan, Tabby, Tara



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: Jake Sidoli— 484 coins!

Year 4: Saheim —1,534 coins!

Year 5: Kai—1,580 coins!

Year 6: Maya—988 coins!

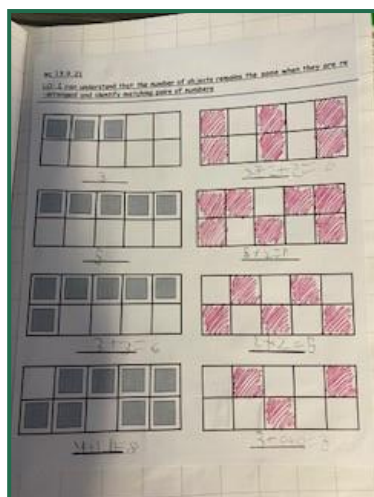


More of the reception children started this week—we've nearly got them all in. They are having a great time exploring their new classroom, learning new songs and getting to know their new teacher. They are also enjoying exploring the outdoor area and visiting the dinner hall for their lunch. It's great to see them settling so well and making new friends and saying hello to old ones. Well done Reception—what a great start you've all made.

Welcome to Reception

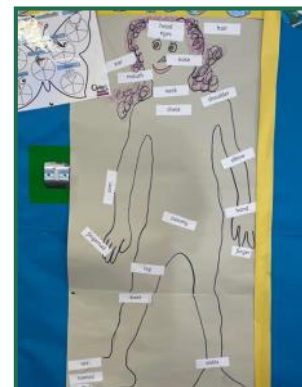
This week in Reception... Monsters!





This week in Year 1... Our Wonderful World

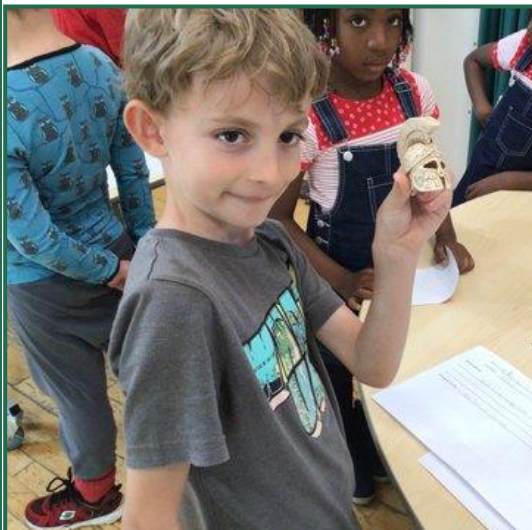
Busy, busy, busy in year 1! They have been working hard this week; they've been doing freeze frames from their class story, excellent maths and superb science. Their thinking skills and discussion have been brilliant. Well done Year 1—keep it up!





The children have been exploring all over the world this week and writing postcards inspired by Emily Gravett's 'Meercat Mail'. Ask them about some of the landmarks they have been learning about. Some excellent writing has been produced. Ms Hanfling is so proud of how much they have been doing and their fantastic positive attitude to year 2. Well done children!

This week in Year 2...
Topic: All Around the World





A couple of firsts this week for year 3—their first session with the Arsenal Coaches and their first Bug Club reading session—both went very well! They have also been studying the fable 'The Donkey in the Lion's Skin' and planning character descriptions of the donkey. Art day on Friday was also a success with Greek masks and stitching Greek patterns—pictures on that next week!



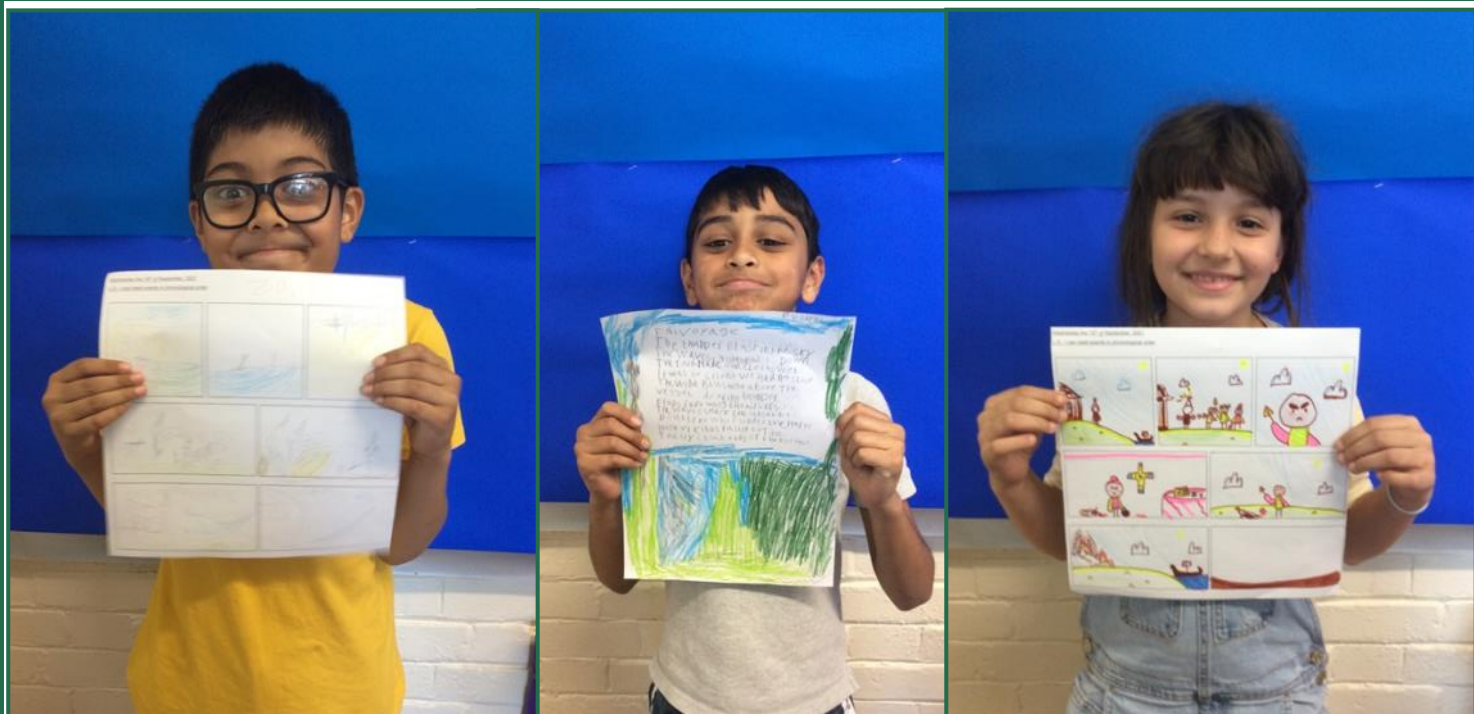
**This week in Year 3...
Olympics & Olympus**



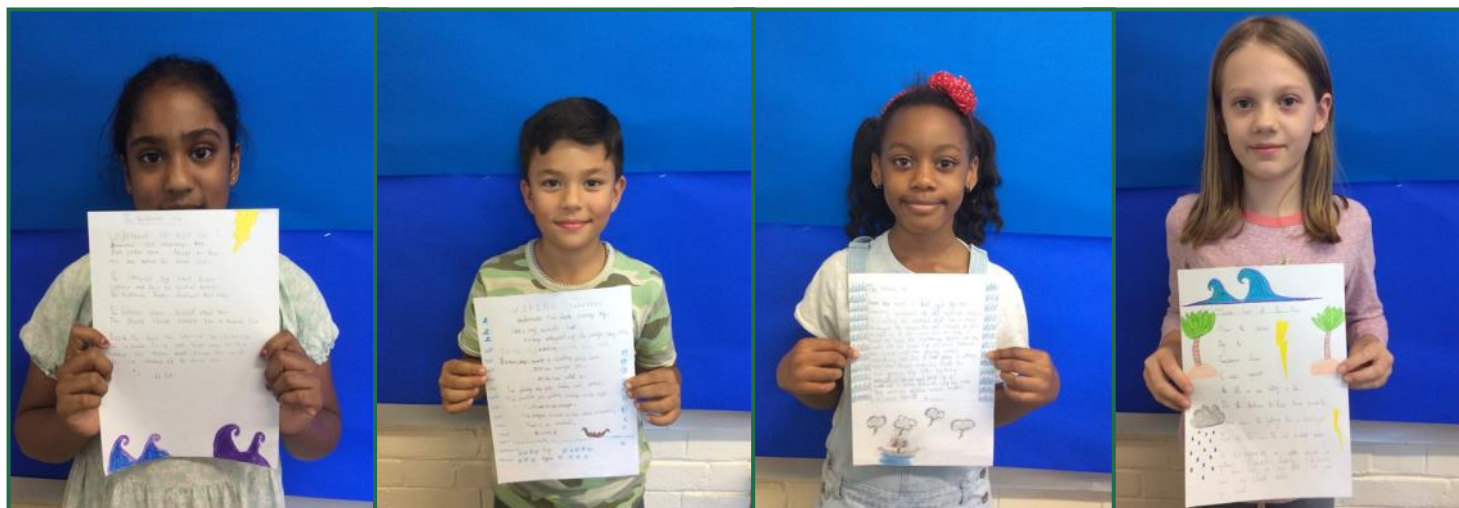
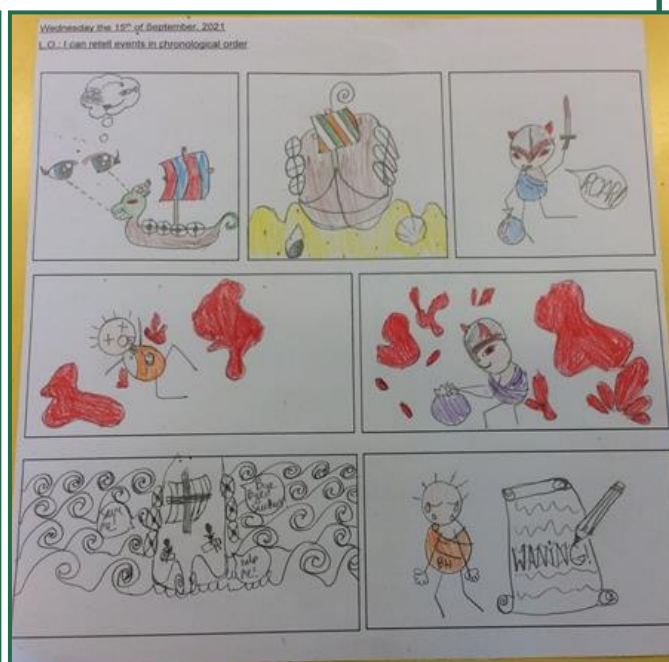


Year 4 have been really enjoying their topic this week with designing and making their own Roman mosaic tiles. They have also been learning all about the Celts—farmers, warriors and healthy eaters! A highpoint for them has also been trying out the new climbing wall! Keep up the good work Year 4.

This week in Year 4
Topic: Adventures in time

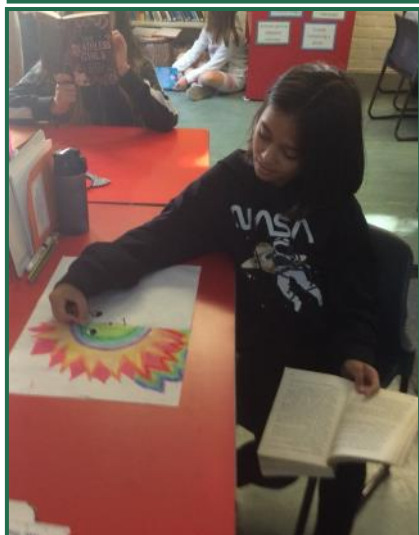


Y5 Brass Practice:
<https://www.rod-n-tom.com/fleet>



This week the children have been writing their 'Viking Voyages' poems - imagining sailing to England on turbulent seas. They have also been learning about the Viking raid on Lindisfarne in 793AD and creating a storyboard of key events. Next week they will be writing letters in the role of Bishop Higbald. They've also been exploring gender stereotyping in their 'Lifting Limits' lesson this week. They had some great ideas and comments. Fantastic work Year 5!

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



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

The children had their 1st session with the Arsenal coaches this week. They showed some great teamwork in the games. They have also been getting fully immersed in their topic, learning about Mayan gods and doing some great writing as well as excellent art of these Cacao pods. Well done Y6!



The sun was shining cotton candy colours. Kalkun knew it was the right time. He wanted to fly up to heaven and steal a cacao tree. He flew, soaring through the sky. He made it! He tiptoed to the cacao garden. He moved his hands through the luscious sage leaves. He was so close to touching the ruby red delicacies when he felt a hand grasping on to his wrist. He speedily turned around and saw all of the gods. He was horrified! He jumped off the cloud of paradise. He was so scared he got paralysed in mid air...

By Ni'Mah

After the argument a mysterious God covered in black came to Kalkun and said that he agreed that the Mayans deserved the cacao tree. After they stole the tree, Kalkun was feeling tired so he went to sleep. While Kalkun was asleep the mysterious God poisoned the tree. The next day the mysterious God told Kalkun what to call him. "My name is Misty Gold, the God of Gold and treasure, but you can call me Mist," said Misty Gold. Kalkun and Mist taught the kind Mayans how to plant the cacao tree.

By Sara



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—

We have been welcoming in our new Reception cohort this week—many of the children have now started. Who'll be our first star of the week from Reception next week?

Year 1—Teo

For great focus in all lessons and for his fantastic manners! You're putting in so much effort, Teo, and we are very proud of you - don't stop being your fabulous self!



Year 2—Alfie

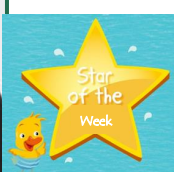
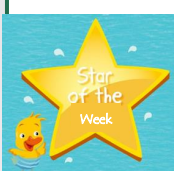
I've really noticed how much you're putting your hand up to answer questions on the carpet this week. Thanks for your fantastic focus and sharing your great ideas. Well done!

Year 3—Okpe

For your incredible efforts so far this term! You are always striving to do the right thing, are contributing in all discussions and are a brilliant example to other children with your sensible travelling around the school! Superstar!

Year 4—Sophie

For a fantastic start in Year 4 at Fleet Primary. You've given everything your very best, always listening carefully, and your smile cheers us all up. We're so proud of you. Keep it up!



Year 5—Hiba

For her brilliant attitude! Hiba has shown engagement in her learning through confidently sharing her ideas with the class. She has been focused during independent work and has produced some great work. Well done, Hiba!

Year 6—Ni'Mah

For writing a brilliant piece of work about the Mayan Gods and your general helpful attitude throughout the week. Well done!

Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961
camden.gov.uk/surestart

* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Step Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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



From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents and Carers Need to Know about ... SOCIAL MEDIA SCAMS

On any social media platform, you'll often come across links to genuine-looking websites. They might include an exclusive offer for one of your favourite shops or invite you to complete a quiz in return for a particular reward. In some cases, clicking on these links takes you to a fake website where you are asked to provide your personal details. The whole enterprise is a ploy to capture sensitive details, such as your email address and password, which the scammers then exploit at your expense.

Clickjacking for fake rewards

Here, the attacker tries to lure you into clicking a link by offering something in return, such as a free gift for completing a survey. However, when the link is clicked, it collects the details of whoever fills out the survey. This might include full names, addresses, phone numbers and email addresses. Scammers could use these to hack into your other accounts or simply sell your data to other criminals.

Malicious app downloads

Some cybercriminals design software that appears genuine or helpful (and is normally free) but has been created to steal your personal information. There may be a pop-up ad encouraging you to download and install the app. Once the app is downloaded, the attacker can see any personal credentials you enter, and could then use this information for their own gain.

'Payment first' scams

Prevalent on sites such as Depop, these scams have spread to Facebook since it added the Marketplace feature. A user lists an item for sale and requests payment up front. Most online stores work this way, but the crucial difference is that scammers ask for payment via PayPal friends and family – not goods and services. This means you can't dispute the payment: the scammer keeps your money, and you never receive the item.

Threats disguised as quizzes

Most quizzes on social media seem harmless, but many come with hidden threats. When you submit your answers, you're also agreeing to terms and conditions which – in some cases – allow the quiz developer to sell your details to third parties. This puts you at greater risk of phishing attacks and spam advertising emails. It might also give the app permission to use information from your profile.

Untrustworthy URLs

It's common on social media for URLs in posts to be shortened (to meet Twitter's character count, for instance). This may seem harmless, but it opens an avenue of attack for scammers who may be disguising a malicious link as legitimate. These links can install malware on the victim's device, which could lead to passwords being stolen or even be the precursor to ransomware attacks.

Angler phishing scams

Using a fake corporate social media account, the scammer pretends to be from customer services. When someone complains about customer service on social media, the fake account messages them asking for their name, phone number and email. If the user provides this info, they are directed to a fake website where they enter their login details. The attacker can then steal their credentials or infect their device with malware.

Advice For Parents & Carers

Set strong passwords

Always ensure that your passwords are not easily guessable. Try to use a mix of letters, numbers and special characters so that criminals cannot forcefully get control. You should also change your passwords every so often to provide further protection against your accounts being taken over. If you have any concerns about your account's privacy, change the password.

Review your privacy settings

Regularly review your privacy settings on social media. You can restrict which parts of your profile can be seen and by who. We recommend making your personal information only visible to friends, which will help to limit the information a scammer could find out about you from social media. It's also safer to only accept friend or follow requests from people that you actually know.

Protect your personal information

Never enter personal information on unfamiliar websites. If you were redirected to a site from a social media post or an email link, putting in your personal details could give key information away to a scammer. Fraudsters may pose as someone you know to try and get your address or bank details (or your family's). If this happens, block the user and tell your family, so the scammer can't try to deceive anyone else.

Avoid opening suspicious emails

When you get an email, always check the sender's address before opening it. If it's an unexpected email and the sender is a stranger, mark it as junk (in case they try again in future) and simply delete it. They could be a scammer who's simply seen your email address on your social media profile. Being aware of phishing attacks is the primary method of defence against scam emails like this.

Choose trusted download sources

Don't download apps or files from unknown sites – instead, use verified and trustworthy sources (such as Google Play or the App Store for download to mobile devices). You can recognise safe sources by their trust seals. The browser address bar on a secure site starts 'https' instead of 'http'. A shield or lock symbol in the address bar also indicates that a site is secure.

Install anti-virus software

Another key tip is to ensure that you have robust and reliable virus protection installed on any of your devices that support it. Anti-virus programmes will help to insulate you against cyber-attacks by blocking any malicious downloads or detecting any recently downloaded malware and removing it. Update your virus protection software regularly and carry out frequent scans of your device.

Meet Our Expert

Formed in 2016, KryptoCloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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FLEET PRIMARY SCHOOL

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<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 to find out more

HELP STOP THE SPREAD OF COVID-19

GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

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

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

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



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 – includes information in different languages
- 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 enewsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates

Keep following public health advice to keep Camden safe



COVID-19 cases remain high across Camden and London, so please keep following 'hands, face, space, fresh air and testing' advice to help you prevent catching or passing on the virus. See below for how to get rapid tests.

Take a free rapid COVID-19 test

Please continue to take a rapid test twice a week (for people without symptoms) to check you're COVID-free. You can pick up free home test kits from many local pharmacies, order home test kits online or visit a local test site to take a test in person. Find out more at camden.gov.uk/rapidtest

How to get your free COVID-19 vaccine

Anyone aged 16 or over can drop by Camden's COVID-19 vaccination bus or a walk-in clinic this week at:

- 📍 Bidborough House, 38-50 Bidborough Street, W1CH 9BT, Thursday 15 September 9 to 10am and 2.30 to 6.30pm (Pfizer)
- 📍 Essentials Pharmacy, 168 Drury Lane WC2R 5QA, Monday to Friday 9am to 6pm (Moderna)
- 📍 JP Pharmacy, 139 Camden High Street, NW1 7JR, Monday to Friday 9am to 6.45pm, Saturday 9am to 5.45pm, Sunday 11am to 4.45pm. Call the pharmacy on **020 7428 4870** to check availability on the day.
- 📍 Kilburn Grange Park, Palmerston Road, NW6 2DG, Friday 17 September 2.30 to 6.30pm, Saturday 18 September 10am to 2pm (Pfizer)

If you're 18 or over, or turning 18 in the next 3 months, you can also book your vaccination by:

- Calling **119** for free
- Visiting nhs.uk/coronavirusvaccine
- If you need help to book, calling Camden Council on **020 7974 4444 (option 9)**.

Find out more at camden.gov.uk/getting-the-vaccine

If you're 18 and over, or 16 and over and clinically vulnerable, you are eligible for a second dose. You can get the second dose 8 weeks after the first, but you must get the same vaccine for both doses.



Next week is the start of our We Make Camden week of action – we are showcasing some amazing examples of work led by and for our communities to help us recover from the pandemic and build a better Camden for everyone. Find out more and get involved at wemakecamden.org.uk

Our high streets and markets are really important parts of our communities – they bring us together, they provide jobs and support creative and enterprising small businesses. I want to encourage everyone to make the most of Camden's amazing high streets and markets – you can read more information on our projects to support our high streets below.

We are now in autumn – the start of a new school year, and I want to thank everyone who has and continues to do their bit to keep us all safe. Over 153,000 adults in Camden have received their first vaccine so far, with over 135,600 receiving their second. Everyone aged 16 or over can now receive the vaccination. We are working with our communities to get information out about why getting vaccinated is the best choice, and our vaccine bus continues to be out and about in our communities to make getting your vaccine easy and convenient. You can find more information about how to get vaccinated on our website at camden.gov.uk/getting-the-vaccine

Councillor Georgia Gould, Leader of Camden Council

Undecided about the COVID-19 vaccine?

A group of young Camden residents who are on the fence about getting the COVID-19 vaccine recently met with local GP Dr Frances Baawuah to get their questions answered. They discussed vaccine ingredients, how and why it was developed so quickly, benefits and risks of vaccination, side effects, and where to get trusted information.

If you're undecided about getting vaccinated, or know someone is, watch and/or listen to the conversations by searching 'On The Fence Podcast Camden' on YouTube or scanning this QR code.



Camden Council launches new support for local high streets

Do you have an idea for your high street? The Camden Future High Streets Crowdfund, in partnership with Spacehive, will help to fund innovative projects to support the recovery of Camden's high streets following lockdowns. The Council has allocated up to £360,000, with up to £35,000 per project available (maximum 50% of project costs) to help successful projects. Find out more at the online launch event on Monday 20 September at 3pm. Book at spacehive.com/movement/camden/news

Camden Council support line

If you are going through a hard time, or need some extra support, please know that Camden Council is here for you. If you need support to access food, with money worries, for mental health or because you're at risk of becoming homeless, call **0207 974 4444 (option 9)**. You can also call this number for coronavirus-related support, for example with self-isolating, or if you're looking to support refugees in Camden and would like to be put in touch with relevant local organisations.