

Fleet Community Notices



Wednesday 18th May 2022



New this week...

Notice about next week's open reading session for parents in Y3—Y6 (right and down on this page). An advert for the Camden Summer University on page 4. Information on an event at the Foundling Museum over half term on page 5. Page 6 has a flyer for the 'Zen Project' happening in Camden next Thursday. The job hub event happening tomorrow is advertised on page 7, while page 8 has information on the Camden Clean Air Cycle taking place in early June. I know of some of you already signed up to take part and going by the number of you we know enjoy cycling with your children hopefully more Fleet parents will be signed up and taking part on the day. Enjoy the rest of your week.

Fleet Summer Fair

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

Please save the date—
Saturday 16th July

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



Young Footballers of South Asian heritage

Pro Touch Soccer Academy (PTSA) have been invited to attend a tournament organised by the Premier League for at U9 & U11 age groups on 21st & 22nd May 2022.

We are looking for players of South Asian heritage from the following countries: Afghanistan, Bangladesh, Bhutan, India, Pakistan, the Maldives, Nepal and Sri Lanka.

Players will take part in the Premier League Youth Tournament at U9 & U11 and given a platform to showcase their abilities.

Ages: U8, U9, U10 & U11

(School Years 3,4,5 & 6) to attend training with PTSA on the following dates:

All players will have to attend a training session on Sunday 15 May 2022 to be considered

For further information please contact: Zahid Hossain - Academy Director

email: zahid@protouchsa.co.uk

tel: 07856 461040

Reading Open Mornings Y4-Y6:

9am Wednesday 25th May

Next Wednesday morning Year 4 to Year 6 will be opening their doors to parents to come and join them for the first part of the day to see a reading session and get an idea of the kinds of questioning involved to support children's development and comprehension.

The session will start after register at 9am and finish at around 9.20am. Please come along if you can. Rec-Y3 will be doing it later in term—watch this space for details once the date is set!



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



Raise FREE donations for

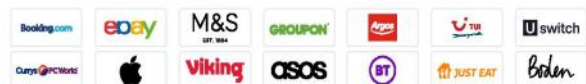
FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Download the easyfundraising App



Dates for your diary this term...

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

- **19th May:** Y3 and Y4 to ICCUK Mosque
- **19th May:** Year 6 Class Tea
- **23rd May:** Y4 and Y2 to ICCUK Mosque
- **24th May:** Year 3 Character Illustration Workshop @ the Wallace Collection
- **25th May:** Y4-Y6 Classroom Open Session for parents—Reading 9-9.20am
- **25th May:** Year 3 to Chelsea Physic Garden
- **25th May:** Nursery to National Gallery
- **26th May:** Year 5 Class Assembly & Year 5 Class Tea
- **27th May:** School Closed—INSET
- **30th May-3rd June:** Half Term holiday
- **6th June:** Second Half of Summer Term starts
- **6th-10th June:** Year 6 to Gower for Residential week
- **7th June:** Year 5 to the Zoo
- **7th June:** Year 4 to London Buddhist Centre
- **9th June:** Year 3 Class Tea
- **10th June:** Year 3 Class Assembly
- **13th June:** School closed—additional bank holiday
- **14th June:** Crick Science sessions in school with Y1-6 (not Y5)
- **16th June:** Year 6 to the Zoo
- **16th June:** Year 5 to the Crick
- **16th June:** Year 4 Class Tea
- **17th June:** Year 4 Class Assembly
- **20th June:** Year 4 taking part in Camden Choir festival
- **21st June:** Reception to Little Angel Theatre
- **21st June:** Year 3 to Belsize Synagogue
- **23rd June:** Year 2 Class Tea
- **23rd June:** Y5 Cricket at St. Christophers School
- **24th June:** Year 5 to UCS for Climate Summit
- **24th June:** Year 2 Class Assembly
- **27th June:** Year 3 to Burgh House
- **28th June:** Reception to the zoo
- **28th June:** Year 6 to October Gallery
- **28th June:** Year 4 to Kew Gardens
- **29th June:** Year 3 & 4 to the Heath with St Christopher's School
- **29th June:** Nursery to London Zoo
- **30th June:** Year 1 Class Tea
- **1st July:** Year 1 Class Assembly
- **7th July:** Reception Class Assembly (**DATE CHANGE**)
- **7th July:** Reception Class Tea
- **8th July:** Sports Day
- **13th July:** Parent—Teacher drop in after school
- **14th July:** Nursery Class Tea
- **15th July:** Reception Summer Heath Walk
- **16th July:** Summer Fair (Saturday)
- **19th July:** Year 3 & 4 to Go Ape
- **21st July:** Year 6 Leaver's Assembly @2pm
- **21st July:** Year 6 BBQ @ 6pm
- **22nd July:** Last day of school year—finish @ 2pm
- **5th Sept:** start of Academic Year 2022-23

School Closed Days This Term...

Friday 27th May—INSET Day

Monday 30th May—Friday 3rd June : Half Term

Monday 13th June—School's additional Bank holiday for Jubilee

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

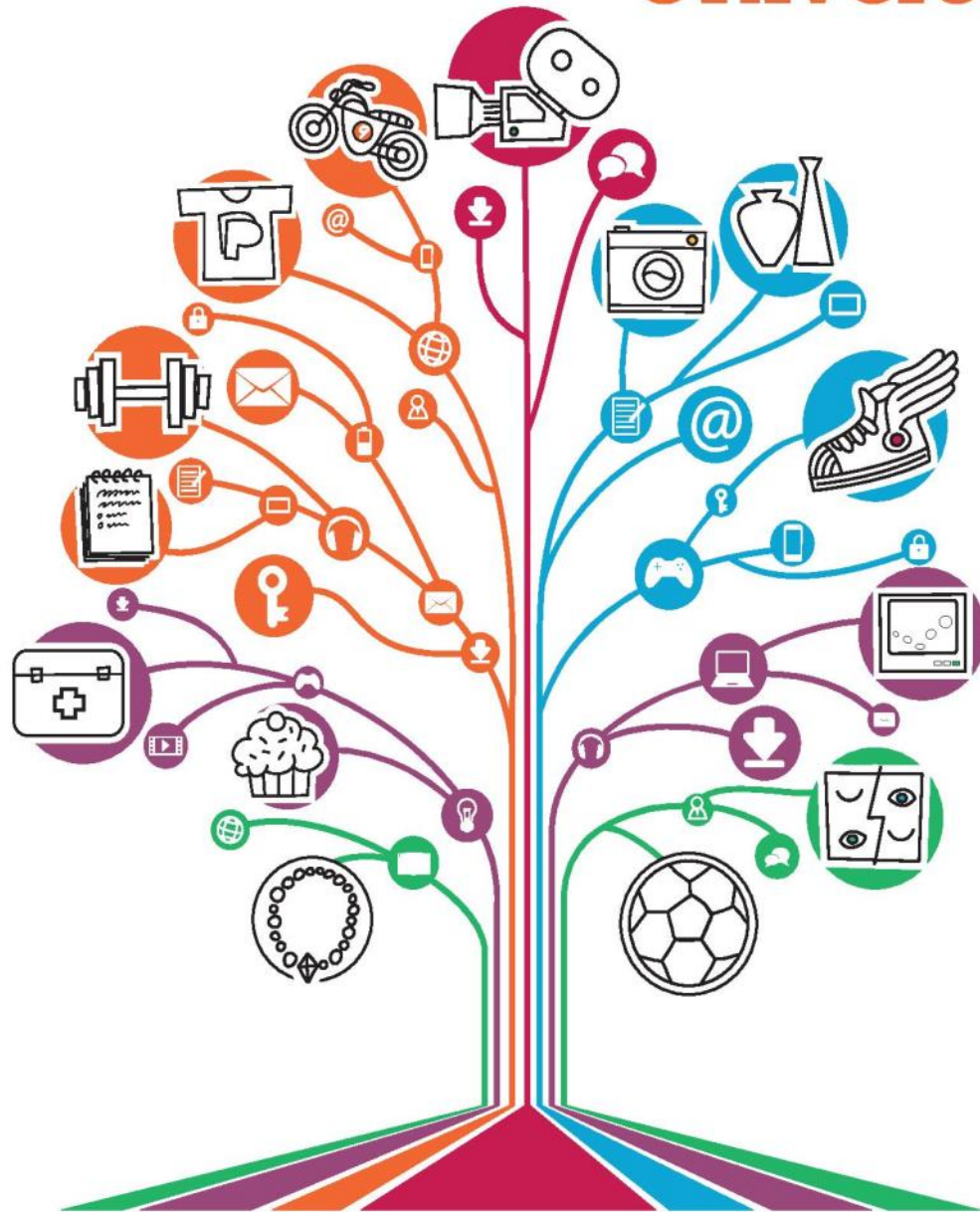
STAFF INSET DAYS – SCHOOL CLOSED

	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.

**FREE courses for eligible
13 to 19-year-olds in Camden
25 July to 26 August 2022**

Camden Summer University



**London's most creative and exciting
summer youth programme**

Hotline: 020 7974 6543

Visit www.cmdn.co.uk

 @camdensummeruniversity

 Camden



Half-term

Enjoy **FREE** family workshops around our exhibition *Superheroes, Orphans & Origins: 125 years in Comics*

WHAT'S YOUR SUPERPOWER?

Tuesday 28 May
Design a shadow puppet with superpowers & perform a shadow puppet play.

SUPER STORIES

Wednesday 1 June
Learn to make superhero comic strip illustrations.

CAPED CRUSADERS!

Thursday 2 June
Make your own superhero cape & mask.

SUPERHERO JUBILEE BUNTING

Friday 3 June
Celebrate the Queen's Jubilee by creating large-scale bunting.

12:00-13:00 & 14:00-15:00

Suitable for age 5+

Book your **FREE** places at foundlingmuseum.org.uk

Foundling Museum

THE ZEN PROJECT, THE HEALTHY MINDS PROGRAMME FROM MIND IN CAMDEN, FITZROVIA YOUTH IN ACTION AND OLD DIORAMA ARTS CENTRE PRESENT...



OLD DIORAMA
ARTS CENTRE
EST. 1981
SPACE TO CREATE



HEALTHY MINDS COMMUNITY PROGRAMME

ZEN IN MIND

A DAY LONG CELEBRATION OF WELLBEING!

Workshops

Short, guided Zen Sessions on our converted American school bus of Breathwork, Guided Meditation & Sound Healing

Craft activities

Massage treatments

Lunch provided

THURSDAY 26TH MAY 2022

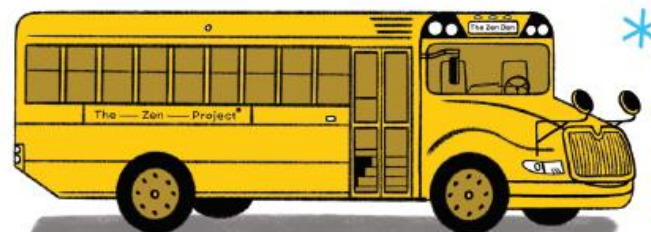
EVERYONE WELCOME, NO NEED TO BRING ANYTHING!

ALL ACTIVITIES ARE FREE OF CHARGE*

1pm - 6pm

Old Diorama Arts Centre, Regent's Place 201

Drummond Street, London NW1 3FE





Camden Jobs and Skills Event

The Good Work Camden Job Hubs are proud to present our first in-person Camden Jobs and Skills Event.

The event will host various employers and training providers from a diverse range of sectors, with many vacancies on offer.

On the day you will be able to:

- Talk to employers, recruiters and training providers face to face
- Engage in mini interviews on the spot for open vacancies
- Network with dozens of professionals that will help you build your career
- Have a specialist review your CV and provide improvement tips
- Find local jobs and training courses

All welcome!

- **Date:** 19th May 2022
- **Time:** 10am – 4pm
- **Location:** Camden House LABS Triangle, Camden Lock Place, Chalk Farm Road, NW1 8AB

Contact goodwork@camden.gov.uk or register for the event here: <https://www.eventbrite.co.uk/e/323224813117>



HM Government

L A B S LABTECH

MAYOR OF LONDON



GOOD
WORK
CAMDEN



<https://twitter.com/goodworkcamden>



<https://goodwork.camden.gov.uk/>



0207 974 1666

 Camden

The
Camden
Clean Air
Initiative

THE CAMDEN CLEAN AIR CYCLE 2022

SUNDAY 12 JUNE
GRANARY SQUARE

TICKETS:

CAMDENCLEANAIR.ORG
/THE-CAMDEN-CLEAN-
AIR-CYCLE-RIDE/



Scan Me

KINGS
CROSS



HumanForest



THE CAMDEN CLEAN AIR CYCLE RIDE 2022

The
Camden
Clean Air
Initiative

Sunday 12 June | 10:00 - 16:00

Riding and stationary
marshals needed

Email vpensabene@camdencleanair.org
to sign up

**Volunteers
needed!**



Fleet Primary School Calendar Competition 2023

New Entries for
Summer Term
now being
accepted...

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

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

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

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



This year's theme...Lifting Limits!

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

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

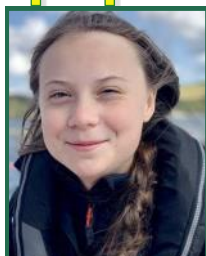
Think about RACIAL EQUALITY - someone again who was a trailblazer and didn't let their race, colour of their skin or religion stop them from doing something.

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

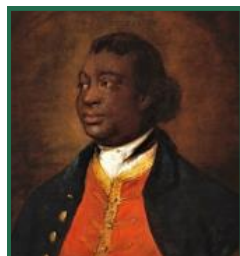
Ideas from people looked at already this year in assemblies or topics...



Flora Sandes



Great Thunberg



Ignacious Sancho



Septimus Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



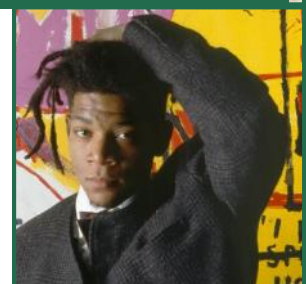
Marcus Rashford



Frida Kahlo



Beryl Burton



Jean-Michel



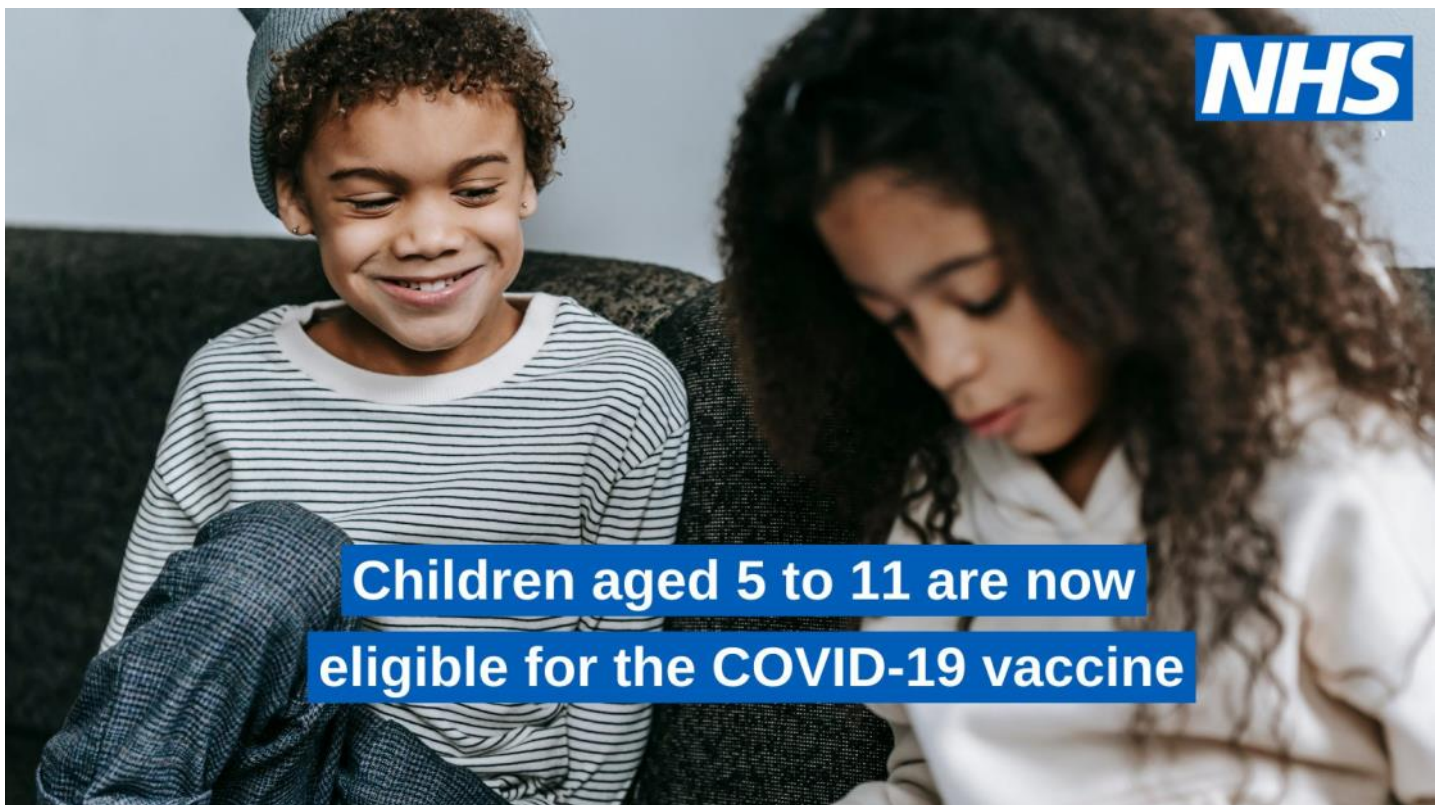
NHS

Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at nhs.uk/MMR

**MMR
vaccines
protect**

**Help us
help you**



NHS

**Children aged 5 to 11 are now
eligible for the COVID-19 vaccine**



CAMDEN HEALTH KICK

FREE

MONDAY

**Female Only
Nordic
Walking**

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



TUESDAY

Rest Day



WEDNESDAY

**Mixed
Family
Badminton**

7pm - 8pm
@ The Dome



THURSDAY

**Female
Only Yoga**

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



FRIDAY

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

Every other week

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

If you are interested in any of the classes

Please contact to register:

Call - 020 7267 6635 OR Email - Sarah@qcca.org.uk or Frances@qcca.org.uk



FREE

HOW TO FIND US

THE DOME:
170 Weedington Rd
London NW5 4NU



QCCA:
45 Ashdown Crescent
London NW5 4QE



Registered Charity No:1096655

Registered CLG: 04393769

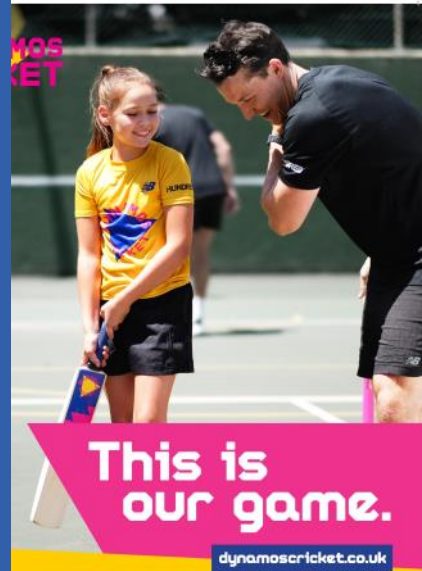
Registered Address:
QCCA Ltd.
45 Ashdown Crescent
London, NW5 4QE

Email: info@qcca.org.uk

Tel: 0207 267 6635

Web: www.qcca.org.uk





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)



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



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!



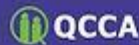
Highgate Harriers
www.highgateharriers.org.uk



London Heathside
www.londonheathside.org.uk



Shaftsbury Barnet Harriers
www.sbarriers.co.uk



FAMILY ACTIVITIES

Join us for our FREE family sporting activities

WEDNESDAY'S

MIXED BADMINTON
7PM - 8PM

FRIDAY'S

WOMEN'S ONLY FAMILY ZUMBA
4.30PM - 6PM



TO REGISTER PLEASE CONTACT

EMAIL: frances@qcca.org.uk

CALL: 0207267 6635

FREE



170 Weedington Road, London, NW5 4NU

Registered Charity No 3096655
Registered CLG 04991799

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

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

From National Online Safety

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

ONLINE SAFETY FOR UNDER 5s

10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for, it also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.

PARENT CODE:

6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases, that will prevent your child from accidentally spending money while on your device.

2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.

7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.

3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.

8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that their rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.

4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.

9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.

5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.

10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

Meet Our Expert

Korallina Moustaka is a professional development and EYF coordinator at an 'outstanding' nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 15 years.



NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com

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

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

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

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.05.2022

Free 24/7 urgent mental health support for young people

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

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

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

URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

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

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

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
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.



Weekly Wellbeing Update

New Tip...

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

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

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

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

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

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

Parent Workshops

We're keen to provide parent workshops where we can, to work together in order to best support your child's mental health and wellbeing. In the past we've hosted workshops on areas such as self-esteem and resilience and we'd really like to target the areas that most interest you. Please contact Miss Wall through the admin address (admin@fleet.camden.sch.uk) 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 32 - Getting the most from Sleep

Do you feel as though you are getting enough sleep at night? Do you have problems falling asleep or staying asleep? Research conducted in 2021, found that 36% of UK adults struggle to get to sleep on a weekly basis and nearly half of the UK have trouble falling asleep at least once a month. The NHS recommends that we have 7-9 hours of sleep each night, and up to 10 hours for younger children. Here are some tips to help us get the most from sleep:

Try to sleep at the same time each night, and wake up at the same time each morning, even on the weekends.

Avoid taking naps after 3pm, and don't nap for longer than 20 minutes.

Avoid caffeine after 2pm, if you are sensitive to its effects.

Exercise regularly but try to avoid this within 2-3 hours of bedtime.

Follow a routine to help you relax before sleep (e.g., reading or listening to music).

Aim to turn off the TV and other screens at least an hour before bedtime.

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

1



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

For children 5-11 years



2



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



3



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.

4



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

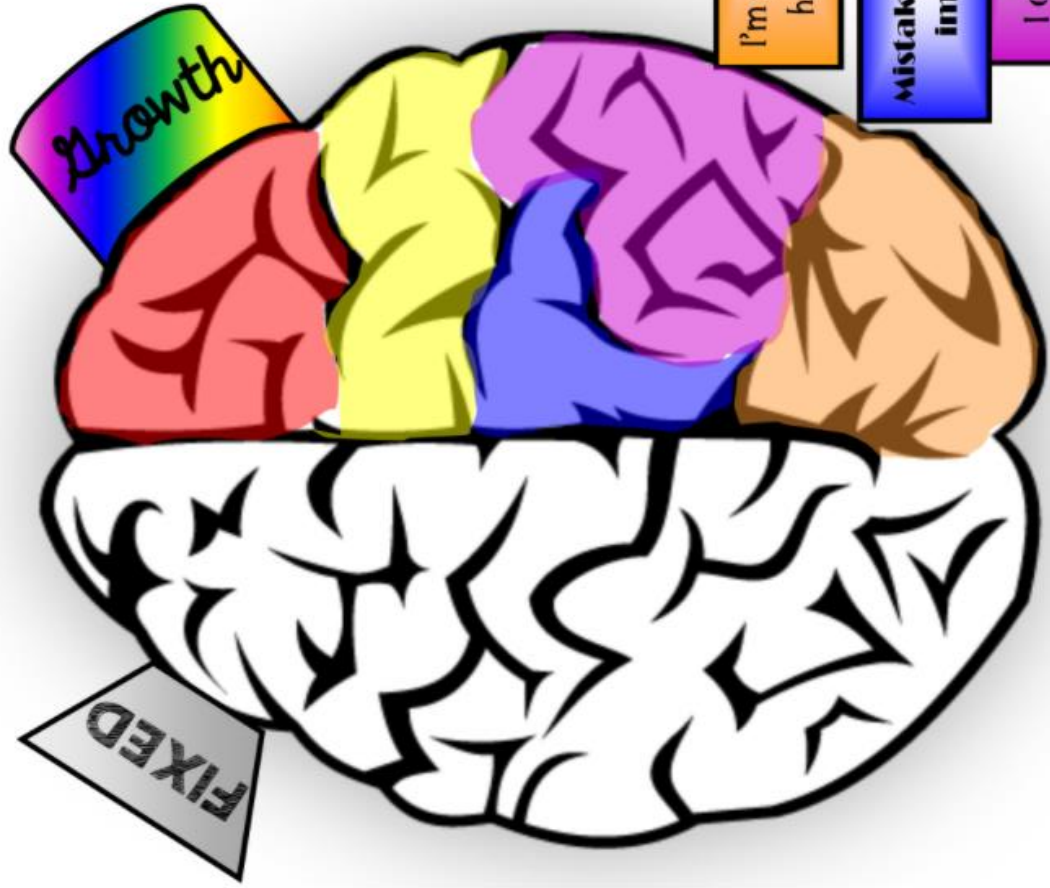


These three important steps can prevent an emergency admission to hospital and even save a life.

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.**



'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

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 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.

