

Fleet Community Notices



Wednesday 19th January 2022

This week...

As we reach the midpoint of another week please find the weekly notices. As you will see we have a number of notices that we leave in each week, we hope this makes finding information when you need it easier, for example I've been asked by a couple of parents in the last week about applying for the individual instrument tuition that Camden music offer here in school—details for this are on page 18 and this information is included each week as you can apply at any time through the year.

I want to flag again the information relating to some of the Half Term and Holiday schemes contained within—good to get these things booked in early to secure places—see pages 11-14. We do expect Fuzion Academy to run another scheme here but are waiting for confirmation.

Thanks for your continued patience with the office and our response times. Lisa is on the mend but it will quite close to the end of this half term before we expect her to be fully mobile and able to return. Debbie and June continue to do a great job filling in.

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**

easyfundraising
feel good shopping

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



Over £32 million raised

Trustpilot ★★★★★

1.8 million users



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

SCHOOL TERM DATES 2021/2022

AUTUMN TERM

First day of term	Friday 3 rd September 2021
Half term (inclusive)	Monday 23 rd October – Friday 27 th October 2021
Last day of term	Friday 17 th December 2021

Please note:
Schools have been given an additional day's holiday this year for the Queen's Jubilee (as the national bank holiday falls in our half term). This will be in the Summer Term on Monday 13th June. School will be closed on this day.

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.

Request for help with some research from university of Warwick



Dear Invitee,

My name is Yuval Ben-Arzi and I am a third-year undergraduate psychology student at the University of Warwick.

I am kindly requesting your child's participation in my third-year project titled: An investigation into the role of peer influence in Childrens and adults vegetable consumption likelihood, regarding serving samples of raw snack vegetables. The intention is to assess whether different sampling styles of vegetables influences children's consumption likelihood of the vegetables.

For this study, your child will be asked to complete an online questionnaire asking about which different serving samples of vegetables they prefer. The questionnaire will show 4 different pictures of raw vegetables cut up into different serving samples and will need to rate which serving sample your child prefers. The questionnaire will also ask a few questions on their views of vegetables. For this study it is required for you to accompany your child throughout the questionnaire and if needed help them read and understand the questions. The study is completely anonymous; therefore, it does not require you to provide your name or your child's names or any other identifying information. If you would like to participate in the study, please click the link below which will take you to the questionnaire.

https://warwickpsych.qualtrics.com/jfe/form/SV_8fiu3nKLRzsSFNA

Kind regards,

Yuval Ben-Arzi

Third year psychology student at the University of Warwick



CCA

THE DOME YOUTH CLUB

FREE SPORTS SESSIONS IN THE DOME

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



WHEN: JAN - FEB 2022

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



JUNIOR SPORTS TIMETABLE 2022

TUES

Girls Only (10-15's)

6:30pm - 8pm

The Dome

WED

Basketball (9-13's)

5pm - 6pm

The Dome

THU

Cricket (8-12 yrs)

5pm - 6.30pm

The Dome

Football (8-12 yrs)

6:30 pm - 7.30pm

The Dome

WANT TO TRY SOME NEW SPORTS?

JOIN US AT THE DOME!

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

Registered Charity No:
1096655

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

@THEDOMEYOUTH

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



Free 24/7 urgent mental health support for young people

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

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

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



URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

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

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

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



Online learning resources and homework

- Mathletics: login.mathletics.com or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- Bug Club Reading Resource: <https://www.activelearnprimary.co.uk/login?c=0>

The sign in details for the three resources above are the same (for Bug Club you will also need the school code which is **tpgk**)

- Seesaw: <https://app.seesaw.me/#/login> or download app
- Busy things: <https://www.busythings.co.uk/lgfl-login/>

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible.

FREE SCHOOL MEALS

You may be entitled to Free School Meals if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit – your household income must be less than £7,400 a year (after tax and not including benefits)
- Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
- the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)



Clue

There are hundreds of different ones out there, you will find them near home printers



and when not hiding inside printers they usually look like this



www.recycle4charity.co.uk



Recycle 4 Charity Treasure Hunt

Attention to all children and teachers!

Find some empty ink cartridges and bring them to the school to turn them into gold!



Your school will receive money for them, and you will help the environment with your recycling!

If you receive Working Tax Credit you will not be entitled to free school meals unless you have:

- stopped work in the last 4 weeks; or
 - reduced your hours to less than 16 hours in the last 4 weeks
- Free school meal entitlement will mean that you will not have to pay for school lunches and will receive concessionary rates for clubs and trips. It is also important for you to apply, as the school receives extra funding.

<https://accountforms.camden.gov.uk/freeschoolmeals/>

Do you have any used printer cartridges lying around at home? Send them into the school office!

Parent group: Families, Food and Feelings

The Enhanced Healthy Living Service (EHLS) runs quarterly 6-week parent groups for Camden and Islington parents/carers of children aged 5-17 who struggle with excess weight. The group focuses on psychoeducation and strategies around boundary setting, healthy modelling, emotional eating and encouraging a healthy relationship with food. Referrals are accepted by professionals and parents can also self-refer via the brandoncentre.healthyliving@nhs.net email address.





Dear Parents/ Guardians,

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

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

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

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

Best wishes,

Tash

St Pancras Girlguiding Leader

FREE

ThriveLDN

WOMEN'S ONLY

ZUMBA

Monday - 11am - 12pm.
&
Friday - 5pm - 6pm.

CCA

Registered Charity No: 1096655
Registered CLG: 04393769

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

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

Daunt Books

Children's Short Story Competition

Open to original stories written by children aged 4-15 years
Stories can be up to 1500 words
Entries close 31 Jan 2022
Visit Dauntbooks.co.uk/short-story-competition
to submit your story

The winning stories will be published in an anthology. The cover will be illustrated by Sharon King-Chai, creator of the award-winning *Stoked*, published by Two Hoots, an imprint of Pan Macmillan. With an Introduction by Femi Fatigbola, author of the sensational Young Adult novel *The Upper Half*.

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 17 – Attitude of Gratitude (part one)

Encouraging optimism is a great way to improve wellbeing. Feeling hopeful and confident about the future can help us to live longer, heal faster and be less likely to suffer from depression and anxiety. We can train our brains to notice the good things around us, so that we don't get caught in a cycle of negativity. One way to overcome this, is to practice gratitude. This doesn't take up too much time but can make a big difference to how we feel. Here are some examples you can make a start, at the end of each day write down:

- Three good things that happened today
- Three things that made you smile today
- Three kind deeds or actions you saw today
- Three people in your life you are grateful for
- Three things you noticed about nature

You can choose one of these to do on different days, or you can mix them up for one day, or you can make your own categories as well. The idea is to show appreciation for the things in life that help us feel happy. You can even share your gratitude's with other family members or friends and encourage them to do the same.

Next week, we will develop this idea further when we start to think about journaling.

Here is a link if you need help to get started:

<https://www.lifehack.org/867535/attitude-of-gratitude>

Dear parent/carer,

Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged Children and Secondary School aged Young People

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 8 topics in total with workshops being offered from this point until the end of Spring term.

Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people:

- Why Early Intervention Matters
- Introducing the MHST
- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time

Webinars for Parents/Carers of Primary aged children:

- Parent-child interactions
- Managing child worries

Webinars for Parents/Carers of Secondary aged Young People:

- Supporting your Anxious Young Person
- Understanding Adolescent Development

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can register for any of the above webinars through Eventbrite for free at:

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2021-2022-tickets-184684756077>

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from **Friday 12th November 2021 until Thursday 10th March 2022**.

The scheduled topics, dates and times are:

Webinar topic	Intended Parent Audience	Date	Time
Managing child worries	Primary	Thursday 27 th January	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Thursday 3 rd February	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Thursday 10 th February	12.00 to 13:00 Q and A 13:00 to 13.30
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 th February	12.00 to 13:00 Q and A 13:00 to 13.30
Screen Time	Primary & Secondary	Thursday 3 rd March	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 th March	12.00 to 13:00 Q and A 13:00 to 13.30

Advertising the webinars

We are aiming for the process to be as convenient as possible for school, parents and carers so we are using the online booking platform Eventbrite to advertise and allocate requested places. If you feel your parents and carers may be interested in the webinar series please include the attached information in your next newsletter, school website or other accessible media. Please could you also recommend to any parents and carers who you think might be interested.

If you have any questions or suggestions please do contact us.

With many thanks,

Alessia Potere (Counselling Psychologist- MHST)

From National Online Safety



AGE RESTRICTION
13+

Twitter is a social networking site where users can post 'tweets' or short messages, photos and videos publicly. They can also share 'tweets' written by others to their followers. Twitter is popular with young people, as it allows them to interact with celebrities, stay up to date with news, trends and current social relevance.



What parents need to know about Twitter

TWITTER TROLLS

A 'troll' is somebody who deliberately posts negative or offensive comments online in a bid to provoke an individual for a reaction. Trolling, can include bullying, harassment, stalking, virtual mobbing and much more; it is very common on Twitter. The motive may be that the 'troll' wishes to promote an opinion or make people laugh, however, the pragmatics of what they post could be much more damaging, posting anything from racist, homophobic to sexist hate. Trolling can lead to devastating consequences for some victims.

INAPPROPRIATE CONTENT

Twitter gives users the opportunity and freedom to post their personal thoughts and opinions, meaning they can pretty much post anything they want despite restrictions on the platform. Swearing and inappropriate language is allowed if it does not violate the rules. If your child sees any inappropriate content, they might feel the need to replicate it at home or amongst their peers. Additionally, there are also a number of unofficial pornographic profiles on the platform that can easily be found and viewed without restrictions.

FAKE PROFILES

Fake Twitter accounts are made to impersonate a person, celebrity or public figure. As the accounts are not endorsed by the person they are pretending to be, they can often be used to scam or take advantage of young people who think that they're the real deal.

FAKE NEWS

The speed in which 'tweets' are shared on Twitter can be unbelievably fast, meaning that fake news can often be circulated across the platform very quickly. Fake news articles and posts can often be harmful and upsetting to young people and those associated with the fake news. In addition to this, it's very easy for people to quickly and unexpectedly retweet a tweet posted by your child, meaning there is no going back.

HIJACKED HASHTAGS

One of the most commonly used aspects of Twitter is the hashtag (#) - these allow users to easily search for specific trends, topics or subjects. However, due to the astronomical number of Twitter users, many hashtags can have 'different' intentions. One person may use a seemingly innocent hashtag, and before you know it, hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to. This is common with 'trending' tweets, as people know that their tweet will be seen by a greater number of people.

MEMES NORMALISING RACISM, SEXISM AND HOMOPHOBIA

Twitter is a popular platform for sharing Internet memes, helping to make concepts or ideas go viral across the Internet. However, despite most meme's being innocent and harmless, some often include sexist, racist or homophobic messages. Although they are typically sent as a joke, this type of content is contributing to the normalisation of topics including racism, sexism and homophobia.

PROPAGANDA, EXTREMISM & RADICALISATION

Social media offers a continuous stream of real-time coverage of extremist activity. Twitter is one of the many platforms that is exploited by extremist groups to help promote violence, radicalise and recruit people to support their cause. These groups cleverly target vulnerable victims, often young people, and find a way to manipulate them into supporting their beliefs.

EVERYONE HAS ACCESS

Twitter has over 335 million monthly active users across all age groups. When a user signs up, tweets are public by default, meaning anyone can view and interact with posts instantly. Your child may change their mind about a tweet they have posted but even if they delete it, there's always a chance that someone can screenshot, retweet it or post it onto another platform.

Top Tips for Parents

CHECK ACCOUNT SETTINGS

We strongly advise that you thoroughly check your child's privacy settings. To take away some of the fear of your child's tweets being shared by anyone, you can always make their account protected. This means that anyone who wants to view what your child has posted, it requires approval from them. In addition to this, you can change the settings so that they cannot receive 'direct' messages from anyone on the platform and that their location is not shared.

BLOCKING & REPORTING

If a particular account is causing your child trouble on Twitter, whether it's cyberbullying or upsetting content, you can simply block and report them. Blocking them will help to prevent them from viewing, messaging or following your child, and vice versa. Reporting an account will alert Twitter to investigate the profile.

MUTING ACCOUNTS

The 'mute' feature allows your child to remove an account's tweets from their timeline without unfollowing or blocking them. This means your child will stop getting notifications about a particular conversation but can still view it in their timeline. This can be useful if they are friends with someone but don't really like what they share. The other user will not know that they have been banned.

TWITTER TROLLS & THE LAW

From 2016, the CPS were able to exercise new laws that could see those who create 'derogatory hashtags' or post 'humiliating' photoshopped images jailed. They also announced the launch of a hate crime consultation, issuing a series of public policy statements centred on combating crimes against disabled people, as well as racial, religious, homophobic and transphobic hate crime. It's important your child knows about building a positive online reputation, as well as showing respect for others online and offline.

SENSITIVE CONTENT

By default, if Twitter has found a tweet that 'may contain sensitive content', Twitter will hide the content in the news feed and you will be shown a warning that states the content is sensitive. You then have the option to view it or not. This gives a chance for you to moderate potentially harmful images/videos before your child sees them. Unfortunately, some content may slip through the cracks and will be shown in the news feed. So, if you do see any sensitive content, you can report it. Twitter should then inspect the tweet and decide whether they deem it to be 'sensitive'.

MUTE HASHTAGS & PHRASES

Within the account settings, you have the ability to block certain words, hashtags or phrases from your child's timeline or notifications (e.g. swear words, inappropriate phrases, emojis, etc.)

TURN OFF VIDEO AUTOPLAY

'Autoplay' is a feature that automatically starts playing a new video seconds after another one ends on the platform. To avoid your child going from watching something innocent and harmless to something much more graphic or disturbing, you can turn this feature off in the settings and easily moderate the videos your child watches before they see them.

CONVERSATION & MONITORING

We always promote that you have regular open conversation with your child about their online activity, ensuring that they understand what healthy relationships are, what respect is, and how to be sensitive towards others' feelings. It's also important to monitor what they're doing online, including what they use the platform for, who they are talking to, and if they are viewing/taking part in anything that they shouldn't be. Discuss the dangers of the online world, such as fake news and online bullying - why do people involve themselves in these activities and what your child can do to prevent them.

TWITTER LISTS

Twitter lists allow your child to create other feeds besides the main timeline that only include certain accounts - this is a great way to segment followers based on common topics and interests.

SOURCES: Sources: <https://help.twitter.com/en/using-twitter/blocking-and-unblocking-accounts> | <https://help.twitter.com/en/safety-and-security/twitter-location-services-for-mobile> | <https://help.twitter.com/en/managing-your-account/two-factor-authentication> | <https://help.twitter.com/en/using-twitter/advanced-twitter-muteoptions> | <https://help.twitter.com/en/safety-and-security/public-and-protected-tweets> | <https://www.statista.com/statistics/493795/twitter-most-retweeted-posts/> | <https://smallbiztrends.com/2013/08/what-is-hashtag-hijacking-2.html> | <http://christiedman.com/5-things-you-should-know-about-hashtags-your-kids/>



National Online Safety

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061



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



Arsenal
COMMUNITY

Alyssia Fleur

School Of Dance

Fun and creative Ballet and Jazz
Classes for ages 2+ & Beginner
Adult Ballet Classes

Promoting a positive learning
environment through praise
based teaching.

To register your interest please email: a.f.schoolofdance@gmail.com
or call: 07565 365622

alyssiafleurschoolofdance.co.uk

St John's Wood

Marylebone



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!



Date: 17/11/21

Dear Parent/Guardian,

Our popular gymnastics classes are back up and running.

As with most things these days we have had to adapt the class & timings to
suit our Covid-19 compliant guidelines.

The new term will start on Wednesday & Thursday 5th & 6th January 2022.
We ask of you the following:

- Classes are limited to 8 children & will be 55 minutes
- That you arrive with the intention of dropping off the children
- All children must be signed in
- There is a 5 minute gap between classes for cleaning
- No loitering & we have no seating area
- The class will end on time & children should clear the studio and change promptly
- All kids must sanitise their hands, we have a low level sanitiser just for them

New term begins:
Wednesday 6th & Thursday 6th January 2022
Half Term: Wednesday 16th & Thursday 17th February 2022
Term ends: Wednesday 30th & Thursday 31st March 2022

12 classes

Price: £160.00 for the course

Drop in/Trial per session: £16.00

Wednesday
4.00pm-4.55pm for five to seven years old
5.00pm-5.55pm for seven to nine years old
6.00pm-6.55pm for nine to eleven years old
Thursday
4.00pm-4.55pm for five to seven years old
5.00pm-5.55pm for nine to eleven years old

THANK YOU

The Armoury
25 Pond Street,
Hampstead,
London. NW3 2PN
thearmoury@jubileehalltrust.org
Tel: 020 7431 2263
Fax: 020 7794 4294

Jubilee Hall Trust Ltd.
30 The Piazza, London WC2E 8BB
Registered in England and Wales
Registration no. 1310648

Trustees:
David Alcock, Steve Calverley,
Jane Cochrane, Gareth Davies,
David Goy, Judy Hargaden,
Alan Kozminski, Nicki London,
John McQuillan, Tim Mitchell,
Jo Weir.



PATRONS: Helen McCrory OBE and Damian Lewis

SPONSOR: OLYMPUS UK

SPRING TERM SCHEDULES 2022 at HvH ARTS

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

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

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

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

TMMP Queens Crescent: STUDIO /PRODUCTION supporting young people at risk with music manager Jacob Landau and music producer Tom
Location: Pirate Studios: Camden
Times: 4pm to 6pm / 6pm to 8pm
Dates: WED 5th/12th/19th/26th JAN and 2nd/9th/16th/23rd FEB and 2nd/9th/16th/23rd/30th MAR
Cohorts: 16yrs to 21yrs
(This course is open to support young people at risk)

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

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

QUEENS CRESCENT STREET ART PROJECT WITH SAM SURE

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 4QE
Time: 12pm to 4pm
Dates: SUNDAYS (to be confirmed as we plan according to weather)
Ages: 8yrs to 18yrs

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

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

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 4QE
Time: 12pm to 3pm
Dates: SATURDAY 5th/12th/19th/26th FEBRUARY
Ages: 5yrs to 18yrs

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

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

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

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

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 4QE
DATES: SATURDAY 5th and 12th MARCH
Time: 12 to 4pm
Ages: 8yrs to 14yrs

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

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 4QE

Time: 4pm to 6pm

Dates: TUES 11th/18th/25th JAN and 1st/8th/15th/22nd FEB and 1st/8th/15th/22nd/29th MAR
(Open to our fashion and art scholars at HvH ARTS)

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

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

Locations: HvH ARTS GALLERY 44 Ashdown Crescent NW5 4QE and London School of Mosaic- HvH studios, 181 Mansfield Road, NW3 2HP
Time: 12pm to 3pm
Dates: SATURDAYS or SUNDAYS – certain weekends throughout the Spring Term between 15th Jan to 27th Mar, to be confirmed according to interest
Ages: 10yrs to 18yrs

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

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

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

Location: HvH ARTS GALLERY 44 Ashdown Crescent, NW5 4QE
Time: 12pm to 4pm
Date: SUNDAY 16th JANUARY
Ages: 8yrs to 18yrs

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

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 4QE
Time: 12pm to 3pm
Date: SATURDAY 22nd JANUARY
Ages: 5yrs to 11yrs

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

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 4QE
Date: To be confirmed for MARCH

Register your interest by email: courses@hvhartarts.org

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

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

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

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

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

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 4QE
Times: 12pm to 4pm
DATES: TBC

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

Email: courses@hvhartarts.org

www.hvharts.org

Registered Charity No: 1149607



OLYMPUS



Half Term HOCKEY camp



**Hockey
sticks
provided**



**Whitefield
School (TBC)
NW2 1TR
9:30 to 15:30
14th - 17th Feb**



**ages 8 to 16
£105
£60 2 days
£35 per day
£20 half day**

**Basic Concepts
Game Intelligence
Advanced Skills**



Internationally Certified Coaches, Learn from International Players
07399683870 or riotworxsportsconsultancy@gmail.com for info

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

020 7974 7239

camdenmusic@camden.gov.uk

Do you want to learn computer skills?

**Camden adult community
learning have FREE courses
starting in November! Just
come along or sign up online!**

Drop-in Digital Skills Workshops

Every Monday & Wednesday, 10am-12pm
Netley Adult Learning Centre, 74 Stanhope Street,
NW1 3EX

Fun with Photos

Starts Wednesday 3rd November, 1pm-3pm
Netley Adult Learning Centre, 74 Stanhope Street,
NW1 3EX

MS Excel & Money Management for Beginners

Starts Tuesday 2nd November, 10am-1pm
Training Link, 54-56 Phoenix Road, NW1 1ES

MS Word for Beginners

Starts Wednesday 3rd November, 10am-12pm
Training Link, 54-56 Phoenix Road, NW1 1ES



Easy Introduction to Coding with Scratch

Starts Thursday 4th November, 3pm-5pm
Online course

Enrol here: www.webenrol.com/camden

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



Talacre Holiday Multi Sports Scheme 2021/22

May to February



Ages 8-12

9:30am - 3:30pm

Holiday	Dates	Length
May Half Term	01/06/2021 – 04/06/2021	4 days
Summer Week 1	26/07/2021 – 30/07/2021	5 days
Summer Week 2	02/08/2021 – 06/08/2021	5 days
Summer Week 3	09/08/2021 – 13/08/2021	5 days
Summer Week 4	16/08/2021 – 20/08/2021	5 days
Summer Week 5*	23/08/2021 – 27/08/2021	5 days
October Half Term	25/10/2021 – 29/10/2021	5 days
February Half Term	14/02/2022 – 18/02/2022	5 days

*Special courses week, no regular Holiday scheme.

Camden Active Sports

Camden

Information, Prices and How to Book

- 1) You can book your place either at Talacre Reception **or** online www.better.legendonlineservices.co.uk (Please note: online bookings can only be made up to 7 days before the start date of the course).
- 2) You will need to complete a form either in paper or electronic form, before the start of the Holiday scheme. You must complete a form even if you have attended one of our Holiday Schemes previously.
- 3) If you are booking at the centre please be aware that we **only accept card payments**.
- 4) Children attending the Holiday scheme should; bring a healthy packed lunch, plenty of water in a labelled bottle (no glass bottles permitted), wear sports kit and trainers, weather appropriate clothing e.g. a sunhat or a waterproof jacket and no jewellery.
- 5) We encourage you to ensure that children leave valuables at home as there is no access to lockers and we cannot take responsibility for valuables.

Ages 8-12, 9:30am – 3:30pm

Membership type	Price for 5 days
Full Price - No Membership	£143.50
Standard	£82.50
Concession	£38.25

Camden Active Sports

Camden

Talacre Holiday Mini Camps 2021/22

May to February



Ages 4-7

**Mini Camp 1
9am – 10:30am**

**Mini Camp 2
11am – 12:30pm**

Holiday	Dates	Length
May Half Term	01/06/2021 – 04/06/2021	4 days
Summer Week 1	26/07/2021 – 30/07/2021	5 days
Summer Week 2	02/08/2021 – 06/08/2021	5 days
Summer Week 3	09/08/2021 – 13/08/2021	5 days
Summer Week 4	16/08/2021 – 20/08/2021	5 days
October Half Term	25/10/2021 – 29/10/2021	5 days
February Half Term	14/02/2022 – 18/02/2022	5 days

Camden Active Sports

Camden

Information, Prices and How to Book

- 1) You can book your place either at Talacre Reception **or** online www.better.legendonlineservices.co.uk (Please note: online bookings can only be made up to 7 days before the start date of the course).
- 2) You will need to complete a form either in paper or electronic form, before the start of the Mini Camp. You must complete a form even if you have attended one of our Mini Camps previously.
- 3) If you are booking at the centre please be aware that we **only accept card payments**.
- 4) Children attending the Mini Camps should; bring water in a labelled bottle (no glass bottles permitted), wear sports kit and socks, no jewellery and long hair must be tied up.

Ages 4-7 Mini Camp 1: 9:00-10:30am

Ages 4-7 Mini Camp 2: 11:00am-12:30pm

Membership type	Price for 5 days
Full Price - No Membership	£69.60
Standard	£45.00
Concession	£26.30

Camden Active Sports

Camden



- The No.1 Science Activity Holiday Camp
- Trusted by Parents - For Over 10 Years
- For All Boys & Girls Aged 5-12 Yrs
- Venues Across Greater London and Herts

FEBRUARY HALF-TERM HOLIDAY CAMP

Mon 14 to Fri 18 February 2022 (5 Days)



FUN, Hands-On, Science Experiments with
Take-Homes In Every Activity Week!

Book Online:
mnature.co.uk

Or Call:
020 8863 8832



Early Bird
and
Multi-Book
DISCOUNT!

★★★★★
"BEST CAMP EVER"

Read Parent Reviews at:
feefo ★★★★★
Independent Service Rating

Ofsted
Registered

Childcare Vouchers
Accepted

COVID-Safe
Industry Certified



Google Say "Mother Nature Science Camp"
★★★★★ Rating: 4.9

FEBRUARY HALF-TERM 2022 Information

In this fantastic 5 day Holiday Science Activity Camp, your children will enjoy lots of premium fun, hands-on, chemistry, biology and physics science activities and special demonstrations with take home experiments (see below).

- **Dates:** Mon 14 - Fri 18 Feb 2022 (5 days)
- **Open to Children:** ages 5-12 years
- **Venues:** across London (look right>)
- **Times:** 9am - 3:30pm (6.5hrs).
- **Earliest drop off:** 8:30am; latest collection 4pm
- **Day Places:** limited day-places available to book online

Science Whizz! - New for 2022

Day 1> Science Mix!

Rainbow Paper!
Balancing Robot!
Balloon Zoom!
Super Slime!

Day 2> Science Fun!

Crystal Letters!
Static Shock!
Dino Discovery!

Day 3> Science Blast!

Hover Ball Game!
Whole Earth!
Food Chain Cup Stack!

Day 4> Science Slam!

In a Spin!
Hummingbird Spinner!
Chromatography Bouquets!

Day 5> Science Wham!

Rain, Rain Go Away!
MR FABI!
Flying Fish

and many, many more cool science
demonstrations, experiments,
games and quizzes!...

Early
Booking
Discount
Available!

VENUES Serving

NW London

- Barnet
- Brent
- Camden
- Ealing
- Harrow
- Hillingdon
- Westminster

SW London

- Kensington
- Hammersmith and Fulham
- Hounslow
- Kingston
- Merton
- Richmond
- Sutton
- Wandsworth

See online for
full list...

Book online at:
www.mnature.co.uk

Or call us today:
020 8863 8832

Also, Booking Online Now:
April Easter
Holiday Science Activity Camp
– Brilliant Biology



May-June Half-Term
Holiday Science Activity Camp
– Epic Engineering!



Did You Know?
we also do
THE BEST
BIRTHDAY PARTY
EVER!

Family Kitchen at Home

Join our next free 90-minute online cooking sessions!
Available for families with children aged 2 to 11 years.

To book your place and receive £30 food shopping vouchers to cover the cost of ingredients for the 4 sessions, contact us to register for the next programme:

0207 974 6736

healthandwellbeingteam@camden.gov.uk



Learn new
and easy
healthy
recipes



Share and make
nutritious and delicious
meals as a family



Find out
more about
sugar and
label reading
when you're
out shopping
for food

Build
confidence
around
handling
knives safely



Please book your place on the programme by contacting the
Health and Wellbeing Team on healthandwellbeingteam@camden.gov.uk
0207 974 6736.



Free virtual sessions for the whole family

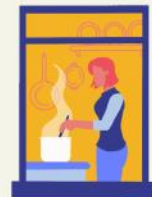


Fun, free and easy ways to keep
primary school pupils healthy,
happy and interested in cooking.

For
children
5-11
years



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



Camden residents will receive a
supermarket voucher to cover
the cost of ingredients.

Then send in a picture of the
food you've made and complete
a short online survey to receive
a £5 Love2Shop voucher.



Contact:

healthandwellbeingteam@camden.gov.uk or call
020 79746736

to get your link to the
education and cook along
sessions and request a food
shopping voucher



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

families for life

**change
4life**



KIDS Early Years

Specialised Stay & Play sessions

The KIDS Portage team run two
drop-in developmental stay and play
sessions in Camden.

These are for pre-school children
who have developmental delays or
who have a diagnosed or an
undiagnosed disability or condition.

Both groups provide a variety of play
based activities aimed at supporting
Children's learning and development.

We provide a support network for the
parents and share information about
local services.

If you would like more information,
please contact:

Karen.rodriques-ayers@kids.org.uk

SUPERSTARS SESSION

Tuesday 10.30-12.30
Harmood children centre
1 Forge Place, Ferdinand St,
London NW1 8DQ

Sessions are term time only

AMAZING TOTS Session for under 2's

Thursday 10.30-12.30
JW3 Centre
341 - 351 Finchley Rd
London NW3 6ET

Sessions are term time only

Keep up to date with us:

www.kids.org.uk KIDScharity
0207 359 3635 KIDScharity

Registered charity number: 275936



NORTH LONDON PARTNERS
in health and care



Does **your child** have asthma? Your child will need:



**an asthma
management
plan**



**the correct
inhaler
technique**



**an annual
asthma
review**

What **you** can do:

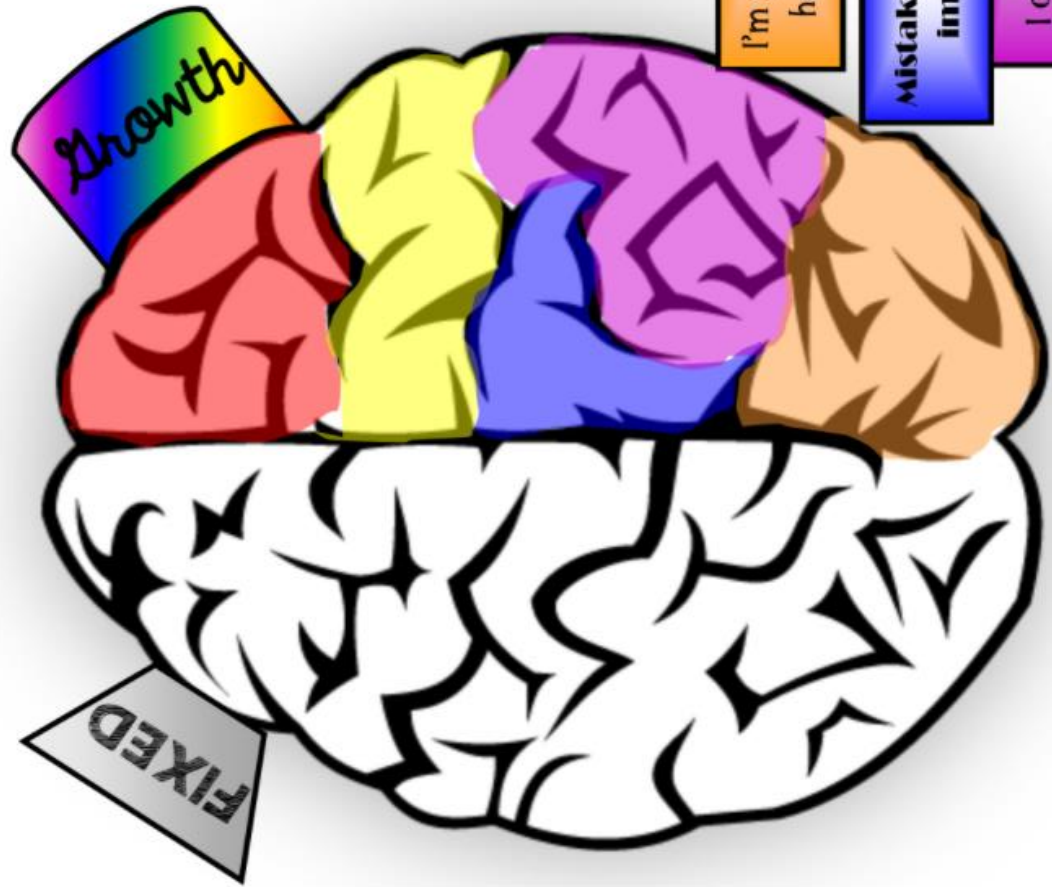
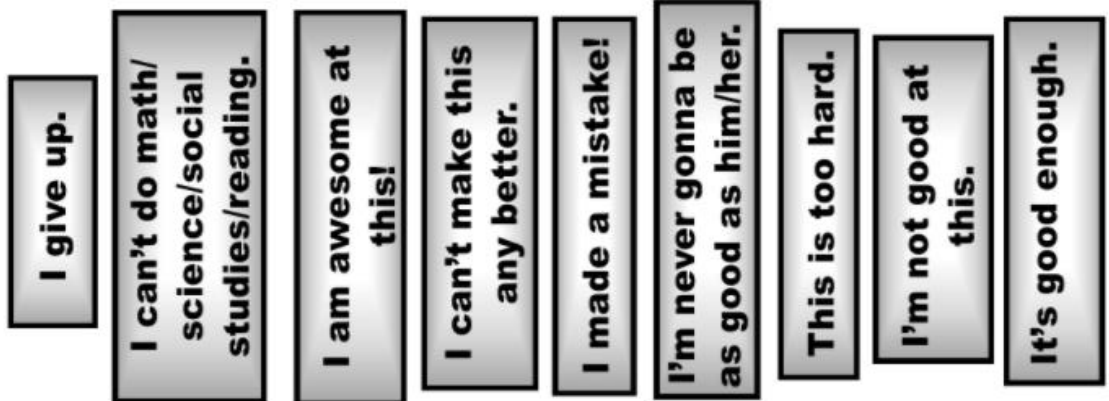
- 1 Ask your GP or school nurse for an asthma management plan
- 2 Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3 Ask your GP, asthma nurse or consultant for an annual asthma review for your child



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

Thanks to Healthy London Partnership for the poster idea

Change your words Change your *Mindset*



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

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 installment by half term.

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

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

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

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

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

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



- 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.



Maybe you've moved on but COVID-19 hasn't



camden.gov.uk/coronavirus



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

Scan the QR code to find your closest test site, test pickup and delivery options.



☎ 020 7974 4444 (option 9)
🌐 camden.gov.uk/rapidtest

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



**Save a life
don't risk a life**

Wear a face covering, unless exempt



camden.gov.uk/coronavirus



To order Lateral Flow Test kits for asymptomatic testing at home visit this website.

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

There are kits available from local chemists although these have been in short supply lately.