

Friday 1st October 2021

Message from the head:

It has been a very busy couple of weeks in Fleet with one thing and another but a couple of 'returns' have made me especially happy this week. We had our first return to swimming since before the pandemic with the Year 4 children starting the new 2 week; 1 hour a day intensive swimming course. It is a big commitment in an already busy curriculum but such a vital life skill to learn. The children have been fantastic and seem to really enjoy it. If you are a parent in Year 4 I would encourage you to build on the progress the children will make in these two weeks and try to take them swimming regularly to keep from losing the skills they gain—swimming costs for children in Camden are heavily subsidised meaning the cost of a session is less than £2 for children to go in the evenings or weekends. Check with your local pool (which for us is Kentish Town) for more details.

Another first this week was our first 'Class Tea' since March 2020! A huge thank you to the Year 6 Class Rep and the other parents who came together to bring in snacks and food to then sell to raise money for the school.

Thank you to all the parents who then came into the hall to buy the items. For new parents who may not know, each class hosts one of these 'Class Teas' a term and the money raised helps us towards subsidising the cost of trips and other curriculum events. Class reps help to rally the class and they are held each Thursday after school.

Trips have started too for many classes and this week Year 2 visited China Town—thank you to the parents who came along to support. Having your help on trips is key to what we can do given the pressures on staffing.

Also this week, I've enjoyed hearing the year 5 children rehearsing songs from their upcoming class assembly. Seeing them leaving yesterday with their scripts to learn I can't wait to see it!

It's been such a long time since things like trips, swimming lessons, class teas, class assemblies have been able to happen having them this week means we are getting back to the rich, broad, creative and full curriculum we are so proud of here at Fleet and which has been so impacted by school closures and restrictions.

I'm looking forward to seeing the Year 2 and 3 children doing their cycle skills training next week—please remember to send them in with their bikes if they have one for Monday—Thursday. We will be able to provide some thanks to Camden lending us some but will not be able to provide for everyone so the more who bring their own the better.

Have a lovely weekend and good luck to Louise (Isabelle & Mickey's mum) as she takes on the London Marathon this weekend (see box opposite for donating information)—We'll be rooting for you!

Please Can you help?

We're still collecting for the Afghan refugees recently arrived in Camden. If you are unable to drop off at school during the day but want to donate any items, Patricia (nan to Mia—Y3) has kindly offered to act as an out-of-hours drop off. Her address is: Flat 13, Palgrave House, Fleet Road. NW3 2QJ

A reminder of the items needed is shown below:

Underwear - new items only

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

Toiletries - new items only

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

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



Good Luck Louise!

Louise (mum to Mickey and Isabelle) takes on the London marathon this weekend—if you haven't had a look yet please follow the link below to support her. She is raising money for the charity Brain Research UK. Good luck Louise.

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

Lunch Menu —4th-8th Oct

Monday

Meat Free Monday
5 Been Chilli or Veg & Bean Fajitas
Rice
Broccoli & Sweetcorn
Fruit & Yoghurt

Tuesday

Meat/Halal: Cottage Pie
Vegetarian: Shepherdess Pie
Green Peas & Roast Butternut
Rhubarb Crumble & Custard

Wednesday

Meat/Halal: Chicken Drumsticks
Vegetarian: Lentil & Basil Pastry Whirl
Jolof Rice or Sweet Potato Wedges
Sweetcorn & Carrots
Fruit & Yoghurt

Thursday

Meat/Halal: Sweet & Sour Chicken
Vegetarian: Sweet & sour Vegetables & Butterbeans
Noodles
Green Beans & Mixed Veg
Eves Pudding & Custard

Friday

Meat/Halal: Breaded Fish
Vegetarian: Red Pepper & Cheese Frittata
Chips or Cous Cous
Baked Beans & Peas
Jelly, Yoghurt & Fruit

Available Daily

Freshly Cooked Jacket Potato
Freshly Baked Bread

Please remember to let the office know if you want your child to change to or from school lunches so you are charged correctly

Reminder

As we enter Autumn and experience more unsettled weather please remember to send your children to school with coats and suitable clothing so they are well prepared for any eventuality. Trips and visits go ahead regardless of weather and we also try to get the children out at playtime if the rain is light as they need the physical release of running around. Thank you.

Punctuality Award

This week's Punctuality award goes to Y4 with only 1 late! Y2, Y3 and Y6 are doing really well at the moment too with just over 10 altogether. Y1 and Y5 are pulling our punctuality figures down significantly—each class with more than those 4 classes added together. If you are a parent of a Y1 or Y5 child please ensure they are in the classroom by 9am ready to start. If you are struggling try and arrive earlier to get them settled ahead of the bell.



Attendance Award

Our Attendance Award this week goes to Year 2 with 98.4% fantastic! This year's whole school target is again 96%. We just missed it last year but I know we can do it this year. Overall for the year we are currently at 95.5% - so close—we can do it!





PLAY STREET QUEEN'S CRESCENT

**Sunday 3rd October
11am-3pm**

We're working with local partners to create events and activities along Queen's Crescent to bring more life and people to the street.

Come along and help us learn about what works well and what doesn't as we look to the future of Queen's Crescent.

**PLAY STREET
Sunday 3rd October
11am-3pm
Queen's Crescent**

Get involved in **FREE** on-street games, music, craft and activities for all ages including:

- Dr Bike
- Balance bike training and games
- On-street boardgames
- Live Music
- Book Swap
- Walking Tours
- Arts & Crafts
- Conversation with Camden Council

STREET SPACE



Acland Burghley Dance Department



JUNIOR DANCE COMPANY



For Primary Students in Years 4, 5 and 6

Every Thursday 3.45pm - 4.45pm
Acland Burghley School
Audition - Thursday 7th October 2021
Scan the QR Code to apply



AUDITION DETAILS:

There will be an audition on **Thursday 7th October 2021** from **3.45pm - 4.45pm** in the Dance Block at Acland Burghley School.

What do you need to do for the audition?

Please wear appropriate dance clothing, you will be dancing bare foot.

What qualities do you need to audition for Burghley Junior Dance Company?

- Be in Years 4, 5 or 6. (Age 8-11)
- Enjoy performing, choreographing and working with other dancers.
- Be keen to try out new dance styles.
- Enjoy working as part of a company and have the ability to work well with others.
- Be enthusiastic, punctual, respectful, professional and committed.

Our aims of Burghley Junior Dance Company:

- To have fun, dancing in a group with other dancers of a similar age and make new friends.
- To work with professional choreographers and teachers to produce outstanding performance pieces.
- To improve our performance and choreographic skills and build on our confidence to express ourselves through dance.
- To perform at open evenings, annual dance shows, dance company sharing and any other performance opportunities.

What will be the level of commitment required if I become a member of Burghley Youth Dance Company?

You must be able to attend Thursday classes every week during term time. We realise that people get ill or injured, or may have other unavoidable events. However, if you miss more than one rehearsal you risk losing your place in the company.

Company classes will begin Thursday 14th October 2021.

Scan the QR code to register for the audition.

Stars of the week!



Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - Well done to all these children, and to all the rest who might not have been picked this week but could have been.



Reception—Salamah

It is so lovely to have you join our reception team. You're kind, helpful and have a positive attitude. I have really enjoyed getting to know you over the last few weeks. Well done!

Year 1—Benita

For her positive attitude and effort with her learning and for persevering with settling into Y1, even when it has felt difficult. You are doing so very well, Benita, and we are really proud of you! Well done!



Year 2—Hunter

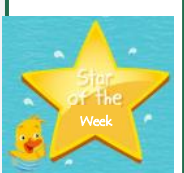
well done for all your hard work this week. You make thoughtful contributions to our class discussions and are kind to others in the class. We'll miss you when you leave!

Year 3—Layan

for your amazing attitude! You are so kind and treat everyone around you with politeness and consideration. Your cheerful presence is such an asset to our classroom - well done, Layan!

Year 4—Alfie

You've been a swimming superstar this week. You've shown so much enthusiasm and can-do attitude with your swimming. Well done, Alfie.



Year 5—Mohammed

for the infectious enthusiasm he shows towards his learning every day! Mohammed is always eager to try something new and has shown dedication to learning our assembly songs. I can't wait to see you perform next week. Well done, Mo. Keep it up!

Year 6—Abubakar

For your brilliant attitude towards all we do. You listen carefully and work hard. You lead by excellent example to others and are always trying to help those around you. Keep up the super job!



The new topic displays from each class are up and looking great—while you can't come in the building to see them in the flesh we thought we would share them in the newsletter. Hopefully it won't be long before you come and have a look in person!



Topic Displays

Topics this term...

Nursery: Wonderful world, wonderful me!

Reception: Monsters

Year 1: Our Wonderful World

Year 2: All around the World

Year 3: Olympics and Olympus

Year 4: An Adventure through time

Year 5: Journey to Valhalla

Year 6: Paradise in the Jungle



We are seeking to recruit
talented and ambitious
individuals to work within our

London Borough of Camden
Schools

Current Vacancies:

Area Manager
Relief Chef Manager
Relief Assistant Cook
Relief Kitchen Assistant

If you are interested in joining
our team, please contact

camden-admin@caterlinkmail.co.uk

Search 'On the Fence Podcast Camden' 🔍

Made with and for young
Camden residents

On the fence about getting the COVID-19 vaccine?



SCAN TO WATCH
OUR PODCAST →



Online learning resources and homework

- Mathletics: login.mathletics.com 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.



Programme details

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

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

Time: 11am-2pm

Facilities: Refreshments and light lunch provided

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



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



strengthening families
strengthening communities

About the programme

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

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

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

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

I spend more time with my mum and we communicate better

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

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



The course will help you to

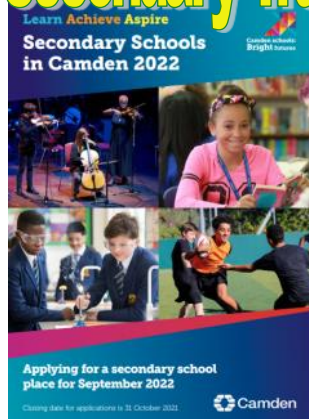
- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas



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



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



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

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

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

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

The key dates for this year are shown below along with some other important information on transition events happening. If you have any questions, or need any support or help to make your online application please contact the office. While this is a requirement for Year 6 families to apply for places, some year 5 parents may want to start thinking about this for next year and are welcome at many of the events. We would ask for now though that no year 5 children are

2021

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

2022

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

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

Message from Camden School for Girls...

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

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

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

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

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



Choosing a secondary school in Camden

Open events 2021



Acland Burghley School

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



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

Hampstead School

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



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

The UCL Academy

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



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

Parliament Hill School

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



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

La Sainte Union

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



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

Camden School for Girls

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



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

Haverstock School

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



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

Maria Fidelis School FJC

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



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

Regent High School

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



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

William Ellis School

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



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

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



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk



 Vision Foundation
London's sight loss charity established 1921

100
years



FROM SEPTEMBER 8TH

HEALTH & WELLBEING CHECK

DATE: EVERY WEDNESDAY

TIME: 10:30AM - 11:30AM

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



BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635

Email : Sarah@qcca.org.uk

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

Registered Charity No: 1096655

Registered CLG: 04393769

Registered Address:

QCCA Ltd.

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

Email: info@qcca.org.uk

Tel: 0207 267 6635

Web: www.qcca.org.uk



CAMDEN HEALTH



KICK

Please sign up in advance for all sessions!

MONDAY

WOMENS ZUMBA 11 am - 12pm at The Dome	VI GYM 1.00 pm - 4pm at The Dome	FAMILY FOOTBALL 4.30-6.30pm at Malden Pitch
---	--	---

TUESDAY

FAMILY YOGA

5pm- 6pm at The Dome

WEDNESDAY

FAMILY MULTI - SPORTS

Men & Boys 4.00-6.00pm at The Dome

THURSDAY

HEALTH CHECKS

11am - 12pm at the Dome

WOMENS YOGA

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

FRIDAY

FAMILY SPORT INC ZUMBA

Women & Girls 4.30pm - 6pm at The Dome

**AUTUMN
2021**

Call: 020 7267 6635
or
Email: frances@qcca.org.uk

FREE

FAMILY SPORT'S ACTIVITIES

Do you want to become physically active?
We put on free activities throughout the week at the dome!

HOW TO FIND THE DOME 170 WEEDINGTON RD



CCA



Thrive LDN



Registered Charity No: 1096655
Registered CLG: 04393769

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

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

SECOND NATURE

Diabetes Workshop

Monday 4th October 2021
12:00pm - 13:30pm

Do you want to know how to manage diabetes?

Did you know exercise can help reduce risk of type 2 diabetes by 50%?

We have registered dietitian coming in to give a workshop on type 2 diabetes prevention & management!

Refreshments & Healthy Snacks Will Be Available



LIMITED SPACES

TO BOOK YOUR SPACE PLEASE CONTACT:

Email : sarah@qcca.org.uk

Call : 020 7267 6635



Mental Health Awareness Course for Parents

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

Saturday 16th October 2021

10am to 4pm

OR

Wednesday 20th October 2021

9am to 3pm

Lunch will be provided!

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

Address - 170 Weedington Road, London, NW5 4NU

Please contact below to book your space:

Email: Sarah@qcca.org.uk

Call: 020 7267 6635





camdenmusic

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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



Instrumental Tuition at Fleet Primary School



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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

Weekly Wellbeing Update

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

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

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

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

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

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

Parent Workshops

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

New Tip...

Wellbeing Tip of the Week!

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

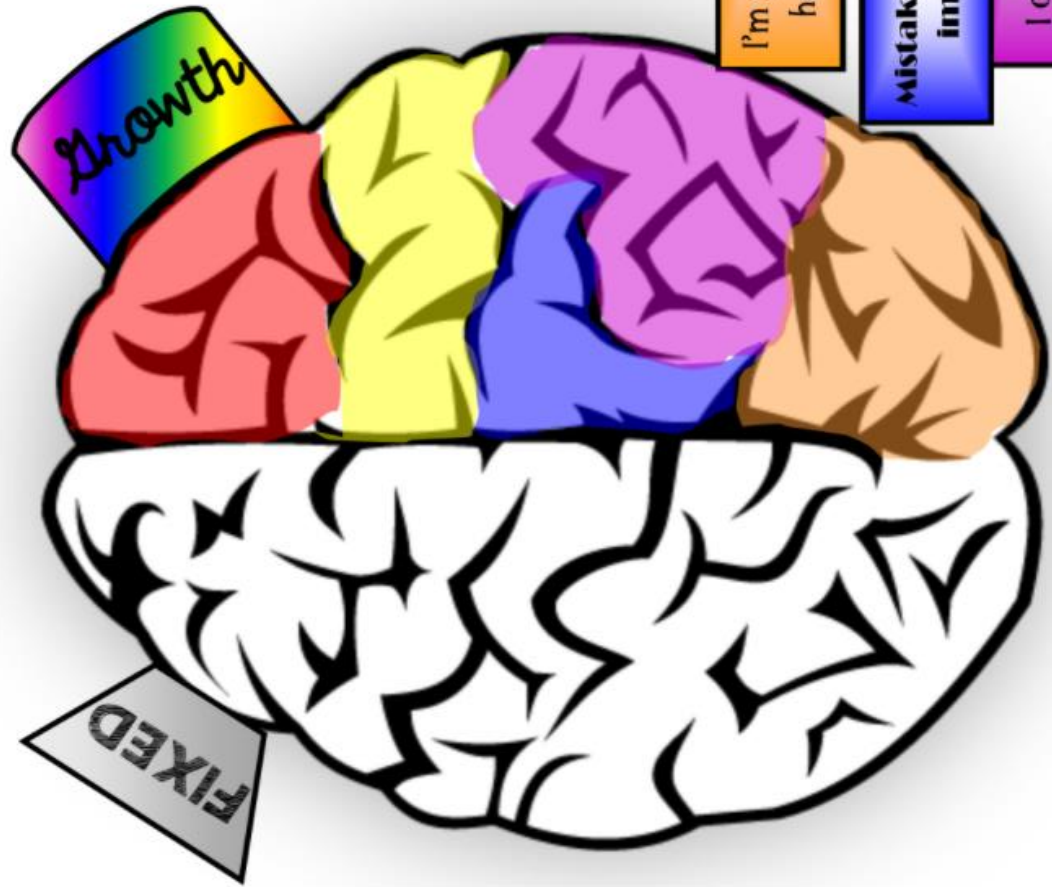
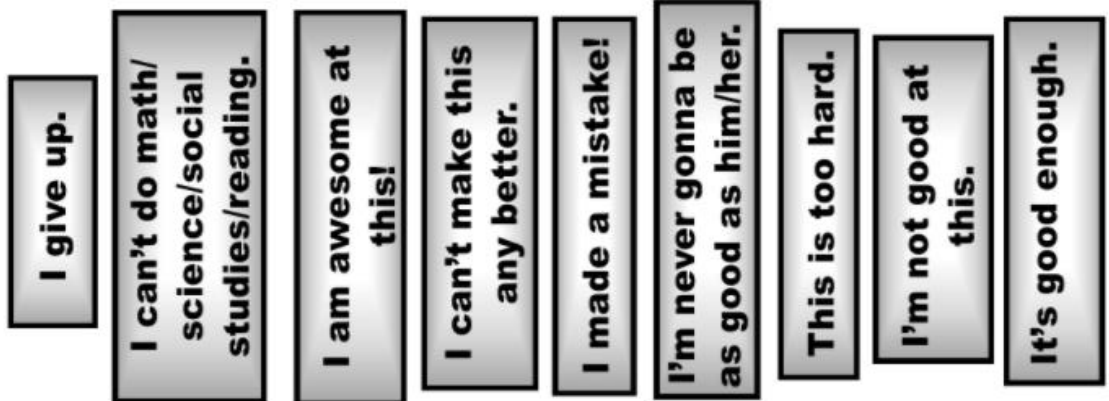
Week 4 – Keeping a Healthy lifestyle

One of the ways we can ensure we are looking after our wellbeing, is by taking care of our physical health. After all, a healthy body leads to healthy mind! Here are some ideas to help us with this:

- Get your exercise – even just 30 minutes a day of active movement keeps our muscles and joints healthy and boosts our mood.
- Eat a balanced diet – Eating foods with higher nutritional value, such as fruit, vegetables, nuts and seeds, rather than ultra-processed sugary foods, help us maintain a healthy immune system and increase our energy levels.
- Stay hydrated – Since our bodies are made up from 60% of water, we must remember to stay hydrated each day. We should be aiming to drink up to 2 litres (6 - 8 glasses) each day.
- Prioritise your sleep – Not getting enough sleep can have a huge impact on our wellbeing, it can lead to negative thoughts and low mood. Aim to get 7-9 hours of sleep. If you're having trouble dosing off, keep your bedtime routine free of screens and instead, give your brain some downtime through reading or some mindfulness.



Change your words Change your *Mindset*





SCHOOL TERM DATES 2021/2022

AUTUMN TERM

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

SPRING TERM

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

SUMMER TERM

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

STAFF INSET DAYS – SCHOOL CLOSED

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

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

Fleet Facts!

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

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

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

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



Please keep encouraging your children to practice their Fleet Facts and go online to practice Times Table Rock Stars! Both these will really support their overall progress in maths. Thank you

Times Tables Rock Stars of the Week!

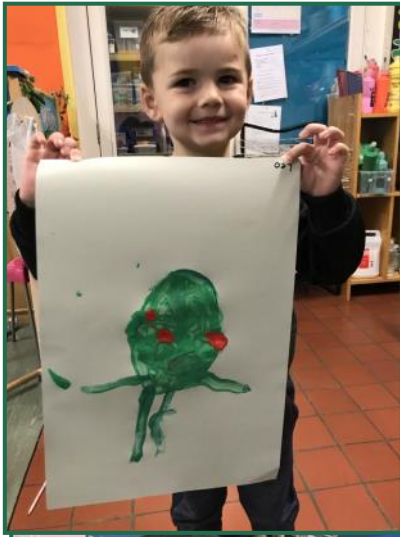
Well done to these children who earned the most coins in their class on Times Tables Rock Stars this week!

Year 3: Okpe—22,800 coins—2nd week in a row!

Year 4: Evangeline—4,792 coins!

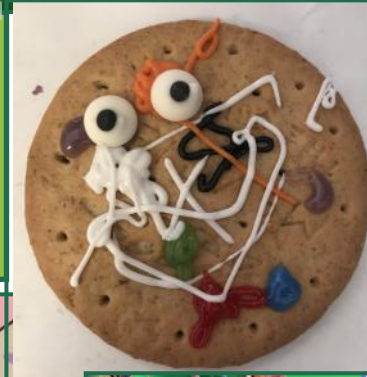
Year 5: Tawfiq—8,448 coins!

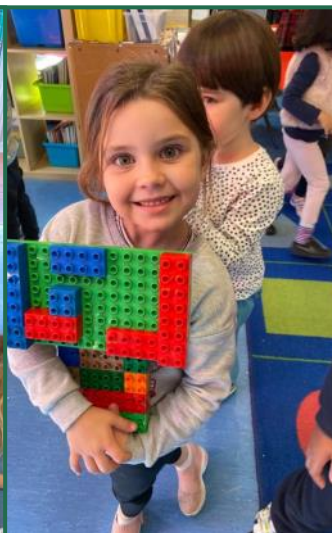
Year 6: Ifeoma—10,397 coins—2nd week in a row!



This week in Reception... Monsters!

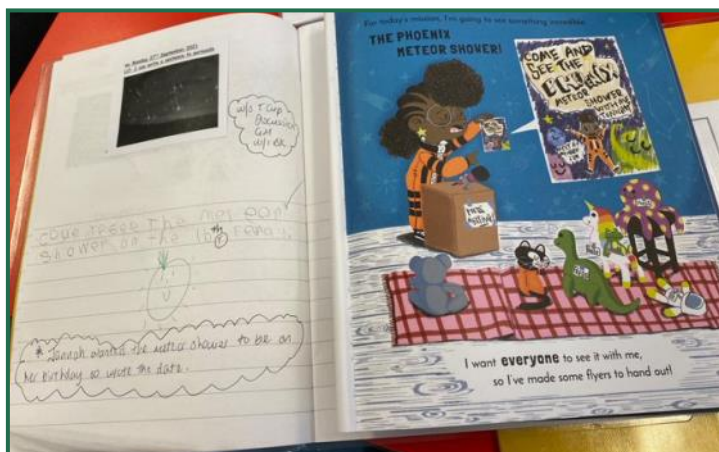
Monsters of all shapes and sizes in Reception this week!





This week in Year 1... Our Wonderful World

Another busy week for the inquisitive year 1 class. They have been working with Georgie from the October Gallery sketching ghosts and making offering bowls; designing and engineering space rockets; writing persuasive sentences to invite people to join their meteor shower party and practicing tracing, drawing and cutting skills as well as showing off their knowledge of the solar system; looking at using number lines and cubes to support their maths skills. Great effort Team Year 1



This week in Year 2...

Topic: All Around the World

A great week of topic learning! The children showed meticulous attention to detail making their salt dough 'Terracotta Warriors' and then followed that up with a visit to China Town where they used their observation skills to spot different items. They've also been doing some brilliant 'freeze-frames' from the story 'The Magic Paintbrush'. Well done Y2!





This week in Year 3... Olympics & Olympus

This week in Year 3 the children have been continuing their whole class recorder lessons with Ms Benbetka. They are really getting the hang of the instrument and sounding great. They have continued to enjoy the new climbing wall in the playground as well as writing fables with characters they have created. Keep up the good work Year 3!



She is nice and cute.
She cares and shares



The elephant is smart
because she know that
any danger come she know's



She is a cheeky
kit in that wants
to have fun
with people and animals



Some extracts from the biographies on Boudicca the children have been writing. These are from Tabby, Hana, Mia, and Riga!

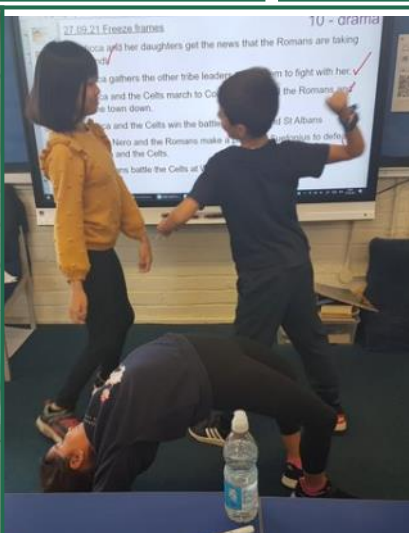
...Boudicca was a fearless warrior born around 30-61 common era. She was married to Prasutagus. The Romans took all her land after promising to only take half...

...when the Romans came to Great Britain, they made a deal with Prasutagus that when he died the romans could take half of their land...

...King Prasutagus died. Instead of taking half their land the Romans took all of it. Now Boudicca was the leader of the Iceni tribe but the Roman empire didn't let her be the leader because she was a woman!...

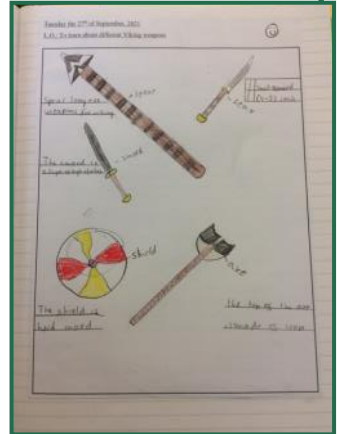
...This made Boudicca furious so she gathered all the tribes to battle the Romans. She won the first battle in Colchester and then she won the second battle in London but she lost her last battle in Watling Bridge.

...She is remembered today because she defended her land against the Romans and because she attacked the Romans...



Year 4 started their 2 week intensive swimming course this week. They are doing so well, some children with little (if any) experience in the water already showing confidence to get in and those more comfortable in the pool making great progress. It is such a vital life skill we would urge families to build on this opportunity by taking the children swimming regularly once their school block finishes. The children have also been working hard back in school with some wonderful drama/freeze frame work recreating different moments from Boudicca's battles with the Romans and writing biographies of the Iceni Warrior Queen.

This week in Year 4
Topic: Adventures in time

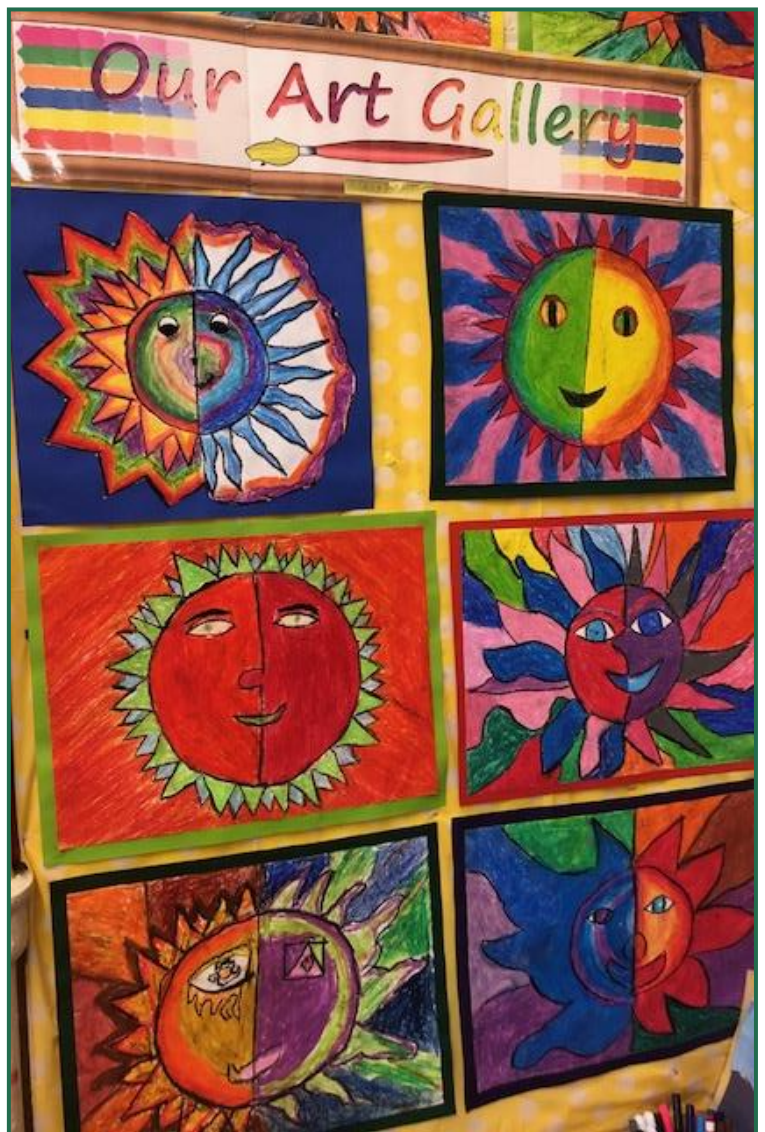


Y5 Brass Practice: <https://www.rod-n-tom.com/fleet>



More Viking themed learning this week in Year 5 as they created their own Viking shields and learnt about the different weapons the Vikings would have used. They also began in earnest practicing their songs for their upcoming Class Assembly. Also this week in science they have been investigating solubility and different materials. Well done Year 5. We look forward to seeing your show next week.

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



Year 6 had a fantastic session with the Arsenal coaches this week. They have been playing games to encourage teamwork and created their own game coming up with a set of rules themselves. They have also added the finishing touches to their Mayan sun art which looks amazing brightening the class!

In Year 6
Topic: Paradise in the Jungle



Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

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

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

camden.gov.uk/earlyhelp

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

* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Step Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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





NORTH LONDON PARTNERS
in health and care



Does **your child** have asthma?

Your child will need:



**an asthma
management
plan**



**the correct
inhaler
technique**



**an annual
asthma
review**

What **you** can do:

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



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

Thanks to Healthy London Partnership for the poster idea

From National Online Safety

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

What Parents Need to Know about

POKÉMON GO

AGE RESTRICTION
PEGI
7

Pokémon GO has been among the world's most popular mobile games since its spectacular release in 2016. It's recently enjoyed a resurgence, thanks partly to people combining entertainment and exercise during lockdown. In Pokémon GO – like the Pokémon TV show, trading card series and other video games – players capture, train and battle with their Pokémon creatures; physically exploring locations while using augmented reality via their phone's screen. The game generally provides a positive experience, but there are still some safety concerns to consider.

ENVIRONMENTAL HAZARDS

Pokémon GO requires players to visit in-game landmarks like Pokéstops and Gyms. These are often situated at public real-world locations such as churches or post offices. Sometimes, however, they can inadvertently end up being placed in dangerous areas which are unsuitable for children, even when accompanied by an adult: near a construction site or a main road, for example.

STRANGERS & MEETING OFFLINE

Players often cooperate with friends in the game, and there are many online discussion hangouts. As well as sharing tips and info, these groups may arrange to meet offline to catch Pokémon or attend raids (communal events where players flock to the same real-world place for a mass battle). This can put children at risk of being messaged and invited to meet by strangers under the pretence of talking about the game.

DATA COLLECTION

When a player logs into their Pokémon GO account, the game collects personal data about the user and their device. Locations, emails, names, ages and even camera images can all be accessed. What then happens to this information is open to debate. Nintendo, the game's developers, maintain that they do not sell user information to third parties – but the fact that they have it at all is a concern, nonetheless.

VISIBLE PROFILES & LOCATION

Pokémon GO players can add each other as 'friends' in the game by sharing their trainer codes. Two trainers who do this can then view each other's information, such as their username. If a username gives any clues to the player's real name or personal details, a stranger may then be able to look them up online. The game also lets users upload images to social media, which could publicly disclose a child's exact location.

IN-GAME PURCHASES

The game uses a currency called Pokécoins, which can be bought for real money (in bundles between £0.79 and £99.99) and exchanged for in-game items such as Pokéballs and berries. It's extremely easy for a child to purchase Pokécoins (even accidentally) if there's a payment method connected to their mobile phone – and possibly rack up a sizeable bill without realising it!

Advice for Parents & Carers

PLAY ALONGSIDE YOUR CHILD

Finding and catching Pokémon with young ones could turn into a great mutual hobby. At 25 years old, it's one of the few games franchises that spans two generations. Enjoying the game together will give you plenty of new things to talk about with your child – and if you played Pokémon in your own childhood, you might impress them with your knowledge of the digital critters!

ENCOURAGE AWARENESS

Remind your child of the physical dangers they could face while catching Pokémon and emphasise staying aware of their surroundings. The game will often alert children (through their phone) when they are close to an interesting Pokémon item – usually sending them excitedly rushing off to find it – so they should never play Pokémon GO near busy roads or in places they don't know well.

DISGUISE THE EXERCISE

One of Pokémon GO's benefits is that it encourages young (and not-so-young!) ones to get exercise outdoors. Some parts of the game can be completed from home, but it's best experienced while walking around your local area. Certain tasks (like visiting Pokéstops) can be repeated every day – and an hour outside having fun catching Pokémon will hardly feel like exercise at all!

USE AN OLDER PHONE

If children use an older phone to play Pokémon GO, then they won't be walking around with their own new device, which could get broken or stolen. Parents are also far less likely to have left a credit card linked to the old mobile. It also means that you can limit the amount of information used to set up an account, and what companies who gain access to your data can do with it.

AGREE PLAY BOUNDARIES

Ensure your child knows where they are (and aren't) allowed to go searching for Pokémon, when they have to be home, and how often they can play the game. Talk to other young Pokémon GO fans' parents or carers to see what boundaries they set for their children. Lunchtimes (if allowed by the school) or after school are ideal times for getting some exercise and catching all those Pokémon!

Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world: UNILAD Gaming and GAMINGBible. Having started gaming at a young age with his siblings, he has a passion for understanding how games and tech work – but, more importantly, how to make them safe and fun.



National
Online
Safety®

#WakeUpWednesday

SOURCES: <https://heimdalsecurity.com/blog/is-pokemon-go-safe/>
<https://bleedingcool.com/games/pokemon-go-announces-quality-of-life-updates-for-february-2021/>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.09.2021



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Download the easyfundraising App



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

**PLEASE ENSURE YOU ALL HAVE THIS APP INSTALLED AND NOTIFICATIONS TURNED ON
THIS IS OUR PRIMARY MEANS OF COMMUNICATING WITH YOU**



Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

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

Starting Solids Virtual Sessions

Dates and Times:

October 2021

4th (Monday)	2-3:30pm
7th (Thursday)	11-12:30pm
15th (Friday)	10:30am -12pm
20th (Wednesday)	10-11:30am
26th (Tuesday)	1-2:30pm

November 2021

1st (Monday)	2-3:30pm
4th (Thursday)	11am-12:30pm
12th (Friday)	10:30am -12pm
17th (Wednesday)	10-11:30am
23rd (Tuesday)	1-2:30pm

December 2021

2nd (Thursday)	11am-12:30pm
6th (Monday)	2-3:30pm
10th (Friday)	10:30am -12pm
15th (Wednesday)	10-11:30am
21st (Tuesday)	1-2:30pm

The Department of Health recommends babies start on solid foods when they are around six months old. This free session supports parents of babies who have not yet started solid foods.

- Do you have a baby who is ready to start solids?
- Would you like to know more about when and how to start solids?
- Would you like to explore more about the types of food to start with and which foods to avoid?

If so, this free 90 minute session is for you! We'll explore all the above and more. There will also be opportunities to ask questions. Please advise us in advance if you would like an interpreter.



[CLICK HERE TO BOOK YOUR PLACE](#)



Starting Solids Next Steps Virtual Sessions

Dates and Times:

October 2021

12th (Tuesday)	10:30am -12pm
18th (Monday)	2 -3:30pm
28th (Thursday)	1-2:30pm

November 2021

3rd (Wednesday)	11am-12:30pm
9th (Tuesday)	10:30am-12pm
25th (Thursday)	1-2:30pm

December 2021

14th (Tuesday)	10:30am -12pm
20th (Monday)	2 -3:30pm
30th (Thursday)	1-2:30pm

This free session supports parents of babies who have already started solid food and are under 1 year. Please advise us in advance if you would like an interpreter.

Each 90 minute session covers:

- Moving on to more textured family foods and finger foods.
- Encouraging your baby to drink from a cup
- Overcoming baby feeding challenges
- Opportunity for questions and answers



[CLICK HERE TO BOOK YOUR PLACE](#)



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

020 7974 6736

healthandwellbeingteam@camden.gov.uk

<https://www.camden.gov.uk/health>



Both Starting Solids and Starting Solids Next Steps sessions are taking place virtually with Camden's Health and Wellbeing Team using Microsoft Teams.

Microsoft Teams is free to download on a computer, phone or tablet. Either visit your app store or go to:
<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>
You can also join via phone, no internet required.

HELP STOP THE SPREAD OF COVID-19

GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

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

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

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



COVID-19: Update from Camden Council

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

- Visit camden.gov.uk/coronavirus – includes information in different languages
- Check the news pages at news.camden.gov.uk
- Follow Twitter @CamdenCouncil, Facebook facebook.com/LBCamden and Instagram @WeMakeCamden
- Speak to someone at the Council on 020 7974 4444 (option 9).



SIGN UP to the Council's coronavirus e-newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates

COVID-19 vaccine for 12 to 15-year-olds

All young people aged 12 to 15 are being offered a first dose of the COVID-19 vaccine (Pfizer) to help protect them from catching and spreading the virus within schools and to family members. The NHS is delivering the vaccine programme in schools, similar to the way that other school-aged vaccinations such as HPV and flu are delivered. Parents and carers will be asked for consent beforehand and are encouraged to make this decision jointly with their children. For more information, visit nhs.uk/coronavirus

Where to get your COVID-19 vaccine this week

- **JP Pharmacy, 139 Camden High Street, NW1 7JR**, open Monday to Friday 9.15am to 6.45pm, Saturday 9.15am to 5.45pm, and Sunday 11.15am to 4.45pm (Pfizer and Moderna)
- **Macey Chemist, 68 Mansfield Road, NW3 2HU**, open Monday to Friday 9am to 5.15pm, and Saturday 9am to 3pm (Pfizer)
- **Essentials Pharmacy, 169 Drury Lane, WC2E 8QA**, open Monday to Friday, 9.30am to 1pm and 2 to 5.20pm (Moderna)
- **Bidborough House, 38-50 Bidborough Street, WC1H 9BT** (entrance on Mabledon Place), open Monday to Friday, 9.30am to 5.30pm (Pfizer)
- **Vaccine bus stop at NW5 Community Play Project, Islip Street, NW5 2TU**, Saturday 2 October, 10am to 4.30pm (Pfizer)

To find out more visit camden.gov.uk/getting-the-vaccine

Got questions about the COVID-19 vaccine?

How was the COVID-19 vaccine developed so quickly? What are the benefits and risks of vaccination? Where can you get trusted information? These are just some of the questions a group of young people from Camden asked GP Dr Frances Baawuah.

If you're undecided about getting the vaccine, or know someone who is, you can catch up on their conversation by searching 'On the Fence podcast Camden' on YouTube, or by scanning this QR code. You can also find out more about the COVID-19 vaccine at camden.gov.uk/covid-vaccines



The past 18 months have been hard for many of us. With furlough ending today (30 September), we know some people will be losing much-needed support and have concerns. Please know we're here to help you – if you are worried about your finances, call our team on **020 7974 4444 (option 9)**. We also offer free employment support through Good Work Camden, which you can read more about below.

From tomorrow (1 October), we're proud to be celebrating Black History Season in Camden with a fantastic programme of events and activities that runs until mid-December. This year there's a focus on the Black African and Caribbean diaspora, their rich culture and history, and the invaluable contributions they've made to our borough. We hope everyone gets involved – find out more at lovecamden.org/blackhistoryseason

If you haven't yet had your COVID-19 vaccine, the rollout is continuing and has recently been expanded to include 12 to 15-year-olds and booster vaccines for those most at risk who had their second vaccine over 6 months ago. You can find information on the NHS website (nhs.uk), as well as at camden.gov.uk/covid-vaccines. There is also a really informative podcast called 'On the Fence' for young people who have questions about the vaccine – details below.

Councillor Georgia Gould, Leader of Camden Council

COVID-19 booster vaccine

Booster vaccine doses are now available to book through the NHS national booking system for all frontline health and social care workers who have had a second dose of a vaccine at least 6 months ago.

If you are aged 50+ or 16+ with a condition that puts you at higher risk from COVID-19, please wait to be contacted by the NHS before booking your booster appointment.

For more information visit nhs.uk/coronavirus or call **119**.

Free employment support

With the national furlough scheme coming to an end today (Thursday 30 September), we know many residents may be struggling in an unstable job market.

Good Work Camden offers free, personalised employment support, whether you're looking for work or training, or need some support to update your CV or to prepare for an interview.

Find out more and register online at camden.gov.uk/employment-support or call **020 974 1666**.

Need support? Camden Council is here for you

We know that it's still a difficult time for many people. If you're struggling in any way, or know someone who is, please reach out. You are not alone, and Camden Council can offer support or advice on a range of issues like:



Mental health



Homelessness



Finances



Accessing food



Self-isolating

Call the Council Monday to Friday, 8am to 6pm, on **020 7974 4444 (option 9)**, or visit camden.gov.uk/support-for-individuals

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

