

Message from the head:

I can't quite believe we are at the end of the half term already! Time seems to have flown by. However, when I was preparing for the recent governing body meeting and looking back on the term so much had already been done I shouldn't be surprised—since that meeting we have continued to be busy with trips out to the Heath, Talacre, October Gallery, CLC and TfL workshops, Camden Cross Country Competition as well as class assemblies starting up.

This week we have the year 5 children away in Sayer's Croft for their week long residential—the first time we've been able to go since 2019! As I write this I am there with them having just come back from the Thursday night disco. Seeing the children out of school and watching them grow in confidence taking on tasks out of their usual comfort zone is one of the most rewarding parts of this job. When I am in a swirl of paperwork and looking at risk assessments, budgets, repairs and all the things a head has to deal with that seem far removed from teaching and learning I remember these moments to keep me motivated!

If teaching is something that interests you—perhaps home schooling during lockdown gave you a taste for it—see the info below right about teacher training provided here in Camden.

A number of you have recently enquired about taking children for holidays during term time. While I sympathise with the motivation to go and see family that you maybe haven't seen for quite some time I am unable to authorise holidays during term time. Schools have a lot of holiday time built into the school year and holidays need to be taken within those windows. I too am in a similar situation to many of you with all my family living either far away in the UK or abroad and have not been able to see them for quite some time so I do sympathise. Where time is needed off during term time for emergency situations these are dealt with on a case by case basis. The Department for Education is clear that holidays should not be happening during term time. Given the amount of time children have missed from face to face education over the last couple of years it is more important than ever that as few days as possible are missed. A huge thank you to the 111 children (out of 225) who still have 100% attendance for the year despite all the bugs that have been going around.

I have listed next to this some dates for your diaries. As stated there these are what we hope will be possible and in the form they would usually be with full adult attendance in person, however, there are a number of factors to consider before we get to them as all Camden schools are currently doing in the face of high Covid infection levels. Fingers crossed. To aid us in this please read carefully the information on page 2 and ensure you do two LFD tests with your children before they return after half term.

I hope you are all able to enjoy your half term and if you are working are able to take some time off to enjoy some family time. See 6, 9 and 10 for some holiday schemes running. See you all on November the 1st!

Dates for your diary

Provisional dates of planned events for the coming half term are shown below. Please bear in mind that how these events take place and how parents engage/attend is still to be determined. Covid transmission rates remain very high in Camden and Nationally and all Camden schools are currently planning for how to hold parent evenings and end of term performances. In all cases we may not be able to make final decisions until closer to the time but wanted to be able to give you the dates as best we can in the hope they go ahead as near to normally as possible. Thanks

- 4th November—Year 2 Class Tea
- 11th November—Year 1 class Tea
- 12th November—Year 1 Class Assembly
- 18th November—Reception Class Tea
- 25th November—Nursery Class Tea
- 25th November—Parent Evening—plus 1 other day that week to be announced near the time
- 3rd December—Infant Christmas Show
- 4th December—Winter Fair
- 9th December—Junior Christmas Show—morning and evening shows
- 10th December—Christmas Lunch
- 15th December—Infant Christmas Parties
- 16th December—Junior Christmas Parties & Talent Show
- 17th December—Last day of term—finish at 2pm

Teaching – the best job in the world!

Are you interested in training to become a teacher – or do you know someone amazing who would make a fantastic teacher? Here in Camden, led by our partners at Eleanor Palmer, we run an outstanding primary teacher training programme which leads to a PGCE qualification in conjunction with UCL's Institute of Education. You will get the chance to train in amazing local schools, and see what a great place Camden is to train in and launch your teaching career. This programme brought us our own wonderful Ms. Kingham, Ms. Coulter, Ms. Costelloe and Ms. Sale. Recruitment has just launched for entry in September 2022. If you would like to hear about our programme and what we can offer please do get in touch to attend one of our Open Mornings at Eleanor Palmer. The first one this year is on **Friday 5 November 9.30am-11.30am** where you can find out more about the process of becoming a teacher and find out about Camden Primary Partnership's unique teacher training programme. To book your place or for more information email

Vicky@eleanorpalmer.camden.sch.uk, call her on 020 7485 2155 or follow the teacher training link on EP's website <https://www.eleanorpalmer.camden.sch.uk/school-direct/>.

Lunch Menu

1st-5th November

Monday

Meat Free Monday
Veg & Kidney Bean Pasta
Bake or Macaroni cheese
Green Beans & Carrots
Fruit & Yoghurt

Tuesday

Meat/Halal: Beef Burger
Vegetarian: Quorn Burger
Potato Wedges
Peppers & Sweetcorn
Apple Crumble & Custard

Wednesday

Meat/Halal: Chicken Drumsticks
Vegetarian: Veg & Lentil
Wellington
Roast Potatoes or Rice
Cauliflower & Broccoli
Fruit & Yoghurt

Thursday

Meat/Halal: Spaghetti Bolognese
Vegetarian: Tomato & Lentil
Pasta
Green Cabbage & Carrots
Apple, Cheese & Biscuits

Friday

Meat/Halal: Salmon
Fish Fingers
Vegetarian: Bean &
Leek Sausage
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

Punctuality Award

This week's Punctuality award goes to Reception with 2 late—brilliant! Y6 & Y3 had three each—well done. Arriving late disturbs the start of the day for all learners, not just those coming in late. Please keep trying to ensure the children are here on time. Y1 & Y2 need to do better, with the highest in the school.

Attendance Award

Our Attendance Award this week goes to Year 2 with 97%—Well done! This year's whole school target is again 96%. Overall for the year we are currently at 95.5%—so close—we can do it!



MESSAGE FOR PARENTS AT CAMDEN PRIMARY AND SECONDARY SCHOOLS

Stay safe over half-term and please check your primary and secondary school aged children are COVID-free before returning to school.

COVID-19 cases remain high across London and are rising in many parts of the UK. Whatever your plans this half-term, please keep following Public Health advice to stay safe:

- Wash your hands regularly
- Unless exempt, wear a face covering in indoor and busy outdoor public spaces – like shops, pubs, restaurants and on public transport
- Stay a safe distance from others
- If you're socialising indoors, keep windows and doors open to dilute infected particles and to lower your chance of catching the virus
- Get both doses of the COVID-19 vaccine as soon as you can to protect you and everyone around you. Find out more at camden.gov.uk/covid19vaccine
- If you're travelling abroad, please follow the advice for the country you're travelling to before, during and after your trip.



Before your child returns to school, please make sure they've done two rapid tests during the week of half-term to check they are COVID-19 free and please try to make sure that the second one is done the night before they return to school. This applies to all secondary and primary school aged children. After half-term, secondary school aged children should continue testing twice a week while primary school aged children no longer need to, unless advised otherwise. All tests are free.

WE HAVE SENT A BOX, CONTAINING 7 TESTS, HOME WITH THE OLDEST CHILD IN EACH FAMILY TODAY— PLEASE CHECK THEIR BAG IF THEY HAVE NOT GIVEN IT TO YOU. IF FOR ANY REASON YOU NEED MORE YOU CAN ACCESS IN THE FOLLOWING WAYS:

Pick up free rapid test kits from a local pharmacy. Find your nearest one at camden.gov.uk/rapidtest
Order free rapid test kits to be delivered to your home within 24 hours at gov.uk/order-coronavirus-rapid-lateral-flow-tests

Get a free rapid test in person by visiting a local test site. Find your nearest one at camden.gov.uk/rapidtest or book an appointment by [clicking here](#)

If you need a hand with the above, please call us on 020 7974 4444 (option 9).

If your children test positive, they should stay at home and will need to do a PCR test. PCR tests are free and available by calling 119 or visiting nhs.uk/coronavirus. We know that self-isolating is hard so please remember that a range of help and support is available to help you self-isolate – and on a range of other issues - by calling us on 020 7974 4444 (option 9).

Support Cycle Training in Camden...

As many of you know I am a very keen cyclist and as such believe strongly that our children should have the chance to learn the key skill of cycling and how to do it safely to support our sustainable travel and environmental goals. Over the time I have been at Fleet I have introduced this into our curriculum and in the past we reached the point where every child in the school—from Nursery to Y6 had the opportunity each year to take part in either balance bike, level 1 or level 2 Bikeability training with qualified cycle instructors. This was done through the support of Camden and their instructors. Over the last couple of years, first Covid and then funding issues has affected our ability to deliver this training as widely as we would have liked but even so this year so far Year 5 children have done the level 2 training and years 2 and 3 have completed level 1.



This week I received the message below from Will, one of the brilliant instructors who has worked with Fleet during my time here and helped a large number either learn to ride a bike or improve their bike riding skills. I wanted to share it with you and encourage you to help in the ways he requests.

Dear Don,

I am a cycling instructor that has recently worked at your school. I hope you feel myself and my colleague did a professional job and that your pupils enjoyed and benefited from the week in many ways. I know that you are passionate about cycling and know how important it is for children to gain confidence on the road in a safe environment.

I am writing to ask you to support our campaign. You may not be aware but TfL and the local council have just slashed the cycle training budget and no new school bookings can be made and all adult training is cancelled.

For the schools, this means hundreds of children will miss the opportunity to do Bikeability.

For the instructors, this means we have had the rug pulled from under us with no warning and no support. I usually work full-time up until mid-December but have no work booked in for the rest of the year as a result of these cuts.

Instructors are having a family friendly protest ride during the half term holiday. We will be riding from Trafalgar Square to City Hall on Friday 29th October.

We have made a short video about it here - https://twitter.com/IWGB_CIB/status/1450370921005522953

It would be great if the school, parents and families supported our campaign. This can be done in any or all of the following ways:

- Coming to our protest ride on 29th October at 2pm. We'll ride about 2 miles and will be friendly and slow.
- Sharing our social media and commenting
- Sharing a video in support
- Co-signing a letter

Many thanks,

Will Embliss - Cycling Instructor for Camden

Fleet's Forest School Request

If you or any friends and family are tidying gardens and pruning trees over the weekend or during half term, 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.





Say hello to your Rights Respecting School (RRS) Ambassadors!

Following Mr McGibbon's recent assembly on the UNICEF Convention on the Rights of the Child KS2 were invited to apply for the position of a Fleet School RRS Ambassador. We had the highest number of applications we have ever had for the positions and they were of an incredible standard—very thoughtful and considered. Ms. Budd, our lead teacher for RRS, had the unenviable job of selecting the successful candidates from their applications. They were announced in assembly on Tuesday and will have their first meeting after half term where they will start thinking about what project they want to work on.



Year 3

Year 4



Year 5



Year 6

KINGS CROSS ACADEMY



**BLOOMSBURY
FOOTBALL**

OPEN TO BOYS AND GIRLS OF ALL ABILITIES

DATE & TIME

Monday 25th - Friday 29th OCTOBER 2021

9:30am - 3:30pm

VENUE

King's Cross Academy, 4 Wollstonecraft St, London,
N1C 4BT

NEAREST STATION

KINGS CROSS / St PANCRAS

AGES

7 - 12 YEARS

COST

£50 per day (financial assistance available)

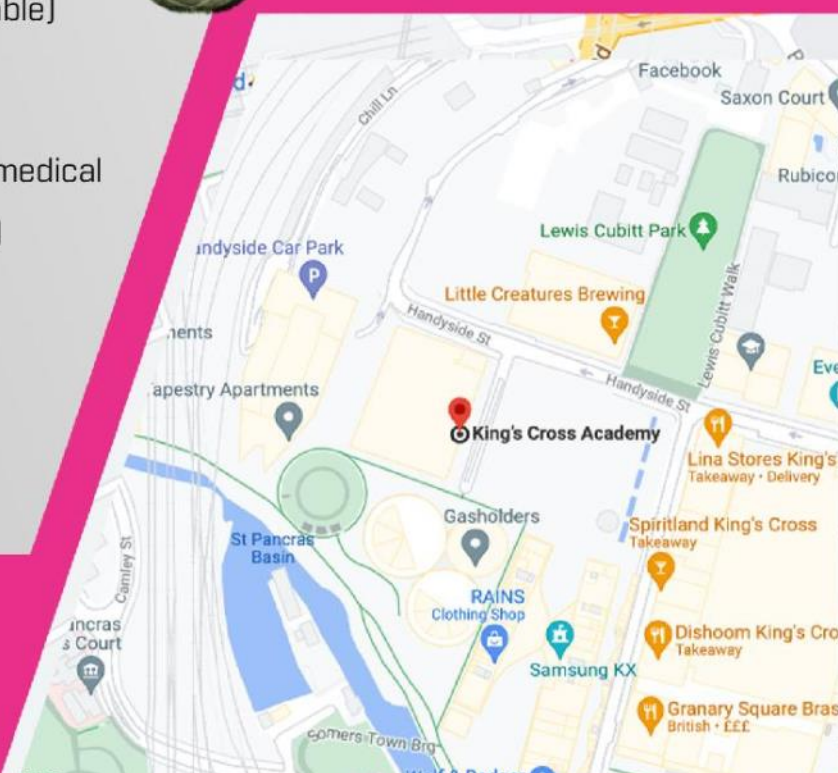
WHAT TO BRING

Bottle of water, lunch and a snack, any medical
instruments (such as inhaler or epi-pen)

EVENT CONTACT

Ben Gelbart - +447724608600

Cameron Gordon - +447729105596

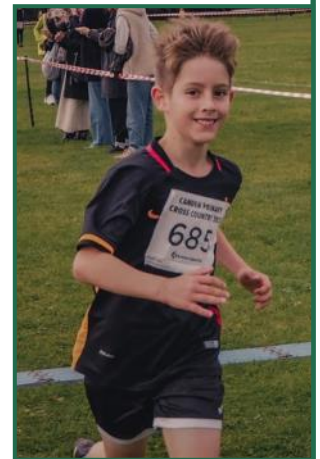


**BOOK
NOW!**



Camden Schools Cross Country Competition

On Friday last week, many of our pupils from KS2 took part in the Camden School's Cross Country Competition. They were amazing! They achieved our highest team finish for many years including 4 children—Okpe, Tabby, Rosa and Riley—who finished high enough to win an individual performance medal. A number of other children were singled out for fantastic team spirit—cheering on and encouraging the other runners. We are very proud of them. Big thankyou to Tom for some of the photos you see on this page.





DO YOU KNOW AN ECO CHAMPION?

Is there someone in your community who goes above and beyond to protect our environment? If yes, then nominate them today!



MINI WARRIORS

Win a VIP tour for six at Kentish Town City Farm plus more



JUNIOR HEROES

Win a free Youtube tutorial to develop your channel plus more



LOCAL LEADERS

Win four free tickets to the Jazz Cafe plus more

FIND ALL INFORMATION AND THE APPLICATION FORM ON OUR WEBSITE:
www.camdencleanair.org/community/camden-eco-champion-awards/



THIS POSTER IS FULLY RECYCLABLE 

HvH Art - Autumn Courses (including half term)



PATRONS: Helen McCrory OBE and Damian Lewis

SPONSOR: OLYMPUS UK

HvH Arts, located less than 5 minute walk from Fleet have some amazing FREE opportunities for your children to be involved in art based classes. See below for details of the courses they are running through half term and the up to Christmas. Get in quick by visiting their website: www/hvharts.org/courses/

AUTUMN TERM / HALF TERM SCHEDULES:

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!

HALF TERM FREE WORKSHOPS :

(For this half term we are super grateful to QCCA for providing our young people FREE lunches on our projects listed below to support our young people in healthy eating)

FASHION WORKSHOP with LOLA TURNER and IYHLA SHAH

creating spooky Halloween Costumes upcycling old clothes from our sustainable fashion clothing project.

Tuesday 26th / Wednesday 27th October 2021 Times: 11am to 3pm

(All ages welcome!) Location HvH ARTS GALLERY

CREATIVE PHOTOGRAPHY with professional photographers: Debbi Clark and Leah Band

Photography workshop creating imagery for HvH ARTS 2022 Calendar and creative ideas for Christmas Cards with professionals using the amazing Olympus EPL-9 cameras and editing our finals to be printed for Christmas and the best 12 images selected for HvH ARTS 2022 calendar.

Thursday 28th / Friday 29th October 2021 (AGES: 10yrs to 18yrs) Location: LSoM, 181 Mansfield Road, NW3 2HP

HvH ARTS SPOOKY HALLOWEEN PARTY

HALLOWEEN PUMPKIN/POMEGRANATE carving with Trisha from Kentish Town City Farm is coming to join us to teach us skills in creating designs in this fantastic workshop followed by lots of fun and games at our HALLOWEEN PARTY at HvH ARTS GALLERY!

Pumpkin/Pomegranate carving will be held at Mother Canteen NW3 from 11 to 1pm

Follow us over to dress up and make up for our HALLOWEEN PARTY at HvH ARTS GALLERY, 44 Ashdown Crescent, NW5 celebrating Halloween with lots of Treats and Tricks 1pm to 4pm.

Saturday 30th October 2021 All ages welcome!

11am to 1pm at MOTHER CANTEEN then party at 1pm to 4pm Location HvH ARTS GALLERY

SCHEDULES FOR AUTUMN 2021

1st October to 19th December 2021

The Music Mentoring Project (TMMP)

This is a unique programme supporting young people in music, production, rehearsing in a band with learning instruments, producing and writing tracks in music studios, creating music videos, mentoring young people, collaborating together as young up and coming musicians. If you are interested in joining TMMP then please email for full schedule as all young people on this program will be enrolled for the full term and will be advised of the schedules, timings, locations for this very exciting unique experience.

Supporting cohorts 11 to 16 yrs old

Supporting cohorts: 16 to 21 yrs old

TO JOIN THIS PROGRAMME PLEASE EMAIL YOUR INTEREST TO: courses@hvharts.org

SCULPTURE with HvH ARTS FESTIVAL in Queens Crescent: artists in residence: Lola Turner and Iyhl Shah

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.

DATE: 23rd October Time: 11am to 3pm (AGES: 8yrs to 18yrs) Location HvH ARTS GALLERY

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.

DATES: 24th October and 14th /21st/ 28th November Time: 12pm to 4pm (Ages: 8yrs to 18yrs)

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

SCREENPRINTING/TEXTILES/T/shirts with artists in residence Iyha 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 a really inspiring course for those who love design and textiles.

DATE: 6th November Time: 11am to 3pm (AGE: All ages welcome) Location HvH ARTS GALLERY

CREATE YOUR OWN GLASS DESIGN CHRISTMAS CANDLE HOLDER

With our artist in residence: Debbi Clark and Sam Green and Youth Ambassador Sienna Rackal.

We are delighted to be able to offer this fun and creative free workshop designing your own glass candle holder, painting in oils designing your very own glass candle holder. This will be fun and creative project open to all ages. This workshop was designed

DATE: 13th November 2021 Time: 12pm to 4pm (All Ages Welcome!) Location HvH ARTS GALLERY

EXHIBITION of PHOTOGRAPHY RESEARCH in partnership with LSHTM.

25th NOVEMBER- 9th DECEMBER – open 12pm to 4pm

An exhibition of photographs created by our young people and parents who joined our research project with London School of Hygiene and Tropical Medicine!

COME VISIT OUR EXHIBITION at HvH ARTS Gallery and see the vision and research created of images taken in our local community of Queens Crescent/Gospel Oak!

STYLING and MAKE-UP with the fabulous Patricia Jones(stylist) and Ciara (MUA)

We will be running a fun workshop learning the art of putting together your Christmas party outfit with fashion stylist Patricia Jones. And a Make-up workshop with fashion MUA Ciara creating lots of fun party styles and looks getting ready for our up-and-coming Christmas Party at HvH ARTS!

DATE: 4th December 2021 Time: 12pm to 4pm (AGES: 8yrs to 18 yrs) Location HvH ARTS GALLERY

HvH ARTS CHRISTMAS PARTY EXTRAVAGANZA! (Sponsored by The Childhood Trust)

We are delighted to invite our young people and parents to our Christmas Party this year being supported by Goldman Sachs/ CHILDHOOD TRUST! Join us and dress up for lots of fun and games, with a special appearance by Father Christmas who will be with us to give all our beneficiaries a Christmas Present from us at HvH ARTS at our Santa's Grotto being held at our studios in London School of Mosaic. We will be showing our artwork, and our films and music videos with photography videos all created by our young people!

DATE: 8th DECEMBER 2021 Time: 4.30pm to 7pm Location: LSoM, 181 Mansfield Road, NW3 2HP

All ages welcome!

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

Prolific artist Lee Mathews will be back at HvH ARTS gallery, to teach our young people the art of painting in the medium of oils, acrylic and watercolours onto canvas. This workshop is designed to teach young people how the different textures of paint and how you envisage your final piece of art.

DATES: 11th December 2021 Time: 12 to 4pm (Age: 8yrs to 14yrs) Location HvH ARTS GALLERY

**FASHION /COLLAGE 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.

Dates to be confirmed – register your interest by email: courses@hvhart.org

TO ENROL PLEASE VISIT OUR WEBSITE: www.hvharts.org Email: courses@hvhart.org

YOU MUST ENROL TO JOIN ANY OF OUR FREE COURSES at HvH ARTS!

www.hvharts.org

Registered Charity No: 1149607

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.



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—Grace

For being such a wonderful role model for your friends. You are always so helpful, kind and patient. It is lovely to see how well you play with others and you have such fun ideas for games. Well done!

Year 1—Summaya

For great effort and marvellous learning in Maths week. You always start the day with a smile and you are doing so well, Summaya. Well done! We are so very proud of you!



Year 2—Sativa

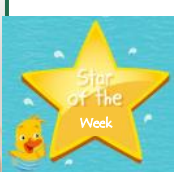
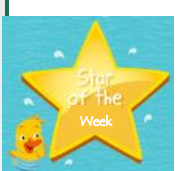
For your fabulous rain inspired poem that you wrote in English this week based on 'Lila and the Secret of Rain'. I loved reading your great, creative ideas. Well done!

Year 3—Shajai

For your excellent attitude during rehearsals for our Assembly! You are so well prepared and an active and supportive participant in rehearsals. Huge well done!

Year 4—Ranya

You've been so resilient and hardworking in your approach to our puppet making, even when it's been so tricky to sew bits on. You've also managed to try and help others too. And you've kept a smile on your face the whole time. Well done!



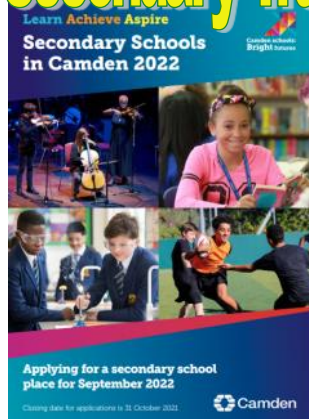
Year 5—Ivana

For your resilience and enthusiasm this week at Sayers Croft! You've thrown yourself into every activity and have persevered even when it's been challenging. I've also been impressed with how supportive you've been- helping your partner successfully complete the blindfold trail. Well done Ivana!

Year 6—Isabelle

For the sunshine that you pour into everything that you do. You stay positive and resilient, even when overcoming challenges. You have been kind and considerate to those around you and are a superb role model to others. What a star!

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. If you have any questions, or need any support or help to make your online application please contact the office.

IMPORTANT: Application Deadline is 31st October! 2021

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

2022

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

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

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



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
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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



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



FEAR & FASHION

Conflict is inevitable, it's how you respond to it that matters.

Fear and Fashion is a conflict management programme for young people aged 14-19 years old. This is a partnership between Camden Council (Youth Early Help) and Leap Confronting Conflict. It addresses issues of serious youth violence, in particular knife crime. Participants will grow their conflict management skills and will be trained to facilitate a workshop about resolving conflict and staying safe which can be delivered to peers in the community. This programme involves:

- A taster session for young people to experience Leap's training.
- Three days of Leap's training.
- Two days of facilitation training, giving young people the skills and confidence to deliver a workshop on knife carrying and choices and consequences.

If you are interested in this course, please contact:

Mukith Miah, Camden Senior Youth Worker

E: mukithmiah@camden.gov.uk

T: 0795 798 7349

Learning Outcomes

- Gain a greater understanding of own relationship to conflict.
- Increased skills and confidence to manage conflict in everyday life.
- Improved ability and confidence to make positive choices regarding risk-taking behaviour.
- Develop facilitation skills and practice delivering a workshop.
- Improved employability skills and increased personal awareness of potential.

Taster Session

- 11th October 2021 at Netherwood Youth Centre, 5 Netherwood St, London NW5, 5pm - 8pm

5-Day Fear & Fashion Course

- Monday 25th - Friday 29th October 2021, at Netherwood Youth Centre, 10am-4pm



Registered charity number: 1096655 (England and Wales 012019, Scotland 002019102)
Registered company number: 04393769

www.leapcc.org.uk | @leap_cc | 020 756 13700

- 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 7 – Belly Breathing

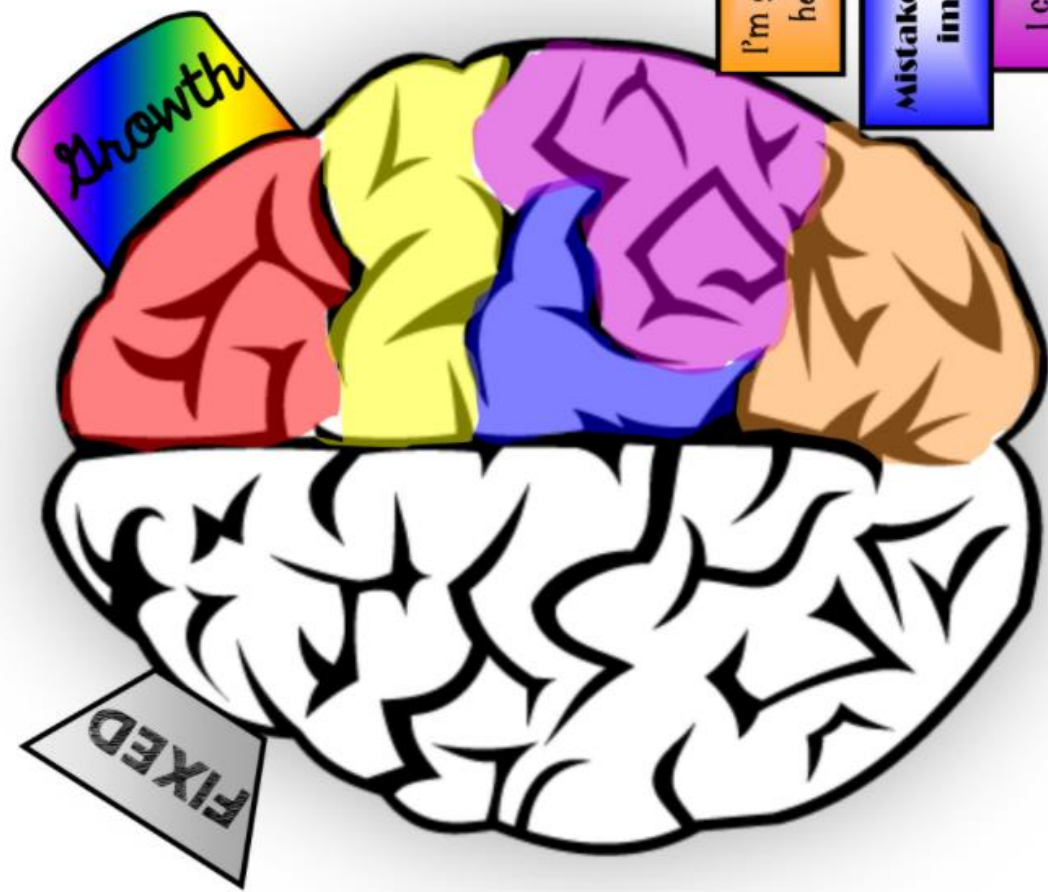
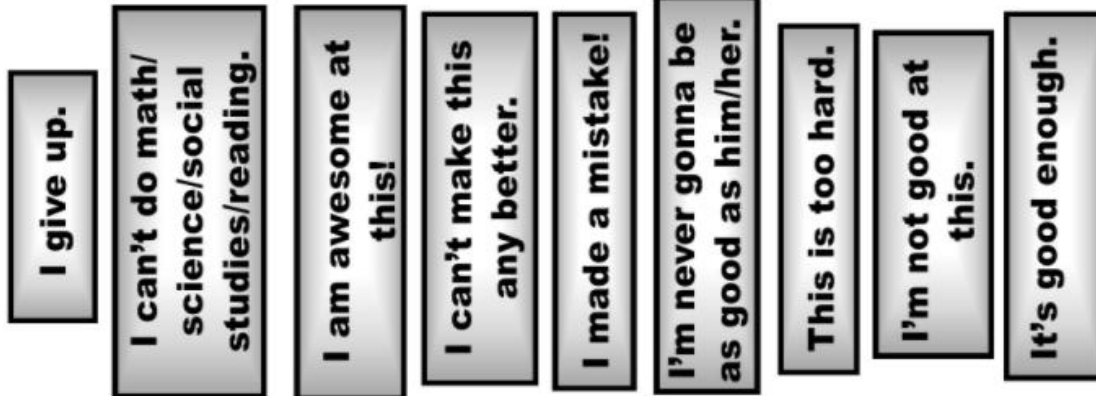
Have you ever noticed how you breathe when you feel relaxed? The next time you first wake up in the morning or just before you fall asleep, try and notice your breathing. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax, which then signals your body to relax.

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress:

- Sit or lie flat in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in and use it to push all the air out.
- Do this breathing 3 to 10 times. Take your time with each breath.
- Notice how you feel at the end of the exercise.



Change your words Change your *Mindset*





Please Note: Due to the extra bank holiday this year for the Queen's Platinum Jubilee there will be an additional day school is closed. We have not yet set the date as we were only just notified we are to get it— we will add to the dates below once the date is set.

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: Theo, Jona, Sativa, Rocco, Alfie, Ayra, Lola, Robyn, Lir, Angelo, Naz, Ayman, Thaddeus, Amine



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

Times Tables Rock Stars of the Week!

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

Year 3: Jake—3,762 coins!

Year 4: Alea—4,534 coins!

Year 5: Tawfiq—22,380 coins—2nd week in a row!

Year 6: Ifeoma—170 coins—3rd week in a row!

Fleet facts tracker

Track your progress through the Fleet Facts stages using

Your teacher will sign to show when you have passed a

Once you've passed a test, start learning the next fact f

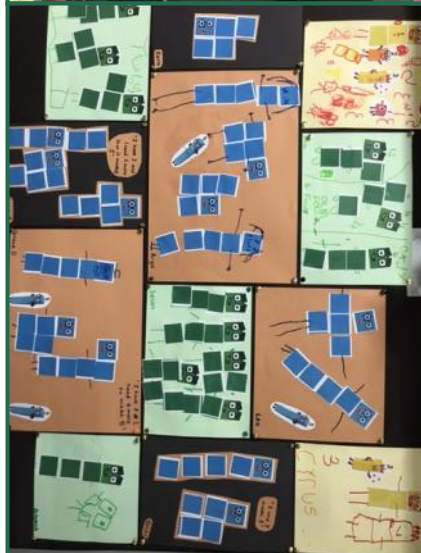
Parents/Carers: For your information and so you can best support your child this is the order of key facts and number knowledge the children learn for their Fleet Facts. They will know what stage they are but if unsure just check with the teacher. Practice at home is key to them making swift progress.

Stage 1					
Test 1 - Adding and subtracting 1	Test 2 - Doubles of numbers to 5	Test 3 - Adding and subtracting 2	Test 4 - Number bonds to 10		
Stage 2					
Test 1 - Adding 10	Test 2 - Adding 0	Test 3 - Near doubles and ones without a family (the tricky ones!)			
Stage 3					
Test 1 - Doubles of numbers to 10 and near doubles	Test 2 - Bridging and Compensating				
Stage 4					
Test 1 - 2 x tables	Test 2 - 10 x tables	Test 3 - 5 x tables			
Stage 5					
Test 1 - 3 x tables	Test 2 - 4 x tables	Test 3 - 8 x tables			
Stage 6					
Test 1 - 6 x tables	Test 2 - 7 x tables	Test 3 - 9 x tables	Test 4 - 11 x tables	Test 5 - 12 x tables	
Stage 7 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6
Stage 8 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6



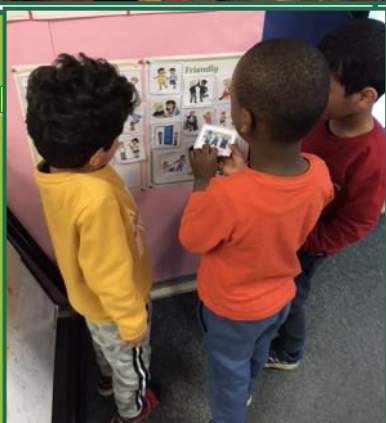
This week in Nursery...
Wonderful World, Wonderful Me!

Nursery have been having lots of early Halloween fun this week. They have been making cards, playing with pumpkin playdough and making gloopy spells. Well done Nursery. Have a fun Halloween next week everyone!



This week in Reception.. Monsters!

Lots of fun and learning in Reception this week. Some excellent cutting, maths and art skills on display. The children have had a super term and settled really well into Reception. Well done Reception.

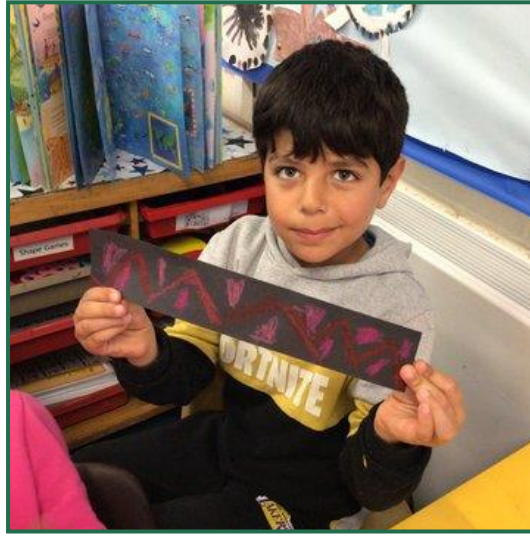
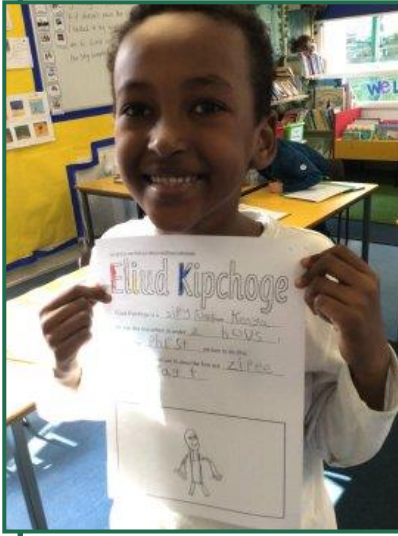
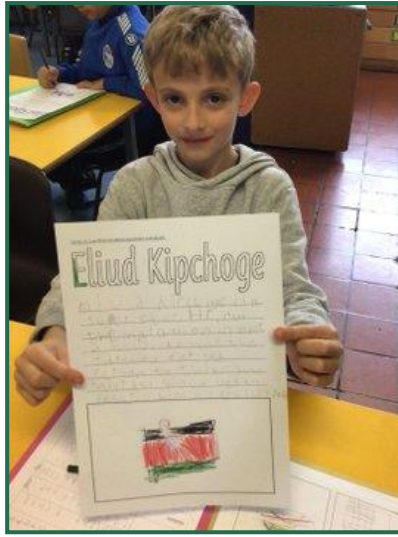




This week in Year 1... Our Wonderful World

As ever, a really busy week in Year 1, with looking at ordinal numbers, writing postcards to the moon, spending time in the reading nook, making rockets and happiness balloons. The children have had such a fantastic term getting used to working in Year 1 and the more structured curriculum than the EYFS. This is a big jump for children and they have done brilliantly.





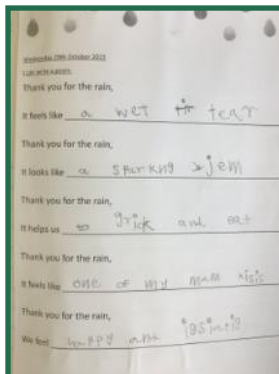
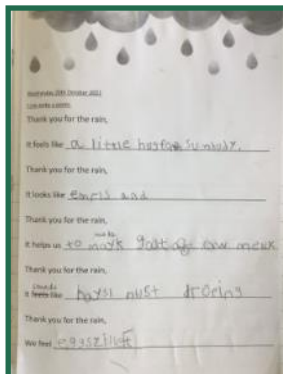
This week in Year 2...

Topic: All around the world

The work looking at Kenya has continued as part of their journey around the world. They researched and wrote about Eliud Kipchoge (ask them what they can remember) as well as creating some fabulous African inspired repeating patterns. They also wrote some wonderful poems about rain inspired by their story 'Lila and the secret of the rain'. Great job year 2—have a wonderful half term.



Thankyou for the rain. It feels like a huge friendly sister. Thank you for the rain. It looks like diamonds falling from the sky. Thank you for the rain. It helps us drink. Thank you for the rain. I feel happy. Thank you for the rain. It sounds like balloons popping.

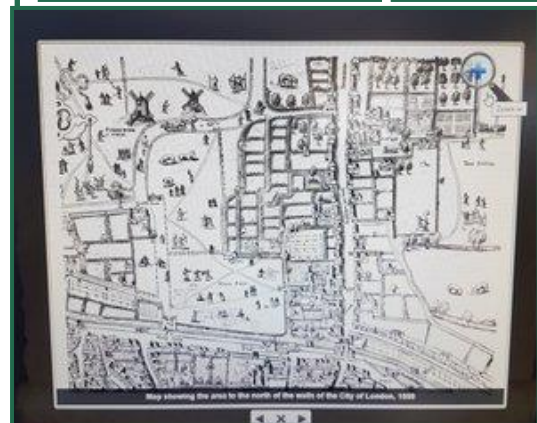
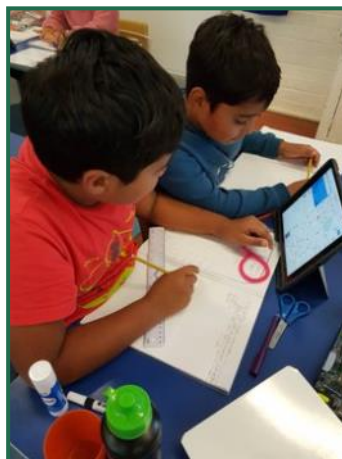


Thank you for the rain. The rain feels like little blue fireworks. Thank you for the rain. The rain looks like little diamonds. Thank you for the rain. Thank you for the rain it makes us feel exhilarated.

This week in Year 3... Olympics & Olympus

Year 3 enjoyed the first of their weekly trips to work with the coaches at Talacre. As well as that they put the finishing touches to their fantastic Cherry Blossom pictures. In maths they enjoyed experimenting with 'curves of pursuit' - ask them about them! Well done Year 3. Enjoy your break at half term.





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

After wowing us with their amazing 'Boudicca and the Romans' Class Assembly on Friday last week this week was no less busy. They have been carrying on their adventures in time looking at Tudor maps and comparing with modern maps. They have also continued with constructing their sock puppets including cutting out and sewing the clothing. Keep up the good work year 4 and enjoy your half term break—you've certainly worked hard this half term.

This week in Year 4
Topic: Adventures in time

Year 5 - Sayer's Croft Special!



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

Year 5 - Sayer's Croft Special!





Another busy week in Year 6 with designing and making their Mayan inspired masks. They learnt about the significance of different types of masks in the ancient Maya culture. They then created one or two designs—often inspired by the animals of the jungle. They used lots of different resources to create a 2D version and then a 3D version. They also excelled this week in their Arsenal session—a great end to the half term. Well done Year 6.

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

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.





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 it be needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents and Carers Need to Know about SOCIAL BOTS

WHAT ARE SOCIAL BOTS?

Bots are computer-generated accounts which sit on social media, masquerading as humans. While many are harmless or even have good intentions, others are designed to extort, sell products, spread propaganda or bully human users. Bots – short for 'robots', of course – are often confused with state-funded troll accounts; the two can be difficult to tell apart. However, if the results are the same, then both should be treated similarly.

KNOWING THE RISKS

ASTROTURFING

Propaganda and conspiracy theories are usually niche interests on social media. But with an army of thousands of bots amplifying posts through retweets and shares, people can make their messages travel further and appear to reflect mainstream opinion. Known as 'astroturfing', this can make children more susceptible to questionable beliefs.

CYBERBULLYING

Bots can be set to hunt for certain search terms or opinions and then automatically reply aggressively to anybody who uses them in a message. This means that if your child posts something that whoever programmed the bot doesn't like, they may be deluged with angry messages from fake accounts – which can be overwhelming and comparable to cyberbullying.

EXTORTION

Criminals use bots to trap users into sextortion or online blackmail scams. The bot cultivates a flirtatious online relationship with the victim, then persuades them into a video chat during which they are tricked into posing inappropriately or carrying out a sexual act. This footage is recorded, and threats are then made to release it to the victim's friends and family unless money is paid.

SHADY SELLING

Bots are often used for illicit advertising – that is, they spam social media platforms with links to commercial websites. Additionally, some unscrupulous influencers have been found to use bots to artificially inflate their number of followers and the engagement with their account – making them seem more popular and therefore able to charge companies more to work with them.

SPOTTING THE SIGNS...

BEWARE PROLIFIC POSTING

Bots post a superhuman amount of content. A visit to their profile usually proves they're responding to people far faster than a human could. Check their join date and number of followers. If the account has been around for ages and still doesn't have any friends, it probably isn't a real person. A brand-new page is also a red flag.

NOTICE ODD USERNAMES

Finding a social media username that isn't taken can be difficult. People often end up with their name and some numbers – but not the way bots do it. A username like johnsmith5273 is either a sign of a random number generator or a site offering an unwieldy alternative because the preferred name is taken, which isn't something most humans would accept.

VERIFY PROFILE PICS

Check a user's authenticity by investigating their profile picture: bots obviously don't have faces, so they tend to skim publicly available to try to fool people. Put suspicious pics through a reverse-image search like TinEye – you might find they actually belong to someone else or are stock images.

CHECK THE CONTENT

Bots can't think for themselves and usually just exist to amplify somebody else's message. Try copying and pasting the text into the search function on Twitter, for example, and see if it's being said anywhere else. If a lot of similar-looking accounts are saying the same thing, you're probably looking at a bot army.

Advice for Parents & Carers

SPOT THE BOTS

Forewarned is forearmed, so if your children aren't that familiar with the world of bots yet, explain what to look for using the tips in this guide. At the moment, most bots still aren't that sophisticated – so finding accounts which are designed purely to troll people or spread misinformation isn't hugely difficult, even for an untrained eye.

BLOCK AND MOVE ON

Your child isn't obliged to be friends with anyone online, bot or not. Pretty much every social media app has a block button, and you should encourage your child to use it whenever something or someone is making their digital lives less than pleasant. If everyone blocked malicious bots rather than engaging them, they wouldn't pose a problem.

BE SUSPICIOUS

While many people have made lifelong friends over the internet, it's important not to be too trusting. Random strangers adding you on Facebook could well be bots, so do some background checks: do they have any mutual friends? Is it a new account? Even if everything seems fine, encourage your child to be cautious: warn them of potential risks.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gamora, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



SOURCES: <https://www.computing.co.uk/tech/tips/3085226/the-positive-poster-for-twitter-bots> | <https://www.nytimes.com/2019/02/18/world/europe/russia-bot-factory.html> | <https://truepublics.org.uk/united-kingdom/propaganda-automated-bots-aiding-the-government/> | <https://www.bbc.co.uk/radio4/presenters/lines-obscure/what-are-the-twitter-users-with-eight-numbers/>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.10.2021



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**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



Coronavirus: 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

Where to get the COVID-19 vaccine in Camden

If you're due your first or second dose of the COVID-19 vaccine, there are a number of ways you can get it. If you're 16+, turn up to a local walk-in vaccination centre or Camden's COVID-19 vaccine bus. Find out more at camden.gov.uk/getting-the-vaccine. If you're 18+, you can also book a vaccine appointment – call 119 for free or visit nhs.uk/coronavirusvaccine

Please keep wearing a face covering, unless you're exempt, to keep those around you safe

Coronavirus cases remain high across Camden and London. Please keep wearing a face covering over your nose and mouth in indoor and busy outdoor public spaces – including communal lifts, public transport and shops. Doing this will help to keep people safe, including those that can't get the vaccine, because it will prevent infectious particles from coughs, sneezes, breathing and speaking reaching others.



Book an appointment for your flu vaccination

Flu season is coming, and while the flu vaccine won't protect you from coronavirus, having COVID-19 and the flu at the same time can make you seriously ill – particularly if you have underlying health conditions. A flu vaccination is the best way to protect yourself, your family and your community against flu this winter. It's free for:

- People aged 50+
- Pregnant women
- All frontline health and social care workers
- People with a long-term and/or underlying health condition/s
- People who are the primary carer for an older person or someone with an underlying health condition



Please do not put off getting your flu jab. Speak to your GP, pharmacist or midwife to book your appointment. For more information visit nhs.uk/flujab



Even though many of us are returning to some form of 'normal', there are still a lot of challenges. Whether you're struggling with the return to work, with the impact of the end of furlough or the national Universal Credit cut, or getting used to more people out and about, I want to remind you that there is lots of support available in Camden. No matter what you are going through, I urge anyone who needs help, or knows

someone who does, to reach out. Please know you are not alone. You can find some useful resources and tips on this page.

As we enter the autumn months, taking care of ourselves and those around us is particularly important. For those who are eligible, getting a flu vaccine will help protect you from getting seriously ill from flu. Vaccines are the best way to protect yourself, friends and family from the spread of dangerous viruses. You can find out more, including how to book your flu vaccine, below.

The past 20 months have shown what amazing community strength there is in Camden. Let's continue to look out for each other as we navigate the next phase of this pandemic.

Councillor Georgia Gould, Leader of Camden Council

Need some help? Support available in Camden

It's a difficult time for lots of people, so if you're struggling, support is available on a range of issues:

Mental health advice and support



Many people are feeling overwhelmed and anxious at the moment. If you are worried about your mental health or need some extra support, there is a range of help available. You can speak to your GP, visit icope.nhs.uk or phone iCope on 020 3317 6670. If you're experiencing a mental health crisis, please phone the 24-hour crisis line at St Pancras Hospital on 020 3317 6333.

As well as accessing support when you need some extra help, there are small ways we can look after our wellbeing day-to-day too. That might be taking some time out during your working day, getting out and about in Camden's green spaces, checking in with loved ones or taking some time away from your phone or computer screen.

For more information on available support and tips to look after your wellbeing, including specific resources for young people and in other languages, visit camden.gov.uk/mental-health

Finance and debt support



If you're struggling to pay your rent or bills, or worried about debt, call Camden Council on 020 7974 4444 (option 9) or visit camden.gov.uk/financial-support-for-residents

Housing support



If you're worried about paying rent or service charges, or need support on any other housing issue, call Camden Council on 020 7974 4444 (option 9) or visit camden.gov.uk/housing-and-hostels

Domestic abuse and violence support



Please get in touch with Camden Safety Net – phone 020 7974 2526 (Monday to Friday, from 9am to 5pm), email camdensafetynet@camden.gov.uk or visit camden.gov.uk/domestic-violence. In an emergency, call 999.

If you're not sure who to speak to, call Camden Council on 020 7974 4444 (option 9) who can provide help and advice, or visit camden.gov.uk/coronavirus