

## Message from the head:

It has been a very busy week for us all this week. As you will have seen from the letters I sent home (also the media coverage for the country as a whole) there are a number of positive cases of Covid in schools and we are no different. We have also, on the advice of Public Health, had to reintroduce some extra measures for one of our classes. We are not yet having to go back to staggered starts and reintroducing bubbles for all classes but this may have to be done should case numbers in classes rise much further and spread to more classes. Can I please ask you all to help by doing your best to socially distance when coming onto site to pick up and drop off. I know this is not always possible as it gets very busy, especially at pick up time, but if you could do your best. I'd also suggest, if you are not already doing it, wearing a face mask when in close proximity to other adults and children from outside your family unit. For now the guidance is that children remain in school unless they have tested positive or have symptoms of Covid. This does of course make it more likely, with asymptomatic cases common (especially in children) that when a case does come up it may spread undetected while classes remain open. As this is a quickly changing situation please make sure you have notifications switched on in the Parent Hub app. We may be advised to send communications asking you to take your child for a precautionary PCR test, as we were this week for one class. It's really important you receive these messages promptly so that you can act quickly and get the tests arranged. The outcomes of those tests dictate whether we have to implement more stringent measures so please do do them if asked. We want to do everything we can to contain any outbreaks before we are forced to go back to more of last year's restrictions. I'd like to thank you all for the support you have shown in sending in items for the collection we are doing for the Afghani refugees recently arrived in Camden. There has been a great response so far. We continue to collect so please drop any items to the office. A quick reminder, if you want to nominate yourself for the parent governor role, please get your form back to the office by the 30th. Have a great weekend and see you all on Monday.

## What an inspiration—please support!

If you haven't had a look yet please follow the link below to support Louise (mum to Mickey and Isabelle) as she prepares to take on the incredible challenge of running the London marathon. 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 next week—27th Sept-1st Oct

<b>Monday</b> <i>Meat Free Monday</i> Roasted Veg or Cheese and Tomato Pizza Peas & Sweetcorn Fruit & yoghurt	<b>Wednesday</b> Meat/Halal: Chicken Drumsticks Vegetarian: Mixed Veg & Chickpea Loaf Roast Potatoes Sweetcorn & Carrots Fruit & Yoghurt	<b>Friday</b> Meat/Halal: Fish in batter Vegetarian: Potato & Spinach Tart Chips or Cous Cous Baked Beans & Peas Jelly, Yoghurt & Fruit
<b>Tuesday</b> Meat/Halal: Meatballs Vegetarian: Mixed Bean Casoulet Spaghetti Green Beans & Carrots Pear Crumble & Custard	<b>Thursday</b> Meat/Halal: Chicken tikka Masala Vegetarian: Roasted Cauliflower & Chickpea Curry 50/50 rice Green Cabbage & Roast Butternut Squash Peach Upside Down Cake	<b>Please remember to let the office know if you want your child to change to or from school lunches so you are charged correctly</b>
<b>Available Daily</b> Freshly Cooked Jacket Potato Freshly Baked Bread		

## Please Can you help?

Massive thank you to those families who have brought in donations we requested to support the refugees who have recently arrived in Camden fleeing Afghanistan. We have a good haul already. If you haven't brought in anything and are able to help please do drop off in the school office. If you are unable to make it to 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

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

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



## Punctuality Award

This week's Punctuality award goes to Y4 with only 1 late! Y1 and Y5 again haven't done well with 18 and 17 lates each. Thank you to the other year groups who have done brilliantly. It's crucial the children are in on time, especially when settling into a new class and routine. We would recommend getting here by 8.45am so they have time to settle in and not waiting until 9am to arrive. Lets see if we can improve next week.

## Attendance Award

Our Attendance Award this week goes to Year 3 with 98.8% fantastic! This year's whole school target is again 96%. We just missed it last year but I know we can do it this year. Overall for the week we were 96.1%!



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](https://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](http://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](mailto:brandoncentre.healthyliving@nhs.net) email address.





# Starting Solids Virtual Sessions

## Dates and Times:

### October 2021

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

### November 2021

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

### December 2021

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

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

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

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



[CLICK HERE TO BOOK YOUR PLACE](#)



# Starting Solids Next Steps Virtual Sessions

## Dates and Times:

### October 2021

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

### November 2021

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

### December 2021

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

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

Each 90 minute session covers:

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



[CLICK HERE TO BOOK YOUR PLACE](#)



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

020 7974 6736

[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)

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



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

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



## Programme details

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

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

Time: 11am-2pm

Facilities: Refreshments and light lunch provided

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



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



strengthening families  
strengthening communities

## About the programme

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

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

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

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

*I spend more time with my mum and we communicate better*

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

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



The course will help you to

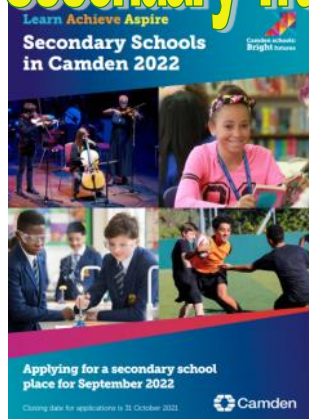
- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas



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



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



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

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

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

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

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

## 2021

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

## 2022

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

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

## Meet the Parents Transition Event...

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

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

Feel free to submit questions in advance at [info@meettheparents.info](mailto:info@meettheparents.info).

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

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

Madeleine Holt: [madeleine@meettheparents.info](mailto:madeleine@meettheparents.info)

## Message from Camden School for Girls...

Our open events are taking place **virtually** this year. From Wednesday 15 September there will be a dedicated page on our website ([www.csg.school](http://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](http://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](http://www.laswap.camden.sch.uk))

### Hampstead School

Westbere Road, London NW2 3RT  
020 7794 8133  
[www.hampsteadschool.org.uk](http://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](http://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](http://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](http://www.laswap.camden.sch.uk))

### La Sainte Union

Highgate Road, London NW5 11RP 020 7428 4600  
[www.lasainteunion.org.uk](http://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](http://www.laswap.camden.sch.uk))

### Camden School for Girls

Sandall Road, London NW5 2DB  
020 7485 3414  
[www.csg.school](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:info@qcca.org.uk)**

**Tel: 0207 267 6635**

**Web: [www.qcca.org.uk](http://www.qcca.org.uk)**





# CAMDEN HEALTH



## KICK

Please sign up in advance for all sessions!

### MONDAY

<b>WOMENS ZUMBA</b> 11 am - 12pm at The Dome	<b>VI GYM</b> 1.00 pm - 4pm at The Dome	<b>FAMILY FOOTBALL</b> 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

## 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



- 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](http://www.camden.gov.uk/camdens-music-service)



020 7974 7239

[camdenmusic@camden.gov.uk](mailto: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](http://www.camden.gov.uk/saturday-music-centres)

and here

[www.camden.gov.uk/music-service-ensembles](http://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](mailto: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](mailto:camdenmusic@camden.gov.uk)

[www.camden.gov.uk/camdens-music-service](http://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](http://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](mailto: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 3 – It's OK to feel different emotions

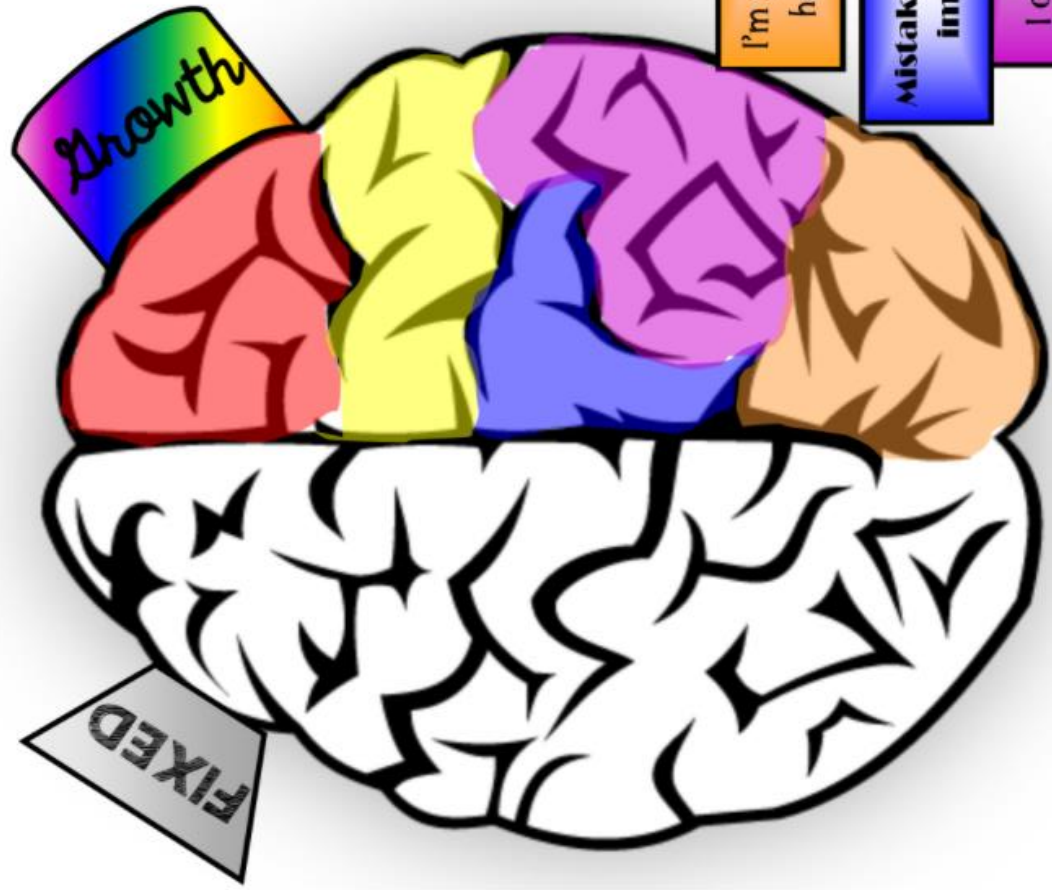
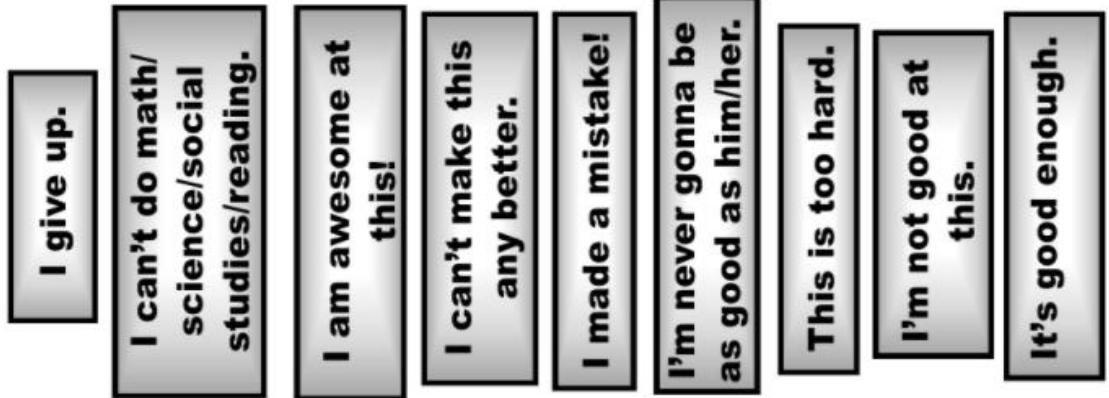
It is normal to feel all types of different emotions at any time: happy, sad, excited, anxious, angry, bored, frustrated, neutral, confused.

Everyone feels these emotions for lots of different reasons. Sometimes we might not know why we feel a certain way. The important thing to know is that we're not meant to feel happy all the time and it's OK if we feel those more difficult feelings. If you are dealing with a difficult feeling, even if you're not sure what it is, try to find someone you trust who you can talk to about it: a friend, a parent, a teacher. If we keep those difficult feelings bottled up inside, they don't go away and can make us feel worse. It's always a relief to get these things off our shoulders by talking to someone.





# Change your words Change your *Mindset*





## SCHOOL TERM DATES 2021/2022

### AUTUMN TERM

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

### SPRING TERM

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

### SUMMER TERM

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

### STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Wednesday 1 <sup>st</sup> & Thursday 2 <sup>nd</sup> September 2021	Tuesday 4 <sup>th</sup> January 2022	Tuesday 19 <sup>th</sup> April 2022
2 <sup>nd</sup> half term			Friday 27 <sup>th</sup> 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:** Jona, Thaddeus, Alfie, Ayra, Robyn, Aminee, Nico, Angelo, Lir, Rocco, Leo

**Year 3:** Okpe, Jarod, Lorik, Shajai, Mia, Lena, Arafat

**Year 5:** Aman, Aadam, Eva, Kai, Suraiya, Marli, Isabella, Sara, Ryan Lexi, Hamza, Ugo, Lizzie, Rayane



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!**

**Ayra—350 coins!**

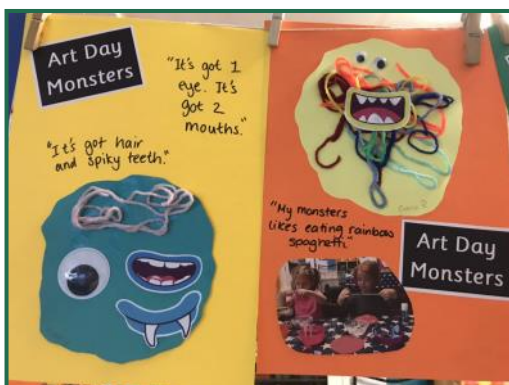
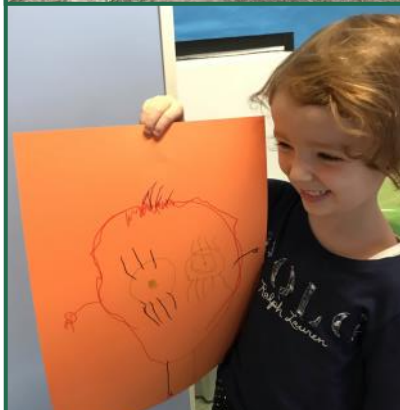
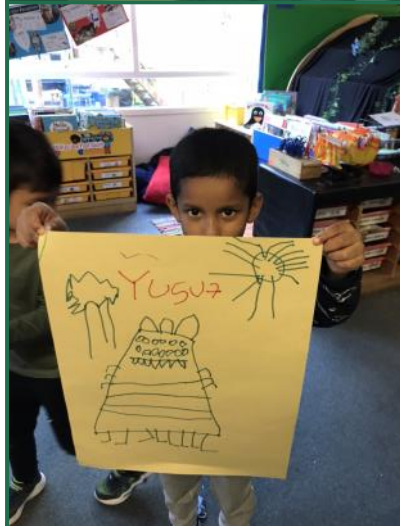
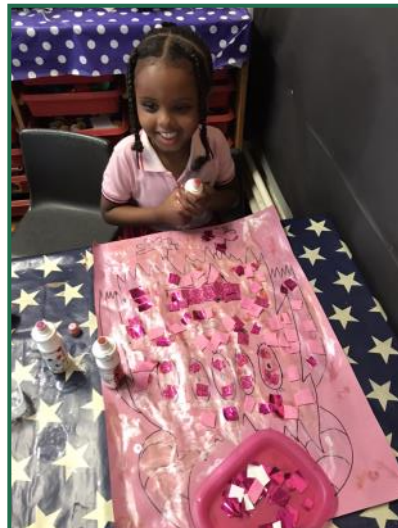
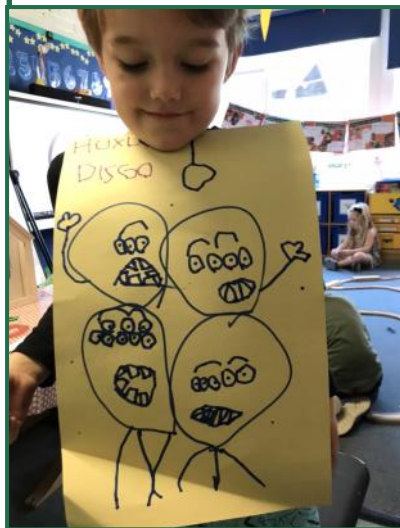
**Year 3: Okpe—12,425 coins!**

**Year 4: Alea—2,364 coins!**

**Year 5: Hiba—5,444 coins!**

**Year 6: Ifeoma—2,050 coins!**



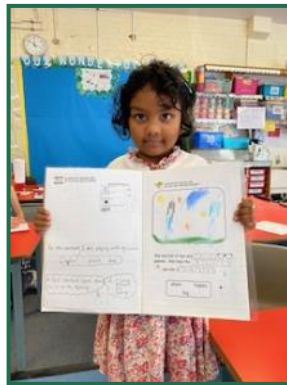


Another great week from Reception. Children are settling well and are very proud of the new skills they are learning!

# This week in Reception... Monsters!

Welcome  
to  
Reception



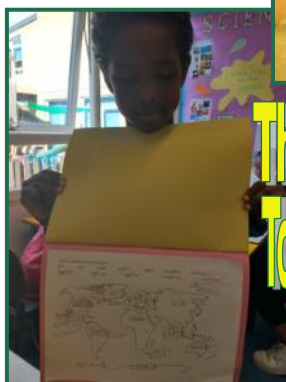
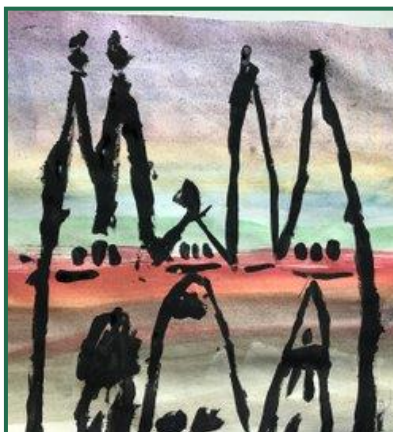
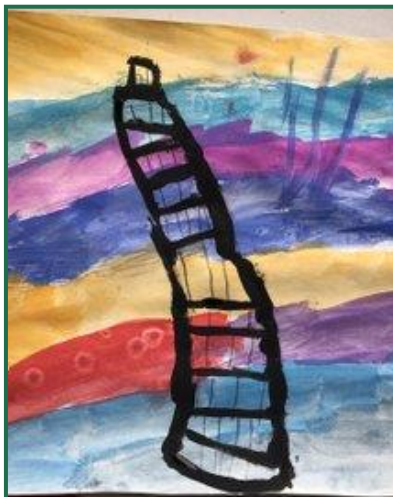


## This week in Year 1... Our Wonderful World

Another busy week with a couple of special events for Y1. On Monday we had a special visitor from the Belsize Park Synagogue telling the children all about Yom Kippur in Assembly then on Friday, Gillian from the CLC came to do some robotics and programming with the children—they were so good at it! All this on top of the usual reading, writing and maths. Great job Y1!







## This week in Year 2...

### Topic: All Around the World

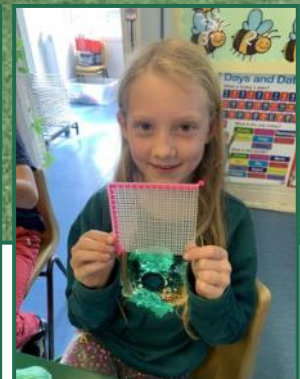
Year 2 continue their journey of learning about different parts of the world. In art they created some lovely watercolour sunsets with silhouettes of some famous European landmarks—can you recognise each of these ones? They have also been working very hard on their writing taking the role of King Charles after the Great Fire of London. Well done Year 2!



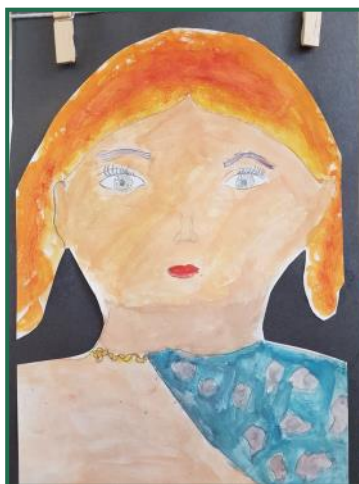


## This week in Year 3... Olympics & Olympus

Year 3 have been busy with their topic in the last week. On art day they were stitching Greek patterns and making Greek theatre masks. They have also been creating group paintings based on the story 'The Two Travellers and the Bear'. Excellent collaboration skills on show! Following the special assembly on Monday they have also made Yom Kippur cards for their Jewish friends in the class. They have also started working with the Arsenal Coaches on top pitch this week. You can see from the photos they had a lot of fun! Super busy Year 3, great job!



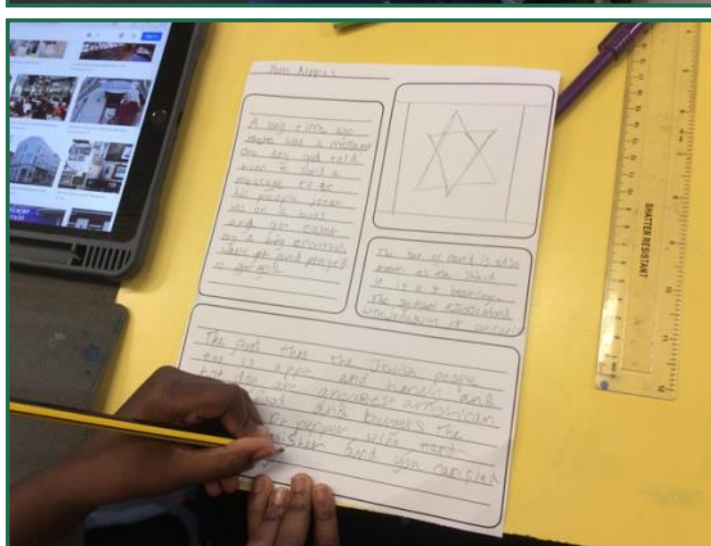
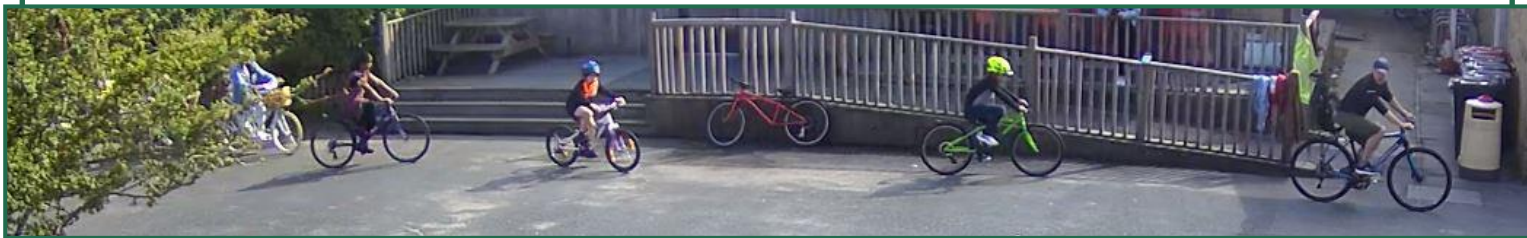




Year 4 recently went on a trip! It's the first trip outside of our local area since before the pandemic started back in March 2020! It was so good to see the children in a museum and absorbing the incredible knowledge and seeing the real life artefacts from the period they are studying. On the back of that trip they have been learning about Boudicca, Queen of the Iceni. You can see some of the fantastic portraits they have created using the clues from history and their learning to help them think about what she would have looked like, her complexion, hair colour, clothing etc. This week they also started their whole class brass lessons—we think we might have some naturals on our hands!

**This week in Year 4**  
**Topic: Adventures in time**



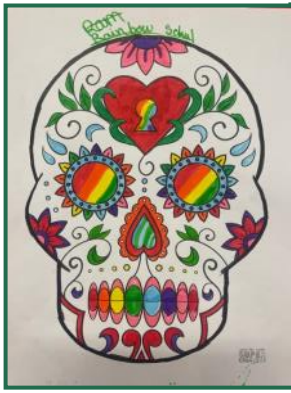


**Y5 Brass Practice:**  
<https://www.rod-n-tom.com/fleet>

This week in year 5 the children have been researching Yom Kippur following Monday's special assembly. They also had their first brass lesson of year 5 with Rod—they were sounding good! Don't forget the link to the online practice resources is on this page. As part of their topic and geography work they have also been exploring the physical features of Scandinavia. Preparations for a science investigation also began by harvesting some of the green tomatoes from our raised bed and next week they are going to see if they can get them to ripen using bananas—watch this space!

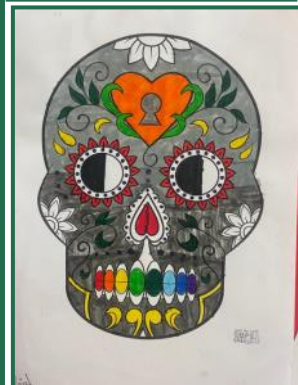
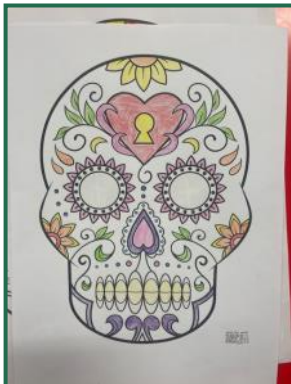
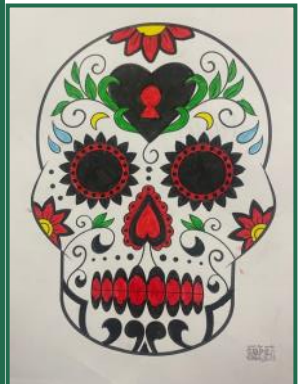
**This week in Year 5...**  
**Topic: Journey to Valhalla**





# In Year 6...

## Topic: Paradise in the Jungle



## FUN FACTS

HABITATS

LOOKS

Basket tooth cats are really similar in size to a African lion. Their teeth are 12cm long (3 inches). They are a sandy color with lots of fur. They are up to 24cm long (9 inches).

Ediacara and the Pleistocene  
Period which began about  
55 million years to 10,000  
years ago.

Saber-tooth cats have been found coast to coast in North America, as far north as Idaho and Nebraska, a southward into South America.

### Reasons for extinction

They got extinct around 10,000 years ago! But fossils have been found all over North America and Europe. Although the exact cause of extinction is not clear.



# THE MEGALODON

1. Andromeda neriifolia 10. Some understory plants  
 like Red Pandanus and Red Coral. The Red Pandanus  
 grows from glens, forming "green coast" the second  
Silang zone is Cochlosiphon nodosum.  
 The Red Pandanus is from deep reef and lagoon.  
 Its thought to eat 2500 pounds of food per day.  
 Pandanus was the largest shrub that ever lived.  
 Its scientific name is Cochlosiphon nodosum.

We know that Pleistocene had become extinct  
by the end of the Pleistocene (2.6 million years)  
when the P/oth could have a lot.





# 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—Huxley

You have made such a fantastic start to the year Huxley. You are always enthusiastic and give everything a go. We have really enjoyed getting to know you and it is lovely to see you making lots of new friends. Well done!

## Year 1—Mohammed

For great effort and concentration in lessons and for being such a kind and considerate friend and classmate. You always strive to do the right thing, Mohammed, and we are very proud to have you as a member of Team Y1! Well done!



## Year 2—Jona

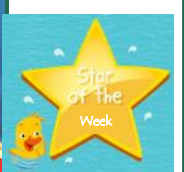
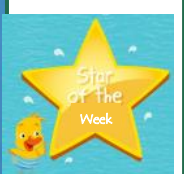
You are such a fab member of our class. This week I've really noticed how you help and support others and always try your best in your work. Well done Jona, we're lucky to have you as part of our team in Year 2!

## Year 3—Daniel

For your amazing focus! You work so hard all the time and constantly strive to do your best - well done! I'm very proud of you!

## Year 4—Hunter

I've been so impressed with how helpful and caring you've been this week towards other children in Year 4 this week. Keep it up!



## Year 5—Hamza

for the amazing effort he has put into his learning this week. Hamza has tried his best in every lesson, he listens carefully, shares his ideas and is a fantastic independent learner. Well done Hamza!

## Year 6—Sara

Sara has really grown in confidence this week. Putting her hand up more to share and getting on with her work, always with lots of effort. She has a positive attitude in class and in the playground. Well done Sara!



# 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](mailto:LBCMASHadmin@camden.gov.uk)

For more information about Early Help visit:

[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)

Sure Start 020 7974 8961

[camden.gov.uk/surestart](http://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

## How to Set up PARENTAL CONTROLS for APPLE iPHONE

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



### How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may wish to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

### How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre

### How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)



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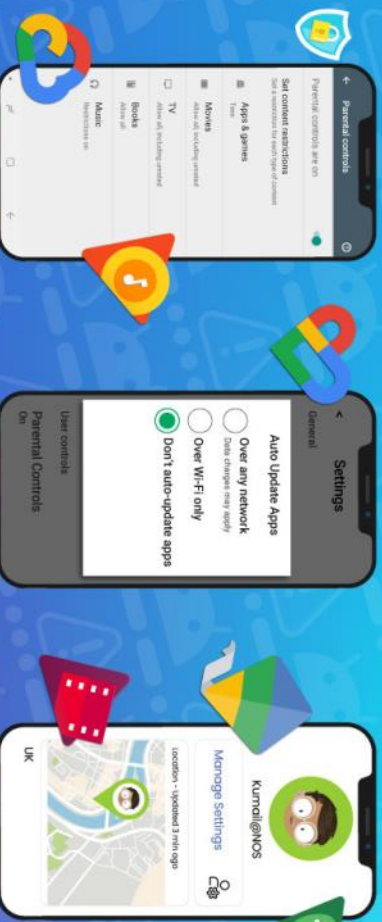
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## How to Set up PARENTAL CONTROLS for ANDROID PHONE

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentication relating to any apps on the device. These features can prevent your child from downloading or 'buying' anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



### How to Block App Downloads (This Also Disables In-app Purchases)

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set
- 10 Tap Save to apply your changes

### How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-update apps
- 5 Select 'Don't auto-update apps' and then tap Done

### Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set



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## 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](http://www.parenthub.co.uk) to find out more



# HELP STOP THE SPREAD OF COVID-19

## GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

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

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

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

