

# Fleet Community Notices



Wednesday 26th January 2022

## This week...

Welcome to this week's midweek Fleet Community Notices. Hopefully you noticed in last Friday's newsletter the information on this year's Fleet Calendar Competition - we've included in this mailout too (page 2). We've already seen a number of fantastic entries with many diverse and interesting individuals offering inspiration from Thomas Edison to Mae Jemison to Frida Khalo and many more. Keep those entries coming in for this term's prizes.

Clubs are fully up and running. Art Club was incredibly popular and a number missed out due to oversubscription. I am pleased to say we have managed to arrange a second after school Art Club to run for the years 1-3 so all on the waiting list should have received a message via ParentHub this week about when this is to be starting and for you to request a place. Check with the office if you didn't get the message.

A reminder too to parents/carers to make sure that you need to let the office know if you are planning to make any changes to your child's lunch—either moving to school dinners or moving to packed lunch so you are charged correctly for the lunches your child has. We can't back date this after the fact as lunches are made for the children we have down on the system for a school dinner each day. Thanks for your support with this.

If you or any friends/family are tidying gardens and pruning trees please save and bring in any branches or logs for our Forest School. Any size! They are very useful for making dens and forest crafts. Thank you so much. If you have any questions, please pop over and speak to Rebecca Combes in Nursery.



## Fleet's Forest School Request

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

easyfundraising  
feel good shopping

# Raise FREE donations for

**FLEET PRIMARY SCHOOL**  
every time you **shop online**

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

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

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



Download the easyfundraising App



Over £32 million raised

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1.8 million users



## Fleet Primary School

would like you to join their channel on Parent Hub.

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

**@FleetPrimary**

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents

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

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

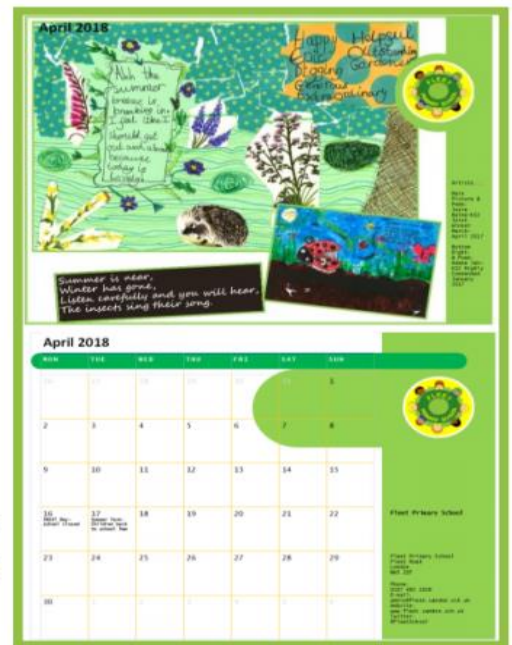
# Fleet Primary School Calendar Competition 2023

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

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

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

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



## This year's theme...Lifting Limits!

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

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

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

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

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



Flora Sandes



Greta Thunberg



Ignatius Sancho



Septimius Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



Marcus Rashford



Frida Kahlo



Beryl Burton



# 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
Additional Days Holiday for the Queen's Platinum Jubilee	Monday 13 <sup>th</sup> June 2022 – school closed
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.

# Request for help with some research from university of Warwick



Dear Invitee,

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

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

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

[https://warwickpsych.qualtrics.com/jfe/form/SV\\_8fiu3nKLRzsSFNA](https://warwickpsych.qualtrics.com/jfe/form/SV_8fiu3nKLRzsSFNA)

Kind regards,

Yuval Ben-Arzi

Third year psychology student at the University of Warwick



CCA

THE DOME YOUTH CLUB

## FREE SPORTS SESSIONS IN THE DOME

Sign up now by emailing [frances@qcca.org.uk](mailto:frances@qcca.org.uk)



**WHEN: JAN - FEB 2022**

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



## JUNIOR SPORTS TIMETABLE 2022

### TUES

Girls Only (10-15's)

6:30pm - 8pm

The Dome

### WED

Basketball (9-13's)

5pm - 6pm

The Dome

### THU

Cricket (8-12 yrs)

5pm - 6.30pm

The Dome

Football (8-12 yrs)

6:30 pm - 7.30pm

The Dome

## WANT TO TRY SOME NEW SPORTS?

### JOIN US AT THE DOME!

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

Registered Charity No:  
1096655

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

**@THEDOMEYOUTH**

OR VISIT OUR WEBSITE: [WWW.QCCA.ORG.UK](http://WWW.QCCA.ORG.UK)



## Free 24/7 urgent mental health support for young people

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

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

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



**URGENT MENTAL HEALTH SUPPORT 24/7**

**Worried about your mental health?**

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

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

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



## Online learning resources and homework

- Mathletics: [login.mathletics.com](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.





Dear Parents/ Guardians,

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

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

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

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

Best wishes,

Tash

St Pancras Girlguiding Leader

FREE

ThriveLDN towards happier, healthier lives

CCA

# WOMEN'S ONLY ZUMBA

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

Registered Charity No: 1096655

Registered CLG: 04393769

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

Email: [sarah@qcca.org.uk](mailto:sarah@qcca.org.uk)

Tel: 0207 267 6635

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

## Daunt Books

### Children's Short Story Competition

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

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

# Weekly Wellbeing Update

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

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

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

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

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

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

## Parent Workshops

We're keen to provide parent workshops where we can, to work together in order to best support your child's mental health and wellbeing. In the past we've hosted workshops on areas such as self-esteem and resilience and we'd really like to target the areas that most interest you. Please contact Miss Wall through the admin address ([admin@fleet.camden.sch.uk](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 18 – Journaling (part 2)

Last week, you may have started or continued to write down and think about the things in your life that you are grateful for. Daily gratitudes are effective in changing our perspective because they help our brain scan the world for positives, rather than negatives. Taking this one step further with journaling enables us to reflect on our experiences and plan for future goals.

If you don't do this already, here are some tips to help you get started:

- Aim to write in your journal at the same time each day, and link this in with something you already do at that time, such as after dinner, or on the bus/train on your way home
- Use a notebook, or buy a journal or diary so that you have one place where you can make all your entries
- There are no rules to what you should or shouldn't write – you can simply write your thoughts as they come into your mind
- Avoid setting a specific time limit but instead aim to write at least three sentences each day.

If you're stuck for writing topics, here are a few you might like to try:

- What has been worrying me lately?
- What I love most about myself?
- What distracts me throughout the day?
- What are my goals this week?
- What matters to me the most?

If you'd like to find out more ways to practice gratitude, have a read of this article: <https://parade.com/1223325/kaitlin-vogel/attitude-of-gratitude/>

Dear parent/carer,

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

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

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

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

### **Webinars for Parents/Carers of Primary aged children:**

- Parent-child interactions
- Managing child worries

### **Webinars for Parents/Carers of Secondary aged Young People:**

- Supporting your Anxious Young Person
- Understanding Adolescent Development

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

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

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

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

The scheduled topics, dates and times are:

Webinar topic	Intended Parent Audience	Date	Time
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 <sup>th</sup> February	12.00 to 13:00 Q and A 13:00 to 13.30
Screen Time	Primary & Secondary	Thursday 3 <sup>rd</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 <sup>th</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30

### **Advertising the webinars**

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

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

With many thanks,

*Alessia Potere (Counselling Psychologist- MHST)*

# From National Online Safety

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

## What Parents & Carers Need to Know about **HORROR GAMES**

Horror video games come in a such a variety that the genre can hard to define. The overlapping element is that these games are designed to scare or unsettle the player through gameplay, atmosphere, story, music, setting and 'jump scares'. The most common sub-genres are survival horror, action horror, psychological horror, jump-scare horror and reverse horror. These games originate from a range of developers, including smaller indie studios which release download-only titles (that is, they aren't physically sold in shops) and therefore aren't subject to age ratings.

### WHAT ARE THE RISKS?

#### ADULT THEMES

Horror games are typically made with adults in mind, which means by definition that they often feature adult themes. Outlast, for instance, is a popular horror game series including material such as nudity and extreme sadistic violence. Other games, like Five Night's at Freddy's and its sequels, have a back-story that doesn't actually appear on screen but still hints at explicit adult themes.

#### VIOLENT CONTENT

Not all horror games contain graphic violence (titles like Five Night's at Freddy's and Phasmophobia prefer a spookier, suspenseful aesthetic) but many do portray extreme brutality very realistically. Until Dawn and the hugely popular Resident Evil and Outlast franchises, for instance, feature incredibly graphic violence. The safest course of action is to thoroughly research a game in advance.

#### ONLINE INTERACTION

Some horror games are played cooperatively with others online. Phasmophobia is one of the most popular titles in this category, and while it doesn't feature an excessive amount of gore, it does place a strong emphasis on online interaction – often with strangers. Dead by Daylight is another game in which frequent and prolonged online communication with other players is an advantage.

#### PSYCHOLOGICAL HORROR

Rather than simply lading on the blood and gore, psychological horror games try to scare the player through subtler mental and emotional means. For this reason, this type of game (notable examples include Alien: Isolation, The Medium and the Amnesia series) can have a longer-lasting effect on players; some occasionally 'break the fourth wall' – interacting directly with the player as if they were real.

#### LONG-TERM FEAR FACTOR

Horror games are designed to be scary; most players accept this fact in advance. They can, however, include content which leaves an unwanted lasting impression. By focusing on our fears and concerns to elicit an emotional reaction, horror games can be triggering in unexpected ways for some players. It's difficult to predict when – and how – a game might have long-term effects on an individual's mental wellbeing.

## Advice for Parents & Carers

#### BEWARE OF JUMP SCARES

Jump scares in video games are often no worse than they are in movies. If a young person doesn't cope well with being suddenly startled by something in a film or on TV, they probably won't be able to handle horror games featuring jump scares. Some games (such as Five Night's at Freddy's) are built entirely around this technique and aren't suitable for younger children or those who are easily frightened.

#### RESEARCH THE GAME

It's best to look into a horror game thoroughly if your child expresses an interest in playing it. Many indie horror titles are download only and therefore aren't required to come with an age rating – so you'll need to do some background reading and judge the game's content for yourself. Check out the game's web pages, read any wikis about it (including fan ones) and watch videos of the gameplay.

#### ENCOURAGE BREAKS

It's easy to lose track of time when gaming, and horror games are no exception. A short break every hour or so is important to rest the eyes and relieve the posture – especially if traumatic situations in the game have built up tension and stress. For horror gamers, breaks also give the added benefit of feeling more relaxed afterwards, which can mean a scarier gaming session when they resume!

#### IF IN DOUBT, SWAP IT OUT

If your child finds a horror game to play, but after doing some research you decide it doesn't look like the right one for them, swap it out! There are a lot of horror titles to choose from, and some will be more appropriate than others. Work together with your child to find a suitable game for them. Remember, horror games don't have to be gore-spattered and graphic to be enjoyably scary!

#### STAY RECEPTIVE

Maintaining good communication with your child is vital for safe gaming. If they see something in a horror game that disturbs them in ways they didn't expect, then they should feel comfortable opening up to you about it. Try not to simply laugh it off or make light of it, and always make time to listen. It's a useful reminder that they can talk to you about any type of problem they have in the future.

### Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



**NOS**  
**National Online Safety®**  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.01.2022

# FREE FOOTBALL FOR GIRLS

**Venue: Tufnell Park Primary,  
31 Carleton Road, London N7 0HJ**

**EVERY WEDNESDAY** (excluding half terms)

Ages: School years 5 & 6

Start date: Wednesday 6th October,  
5-6.30pm

**EVERY SATURDAY MORNING**

Ages: School years 3 & 4 – 9-10.15am

followed by years 5 & 6 – 10.30am-12pm

Start date: Saturday 9th October

**All sessions are FREE of charge.**

Training takes place outside on Astroturf.

**All participants must wear shin pads.**

Register via [www.playthearsenalway.com](http://www.playthearsenalway.com)

For more information please contact  
[jwarnock@arsenal.co.uk](mailto:jwarnock@arsenal.co.uk)



**Arsenal**  
COMMUNITY

# Alyssia Fleur

School Of Dance

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

Promoting a positive learning  
environment through praise  
based teaching.

To register your interest please email: [a.f.schoolofdance@gmail.com](mailto:a.f.schoolofdance@gmail.com)  
or call: 07565 365622

[alyssiafleurschoolofdance.co.uk](http://alyssiafleurschoolofdance.co.uk)

St John's Wood

Marylebone



Due to popular demand we  
have decided to re-start our  
mini ballers session!

Venue: Royal free  
Recreation club  
Fleet road, nw3 2qg

Day: Tuesdays

Time: 4-5pm

Fee: first session is FREE  
then £20 monthly fee.

For more information or to  
book your space please  
Del - 07932431748

Sessions have already  
started!



Date: 17/11/21

Dear Parent/Guardian,

Our popular gymnastics classes are back up and running.

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

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

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

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

#### 12 classes

Price: £160.00 for the course

Drop in/Trial per session: £16.00

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

THANK YOU

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

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David Goy, Judy Hargaden,  
Alan Kozminski, Nicki Landon,  
John McQuillan, Tim Mitchell,  
Jo Weir.



PATRONS: Helen McCrory OBE and Damian Lewis

SPONSOR: OLYMPUS UK

## SPRING TERM SCHEDULES 2022 at HvH ARTS

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

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

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

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

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

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

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

## QUEENS CRESCENT STREET ART PROJECT WITH SAM SURE

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

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

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

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

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

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

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

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

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

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

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

**Location:** HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
**DATES:** SATURDAY 5<sup>th</sup> and 12<sup>th</sup> MARCH  
**Time:** 12 to 4pm  
**Ages:** 8yrs to 14yrs

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

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

**Location:** HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
**Time:** 4pm to 6pm  
**Dates:** TUES 11<sup>th</sup>/18<sup>th</sup>/25<sup>th</sup> JAN and 1<sup>st</sup>/8<sup>th</sup>/15<sup>th</sup>/22<sup>nd</sup> FEB and 1<sup>st</sup>/8<sup>th</sup>/15<sup>th</sup>/22<sup>nd</sup>/29<sup>th</sup> MAR  
*(Open to our fashion and art scholars at HvH ARTS)*

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

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

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

*To register your interest for these workshops please email [courses@hvhartarts.org](mailto:courses@hvhartarts.org) (free enrolment).*

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

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

**Location:** HvH ARTS GALLERY 44 Ashdown Crescent, NWS 4QE  
**Time:** 12pm to 4pm  
**Date:** SUNDAY 16<sup>th</sup> JANUARY  
**Ages:** 8yrs to 18yrs

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

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

**Location:** HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
**Time:** 12pm to 3pm  
**Date:** SATURDAY 22<sup>nd</sup> JANUARY  
**Ages:** 5yrs to 11yrs

## FASHION/COLLAJE: Design workshop with prolific fashion designer Melanie Press

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

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

*Register your interest by email: [courses@hvhartarts.org](mailto:courses@hvhartarts.org)*

## HALF TERM WEEK of 14<sup>th</sup> February to 18<sup>th</sup> February 2022

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

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

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

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

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

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

**Email:** [courses@hvhartarts.org](mailto:courses@hvhartarts.org)

[www.hvharts.org](http://www.hvharts.org)

**Registered Charity No: 1149607**



# Half Term HOCKEY Camp



**Hockey  
sticks  
provided**



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



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

**Basic Concepts  
Game Intelligence  
Advanced Skills**



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

**WELCOME TO CAMJAM!**  
The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

- Music making sessions for children up to Year 5
- Instrumental lessons
- Bands, orchestras and choirs
- Music technology
- Adult choir
- Music groups for babies and very young children



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



**camdenmusic**

camdenmusic@camden.gov.uk

020 7974 7239

## Do you want to learn computer skills?

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

### Drop-in Digital Skills Workshops

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

### Fun with Photos

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

### MS Excel & Money Management for Beginners

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

### MS Word for Beginners

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



### Easy Introduction to Coding with Scratch

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

**Enrol here:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

We have lots of other courses and drop-in workshops to help you improve your digital skills. You can even get an Essential Digital Skills Qualification!

**Email:** [adultlearning@camden.gov.uk](mailto:adultlearning@camden.gov.uk)

**Enrol online:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

**Phone:** 020 7974 2148

✉ [adultlearning@camden.gov.uk](mailto:adultlearning@camden.gov.uk) ☎ 020 7974 2148 🌐 [camden.gov.uk/adultlearning](http://camden.gov.uk/adultlearning)



# Talacre Holiday Multi Sports Scheme 2021/22

May to February



**Ages  
8-12**

**9:30am  
- 3:30pm**

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

\*Special courses week, no regular Holiday scheme.

Camden Active Sports

Camden

## Information, Prices and How to Book

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

### Ages 8-12, 9:30am – 3:30pm

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

Camden Active Sports

Camden

# Talacre Holiday Mini Camps 2021/22

May to February



**Mini Camp 1  
9am – 10:30am**

**Mini Camp 2  
11am – 12:30pm**

**Ages  
4-7**

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

Camden Active Sports

Camden

## Information, Prices and How to Book

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

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

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

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

Camden Active Sports

Camden



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

# FEBRUARY HALF-TERM HOLIDAY CAMP

Mon 14 to Fri 18 February 2022 (5 Days)



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

**Book Online:**  
[mnature.co.uk](http://mnature.co.uk)

**Or Call:**  
**020 8863 8832**



Early Bird  
and  
Multi-Book  
DISCOUNT!

★★★★★  
"BEST CAMP EVER"

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

**Ofsted**  
Registered

Childcare Vouchers  
Accepted

COVID-Safe  
Industry Certified



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

## FEBRUARY HALF-TERM 2022 Information

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

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

## Science Whizz! - New for 2022

### Day 1> Science Mix!

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

### Day 2> Science Fun!

Crystal Letters!  
Static Shock!  
Dino Discovery!

### Day 3> Science Blast!

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

### Day 4> Science Slam!

In a Spin!  
Hummingbird Spinner!  
Chromatography Bouquets!

### Day 5> Science Wham!

Rain, Rain Go Away!  
MR FABI!  
Flying Fish

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

Early  
Booking  
Discount  
Available!

## VENUES Serving

### NW London

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

### SW London

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

See online for  
full list...

Book online at:  
[www.mnature.co.uk](http://www.mnature.co.uk)

Or call us today:  
**020 8863 8832**

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



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



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

# Family Kitchen at Home

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

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

0207 974 6736

healthandwellbeingteam@camden.gov.uk



Learn new  
and easy  
healthy  
recipes



Share and make  
nutritious and delicious  
meals as a family



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

Build  
confidence  
around  
handling  
knives safely



Please book your place on the programme by contacting the  
Health and Wellbeing Team on [healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)  
0207 974 6736.



# Free virtual sessions for the whole family

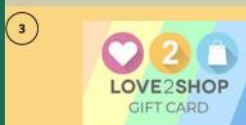
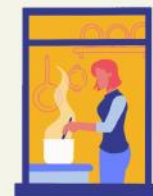


Fun, free and easy ways to keep  
primary school pupils healthy,  
happy and interested in cooking.

For  
children  
5-11  
years



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



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

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



Contact:

[healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk)  
or call  
020 79746736

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



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

**families for life**

**change  
4life**



# KIDS Early Years

## Specialised Stay & Play sessions

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

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

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

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

If you would like more information,  
please contact:

[Karen.rodriques-ayers@kids.org.uk](mailto:Karen.rodriques-ayers@kids.org.uk)

### SUPERSTARS SESSION

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

Sessions are term time only

### AMAZING TOTS Session for under 2's

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

Sessions are term time only

Keep up to date with us:

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

Registered charity number: 275936



**NORTH LONDON PARTNERS**  
in health and care



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



**an asthma  
management  
plan**



**the correct  
inhaler  
technique**



**an annual  
asthma  
review**

### What **you** can do:

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



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

Thanks to Healthy London Partnership for the poster idea

# Change your words Change your *Mindset*

I give up.

I can't do math/science/social studies/reading.

I am awesome at this!

I can't make this any better.

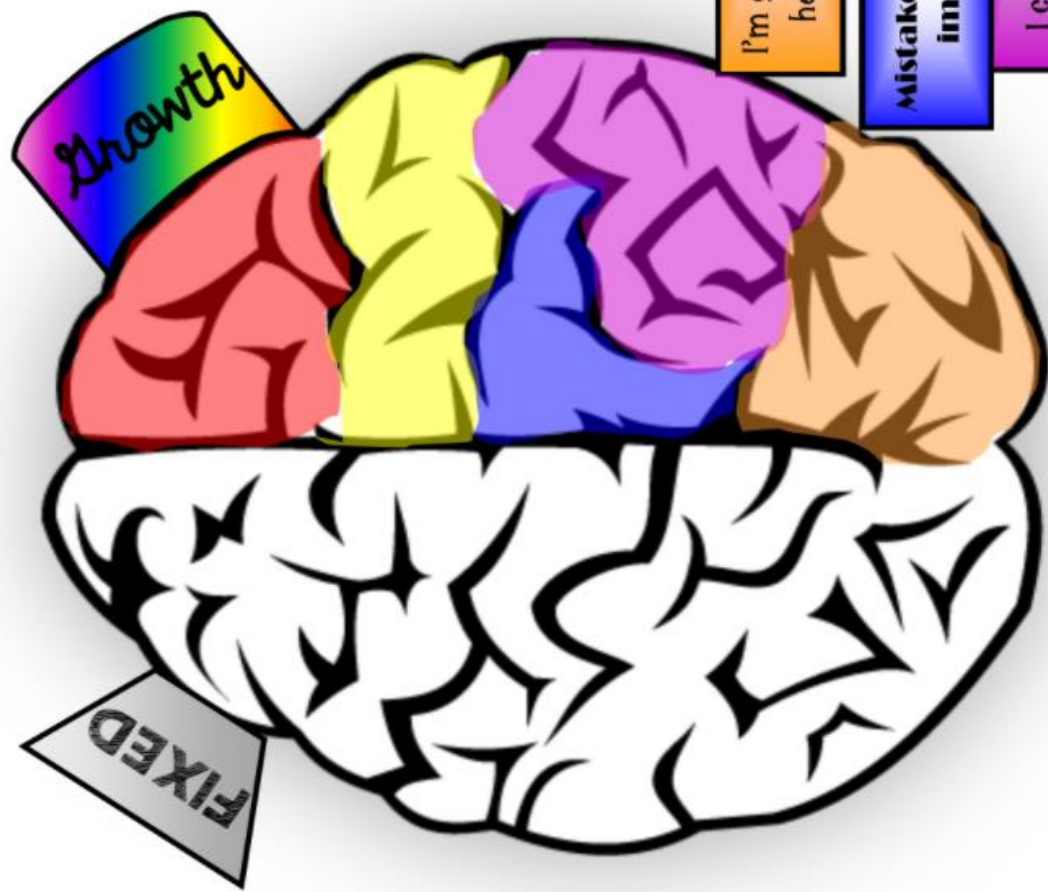
I made a mistake!

I'm never gonna be as good as him/her.

This is too hard.

I'm not good at this.

It's good enough.



I am going to train my brain in math/science/social studies/reading!!

Is this really my best work?

This may take some time and effort.

What am I missing?

I'll use some of the strategies I've learned.

I'm going to figure out what he/she does and try it!

Mistakes help me improve.

I'm on the right track!

I can always improve; I'll keep trying!

## Gender equality: guide for families

### What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



### Why are they bad for everyone?

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

#### Study and work:

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



#### Health and mental health:

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

'You cry like a girl'

### FAQs

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

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



[www.liftinglimits.org.uk](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)

## 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 installment by half term.

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

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

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

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

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

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



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

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

### Getting started is easy!

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

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



020 7974 7239

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

### Camden Music Service

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

[camdenmusic@camden.gov.uk](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.

# 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.



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



[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)



## HELP STOP THE SPREAD OF COVID-19

### GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

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

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



☎ 020 7974 4444 (option 9)  
🌐 [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest)

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



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

Wear a face covering, unless exempt



[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)



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

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

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

# COVID-19: Update from Camden Council

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

- Visit [camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)
- Check the news pages at [news.camden.gov.uk](https://news.camden.gov.uk)
- Follow Twitter @CamdenCouncil, Facebook [facebook.com/LBCamden](https://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 enewsletter at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)

## New 5-day self-isolation rule

If you've been self-isolating after a positive COVID-19 test and don't have any symptoms, you can now choose to stop self-isolating after 5 full days – as long as you receive two negative rapid tests on days 5 and 6.

If you test positive, please stay at home and continue to self-isolate until you receive negative tests on two consecutive days, or until the end of day 10.

For the latest updates to COVID-19 guidance, visit [gov.uk/coronavirus](https://gov.uk/coronavirus)



## Where to get your COVID-19 vaccine

It's not too late to get your first, second or booster dose. Everyone aged 12+ is eligible to get vaccinated, with boosters now also available to 16 and 17-year-olds 3 months after a second dose. Book an appointment online or visit a vaccination clinic for a walk-in appointment:

- **Aqua Pharmacy**, 59 Mill Lane, NW6 1NB – Monday to Friday 10am to 7.30pm, Saturday 9am to 7pm, Sunday 10am to 4pm
- **Bidborough House**, 38-50 Bidborough St, WC1H 9BT – Monday to Sunday 9am to 6pm
- **Bloomsbury Surgery**, 1 Handel Street, WC1N 1PD – Thursday to Sunday 10am to 6pm
- **Essential Pharmacy**, 168 Drury Lane, WC2E 8QA – Monday to Friday 9.30am to 5.30pm
- **JP Pharmacy**, 139 Camden High Street, NW1 7JR – Monday to Saturday 8am to 6.30pm, Sunday 10am to 5.30pm
- **Sandylight Pharmacy**, 131 Queens Crescent, NW5 4EG – Monday to Saturday 9am to 5pm



To find out more, visit [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)

If you or your child is aged 12 to 17 and ready to get their COVID-19 vaccination, the NHS is hosting free clinics 4.30 to 6pm:

- **Friday 21 January** at the Roy Shaw Centre, 3-5 Cressy Road NW3 2ND
- **Thursday 27 January** at the Peckwater Health Centre, 6 Peckwater Street NW5 2UP



With the latest news that restrictions are beginning to be removed by the Government, please remember that COVID-19 hasn't gone away. It's important we all continue to look after each other and take steps to keep ourselves and others safe.

While it's been reported that cases of Omicron in London have peaked, cases still remain high. Continuing to take regular rapid tests, wearing a face covering in indoor and busy outdoor public spaces, and getting your vaccine and booster doses as soon as possible, are some of the best ways to keep safe. So far in Camden, over 437,000 vaccinations have been given, including over 106,000 boosters. If you haven't had your vaccine or booster yet, there are lots of locations available across Camden, including local pharmacies, vaccine clinics and health centres – see below.

Finally, we know winter is a hard time for many – below you can find a range of support and help available to you from the Council and our partners. Please get in touch if you or anyone you know is struggling.

**Councillor Georgia Gould, Leader of Camden Council**

## The COVID-19 vaccine is recommended for pregnant women



If you're pregnant, getting both doses of the vaccine and a booster offers the best protection against COVID-19 for you and your baby. The Pfizer or Moderna vaccines are both recommended for those who are pregnant. However, if you had AstraZeneca for your first dose you should get it again for your second dose. If you have questions, speak to your midwife or a health professional at a vaccination clinic. There is more information about the vaccine, pregnancy and fertility at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

## Help and support available this winter

### Money worries

- If you're struggling with debt or your finances, find out how to access a range of benefits, grants and discounts at [camden.gov.uk/finances](https://camden.gov.uk/finances) or call Camden Council on 020 7974 4444 (option 9)
- If you need support making a Universal Credit claim, call Citizens Advice Camden on 0808 278 7835

### Staying warm

- If you're 66 or over, you may be eligible for a Winter Fuel Payment worth up to £300. To find out more, call Age UK Camden on 020 7239 0400
- If you're on a low income and receive benefits, you may be eligible for a £140 discount on your electricity bill under the Warm Home Discount Scheme. Find out more about this and other available support with your energy bills at [camden.gov.uk/staywarm](https://camden.gov.uk/staywarm)
- For general advice on how to stay warm and well this winter, visit [nhs.uk/keep-warm-keep-well](https://nhs.uk/keep-warm-keep-well)

### Mental health

- If you're struggling with your mental health, speak to your GP, visit [icope.nhs.uk](https://icope.nhs.uk) or call iCope on 020 3317 6670
- Young people can also visit [kooth.com](https://kooth.com) or [camdenrise.co.uk/emotional-wellbeing](https://camdenrise.co.uk/emotional-wellbeing)
- For more information, visit [camden.gov.uk/mental-health](https://camden.gov.uk/mental-health)

To access help and advice on other issues, visit [camden.gov.uk/winter-booklet](https://camden.gov.uk/winter-booklet) or call Camden Council on 020 7974 4444 (option 9).