

## Message from the head:

This week we had a visit from the latest cohort of student teachers doing their training here in Camden. They had come to see writing being taught and visited each of our classes and then had a session with Ms. Hanfling and Ms. Wall who went through the planning process for teaching a writing unit. It was a really successful morning with fantastic feedback from the students and their tutors. It was brilliant to see and hear how well the children and the teaching of writing was received. Growing expertise in new teachers through our partnership with the Camden teaching programme is fundamental to raising standards of teaching not just here at Fleet (6 of our teachers have come through School's Direct programmes) but across the borough and I'm pleased we can play our part—it's also great to be able to show off our fantastic children and their work!

The winter shows and the fair are fast approaching—this week rehearsing songs, dances and acting has increased and excitement is growing! With the dip in temperature its certainly feeling a little bit more like Christmas is approaching. I'd like to say a huge thankyou to the parents who have been braving the cold to sell raffle tickets each day this week and are rallying round getting everything

ready for the fair on the 4th. They are doing an amazing job—we are indebted to them. We're still on the hunt for some Santas so if you can spare some time on the day and are up for it please do let the PA know.

This week many of the children have been bringing in the competition entries for the 'future housing' art competition. There is still time to enter if your child hasn't finished theirs yet. See page 4 for more details.

Thankyou to all the parents and carers who met with their child's class teachers this week—either in person or over the phone/zoom. These meetings are crucial so we all know exactly where the children are at and how we can all work together to ensure the best possible outcomes for the children. If you did not manage to make your meeting—and thankyou to those who let us know beforehand that something unavoidable was preventing you—please arrange via the office to speak with the teacher. With the current Covid restrictions in place it is tricky for us to have the sort of teacher-parent interactions we were used to pre-Covid and so these meetings are even more important than ever.

Have a lovely weekend and we will see you next week.



The infants practicing their songs—they are sounding fantastic!

## Annual Parent Survey

At this week's parent meeting teachers should have mentioned the annual parent survey—giving you the link information to do at home or an iPad to do after the meeting. Thanks to those who have already done it. We have also sent out the link via parent hub for your child's class. If you haven't already, please take a few minutes to give us your thoughts. Thank you in advance.

## Christmas Lunch—10th December

Don't forget to let the office know if your child usually has a packed lunch and would like to have Christmas Lunch instead on the 10th. Lunch will cost £2.24, or is free to those in receipt of Free School Meals. If your child usually has a school dinner, you do not need to email.

### Christmas Menu...

**Main course:** Roast Turkey or Feta, Spinach & Cranberry Puff Pastry Roll

**Trimmings:** Roast Potatoes, Honey Roasted Carrots, Brussel Sprouts, Stuffing & Gravy, Chicken or Veg Sausages

**Dessert:** Chocolate, Orange and Cranberry Brownie with Vanilla Ice Cream

## Dates for your diary

Below are some provisional dates of planned events for the coming half term. Covid transmission rates remain very high in Camden and Nationally and also in some cases we may not be able to make final decisions until closer to the time but wanted to be able to give you the dates as best we can in the hope they go ahead as near to normally as possible.

Thank you

- 3rd December—Infant Show—10am show for Y2 parents
- 4th December—Winter Fair
- 9th December—Junior Show—evening show to Y6 parents
- 10th December—Christmas Lunch
- 15th December—Infant Christmas Parties
- 16th December—Junior Christmas Parties & Talent Show
- 17th December—Last day of term—finish at 2pm

## Winter Holiday Scheme at Fleet

We are hoping to welcome back 'Fuzion Academy' to run a holiday scheme here at Fleet for the first 4 days of the winter break. The scheme they ran in the summer was very well received. It is hoped that they will be offering 4 hours (10am–2pm) here in school including a hot lunch from the 20th–23rd December once school has broken up. They are currently finalising details and we hope to bring you more info next week along with how to sign up for places.

## Punctuality Award

The Punctuality award goes to Reception with 3 lates. This was not a good week for many classes with 3 in double figures. Thank you to those of you who arrive on time everyday. Please ensure that children are **in class by 9am**—not arriving at 9am or after.

## Attendance Award

Our Attendance Award this week goes to Year 6 with 100% - brilliant! Year 2 really close with over 99% - a great week with all bar one class above the 96% target. Overall for the year we are up to at 95.9%—so close to the 96% target—we can do it!

## Lunch Menu—8th-11th November

### Monday

*Meat Free Monday*  
Roasted Veg or Cheese  
and Tomato Pizza  
Peas & Sweetcorn  
Fruit & yoghurt

### Tuesday

Meat/Halal: Meatballs  
Vegetarian: Mixed Bean  
Casoulet  
Spaghetti  
Green Beans & Carrots  
Pear Crumble & Custard

### Available Daily

Jacket Potato & Bread

### Wednesday

Meat/Halal: Chicken  
Drumsticks  
Vegetarian: Mixed Veg &  
Chickpea Loaf  
Roast Potatoes  
Sweetcorn & Carrots  
Fruit & Yoghurt

### Thursday

Meat/Halal: Chicken tikka  
Masala  
Vegetarian: Roasted Cauli-  
flower & Chickpea Curry  
50/50 rice  
Green Cabbage & Roast  
Butternut Squash  
Peach Upside Down Cake

### Friday

Meat/Halal:  
Fish in batter  
Vegetarian: Potato &  
Spinach Tart  
Chips or Cous Cous  
Baked Beans & Peas  
Jelly, Yoghurt & Fruit

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



# We Need **YOU**

We want to make sure Santa can come to his grotto at the Winter Fair and give gifts to the children but need some volunteers to take on the mantle (beard and outfit provided!). The more volunteers the less time each person needs to do and can enjoy the rest of the fair. Please help us and consider volunteering—no experience necessary! Contact Kelly (mum of Mason and Jake) via the office if you can help.





With people starting to do Christmas and holiday shopping please consider installing/using easyfundraising as a way to donate money to the Parents Association without it costing you any extra!

# Raise FREE donations for

## FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Download the easyfundraising App



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

# Competition Time!

This week's homework for the children includes producing a piece of art showing what they think future housing should look like. They have the chance to see their idea/picture up on public display in Camden for all to see! Please encourage the children to take part and complete this homework task.

## “Future Housing”

- What will it be?
- What do you want it to be?



*A winner and selection of runners up will be chosen from the school.*

*The artwork will then be publicly displayed on a section of the hoarding at the Bacton 2 Regeneration site at Wellesley Road NW5!*

*Can't wait to see the amazing Fleet artists' ideas!*





# 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—AJ

You have settled in really well to Reception and it is lovely to see all the progress you have already made. We are really enjoying having you as part of our class. Well done!

## Year 1—Tommy

For all the effort he is putting into his Science learning and into following instructions and finding his voice. We are really proud of how well you are doing, Tommy - keep going!



## Year 2—Rocco

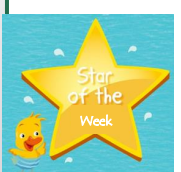
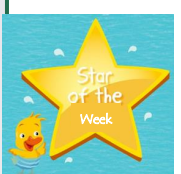
For your dedication to our Christmas show. You are working hard in every rehearsal to make our show amazing. You put fantastic effort into singing, dancing and saying your lines. I know everyone is really going to enjoy the performance next week!

## Year 3—Saimah

For your amazing attitude at Talacre! You have such a positive outlook and it really showed this week. You displayed excellent growth mindset. Well done; we're so proud of you!

## Year 4—Arin

For your creativity, resilience and helpfulness towards others during our DT sessions this week. Not only did you produce a fabulous cup using Modroc but you left your own work to help others who were struggling. Well done!



## Year 5—Esema

For her hard work and enthusiasm towards her learning this week. Esema has shared some wonderful ideas during our English debate planning and I have noticed her really trying her best in her written work. Well done Esema!

## Year 6—Francesca

For a brilliant start to our rehearsals. You have already learned all your lines meaning you can take on board all feedback well. You are bringing a super energy to the stage! Keep up the excellent work!

# Fleet Facts!

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

**Year 3:** Okpe, Jarod, Arafat, Samuel, Jake Sidoli, Mia

**Year 4:** Yonis, Sufiyan, Saheim, Tara, Tabby , Ranya, Mia, Evangeline, Alfie W, Rayan K, Conor , Rayn C , Hunter, Abid

**Year 5:** Khloe, Rayane, Lizzie, Asma



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

## Times Tables Rock Stars of the Week!

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

**Year 3:** Okpe—6,826 coins

**Year 4:** Alea—4,180 coins!

**Year 5:** Tawfiq—18,717 coins - 3rd week running—superstar!

**Year 6:** Tamanna—970 coins





## ***The Metropolitan Police***

### ***Christmas Tree Appeal 2021***

This year is the 10<sup>th</sup> anniversary of the Metropolitan Police Christmas Tree Appeal.

We have nearly 17,000 children (aged from birth to 17 years old) to provide a gift for. These children come from many different back grounds and many are living in poverty.

In the last 10 years we have provided with the generosity of Londoners over 116,000 presents to children living in care, living in refuges or who are child carers.

Please donate a gift this year to a child who may otherwise not receive a gift

<https://givergy.uk/christmastreeappeal2021/?controller=home>

*Help a child have a better Christmas*



## DO YOU KNOW AN ECO CHAMPION?

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



### MINI WARRIORS

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



### JUNIOR HEROES

Win a free Youtube  
tutorial to develop your  
channel plus more



### LOCAL LEADERS

Win four free tickets to  
the Jazz Cafe plus  
more

**FIND ALL INFORMATION AND THE APPLICATION FORM ON OUR WEBSITE:**  
**[www.camdencleanair.org/community/camden-eco-champion-awards/](http://www.camdencleanair.org/community/camden-eco-champion-awards/)**



THIS POSTER IS FULLY RECYCLABLE 



## Family Participants Wanted

# How YouTube Collects and Processes Children's Data

Interested? Please contact [oxfordccai@cs.ox.ac.uk](mailto:oxfordccai@cs.ox.ac.uk) for more information



Are you a parents of a 7-13 year old, who loves watching YouTube videos?

Are you interested to find out how YouTube uses your children's data as they watch videos on YouTube?

**WHO?** We are looking for children living in the UK, between 7 and 13, who spend at least 2 hours per week on YouTube

**WHERE?** The participants will have the option to take the study either in-person or online.

**HOW LONG?** ~40 mins



**WHAT WILL MY CHILDREN LEARN?** Your children will learn about how their data is collected and processed on YouTube

**WILL I GET PAID?** A small gift voucher will be provided as a thank-you gift



# CHRISTMAS HOLIDAY CAMPS



## ACLAND BURGHLEY

EXPERT COACHING | OPEN TO ALL ABILITIES | AFFORDABLE

## ACLAND BURGHLEY

### DATE & TIME

MONDAY 20<sup>TH</sup> - THURSDAY 23<sup>RD</sup> DECEMBER 2021  
DROP OFF - 10AM  
PICK UP - 2PM

### COST

AS A CHARITY WE PROVIDE FINANCIAL ASSISTANCE TO THOSE ELIGIBLE FOR FREE SCHOOL MEALS.

FULL PRICE - £40  
PARTIAL BURSARY - £20  
FULL BURSARY - £8  
FREE SCHOOL MEAL CHILDREN - FREE

### VENUE

93 BURGHLEY RD, LONDON NW5 1UJ

### AGES

7 - 14 YEAR OLDS

### CONTACT

BEN GELBART - 07724 608 600  
INFO@BLOOMSBURYFOOTBALL.COM

**SCAN  
NOW**



## MARKET ROAD

### DATE & TIME

WEEK 1: MONDAY 13<sup>TH</sup> - FRIDAY 17<sup>TH</sup> DECEMBER 2021  
WEEK 2: MONDAY 20<sup>TH</sup> - THURSDAY 23<sup>RD</sup> DECEMBER 2021  
DROP OFF - 10AM  
PICK UP - 3PM

### COST

AS A CHARITY WE PROVIDE FINANCIAL ASSISTANCE TO THOSE ELIGIBLE FOR FREE SCHOOL MEALS.

FULL PRICE - £40  
PARTIAL BURSARY - £20  
FULL BURSARY - £8  
FREE SCHOOL MEAL CHILDREN - FREE

### VENUE

MARKET ROAD PITCHES, LONDON, N7 9PL

### AGES

7 - 14 YEAR OLDS

### CONTACT

BEN GELBART - 07724 608 600  
INFO@BLOOMSBURYFOOTBALL.COM

**SCAN NOW**

WEEK 1



WEEK 2



# CHRISTMAS HOLIDAY CAMPS



## MARKET ROAD

EXPERT COACHING | OPEN TO ALL ABILITIES | AFFORDABLE





**Christingle Family Service,  
4:00pm, on Sunday 5th December  
at St John's Downshire Hill NW3 1NU**

**Come along and make your own Christingle  
and hear an advent message as we get  
ready for Christmas!**

All are welcome! This service is  
particularly suitable for younger children.

Please email David Rue ([davidr@sidh.org](mailto:davidr@sidh.org))  
if you are planning to come or have any questions.



**ST JOHN'S**  
DOWNSHIRE HILL



# WinterFEST

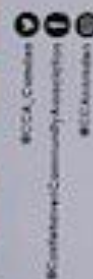
Friday 10th December 2021 • 3:30 - 7pm

Festive entertainment  
and FREE activities for all ages.

- Delicious Food & Drink
- Festive Stalls
- Special Performances
- Sports Challenges
- Santa's Grotto



Info@castlehaven.org.uk • 0207 485 3386  
23 Castlehaven Road, Camden Town, NW1 8RU



# Castlehaven WinterFEST 2021

Join us for a festive extravaganza at Castlehaven Community Centre on ~~Friday~~ 10th December 3:30 - 7 pm and online activities on the 6th - 9th December.

## Santa's Grotto

Santa will return to the grotto! Little ones will get the chance to meet Santa in his magic sleigh and receive a gift to take home (subject to availability).

Castlehaven Community Association is a vibrant community association in the heart of Camden offering fun & interactive activities to people of all ages, cultures & backgrounds. For more information about WinterFEST please visit [www.castlehaven.org.uk](http://www.castlehaven.org.uk) or call 0207 485 3386.

## How To Find Us:

Underground:  
Camden Town or  
Chalk Farm Stations  
(Northern Line)  
Trains:  
Camden Road Station  
Kentish Town West Station  
(London Overground)  
Bus:  
24, 27, 31 or 14824



Funded by the local authority, charitable trusts & donations

#WinterFEST

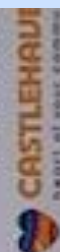
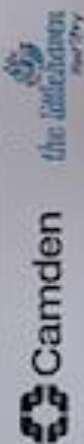


Photo: Jon White - Community Art Project



# Keats Community Library

Autumn 2021  Story Time



**Saturdays at 3pm**  
in the **GARDEN** or in the **Children's Library**

**Beginning Saturday 18 September**

*Children of all ages are welcome (as long as they can sit for stories)!*

**POETRY READINGS** on the first Saturday of each month with Moragh Gee!!  
**Beginning 2 October at 3 pm.**

## Keats Community Library

Join us for

### **Mandarin Language**

**Classes - FREE TRIAL** with Anqi La



This class is designed for students with no prior knowledge of Mandarin Chinese. In each session we will explore engaging and fun ways to learn basic Chinese characters, day-to-day vocabulary, common phrases, and Chinese culture. We will focus mainly on speaking and acting, and each class will be based on a theme, i.e. food, sports, animals.



**Saturday 20 Nov 2021**

**11:30 am-12:15 pm**

**In the Children's Library**

(for children ages 6+ and their families)

*Sign up is required to secure your spot.*

*Please let us know which date (or both!), ages and names.*

*Spaces are limited!*

Rsvp [kelchildrenslibrary@gmail.com](mailto:kelchildrenslibrary@gmail.com)

Keats Community Library is a registered charity (1146702) and a company limited by guarantee (07889559)  
We are at: The Library, Keats Grove, London NW3 2RR.

## Keats Community Library

Join us for the return of

### **Children's Chess**

**With Bryan Ellis**



**Saturdays during term time**

*(Beginning 25 September)*

**2-3 pm**

**(for children ages 5-11 years of age)**

*£10 per child/lesson*

*(£7/lesson if 4 lessons purchased in advance)*

*Payment made directly to the instructor.*

*Sign up is recommended to secure your spot.*

*Spaces are limited to 15!*

Rsvp to [bryan.t.ellis@me.com](mailto:bryan.t.ellis@me.com)

To be added to the chess mailing list please email  
[keatscommunitylibrary@gmail.com](mailto:keatscommunitylibrary@gmail.com)

Keats Community Library is a registered charity (1146702) and a company limited by guarantee (07889559)  
We are at: The Library, Keats Grove, London NW3 2RR.



# Fleet's Forest School Request

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





# Free virtual sessions for the whole family

2



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.



4



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.



or



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

# 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](mailto: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



# Community Vision for Gospel Oak and Haverstock Consultation

## GOSPEL OAK & HAVERSTOCK COMMUNITY VISION

Visit [bit.ly/gohvision](https://bit.ly/gohvision)  
to have your say on  
the draft planning  
framework!

### COMMUNITY VISION: PRINCIPLES FOR CHANGE



Delivering  
homes



Making the best  
use of land



Fostering a  
strong  
community



Inclusive  
economy



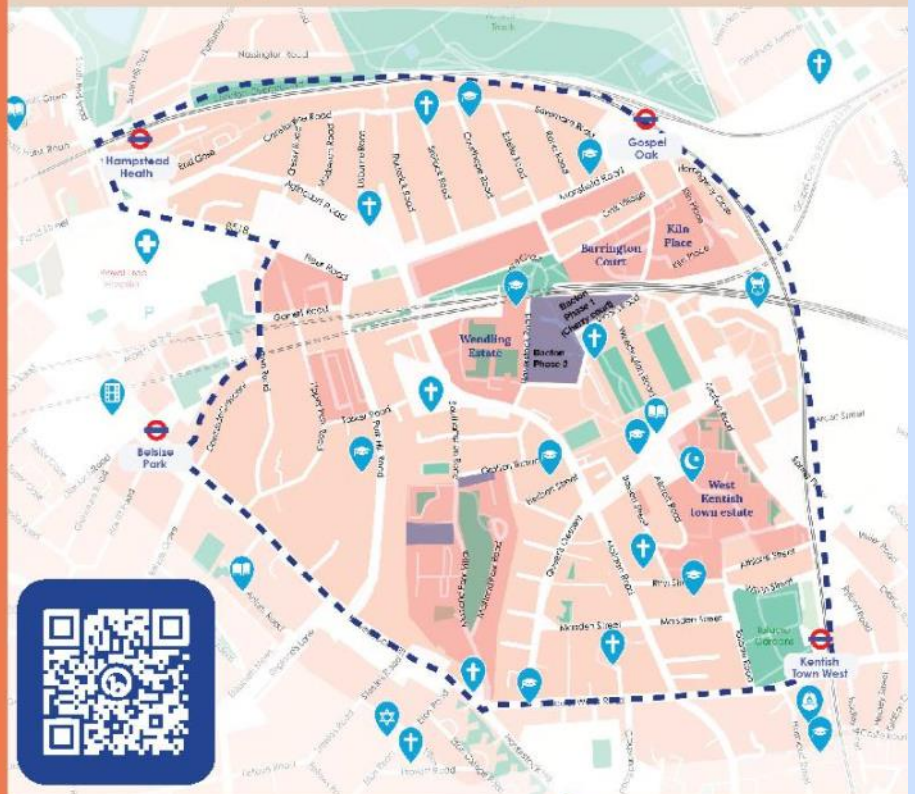
A healthy  
and safe  
neighbourhood



Sustainable  
neighbourhood



A planning framework to support  
neighbourhood's regeneration.



[bit.ly/gohvision](https://bit.ly/gohvision)



0203 735 7629

make:good

Camden

### Gospel Oak and Haverstock Community Vision

After listening to and learning from local people Camden Council has developed the first draft of the Community Vision for Gospel Oak and Haverstock - a planning framework to support the neighbourhood's regeneration. This will help to guide where and how money is invested in the neighbourhood to make it a better place to live, work and visit.

We know that local people know their area better than anyone else, which is why we want you to get involved and help shape the future by helping us to refine the draft Community Vision before a final version is formed.

### Where to have your say

The consultation is now live and will run until 17th December. Have your say by visiting [bit.ly/gohvision](https://bit.ly/gohvision). Copies will also be available to read and paper copies of questions can be taken away and dropped-off from the Queen's Crescent library. If you require translation services please give us a call.

#### Public Exhibition



25 November 2021



St Martin's church



3pm -6pm

This exhibition will also showcase the work of young people who took part in the Photovoice project this summer.

#### Library drop-in



1st December 2021



Queen's Crescent Library



6pm-9pm

Consultation is now  
live and will run  
until the 17th  
December.

Need assistance, have a question or want to  
join our mailing list to be kept informed?

Email us at:

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

or call us on 0203 735 7629



# 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](http://www.kids.org.uk)

 KIDScharity

 0207 359 3635

 KIDScharity

Registered charity number: 275936



Giving  
**disabled children**  
a brighter future

# HvH Art - Autumn Courses

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

## SCREENPRINTING/TEXTILES/T/shirts with artists in residence Iyha and Lola

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

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

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## CREATE YOUR OWN GLASS DESIGN CHRISTMAS CANDLE HOLDER

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

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

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

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## EXHIBITION of PHOTOGRAPHY RESEARCH in partnership with LSHTM.

25<sup>th</sup> NOVEMBER- 9<sup>th</sup> DECEMBER – open 12pm to 4pm

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

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

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

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

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

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

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

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

All ages welcome!

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

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

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

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## FASHION /COLLAGE Design workshop with prolific fashion designer Melanie Press

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

Dates to be confirmed – register your interest by email: [courses@hvharts.org](mailto:courses@hvharts.org)

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**TO ENROL PLEASE VISIT OUR WEBSITE: [www.hvharts.org](http://www.hvharts.org) Email: [courses@hvharts.org](mailto:courses@hvharts.org)**

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

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

Registered Charity No: 1149607





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 &amp; 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 5th & 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**Thursdays****4.00pm-4.55pm** for five to seven years old**5.00pm-5.55pm** for nine to eleven years old**THANK YOU**Jubilee Hall Trust Ltd.  
30 The Piazza, London WC2E 8BE  
Registered in England and Wales  
Registration no. 1310649

Registered as a charity, no. 273562

Trustees:  
David Alcock, Steve Cabrera,  
Jane Cochrane, Gareth Davies,  
David Guy, Judy Hargadon,  
Alec Kazantzis, Nicki Landau,  
John McQuillan, Tim Mitchell,  
Jo Weir.

Local Gymnastics Club at the Armoury is back up and running and looking for new children to take part in their classes. See the details above. The Armoury have always been great supporters local support of Fleet through donations to our fairs. Give them a call if you are interested in your child joining their club.



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.





## 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)





# CAMDEN HEALTH



## KICK

Please sign up in advance for all sessions!

### MONDAY

**WOMENS ZUMBA**  
11 am - 12pm at The Dome

**VI GYM**  
1.00 pm - 4pm at The Dome

**FAMILY FOOTBALL**  
4.30-6.30pm at Malden Pitch

### TUESDAY

**FAMILY YOGA**

5pm-6pm at The Dome

### WEDNESDAY

**FAMILY MULTI - SPORTS**

Men & Boys 4.00-6.00pm at The Dome

### THURSDAY

**HEALTH CHECKS**

11am - 12pm at the Dome

**WOMENS YOGA**

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

### FRIDAY

**FAMILY SPORT INC ZUMBA**

Women & Girls 4.30pm - 6pm at The Dome

**AUTUMN  
2021**

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

**FREE**

## FAMILY SPORT'S ACTIVITIES

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

### HOW TO FIND THE DOME 170 WEEDINGTON RD



CCA



Thrive LDN



Registered Charity No: 1096655  
Registered CLG: 04393769

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

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



CCA



Vision Foundation

London's sight loss charity established 1921

100  
years



FROM SEPTEMBER 8TH

# HEALTH & WELLBEING CHECK

DATE: EVERY WEDNESDAY  
TIME: 10:30AM - 11:30AM

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



### BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635

Email : Sarah@qcca.org.uk

ADDRESS: 170 WEEDINGTON ROAD  
LONDON, NW5 4NU

Registered Charity No: 1096655  
Registered CLG: 04393769

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

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

# 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



- 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.careforthe family.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 11 – Body Scan (Part 1)

Sometimes we can feel physical discomfort; headaches, back pain, tension in our bodies, without realising it's been brought on by stress. This might be because we have got used to disconnecting from our feelings, if it feels too uncomfortable to sit with them. This doesn't make the feelings go away and can sometimes make it worse if we don't deal with them in a healthy way. If we can practice re-connecting our minds with our bodies, then we can help to ease some of the tension. Here are some steps to help achieve this:

1. Pay attention to your thoughts and feelings, noticing which ones are positive and which ones lead to spiralling
2. Be OK to sit with any unpleasant feelings and accept them, until the feelings pass

Bring some relief to your mind and body through breathing exercises

Here is a link to a body scan exercise: [https://www.youtube.com/watch?v=ihwcw\\_ofuME&t=35s](https://www.youtube.com/watch?v=ihwcw_ofuME&t=35s)

More information about body scan's is coming up in next week's Wellbeing Tip of the Week!

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                                     |
|---|--------------------------|------------------------------------|--|
| Supporting your Young Person with Anxiety                   | Secondary                | Friday 3 <sup>rd</sup> December    | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| Understanding Adolescent Development                        | Secondary                | Friday 10 <sup>th</sup> December   | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| Parent-child interactions                                   | Primary                  | Thursday 20 <sup>th</sup> January  | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| Managing child worries                                      | Primary                  | Thursday 27 <sup>th</sup> January  | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| Supporting your Young Person with Anxiety                   | Secondary                | Thursday 3 <sup>rd</sup> February  | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| Understanding Adolescent Development                        | Secondary                | Thursday 10 <sup>th</sup> February | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| Therapeutic conversations with your Child and Young Person. | Primary & Secondary      | Thursday 24 <sup>th</sup> February | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| Screen Time   | Primary & Secondary      | Thursday 3 <sup>rd</sup> March     | 12.00 to 13:00<br>Q and A 13:00 to 13.30 |
| All about sleep   | Primary & Secondary      | Thursday 10 <sup>th</sup> March    | 12.00 to 13:00<br>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.

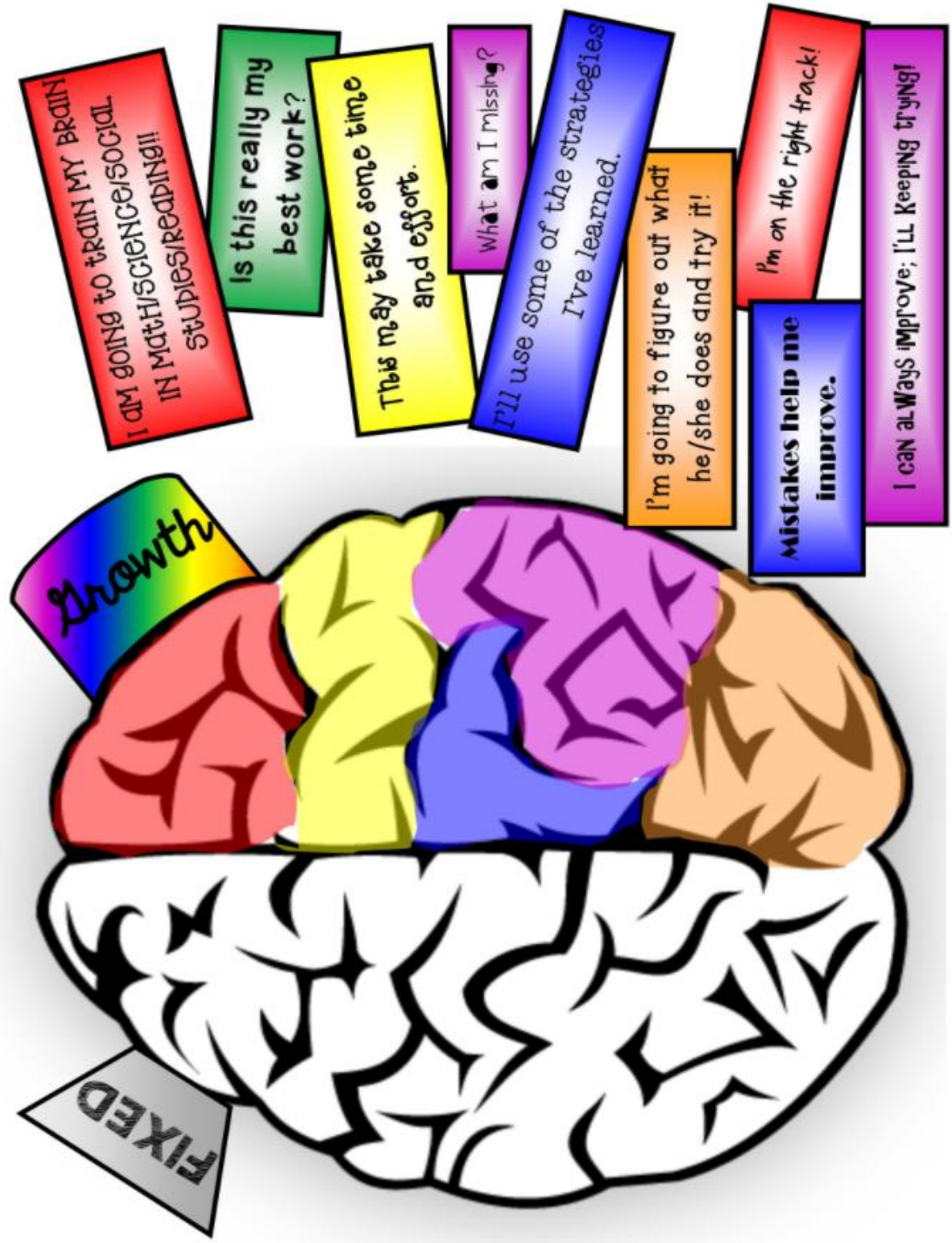
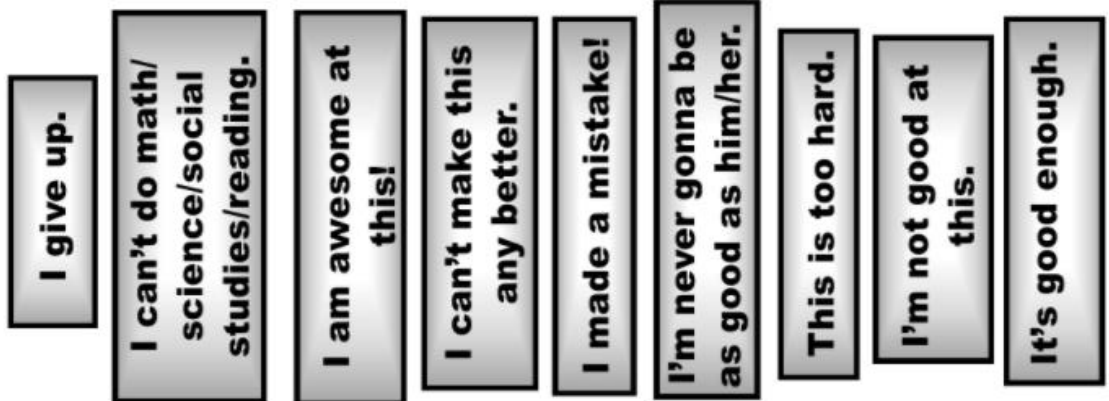
If you have any questions or suggestions please do contact us.

With many thanks,

*Alessia Potere (Counselling Psychologist- MHST)*



# Change your words Change your *Mindset*





Please Note: Due to the extra bank holiday this year for the Queen's Platinum Jubilee there will be an additional day school is closed. We have not yet set the date for this closure.

## 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 tracker

Track your progress through the Fleet Facts stages using

Your teacher will sign to show when you have passed a

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

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

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





Last week in Forest School Nursery had a fantastic time learning how to do bark rubbings, collecting autumn leaves, practising balancing on the logs, making mud cakes and even finding some newts. The fun continued inside nursery with showing off their 'odd socks' for odd socks day, making some beautiful snowflakes and creating some wonderful Gruffalo art! Well done Nursery!

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

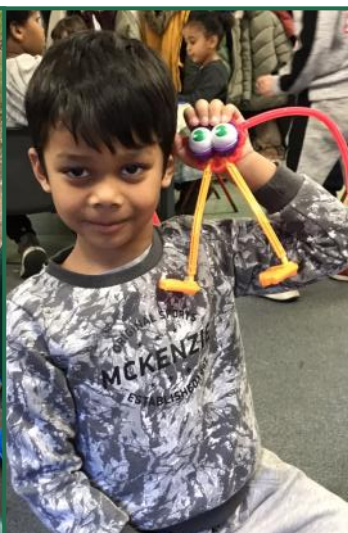




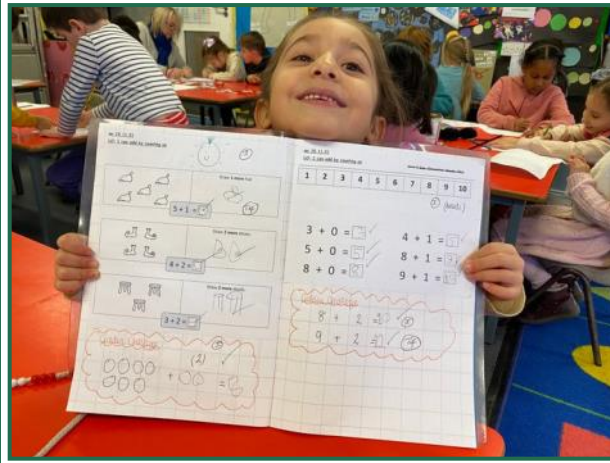


# This week in Reception... Monsters!

There were some special visitors to Reception this week—Year 3! They are the Reception 'buddy' class for this year and it was lovely seeing how the older and younger children played together. We will be doing more buddy learning sessions in the coming months—thanks Year 3 for being such responsible buddies and thank you Reception for being so welcom-



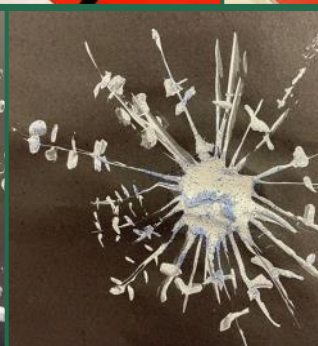
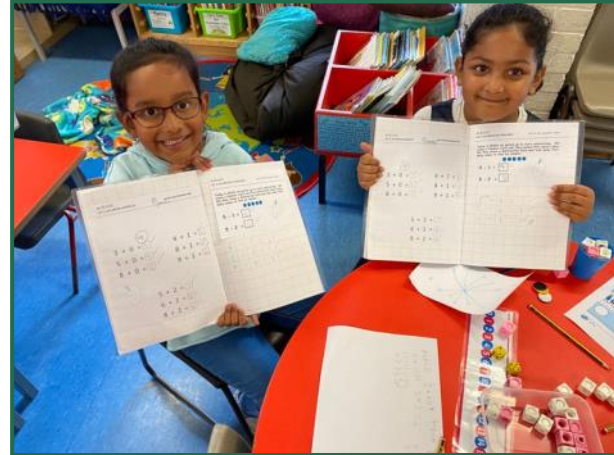




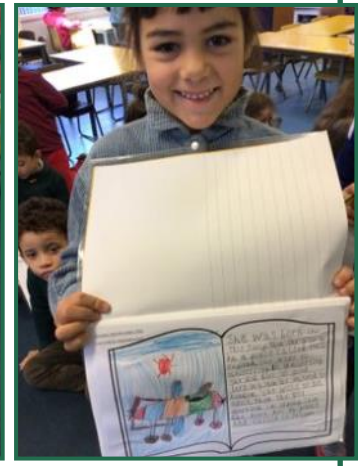
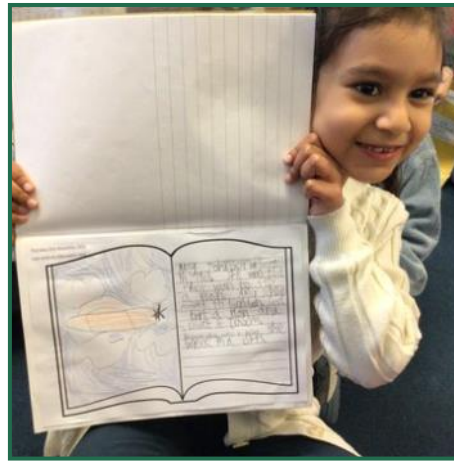
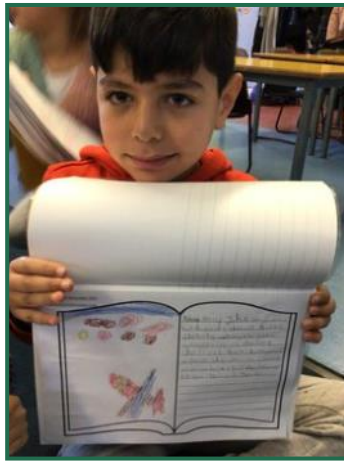
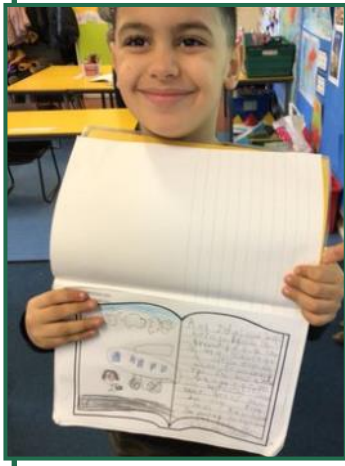
# This week in Year 1...

Year 1 have had another fantastic week—seeing how proud they are of their work is always a joy to behold. This week maths moved into the realm of subtraction, they enjoyed thinking about individuality and difference through odd socks day, geography compass work linked to their Heath trip, as well as starting to feel wintery with some beautiful hand and fingerprint snowflakes which look amazing! Well done year 1.

## Our Wonderful World



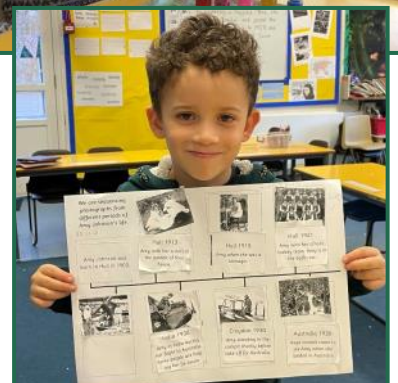
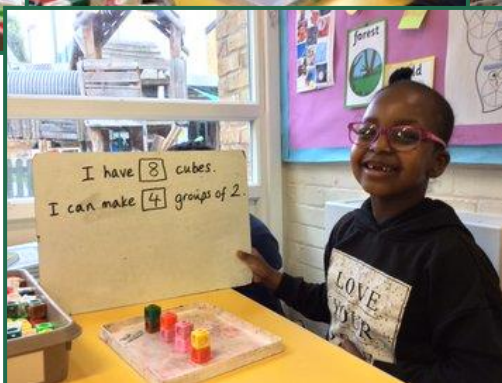
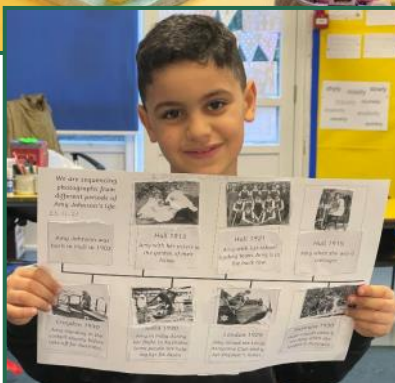




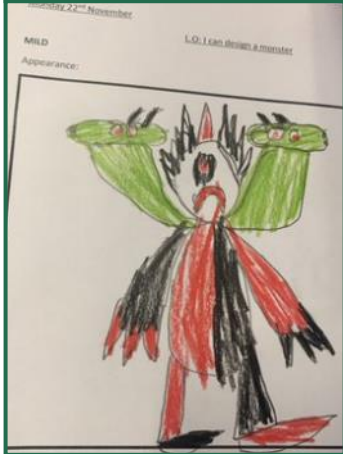
## This week in Year 2...

Year 2 have finished their visits to South America (see the carnival masks—they are brilliant!) and have now made land in Oceania! They have been learning all about Amy Johnson and created time lines of what they've learnt. That's on top of all the Maths and English they fit in too! Well done Year 2.

Topic: All around the world

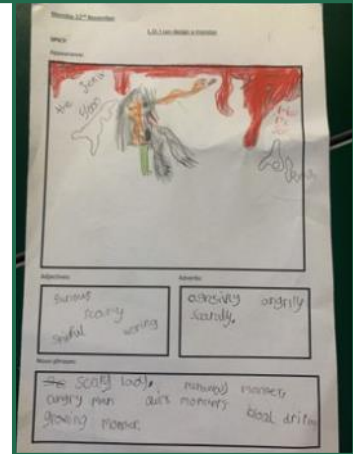




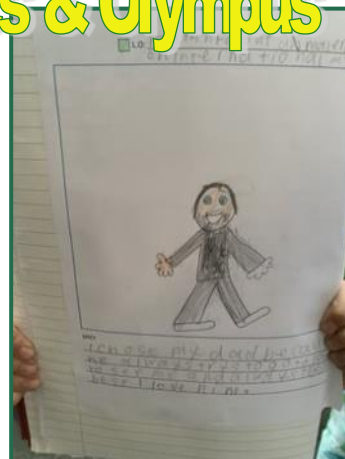
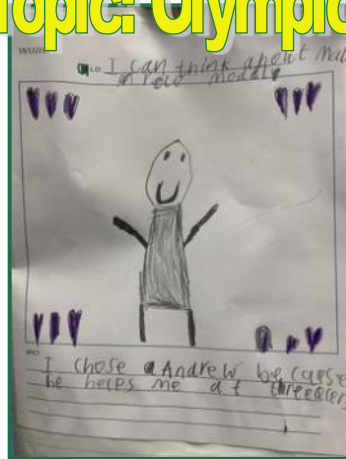


## This week in Year 3

This week they had a great time at Talacre for their session with the coaches as well as creating some amazing monsters for their myths. This week they also thought about the positive male role models in their lives as part of International Mens Day. There was also a brilliant response to odd socks day to celebrate individuality and difference. Great job Year 3.



## Topic: Olympics & Olympus





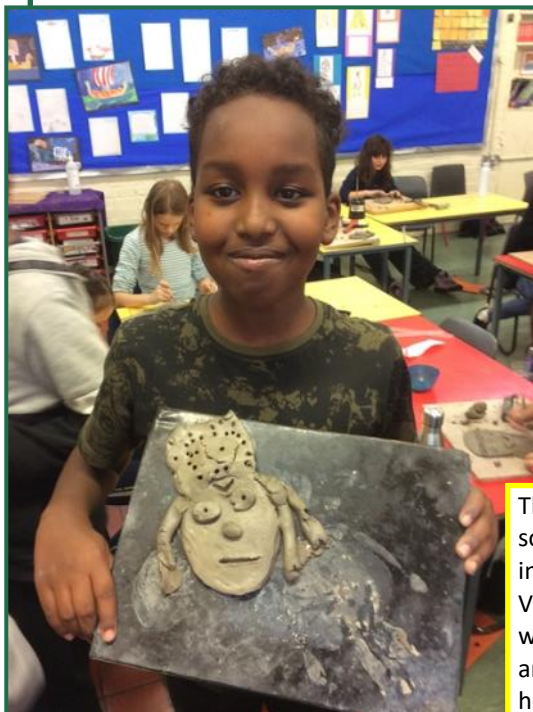
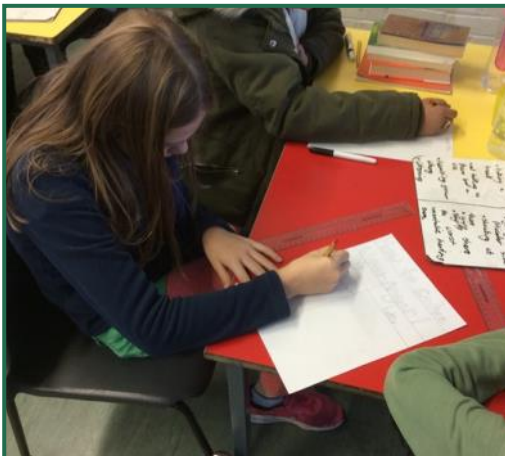
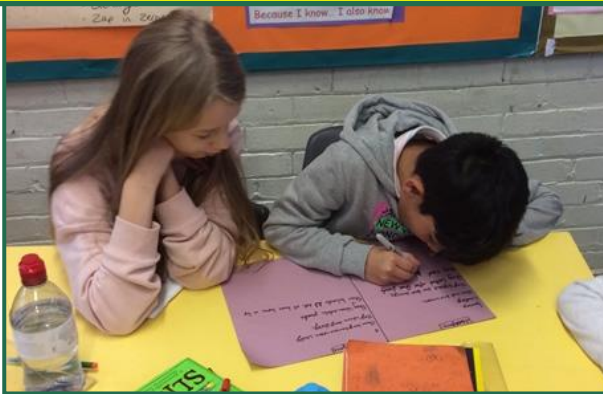


**Y4 Brass**  
Practice: <https://www.rod-n-tom.com/fleet>

This week Year 4 have been looking at the art of William Morris and then using leaves, flowers and feathers for inspiration for their own art to create collages. We're sure you'd agree that they have produced some lovely work. Also this week they have been investigating sound in science, specifically how stringed instruments produce sound and then had a go at trying to create their own musical instruments out of paint pots and elastic bands—we don't think they will find a place in any orchestra with that instrument but it demonstrated the principle brilliantly! This week they also celebrated 'odd socks day' thinking about difference and individuality. Well done Year 4.

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





The Viking theme continued this week with the creation of some fantastic clay Viking portraits. They have also been working hard planning a class debate in English—the topic: The Vikings were nothing more than brutal savages. We look forward to hearing how they present both sides of the argument and how they vote. They've also been working on posters on how to resolve conflict in PSHE. Well done Year 5.

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





## In Year 6... Topic: Paradise in the Jungle





# Camden Early Help



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

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

## Early Help



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

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



### How do I get Early Help?

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

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

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

### Other formats

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

### Find out more

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

E: [LBCMASHadmin@camden.gov.uk](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)

\* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

### What's Early Help?

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

### What can you help with?

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

### What does Early Help do?

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

### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Step Early Help

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

#### Families in Focus

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

#### Transformation Team

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

#### Youth Early Help

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



### Every Early Help team will:

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







**NORTH LONDON PARTNERS**  
in health and care



# Does **your child** have asthma?

## Your child will need:



**an asthma  
management  
plan**



**the correct  
inhaler  
technique**



**an annual  
asthma  
review**

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

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



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

*Thanks to Healthy London Partnership for the poster idea*



# From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on staying safe during Black Friday, which we believe trusted adults will find useful. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



## 10 Tips for Safe Shopping Online on BLACK FRIDAY



One of the many notable side-effects of the pandemic has been the surge in online shopping, as people stay home for longer periods. Those sales figures are set to experience a particularly pronounced spike on Black Friday, as eager shoppers take to the internet in search of a bargain (or ten). Delight at securing those must-have items can quickly be overshadowed, however, by falling foul of the retail risks that can await unwary buyers.

Here's National Online Safety's top ten tips for protecting yourself and your family while hunting for the deals this Black Friday weekend ...

### 1. TRUST YOUR INSTINCTS



It's safest to stick with well-known, reputable retailers. If a site doesn't look professional, or has weird pop-up ads, it's best to steer clear – no matter how tempting their prices. If something seems too good to be true, it probably is!



### 2. WATCH OUT FOR PHISHING ATTACKS



Email inboxes are flooded on Black Friday by retailers telling everyone about their deals. Hackers often try to use the traffic as camouflage; look out for emails with poor grammar, suspicious email addresses and pixelated images – these are all common signs you've been targeted.



### 3. MAKE SURE THE SITE'S SECURE



When you're buying online, look for a padlock icon near the address bar – or check if the URL includes "https" or "shttps". The extra 's' or the padlock mean you can rest easy: you're sending your card details and personal info via a secure channel.



### 4. PLAN YOUR SHOPPING



Before you go online, make a list of what you're looking for – and stick to it. With enticing deals everywhere you look, it's so easy to get immersed in bargain hunting and end up with a massive overspend by the time you log off!



### 5. LOOK OUT FOR LOOT BOX SALES



Video gaming companies also offer Black Friday deals, with as much as 50% off loot boxes in some titles. Children can also buy reduced-price games through their consoles. So if your child can access the online store or make in-game purchases on their device, it'd be wise to talk to them in advance.



### 6. READ THE REVIEWS



We've all bought something which sounded amazing online, only for it to be far less impressive when it actually arrived. Take time to read other buyers' views on an item – and think twice about anything that only has a small number of comments about it.



### 7. CREATE SECURE PASSWORDS



On Black Friday, there's a higher likelihood of you setting up accounts on sites you've never bought from before. Choose a different password for each: the longer, the better. It's best practice to use a mix of upper- and lower-case letters, symbols and numbers.



### 8. CHECK THE SMALL PRINT



Make sure you check out details like a seller's returns policy. It's so easy to shop impulsively on Black Friday and then be stuck with things you don't want because of a very small window for returning goods.



### 9. IGNORE INFLUENCER PRESSURE



Influencers can be great for finding out where the best deals are. But don't forget that sometimes they're being paid by retailers, and they can often cause people to feel under pressure to buy something – anything – just because it's Black Friday.



### 10. CHECK IT'S A REAL "DEAL"



Some Black Friday "bargains" you'll find were actually on sale at the same price (or cheaper) in the previous six months. Look at other retailers or price comparison sites to see if an item really does have money off.



National  
Online  
Safety®

#WakeUpWednesday



SOURCE: [www.which.co.uk/news/2020/11/95-of-black-friday-products-arent-the-cheapest-theyve-ever-been/](http://www.which.co.uk/news/2020/11/95-of-black-friday-products-arent-the-cheapest-theyve-ever-been/)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.11.2021



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



## Fleet Primary School

would like you to join their channel on Parent Hub.

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

**@FleetPrimary**

The Parent Hub app is FREE to download and use.



### What is Parent Hub?



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

### Instructions for Parents



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

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



# Starting Solids Virtual Sessions

## Dates and Times:

### October 2021

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

### November 2021

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

### December 2021

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

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

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

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



[CLICK HERE TO BOOK YOUR PLACE](#)



# Starting Solids Next Steps Virtual Sessions

## Dates and Times:

### October 2021

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

### November 2021

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

### December 2021

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

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

Each 90 minute session covers:

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



[CLICK HERE TO BOOK YOUR PLACE](#)



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

☎ 020 7974 6736

✉ [healthandwellbeingteam@camden.gov.uk](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.



# 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

