

Fleet Community Notices



Wednesday 29th June 2022



New this week...

New notices this week on page 4—request for help from the Parents' Association—can you help out by coming in to school to help spruce up the infant playground? Page 5 has details on weekly sessions for the local food co-op in case you couldn't make today in school session. Page 7 has the details for signing up for the summer school running here at Fleet and information on other holiday provision running in Camden. Page 9 is a copy of the letter sent out earlier this week from Camden Public Health regarding polio and Page 10 has details of an event running locally at Keats Community Library on Sunday the 10th July. Please take some time to check through the other notices too in case there is anything you have missed in recent weeks.

Message from out Ambassadors

Teddy tombola

We are raising money for a school in Ethiopia called Etege Menen that has suffered from **war**. We need some **preloved** teddies and soft toy donations for the Rights Respecting Ambassador stall at the Summer Fair. Please bring your donations to Nursery by **Friday 8th July**.

Thank you from the Rights Respecting Ambassadors!

Household Support Fund: Food vouchers for families

If you receive Housing Benefit or Council Tax Support and have children aged up to 18, or if your child attends a Camden school and receives free school meals, you should have received a letter from Camden Council about government-funded supermarket vouchers soon. **If the letter has not arrived, or if you need any other support, please call Camden on 020 7974 4444 (option 9).**

If you don't have access to the internet or can't download the voucher, your local library or children's centre can help (we can help too!).



Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

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



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

Find us on [easyfundraising.org.uk](http://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



Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. This can happen for any number of reasons and we try, where possible, to give as much notice as we can. We also will often need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parent hub closer to the date of a trip for requests for help and contact the office if you are able to accompany. Thank you.

- . **30th June:** Year 2 to the seaside
- . **30th June:** Year 1 Class Tea
- . **1st July:** Year 1 Class Assembly
- . **7th July:** Reception Class Assembly
- . **7th July:** Reception Class Tea
- . **8th July:** Sports Day on the Heath
- . **13th July:** Parent—Teacher drop in after school
- . **14th July:** Nursery Class Tea
- . **15th July:** Reception Summer Heath Walk
- . **16th July:** Summer Fair (Saturday)
- . **18th July:** Reception to Little Angel Theatre
- . **19th July:** Year 3 & 4 to Go Ape
- . **21st July:** Year 6 Leaver's Assembly @2pm
- . **21st July:** Year 6 BBQ @ 6pm
- . **22nd July:** Last day of school year—finish @ 2pm
- . **1st September:** INSET day—school closed
- . **2nd September:** INSET day—school closed
- . **5th Sept:** start of Academic Year 2022-23



SUMMER FAIR

**SATURDAY 16TH JULY
12-3PM**

**FLEET PRIMARY SCHOOL
FLEET ROAD, NW3 2QT**

- BOUNCY CASTLE •
- GAMES AND PRIZES •
- FACE PAINTING •
- ARTS & CRAFTS •
- BBQ • ICE LOLLIES •
- QUALITY SECOND-HAND GOODS •
AND MUCH MORE!

£1 entry



JOIN US FOR LOTS OF FUN!



FLEET PRIMARY SCHOOL
Parents' Association Fundraising
INFANT PLAYGROUND RENOVATION
Saturday 2nd & 9th July 2022 • Request for volunteers

Dear parents and carers

The PA committee is working on a project to spruce up the infant playground, and we would like to make a start with this ahead of the fair so that the space looks fresh and inviting for the big day!

We are looking for help from parents and carers, as well as extended friends and family. We appreciate anyone willing to give some time to help, but involvement from those with experience in painting/decorating, gardening and general DIY would be particularly useful!

We have planned the following two dates:

Saturday 2nd July 9am-1pm

We will make a start with a general clean up; power washing, weeding, and preparing surfaces for painting.

Saturday 9th July 9am - 1pm

We will paint as many of the benches and planters as we can, adding lots of colour throughout.

We appreciate this is a big ask ahead of the fair which already demands time, but we believe the fair is always a good opportunity to show the best of the school to the local community.

It would be great if you could let the PA know if you plan on coming along, and also if you have any brushes, paint trays or dust sheets you can bring. We will have some of these, but extras would definitely be helpful! Please email fleetschoolpa@gmail.com

Thank you and kind regards

The PA Committee

Fab, Jo, Becky, Sophie, Claire, Susan and Michelle



COOPERATION TOWN

Thank you to those of you able to come along to this morning's information session on the Food Co-op. We know a number who wanted to come were not able to—see below for details of meeting every Thursday at St Martin's Church where you can find out more

Cooperation St Martin's is your new community food co-op.

A food co-op is a neighbourhood buying group, where members get quality groceries at very affordable prices.

Co-ops buy food and household products in bulk and, in addition, get free supermarket surplus.

Co-op members save up to 40% off their weekly food costs by organising with their neighbours.

Food co-ops are run by members, who together decide what to buy and how to run the project. No bosses, no managers!

Meeting every Thursday, 7pm

At St Martin's Church, Vicar's Road NW5 4NN

To find out more and join the co-op contact Martin on 07901 001754

www.cooperation.town | info@cooperation.town | @CooperationTown

Term Dates for next Academic Year...

SCHOOL TERM DATES 2022/2023 - provisional

AUTUMN TERM

First day of term	Monday 5 th September 2022
Half term (inclusive)	Monday 24 th Oct – Friday 28 th Oct 2022
Last day of term	Friday 16 th December 2022

SPRING TERM

First day of term	Wednesday 4 th January 2023
Half term (inclusive)	Monday 13 th Feb – Friday 17 th Feb 2023
Last day of term	Friday 31 st March 2023

SUMMER TERM

First day of term	Tuesday 18 th April 2023
May Day Bank Holiday	Monday 1 st May 2023 - school closed
Half term (inclusive)	Monday 29 th May – Friday 2 nd June 2023
Last day of term	Friday 21 st July 2023

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Thursday 1 st & Friday 2 nd September 2022	Tuesday 3 rd January 2023	Monday 17 th April 2022
2 nd half term			Monday 5 th June 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.

Camden Holiday Activity & Food Programme

Camden HAF booking link:
<https://haf.youngcamdenfoundation.org.uk/>

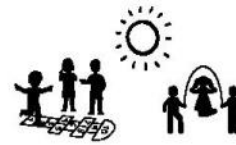
All HAF participants will receive **free access** to physical and enriching activities and nutritional education each day. In addition, some providers will do onsite cooking where children and young people will be involved in activities and make their lunch on the day. In addition, there are various activities, including sports such as football, basketball and cricket, and creative activities including photography, drama, dancing, and arts and crafts. Camden's providers are organising many enriching workshops, trips, and fun-packed experiences, all waiting to kick off this summer.



Camden Holiday Activity and Food Programme (HAF) Summer 2022 From 25th July to 31st August

Camden HAF Summer providers

Provider name	Age Range	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
KCBNA and British Library	Age 11 to 16			✓			
Ball Out of the Box- UCL Academy	Age 11 to 16		✓	✓	✓	✓	
Ball Out of the Box- Hampstead School	Age 11 to 16		✓	✓	✓	✓	
Somers Town Community Association	Age 11 to 16	✓	✓	✓	✓	✓	
Youth Early Help - Somers Town	Age 11 to 16		✓	✓	✓	✓	
Youth Early Help - Netherwood Youth & Family Hub	Age 11 to 16		✓	✓	✓	✓	
Youth Early Help - Ingestre Community Centre	Age 11 to 16		✓	✓	✓	✓	
London Zoo	Age 12 to 15				✓		
Kentish Town Community Centre	Age 5 to 11	✓	✓	✓	✓		
Maze Academy- Kentish Town Congregational Church	Age 5 to 11	✓	✓	✓			
Calthorpe Community Garden	Age 5 to 11		✓	✓	✓	✓	
Fit for Sport - Brookfield Primary school	Age 5 to 11	✓	✓	✓	✓		
Sidings	Age 5 to 11	✓	✓	✓	✓		
Kentish Town C.E Primary school	Age 5 to 11		✓	✓	✓	✓	
Moving Waves - St Pancras Community Association	Age 5 to 11		✓	✓			
Torriano Primary school	Age 5 to 11	✓	✓	✓	✓		
Legacy Sports- Fleet Primary School	Age 5 to 12		✓	✓	✓	✓	
PACE Consortium -10 Venues (Please visit the HAF booking page for information)	Age 5 to 12	✓	✓	✓	✓	✓	
Learning and Development Centre	Age 5 to 15	✓	✓	✓	✓		
HVH Arts- Rhyl Community School	Age 5 to 16			✓	✓	✓	✓
Centre 404	Age 5 to 16		✓	✓	✓	✓	
Old Diorama	Age 5 to 16	✓	✓				
Maiden Lane Community Centre	Age 5 to 16	✓	✓	✓	✓		
Pro Touch SA - Netley Primary	Age 6 to 13		✓	✓			
Pro Touch SA - Christopher Hatton Primary	Age 6 to 13	✓	✓	✓			
Pro Touch SA - Gospel Oak Primary	Age 6 to 13			✓	✓	✓	
Action Youth Boxing Intervention	Age 6 to 16	✓	✓	✓	✓		
Platform Cricket-Somers Town Community Sports Centre	Age 7 to 11	✓	✓	✓	✓		
Bloomsbury Football - Acland Burghley school	Age 7 to 14	✓	✓	✓			
Bloomsbury Football - Kings Cross Academy	Age 7 to 14	✓	✓	✓	✓		
Camden Sports Development Centre	Age 8 to 12	✓	✓	✓	✓		
Queens Crescent Community Association	Age 8 to 14		✓	✓	✓	✓	
Dragon Hall	Age 8 to 16		✓	✓	✓	✓	
Kentish Town City Farm	Age 8 to 16		✓	✓	✓	✓	
SHAK	Age 8 to 16	✓	✓	✓	✓		
Global Generation	Age 8 to 16	✓	✓	✓	✓		
Somali Youth Development Resource Centre	Age 9 to 16	✓	✓	✓	✓	✓	



Sports, leisure and cultural activities and nutritional education this Summer!



FREE for Camden residents who are eligible for free school meals!

4 hours a day, 4 days a week for 4 weeks during the Summer holidays!



Free healthy hot meal everyday!



Book your place soon!

To find the venue addresses, delivery dates and other information, please visit the Camden HAF booking page

<https://haf.youngcamdenfoundation.org.uk/>

For any queries please send us an email to info@youngcamdenfoundation.org.uk

Is your child ready for summer?

- Sun cream
- Sun hat
- The MMR Vaccine?



Don't let measles ruin your summer

Measles is a highly infectious virus that can lead to serious complications

Protect your child through vaccination

Contact your GP to book an appointment today

For more information contact your local GP surgery or visit:
www.nhs.uk/mmr



28/06/22

Kirsten Watters
Camden Director of Public Health
5 Pancras Square
N1C 4AG

Dear parent or carer

Re: Recent detection of the polio virus in sewage in the UK

You may have read in the news that traces of the polio virus have been detected in sewage samples in London. It is not unusual for this to occur in isolated cases and is usually the result of a person vaccinated overseas with the live oral polio vaccine returning or travelling to the UK, and shedding traces of the virus in their faeces (poo). The reason for the current concern is that the samples show there may have been some spread of polio infection between closely-linked people, for example within a household, in North or East London. **No actual cases of polio or polio-like symptoms have yet been identified.**

The risk to the general public is low. The polio virus can be passed from person to person through contact with faeces (poo), saliva or mucus. Most people infected with polio show no symptoms but in rare cases, in people who are not fully vaccinated, it can cause very serious disease including paralysis.

The best protection against polio is vaccination. Most of the UK population have been vaccinated in childhood, but in some communities in Camden, coverage of these vital immunisations is low.

The vaccine given in the UK is not a live vaccine (the live vaccine was stopped in 2004). It cannot shed traces of virus and cannot cause polio. The vaccine has been given safely in this form to millions of people since 2004.

Please make sure that your children are up to date with all of their vaccinations. You can see the whole schedule of childhood vaccinations on the [NHS website](#). The vaccinations that include the polio vaccine are:

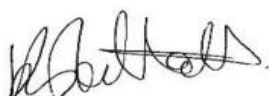
- **3 doses to babies:** 3 doses of the [6-in-1 vaccine](#) at age 8, 12 and 16 weeks
- **1 dose at age 3:** 1 dose of the [4-in-1 vaccine](#) (sometimes known as the pre-school booster) at age 3 yrs and 4 mths
- **1 dose to teenagers:** 1 dose of the [3-in-1 vaccine](#) (sometimes known as DTP or the teenage booster) at age 14, usually given in school

You need to have all of these doses to be fully protected against polio. You can check children's vaccinations in their red book, or ring your GP practice, and book an appointment at your GP surgery to catch-up on any missed vaccinations.

If your secondary school child has missed a school vaccination, call the Camden School Immunisation Team on 020 3317 5076 and book an appointment at a local clinic.

I hope this information is useful. If you would like to know more about polio, the vaccine or other vaccine-preventable diseases, there is lots of information on the [Vaccine Knowledge Project website](#).

Yours faithfully



Kirsten Watters
Camden Director of Public Health

Keats Community Library



Storytelling

Stories on a Summer Afternoon

"... and the king commanded the hunter to Go I Know Not Whither and Fetch I Know Not What, in a cunning plan to marry the hunter's wife in his absence!"

Do you want to know more?

Come to a story-filled hour at Keats Community Library.



Hear stories from different parts of the world, hear about the old witch Baba Yaga, Shmat Razum, and the epic battle for the beautiful princess' hand.

Exciting, amusing, and always entertaining.

Join us for a pleasant family afternoon.

Sunday 10 July 2022

3:30 – 4:30 pm

In the Garden and the Children's Library
(for children of all ages and their families)

This event is FREE

sign up is required to secure your spot.

Spaces are limited!

RSVP kclchildrenslibrary@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.

DISCOVER SCIENCE

with the Francis Crick Institute

THE
FRANCIS
CRICK
INSTITUTE

The Crick is a research institute in King's Cross. Our scientists are finding out how we can treat, diagnose and prevent human diseases.

Each year, our scientists visit schools to deliver inspiring workshops to Years 1 to 6. Our hands-on, exciting activities get children thinking like scientists.

We really enjoyed visiting Fleet primary school, and hosting Year 5 in the Discovery Lab at the Crick.

Which Crick scientist did your child meet? What did they learn about? If they enjoyed their workshop, why not explore science further with them? Here are some ideas to get you started.



Online activities

- Easy experiments for younger children – [CBeebies](#); [Science Museum](#)
- Cool things to watch – [Operation Ouch](#); [The Kids Should See This](#)
- Discover nature with these activities – [RPSB](#); [Woodland Trust](#)
- For older children – [Fun Kids Science Weekly](#) podcast; [The Scientific Teen](#) podcast and articles
- Games and apps – [Scratch Jr](#) app; [Science Museum](#)

Check out our [Family Zone](#). From exciting experiments to curious quizzes, there's something for all the family to try!



"All the children adored the workshops, they came away buzzing about being tiny scientists"

Teacher at Brookfield Primary School

Our free education programme aims to engage with all young people in state schools in our home borough of Camden.

What's On - in & around the Crick

Come on down with the family this summer to hang out in our Curiosity Space
10 & 24 August 2022 @ the Crick

We'll be popping up in August with free, relaxed activities for all the family, where you get to be hands-on, making, creating and discovering the sunny side of science.

Take a look at what's in store [on our website](#).

Sign up for our [What's On Newsletter](#) to be the first to know about our free events.

Local places to visit

- [Wellcome Collection](#) – best for 14s and over, this museum explores connections between science, medicine and art.
- [Grant Museum of Zoology](#) – this small museum is packed full of weird and wonderful animal specimens.
- [Medicinal Garden at the Royal College of Physicians](#) – a calm space to learn about plants with medicinal properties.

Entry to these places is free, but you may be required to book a visiting time.

Get in touch!

Do you have any suggestions for useful science resources or places to visit? What did your child(ren) enjoy most about our visit? Email us via education@crick.ac.uk and your comments may appear in a future newsletter.



KINETIKA BLOCO JUNIOR SUMMER SCHOOL

Join us for **Junior Summer School** with 100 young people from South London learning Brass, Woodwind, Steel Pans and Drums together to create a carnival performance in just 5 days.

25-29 July 2022
10am-4pm

Suggested donation of £15
(free places available for those who need it)

Who

Young people
aged 8-13 years

Where

Streatham Wells Primary School,
50 Palace Road, London, SW2 3NU

What to do

You MUST book in advance. For more information and
to sign up visit www.kinetikabloco.co.uk/join-us

We also run a Summer School for young people aged 14-25. Check out the website for more info!

 KinetikaBloco

 KinetikaBloco

 kinetika_bloco

 KinetikaBloco

If you have any questions or need help with the form please get in touch
Tamzyn French 07795 142535 tamzyn@kinetikabloco.co.uk



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



dImdd



**The Knoll
Family**





**KINETIKA
BLOCO**

THROUGH THE FIRE

Kinetika Bloco Summer School brings young people together to play brass and woodwind instruments, steel pans, drums and dance to create a spectacular costumed show. Our theme for 2022 is Through The Fire. The last two years have brought restriction, constraint, loss, and pain. This Summer, we come together with hope. As a new spark catches, life is born again and we rise, on the edge of new beginnings: hopeful, stronger, and full of wonder. Come and be a part of building into a new future, that is yet to be written.

Performances will include Notting Hill Carnival, the London Jazz Festival and many more.

Senior Summer School

When 1-12 August 2022
10.30am-5.30pm

Where Southbank Centre
Closest tube: Waterloo

Who Young people from London
aged 14-25

How much £35
(Subsidised places available on request)

For some people £35 is very reasonable, so if you would like to help someone else to attend and able to sponsor them with an additional amount please get in touch to find out how.



What to do

Visit kinetikabloco.co.uk/join-us
and fill in the application form

If you have any questions or need help with the form
please get in touch

Contact Tamzyn French
on 07795 142535 or at
tamzyn@kinetikabloco.co.uk

 KinetikaBloco  KinetikaBloco

 kinetika_bloco  KinetikaBloco



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**SOUTHBANK
CENTRE**

Now the sun is out and the days are getting hotter...



Follow these five sun ready tips to stay safe in the sun

In partnership with
MACMILLAN
CANCER SUPPORT



Use 5-star rated, high-SPF sun cream



Drink plenty of water



Cover up with a hat and long sleeves



Wear sunglasses to protect your eyes



Stay in the shade between 11 to 3



Fleet Primary School Calendar Competition 2023

New Entries for
Summer Term
now being
accepted...

The Calendar Art Competition for creating a school calendar at the end of the year is still on. 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.

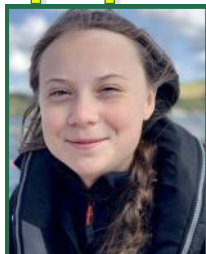
Think about RACIAL EQUALITY - someone again who was a trailblazer and didn't let their race, colour of their skin or religion stop them from doing something.

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.

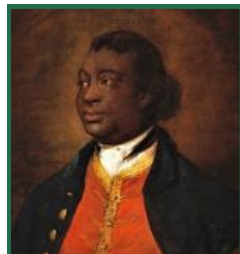
Ideas from people looked at already this year in assemblies or topics...



Flora Sandes



Great Thunberg



Ignacious Sancho



Septimus Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



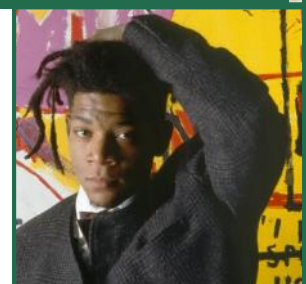
Marcus Rashford



Frida Kahlo



Beryl Burton



Jean-Michel

Seeking a new Career?

KX Recruit is the recruitment agency that matches employers with jobseekers at King's Cross.

We are passionate about King's Cross and are here to help **local business** to find the right staff, and at the same time help **local people** to access the job opportunities created by the redevelopment of King's Cross. Our service is **personal, highly-specialised and completely free-of-charge**. We help companies to recruit at all levels and have a track record of successfully working with a range of companies, from small businesses to multi-national organisations.

Contact us today

Call **020 36914000**

Email **reception@kxrecruit.co.uk**

KX Recruit, 11 Stable St, London, N1C 4AB

www.kxrecruit.co.uk

Audition Workshops for ROH Youth Opera Programmes 27th and 28th August 2022

The Royal Opera House is delighted to invite children aged 7-13 with a passion for the performing arts to audition for our Youth Opera programmes this August. No experience or knowledge of opera is required, just a love of singing and performing and an enthusiasm to explore and create opera with the ROH.

We would like to invite your pupils to attend an audition. Please read the following for more information on our programmes and how to register interest for an audition workshop. Please also consider forwarding to any individuals or networks who you think this will be of interest to.

ROH Youth Opera Programmes

There are two programmes available for young performers:

ROH Young Voices is a singing programme for 7-8 year olds, developing participants' vocal control, musical literacy and performing skills. As well as performing at concerts and other ROH

events, participants receive gain a grounding in the skills required to progress into our older ensemble, the ROH Youth Opera Company. **Audition workshops for the ROH Young Voices will be held on Saturday the 27th of August from 11-1pm**

ROH Youth Opera Company offers participants an all-round training in the performing arts, covering vocal technique, language coaching, acting and stage craft, musical literacy, and creative processes for developing new work. **Auditions for the ROH Youth Opera Company will be held on Saturday the 27th of August from 2-4pm, and Sunday the 28th August from 11-1pm and 2-4pm.**

Both groups meet for half day rehearsals on Saturdays during term time at Covent Garden and participate in an online music theory class after school on Wednesdays. A high level of attendance is expected so please bear this in mind when applying to join the programmes. For more information on the programmes and how they support the development of young performers watch this video—<https://www.youtube.com/watch?v=dyxuybDEtSM>

TO REGISTER YOUR INTEREST

To give your children an insight into the ROH Youth Opera programmes we ask that you share with them our '[What is Opera](#)' video workshop—<https://www.youtube.com/watch?v=yUaHe1TRaKE&t=1s>

To register interest complete this form—<https://forms.office.com/pages/responsepage.aspx?id=iZe2pGg4AkODQ0F4OOYhCLVsiGfGtpKrz5ER6LOzOJURVNJUjBaNVICNzhLMlIBRjBGOEdSWVVHWS4u>

Should they be invited to attend an audition workshop, they will need to be familiar with the song explored in this video as this will be explored further in the workshop. Our audition workshops are relaxed, welcoming spaces inviting attendees to explore opera with our YOC Associate Artists. Children may be asked to sing in small groups, but not on their own. Please note that audition places are limited and based on a range of considerations.

To register your child's interest in attending an ROH Youth Opera audition workshop:

1. Please complete [this form](#)
2. Please ensure your child has watched the 'What is Opera' workshop in class: <https://www.youtube.com/watch?v=yUaHe1TRaKE&t=1s>

For more information on the ROH Youth Opera programmes email youthopera@roh.org.uk

Thank you and good luck!

All the best,
Jimena and Tom
Opera Team
Learning and Participation
The Royal Opera House



ROYAL
OPERA
HOUSE

Sapphire community group UK.

We would love to offer your young people our new sapphire meetups where they can attend a zoom once a week on Thursdays 5pm-8pm and come and meet new people and build connections. This is a first come first serve basis.

Here is the sign up form - <https://forms.gle/k9PJYGc9ES9bSFTk7>

Please see below an overview of what we do.

The Sapphire Community Group seeks to help young people find out what they are meant to do in life. We aim to do this through mentoring, coaching, publishing literature, film and media, through multiple events, technological development and hosting workshops. We aim to provide a platform and pathway for young people all over the world to find their callings. Additionally, we will attempt to help each individual believe that they can create the change for the extraordinary. We aim to teach and inspire individuals to believe within and to help maximise them to their fullest potential.

The Sapphire Wellbeing Academy is purposed to help ensure children and young people, aged 13-30 years old don't only survive in life, but also thrive.

This is achieved through 5 initiatives:

- Counselling and Mentoring
- Food Initiatives and Donations
- Housing Support
- Funding and Bursaries
- Fitness and Nutrition

THE UK SAPPHIRE FOUNDATION / THE SAPPHIRE COMMUNITY GROUP
MOBILE: 07713733278

E: info@sapphireministriesrtwv.org

W: www.sapphirecommunitygroup.org

Weekly on Thursdays 5pm-8pm

young
hackney

& CAMDEN
GIVING

L&Q

Sapphire
Community Group

SAPPHIRE MEETUPS

Do you or someone you know want some additional wellbeing support in a fun, welcoming group setting and to make new friends?

If yes contact us and we can get you registered to Sapphire Meetups!

**Sapphires Meetups offers group support
with fun activities all online on zoom!**

**Please email to receive registration form and zoom link :
wellbeingacademy@sapphireministriesrtwv.org
or call 07713 733278**



sapphirecommunitygroup.org



CAMDEN HEALTH KICK

FREE

MONDAY

Female Only
Nordic
Walking

10:30am - 11:30am
@
Hampstead Heath



TUESDAY

Rest Day



WEDNESDAY

Mixed
Family
Badminton

7pm - 8pm
@ The Dome



THURSDAY

Female
Only Yoga

11:30am - 12:30am
@ The Dome



FRIDAY

Female Coffee
Morning
11am - 12pm
@QCCA

Every other week

Female & Child
Multisport
Zumba
4:30pm - 6pm
@ The Dome

If you are interested in any of the classes

Please contact to register:

Call - 020 7267 6635 OR Email - Sarah@qcca.org.uk or Frances@qcca.org.uk



FREE

HOW TO FIND US

THE DOME:
170 Weedington Rd
London NW5 4NU



QCCA:
45 Ashdown Crescent
London NW5 4QE



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



Peter Pan holiday courses

Drama, dance and singing
summer courses for 4–10s



— Ella had a fabulous time,
it's given her such a burst
of confidence and joy.

Michele Meldrum

perform.org.uk/peterpan

Summer holiday fun for 4–10s

'Let's have fun' said Peter Pan and that's exactly what your child will do this summer as they fly off to Neverland on an adventure with Tinker Bell, the Lost Boys and Captain Hook.

We'll add a sprinkle of Perform fairy dust, imaginative costumes, songs and original music as your child stars in a wonderful show for family and friends.

Your child will enjoy:

- Three or five full days of drama, dance and singing
- Energetic friendly team of actors, dancers and musicians
- Colourful performance on the last day for friends and family with original music and costumes
- Personalised certificate of achievement for every child

How to book

To book or find out more, call 020 7255 9120
or visit perform.org.uk/peterpan

Course T-shirts are required at a cost of £8.50. We offer a 25% discount for siblings attending the same holiday course at the same venue. Payment can be made by credit/debit card or childcare vouchers. See our website for Terms & Conditions and our refund policy.

*Owing to class size restrictions, Highbury is priced at £380 for five days.
Your child should bring a water bottle and a nut-free packed lunch.



Venues

Three Day Courses £285 (10am–3pm)

Monday 3rd – Wednesday 5th August
Wednesday 24th – Friday 26th August
Notting Hill

Five Day Courses from £365* (10am–3pm)

Monday 25th – Friday 29th July
Beaconsfield, Blackheath, Chiswick,
Clapham South, Hampstead Garden Suburb,
Highbury; Kensington, St John's Wood,
Wimbledon and Winchester

Monday 1st – Friday 5th August
Ealing, Earlsfield, East Dulwich, Hackney,
Richmond, Sevenoaks, St Albans,
West Hampstead and Wokingham

Monday 8th – Friday 12th August
Beckenham, East Finchley, Eastcote, Fulham,
Hammersmith, Kensington, Primrose Hill,
Tufnell Park, Twickenham and Wanstead

Monday 15th – Friday 19th August
Battersea, Chiswick, Clerkenwell, Dulwich,
Highgate, Kensal Rise, Kensington,
Primrose Hill, Richmond and Sevenoaks

Monday 22nd – Friday 26th August
Barnes, Chelsea, Highbury; Muswell Hill, Oxford,
St John's Wood, Streatham and Wimbledon



— Thank you for
making it such
an enjoyable
few days, the
performance was
really magical.

Selina Vernal



perform.org.uk/peterpan

020 7255 9120



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!

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

For more information please contact jwarnock@arsenal.co.uk



Sprint, run, throw and jump into athletics!

At Parliament Hill Track on
Sunday 6 March, 3 April, 1 May, 5 June, 3 July, 7 August, 4 September
12-2 pm

Registration is £3 and opens at 11:30 or register on line at:
<https://webcollect.org.uk/highgate>

How fast can you sprint?

How far can you throw?

What's your longest long jump?

Got the stamina to race for two minutes?

QuadKids is an England Athletics endorsed athletics format for children of all abilities. It is quick, fun and a great way to measure progress over time.

For further details email Brenda Myers quadkids@highgateharriers.org.uk

We hope to see you there!



Highgate Harriers
www.highgateharriers.org.uk



London Heathside
www.londonheathside.org.uk



Shaftsbury Barnet Harriers
www.sbarriers.co.uk



FAMILY ACTIVITIES

Join us for our FREE family sporting activities

WEDNESDAY'S

MIXED BADMINTON
7PM - 8PM

FRIDAY'S

WOMEN'S ONLY FAMILY ZUMBA
4.30PM - 6PM



TO REGISTER PLEASE CONTACT

EMAIL: frances@qcca.org.uk

CALL: 0207267 6635

FREE



170 Weedington Road, London, NW5 4NU

Registered Charity No 3096655
Registered CLG 04991799

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

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

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 which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the Internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



NOS
National Online Safety®
#WakeUpWednesday

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the Internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.



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: 02.02.2022

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
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	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 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/lgfi-login/>

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible.

FREE SCHOOL MEALS

You may be entitled to Free School Meals if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit – your household income must be less than £7,400 a year (after tax and not including benefits)
- Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
- the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)

Clue

There are hundreds of different ones out there, you will find them near home printers

and when not hiding inside printers they usually look like this

www.recycle4charity.co.uk

Recycle 4 Charity Treasure Hunt

Attention to all children and teachers!

Find some empty ink cartridges and bring them to the school to turn them into gold!

Your school will receive money for them, and you will help the environment with your recycling!

If you receive Working Tax Credit you will not be entitled to free school meals unless you have:

- stopped work in the last 4 weeks; or
 - reduced your hours to less than 16 hours in the last 4 weeks
- Free school meal entitlement will mean that you will not have to pay for school lunches and will receive concessionary rates for clubs and trips. It is also important for you to apply, as the school receives extra funding.

<https://accountforms.camden.gov.uk/freeschoolmeals/>

Do you have any used printer cartridges lying around at home? Send them into the school office!

Parent group: Families, Food and Feelings

The Enhanced Healthy Living Service (EHLS) runs quarterly 6-week parent groups for Camden and Islington parents/carers of children aged 5-17 who struggle with excess weight. The group focuses on psychoeducation and strategies around boundary setting, healthy modelling, emotional eating and encouraging a healthy relationship with food. Referrals are accepted by professionals and parents can also self-refer via the brandoncentre.healthyliving@nhs.net email address.



Weekly Wellbeing Update

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

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

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

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

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

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

Parent Workshops

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



Wellbeing Tip of the Month!

An initiative brought to you by Camden Learning's Health and Wellbeing Team

June's Wellbeing Tip – The joy of laughter

It's true, laughter is a strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens our immune system, boosts mood, diminishes pain, and protects us from the damaging effects of stress. Nothing works faster to bring your mind and body back into balance than a good laugh. Here are some ways to start thinking about adding more humour to our routines this month:

- **Smile** - Smiling is the beginning of laughter, and like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling.
- **Bring humour into conversations** - Ask people what funny things they have seen recently, or if anything funny has happened to them.
- **Engage with comical media** – If you know there are certain shows, video clips, writers, comedians that make you laugh, make time to engage with them.
- **Spend time with fun, playful people.** As humans, we take on the energies of people around us so try and spend time with those who laugh easily—both at themselves and at life, and who routinely find the humour in everyday events.

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

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



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

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

Enrol online: www.webenrol.com/camden

Phone: 020 7974 2148

✉ adultlearning@camden.gov.uk ☎ 020 7974 2148 🌐 camden.gov.uk/adultlearning



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 0207 974 6736.



Free virtual sessions for the whole family

1



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

For children 5-11 years



2



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



3



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.

4



Contact:

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



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-avers@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

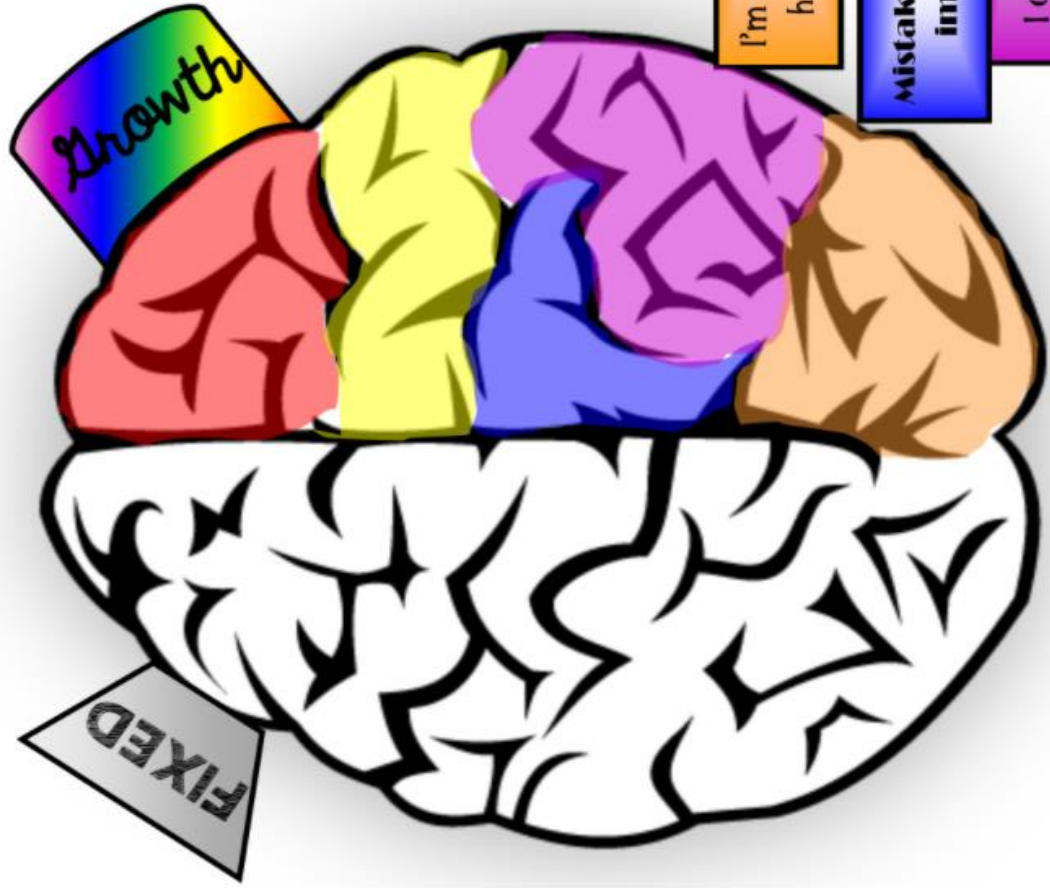


These three important steps can prevent an emergency admission to hospital and even save a life.

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!
- I'm on the right track!
- Mistakes help me improve.
- 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.**



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)
E: LBCMASHadmin@camden.gov.uk
 For more information about Early Help visit:
camden.gov.uk/earlyhelp
 Sure Start 020 7974 8961
camden.gov.uk/surestart

Produced by Creative Services 1251/23

* free childcare places for eligible 2 year olds



What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Stop 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.

