

Fleet Community Notices



Wednesday 2nd February 2022

This week...

Hope you are all having a good week. There are no new notices this week from outside organisations but always a good time to scan through the various clubs and organisations we include each week in case you missed any.

Page 2 has a list of dates of trips and events happening this term across the school. Many of them would have been in your topic letters sent home at the start of term but they are gathered altogether here for your convenience.

The information on the holiday clubs is always useful to be aware of what is out there at half term and Easter to keep the children busy.

Page 4 has the recent letters sent out by the Parents' Association with some important information. Please consider getting involved and supporting them if you can as all their hard work comes back to support the children in the school.

This Friday we have the Reception Class Tea after school on Thursday—big thanks to the Nursery parents for last week's success. Come along and buy something if you can.

Next week is the last week of this half term before we are off for the half term holiday (14th-18th), returning to school on Monday 21st February. Enjoy the rest of your week.

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



Fleet's Forest School Request

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

easyfundraising
feel good shopping

Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Download the easyfundraising App



Over £32 million raised

Trustpilot ★★★★★

1.8 million users



Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents

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

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

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.

- **3rd February:** Year 3 to London Zoo
- **3rd February:** Reception Class Tea
- **8th February:** Y4 and Y6 to Talacre for Sports Morning
- **8th February:** Reception trip to the October Gallery
- **10th February:** Year 3 to Rose Theatre
- **10th February:** Year 5 Class Tea
- **11th February:** Reception—Hampstead Heath Winter Walk
- **11th February:** Year 5 Class Assembly @ 10am
- **14th—18th February:** Half Term Week
- **23rd February :** Year 2 to the CLC
- **24-25th February:** Y1 Bike training—bring in bike to use if they have one
- **24th February:** Year 6 Class Tea
- **25th February:** Year 6 Class Assembly @ 10am
- **1st March:** Year 2 to Hampstead Heath (10am-12pm)
- **3rd March:** World Book Day
- **3rd March:** Year 4 Class Tea
- **4th March:** Year 4 Class Assembly @ 10am
- **7th-18th March:** Y5 Swimming every-day
- **7th March:** Year 4 to the East London Mosque
- **9th-10th March:** Teacher/Parent Meetings
- **10th March:** Year 3 Class Tea
- **11th March:** Year 3 Class Assembly @ 10am
- **14th March:** Year 6 to the CLC
- **16th March:** Year 3 to Science Museum
- **17th March:** Year 2 Class Tea
- **18th March:** Year 2 Class Assembly @ 10am
- **21st March:** Year 4 to Hampstead Head 10am-12pm
- **22nd March:** Pitch Perfect Club at Camden Music Festival—1pm-7pm
- **23rd March:** Year 3 to the CLC
- **23rd March:** nursery to the Heath for the morning
- **24th March:** Year 2 to Hampstead Heath
- **24th March:** Year 1 Class Tea
- **25th March:** Year 1 Class Assembly @ 10am
- **31st March:** International Food Evening (t.b.c.)
- **1st April:** Last Day of Term—children finish at 2pm
- **20th April:** Summer Term Starts—children back

Fleet Primary School Calendar Competition 2023

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

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

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

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



This year's theme...Lifting Limits!

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

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

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

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

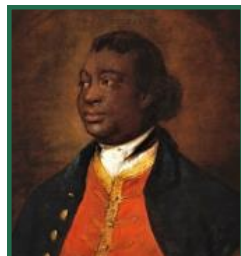
Ideas from people looked at already this year in assemblies or topics...



Flora Sandes



Great Thunberg



Ignacious Sancho



Septimus Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



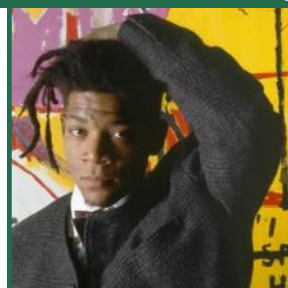
Marcus Rashford



Frida Kahlo



Beryl Burton





Fleet Primary School

Fleet Road Hampstead London NW3 2QT
Tel: 020 7485 2028
E-mail: admin@fleet.camden.sch.uk
Headteacher: Don McGibbon



Message from Fleet Parents Association: Upcoming Social Events

27th January 2022

Dear Parents/Carers,

We hope you have all settled nicely into the daily school routine and have been keeping safe and well.

With restrictions easing a little, we wanted to take the opportunity to tell you about a few events we have planned for the school year ahead. Obviously these are subject to any restrictions in place at the time, but we are hopeful some, if not all, of these can go ahead in some way.

- Timetabled Thursdays after school each term, Class Teas - Every year group will host a Class Tea each term, which involves selling home-baked and bought treats/snacks donated by parents on the day to raise funds. The teas are organised by the Class Reps, with help from class parent volunteers, and take place in the school hall from 3.30pm. These are very popular with the children and the older year groups are welcome to help parents with selling and serving the goods.
- Thursday 31st March, International Food Evening - this is a wonderful opportunity for families to get together after school and share their traditional dishes from all over the world.
- Friday 13th May, Fun Run on Hampstead Heath - The children run a number of laps around an area on the Heath for sponsorship or donations, and families can help and cheer from the sidelines.
- Sometime in Spring, date TBC, Infant playground makeover weekend - We are also looking to organise a weekend of rejuvenating the infant playground by sprucing it up and adding a splash of colour around the place. We will be calling on any keen parents, grandparents and carers with gardening/DIY know-how to pop along and help brighten up the playground. More details will follow later on in the year.
- Saturday 16th July, Summer Fair - This is one of our biggest fundraising events, with stalls, games, prizes, a BBQ and music. It's a really fun way to finish the school year before the summer break.

Best wishes,

The Fleet PA Committee

Fleet Primary School - Camden

www.fleet.camden.sch.uk

@FleetPrimary



Fleet Primary School

Fleet Road Hampstead London NW3 2QT
Tel: 020 7485 2028
E-mail: admin@fleet.camden.sch.uk
Headteacher: Don McGibbon



Message from Fleet Parents Association: About the PA and Class Representatives

27th January 2022

On behalf of the PA committee, a belated happy new year to our Fleet families, and a warm welcome to new families who have joined the school this year.

The Parents Association exists to strengthen the school community, and provide an important link between parents/carers and the school. Along with Class Reps, the PA aims to support communication, provide opportunities for families to meet socially and fundraise for the school, and is run by parent/carer volunteers. The PA relies on the shared efforts and passion of our Fleet community to carry out its great work.

The varied work of the PA means that there is something for everyone wishing to take part - it's not just about being on the committee. Whilst fundraising is at the heart of what we do, and helps contribute to the improvement of the school experience for our children, there is more to it than that. It is a wonderful way of getting to know other families and staff, whilst making a real contribution to the quality of school life.

Our social events are a great way to strengthen the school community, and include building ties with the local area, all of which positively benefit both. Class reps play a vital role in helping to build up that community spirit, acting as the contact points between the school, parents and PA committee.

Many hands really do make light work, so if you think you would be interested in helping out with the PA, or becoming a Class Rep, please do feel free to get in contact with us on the email address below. The support from our community really helps to drive the PA forward in its fundraising targets for the school.

At the moment, we are really in need of a new Treasurer, so if you have any financial experience, or have a family member who could help, please get in contact.

Best wishes,
The Fleet Parents Association Committee
fleetschoolpa@gmail.com

Chair: Fab Sidoli (Jake Y3, Albie Y1)
Vice-chair: Joanna Fabbri (Jake Y3, Albie Y1)
Secretary: Becky Rohoman (Hunter Y4, Rocco Y2)
Publicity Officer: Sophie Cooke (Amber-Lily Y5, Robyn Y2)
Treasurer: Currently Vacant (interim, Fab Sidoli)

Fleet Primary School - Camden www.fleet.camden.sch.uk

@Fleet

Letters sent out by the
Parents' Association
last week.

SCHOOL TERM DATES 2021/2022

AUTUMN TERM

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

SPRING TERM

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

SUMMER TERM

First day of term	Wednesday 20 th April 2022
May Day Bank Holiday	Monday 2 nd May - school closed
Half term (inclusive)	Monday 30 th May – Friday 3 rd June 2022
Additional Days Holiday for the Queen's Platinum Jubilee	Monday 13 th June 2022 – school closed
Last day of term	Friday 22 nd July 2022

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Wednesday 1 st & Thursday 2 nd September 2021	Tuesday 4 th January 2022	Tuesday 19 th April 2022
2 nd half term			Friday 27 th May 2022

Please note Nursery and Reception start dates in the Autumn Term differ due to home visits and phased transition. You will receive your child's start date as part of the welcome pack and will be discussed at the meeting prior to the Autumn Term start.

Request for help with some research from university of Warwick



Dear Invitee,

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

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

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

https://warwickpsych.qualtrics.com/jfe/form/SV_8fiu3nKLRzsSFNA

Kind regards,

Yuval Ben-Arzi

Third year psychology student at the University of Warwick

 **CCA**
THE DOME YOUTH CLUB
FREE SPORTS SESSIONS
IN
THE DOME

Sign up now by emailing frances@qcca.org.uk



WHEN: JAN - FEB 2022

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



JUNIOR SPORTS TIMETABLE 2022

TUES

Girls Only (10-15's)

6:30pm - 8pm

The Dome

WED

Basketball (9-13's)

5pm - 6pm

The Dome

THU

Cricket (8-12 yrs)

5pm - 6.30pm

The Dome

Football (8-12 yrs)

6:30 pm - 7.30pm

The Dome

WANT TO TRY SOME NEW SPORTS?

JOIN US AT THE DOME!

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

Registered Charity No:
1096655

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

@THEDOMEYOUTH

OR VISIT OUR WEBSITE: WWW.QCCA.ORG.UK



Free 24/7 urgent mental health support for young people

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

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

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



URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

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

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

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



Online learning resources and homework

- Mathletics: login.mathletics.com or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- Bug Club Reading Resource: <https://www.activelearnprimary.co.uk/login?c=0>

The sign in details for the three resources above are the same (for Bug Club you will also need the school code which is **tpgk**)

- Seesaw: <https://app.seesaw.me/#/login> or download app
- Busy things: <https://www.busythings.co.uk/lgfl-login/>

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

FREE SCHOOL MEALS

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

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



Clue

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



and when not hiding inside printers they usually look like this



www.recycle4charity.co.uk



Recycle 4 Charity Treasure Hunt

Attention to all children and teachers!

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



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

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

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

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

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

Parent group: Families, Food and Feelings

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





Dear Parents/ Guardians,

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

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

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

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

Best wishes,

Tash

St Pancras Girlguiding Leader

FREE

WOMEN'S ONLY ZUMBA

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

Registered Charity No: 1096655

Registered CLG: 04393769

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

Email: sarah@qcca.org.uk

Tel: 0207 267 6635

Web: www.qcca.org.uk

Daunt Books

Children's Short Story Competition

Open to original stories written by children aged 4-15 years

Stories can be up to 1500 words

Entries close 31 Jan 2022

Visit dauntbooks.co.uk/short-story-competition to submit your story

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

Weekly Wellbeing Update

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

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

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

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

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

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

Parent Workshops

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



New Tip...

Wellbeing Tip of the Week!

An initiative brought to you by Camden Learning's Health and Wellbeing Team—a new one each week!

Week 18 – Journaling (part 2)

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

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

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

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

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

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

Dear parent/carer,

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

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

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

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

Webinars for Parents/Carers of Primary aged children:

- Parent-child interactions
- Managing child worries

Webinars for Parents/Carers of Secondary aged Young People:

- Supporting your Anxious Young Person
- Understanding Adolescent Development

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

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

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

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

The scheduled topics, dates and times are:

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

Advertising the webinars

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

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

With many thanks,

Alessia Potere (Counselling Psychologist- MHST)

From National Online Safety

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

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

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



**National
Online
Safety®**

#WakeUpWednesday



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: 26.01.2022

FREE FOOTBALL FOR GIRLS

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

EVERY WEDNESDAY (excluding half terms)

Ages: School years 5 & 6

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

EVERY SATURDAY MORNING

Ages: School years 3 & 4 – 9-10.15am

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

Start date: Saturday 9th October

All sessions are FREE of charge.

Training takes place outside on Astroturf.

All participants must wear shin pads.

Register via www.playthearsenalway.com

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



Arsenal
COMMUNITY

Alyssia Fleur

School Of Dance

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

Promoting a positive learning
environment through praise
based teaching.

To register your interest please email: a.f.schoolofdance@gmail.com
or call: 07565 365622

alyssiafleurschoolofdance.co.uk

St John's Wood

Marylebone



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

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

Day: Tuesdays

Time: 4-5pm

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

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

Sessions have already
started!



Date: 17/11/21

Dear Parent/Guardian,

Our popular gymnastics classes are back up and running.

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

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

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

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

12 classes

Price: £160.00 for the course

Drop in/Trial per session: £16.00

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

THANK YOU

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

Jubilee Hall Trust Ltd.
30 The Piazza, London WC2E 8BB
Registered in England and Wales
Registration no. 1310648

Trustees:
David Alcock, Steve Calverley,
Jane Cochrane, Gareth Davies,
David Goy, Judy Hargaden,
Alan Kuznetsov, Nicki Landon,
John McQuillan, Tim Mitchell,
Jo Weir.



PATRONS: Helen McCrory OBE and Damian Lewis

SPONSOR: OLYMPUS UK

SPRING TERM SCHEDULES 2022 at HvH ARTS

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

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

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

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

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

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

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

QUEENS CRESCENT STREET ART PROJECT WITH SAM SURE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

To register your interest for these workshops please email courses@hvhartarts.org (free enrolment).

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

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

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

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

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

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

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

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

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

Register your interest by email: courses@hvhartarts.org

HALF TERM WEEK of 14th February to 18th February 2022

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

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

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

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

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

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

Email: courses@hvhartarts.org

www.hvharts.org

Registered Charity No: 1149607



Half Term HOCKEY camp



**Hockey
sticks
provided**



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



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

**Basic Concepts
Game Intelligence
Advanced Skills**



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

WELCOME TO CAMJAM!
The Camden Music Junior Saturday Centre



JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



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



Talacre Holiday Multi Sports Scheme 2021/22

May to February



**Ages
8-12**

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

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

*Special courses week, no regular Holiday scheme.

Camden Active Sports

Camden

Information, Prices and How to Book

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

Ages 8-12, 9:30am – 3:30pm

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

Camden Active Sports

Camden

Talacre Holiday Mini Camps 2021/22

May to February



**Ages
4-7**

**Mini Camp 1
9am – 10:30am**

**Mini Camp 2
11am – 12:30pm**

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

Camden Active Sports

Camden

Information, Prices and How to Book

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

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

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

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

Camden Active Sports

Camden



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

FEBRUARY HALF-TERM HOLIDAY CAMP

Mon 14 to Fri 18 February 2022 (5 Days)



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

Book Online:
mnature.co.uk

Or Call:
020 8863 8832



Early Bird
and
Multi-Book
DISCOUNT!

★★★★★
"BEST CAMP EVER"

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

Ofsted
Registered

Childcare Vouchers
Accepted

COVID-Safe
Industry Certified



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

FEBRUARY HALF-TERM 2022 Information

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

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

Science Whizz! - New for 2022

Day 1> Science Mix!

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

Day 2> Science Fun!

Crystal Letters!
Static Shock!
Dino Discovery!

Day 3> Science Blast!

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

Day 4> Science Slam!

In a Spin!
Hummingbird Spinner!
Chromatography Bouquets!

Day 5> Science Wham!

Rain, Rain Go Away!
MR FABI!
Flying Fish

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

Early
Booking
Discount
Available!

VENUES Serving

NW London

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

SW London

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

See online for
full list...

Book online at:
www.mnature.co.uk

Or call us today:
020 8863 8832

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



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



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

Family Kitchen at Home

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

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

0207 974 6736

healthandwellbeingteam@camden.gov.uk



Learn new
and easy
healthy
recipes



Share and make
nutritious and delicious
meals as a family



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

Build
confidence
around
handling
knives safely



Please book your place on the programme by contacting the
Health and Wellbeing Team on healthandwellbeingteam@camden.gov.uk
0207 974 6736.



Free virtual sessions for the whole family

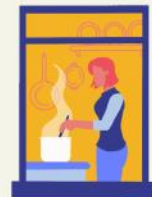


Fun, free and easy ways to keep
primary school pupils healthy,
happy and interested in cooking.

For
children
5-11
years



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



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

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



Contact:

healthandwellbeingteam@camden.gov.uk or call
020 79746736

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



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

families for life

**change
4life**



KIDS Early Years

Specialised Stay & Play sessions

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

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

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

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

If you would like more information,
please contact:

Karen.rodriques-ayers@kids.org.uk

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:

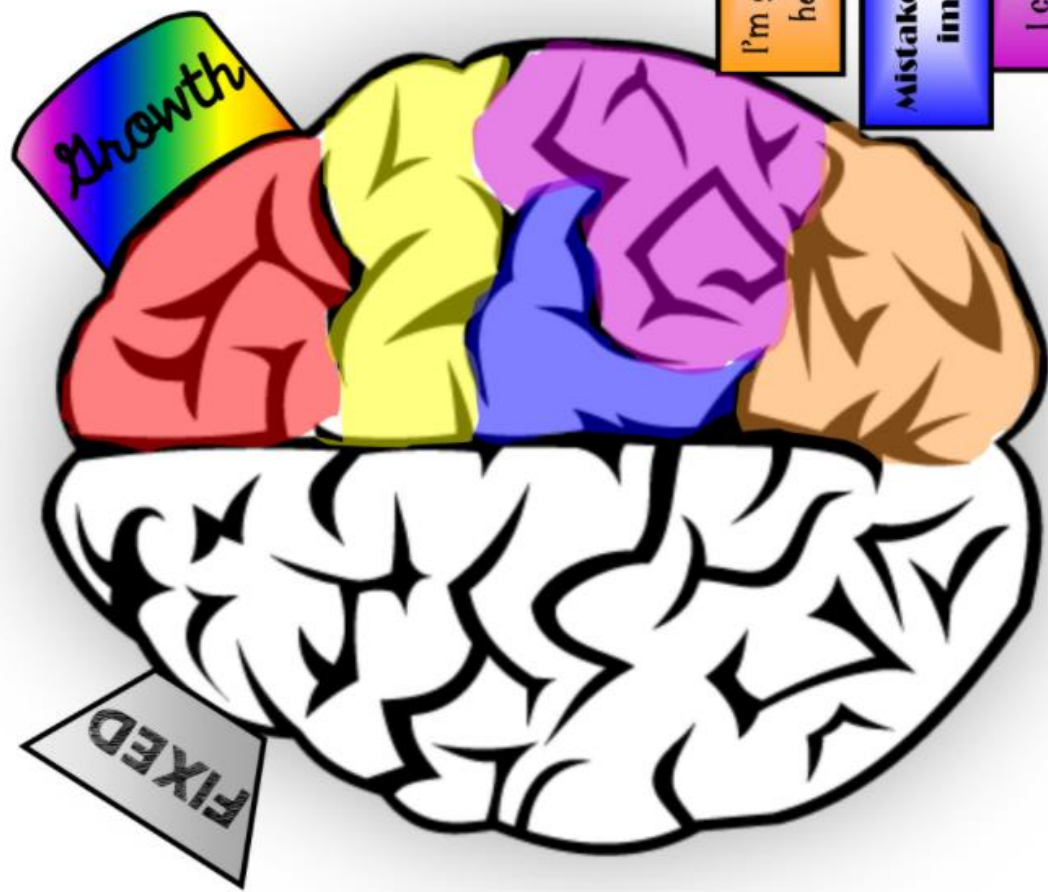
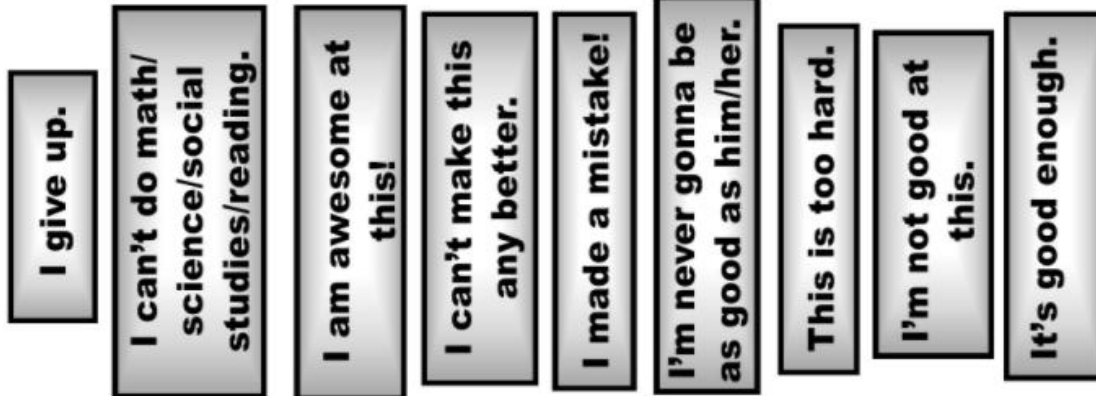
- 1 Ask your GP or school nurse for an asthma management plan
- 2 Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3 Ask your GP, asthma nurse or consultant for an annual asthma review for your child



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*



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk

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 installment by half term.

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

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

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

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

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

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



- 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

* 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.



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



camden.gov.uk/coronavirus



HELP STOP THE SPREAD OF COVID-19

GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

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

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



☎ 020 7974 4444 (option 9)
🌐 camden.gov.uk/rapidtest

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



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

Wear a face covering, unless exempt



camden.gov.uk/coronavirus



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

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

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

COVID-19: Update from Camden Council

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

- Visit camden.gov.uk/coronavirus
- Check the news pages at news.camden.gov.uk
- Follow Twitter @CamdenCouncil, Facebook facebook.com/LBCamden and Instagram @WeMakeCamden
- Speak to someone at the Council on 020 7974 4444 (option 9).



SIGN UP to the Council's coronavirus newsletter at camden.gov.uk/coronavirus-updates



Throughout the pandemic we have seen great community spirit across Camden – people looking out for each other, putting the needs of friends and neighbours ahead of their own, especially those in any way vulnerable.

While government COVID-19 measures are officially lifted from today (Thursday 27 January), it remains vitally important that we all continue acting with care and caution for ourselves, and consideration for those around us. Simple actions, such as wearing a face covering in indoor and crowded outdoor areas have been shown to make a real difference. And of course, getting vaccinated and boosted as soon as you can – they're safe, they work, and they are saving lives.

Although the rules are changing, please remember that the pandemic is not over. COVID-19 is still here, and is still having a massive impact on many, including those with underlying health conditions.

And for lots of people, government's decision to do away with things like masks and social distancing is a cause of huge anxiety – please keep this in mind when you're out and about. Let's hold on to that community spirit, let's carry on thinking about each other, and let's continue getting through this, as we have from the start, together.

Councillor Georgia Gould, Leader of Camden Council

COVID-19 rules: What is changing?

From today
27
January



From today (27 January) face coverings are no longer mandatory. However, you are strongly encouraged to continue wearing one indoors and in busy outdoor public spaces, including in shops and places of worship, unless you're exempt. Please note that face coverings must continue to be worn for the full duration of journeys on the public transport network (TfL), including inside stations.



From 27 January you no longer need to show your NHS COVID-pass as a condition of entry into venues or events, although some venues may still require it on a voluntary basis.



Since 20 January staff and students in secondary schools and colleges are no longer required to wear a face covering in classrooms or other communal areas.



Since 19 January, if you have been working from home you are no longer required to do so. Your employer should be in touch if they haven't already about returning to the office.

For full details, visit gov.uk/coronavirus

Save a life don't risk a life

Older residents and people with underlying health conditions are still at the highest risk of getting seriously ill from COVID-19. While restrictions are removed, please continue to follow these steps to protect yourself and others:



Get vaccinated as soon as possible – whether it's your first, second or booster dose. Find out more at camden.gov.uk/getting-the-vaccine, speak to your GP or call the NHS for free on **119**



Continue wearing a face covering indoors, in busy outdoor public spaces and on public transport, unless exempt



Open windows regularly to let fresh air in when meeting others indoors



Certain venues may still require a COVID-pass on a voluntary basis. If you are heading to an event or venue, check entry requirements beforehand



You're strongly recommended to keep taking regular rapid lateral flow tests before going out to work or meeting others. If you develop symptoms or test positive, self-isolate immediately. Find out more at camden.gov.uk/rapidtest

Vaccine update



Over time, two doses of the COVID-19 vaccine do not give enough protection against the virus. Everyone aged 16+ is eligible to get a booster vaccine, three months after a 2nd dose. And if you haven't yet, it's not too late for your first or second dose. Book online via nhs.uk/coronavirus or call **119** for free. You can also visit a clinic for a walk-in appointment, find out how at camden.gov.uk/getting-the-vaccine

Test and Trace support payment

£500
support

If you're self-isolating and you're employed or self-employed, on a low income and currently receiving certain benefits, you may be eligible for a one-off Test and Trace support payment of £500 to help make up for lost income. Find out more at camden.gov.uk/apply-for-test-and-trace-support-payment

Access support now



If you're struggling with debt or your finances, find out how to access a range of benefits, grants and discounts at camden.gov.uk/finances or call Camden Council on **020 7974 4444 (option 9)**.

If you're struggling with your mental health, speak to your GP, visit icope.nhs.uk or call iCope on **020 3317 6670**. For more information, visit camden.gov.uk/mental-health



Grant support for businesses



One-off government grants of up to £6,000 are available to eligible hospitality or leisure businesses or venues impacted by restrictions in response to Omicron cases. Additional council discretionary funds are also available to support eligible businesses outside the hospitality and leisure sectors, provide rates relief, as well as separate government funding for arts organisations and a re-introduction of the statutory sick pay rebate scheme. Find out more at camden.gov.uk/grants