

Friday 8th October 2021

Message from the head:

What a great way it was to finish the week today with our first Class Assembly since early 2020! The year 5 class did a fantastic job with their Viking inspired show of brilliant singing and acting. It was lovely to invite the Year 5 parents in to the hall and thank you to you all for helping us make this happen by wearing your face masks.

I also wanted to say a big thank you to those year 5 parents who stepped up to organise the donations and then work the stall at the class tea on Thursday. We are really lucky to have some really dedicated parents at Fleet but I do have a request to make. For many classes (but not all) it always seems to fall to the same parents to organise and be available for things. I would like to make a plea to everyone that whenever possible, and I know for some parents it is not always possible to be available due to work etc, that you try and help the class when there are parent led events such as the class teas or fairs so that it is not always left to that small group of ever reliable parents to do everything. With that in mind, we are still looking for parents to take on the role of class rep for a couple of classes after no one volunteered during the class curriculum meeting, Year 4 has no-one and if a Reception parent would like to volunteer we need one for them. Thanks in advance.

This week along with Ms. Wall and Marcus—our chair of governors, I met with Camden Learning for our annual Standards meeting. This is an opportunity for us to look at the last year and the coming year and evaluate where we are as a school. The meeting was very positive with agreement that the priorities we have identified as a school are the right ones. It was reassuring to hear the positive messages from Camden on what we are doing and where the school is at.

As many of you will know October is 'Black History Month'. At the end of the last academic year the staff took part in a number of training sessions working with the organisation 'The Black Curriculum'. Our reason for investing in the time and cost of this training was we wanted to do more to ensure that the diversity that we see in our wonderful school community is reflected fully in our curriculum—from the people we teach the children about, to the histories, geographies and stories they learn about. While we will of course be recognising Black History month in classes and in assemblies this month we also want to ensure that it is not just in the month of October that we celebrate different cultures and backgrounds but that we do that throughout the year and all our children can see their heritages and backgrounds reflected in what they are learning about. I wish you all a wonderful weekend and look forward to see everyone back next week.

Thankyou—we're still collecting!

We're still collecting for the Afghan refugees recently arrived in Camden—more is needed. If you are unable to drop off at school during the day but want to donate



any items, Patricia (nan to Mia—Y3) has kindly offered to act as an out-of-hours drop off. Her address is:

Flat 13, Palgrave House, Fleet Road. NW3 2QJ

The items needed are:

Underwear and toiletries - new items only

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

Flu Vaccine

Public Health expect the winter flu this year to be especially problematic. This is due to relatively low prevalence last year as we were all locked-down indoor and not mixing and so our natural immunity will be less than in previous years. For this reason they are rolling out the Nasal Flu Vaccine to all children. Letters are coming home today for consent with the vaccination team in school on the 18th October. We would urge you all to consent and allow your child to be vaccinated. Please read the information that is sent home and if you have any questions please ask. The more children that are vaccinated the less likely school learning time and health will be put at risk. Thank you.

Well done Louise!

Massive congratulations to Louise Looney who overcame injury and illness to make it to the start line last weekend and complete the London Marathon at the first attempt. Well done. Still not too late to help her raise money—follow link below.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=LouiseLooney&pageUrl=1>

Reminder

As we enter Autumn and experience more unsettled weather please remember to send your children to school with coats and suitable clothing so they are well prepared for any eventuality. Trips and visits go ahead regardless of weather and we also try to get the children out at playtime if the rain is light as they need the physical release of running around. Thank you.

Punctuality Award

This week's Punctuality award goes to Y4 with no lates—brilliant! Y2 & Y3 only had a couple each too—well done. In fact all classes improved this week except year 5 who are pulling our punctuality figures down significantly—almost as much as the rest of the school put together. This is not all children and only a few. We will be contacting those with poor punctuality to discuss how we can help ensure they arrive in school on time and ready to learn.

Attendance Award

Our Attendance Award this week goes to Year 3 with 98.9% fantastic! This year's whole school target is again 96%. We just missed it last year but I know we can do it this year. Overall for the year we are currently at 95.7% - so close—we can do it!



Lunch Menu—11th-15th Oct

Monday

Meat Free Monday
Veg & Kidney Bean
Pasta Bake or
Macaroni cheese
Green Beans & Carrots
Fruit & Yoghurt

Wednesday

Meat/Halal: Chicken
Drumsticks
Vegetarian: Veg & Lentil
Wellington
Roast Potatoes or Rice
Cauliflower & Broccoli
Fruit & Yoghurt

Tuesday

Meat/Halal: Beef
Burger
Vegetarian: Quorn
Burger
Potato Wedges
Peppers & Sweetcorn
Apple Crumble &
Custard

Thursday

Meat/Halal: Beef Bol-
gnaise & Spaghetti
Vegetarian: Tomato &
Lentil Pasta
Green Cabbage & Carrots
Apple, Cheese & Biscuits

Friday

Meat/Halal: Salmon
Fish Fingers
Vegetarian: Bean &
Leek Sausage
Chips or Cous Cous
Baked Beans & Peas
Jelly, Yoghurt &
Fruit

Available Daily

Freshly Cooked Jacket
Potato
Freshly Baked Bread

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

Search 'On the Fence Podcast Camden' 🔍

Made with and for young
Camden residents

On the fence about getting the COVID-19 vaccine?



SCAN TO WATCH
OUR PODCAST →



Online learning resources and homework

- Mathletics: login.mathletics.com 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.



Acland Burghley Dance Department



JUNIOR DANCE COMPANY



For Primary Students in Years 4, 5 and 6

Every Thursday 3.45pm - 4.45pm
Acland Burghley School
Audition - Thursday 7th October 2021
Scan the QR Code to apply



AUDITION DETAILS:

There will be an audition on **Thursday 7th October 2021** from **3.45pm - 4.45pm** in the Dance Block at Acland Burghley School.

What do you need to do for the audition?

Please wear appropriate dance clothing, you will be dancing bare foot.

What qualities do you need to audition for Burghley Junior Dance Company?

- Be in Years 4, 5 or 6. (Age 8-11)
- Enjoy performing, choreographing and working with other dancers.
- Be keen to try out new dance styles.
- Enjoy working as part of a company and have the ability to work well with others.
- Be enthusiastic, punctual, respectful, professional and committed.

Our aims of Burghley Junior Dance Company:

- To have fun, dancing in a group with other dancers of a similar age and make new friends.
- To work with professional choreographers and teachers to produce outstanding performance pieces.
- To improve our performance and choreographic skills and build on our confidence to express ourselves through dance.
- To perform at open evenings, annual dance shows, dance company sharing and any other performance opportunities.

What will be the level of commitment required if I become a member of Burghley Youth Dance Company?

You must be able to attend Thursday classes every week during term time. We realise that people get ill or injured, or may have other unavoidable events. However, if you miss more than one rehearsal you risk losing your place in the company.

Company classes will begin Thursday 14th October 2021.

Scan the QR code to register for the audition.

Stars of the week!



Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - Well done to all these children, and to all the rest who might not have been picked this week but could have been.



Reception—Krena

For always being so enthusiastic about your learning. Thanks for being a good friend, playing nicely and trying hard with our different activities. You have had a great start to the year!

Year 1—Lily-Rose

For putting in all her efforts to make the right choices and for great learning in Maths this week. You are doing so well, Lily-Rose, and we know you will continue to do so. Keep being wonderful you!



Year 2—Ayman

For your fantastic effort and focus this week. You are sharing so many of your great ideas on the carpet and I've noticed how well you're building your independence with your work. Well done!

Year 3—Yacub

For your kindness! You are so supportive and enthusiastic when celebrating in others - what a special quality! Thanks for being such an excellent member of Y3!

Year 4—Natasha

For your team work and kindness towards others. You always offer to help others and are supportive and positive when working in a group. Keep it up!



Year 5—Amber-Lily

For your fantastic effort during our class assembly practice. I was so impressed with how quickly and professionally you learnt your lines and how well you have been performing them. Your hard work and dedication is laudable! Well done Amber-Lily!

Year 6—Zainab

For your wonderful attitude towards all we do. You always look for the positives and find something to smile about. You have been working diligently in English and Science to create brilliant pieces of work- well done you! Keep up the super job!



We are seeking to recruit
talented and ambitious
individuals to work within our

London Borough of Camden
Schools

Current Vacancies:

Area Manager
Relief Chef Manager
Relief Assistant Cook
Relief Kitchen Assistant

If you are interested in joining
our team, please contact

camden-admin@caterlinkmail.co.uk

Programme details

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

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

Time: 11am-2pm

Facilities: Refreshments and light lunch provided

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



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



strengthening families
strengthening communities

About the programme

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

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

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

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

I spend more time with my mum and we communicate better

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

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



The course will help you to

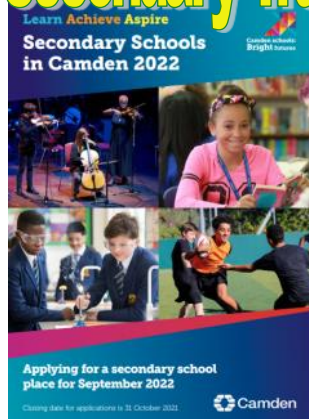
- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas



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



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



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

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

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

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

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

2021

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

2022

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

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

Choosing a secondary school in Camden

Open events 2021



Acland Burghley School

Burghley Road, London NW5 1UJ
020 7485 8515
www.aclandburghley.camden.sch.uk



Open evening: Tuesday 21 September from 5pm
Open mornings: Monday 20, Tuesday 21, Thursday 23 and Friday 24 September 2021 from 9am
Sixth Form: LaSWAP: Thursday 25 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

Hampstead School

Westbere Road, London NW2 3RT
020 7794 8133
www.hampsteadschool.org.uk



Open evening: Tuesday 12 October, 6pm
Open mornings: Tuesdays 21 and 28 September, 5, 12 and 19 October at 9.15am
Sixth Form: Thursday 17 November, 5.30pm

The UCL Academy

Adelaide Road, London NW3 3AQ 020 7449 3080
www.uclacademy.co.uk



Open evening: Tuesday 14 September and 26 October, 5 to 7pm
Open mornings: 17, 22 September, 7 October, 2021, 9am to 10.15am. Please call to book appointments.
Sixth Form: Tuesdays 2 and 16 November, 5 to 7pm

Parliament Hill School

Highgate Road, London NW5 1RL
020 7485 7077
www.parliamenthill.camden.sch.uk



Open evening: Thursday 23 September, 5 to 7.30pm
Open mornings: 28, 29 and 30 September, 9 to 10.30am
Sixth Form: LaSWAP: Thursday 25 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

La Sainte Union

Highgate Road, London NW5 11RP 020 7428 4600
www.lasainteunion.org.uk



Open evening: Thursday 23 September, 4 to 7pm
Open days: By appointment during weeks beginning 4 and 11 October. Advance booking will be required. Please check the school website for further information and booking form.
Sixth Form: LaSWAP: Thursday 25 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

Camden School for Girls

Sandall Road, London NW5 2DB
020 7485 3414
www.csg.school



Open evening: Monday 20 September, 5pm
Open mornings: Wednesday 15 and Friday 17 September, 9am
Sixth Form: Tuesday 23 November. Tickets available Thurs 1 Oct
Banding assessment registration: register online by Tuesday, 22 September, 12 noon

Haverstock School

24 Haverstock Hill, London NW3 2BQ
020 7267 0975
www.haverstock.camden.sch.uk



Please check the school calendar or contact the school for the arrangements of the open evening and Sixth Form events
Open mornings with tour of classrooms: Drop in on any Thursday, 9 to 10am, from 16 September to 21 October

Maria Fidelis School FJC

1–39 Drummond Crescent, London NW1 1LY
020 7387 3856
www.mariafidelis.camden.sch.uk



Open evening: Thursday 14 October, 4.30 to 6.30pm
Open mornings: Depending on COVID-19 – will hopefully resume on Tuesdays from 9 to 10am
Sixth Form: Please check the school calendar or contact the school for the arrangements of Sixth Form events

Regent High School

Chalton Street, London NW1 1RX 020 7387 0126
www.regenthighschool.org.uk



Open mornings: 4, 5, 6, 7, 8, 11, 12, 13, 14 and 15 October, 9am
Sixth Form: Thursday 18 November, 4 to 6pm

William Ellis School

Highgate Road, London NW5 1RN 020 7267 9346
www.williamellis.camden.sch.uk



Open evening: Thursday 23 September, 6 to 8pm
Open mornings: 28, 29 September and 5 October, 9 to 10.30am
Sixth Form: LaSWAP: Thursday 26 November, 5.30 to 8pm at Acland Burghley School (pre-registration is required – see the school website or www.laswap.camden.sch.uk)

While most Camden secondary schools still plan to have open events for parents and the details below were correct at the time of going to print, these arrangements could change or the events may be held 'virtually' online – please check the schools' and Camden Council's website for the most up to date information.



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

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



CAMDEN HEALTH



KICK

Please sign up in advance for all sessions!

MONDAY

WOMENS ZUMBA 11 am - 12pm at The Dome	VI GYM 1.00 pm - 4pm at The Dome	FAMILY FOOTBALL 4.30-6.30pm at Malden Pitch
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TUESDAY

FAMILY YOGA

5pm- 6pm at The Dome

WEDNESDAY

FAMILY MULTI - SPORTS

Men & Boys 4.00-6.00pm at The Dome

THURSDAY

HEALTH CHECKS

11am - 12pm at the Dome

WOMENS YOGA

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

FRIDAY

FAMILY SPORT INC ZUMBA

Women & Girls 4.30pm - 6pm at The Dome

**AUTUMN
2021**

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

FREE

FAMILY SPORT'S ACTIVITIES

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

HOW TO FIND THE DOME 170 WEEDINGTON RD



CCA



ThriveLDN



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



FROM SEPTEMBER 8TH HEALTH & WELLBEING CHECK

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

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



BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635
Email : Sarah@qcca.org.uk

ADDRESS: 170 WEEDINGTON ROAD
LONDON, NW5 4NU

Registered Charity No: 1096655
Registered CLG: 04393769

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

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



Mental Health Awareness Course for Parents

Are you a parent or carer who is concerned about your mental health or the mental health of your child?
Do you want some hints and tips on how to help?

Saturday 16th October 2021

10am to 4pm

OR

Wednesday 20th October 2021

9am to 3pm

Lunch will be provided!

QCCA has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself and your children.

Address - 170 Weedington Road, London, NW5 4NU

Please contact below to book your space:

Email: Sarah@qcca.org.uk
Call: 020 7267 6635



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

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



Instrumental Tuition at Fleet Primary School



Camden Music Service

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

camdenmusic@camden.gov.uk

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.

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!

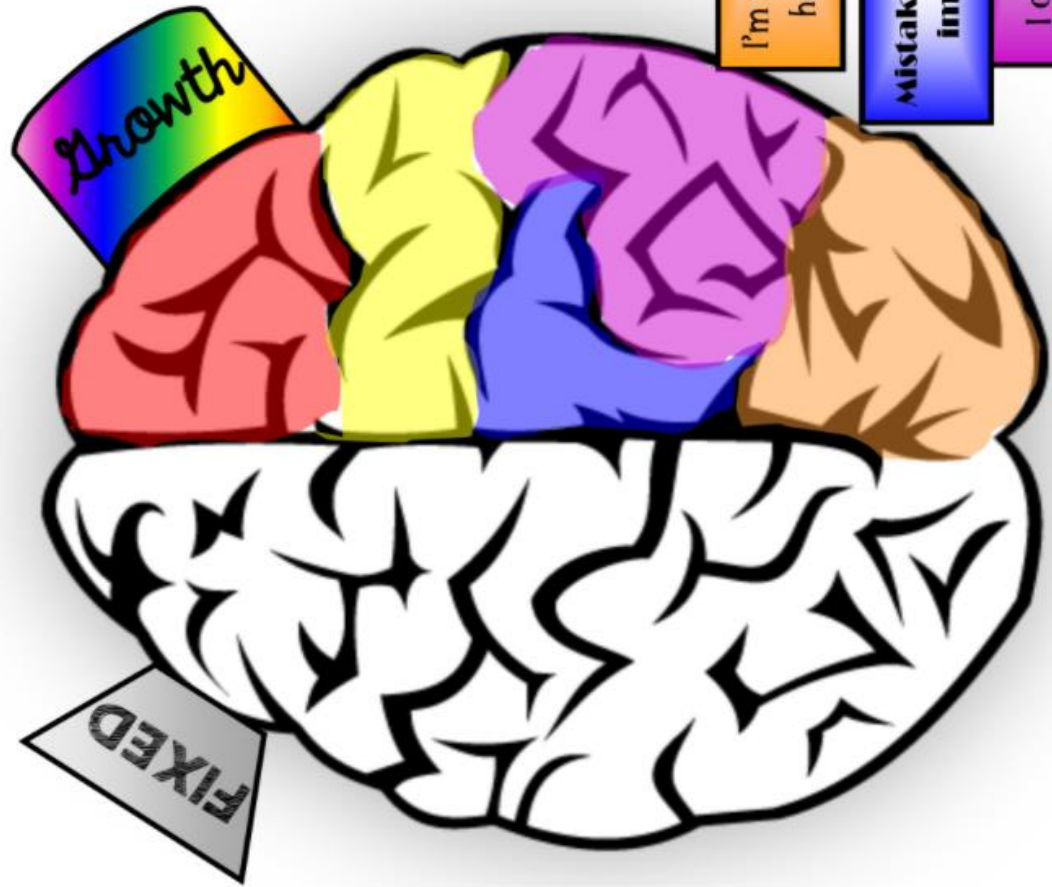
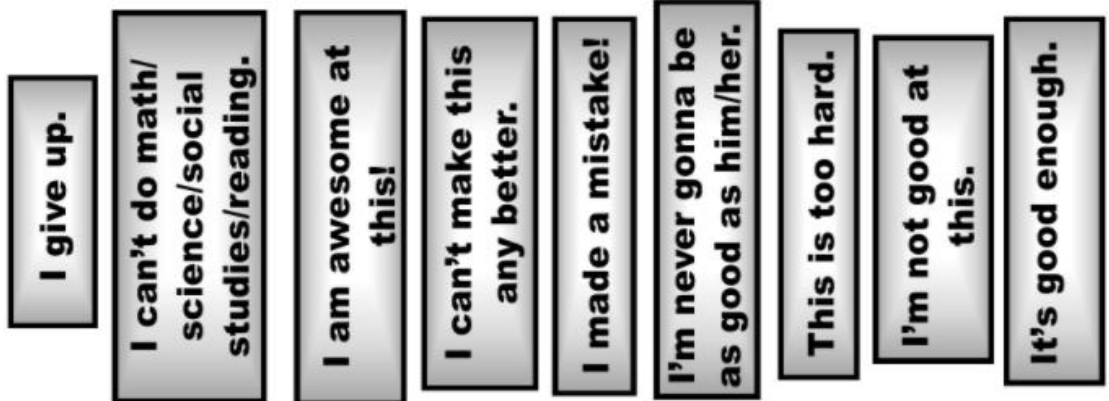
Week 5 – Building resilience (The Power of YET)

Sometimes we can become frustrated or angry with ourselves when we are trying to learn or do something new. This might be because we know we are not perfect at it yet, or we have not mastered all the skills needed for it yet. However, instead of focusing on the negative emotions we might feel about this, it would be more productive to think, "I just haven't mastered this **YET**."

This is a very simple way that helps us move towards a growth mindset, just by using the little, 3 letter word, "yet." In essence, the word helps us to realise that some things are worth waiting for and those things can take work and a bit more time. It's not always easy, but the **power** of this small word allows for success. This week have a go at saying this to yourself when you are struggling to achieve something straight away or finding a task difficult.



Change your words Change your *Mindset*





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
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.

Fleet Facts!

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

Year 2: Naz, Thaddeus, Ayra, Lir, Frankie, Hunter, Nico, Theo, Leo, Amine, Rocco

Year 3: Jake S, Samuel, Shajai, Daniel, Jarod

Year 4: Alea, Evangeline, Hana, Mia, Natasha, Ranya, Tabby, Yara, Yonis



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

Times Tables Rock Stars of the Week!

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

Year 3: Okpe—22,800 coins—2nd week in a row!

Year 4: Evangeline—4,792 coins!

Year 5: Tawfiq—8,448 coins!

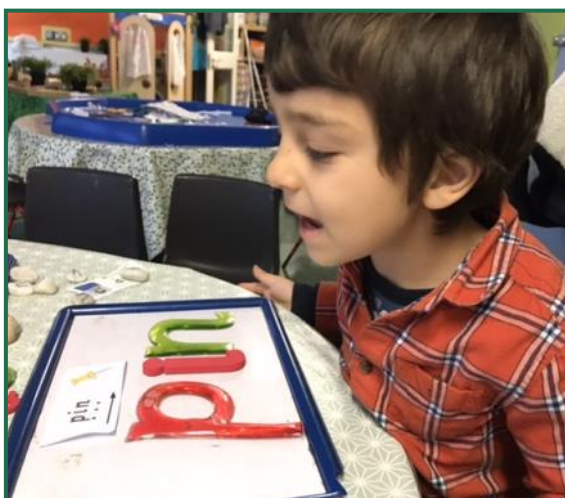
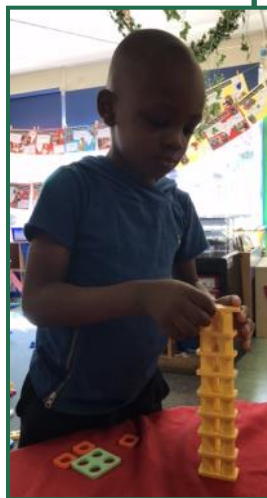
Year 6: Ifeoma—10,397 coins—2nd week in a row!

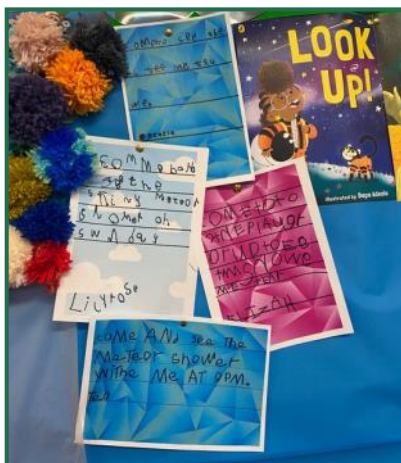
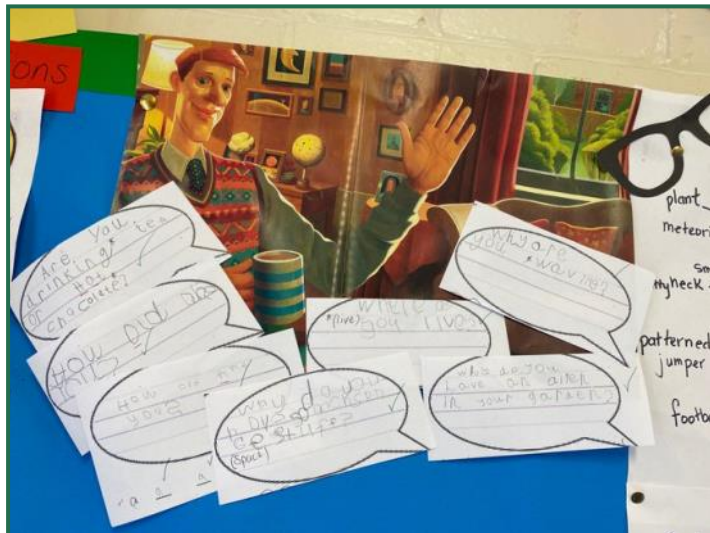


This week in Reception...

Monsters!

Some fantastic phonics going on in Reception this week as well as exploring the fun activities both indoors and out!





This week in Year 1... Our Wonderful World

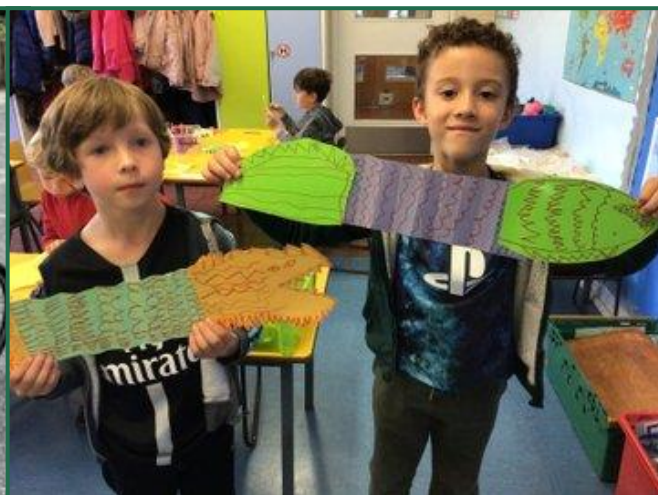
The children have been loving reading about Bob, the man on the moon this week. They have been writing to him asking questions and even receiving some letters back. They have also been making flyers for a meteor shower and doing some marvellous maths. Tallulah also found time to create her very own chalk planet in the outdoor area—it looked amazing! She named it 'Rainbow Planet' - very apt!



This week in Year 2...

Topic: All Around the World

It's been all go in year 2—they have been going on Bug club and practicing their reading, making Chinese Dragons and also managed to fit in their bike training this week. The instructors were very impressed with not only their cycling skills but the way the children spontaneously encouraged and cheered for each other when they learnt to ride. We know they are a brilliant bunch but it's lovely when visitors tell us too!

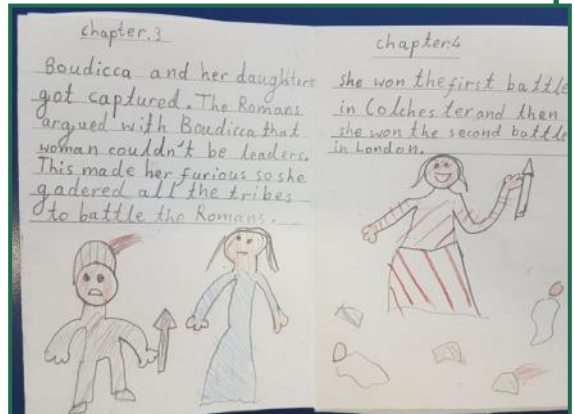
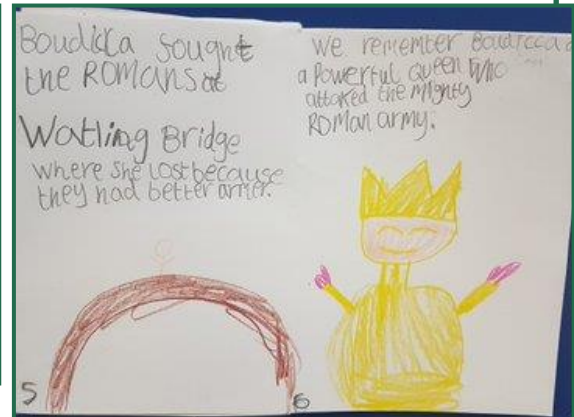
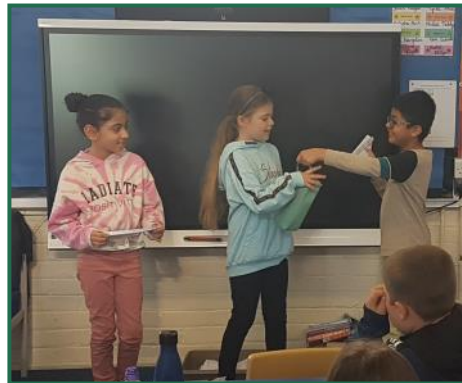




This week in Year 3... Olympics & Olympus

This week the children went to the October Gallery where they enjoyed the Benji Reid exhibition and took part in a workshop. They also showed the resilience and determination during the cycle training with many who couldn't cycle now able to! They've also been playing some addition games in maths and creating art inspired by the myth of Persephone and the Pomegranate Seeds. Well done Year 3.





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

fantastic folding books all about Boudicca as well as learning and following stage directions. They had a fantastic trumpet lesson with Rod this week—they are picking things up quickly! Please make sure they remember to bring their instrument home so they can practice before next week's lesson

This week the children have been showing off their fan-

This week in Year 4

Topic: Adventures in time

This week the children have continued to learn about the Viking raids on Lindisfarne. They wrote newspaper reports from the perspective of the Vikings. Here are some excerpts...

...Once inside, the courageous warriors killed weak monks and took shiny rubies, stacks of shimmering gold and gorgeous jewel encrusted crosses.
They filled exactly 98 bags of gold. They have collected several slaves.
“They were practically so light that a baby could lift them,” exaggerate the brutal Gorm. He reported that the monks scattered like shy foxes. Due to the success they will soon plan to raid Mercia.
“We have decided to steal more slaves and weak villagers”, said Houdir the leader of the Vikings. The next raid should hopefully be successful...

Last week, a fleet of heroic Vikings raided Lindisfarne Monastery led by the mighty Bjorn.
Sadly, 81 warriors have died but they have successfully looted the monastery.
At 9.03 they arrived at Lindisfarne Monastery in Northumberland. Wasting no time our violent Vikings slayed the cowardly monks. The monks were no match for our ferocious Vikings...

...Monks just stood there with books and crosses. Those monks stood no change! Our heroic Vikings just raided the monastery and the monks just stood there frozen on the spot.
Erik the Great, who is only in his early 20s came back and reported, “It was as easy as milking a cow! I was expecting a bit more war out of the monks. It was so easy that I was actually getting bored! The gold was just there waiting for us,” snorted Erik.
Our success with the raid has left Scandinavia tons of food for winter. There have been many rumours as how easy it is to raid Britain. Erik the Great is already about to get ready for another visit...

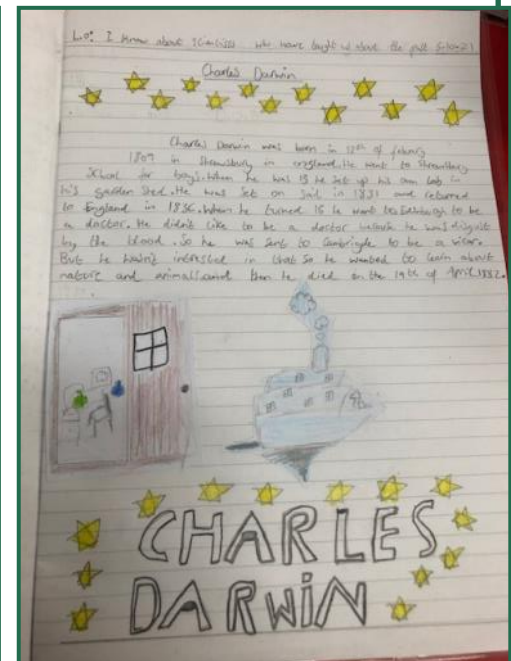
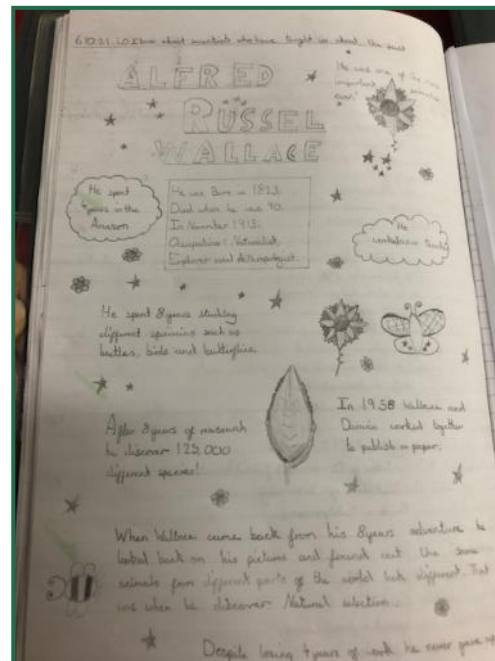
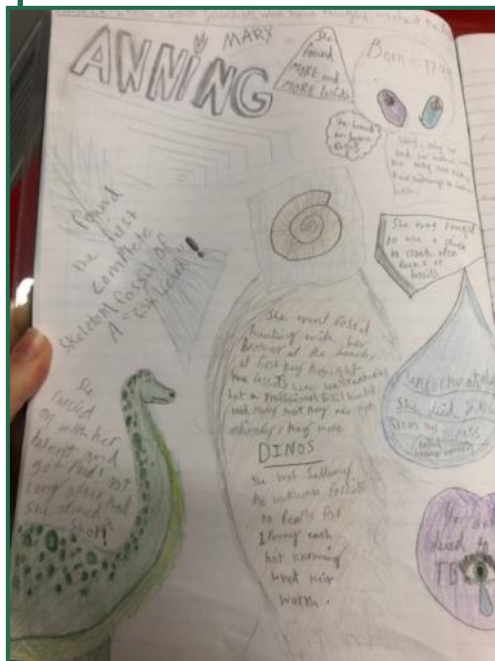
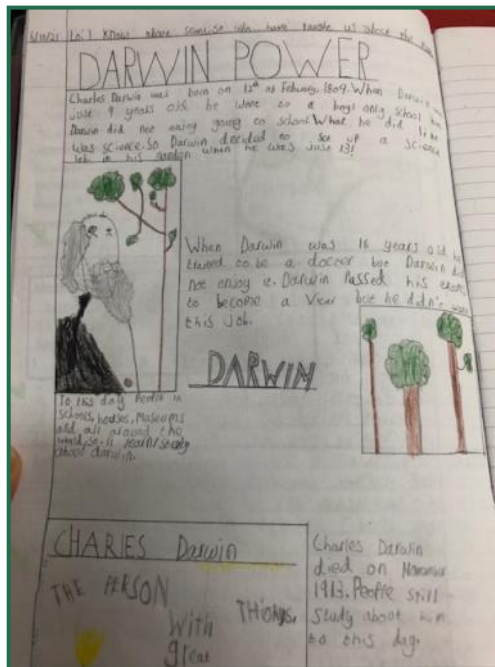
Last week a herd of boats arrived at Lindisfarne Monastery in Northumbria. They were led by the heroic Erik Red Beard. Our amazing skilled warriors luckily were successful and managed to steal every speck of gold!
After a few thunderous weeks at sea our courageous warriors arrived at Lindisfarne at 10.40am. As soon as they leapt out they didn't want to waste any time...



This week the children were working hard ahead of today's Class Assembly. Their singing and acting was fantastic—well done Year 5. They still found time to do some impressive writing. Such a multi-talented bunch.

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

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



In Year 6...

Topic: Paradise in the Jungle

Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

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

E: LBCMASHadmin@camden.gov.uk

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 Step Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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





NORTH LONDON PARTNERS
in health and care



Does **your child** have asthma?

Your child will need:



**an asthma
management
plan**



**the correct
inhaler
technique**



**an annual
asthma
review**

What **you** can do:

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



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

Thanks to Healthy London Partnership for the poster idea

From National Online Safety

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

What Parents Need to Know about

TINDER

WHAT IS TINDER?

Tinder is a free online mobile dating app regularly used by more than 60 million people worldwide. Users sign up and are matched with other people based on various preferences, such as location, age and shared interests. The user can swipe right to show interest in a profile (and connect as a match) or swipe left to ignore (decline) the match. If two users both like each other's profile and become a match, they are then able to communicate with each other directly.

AGE RATING

18

USING THE APP ...

FAKE PROFILES

Tinder doesn't require much information for a user to create a profile, which means that there's no verification of people's details. Therefore, you may have very limited information about who you are actually speaking to. This can include not knowing the real age or identity of a person that you're matched with – making it far easier to be taken in by fake profiles.

PRESSURE TO MEET

While people can find love through the app, Tinder has become synonymous with casual or short-term relationships. It allows for quick conversations which can put pressure on matches to meet up as soon as possible. This may put young users at risk of meeting individuals they don't know much about or who are only looking for sexual encounters.

PRIVACY CONCERNS

Tinder let users share some of their personal details – such as name and age – and link their Tinder account to Facebook. The app allows searches of a specific location, which could lead to a user discovering a young person's exact location. It's also possible that photos uploaded to Tinder could be saved and used in other ways without consent or notification.

EMOTIONAL HARM

The idea of instant feedback and satisfaction can put young people at increased risk of emotional harm. They may feel pressure to look or act a certain way and with begin to measure their self-worth based on how many matches they receive. This can have a negative long-term influence on young people's mood, self-esteem and confidence. It also strongly implies that compliance is a way to fit in and be liked.

Advice for Parents & Carers

COMMUNICATE OPENLY

Be candid with teens about the possibilities of online dating – but also discuss the potential dangers. An honest chat can help them feel more comfortable about coming to you with any future worries or concerns. This can reduce any stress they are feeling and increase their sense of security.

REPORT AND BLOCK

Tinder gives users the option to "unmatch" with someone they have previously connected with, as well as to report any inappropriate interactions they experience. If an account appears to be suspicious, then it's important teens are aware that they can unmatch with a user, block them and report them to the app itself. They can also report any inappropriate or offensive messages.

AVOID OVER-SHARING

Teenagers should seriously consider what they include on a Tinder profile. They should never disclose sensitive details – and be cautious about sharing their phone number, date of birth, email address and location. Using different profile pictures on their various social media accounts makes it tougher for someone to track them down.

MONITOR EMOTIONAL HEALTH

With cyber bullying presenting a significant risk, it's important that young people stay aware of their own emotional state. How do they feel before and after they use Tinder? Help them to identify when it might be time to take a break from the app and consider ways they can improve their mood. They should also know who they can speak about how they are feeling or any negative experiences they may have online.

BUILD IN SAFEGUARDS

It's vitally important that young people take precautions if they want to meet up with someone from Tinder. This should include meeting in an extremely public place and telling a friend or family member where they are going in advance. It may be useful to decide on a code word that a young person can include in a text or call to their friend or family member, to signal that they feel unsafe on the date.

Meet Our Expert

Dr Rina Bajaj is a Counselling Psychologist who has worked in mental health since 2004 (for the NHS, statutory organisations, in the corporate world and the voluntary sector). Her areas of specialism include dating and relationships counselling, and she has diverse experience in helping people from a range of backgrounds.



NOS National Online Safety®
#WakeUpWednesday

SOURCES: <https://tinder.com> | <https://apps.apple.com/uk/app/under-dating-new-friends/id547702011>



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: 06.10.2021



Raise FREE donations for

FLEET PRIMARY SCHOOL

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

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



Download the easyfundraising App



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

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



Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

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

Starting Solids Virtual Sessions

Dates and Times:

October 2021

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

November 2021

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

December 2021

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

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

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

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



[CLICK HERE TO BOOK YOUR PLACE](#)



Starting Solids Next Steps Virtual Sessions

Dates and Times:

October 2021

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

November 2021

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

December 2021

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

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

Each 90 minute session covers:

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



[CLICK HERE TO BOOK YOUR PLACE](#)



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

020 7974 6736

healthandwellbeingteam@camden.gov.uk

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



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

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

HELP STOP THE SPREAD OF COVID-19

GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

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

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

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

