

Fleet Community Notices



Wednesday 9th February 2022



This week...

This week in school we celebrated Safer Internet Day. You should have received a letter (sent home on Tuesday) with some useful information and links. Please have a look at this and also the information guides here on pages 5 & 6.

We've also been celebrating Children's Mental Health week this week. Check page 11 for this week's linked 'tip of the week'. Ask the children about some of the things they've been doing this week around this.

It's half term next week and I know many of you will be looking for activities for the children. Camden Active are putting on a number of events—these all need spaces to be reserved so check out the information 7 and 8 on what is on offer and how to sign up.

A reminder that it is not too late to contact the Camden Music service if you are interested in your child having some individual or small group instrument tuition. The details to be able to contact them and enquire as to what is currently available can be found on page 21 and if your child already plays an instrument look at the advert for 'Camjam' on page 15. This is Camden Music's Saturday music events and a great opportunity to develop their instrument skills and have the chance to play with other children.

Enjoy your half term whatever you get up to and I look forward to seeing you after the break.

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](http://www.easyfundraising.org.uk)

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

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



Download the easyfundraising App



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.

- **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
- **25th February:** Book Fair visiting school
- **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 everyday
- **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

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.

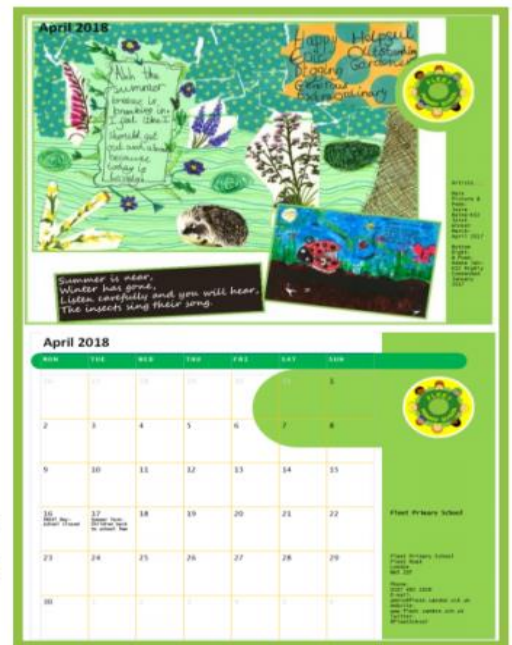
Fleet Primary School Calendar Competition 2023

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

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

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

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



This year's theme...Lifting Limits!

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

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

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

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

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



Flora Sandes



Greta Thunberg



Ignatius Sancho



Septimius Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



Marcus Rashford



Frida Kahlo



Beryl Burton



From National Online Safety

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

10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

Meet Our Expert

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



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Source: <https://www.gov.uk/government/news/one-in-five-children-experience-online-bullying>
<https://www.publishing.gov.uk/government/consultations/online-safety-guidance-for-parents>
https://www.nationalonlinesafety.com/publications/45943_the_online_distraction_effect



www.nationalonlinesafety.com



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From National Online Safety

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

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

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

WHAT IS NETIQUETTE?

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

1 ACCEPT DIFFERENT RULES

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

2 PRESS 'PAUSE'

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

3 THE INTERNET IS ADDICTIVE

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

4 BEWARE THE DARK SIDE

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

5 HARMFUL INTERACTIONS

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

Meet Our Expert

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



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Online
Safety®**

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6 APPRECIATE DIFFERENCES

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

7 ACCENTUATED ANXIETY

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

8 PRO-SOCIAL BEHAVIOUR

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

9 BE A GOOD ROLE MODEL

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

10 SHOW COMPASSION

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



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Camden Active February Half Term Information

Advance registration is required for all sessions. Drop-in places are not available on the day & only children who have been added to the day register will be admitted. Once spaces are full the online registration form will no longer accept new bookings so please register your place early! **To attend you MUST** register your child by clicking the link of your chosen event and complete the registration form selecting dates you wish to attend. Once you have registered your child to the event online, they will be automatically added to the register & welcome to attend your selected sessions for Feb H/T 2022. **(No confirmation email needed)** All activities have been adapted to ensure that they meet government advice and provide a safe, positive, fun environment.

For more information on sessions please contact

Kirsty.Pealling@Camden.gov.uk / Jenny.Mungroo@Camden.gov.uk / Shaun.taylor@camden.gov.uk

Football at Cantelowes Sports Pitch

football activities included fun ball familiarisation skills, working on passing, dribbling, ball control, shooting and finishing drills plus some fun football games.

Price: **FREE**

Ages: **8 - 12 years**

Location: **Cantelowes gardens Sports Pitch, NW1 9AE**

Dates and Times: **Monday 14th Feb 12pm - 3pm & Tuesday 15th Feb 12pm - 3pm**

Scan this QR CODE or click on link below to go to online registration form:



<https://forms.office.com/Pages/ResponsePage.aspx?id=NEqPXtsrVEi7QrTQx9AkBD-yviKkxdBMjUjudGNKcGFUNDhKRktRN-zhNS1MyS1VSMkdFSUYySTdGRG4u&qrcode=true>

Girls Get Moving Monday's

Girls Get Moving is an opportunity for girls aged 8 to 14 years old to get active in a safe place to socialise, make new friends, develop & learn new skills and most of all to have fun whilst taking part in their favourite activities.

Activities include Trampolining, Football, Mini Tennis, Table Tennis, Badminton, Games and much more.

Price: **£3 payable at Talacre reception on the day.**

Ages: **8 - 14 years**

Location: **Talacre Community Sports Centre, Dalby st NW5 3AF**

Dates and Times: **Mon 14th Feb 4pm - 6pm**

Scan this QR CODE or click on link below to go to online registration form:



<https://forms.office.com/Pages/ResponsePage.aspx?id=NEqPXtsrVEi7QrTQx9AkBD-yviKkxdBMjUjudGNKcGFURVNWUE9UWFpDNjdEUIYzODZEN1hFMUVCVi4u&qrcode=true>

CANTELOWES GIRLS FOOTBALL TRAINING

Fun Football training for all girls aged 8-14years- football activities include ball familiarisation skills, working on passing, dribbling, ball control, shooting and finishing drills plus some fun football games.

Price: **FREE**

Ages: **8 - 14 years**

Location: **Cantelowes gardens Sports Pitch, NW1 9AE**

Dates and Times: **Wed 16th Feb 11-1pm**

Scan this QR CODE or click on link below to go to online registration form:



<https://forms.office.com/Pages/ResponsePage.aspx?id=NEqPXtsrVEi7QrTQx9AkBD-yviKkxdBMjUjudGNKcGFUOUhaVlVaQzi0OURDSENVEoxTTZXNzQ0Wi4u>

Active Wednesday

Active Wednesday takes place on a Wednesday during the school holidays for ages 11-17 years old. Active Wednesdays is filled with a lot of fun activities such as Trampolining, Cricket, Tennis, Table Tennis, Football, Basketball and much more.

Contact Shaun.taylor@camden.gov.uk for more information.

Date & Time: Wednesday 16th Feb 4pm – 6pm

Location: Talacre Community Sports Centre

Price: free

Scan this QR CODE or click on link below to go to online registration form:



<https://forms.office.com/Pages/ResponsePage.aspx?id=NEqPXtsrVEi7QrTQx9AkBD-yviKkxdBMjUjudGNKcGFUMUFER-DIXS0dJRTRINjhPNjZVTzhNVVlWUy4u&qrcode=true>

Camden Active February Half Term Information

Arsenal in The Community

Provide opportunities for both boys and girls of all abilities to play football and be coached over the school holidays at Canteloves Gardens Sports Pitch from Wednesday 16th February to Friday 18th February by qualified Arsenal community coaches within a Covid-19 safe environment.

Advance bookings are required. Drop-in places are not available on the day.

How to book: To book a place please visit the **Camden website / holiday programmes page** & click the booking form link completing 1 form for each child attending.

for more information on attending Email: Shaun.Taylor@camden.gov.uk or Sdavies@arsenal.co.uk

Dates: Wednesday 16th, Thursday 17th & Friday 18th February 2022

Times: 1pm – 4pm

Price: **FREE**

Location: Canteloves Gardens Sports Pitch, Camden Road, NW1 9AE

Ages: 8 - 18 years old



Arsenal

in the Community



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

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

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 20 - Children's Mental Health Week (7th-13th February)

Children's Mental Health Week is run by the children's mental health charity, Place2Be. They focus on the importance of looking after our emotional wellbeing from an early age.

This year's theme is **"GROWING TOGETHER."**

As humans, we are changing and growing all the time, and in lots of different ways. Physical growth is easy to see, we know that we grow from babies, to children, to teenagers, to adults. Our minds are also growing, as we gain new knowledge and skills every day at school, or at work and beyond. But **"GROWING TOGETHER."** is about growing emotionally and finding ways to help each other grow.

Here are some top tips for parents and carers, of how you can encourage emotional growth at home:

[Growing Together- Tips for Parents and Carers](#)

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)

Alyssia Fleur

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Classes for ages 2+ & Beginner
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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.
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Registration no. 1310648
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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.hvhartarts.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
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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

Early
Booking
Discount
Available!

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!...

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

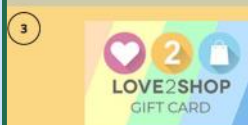


Fun, free and easy ways to keep
primary school pupils healthy,
happy and interested in cooking.

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*

I give up.

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

I am awesome at this!

I can't make this any better.

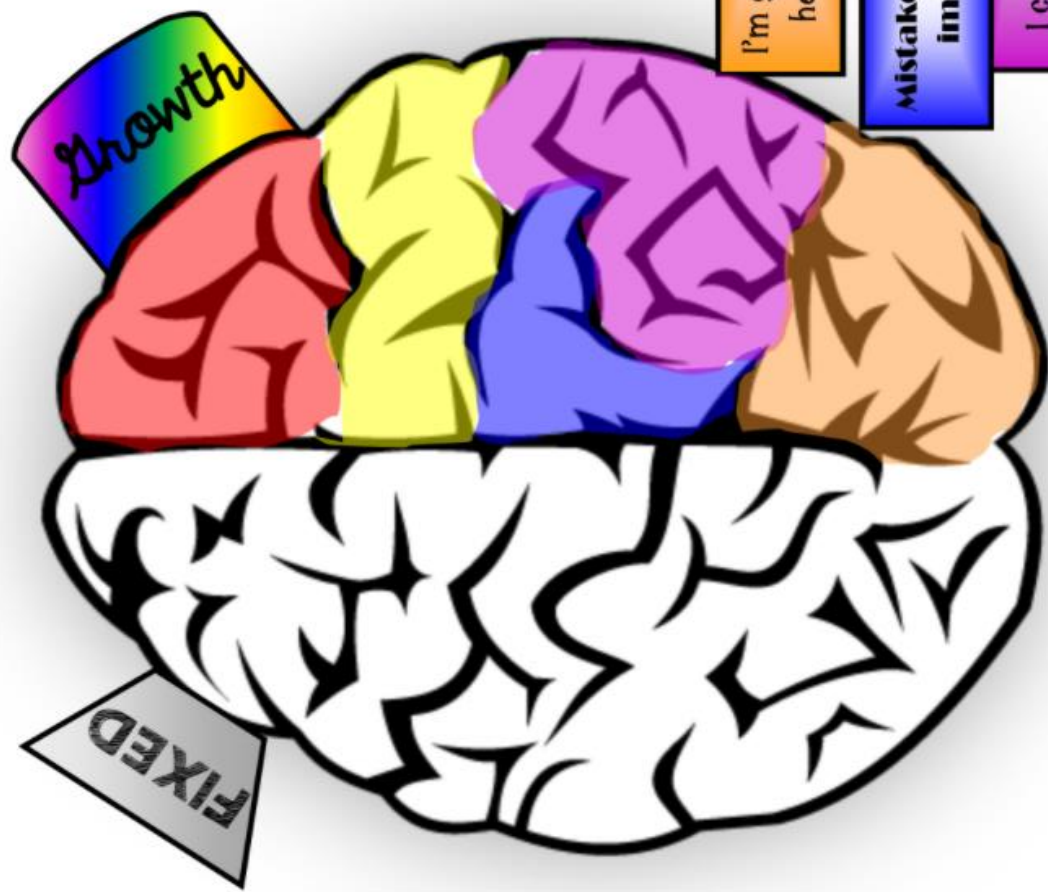
I made a mistake!

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

This is too hard.

I'm not good at this.

It's good enough.



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

Is this really my best work?

This may take some time and effort.

What am I missing?

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

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

I'm on the right track!

Mistakes help me improve.

I can always improve; I'll keep trying!

Gender equality: guide for families

What are gender stereotypes?

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

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



'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 – includes information in different languages
- 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 directly on 020 7974 4444 (option 9).



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



While cases of COVID-19 appear to be falling, they are still at a relatively high level, particularly in those under 18. Despite the end of Plan B restrictions last week, it's important to continue following public health advice, including wearing masks in crowded places, testing regularly, and washing hands. Also, I can't stress enough how getting two vaccine doses and a booster is without doubt the best protection against becoming seriously ill.

It's great news that more people are getting their full set of jabs and, as cases decline, for some it is starting to feel like we might be beginning to put the worst of the pandemic behind us. But even as we inch into this next phase we have to carry on taking care of ourselves and our loved ones, making sure that we're all as healthy as possible, physically, mentally, and emotionally. And it's important to remember that this whole experience has been enormously stressful, causing huge anxiety for so many of us, in ways that aren't always obvious or quick to pass. So if you're having a tough time, or don't feel quite like yourself, and you'd like to talk to someone about it, see below for more information on today's (Thursday 3 February) Time To Talk Day. Please know that, if you are struggling, you don't have to go through it alone – we're here to help.

Councillor Georgia Gould, Leader of Camden Council

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



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

Get your COVID-19 booster now

A booster helps give you longer term protection against getting seriously ill. Everyone aged 16 or over who had their second dose 3 months ago is eligible for a booster. Some children aged 12 to 15 can also get a booster if they have a condition that puts them at high risk from the virus or they live with someone who has a weaker immune system.

Book your booster online or visit a vaccination clinic for a walk-in appointment. To find out more, visit camden.gov.uk/getting-the-vaccine



Second doses for 12 to 15-year-olds

The COVID-19 vaccine is safe and effective, and every dose offers you extra protection against getting seriously ill. All 12 to 15-year-olds are being offered a second dose, 12 weeks after a first dose for most, unless your child has a condition that puts them at higher risk or is a household contact with someone who is, then it's recommended they get a second dose 8 weeks after their first dose, and a booster 3 months later.

To find out more visit, nhs.uk/coronavirus

Mental Health support in Camden

Time to Talk Day

The pandemic continues to have a big impact on many people's mental health. While there is no 'right' way to talk about mental health, today (3 February) is Time to Talk Day – an opportunity for us all to be more open about our mental health and how we're feeling, if we want to.

It's important to feel comfortable and safe while having these conversations. Tips for supporting a friend or family member who may be struggling include asking open-ended questions and taking time to just listen. For more information, visit timetotalkday.co.uk/tips-to-talk

Mental health support for children, young people and families

Some of the hardest hit from a mental health and wellbeing point of view have been children, young people and families. From 7 to 13 February, it's Children's Mental Health Week. This year's theme is 'Growing Together', encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

Find out more, including resources for schools, youth groups, parents and carers at childrensmentalhealthweek.org.uk

If you are a young person and are struggling with your mental health and wellbeing, you can find resources and support – including free, anonymous online support at camdenrise.co.uk/emotional-wellbeing



Financial support

If you're struggling with money, you may be eligible for a one-off payment to help pay for essentials, like heating bills and groceries. To apply, contact one of the organisations in the Camden Advice Network – see details at camden.gov.uk/hardshipfund. You can also contact Camden Council on 020 7974 4444 (option 9).

