

# Fleet Community Notices



Wednesday 1st February 2023



## New this week...

We hope you are having a good week.

Tomorrow is the parent open morning for Year 1 with Year 2-Year 6 the following day (Friday). Please come along after drop off at 9am and get some great ideas to support your child's maths learning at home. Next week we have a number of activities taking place with the children for Children's Mental Health Week and also Internet Safety Day. There is a parent session for Internet Safety Day which we would really encourage as many of you as possible to come along to. It starts at 3pm on Tuesday next week so hopefully fits with your pick up—just come along a bit earlier than usual. Page 4 has the link to the Camden Sports holiday programme—there are a number of great opportunities for the February half term—many free. Please check out what is available. Page 5 is an advert for a great computing and coding half term camp running in half term and page 6 is a science camp. Both look great. New on page 8 is an advert for some adult maths learning opportunities. Page 22 has the next set of mental health workshops for parents being run by Camden and page 24 has the latest parent leaflet from National Online Safety—this one all about building cyber resilience at home. We hope you find something of use in here!

## Internet Safety Parent Session—Next Tuesday 3pm

We have arranged for a parent session on Internet Safety as part of next week's Internet Safety Day work in the school. This session will cover information helpful to parents to help keep your children safe when online and/or gaming.

There will be an opportunity to learn about the latest developments in children's online behaviour and advice on how to manage screen time etc. to keep children safe as well as ask any specific questions you might have.

Please come along early on Tuesday next week so you can attend the session prior to pick up.

**In the Hall—Tuesday 7th February @ 3pm-3.30pm**

## Camden Childhood

### Immunisations Survey 2023

Camden Council, in partnership with the [NHS North Central London Integrated Care Board](#), would like to understand more about how parents make decisions around childhood vaccinations, regardless of whether they have chosen to have their children vaccinated or not, or if they are just unsure. The views of our communities are important to us and will help us to improve our services for parents and carers throughout Camden, and provide relevant, key public health information for our communities, especially around specific issues that impact on childhood vaccination. **If you are a Camden resident with a child aged 0 to 5 we would be grateful if you complete our survey.**

<https://www.camden.gov.uk/childhood-immunisation-survey>

It is anonymous and takes about 10 minutes to complete. If you have any questions about this survey or would like a follow up conversation to discuss any issue in more detail, please contact [CIPHAdmin@islington.gov.uk](mailto:CIPHAdmin@islington.gov.uk).



# Raise FREE donations for

## FLEET PRIMARY SCHOOL

every time you **shop online**

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

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



## Open Mornings This Week

This term's open morning for Key Stage 1 and 2 will have a focus on Maths. We hope you will be able to come along for the beginning of the day on the dates shown below.

The class teachers will be demonstrating fun maths activities and games that you will be able to use at home to support your child to develop, practice and consolidate their maths skills.

The open morning sessions will finish at 9.30am.

**Thursday 2nd February**  
**(tomorrow): Year 1 ONLY**

**Friday 3rd February**  
**Year 2, Year 3, Year 4,**  
**Year 5 & Year 6**

# 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.

- **2nd February:** Year 1 Open Morning—Maths
- **2nd February:** Year 3 to Talacre
- **3rd February:** KS1 & KS2 Open Morning—Maths (not Year 1)
- **6th-10th February:** Children's Mental Health Week—various class and school based activities
- **7th February:** Safer Internet Day—workshops for Years 2 and 6
- **7th February:** Pitch Perfect to Bloomsbury Theatre for recording
- **7th February:** Parent Session on Internet Safety in the hall @ 3pm-3.30pm
- **9th February:** Safer Internet Day—workshops for Years 1, 3, 4 and 5
- **9th February:** Year 3 to Wigmore Hall
- **9th February:** Year 2 to Talacre
- **9th February:** Year 6 to UCS school for Science workshop
- **9th February:** Year 6 Class Tea
- **10th February:** Year 6 Class Assembly
- **10th February:** Year 4 to October Gallery
- **13th-17th February:** Half Term—school closed
- **20th Feb-3rd Mar:** Bike Training for Y3, Y1 and EYFS
- **21st February:** Year 3 to British Museum
- **23rd February:** Year 2 STEAM Workshop (in school)
- **23rd February:** Year 5 Class Tea
- **24th February:** Year 5 Class Assembly
- **27th Feb-3rd Mar:** Book Week
- **27th February:** Year 6 to East London Mosque
- **28th February:** Book Fair in the Hall after school
- **2nd March:** **FURTHER STRIKE DAY BY NEU MEMBERS—school status t.b.c.**
- **2nd March:** Year 4 Class Tea
- **3rd March:** World Book Day—Dress Up as your favourite story character (moved due to the teacher strike planned for 2nd)
- **3rd March:** Year 4 Class Assembly
- **3rd March:** Arsenal workshops with Years 4 & 6
- **7th March:** Year 1 to the Heath
- **7th March:** Year 5 to Royal Observatory, Greenwich
- **8th March:** Year 2 to the Heath
- **8th March:** Year 3 & 4 Dodgeball @ Talacre after school (selected children)
- **9th March:** Year 2 Class Tea
- **10th March:** Year 2 Class Assembly
- **13th March:** Irish Dancing Workshop for KS1 & KS2
- **13th March:** Year 6 to British Museum
- **15th & 16th March:** **FURTHER STRIKE DAY BY NEU MEMBERS—school status t.b.c.**
- **15th March:** Nursery to Kentish Town City Farm
- **16th March:** Year 2 to Regents Park
- **16th March:** Year 3 Class Tea
- **17th March:** Year 3 Class Assembly
- **20th—30th March:** Year 5 Swimming everyday
- **21st March:** Year 6 to British Library
- **21st March:** Parent Meetings: only Year 1 and Year 2
- **22nd March:** Parent Meetings: only Reception, Year 3, Year 4, Year 5 & Year 6
- **23rd March:** Parent Meetings: all classes—Nursery, Reception, Year 1, Year 2, Year 3, Year 4, Year 5, Year 6
- **23rd March:** Year 2 to Hampstead Heath
- **23rd March:** Year 5 Trumpets & Trombones RAH rehearsal (at Fleet)
- **23rd March:** Year 1 Class Tea
- **24th March:** Year 1 Class Assembly
- **27th March:** Year 4 to Science Museum
- **28th March:** Year 4 Airspace Workshop (in school)
- **30th March:** Year 1 to the Zoo
- **30th March:** International Food Evening—5-7pm
- **31st March:** end of term—school closes at 2pm
- **18th April:** Summer Term Starts—Children Back



# Fleet Primary School Calendar Competition 2024

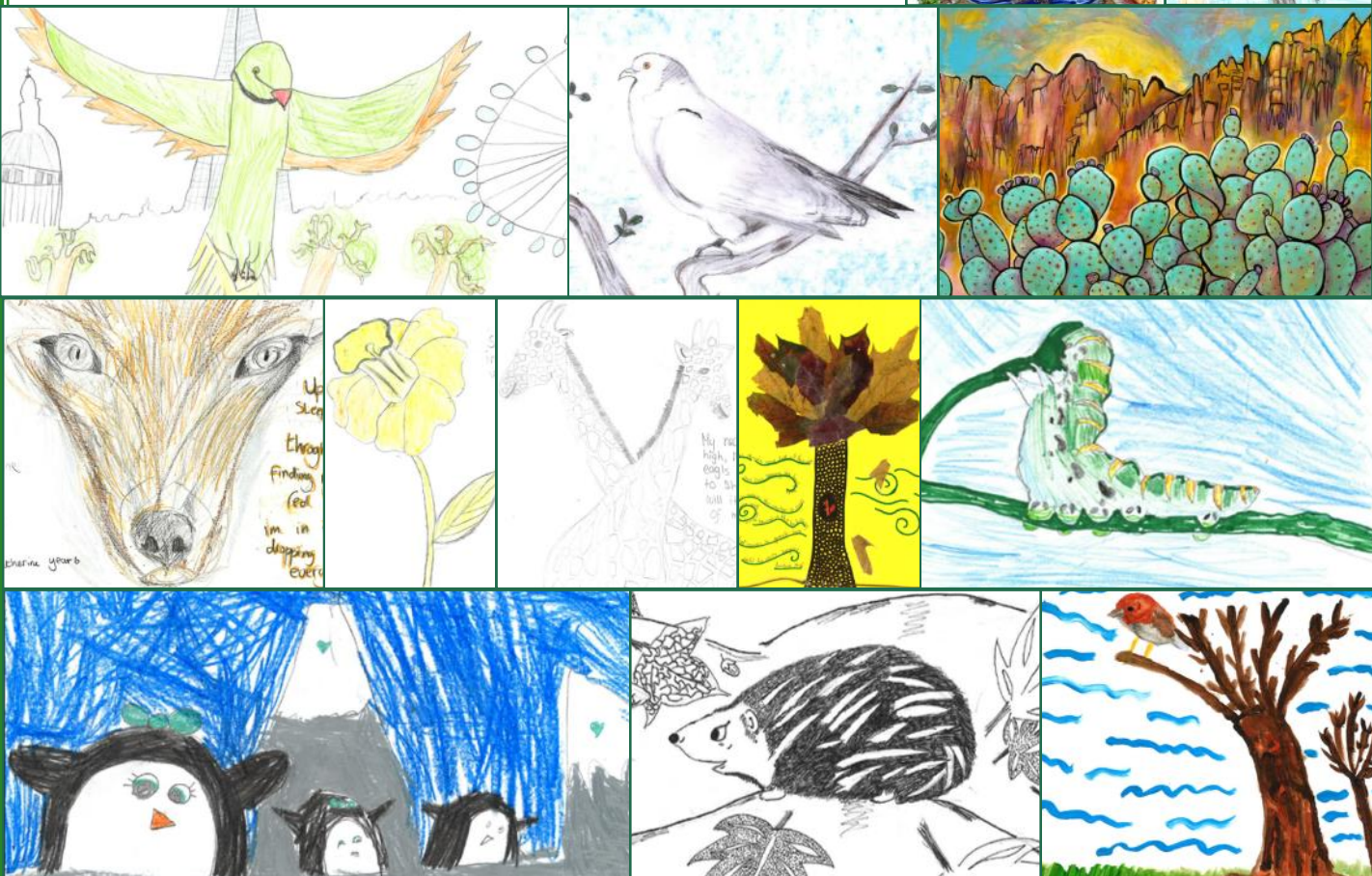
**This year's theme...A Wonderful World!**

This week in assembly we introduced to the children this year's theme for our annual Fleet Calendar Art Competition. The school's Rights Respecting Ambassadors helped to come up with the ideas.

The theme this year is **'A Wonderful World'** and is all about the natural world and protecting it. Art can be inspired by nature, animals, plants, insects, birds, ocean life, habitats, protecting the environment or environmentalists—see some of the examples at the bottom of this page.

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. It is important that they put their name and class on the reverse side of the picture in pencil (don't write in pen and not on the front). They should also include a 'fun fact' about their subject written on the back too which will be included in the final calendar if their image is selected.

Prizes will be awarded termly, with a selection of entries chosen to go in the calendar for 2024. Entries should be handed in to the school office. We have some very talented artists at Fleet and we can't wait to see the fantastic pieces the children come up with. Good luck!





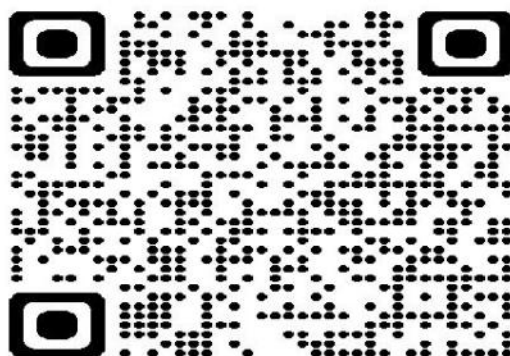
# Camden

Community Sports programmes for young people



Offering a wide range of fun, free / affordable sports & physical activity this  
Feb Half term for ages from 4-18yrs in Camden.

Please scan the QR code for our Camden holiday activities page to find out more about  
what is on offer, how to register and more.







Code\_Cadets



Now running  
camps at  
**IMPERIAL COLLEGE LONDON**

**CODE CADETS**  
**CODING & LEGO ROBOTICS**  
**EASTER CAMPS - 13-16 APRIL**

**IMPERIAL COLLEGE LONDON**  
**SOUTH KENSINGTON**  
**AGE 9-14**

Code Cadets clubs currently run in, and are trusted by, some of the **largest independent junior schools in the UK**, and are now delighted to announce our Easter Camp 2023 will be running at **Imperial College London**.

Managed by a GTC registered Computing Science teacher and tutored by **Imperial College London Computer Science students** with a passion for their subject.

Our aim is to **nurture and develop natural talent** where it exists, and to offer a fun and interactive experience for all. (All tutors are DBS certificated).

**Choose from a wide range of courses and activities: Python, Java (Minecraft), Roblox (Lua), Unity 3D Games (C#), and block coding (Scratch) for younger children. Blender for animation and HTML, CSS & JavaScript for web design. Children also love our Lego Robotics and Augmented Reality kits.**

**SET YOUR CHILD ON A PATH TO SUCCESS AND GIVE THEM AN EASTER THEY WILL LOVE!**

**PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION AND BOOKINGS**

**BOOK NOW**





- 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 13 to Fri 17 February 2023 (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**



## FEBRUARY HALF-TERM 2023 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 13 – Fri 17 Feb 2023 (5 days)
  - **Open to Children:** ages 5-12 years - Only.
  - **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 Investigators! - New for 2023

### Day 1> Fabulous Forces!

Viral Viruses!  
Ready, Steady, Go!  
Car Friction!

### Day 2> Living It Up

Brilliant Bodies!  
Super Slime!  
Heart Beat!

### Day 3> Super Structures

Strong House!  
Marble Maze Run!  
Tallest Tower Investigation!

### Day 4> Magic Materials

Tough Ropes!  
Clean Water!  
Insulation!

### Day 5> Journeys!

Neuron Networks!  
Chunnel Games!  
Air Journey!

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...

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

**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**  
– Weird Science!



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



**Home-Start Camden & Islington is a grass-roots charity that supports and empowers parents with children under five who are struggling to cope.**

Our volunteers are given bespoke training and matched with a family to best meet the family's needs. They visit the families in their home and provide non-judgmental, peer-to-peer, practical and emotional support.

All volunteers have parenting experience so they know what families are going through. Support is confidential, compassionate and totally responsive to the needs of the family.



**To receive support from Home-Start Camden and Islington all we need to know is that you:**

- Live in Camden or Islington
- Have a child or children under the age of five
- Be in need of a little extra help

**For more information, including on how to self-refer for support, use the details below:**

<https://homestartcamdenandislington.org.uk/>

**Tel: 0207 099 6041**

**Email: [info@homestartcamden.org](mailto:info@homestartcamden.org)**

**Recruiting now**

**HOME START**  
Camden & Islington

# Volunteers needed

**Are you a mum, dad, grandparent or carer?**

**We need people with your experience to volunteer**

**If you could give as little as a few hours a week to support a parent and their children, then please get in touch.**

- Make a difference to the lives of parents and children
- Enhance your well-being
- Free, high quality training

**For more details**  
**Telephone: 020 7099 6041**

A photograph of a person's hands and arms reaching up to hold a large, shiny purple balloon. The person is wearing a striped shirt.

## Make their early years count

**Being a parent is hard for everyone;** for some it can be overwhelming. Some of us have a fantastic support network of family and friends to help, some of us don't. With your knowledge and experience as a mum or dad, grandparent or carer, you could be the vital support a family needs and make a big difference to their lives.

**Find out more:**  
[www.homestartcamdenandislington.org.uk](http://www.homestartcamdenandislington.org.uk)  
**020 7099 6041** email at [info@homestartcamden.org](mailto:info@homestartcamden.org)

**We're there for parents when they need us most. Join us and:**

- Gain access to free, high quality training
- Learn new skills
- Enhance your wellbeing
- Make new friends & connect with your community

**HOME START**  
Camden & Islington  
Charity No. 1086292

A graphic of a thought bubble with a blue outline and a small blue diamond inside. A dotted line leads from the bubble down towards the text.

# Multiply

## FREE MATHS SKILLS COURSES

SUPPORTED BY  
MAYOR OF LONDON



Multiply is a brand-new programme designed to help adults in London improve their maths skills to help with everyday life and provide more opportunities.

### Multiply courses can help you to:

- Improve your confidence
- Manage your money
- Strengthen skills in the workplace
- Upskill to access better job opportunities
- Gain a maths qualification if you don't have one
- Support your children while improving your own skills
- Access maths if you've found it hard to access before

### To be eligible you must:

- Have the right to live and work in UK
- Be aged 19+
- Live in London
- Not have maths GCSE at grade C (or equivalent)
- Have evidence of 3 years of residency in the UK



▶ for more details, email the Multiply team on:  
[Multiply@capitalccg.ac.uk](mailto:Multiply@capitalccg.ac.uk) or scan the QR code

Having a good level of maths skills can help you find more job opportunities and lead to higher wages or can help you prepare for further study. They also help in everyday life, for example helping children with homework and budgeting.

Launching this year across the UK, 'Multiply' is a new government funded programme to help adults improve their numeracy skills.

If you're aged 19 and over and don't have maths GCSE Grade 4 Grade C or equivalent, you can access free numeracy courses through **Multiply** to build your confidence with numbers and gain a qualification.



We are partnered with the Mayor of London to deliver free Multiply courses designed to fit into your daily life, including evenings and weekends.

### ▶ Are you interested in taking part in Multiply? Simply register your interest

If you have any queries or are an employer who is interested in taking part, please email the **Multiply Team** on

[Multiply@capitalccg.ac.uk](mailto:Multiply@capitalccg.ac.uk)

**Multiply**

SUPPORTED BY  
MAYOR OF LONDON

Capital City  
College Training

CITY AND ISLINGTON  
COLLEGE

The College of  
Haringey, Enfield  
and North East London

**wk**  
Westminster  
Kingsway College

# Find your nearest warm welcome space



[camden.gov.uk/warmwelcome](https://camden.gov.uk/warmwelcome)

Camden

To help everyone stay warm this winter, 'warm welcome' spaces are available in Camden's libraries, council buildings and voluntary and community sector organisations across the borough.

Each 'warm welcome' space will be a little different in its offer but wherever residents visit, they will be met with warmth and kindness, and they will be able to relax, meet up with others and get support with the cost of living crisis in a safe and warm place.



# Cost of Living Crisis - Camden Support Available



## Healthy Start pre-paid card and free vitamins

Do you receive income support? Are you pregnant or do you have any children under the age of four? You may be eligible for a Healthy Start prepaid card. The Healthy Start payments can be used to buy milk, fruit, vegetables, and infant formula. If you are eligible, you may receive: **£4.25 each week from the 10<sup>th</sup> week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old.** [Apply online](#). Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre [here](#).

## Cost of living crisis advice, support booklet and translated advice

To support residents with the cost of living crisis, Camden have developed an advice and support booklet [which can be downloaded here](#). We have translated posters which signpost to support with the cost of living crisis, help with food, energy bills, mental health and help finding a job into Arabic, Somali, Sylheti, Turkish, Kurdish, Lingala and Swahili. [These can be downloaded on Camden website](#).

## Cost of Living Crisis Fund Payment

Camden Council's Cost of Living Crisis Fund is for residents and families facing severe financial hardship and who cannot afford essentials – including food, energy bills, water, electricity and housing.

- The maximum award for a household of any size is £500
- A household can only receive a maximum of two awards in a 12-month period - and the amount you are awarded will depend on your circumstances and household size
- We will prioritise those in greatest need

The support can take many forms including payments into bank accounts, vouchers, help with debt repayments or equipment that will help you to reduce your costs and/or keep warm this winter.

### **How to apply**

Camden want to ensure residents are getting all the help and advice they need to live well in Camden.

If you are a tenant and in financial hardship, speak to your neighbourhood housing officer who will be able to refer you to the scheme and help you get other forms of support.

If you live in temporary or supported housing or have a social worker, speak to your support worker as they can also refer you for a payment and help you get other forms of support.

If you live in the private rented sector, other social housing or own your home and are in financial hardship, [speak to one of our advice partners](#). You can also get help via [Good Work Camden](#), by calling Citizens Advice Camden on 0808 278 7835 or by calling us on 020 7974 4444, option 9 (welfare support).

We can also refer you as school – come and speak to us if you think you are eligible and need our help to access this support (see eligibility criteria below):

### **Eligibility criteria**

You must have lived in Camden for at least six weeks. We will check the council tax database and if you are not registered then we will come back to you for another form of proof such as a bill, bank statement or benefit letter addressed to you at the address you are claiming for. The faster we receive proof of residency the faster the award can be made.

2. No more than two payments will be made per household in any 12-month period. When you apply, we will check records to see how many awards a household has received. If there is more than one adult or family in the household, the application must come from the person responsible for council tax.

3. You must be over 18 to apply, but we will accept applications from 16 to 18 year olds living independently because we know that not all young people are able to remain at home

You must be able to prove that you are in severe hardship or financial crisis

## The cost-of-living advice bus

If you're struggling with the cost-of-living crisis and want some help, come along to our advice bus. Run in collaboration with local advice partners, you'll be able to get advice on a range of issues - including money, debt, help finding a job and accessing all the support you're entitled to. In December, you can find the advice bus dates using this link [camden.gov.uk/winterevents](#). To find out more about advice and support, visit [camden.gov.uk/costofliving](#). To find your nearest 'warm welcome' space, visit [camden.gov.uk/warmwelcome](#)

# Keir Starmer

*MP for Holborn and St Pancras*



## Casework Service

If you live in Holborn and St Pancras and are facing a problem, my team and I may be able to help.

Please get in touch with my constituency office if you need my support.

You will need to include your full address and phone number.



[keir.starmer.constituency@parliament.uk](mailto:keir.starmer.constituency@parliament.uk)



020 7388 7862



Keir Starmer MP, House of Commons, London, SW1A 0AA








# **Does your dog love children?**

## **Could you have a therapy dog in the making?**

**Do you have a well-behaved dog and would like to give back to the children at your school? Then we have a volunteering opportunity for you!**

**Worried if your dog doesn't have the correct training? Underdog International will supply all the training you and your dog need to become a successful therapy dog.**

### **If you'd like to apply, you need to?**

-  **Have a dog that is over one year old.**
-  **Be able to volunteer one afternoon or morning every week or fortnight for at least six months.**
-  **Have a dog that is well-behaved and good with children.**



**Sign up at**  
**[www.theunderdog.org](http://www.theunderdog.org)**







# WEEKEND & EVENING

## SATURDAY CLASSES

**AGES  
4-30**

### PERFORMING ARTS

Classes in Acting, Dance,  
Singing & Songwriting  
£2.50 - £7

### CREATIVE AND DIGITAL ARTS

Classes in Art & Design, Animation,  
Filmmaking & Music Production  
£3.75

**AGES  
8-18**

### MUSIC TUITION

Classes in Drums, Percussion,  
Guitar, Keyboard & Saxophone  
£3.75 - £4

**AGE  
5+**

Bursaries Available

for more information, visit [www.wacarts.co.uk](http://www.wacarts.co.uk)

Wac Arts, 213 Haverstock Hill,  
London, NW3 4QP



# WEEKEND & EVENING

## SUN-WED CLASSES

**SUN**

Aerials: Beginner & Int/ Advanced  
Wac Arts Actors Company  
Wac Arts Dance Company  
£6 - £7 (14-30 yrs)

Aerials: Open Class (14-30 yrs)  
Tap: ISTD Primary (5+ yrs)  
Tap: ISTD Grade 1 (7+ yrs)  
£3.75 - £6

**MON**

Ballet: ISTD Primary (5+ yrs)  
Ballet: ISTD Grade 1 (7+ yrs)  
Over 50s Ballet  
£3.75 - £6

**TUES**

### WAC NITES

Spark (9-12 yrs)  
Ignite (13-17 yrs)  
Urban Motivation (18-30 yrs)  
£3.75 - £5

**WEDS**

Bursaries Available

for more information, visit [www.wacarts.co.uk](http://www.wacarts.co.uk)

Wac Arts, 213 Haverstock Hill,  
London, NW3 4QP



Patrons:  
Helen McCrory OBE  
Damian Lewis CBE

HvH ARTS

OLYMPUS

### SPRING SCHEDULES 2023

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

To enrol for our FREE courses go  
to [www.hvharts.org/courses](http://www.hvharts.org/courses).

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. See location and times according to workshops in schedules below.

We will be adding more projects during the Spring term - you'd like to receive our updates please email [courses@hvharts.org](mailto:courses@hvharts.org)

#### TMMP BAND / TMMP MUSIC PRODUCTION: with professional musicians Spider and Piers

With professional musicians Spider and Piers, we are delighted to announce we are supporting 15 young people every Saturday and Sunday to support learning to play musical instruments, voice coaching, song writing and music production. To enrol, you must be able to commit to the dates of this programme to enable us to teach the skills we provide to give the highest level of education in music.

With professional music producers and writers we will teach management skills, production skills and writing skills each session. The outcome at the end of the 3 months will be for this group to manage, write, produce their own tracks to be released on Spotify, iTunes and Apple Music - to ensure full release is managed and released on DITTO. The young people on this course will also be learning how to create artwork, to become mentored in the music industry.

Location: Pirate Studios, Hampshire Street, Camden, NW1

#### TMMP Band Dates:

7 Jan, 14 Jan, 21 Jan, 4 Feb, 11 Feb, Half Term Break  
25 Feb, 4 Mar, 11 Mar, 18 Mar, 25 Mar

#### TMMP Band Times:

2pm to 5pm

TMMP Band Ages: 8 yrs - 11 yrs. Spaces available.

#### TMMP Music Production Dates:

8 Jan, 15 Jan, 22 Jan, 5 Feb, 12 Feb, Half Term Break  
26 Feb, 5 Mar, 12 Mar, 19 Mar, 26 Mar

#### TMMP Music Production Times:

12pm to 4pm

TMMP Music Production Ages: 11yrs - 18 yrs. Spaces available.

#### 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! Young people learn the skills of spray painting, seeing the whole process through from beginning to end, they begin with mocking 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, NW5 4QE

Times: 10am to 2pm

Dates: TBC

Ages: 10 yrs to 18 yrs. Limited Spaces Available.

#### FASHION DESIGN, ILLUSTRATION, CONCEPT: with artist in residence Zoe Grace

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, NW5 4QE

Times: 4pm to 6pm

Dates: TUESDAYS After School - 10 Jan, 17 Jan, 24 Jan, 31 Jan, 7 Feb

SATURDAY 18 Feb - A trip to the V&A MUSEUM

TUESDAYS After School - 28 Feb, 7 Mar, 14 Mar, 21 Mar

Ages: 10 yrs to 18 yrs

#### STREET PHOTOGRAPHY:

with professional photographer Debby Clark  
This workshop is to work with professional photographer Debby Clark using professional cameras donated by Olympus using professional lenses to create street style photography.

Location: HvH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Times: Midday to 3pm

Dates: Sat 14th January

Ages: 10 - 18 yrs. 10 Places Available

#### PHOTOGRAPHY WORKSHOP:

with professional photographer Debby Clark  
This workshop is designed for our art and photography scholars. We will be working on educational skills in art and photography.

Location: HvH ARTS, 44 Ashdown Crescent, NW5 4QE

Times: Midday to 3pm

Dates: Sun 15th January

10 places available. Photography Scholars - Ages: 12 - 21 yrs.

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

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

Location: HvH ARTS, 44 Ashdown Crescent, NW5 4QE

Time: 10am to 2pm

Dates: Sat 21st January

Ages: 8 - 14 yrs

### HALF TERM: 13th - 17th February 2023

#### ILLUSTRATION BOOK PROJECT

with Artist in residence TRISHA KRAUSS

We'll be continuing our book project, we have been designing our own illustrations to resonate with a book of poems created by Gary Bishop. New York Times Illustrator Trisha Krauss will be supporting our young people with their illustrations to represent our book of poems, which HvH ARTS will be publishing! This week we'll be laying out the book and exploring designs for publishing our A-Z of illustrations to Riddles and Rhymes.

Location: HvH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Time: 11am to 3pm

Dates: 13, 14, 15 February

Ages: 7 - 18 yrs

#### ILLUSTRATE AND CREATE YOUR OWN ALBUM

COVER: with artist in residence Iyla Shah

Young dynamic artist, Iyla Shah, takes our young people through a course of imagination and design to produce exciting album covers. Inspired by our young people's favourite artists 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, NW5 4QE

Time: 12pm to 3pm

Dates: 16th and 17th February

Ages: 5 - 18 yrs

#### FASHION/COLLAJE DESIGN WORKSHOP:

with prolific fashion designer Melanie Press  
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, NW5 4QE

Time: TBC

Dates: TBC for March

Register your interest by email: [courses@hvharts.org](mailto:courses@hvharts.org)

### EVENTS at HvH ARTS

10 January - Ticketed Jazz Concert in association with Ronnie Scotts Fund Raising Event: 7.30pm - late

HvH ARTS ANNUAL EXHIBITION - TBA shortly

Performance by our TMMP Live Band TBA

SCREENING OF OUR SHORT FILM 'Mixed Messages' - a film by our 'McCrory Award' recipients - date TBA!

Join out mailing list by emailing - [info@hvharts.org](mailto:info@hvharts.org)

FOLLOW US ON INSTAGRAM @sirhvharts\_official to keep up to date with our workshops, courses, projects and events.

hvharts.org  
Registered Charity  
No: 1149607



hvharts.org  
Registered Charity  
No: 1149607





# Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



## What is Parent Hub?



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

## Instructions for Parents



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

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

## Come and talk to us...

We listen to parents. We can advise you about your child's development, breastfeeding, parenting, housing, employment and benefits advice. There are local free drop-in 'stay and play' sessions and we can help you find an early education and childcare place. In fact everything you need in the early years to bring up your child.

Come along to your local children's centre and get to know other parents.

If you would like to know more — just ask us.

To find out more about services and support in your area, or just to ask a question, please phone or call in to your nearest children's centre. We do not charge for our services.



Children's\_Centre\_Collateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 1

### Children's Centres:

- 1a Children's Centre  
1a Rosebery Avenue ECLR 4SR  
020 7974 7024
- Regents Park Children's Centre  
Augustus Street NW1 3TJ  
020 7974 8954
- Harmood Children's Centre  
1 Forge Place NW1 8DQ  
020 7974 8961
- Agar Children's Centre  
Lulworth, Wrotham Road NW1 9SU  
020 7974 4789
- Kilburn Grange Children's Centre  
1 Palmerston Road NW6 2JL  
020 7974 5080

**Pregnant or have  
a child under five?**  
We can help, come  
and talk to us



Find out more:  
[camden.gov.uk/camdensurestart](http://camden.gov.uk/camdensurestart)

**Camden Sure Start**  
Your journey. Our support.



12/06/2018 11:44



Pregnancy & New Born Baby



New Born Baby to 2 Years



Child 2 to 5 Years

Mums, Dads and Carers,  
come with your children to  
your local children's centre.

Happy, healthy and looking forward to the future? That's what you and your child deserve. It's why Camden has developed a complete range of services, designed to offer support during the first months and years of your child's life.

We're here for the whole family. From the moment you know you're expecting a baby, our services and support will be available to you and your child, right up until birth and for years into the future.

Advice and play activities to support your child's speech and language

### What kind of help?

We want you to feel confident as a parent, to be aware of everything that's available for your child's early development. We can help — come and talk to us.

You may be a first-time dad or mum or you could already have a family. Either way, we want to help you and your child to feel secure, healthy and happy.

Some dads and mums are anxious about caring for their baby and how to look after a growing child. Others need help with practical issues like benefits advice, employment or arranging affordable childcare.

Whatever you need, we want to help you and your child get the best start in life.

One-to-one support if you are feeling low, anxious or stressed by family life

### Our support.

- Midwifery and health visiting services
- Information and support about breastfeeding, baby feeding and healthy eating
- Stay and play drop-ins and other activities for you and your child to enjoy together
- Family support team — if you need extra help
- Early education and childcare and childminders
- Help to find training and employment and benefits advice
- Local services for children with special educational needs and/or Disabilities, visit [localoffer.camden.gov.uk](http://localoffer.camden.gov.uk)

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12/06/2018 11:44

# Camden Children's Centre Services





Bookmark

Volunteer with Bookmark and  
help a child like me learn to  
read.

## Help a child learn to read

This year our school is working with Bookmark, a children's literacy charity that links schools with volunteers to provide children with extra reading support.

You can help a child develop the reading skills and confidence they need for a fair chance in life. Two hours a week, for 12 weeks.

As a Bookmark volunteer, you'll help your community and make a huge difference to a child.

Registered Charity No. 117768

**SIGN UP  
TODAY**



[bookmarkreading.org/  
volunteer2f](https://bookmarkreading.org/volunteer2f)

*Could you volunteer to help a child with their reading? Our school is working with Bookmark, a children's literacy charity, to provide our pupils with extra reading support. As a volunteer, you'll come into school to read and play fun, literacy games with the same child for 30-minute sessions, twice a week. We're looking for people who could support a minimum of two children a week, across 12 weeks. Sign up now to help children in your local community. Please feel free to share this volunteering opportunity with your own networks. You can find out more and sign up here: [www.bookmarkreading.org/volunteer2f](https://www.bookmarkreading.org/volunteer2f)*

# Term Dates for this Academic Year...

## SCHOOL TERM DATES 2022-2023

### AUTUMN TERM

First day of term	Monday 5 <sup>th</sup> September 2022
Half term (inclusive)	Monday 24 <sup>th</sup> Oct – Friday 28 <sup>th</sup> Oct 2022
Last day of term	Friday 16 <sup>th</sup> December 2022 – close at 2pm

### SPRING TERM

First day of term	Wednesday 4 <sup>th</sup> January 2023
Half term (inclusive)	Monday 13 <sup>th</sup> Feb – Friday 17 <sup>th</sup> Feb 2023
Last day of term	Friday 31 <sup>st</sup> March 2023 – close at 2pm

### SUMMER TERM

First day of term	Tuesday 18 <sup>th</sup> April 2023
May Day Bank Holiday	Monday 1 <sup>st</sup> May 2023 - school closed
Additional Bank Holiday	Monday 8 <sup>th</sup> May 2023 – school closed
Half term (inclusive)	Monday 29 <sup>th</sup> May – Friday 2 <sup>nd</sup> June 2023
Last day of term	Friday 21 <sup>st</sup> July 2023 – close at 2pm

### STAFF INSET DAYS – SCHOOL CLOSED

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

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.



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 Beth Cleine in Year 1 or Rebecca Combes in Nursery.



# Fleet's Forest School Request

# Message from Camden Music Service:



## Half price instrument/singing lessons for children of families claiming housing benefit and council tax support

Universal Music Group has generously given us some money to help families of pupils in KS2 (Years 3 to 6) to pay for music lessons. **Priority will be given to those pupils already on instrument lesson waiting lists.**

Here are the instruments you can choose in this scheme (please note that not all schools can offer all instruments as for tutors to attend a school there needs to be a certain amount of children wanting to do a specific instrument.

Apply here: <https://www.camden.gov.uk/apply-for-music-lessons-in-school>

	<p><b>Violin</b>  <u>J.S Bach - "Chaconne" Partita No.2 by Esther Abrami - YouTube</u></p> <p>Usually plays the tune 'Small and light'</p>	<p><b>Percussion</b>  <u>Hyun-gi Lee - Garage Drummer - Percussion Final - BBC Young Musicians 2012 - YouTube—https://www.youtube.com/watch?v=xxzK9CipS04</u></p> <p>Ideal if you want to play lots of different instruments, from small to large</p>	
	<p><b>Cello</b>  <u>Sheku Kanneh-Mason - No Woman, No Cry (Arr. Cello) [Studio Session] - YouTube</u></p> <p>Plays the lower accompaniment, usually large to carry, on your back</p>	<p><b>Ukulele</b>  <u>Jake Shimabukuro Performing Bohemian Rhapsody On HiSessions - YouTube</u></p> <p>Small and light to carry  Easy to write songs and sing along with</p>	
	<p><b>Recorder</b>  <u>BBC Young Musician 2012 - Charlotte Barbour-Condini (recorder) - Trotto (Anon.) - YouTube</u></p> <p>Small and light to carry  Lots of different sizes from very low to very high  You need lots of gentle breath control!</p>	<p><b>Guitar</b>  <u>BACH   Sean Shibe   BWV 997 (Development) - YouTube</u></p> <p>Can play the melody or strum chords  Easy to write songs and sing along with  You can play alone or in a band</p>	
	<p><b>Flute</b>  <u>Havana - Camila Cabello Flute Cover - YouTube</u></p> <p>Small and light to carry  Needs a lot of breath!  Held sideways</p>	<p><b>Voice / singing lessons</b></p>	
	<p><b>Clarinet</b>  <u>Introducing the Clarinet with Julian Bliss   Discover Instruments   Classic FM - YouTube</u></p> <p>Small and light to carry  Needs a lot of breath!</p>	<p><b>Euphonium</b>  <u>Uptown Funk (Euphonium Loop) - Tubavisionary - YouTube</u></p> <p>Usually plays the lower accompaniment (not the tune)  Be different and play this!</p>	
	<p><b>Saxophone</b>  <u>BBC Proms - Darius Milhaud: Scaramouche (Excerpt) - YouTube</u></p> <p>Large to carry, on your back  Needs a lot of breath!</p>	<p><b>Trombone</b>  <u>GoPro on Trombone: Star Wars - Imperial March - YouTube</u></p> <p>Plays the lower accompaniment usually, although sometimes has the tune  Large to carry</p>	
	<p><b>Trumpet</b>  <u>Alison Balsom - Autumn Leaves (Les Feuilles Mortes) - Live in London - YouTube</u></p> <p>Small to carry  Needs a lot of breath</p>	<p><b>French Horn</b>  <u>Instrument: Horn - YouTube</u></p> <p>Medium sized  Be different and play this!</p>	



## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

## How can you help?

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

## What else will help?

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

Find out more here

[www.camden.gov.uk/saturday-music-centres](http://www.camden.gov.uk/saturday-music-centres)

and here

[www.camden.gov.uk/music-service-ensembles](http://www.camden.gov.uk/music-service-ensembles)

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second 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](mailto: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](http://www.camden.gov.uk/camdens-music-service)



### Camden Music Service

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

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

[www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service)

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

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

## What instruments can my child learn?

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

## Will my child need an instrument?

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

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

## When and where will lessons take place?

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

## What types of lessons are there?

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

### Shared lessons

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

### Individual lessons

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

## What will it cost?

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

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

## How do I pay?

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

## Is any financial help available?

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

## What about if we want to stop?

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

## How do I apply?

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

# 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](http://www.camden.gov.uk/saturday-music-centres)



**camdenmusic**

020 7974 7239  
[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)



# CAMDEN MHST

## MENTAL HEALTH SUPPORT TEAM

Camden's Mental Health Support Team works across Primary schools providing interventions for children and young people experiencing anxiety or low mood.

## SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

Parent/carers webinars: including topic on sleep, screen time and anxiety therapeutic conversations.



emotional health & wellbeing in Camden,  
for children, young people and their families



## FLEET PRIMARY SCHOOLS PRACTITIONER

**THOMAS BURNAND**  
School Hours: Wednesday Afternoon

If you are interested in getting help, please  
contact:  
Rebecca Wall —Deputy Head

## 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.

The remaining webinars this term are listed below.

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 opt in for all topics, or whichever most appeals to them.

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

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2022-2023-tickets-415252660887>

Or please scan the QR code to the right using your mobile phone's camera:



Webinar topic	Intended Parent Audience	Date	Time
Sleep	Primary & Secondary	Friday 3 <sup>rd</sup> February	12pm – 13.00 Q and A: 13.00 to 13.30
Screen-time	Primary & Secondary	Friday 10 <sup>th</sup> February	12pm – 13.00 Q and A: 13.00 to 13.30
Understanding adolescent development	Secondary	Friday 24 <sup>th</sup> February	12pm – 13.00 Q and A: 13.00-13.30
Having therapeutic conversations with your child	Primary & Secondary	Friday 3 <sup>rd</sup> March	12pm – 13.00 Q and A: 13.00-13.30
Supporting childhood worries	Primary & Secondary	Friday 10 <sup>th</sup> March	12pm – 13.00 Q and A: 13.00-13.30
Anxiety in Adolescence	Secondary	Friday 17 <sup>th</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30
Gender identity	Secondary	Friday 24 <sup>th</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30





# GIRLS FOOTBALL DEVELOPMENT



**BOOK A FREE TASTER  
CLASS NOW**

- ✓ Skills & ball mastery techniques
- ✓ Agility, balance, coordination & speed
- ✓ Strategy & teamwork training
- ✓ Fun games & friendly matches

**EVERY TUESDAY**

6-11 year olds  
5:30-6:30pm

**FIRST CLASS IS FREE!**

£6 per week thereafter  
Concession rates &  
sibling discounts apply

**FLEET PRIMARY SCHOOL - 4G ASTROTURF**

Agincourt Rd, London, NW3 2QT

**Registration Link**  
[www.prorevo.co.uk](http://www.prorevo.co.uk)

**More Information**  
+E: [prorevolution.development@gmail.com](mailto:prorevolution.development@gmail.com)



# 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 the need arise. 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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

### WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

#### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

#### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

#### 3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

#### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

#### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

#### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

#### 7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

#### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

#### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

#### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure - criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

#### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at [www.haveibeenpwned.com](http://www.haveibeenpwned.com) (yes, that spelling is correct!). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

#### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

### Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



Source: [www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word](http://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word) | [https://haveibeenpwned.com](http://https://haveibeenpwned.com)

**NOS**  
**National Online Safety**  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://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: 25.01.2023



# Parent and carer counselling service

## Are you stressed or worried and need someone to talk to?

Are you a parent or carer with a child in a Camden school or children's centre?

Life is complicated and sometimes feels like an uphill struggle. Talking with a counsellor can help untangle thoughts and feelings.

- The parent and carer counselling service is FREE
- Counselling sessions are confidential
- Counselling takes place in schools and children's centres

Counselling is arranged by completing an application form or by phoning or emailing the co-ordinator.

We can also support with the referral process from in school. If you would like any support with this please come and speak to Rhian or Don.



### PCCS co-ordinator, SEN and psychology services

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

Email: [pccs@camden.gov.uk](mailto:pccs@camden.gov.uk)



# Seeking a new Career?

KX  
RECRUIT

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

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

Contact us today

Call 020 36914000

Email [reception@kxrecruit.co.uk](mailto:reception@kxrecruit.co.uk)

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

[www.kxrecruit.co.uk](http://www.kxrecruit.co.uk)

## COOPERATION TOWN

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

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

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

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

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

**Meeting every Thursday, 7pm**

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

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

[www.cooperation.town](http://www.cooperation.town) | [info@cooperation.town](mailto:info@cooperation.town) | @CooperationTown

citizens  
advice Camden

## Citizens Advice Camden

How to contact us:



### Adviceline

0808 278 7835

free number. You do not need credit on your phone to call us

Monday – Friday 10am-4pm



Complete the call-back request form on our website and we will call you.

[www.camdenadvice.org.uk](http://www.camdenadvice.org.uk)

If you need help with **Universal Credit** please call us on:

\* **Help to Claim** for advice about making new claims up until your first payment

Call 0800 1448 4444 (free number). Mon to Fri 8am - 6pm

Webchat:

visit <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/help-to-claim/> on our website and click on the 'Talk to an Adviser' button half way down the page

\* **Universal Credit Support** for help maintaining your claim and problems including UC stopping, sanctions and appeals.

Call 07765 293116 and leave a message with your number and we'll call you back

Visit our website for details of all our services

Citizens Advice Camden is a registered charity 291955

I want to support  
people in my  
community

citizens  
advice Camden

## Volunteer with us

### Advice Support Workers

This role provides administrative support for the service.

### Trainee Advisers

This role gives detailed advice and assistance to our clients.

### Benefit Case Makers

This role supports client in making disability benefit applications.

### Adviceline Assessors

This role provides an initial telephone assessment of client issues.

citizens  
advice Camden

Please visit our website for details of our current volunteering opportunities or email us for further details:

[Volunteer.Project@camdenadvice.org.uk](mailto:Volunteer.Project@camdenadvice.org.uk)

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

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

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

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

## FREE SCHOOL MEALS

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

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



**Clue**

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




and when not hiding inside printers they usually look like this





[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)



**Recycle 4 Charity Treasure Hunt**

Attention to all children and teachers!

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




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

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

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

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

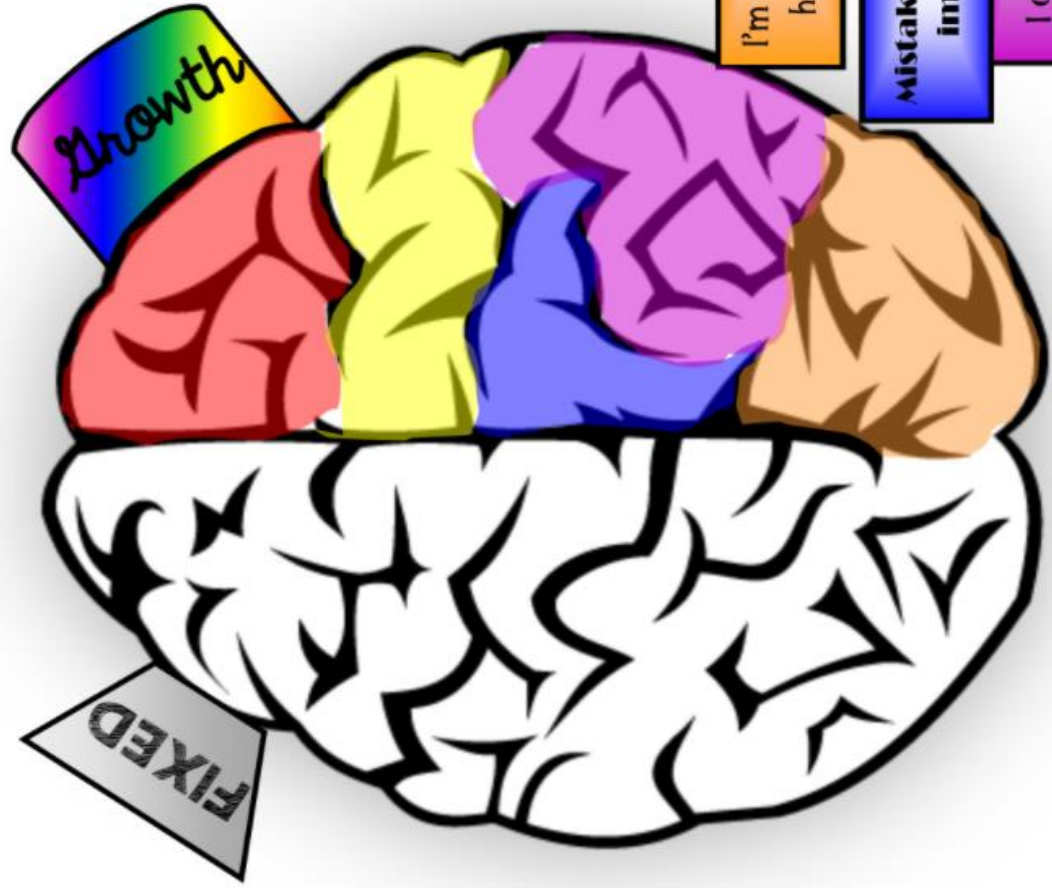
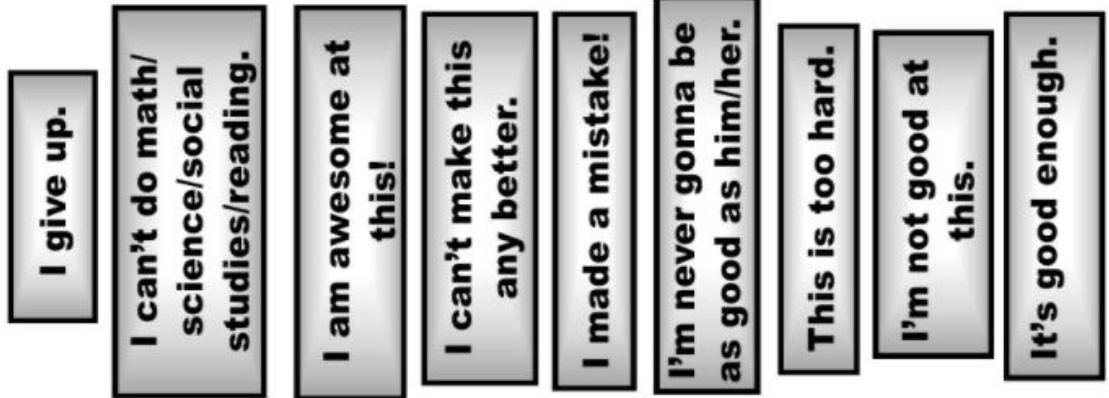
**Do you have any used printer cartridges lying around at home? Send them into the school office!**

## Parent group: Families, Food and Feelings

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



# Change your words Change your *Mindset*





## Gender equality: guide for families

### What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



### Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

### FAQs

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

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



[www.liftinglimits.org.uk](http://www.liftinglimits.org.uk)

## Gender stereotyping: what can we do about it?

### Toys:

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

### Opportunities to challenge gender stereotypes:

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

### Language:

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

### Expectations and aspirations:

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

### Books:

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

### Around the home:

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

### Attitudes:

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

### Clothes and shoes:

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

### Similarities and differences:

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



[www.liftinglimits.org.uk](http://www.liftinglimits.org.uk)



# Camden Early Help



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

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

## Early Help



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

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



### How do I get Early Help?

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

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

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

### Other formats

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

### Find out more

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

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

For more information about Early Help visit:

[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)

Sure Start 020 7974 8961  
[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

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.

