

# Fleet Community Notices



Wednesday 1st March 2023

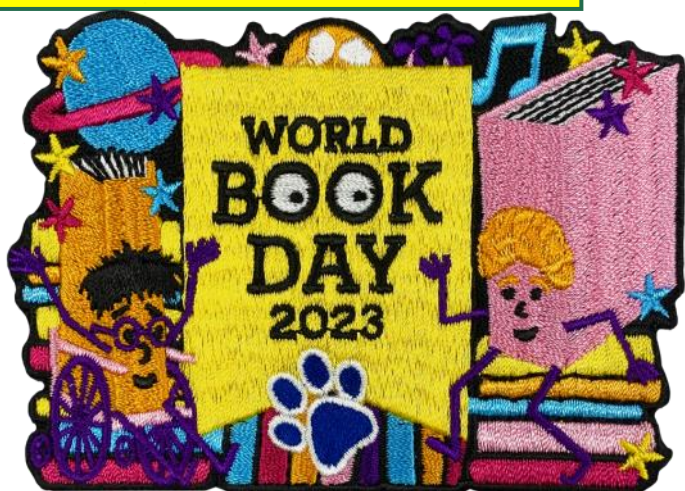


## New this week...

Bottom of this page is a note about drinks in school—please only send in water (not hydration drinks or flavoured water). Page 2 is a reminder about us being a nut free school—no nuts in school places. Page 3 is dates for your diary with a new layout that will hopefully be more easily read to find dates applicable to your child's class. Page 8 has an advert for a new children's book, written by a member of our own school community, Bernadette. The launch is happening this weekend—please go along if you can. Page 9 has the latest parent information sheet from National Online Safety. Page 10 has information on the 'Incredible Years' Parenting Programme. While Page 13 is a flyer from Highgate Harriers with some sports events on the heath coming up. Page 15 has a request to help out with some research being undertaken into children and sleep. The remaining pages include other ads from various local organisations. Remember there is no school tomorrow due to the strike and Friday is our dress up day. Enjoy the rest of your week.

## SCHOOL CLOSURE NEU STRIKE

**REMINDER—SCHOOL WILL BE  
CLOSED DUE TO INDUSTRIAL ACTION  
TOMORROW (THURS 2nd MARCH)**



## Book Week/World Book Day— Dressing Up Day—3rd March

Come to school dressed as your favourite book character for world Book Day—we will be celebrating our dressing up day on Friday next week—3rd March! We can't wait to see all your wonderful costume ideas.

## CAMDEN

### Struggling with the rising cost of living?

We're here for you:

- Visit [camden.gov.uk/costofliving](https://camden.gov.uk/costofliving)
- Contact one of the organisations in the Camden Advice Network. Visit [camden.gov.uk/can](https://camden.gov.uk/can)
- Call us on **020 7974 4444 (option 9)**
- Call Citizens Advice Camden on **0808 278 7835**

## COVID-19 vaccinations still available on our vaccine bus

The current offer of COVID-19 boosters is on hold for now, but the NHS will contact people if they're eligible for the next booster dose planned for later this year. People can still get a first or second dose of the COVID-19 vaccine if they haven't already and we will continue to promote vaccination opportunities. Appointments are available [to book online](#), at [walk-in clinics](#) or people can [visit our vaccine bus for a walk-in appointment](#).

Our vaccine bus will continue to run 11am-4pm on the following dates:

- Friday 3 March** – outside Surma Centre, 1 Robert St, NW1 3JU
- Saturday 4 March** – outside Brunswick Centre, Bernard St, WC1N 1BS

[Keep an eye on the Camden website](#) as new vaccination dates and locations are confirmed.

## DRINKS IN SCHOOL

Please remember that the school food policy states that children should only bring in water to school—either as part of a packed lunch or to drink throughout the day.

This is just normal, still water. Please do not send in flavoured water or, as is happening at the moment, Prime Water. A reusable water bottle is best to be used to avoid confusion and so the children can regularly refill their bottle from the drinking fountains. Thank you.



REMINDER: This is a 'NUT FREE SCHOOL'. Do not send in any nuts or products containing nuts in packed lunches or for snacks. Thank you.

# STOP!

you are now entering a



nut  
free  
zone

please DO NOT bring  
nuts into this area



# 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.

## WHOLE SCHOOL EVENTS

<b>27th Feb-3rd Mar:</b>	Book Week
<b>28th February:</b>	WAC Arts workshops for Book Week
<b>28th February:</b>	Home Learning Project Exhibition in the Hall after school
<b>28th February:</b>	Book Fair in the Hall after school
<b>2nd March:</b>	<b>SCHOOL CLOSED—NEU STRIKE</b>
<b>3rd March:</b>	World Book Day—Dress Up as your favourite story character (moved due to the NEU strike)
<b>10th March:</b>	Parent Workshop @ 9am—Trauma Informed Practice and how we use it in school
<b>13th March:</b>	Irish Dancing Workshop for KS1 & KS2
<b>15th &amp; 16th Mar:</b>	<b>FURTHER STRIKE DAY BY NEU MEMBERS—school status t.b.c.</b>
<b>30th March:</b>	International Food Evening—5-7pm
<b>31st March:</b>	end of term—school closes at 2pm
<b>18th April:</b>	Summer Term Starts—Children Back

## NURSERY

<b>1st &amp; 3rd Mar:</b>	Bike Training
<b>23rd March:</b>	Parent Meetings

## RECEPTION

<b>3rd March:</b>	Library
<b>22nd &amp; 23rd Mar:</b>	Parent Meetings

See the tables here (right and below) for events specific to individual classes. If you have any questions about these trips, visits or events please speak to the class teacher or contact the office.

## YEAR 1

<b>8th March:</b>	Hampstead Heath
<b>21st March:</b>	Parent Meetings
<b>23rd March:</b>	Parent Meetings
<b>23rd March:</b>	Year 1 Class Tea
<b>24th March:</b>	Year 1 Class Assembly
<b>30th March:</b>	London Zoo

## YEAR 2

<b>8th March:</b>	Hampstead Heath
<b>9th March:</b>	Year 2 Class Tea
<b>10th March:</b>	Year 2 Class Assembly
<b>16th March:</b>	Regents Park
<b>23rd March:</b>	Hampstead Heath
<b>21st March:</b>	Parent Meetings
<b>23rd March:</b>	Parent Meetings
<b>30th March:</b>	Talacre

## YEAR 3

<b>8th March:</b>	Dodgeball @ Talacre after school (selected children)
<b>16th March:</b>	Year 3 Class Tea
<b>17th March:</b>	Year 3 Class Assembly
<b>22nd March:</b>	Parent Meetings: Year 3
<b>23rd March:</b>	Talacre
<b>23rd March:</b>	Parent Meetings: Year 3

## YEAR 4

<b>27th-28th Feb:</b>	Bike Training (bring bike in if you have one)
<b>3rd March:</b>	Year 4 Class Assembly
<b>3rd March:</b>	Year 4 Class Tea
<b>3rd March:</b>	Arsenal workshops
<b>8th March:</b>	Dodgeball @ Talacre after school (selected children)
<b>22nd March:</b>	Parent Meetings
<b>23rd March:</b>	Parent Meetings
<b>27th March:</b>	Science Museum
<b>28th March:</b>	Airspace Workshop

## YEAR 5

<b>7th March:</b>	Royal Observatory
<b>14th March:</b>	Science Museum
<b>20th—30th Mar:</b>	Year 5 Swimming everyday
<b>22nd March:</b>	Parent Meetings
<b>23rd March:</b>	RAH rehearsal (at Fleet)
<b>23rd March:</b>	Parent Meetings

## YEAR 6

<b>27th Feb:</b>	East London Mosque
<b>3rd March:</b>	Arsenal workshop
<b>9th March:</b>	Talacre
<b>13th March:</b>	British Museum
<b>21st March:</b>	British Library
<b>22nd March:</b>	Parent Meetings
<b>23rd March:</b>	Parent Meetings

# 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.





# Raise FREE donations for

## **FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on **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**



WORLD  
**BOOK  
DAY**

# Dressing Up Ideas for Parents

Dressing up  
day is this  
Friday!

Some schools invite children to come to school in a costume for World Book Day because it's a fun way to encourage children (particularly reluctant readers) to engage with reading, to swap reading recommendations and to celebrate what they are reading at home.

## Top tips for putting together a costume

- Choose a book your child is happy to talk about.
- Start with things you might already have – tracksuits, t-shirts (inside out to make them plain) and pyjamas make a good base for a costume.
- Focus on the parts of the character that make them stand out - use facepaint or simple props to show these.

## What if I/my child...

### ....doesn't have a book to share?

Try a costume that invites recommendations – a t-shirt with post-it notes or one you don't mind being written on.

### .... doesn't like dressing up?

Keep it simple with a character who wears everyday clothes, by focussing on a prop, or by using a badge instead.

### ... likes non-fiction?

Focus on what they like – could they share a fact, or the subject matter, or do they want to focus on the author?

### ....aren't any good at crafting?

Stick to everyday clothes and add small details to focus on key elements of the character – hats, ears, sticking things on t-shirts etc.

Support  
your child  
to read for  
pleasure...



## PTA or Class Rep Member?

Can you support your school by:

- Organising a costume swap or costume making workshop.
- Putting together class dressing up rails.
- Hosting a school dressing up rail or costume swap.

SPONSORED BY

**NATIONAL  
BOOK  
tokens**

Changing lives through a love of books and reading

World Book Day® is a registered charity sponsored by National Book Tokens  
Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK).

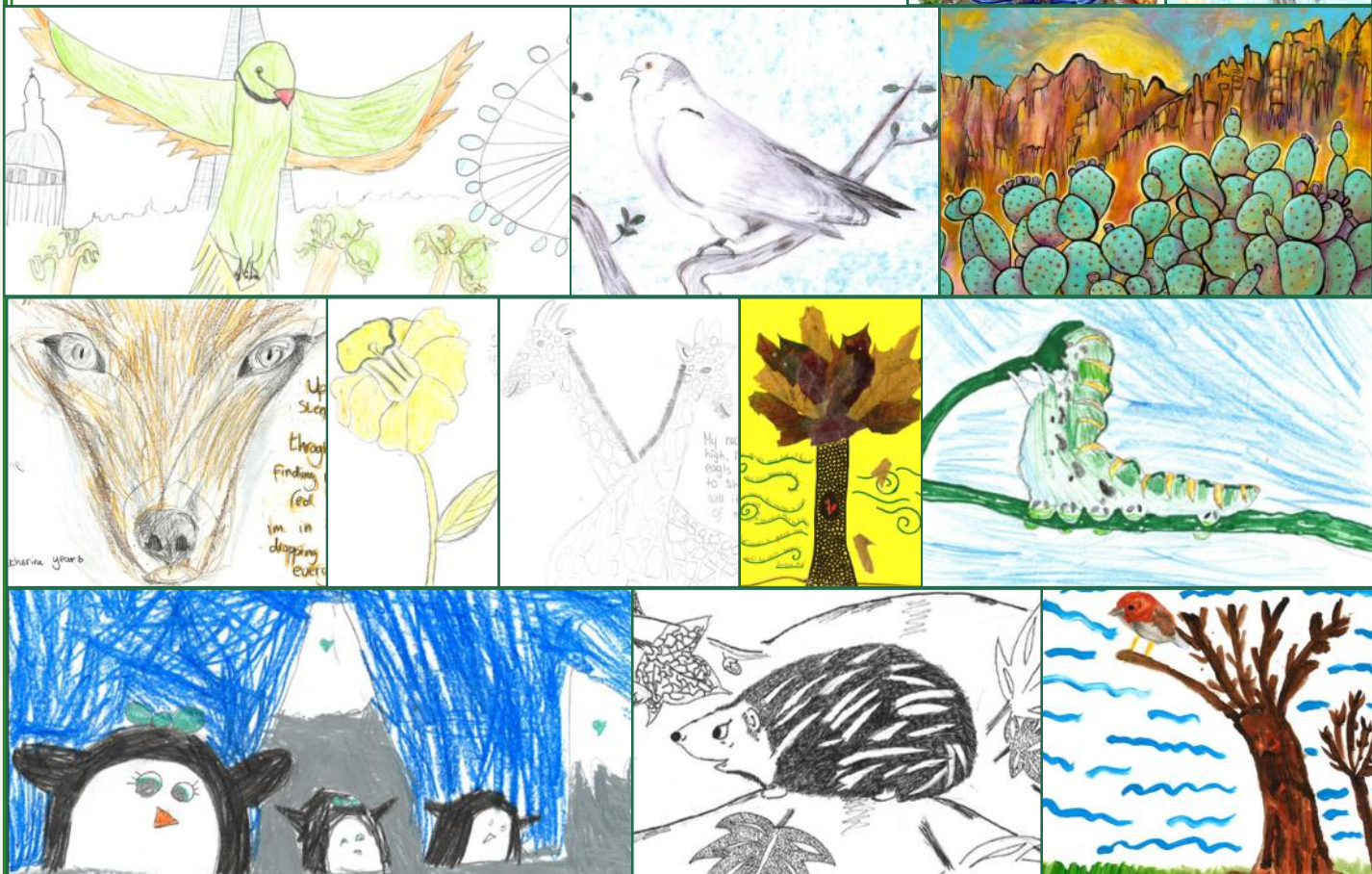
Illustration **Allen Fatimaharan**



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

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.

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!





Book  
launch  
04/03/23

10.30am-12.30am

# Time To Play: In Space

Come and  
meet  
Bernadette!

Bernadette  
Dawson

Babylon 8  
Castlehaven  
Road NW1  
8QU

Illustrations  
Sarah Gledhill



# 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. 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.

## 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

### THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

### ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

### SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

### TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

### REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

### A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

### PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

### THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

### TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

### ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

### Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: [https://www.ofcom.gov.uk/\\_data/assets/pdf\\_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf](https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf)

**NOS** National Online Safety®  
#WakeUpWednesday



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



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# The Incredible Years

A course for parents to help build skills in managing their children's behaviour

## Incredible Years' School Age Group:

Parents of children aged 5-11



**NHS**  
The Tavistock and Portman  
NHS Foundation Trust

### About Incredible Years:

- ♦ An evidence-based parenting programme helping parents to manage and reduce difficult and disruptive behaviours
- ♦ The programme recognises that you are the expert on your child and will not criticise or judge your parenting
- ♦ Gives you the opportunity to be with other parents, to share ideas and try out practical activities at home
- ♦ Support parents to promote their children's social, emotional, and academic development
- ♦ Uses a mixture of videos, group discussion and practices to cover each skill

### Topics covered:

- ♦ Parental attention and child-led play
- ♦ Social, emotional and persistence coaching
- ♦ Effective praise and rewards
- ♦ Rules, routines and boundaries
- ♦ Managing misbehaviour through consequence and time-out

### Aims of the programme:

- ♦ Strengthen the relationship you have with your child
- ♦ Help you to believe in yourself as a successful parent
- ♦ Help your child to feel better about themselves
- ♦ Develop skills to help your child manage their emotions and feel calm
- ♦ Help you cope and feel in control
- ♦ Develop effective parenting strategies
- ♦ Help your child with friendships



### About the group:

- ♦ There will be a maximum of 12 parents in the group
- ♦ A safe, non-judgemental space to meet other parents and carers to share knowledge and experiences and to support each other
- ♦ The group will meet every Friday morning during term time for 12 weeks
- ♦ Each session will run for 2 hours

**Dates:** 28th April—21st July 2023

**Day:** Every Friday (during term-time only)

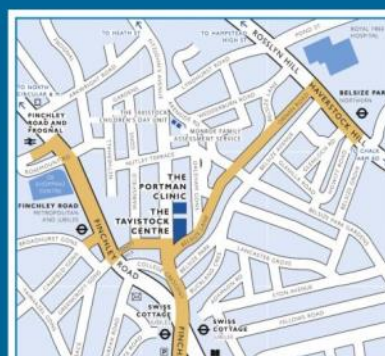
**Time:** 10:00am-12:00pm

**Venue:** The Tavistock Centre and Zoom (online video platform)



### Location:

- ♦ The group will take place both face to face and on the online video platform Zoom
- ♦ For face to face sessions you will meet at The Tavistock Centre
- ♦ For online sessions the facilitators of the group will send you a Zoom link via email in order to access the group
- ♦ You will be given information on how to use Zoom before the group starts and group facilitators will provide support to any parents that are unfamiliar with the Zoom application



Camden CAMHS Wellbeing Team and the Mental Health Support Team in schools (MHST)

Tavistock Centre  
120 Belsize Lane  
London  
NW3 5BA

**Email:** CwpAdmin@tavi-port.nhs.uk

**Phone:** 020 8938 2232

Please ask to speak with Marie Hagan-Asmah (Trainee Parenting Practitioner) or Emma Rahman (Parenting Practitioner)





# 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**

**TUES**

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

### WAC NITES

Inclusion programme exploring creative and  
performing arts specifically designed for those with  
mild/ moderate learning disabilities.

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



## GIVE YOUR CHILD AN INVALUABLE LIFE SKILL AT KENTISH TOWN SPORTS CENTRE

Do you want to improve your  
child's water confidence and  
give them the ability to swim?

Discover how to kick-start your  
child's confidence in the water  
at [better.org.uk/swim-school](http://better.org.uk/swim-school)



## WHAT'S MORE, YOUR CHILD WILL...

- Develop social skills whilst having fun with new friends
- Feel motivated as they progress through stages
- Improve their confidence with every stroke
- And most importantly, learn a life saving skill

Better Swim School offers affordable lessons for all ages and abilities taught  
by qualified teachers with our own industry leading swim school programme.  
Our safe and friendly environment will ensure your child enjoys life long fun in  
and around the water.

Book now to secure your child's place at [better.org.uk/swim-school](http://better.org.uk/swim-school)

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society  
under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The  
Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398.





MINECRAFT, SCRATCH, PYTHON, HTML, CSS,  
JAVASCRIPT, ANIMATION AND MORE ... 50+  
COURSES!

CODE\_CADETS

# CODING & LEGO ROBOTICS EASTER CAMPS

CHOOSE MORNINGS, AFTERNOONS AND/OR FULL DAYS  
FROM 13-16 APRIL

IMPERIAL COLLEGE LONDON  
SOUTH KENSINGTON  
AGE 9-14+



Book here  
now!





# Sprint, run, throw and jump into athletics!

QuadKids 2023

At Parliament Hill Track on:

Sunday 5th March, 2nd April, 7th  
May and 4th June 12-2 pm

Register (£3) onsite from 11:30 or  
online at:

<https://webcollect.org.uk/highgate>

*How fast can you sprint?*

*How far can you throw?*

*What's your longest long jump?*

*Got the stamina to race for two minutes?*

QuadKids is an England Athletics endorsed  
format for children of all abilities under 12. It's  
quick, fun and a great way to measure  
progress over time.

For further details email Brenda Myers  
[quadkids@highgateharriers.org.uk](mailto:quadkids@highgateharriers.org.uk)

**We hope to  
see you there!**



Highgate Harriers  
[www.highgateharriers.org.uk](http://www.highgateharriers.org.uk)





# NSPCC School's Service Volunteer

**Locations:** Central London (Camden, Islington, City, Westminster, Kensington & Chelsea, Tower Hamlets)



**What we're looking for:** We need people to help us protect a generation of children from abuse and neglect. As a *Speak out. Stay safe.* volunteer, you will visit primary schools to deliver *Speak out. Stay safe.* workshops to children in Year 5 and Year 6 that teach children about the different types of abuse and how they can speak out and stay safe.

**What you'll do:** Our *Speak out. Stay safe.* workshops are age-appropriate and memorable and need an energetic and enthusiastic person to deliver them. You'll work alongside other *Speak out. Stay safe.* volunteers to make sure at the end of each session the children feel empowered and know who they can speak out to if they are worried. *In some sessions children may speak up and disclose abuse, so you will also be required to sensitively handle this and report any concerns you have about the child. But don't worry you'll get plenty of support and training on this.*

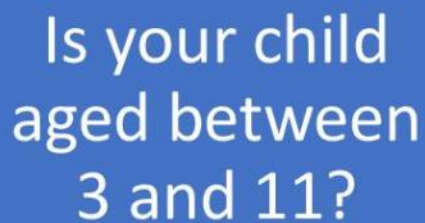
**Who's right for the role?** While we think this role is suitable for a whole range of people, we are particularly looking for those with the following qualities and experience:

- Passionate about helping children and young people
- Great communication skills
- Empathetic and perceptive
- Sensitive and supportive
- Able to think on your feet
- Work well within a team

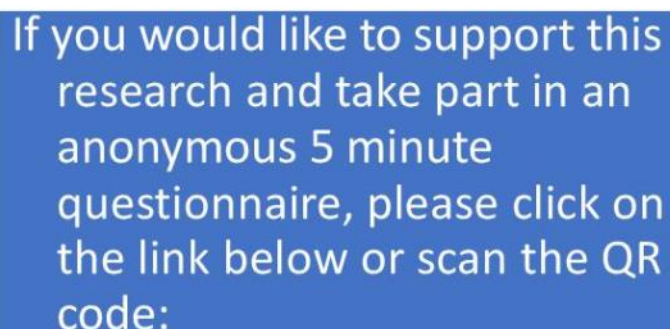
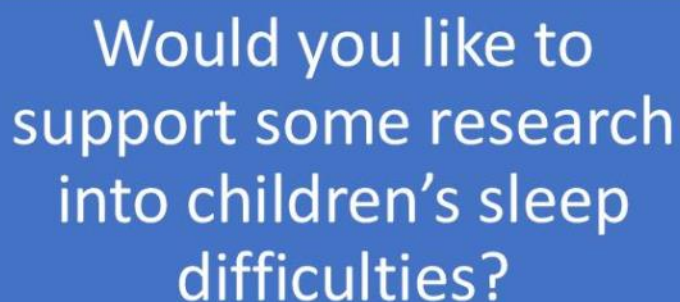
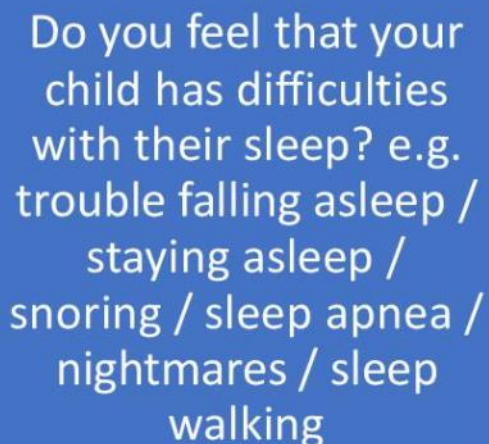
For this role, we can only accept people over the age of 16.

**Interested in getting involved? Volunteer today and join our fight for every childhood.**

**Please email Faye – [Faye.Wynne@NSPCC.org.uk](mailto:Faye.Wynne@NSPCC.org.uk) for more information or to register your interest!**



Sleep is especially important for children and young people because **it helps with mental, physical, social and emotional development.** Sleep helps our brains to **remember, memorise and analyse** information. These skills improve performance at school, maintain general wellbeing and sleep can also impact our mood.



Thank you!





**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.





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)*



# 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.



# 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)

# 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

# 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)

Children's\_Centre\_Collateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 2

12/06/2018 11:44

# Camden Children's Centre Services



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)



020 7974 7239

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



# 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)



## 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!**

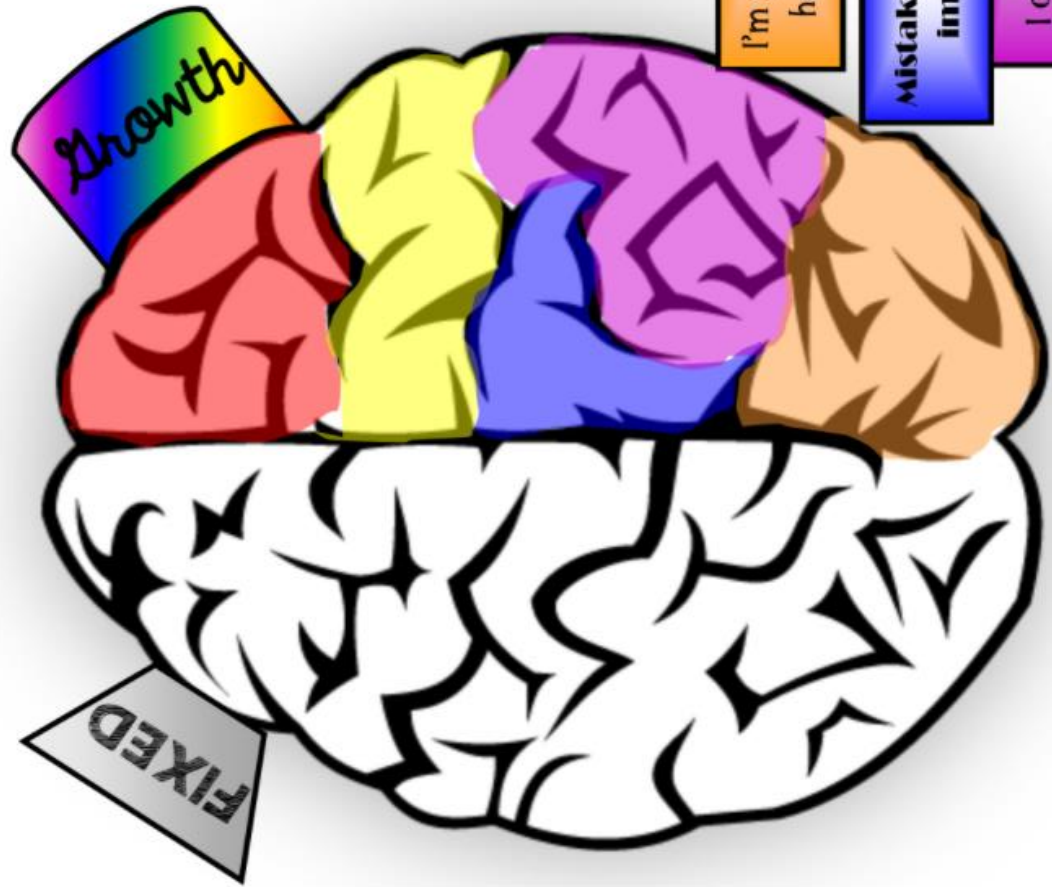
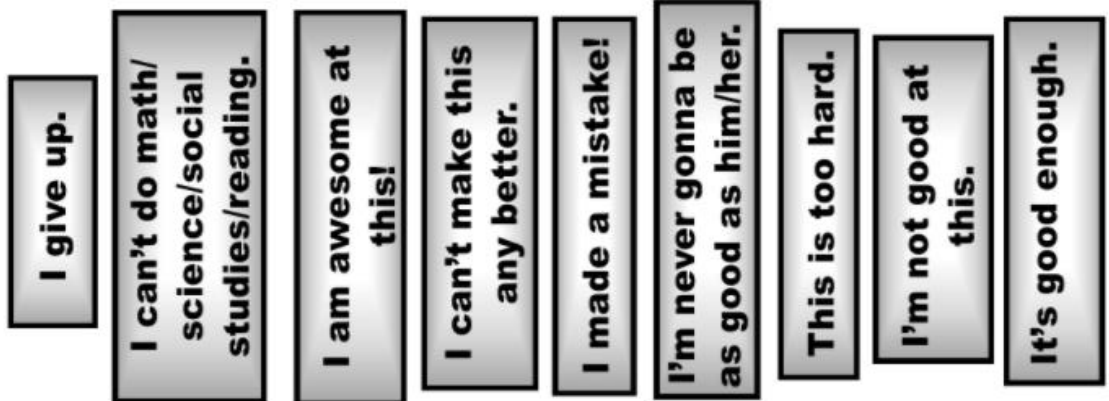
## Parent group: Families, Food and Feelings

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)

\* 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.

