

# Fleet Community Notices



Wednesday 21st September 2022



**New this week...** See consultation mentioned below, Holly's fundraising page for her Marathon run coming up to raise money for our playground, parent gym sessions on page 4, secondary transfer info on page 7 and funded music places information on page 8. Page 11 has info on a study looking for volunteers at UCL and page 22 has info on two different opportunities for girls football sessions. Don't forget tomorrow's coffee morning in the hall!

## Camden Clean Air Action 2022-26

Air pollution is the largest environmental risk for health. Everyone is affected by air pollution and clean air is important for us all. Our Camden Clean Air Action Plan 2022-2026 describes what Camden Council and other partners will do to improve air quality and protect health from air pollution over the next four years.

It also provides useful information, guidance and suggestions to help you protect your own health by avoiding air pollution and reducing emissions from your own activities.

Leave your comments at the Camden consultation (closes October 16th):

<https://consultations.wearecamden.org/supporting-communities/camden-clean-air-action-plan-2022-2026/>

## Calling all parents—we need your help!

If there are any families with connections to the performing arts! Actors, makeup artists, set designers, costume designers—from film, TV or theatre we would love them to come and have a chat to Y6 as part of this term's topic 'City of Stars'. So if you or anyone you know can help please come and speak to Lynley. Thank you.



# FLEET COFFEE MORNING



ALL PARENTS/CARERS WELCOME!

THURSDAY  
22ND SEPTEMBER  
9-9.45AM  
IN THE HALL



- \*MEET OTHER PARENTS/CARERS
- \*LEARN MORE ABOUT THE PA AND SCHOOL EVENTS
- \*FIND OUT WAYS TO GET INVOLVED IN SCHOOL LIFE!



# 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



## 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

# Holly is running the Marathon!



Fleet is an amazing school where children love learning, however, our playground needs a little TLC! We want to renovate our outside play space to make our school even better, but need your help to raise the money.

On 2nd October 2022, I will be taking on the London Marathon. I was gifted this place by The Daily Mile - an initiative that aims to get children active for 15 minutes a day every day. This helps boost concentration levels, improve fitness and gives a sense of team work and achievement. We really want to encourage and motivate the children to be more active in their break and lunchtimes, and new playground equipment will help this. We'd love to have a climbing frame installed and purchase new equipment such as skipping ropes, balls and space hoppers to get every body moving. Please donate what you can to help us realise our dream of a new playground and to make all the pain of marathon training worth it! Thank you.

[https://  
www.justgiving.com  
/crowdfunding/  
mkinghamsmarathon](https://www.justgiving.com/crowdfunding/mkinghamsmarathon)



# Dates for your diary this term...

As we are early in the term many trips do not yet have firm dates. As soon as they do they will be added on here as it is updated in each newsletter.

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.

- **21st September:** Y4 Dodgeball after school at Talacre
- **22nd September:** Parents' Association Coffee Morning—all parents welcome—9am
- **22nd September:** Y5 Windrush Music Project workshop—children will need their Trumpets and Trombones with them
- **27th September @ 9am:** Parent Workshop—Promoting Positive Body Image and Self-esteem
- **28th September:** Y5 to the British Library
- **30th September:** Camden Cross Country Competition—selected children from Y3-Y6
- **6th October:** Y5 Class Tea after school
- **7th October:** Y2 Visit to Chinatown
- **7th October:** Y5 Class Assembly @ 10am
- **10th-14th October:** Y5 Bike Training—children on this course bring in bikes if they have
- **11th October:** Y6 to the CLC
- **12th October @ 9-9.30am:** KS1 & KS2 Phonics/Reading Open Mornings in classes
- **13th October:** Y2 to the October Gallery
- **13th October:** Y4 Class Tea after school
- **14th October:** Y4 Class Assembly @ 10am
- **17th-21st October:** Y5 to Sayers Croft Residential Trip
- **17th-21st October:** Y6 Bike Training—children on this course bring in bikes if they have
- **18th October:** Reception to the Heath
- **20th October:** Y3 Class Tea after school
- **21st October:** Y3 Class Assembly @ 10am
- **24th-28th October:** Half Term Holiday Week
- **31st October & 3-4th November:** Y3 Bike training (bring in bike if you have)
- **31st October:** Halloween Disco after school
- **2nd November:** Nasal Flu Vaccines Rec-Y6
- **3rd November:** Y2 Class Tea after school
- **4th November:** Y5 to the British Museum
- **7th-18th November:** Y4 Swimming (need swimming kit everyday)
- **9th November:** Y5 to October Gallery
- **10th November:** Y1 Class Tea after school
- **11th November:** Y2 to the Cinema
- **11th November:** Y1 Class Assembly @ 10am
- **14th November:** Y5 Windrush Project Performance—location and timings t.b.c.
- **16th November:** Y1, Y5 and Y6 to the cinema
- **17th November:** Y3 to the cinema
- **17th November:** Reception Class Tea after school
- **18th November:** Reception to the cinema
- **21st November:** Y5 National Maritime Museum Viking workshop
- **23rd November @ 9am:** Parent Workshop: Managing screen time and social media
- **24th November:** Y5 to the Theatre
- **24th November:** Nursery class tea after school
- **23rd-24th November:** KS1 & KS2 parent meetings after school
- **25th November:** Y5 to Gospel Oak Methodist Church
- **25th November:** Winter Fair (after school)
- **29th November:** Y4 to the CLC
- **30th November:** Y5 to the CLC
- **2nd December:** Infant Christmas Show @ 10am
- **8th December:** Junior Christmas Show @ 9.30am (no ticket needed)
- **8th December:** Junior Christmas Show @ 7pm (ticketed)
- **9th December:** School Christmas Lunch
- **12th December:** KS1 to Belsize Synagogue
- **13th December:** KS2 to Belsize Synagogue
- **14th December:** Infant Christmas Parties
- **15th December:** Junior Talent Show & Christmas Parties
- **16th December:** end of term—school closes at 2pm
- **4th January:** Spring Term Starts—Children Back

# Six-week Parenting Programme for all parents at Fleet - taster session next Wednesday @ 9am

Thank you to those of you who came along to the Parent Gym taster session this morning. If you didn't make it but are still interested please see the video below which gives a flavour of what to expect from the course. This course is useful to **ALL** parents.

<https://www.youtube.com/watch?app=desktop&v=Ua0U2EWByg>

The course starts properly next Wednesday with the first topic 'Chat' - see below for more details. We hope to see lots of you there.



## Dear parents,

### Parent Gym is coming to Fleet School

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive. Come along to meet other parents, hear their stories and pick up new ideas. Everyone is welcome!

Through our relationship with Parent Gym the programme, normally worth £1000 per parent, is free of charge. All parents are welcome to apply but places are limited so sign up now to secure your place.

Each weekly session lasts two hours. See below for details on how to find out more info.

28/9/22

**Chat** (2 hours)

Help your family talk and listen to each other.

5/10/22

**Love** (2 hours)

Build self-esteem and independence through secure attachments.

12/10/22

**Behave** (2 hours)

Bring calm and order to your home.

10/10/22

**Care** (2 hours)

Looking after ourselves and our families.

2/11/22

**Discover** (2 hours)

Support your children to learn and explore.

9/11/22

**Together** (2 hours)

Look to the future and recapping key techniques.

To find out when and where the sessions are happening and confirm your place, please email [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk)

We look forward to hearing from you.

Yours sincerely, Margaret O'Sullivan

# 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

### 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

### 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
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

### 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 2022
2 <sup>nd</sup> half term			Monday 5 <sup>th</sup> June 2022

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

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

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



This booklet has all the information you will need to begin your online application for a year 7 place for your child for September 2023. The deadline for applications is the 31st October.

The booklet (and a copy is on the next page) lists all the different schools' open days—some coming up this week but also over the next few weeks! We would recommend going to as many of these as you can so you can make the most informed choice possible.

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

<https://www.camden.gov.uk/documents/20142/225233791/Secondary+schools+in+Camden+2023+admissions+guide.pdf/a2db1f7c-62db-14d8-56aa-031d235b82c5?t=1659624759799>

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

## 2022

August	New admissions booklet published online
1 September	Online applications open at <a href="http://www.eadmissions.org.uk">www.eadmissions.org.uk</a>
September/October	Parents and their children visit secondary schools on open days arranged by the individual schools Parents discuss preferences with Camden primary school headteachers
Noon on 20 September	Camden School for Girls deadline to register for the banding assessment test and music aptitude assessment
5pm on 27 September	UCL Academy visual arts supplementary form deadline
28 September	Moving On to secondary school event; see back page for details
4pm on 11 October	William Ellis music place application deadline
28 October	Maria Fidelis supplementary information form deadline
24 to 28 October	Half-term *
31 October	Final closing date for applications and changes to preferences
31 October	La Sainte Union deadline for parents to complete online supplementary information form (available on the school's website) and provide a copy of their child's baptismal certificate
16 December	End of autumn term*

## 2023

3 January	First day of spring term
13 to 17 February	Half term*
Wednesday 1 March	Camden Council informs applicants who live in Camden of the outcome of ALL applications to schools in or outside the borough within the co-ordinated scheme. If you applied online, you will receive an email with the outcome of your application during the evening
15 March	Deadline to accept or decline offer via eadmissions website or reply slip
31 March	Closing date for submitting appeals for Camden community schools. Parents appealing to other local authorities or voluntary aided/foundation schools must check the deadline for submitting appeals with those authorities/schools
3 to 14 April	Spring holiday*
June to July	Appeal hearings for Camden community schools
September	Children start secondary school

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

Camden are holding a 'Moving on to Secondary School' event for parents of children in Year 6. This will be on **Wednesday 28<sup>th</sup> September from 4pm-6.30pm** at Arlington House, Arlington Road. NW1 7HE. This is ticketed event and you should register at Eventbrite (<https://www.eventbrite.co.uk/e/camden-moving-on-to-secondary-school-event-2022-tickets-395182139417>)

If you are interested in sending your child to **Camden School for Girls** please note that they do a banded entry system. This means children sit a banding assessment. The deadline to register for this was yesterday **Tuesday 20<sup>th</sup> September by 12 noon**. See the Camden School for Girls Section of the transition booklet. Your child needs to sit this banding assessment to apply for a place in the school. If you missed this deadline we suggest you contact the school as soon as possible.



The hard copy of the Camden Transition Booklet was sent home with you child today.

When you come to the point of completing the application form and actually applying for schools this is done online at the Camden eAdmissions page: <https://www.eadmissions.org.uk/>

# 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</u>  <a href="https://www.youtube.com/watch?v=xxzK9CipS04">https://www.youtube.com/watch?v=xxzK9CipS04</a></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 instalment by half term.

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

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

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

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

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

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

# Teaching - the best job in the world!

Are you interested in training to become a teacher – or do you know someone amazing who would make a fantastic teacher? Here in Camden, led by our partners at Eleanor Palmer, we run an outstanding primary teacher training programme in conjunction with UCL's Institute of Education which leads to a PGCE qualification.

You will get the chance to train in amazing local schools, and see what a great place Camden is to train in and launch your teaching career. This programme brought us our own wonderful Rachel Webb, Holly Kingham and Sinead Costelloe.

Recruitment will shortly launch for entry in September 2023. If you would like to hear about our programme and what we can offer please do get in touch to attend one of our Open Mornings at Eleanor Palmer. The first one this year is on **Friday 4 November 9.30am-11.30am** where you can find out more about the process of becoming a teacher and find out about Camden Primary Partnership's unique teacher training programme.

To book your place or for more information email [Vicky@eleanorpalmer.camden.sch.uk](mailto:Vicky@eleanorpalmer.camden.sch.uk), call her on 020 7485 2155 or follow the teacher training link on EP's website <https://www.eleanorpalmer.camden.sch.uk/school-direct/>





# UCL

## ARE YOU UP TO ONE YEAR POSTPARTUM AND WOULD YOU LIKE TO TAKE PART IN RESEARCH?

UNIVERSITY COLLEGE LONDON IS CONDUCTING AN ONLINE STUDY THAT WILL GATHER VIEWS TO DEVELOP A SCALE TO MEASURE BODILY EXPERIENCE DURING CHILDBIRTH

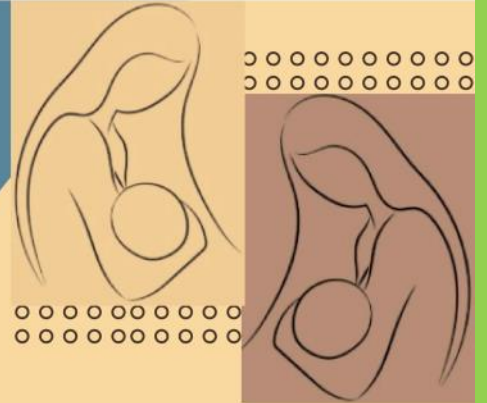
### Who can take part?

You can take part if you are:

- Woman aged 18 or over
- Living in the UK
- In the postnatal period up to 1 year after birth

### You cannot participate if you are:

- Currently pregnant
- Diagnosed with an eating disorder or mood disorder
- Experiencing significant health problems, or your child has significant infant health problems
- Aware of any known contraindications to breastfeeding



### What does it involve?

You will be required to complete an online survey that will take approximately 30 minutes. This survey will explore childbirth experience and its role in breastfeeding duration.



SCAN QR CODE FOR MORE DETAILS

If you are interested in taking part or you would like more information, please contact:

Dr Elena Panagiotopoulou (Principal Researcher)  
Email: [elena.panagiotopoulou@annafreud.org](mailto:elena.panagiotopoulou@annafreud.org)

Monique McPherson (Student Researcher)  
Email: [monique.mcpherson@ucl.ac.uk](mailto:monique.mcpherson@ucl.ac.uk)

UCL Division of Psychology & Language Sciences

This study has been approved by UCL Research Ethics Committee  
Project ID: 22829/001



HELP SHAPE  
YOUR  
NEW  
COMMUNITY  
SPACE

HELP SHAPE  
YOUR  
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SPACE

HELP SHAPE  
YOUR  
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HELP SHAPE  
YOUR  
NEW  
COMMUNITY  
SPACE

We are running a **Ludham Undercroft Local Residents Evening** at The London School of Mosaic to find out how our new community space can serve local residents.

**Come along to:**

- Learn more about the community space and how it could benefit you
- Tell us what activities you would like to see here
- Have some free food from Mother Canteen!

**DATE:**  
**12TH OCTOBER**

**OPEN FROM 5-6.30PM**  
**DROP-IN ANYTIME**

**Location**

Ludham Undercroft (West) at London School of Mosaic, NW3 2HP.

**Booking**

Turn up on the day

Local residents will be prioritised for these sessions as we want to work with those around us. Ludham Undercroft Local Residents Evenings.

**Date:** 1 September 2022  
**Email:** Georgia.Gould@camden.gov.uk

**Cabinet Office**  
London Borough of Camden  
Town Hall  
Judd Street  
LONDON  
WC1H 9JE

camden.gov.uk

Dear parent/carer,

I hope that you and your family are enjoying the summer. I know that it's been a busy time, especially for those of you getting your children ready for preschool or school early this month. I'm getting in touch to share some information and advice from our Camden public health team about polio. You may have seen this mentioned in the news recently and you may have already received a letter about this from the NHS. I just wanted to reassure you with some more information about what's happening and what you can expect.

There have recently been some traces of polio found in a water sewage site in North London that serves eight boroughs – including Camden. There haven't been any confirmed cases of polio yet, and the NHS has said that the risk to people is low. However, the sewage samples do suggest that polio may be circulating in the community. I know that this might raise concerns, but we can help to protect children and the wider community by making sure every child is up to date with their polio vaccinations. The vaccine is safe, effective and free, and it will help to protect your child and others across Camden and London from polio.

**If you have a child aged 1 to 9, the NHS will be contacting you to help ensure they are protected against polio.** When the NHS gets in touch, they will advise you if your child needs any vaccinations against polio. I know it's a really busy time and you may be juggling a lot at the moment but if they ask you to book your child in for a vaccine, please get them vaccinated as soon as you can. If you're interested in learning more about polio and the vaccine, you can visit [nhs.uk/polio](https://www.nhs.uk/polio)

As well as getting your child vaccinated against polio, if you think they might have fallen behind with any of their other immunisations, please contact your GP as soon as possible so that they can get booked in. If you have your child's red book handy, you can check their vaccination records in there and for more information on childhood vaccinations, you can visit [nhs.uk/vaccinations](https://www.nhs.uk/vaccinations). If your child isn't registered with a GP, please do register them – this will help them access a wide range of healthcare services through the NHS. You don't need to show any proof of identity, address or immigration status to register. To find out more, visit your local GP surgery or visit [nhs.uk](https://www.nhs.uk) and search 'how to register with a GP surgery'.

I want to reassure you that we're working really closely with our local NHS and other health partners in our community to do everything we can to support our children to get vaccinated against polio. Keep an eye out for the latest information on our social media channels, our e-bulletin (register at [camden.gov.uk/newsletter](https://www.camden.gov.uk/newsletter)) and via schools and children's centres.

And finally, I know that the rising cost of living – including food, energy bills and other essentials – is affecting so many people across Camden and the country. Please know that if you're struggling in any way, we are here for you. Camden's Cabinet has agreed a £2 million cost of living fund to help residents who are in hardship, and there is a range of advice and support available across Camden from us and our partners to help with money worries, debt, food, mental health and much more – turn over the page to find out more.

Many thanks,



Councillor Georgia Gould  
Leader of Camden Council

### **Struggling with the rising cost of living? We're here for you**

If you are struggling to afford the essentials or rising energy bills, or need support of any kind, help is available. Find out more at [camden.gov.uk/costofliving](https://camden.gov.uk/costofliving), call us on **020 7974 4444 (option 9)**, call Citizens Advice Camden on **0808 278 7835** or find contact details for the organisations in Camden Advice Network at [camden.gov.uk/can](https://camden.gov.uk/can). We will soon be launching a £2 million cost of living fund to help residents who are in hardship. Visit [camden.gov.uk/costofliving](https://camden.gov.uk/costofliving) for more information or to find out about support from the government.

### **Apply for a £150 discretionary payment by 1 October 2022**

If you're suffering financial hardship and responsible for energy bills, apply for a £150 discretionary payment (or £50 each if you live in a house in multiple occupation). Apply at [camden.gov.uk/energyrebate](https://camden.gov.uk/energyrebate) or call **020 7974 4444 (option 9)**

### **Debt advice**

If you're struggling with debt, there are local and national organisations who can provide a variety of free help, advice and support. Find out more at [camden.gov.uk/finances](https://camden.gov.uk/finances)

### **Check you're receiving all the benefits you're entitled to**

A benefit calculator can help with this – find out more at [gov.uk/benefits-calculators](https://gov.uk/benefits-calculators). If you're on a low income, you may also be entitled to Council Tax Support, which could mean you won't have to pay any council tax. Apply at [camden.gov.uk/council-tax-support](https://camden.gov.uk/council-tax-support)

### **Childcare grant**

If you're a lone parent looking for a new job or to go on a training course, you could get a grant worth up to £1,500 to cover childcare costs. Apply at [camden.gov.uk/childcaregrant](https://camden.gov.uk/childcaregrant) or call **020 7974 1666**

### **Support with food**

Visit [findfood.camden.gov.uk](https://findfood.camden.gov.uk), email [communityresponse@camden.gov.uk](mailto:communityresponse@camden.gov.uk) or call **020 7974 4444 (option 9)**

### **Free support finding a job or training**

Good Work Camden provides a range of advice to help you find fulfilling, well-paid work, access training opportunities and more. Register for free at [camden.gov.uk/employment-support](https://camden.gov.uk/employment-support), email [jobhub@camden.gov.uk](mailto:jobhub@camden.gov.uk) or call **020 7974 1666**

### **Feeling down, anxious or worried? Help is available**

Speak with your GP, visit [icope.nhs.uk](https://icope.nhs.uk) or call iCope on **020 3317 6670**

### **Domestic abuse**

Domestic abuse doesn't have to be physical – it can include verbal, psychological, emotional, financial or sexual abuse. If you're experiencing or at risk of domestic abuse in any form, contact Camden Safety Net. Visit [camden.gov.uk/domestic-violence](https://camden.gov.uk/domestic-violence), email [camdensafetynet@camden.gov.uk](mailto:camdensafetynet@camden.gov.uk) or call **020 7974 2526** (Monday to Friday, 9am to 5pm). In an emergency, call **999**.

# From National Online Safety

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) for further information and resources.

## Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

### 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

### 2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

### 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

### 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

### 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

### 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

### 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:  
116 123

[WWW.THEMIX.ORG.UK/GET-SUPPORT](http://WWW.THEMIX.ORG.UK/GET-SUPPORT)  
0808 808 4994

WINSTON'S WISH:  
08088 020 021

### Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) @thenatcollege /thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.09.2022

# Fleet Primary School Calendar Competition 2023



**NOW TAKING  
ENTRIES FOR  
THE AUTUMN  
TERM!**

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

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

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

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

## This year's theme...Lifting Limits!

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

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

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

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

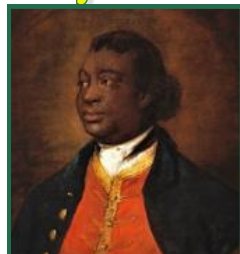
Ideas from people looked at last year in assemblies or topics - can you think of anyone new?



Flora Sandes



Great Thunberg



Ignacious Sancho



Septimus Severus



Amanda Gorman



Colin Kaepernick



Mae Jemison



Amy Johnson



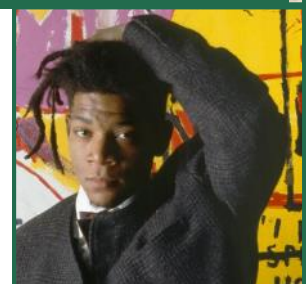
Marcus Rashford



Frida Kahlo



Beryl Burton



Jean-Michel



# ART CLASSES FOR KIDS 7-11

# YAS



## YOUNG ARTIST SOCIETY

ART CLASSES FOR KIDS AGED  
7-11 LED BY PROFESSIONAL  
ARTISTS.

UNLOCK CREATIVITY, GROW  
CONFIDENCE, NURTURE  
SKILLS AND **HAVE FUN!**

### AFTER-SCHOOL CLASSES

MONDAYS & TUESDAYS, 4-5PM @ SIR RICHARD STEELE'S PUB  
SEPT 5TH - DEC 20TH EXCLUDING HALF TERM £140 (£10/CLASS)

FUN AND INSPIRING ACTIVITIES TO UNLOCK CREATIVITY, GROW  
CONFIDENCE AND NURTURE SKILLS, WITH AN EMPHASIS ON DRAWING  
AND COVERING A RANGE OF STYLES. EACH TERM WILL WORK TOWARDS  
A FINAL EXHIBITION!

### BOOK NOW USING QR CODE

or call: 07970737926

email: [sophie@yasartclub.com](mailto:sophie@yasartclub.com)

  @yasartclub



[YASARTCLUB.COM](http://YASARTCLUB.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)



# SAFE AND HEALTHY STREETS

## Have your say on proposed changes around South End Green



camden.gov.uk/making-travel-safer-in-camden



The Covid-19 pandemic has changed how people in Camden live, travel and work. We want our streets to have more safe space for everyone to walk and cycle, for children to get to and from school safely and healthily, for businesses to be able to flourish, to reduce carbon emissions from vehicles and for you to be breathing cleaner air.

We want to ensure that our streets support a strong recovery from the pandemic and a lasting legacy of greener, safer, healthier travel with places for people to spend time in and enjoy.

# SAFE AND HEALTHY STREETS

## Proposals for Public Realm, Road Safety and Streatory improvements at South End Green

In 2020, the Council created a temporary traffic free area by temporarily closing the slip road to motor traffic at South End Road, removing a parking bay and relocating the bus stand for route 168. This enabled neighbouring businesses to offer outdoor dining on a safe space on the road (a Streatory) while social distancing rules were limiting opportunities for indoor seating as well as making it safer for pedestrians to cross to the Green.

We are now proposing permanent changes at South End Green to improve the local public realm, road safety and provide a Streatory. The proposed changes include:

- Relocating the bus stand for bus route 168 to South End
- Close and removing the paid for parking bay to close the slip road on South End Road, and retain access for cyclists
- Extending bus stop B on Elm Terrace to serve bus route 24
- Providing three new zebra crossings

Closing the slip road would create a new public space for community use, including a Streatory. This would also address long-standing local concerns about poor air quality and noise, and improve the inhospitable environment caused by standing buses. More information on the proposed changes can be found on our website using the details below.



## Have your say in the consultation

To find out more and share your views, visit our website to answer a few quick questions. You can use this QR code to find the page quickly or visit:



camden.gov.uk/SouthEndGreen

The consultation is open until 8th October 2022.

If you'd prefer a paper form, just get in touch with us on 020 7974 4444 and we'll pop one in the post for you.

Thank you for sharing your thoughts with us.



camden.gov.uk/making-travel-safer-in-camden



# Seeking a new Career?



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

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.camdencabservice.org.uk](http://www.camdencabservice.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/helptoclaim/> 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



## 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.



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

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

[www.camdencabservice.org.uk](http://www.camdencabservice.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
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	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/lgfi-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)

**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.



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)



020 7974 7239  
camdenmusic@camden.gov.uk



# PRO TOUCH SA

ACADEMY OF EXCELLENCE

Pro Touch SA is inviting all girls in current school years for **Girls only Football sessions** in current Schools years 3,4,5 & 6  
Cost: Free

Starting from Sunday 25th Sept 2022

The training session will be every Sunday from 9 am -10.20 am

All levels of ability welcome

Location: Market Road Football Pitches

Market Road

London N7 9PL

To register please complete the online form

<https://forms.gle/HMju7cJLKzLOjxb6>

Contact for Further information

Tamia Padotan

m: 07874 872053

e: [tamia@protouchsa.co.uk](mailto:tamia@protouchsa.co.uk)



# BLOOMSBURY FOOTBALL

*Changing the game for young people in London.*

## TURNING THE UEFA WOMEN'S EUROS 2022 INTO A LEGACY FOR GIRLS' FOOTBALL

### FOUNDATION SESSIONS HOLIDAY SESSIONS & GIRLS PLAY FREE

To mark the beginning of the Women's Super League and to kick-off a new season at Bloomsbury, we will be running free girls' sessions at locations across London. These sessions are:

- Mondays at Talacre Community Sports Centre, Dalby St, NW5 3LN, 5-6pm. Starts Monday 5th September. Any age.
- Fridays at Market Road Football Pitches, Market Rd, N7 9PL, 4-5pm. Starts Friday 9th September. Any age.

Additionally, all of our current Girls Foundation sessions will be free for new girls to attend for the first 6 weeks. These sessions are:

- Sundays at Coram's Fields, 40 Brunswick Square, WC1N 1AZ, 11am-12pm. Starts Sunday 4th September. 7-12 years.
- Wednesdays at Torriano Primary School, Torriano Ave, NW5 2SJ, 6-7pm. Starts Wednesday 7th September. Age 13+
- Thursdays at Torriano Primary School, Torriano Ave, NW5 2SJ, 5-6pm. Starts Thursday 8th September. Age 7-12.

# Weekly Wellbeing Update

We hugely value our relationships with parents at Fleet so we're delighted that our staff are now able to see you in person more regularly. If there is anything that you'd like support with please don't hesitate to speak to your child's teacher or Becca Wall and we will do everything that we can to help.

## [Wellbeing Tip of the Week!](#)

by Saba, Christ Church NW3 Primary School

### **Have a you day!**

Spend a day focusing on you! You can finally feel relaxed after a long week of school or work. Try and find somewhere you can go where you feel comfortable and can do something you enjoy, such as:

- Reading a nice book
- Listening to music
- Reflecting on your day
- Doing some meditation

These things can help you feel less tense or stressed. There are many more things that you can do to help you feel relaxed, but these are just some of MY favourites. Give some time to yourself!

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

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

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

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

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

## Parent Workshops

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

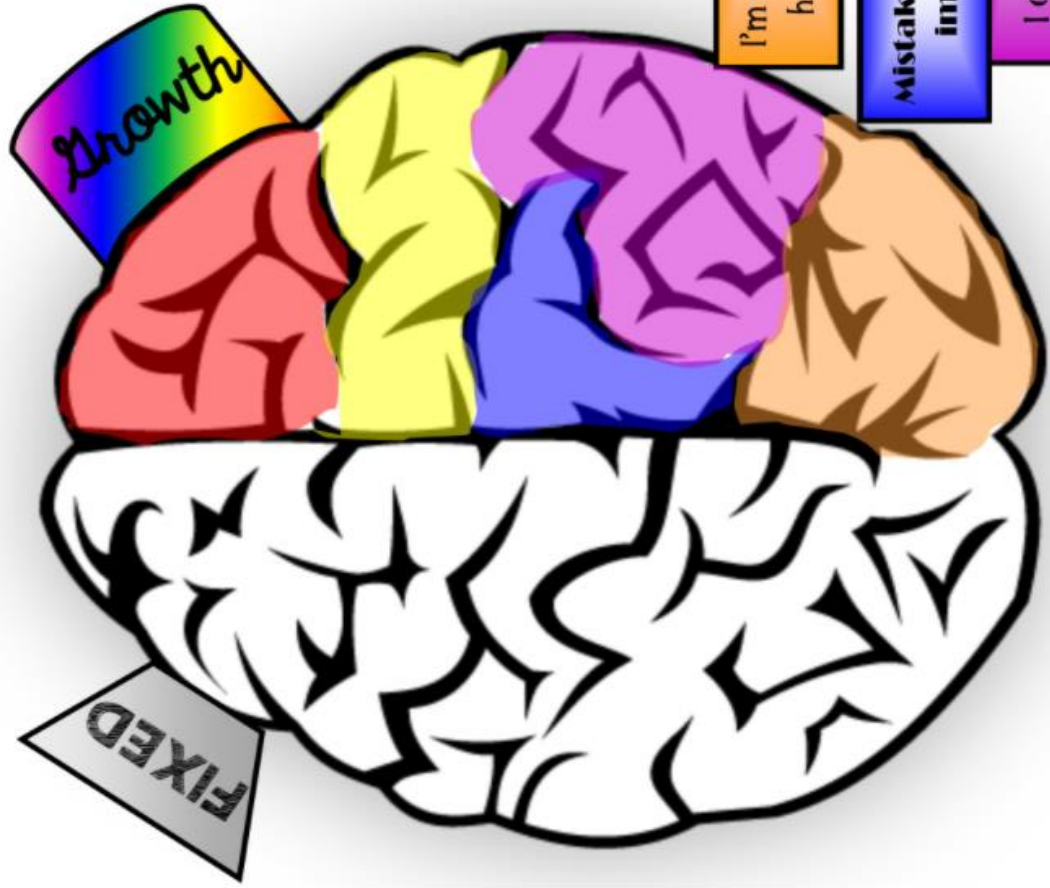
## Workshops coming up...

- **27th September @ 9am:** Parent Workshop—Promoting Positive Body Image and Self-esteem
- **23rd November @ 9am:** Parent Workshop: Managing screen time and social media



# Change your words Change your *Mindset*

- I give up.
- I can't do math/science/social studies/reading.
- I am awesome at this!
- I can't make this any better.
- I made a mistake!
- I'm never gonna be as good as him/her.
- This is too hard.
- I'm not good at this.
- It's good enough.



- I AM GOING TO TRAIN MY BRAIN IN MATH/SCIENCE/SOCIAL STUDIES/READING!!
- Is this really my best work?
- This may take some time and effort.
- What am I missing?
- I'll use some of the strategies I've learned.
- I'm going to figure out what he/she does and try it!
- I'm on the right track!
- Mistakes help me improve.
- I can always improve; I'll keep trying!



# Gender equality: guide for families

## What are gender stereotypes?

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

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



## 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.lettoysbetoys.org.uk](http://www.lettoysbetoys.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

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 Stop 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.

