

Fleet Community Notices



Wednesday 28th June 2023



New items this week...

A number of new items on this page including Sports Day info, Summer Fair meeting and next week's school closures due to the teacher strike. Please read carefully. Updated dates for the rest of term on page 2. Page 9 details fun run arrangements for next week. Page 10 has details of Camden Mobile Health events coming up in local area. Page 12 information on a Camden local community festival while page 13 has details about a parent session from SENDIASS (special educational needs advice service). Page 16 has the latest parent info sheet from National Online Safety.

Sports Day—Monday 3rd July—Rec-Y6

Sports Day is planned and led by our brilliant Sports Coach Keeley. The aim is to make the day as inclusive as possible for the children. She carefully plans a range of activities that enable us to celebrate the children's efforts rather than ability. The children will be in teams comprised of children from all the classes. Each team will be a different colour and we'll be letting you know which colour team your child is beforehand, so that they can dress in that colour where possible. We'd love for as many of you as possible to come and support the children. We'll be starting at 10 on the area behind the lido. It's obviously a big logistical challenge to organise so please be considerate of keeping space around the activities and allowing the school staff to manage the children during the event. The sports activities will be finished around midday and we'd like to invite you to eat lunch with the children on the Heath. As in previous years, you'll be able to take your children home with you from there and enjoy the opportunity of a play date or just some extra quality time together. Just be sure to notify your child's teacher when you take them (or any other child if you are having a playdate) home.

Parent Workshop Opportunity

Camden Mental Health Support Team (MHST) are excited to be offering a 2-part, face-to-face workshop for parents and carers of primary age children (4-11 years) on:

**Monday 10th July 12:15 to 14:15 at the Tavistock Centre &
Monday 17th July 12:15 to 14:15 at the Tavistock Centre**

The workshop will explore Emotion Coaching, a parenting approach that supports identifying and validating emotions, while also setting boundaries and limits around behaviour.

How will Emotion Coaching help you and your child?

- To better understand & validate children's emotions
- To respond more helpfully during moments of heightened emotion
- To implement appropriate boundary setting
- To reduce behaviours that you find challenging
- To further improve the parent/child relationship
- To learn from other parents and carers

This is an interactive workshop, which will involve sharing research, learning about Emotion Coaching and practising strategies. We often find that group workshops are a great space to learn from each other so there will be lots of opportunities to talk about ideas and to think through any challenges that might be around. Please use the QR code below to sign up; this workshop is in two parts so you will need to be able to attend on both dates.



Looking forward to seeing you!
Best wishes, Camden MHST

London Zoo Reduced Price Tickets

If you want to visit the zoo as a family the cost can be very high. As a school we visit there a lot to support our curriculum. They do have a reduced price scheme for families on certain benefits. Check out this website to see if you are eligible for the reduced price tickets and to book (these tickets are not available to buy at the gate).
<https://www.londonzoo.org/plan-your-visit/community-access-scheme>

Summer Fair Message from the PTA

Dear parents,

The summer fair will be July 15th! Come to the planning meeting on Friday 30th June at 8.45-9.30am to help us make it a fun event for all our Fleet families. The winter fair this year raised a grand total of £3106.90 for the school playground improvements so it's for a good cause as well as being a good time for the whole family. Contact FleetSchoolPA@gmail.com or speak with us in the playground if you'd like to chat - we'd love to hear from you.

Many thanks from the Fleet PTA Committee

Upcoming NEU Strikes & school closure

July the 5th and 7th have been announced as strike days for members of the NEU teacher's union. We will be closed to all children on those two days. If you need a school packed lunch to be provided please let the office know by this Friday. It will be available for collection between 10-11am on each of those days.

Better Leisure Concession Membership

Exercise is so important for both physical and mental health—whether that's going for a swim, working out in the gym or going to an exercise class. However, it can be expensive to join a leisure centre and pay for classes/sessions. Better Leisure (who operate Kentish Town Swimming Pool and Talacre) offer concessionary memberships for both adults and juniors which for a small annual cost (adult = £5.90; child = £3.05) get you discounted rates on any booking. You can apply online (link below) for the concessionary membership or do it in person in one for the Better Centres.

Better adult concession:

Membership rate per session:
Swimming: £2.50
Gym: £4.20
Class: £4.00

Better junior concession

Membership rate per session:
Swimming: £1.65
Gym: £3.60

<https://www.better.org.uk/monthly-membership/better-hf-conc>

Appropriate Clothing/Footwear

The weather has been very hot lately and many children are coming in unprepared. All children should bring a water bottle and sun hat to school and have sun cream on prior to arriving.

In terms of footwear, please ensure that the children are not wearing flip flop/crocs/single strapped sandals that can easily come off or restrict climbing/running. As the children are very active at play-times and during PE lessons etc. wearing these type of shoes can and has led to accidents. In this hot weather we have very little natural shade in the school so sun hats are especially important. Thank you.

Photo Consent Online Form

We have recently sent out an online photo consent form for you to complete (for each of your children), so that we can ensure that your photo consent preferences are up to date. It is important that you complete the form by Friday 23rd June 2023. Many thanks.

<https://forms.gle/adi8ySGPFvi2HoWb8>

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 need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parenthub closer to the date of a trip and contact the office if you are able to accompany. Thank you.

See the tables here (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.

WHOLE SCHOOL EVENTS

26th-30th June	STEAM Week
28th June	Members of School Council out at Wellbeing Champion Event
3rd-7th July	Wellbeing Week
30th June	PTA—Summer Fair Planning Meeting—8.45am-9.30am—all welcome
3rd July—note change here	Sports Day on the Heath—changed due to strike action and school being closed.
6th July	Citizens Advice Bureau Camden—bookable sessions—see Lisa in the office for availability
6th July	Local Councillor surgery—drop in to meet Marcus Boyland (see page 6 for more details)
11th July	Class Swaps—children spend afternoon with next year's teacher
5th July	Strike day—School closed
7th July	Strike day—School closed
12th July	Teacher drop in sessions after school —any questions about reports or to say hello to next year's teacher
15th July	Summer Fair
19th July	Citizens Advice Bureau Camden—bookable sessions—see Lisa in the office for availability
21st July	Last Day of School—finish @ 2pm

NURSERY

6th July	Hampstead Heath
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RECEPTION

13th July—changed	Class Tea
14th July—changed	Class Assembly @ 10am
10th July	Hampstead Heath

YEAR 1

29th June	Class Tea
30th June	Class Assembly @ 10am
4th July	London Zoo
13th July	Central London Mosque
18th July	Hampstead Heath

YEAR 2

30th June	London Zoo
13th July	Central London Mosque
14th July	To the Beach

YEAR 3

4th July	Camden Music Festival
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YEAR 4

6th July	Trumpet & Trombone performance on Hampstead Heath Bandstand—t.b.c.
13th July	Central London Mosque

YEAR 5

29th June	Crick Lab
6th July	Trumpet & Trombone performance on Hampstead Heath Bandstand—t.b.c.
12th July	Hampstead Heath

YEAR 6

19th-30th June	Swimming everyday
27th June	Kew Gardens
4th July	Talacre—Basketball
20th July	Leavers Assembly @ 2pm
20th July	BBQ & Gower Exhibition



Provisional Term Dates for next Academic Year - may be subject to change...

SCHOOL TERM DATES 2023-2024

AUTUMN TERM

First day of term	Wednesday 6 th September 2023
Half term (inclusive)	Monday 23 rd Oct – Friday 27 th Oct 2023
Last day of term	Thursday 21 st December 2023 – close at 2pm

SPRING TERM

First day of term	Tuesday 9 th January 2024
Half term (inclusive)	Monday 12 th Feb – Friday 16 th Feb 2024
Last day of term	Thursday 28 th March 2024 – close at 2pm

SUMMER TERM

First day of term	Tuesday 16 th April 2024
May Day Bank Holiday	Monday 6 th May 2024 - school closed
Half term (inclusive)	Monday 27 th May – Friday 31 st May 2024
Last day of term	Wednesday 24 th July 2024 – close at 2pm

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Monday 4 th and Tuesday 5 th September 2023	Monday 8 th January 2024	Monday 15 th April 2024
2 nd half term			Monday 3 rd June 2024

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.

Citizens Advice Bureau Camden

We are working with Citizens Advice Camden to try and bring an outreach service here to Fleet where you will be able to book an appointment with an advisor and meet with them here in school. We have the first session arranged for the 21st June, with two further sessions before the summer break planned. This is a bookable time slot so please speak to Lisa in the office who can arrange this for you. If this is successful and a service needed by the Fleet Community then we hope to have regular dates where the advisor will be based here at Fleet to support our families. Due to the source of the funding, for this project this in person service will be restricted to those families living in certain parts of the borough. For any outside the target area of this CAB project we can signpost you to the same support but off-site. See the flyers below and contact Lisa in the office to learn more and enquire about booking a slot.



Citizens Advice Camden Advice North Camden Project

How we can help:

We offer advice on:

- Benefits
- Housing
- Problems at work
- Relationships and family
- Consumer issues
- Budgeting and money issues

and more

The Advice North Camden Project advises people who live in the Hampstead and Wells Camden Trust area of benefit.

This covers the wards of Kilburn, Swiss Cottage, West Hampstead, Fortune Green, Frognal and Fitzjohns, Belsize Park, Hampstead Town and parts of Gospel Oak and Primrose Hill.

For a full list of street names, please visit their website: www.hwct.org.uk/about-us/areas

If you live in one of these areas, please get in touch for more advice.

How to get in touch:

Phone: 07769 225580

Email: AdviceNorthCamden@camdencabservice.org.uk

This is the project that is going to be available as a face to face meeting here at Fleet—speak to Lisa in the office to book for the July sessions (6th and 19th). If you're need is urgent you make contact with them directly using the details shown.



Citizens Advice Camden Debt Advice North Camden Project

How we can help

We can advise on any debt problem, large or small:

- Rent or mortgage arrears, council tax,
- Fuel debt, water debt,
- Court claims,
- Loans, credit cards and overdrafts

We can check your whole financial circumstances and advise you on your options

We can help you save money on your bills.

We can show you which bills are important.

We can check whether debts need to be paid.

We can help you deal with creditors.

We can help you set up a payment plan you can afford.

How to get help

To find out more information or to make a referral please call or email.

Phone : 07464295849

Email: debtnc@camdencabservice.org.uk

The Debt Advice North Camden Project advises people who live in the Hampstead and Wells Camden Trust area of benefit
[https:// www.hwct.org.uk/about-us/areas/](https://www.hwct.org.uk/about-us/areas/)

This covers the wards of Kilburn, Swiss Cottage, West Hampstead, Fortune Green, Frognal and Fitzjohns, Belsize Park, Hampstead Town and parts of Gospel Oak and Primrose Hill.

If you have issues relating just to debt and the only advice you need is in this area this project is more suitable and you should make contact with the details here.



Meet your local councillors



**Jenny
Mulholland**

020 7974 2792

Jenny.Mulholland@camden.gov.uk

Labour and Co-op



**Marcus
Boyland**

020 7974 2792

07815 032 923

Marcus.Boyland@camden.gov.uk

Labour



**Lorraine
Revah**

07798 846 584

020 7974 6775

Lorraine.Revah@camden.gov.uk

Labour

Surgery times

Our advice surgeries are held at the following venues. These are drop-in sessions so there is no need to make an appointment.

Cllr Jenny Mulholland

1st and 5th Thursday of the month

Queen's Crescent Job Hub,
179 Queen's Crescent, NW5 4DS.
1pm to 2pm

For surgery appointments at other times,
please email

jenny.mulholland@camden.gov.uk
or call **020 7974 2792** to arrange a time.

Cllr Marcus Boyland

1st Thursday of the month

Fleet School Fleet Road
Hampstead NW3 2QT
9am to 10am

3rd and 5th Thursday of the month

Queen's Crescent Job Hub
179 Queen's Crescent, NW5 4DS
1pm to 2pm

4th Thursday of the Month

Rhyl School, 196 Grafton Road
London, NW5 4AX
9 am to 10 am

Cllr Lorraine Revah

2nd Thursday of the month

The Gospel Oak Regeneration Hub Site Portacabins of
(former Bacton Low Rise) Wellesley Road, Junction with Vicars
Road – next to St Martins Church, NW5 4PA. 11am to 12pm

3rd Tuesday of the month

Greenwood Centre, 37 Greenwood Place NW5 1LB.
1 pm to 3 pm

This surgery is specifically designed for carers and individuals with
disabilities and is by appointment only. Please call 020 7974 2792 to
schedule an appointment

3rd Friday of the month

Russell Nursery TRA Hall, The Aspern Centre
1 Christie Court, 3 Aspern Grove
NW3 2AB. 4pm to 5pm

4th Thursday of the month

The Gospel Oak Regeneration Hub Site Portacabins of
(former Bacton Low Rise) Wellesley Road, Junction with
Vicars Road – next to St Martins Church, NW5 4PA.
11 am to noon

Please note there are no surgeries in August. If you wish to have a phone, teams or zoom appointment with the Councillor please email the Councillor or call Members Support to have this arranged.

In writing

c/o Member Support, Town Hall, Judd Street, London, WC1H 9JE
or for more information go to **camden.gov.uk/democracy**

Gospel Oak



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

Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

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

Fleet Primary School Calendar Competition 2024

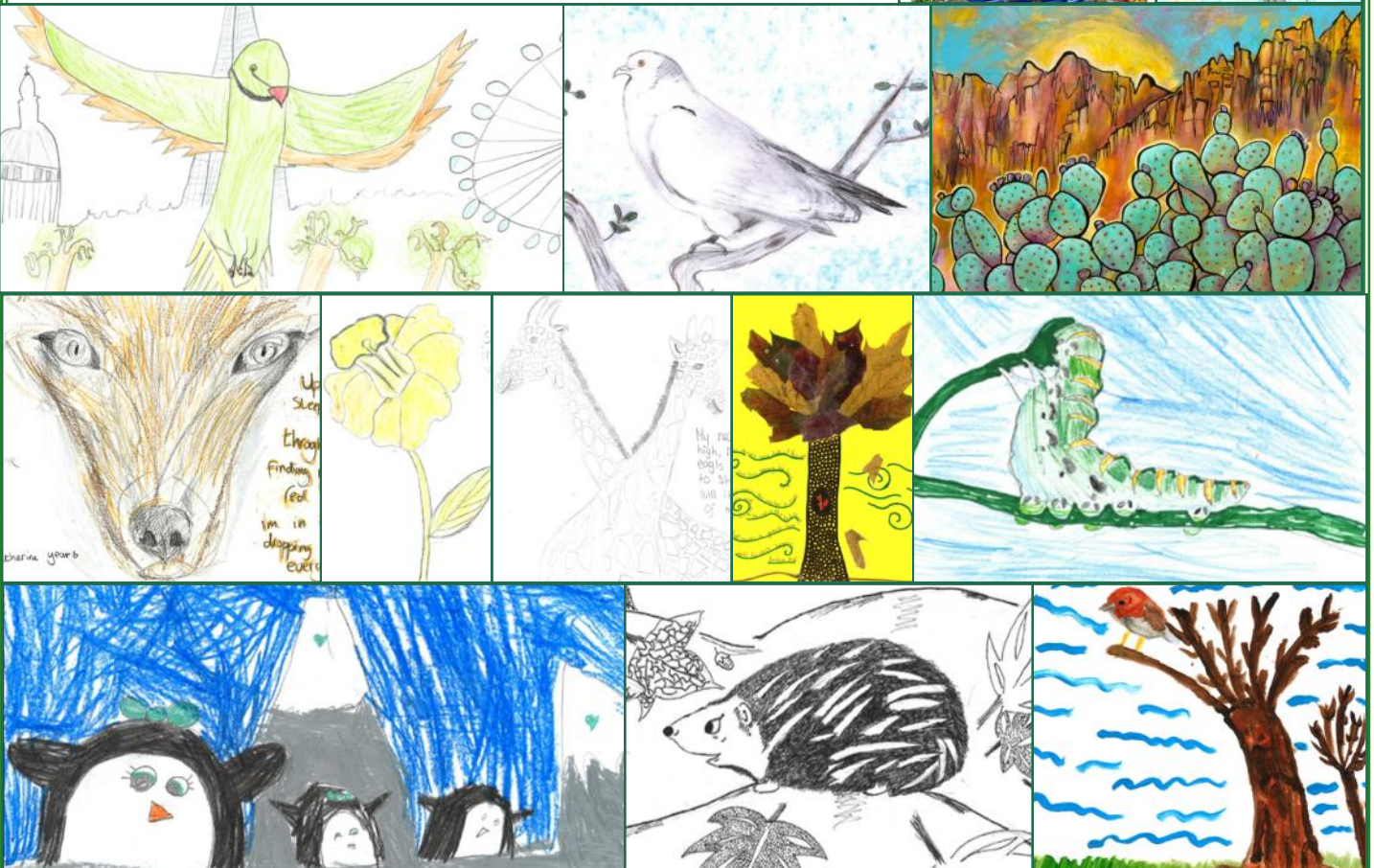
This year's theme... **A Wonderful World!**

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

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

Children can use any art medium in their entries as long as it is A4 in size and they can enter as many times in a term as they want. It is important that they put their name and class on the reverse side of the picture in pencil (don't write in pen and not on the front). They should also include a 'fun fact' about their subject written on the back too which will be included in the final calendar if their image is selected.

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





FLEET PRIMARY SCHOOL FUN RUN 2023

Dear Fleet Community,

This year as part of our school Wellbeing Week (3rd – 7th July) each class will be completing the annual Fun Run. To maximize time in school in another action-packed term, the Fun Run will take place on our Top Pitch with each class from Reception to Year 6 having an hour each to complete as many laps as they can (45 minutes for KS1). This worked really well last year with the children raising a total of £2312 and the highest individual amount raised was £404!

Funds raised this time will be put towards the **Junior Playground** as well as supporting **Great Ormond Street Hospital**, a charity chosen by School Council who want to support other children going through difficult times. With funds going towards our playground, we are hoping to develop the Quiet Area in to a sensory garden.

We'd love your support by helping your child secure donations for the fun run.

Many thanks for your support.





Camden Mobile Health

Are you aged 30-70? Come and visit us for a free diabetes risk check, information and advice, no appointment needed

We will be open at the below locations 11am-3pm

Bus location

Date

KCBNA Sandfield - Loxham Street - Cromer Street corner, in front of Sandfield, 8 Cromer St, London WC1H 8DU

Friday 23 June

St Pancras Community Association - In front of St Pancras Community Centre, Plender Street, NW1 0LB

Friday 30 June

Camden Mela Event - Coram Fields, 93 Guilford St, London WC1N 1DN

Sunday 02 July

Queens Crescent Community Association - car park (accessed via Ashdown Crescent), Queen's Crescent, NW5 4QE

Friday 07 July

The **Camden Mobile Health Bus** is a walk-in service offering free diabetes risk checks, health information and advice to support residents to make positive health and wellbeing choices, and to prevent them from developing serious health conditions in the future.



Perform in the Park Summer Schedule



Evenings in the Park with...

A series of interview-style shows featuring some of your children's favourite household names.

Hosted by Riyadh Khalaf* and featuring authors, musicians and West End stars talking about their lives and careers, the 75 minute shows will include a Q&A and, depending on the guest, perhaps a book-reading, maybe some songs and definitely a whole lot of fun.

Stars will be announced online as they are confirmed so check performinthePark.uk regularly and be the first to book.

*For most dates



Perform in the Park



LONDON'S FIRST EVER FESTIVAL OF CHILDREN'S THEATRE

Taking place in a 500 seat air-conditioned theatre in Coram's Fields, we're showing live performances all day every day from 22nd July – 28th August.

There are four fantastic children's shows to see plus an all-day café and the playgrounds, sandpits and paddling pool of Coram's Fields so you can make a day of it.

Perform in the Park is hosted by Perform – the UK's leading provider of drama, dance and singing workshops for 4–12 year olds.

Every week, over 8,000 children attend Perform classes at venues across the UK. Classes focus on developing confidence and social skills in a fun and lively way.

Your child can come and try Perform for FREE by visiting perform.org.uk/try



YOUR VISIT

CORAM'S FIELDS

Coram's Fields has been a haven for play since 1936. Located in the heart of London, the park has an exciting mix of play zones for all ages plus two wide lawns for picnics. The adventure play area has a zip wire, a witch's hat swing and one of the largest slides in town. And, with two sandpits and a paddling pool, you may want to pack swim gear!

Coram's Fields has a policy of not allowing any adults to enter unless they are accompanied by a child under 16 years old.

THE PERFORM THEATRE

The Perform Theatre is a 500 seat fully-equipped air-conditioned auditorium with flat and tiered seating and designed to be a complete theatre experience. There is a merchandise shop, open air and covered café, buggy park and male and female toilets. Accessible toilets and baby-changing facilities are located just outside the site.

CASTAWAY'S CAFÉ

Open all day every day, the café has seating in open air and covered areas so, no matter what the weather, it's a great place for a snack before or after a performance.

GETTING THERE

Address: Coram's Fields, 93 Gullford Street, London WC1N 1DN. Nearest tubes: Russell Square, Kings Cross St Pancras, Holborn & Chancery Lane. Nearest buses: 17, 45, 6 46 at Gray's Inn Road or the 7, 59, 68, 91, 168 & 188 at Russell Square.

The auditorium opens 30 minutes before the start of each performance.

ACCESSIBILITY

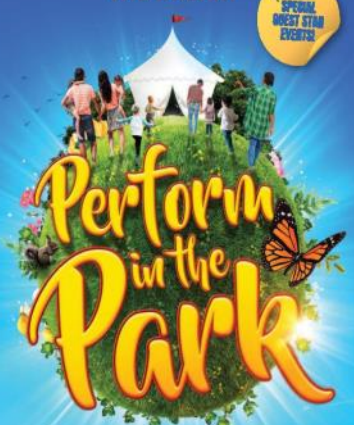
There is step-free access to the auditorium as well as step-free accessible seating areas and spaces for wheelchair users who would prefer to stay in their chair. A step-free accessible toilet is also available.

BOOKING TICKETS

Performances run from 22nd July to 28th August 2023 with shows from 10.30am to 7.30pm each day. Ticket prices start at £14.50. To see the full performance schedule and book, visit performinthePark.uk

*All tickets are subject to the Coram's Fields Restoration Levy.

THE THREE BILLY GOATS GRUFF ELEPHANT & PIGGIE MERMAIDS & PIRATES THE DREAM



MAGICAL CHILDREN'S THEATRE
IN THE HEART OF LONDON

22 JUL - 28 AUG
CORAM'S FIELDS, LONDON WC1N
PERFORMINTHEPARK.UK



The TRIP TRAPPING musical adventure

On a grassy hill, in the middle of the countryside, there lived **THE THREE BILLY GOATS GRUFF!** They never stopped eating and before long they had eaten everything they could get their hooves on!

Hold on to your horns and join the three billy goats on their wild and wacky adventure, as they bravely cross the rickety bridge to greener pastures. But who will they meet along the way as they TRIP TRAP over the bridge?

With lots of catchy songs, funky dances to clap along to and a rapping troll to boot, Lost The Plot Theatrical are proud to present this smash-hit children's musical. An interactive, family fun show and the perfect treat this summer for little ones and the big kids that bring them!

BOOK NOW at performinthePark.uk



A fun friendship story perfect for young audiences

Get ready for a musical experience, straight from the pages of Mo Willems' award-winning, best-selling children's books, that will leave audiences dancing the "Flippy Floppy Floory" all day!

An elephant named Gerald and a pig named Piggie are best, best, "bestus" (a word Gerald and Piggie made up that means "very best") friends, but Gerald worries that something could go wrong that would end their friendship.

Piggie is not worried at all. She's even happier and more excited than usual because she and Gerald are invited to a party hosted by the Squirrelles, three singing squirrels who love to have a good time. And so begins a day when anything is possible.

Filled with beloved characters and lively songs, **Elephant & Piggie's "We are in a Play!"** is a perfect way to introduce young people to theatre.

BOOK NOW at performinthePark.uk



A swishy-washbuckling musical tale

When Long Gone Silver and his hapless pirates discover Treasure Island, they're not expecting Marina and her super-cool mermaids. Chaos ensues and, after the Sacred Coconut goes missing, it's down to singing parrot Rita Conchita and her friends to save the day.

Mermaids & Pirates is a one-hour musical packed full of calypso-infused songs, salsa-inspired dancing and laugh-out-loud humour.

BOOK NOW at performinthePark.uk



As this is a new production, images are for illustrative purposes only.



A Midsummer Night's Dream rebooted for a new generation

Social media has gone mad for the star-studded engagement of footballer Theseus and his fashion influencer fiancée, Hippolyta. But, when billionaire media mogul Oberon goes up against Titania for the streaming rights to the wedding, a quartet of young celebrities get caught up in his schemes.

The Dream is a one-hour musical filled with infectious songs, exuberant dancing and hilarious dialogue.

BOOK NOW at performinthePark.uk



The Dream is an original musical based on A Midsummer Night's Dream. It does not include any text from the Shakespeare play. As this is a new production, images are for illustrative purposes only.

TOLMER'S SQUARE FESTIVAL!



THE TIME HAS COME
FOR ANOTHER FREE
COMMUNITY
CELEBRATION!

With theatre, music, food,
circus, giant games, face-
painting, dance, and much
more! Expect incredible
live performances and try-
it-out sessions!

No need to book, just turn
up on the day!

Everyone is welcome: for
accessibility information
including wheelchair
access, please email
bex@cptheatre.co.uk

ORGANISED BY
CAMDEN PEOPLE'S THEATRE

FREE
FOOD

WHEN?
SAT 1ST JULY 23
AT TOLMER'S
SQUARE,
CAMDEN,
3-6.30PM



BE A PART OF THE FUN!

CAMDEN
INSPIRE 2023



SENDIASS Information Session

Camden parents and carers are invited to an information session organised by the **SEND Information, Advice and Support Service (SENDIASS)**. Lunch will be provided.

Find out more about...

- What we do
- Our Steering Group and,
- How you can help develop the service



Wednesday 12th July

12pm to 3pm

Kentish Town Community Centre
17 Busby Place NW5 2SP



To book: click [here](#) or go to:

<https://www.eventbrite.com/e/sendias-information-session-tickets-656645834367>

CAMDEN

Struggling with the rising cost of living?

We're here for you:

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



camdenmusic



Have fun learning to play the drums at Fleet School

- Lessons will take place during the school day
- Taught by an experienced Camden Music Tutor
- Recommended for children in years 2 - 6

Getting started is easy!

Simply apply online

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

Sessions starting
from September
2023!

020 7974 7239

camdenmusic@camden.gov.uk



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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



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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

PETS

AMINO

AGE RESTRICTION
12+

Amino is a social media platform offering a large group of subcommunities under one digital 'roof'; it was envisaged as the online version of a convention, where fans gather to celebrate a shared interest like comic books or sci-fi, for example. While many such platforms are harmless spaces for devotees of a certain TV show or video game to congregate, there are still some aspects that trusted adults should be aware of. With a focus on sharing user-generated content, the idea of Amino is for users to communicate with like-minded individuals – but even that can create plenty of hazards.

WHAT ARE THE RISKS?

MODERATION GAPS

Amino has a 12+ classification in the App Store and a 'Teen' rating on Google Play. However, certain communities on the platform have little to no moderation in place – increasing the potential for more adult-themed content to reach young users. It's also possible to create an account without proof of age, raising the possibility of even younger children finding their way onto the platform.

UNSAFE CONTENT

The central concept behind Amino is for users to share content, then make and receive comments on these uploads. The level of anonymity that the platform offers (someone's true identity can be completely obscured behind their username, for instance) means that it would be extremely difficult to stop suggestive or outright predatory comments and messages being sent to young people.

INAPPROPRIATE IMAGES

Like most social media, Amino offers easy sharing of images. Its community guidelines state that any suggestive photos of under-18s will be removed immediately, but of course this doesn't prevent inappropriate pictures being seen by a young person. Not all of Amino's communities are rigorously moderated, so there's a chance that some unsuitable images could temporarily evade detection.

MUSIC

MEMBERSHIP COSTS

Amino+ is a premium membership for the platform, offering a bevy of customisation options such as stickers, 'moods' to display and an exclusive profile badge. Users can also purchase one-off cosmetic items including different styles of chat bubble or profile frames. If your child has payment methods available via their device, they could potentially make these in-app purchases without you realising.

REPEATED USAGE

As a social media app, Amino is focused on keeping its communities engaged and coming back for more. Part of this approach is encouraging people to build up 'streaks', as users are awarded 'reputation points' for logging in regularly. This type of mechanism, of course, always carries the risk of young people feeling a compulsion to repeatedly check in with the app, further increasing their screen time.

COMICS & COSPLAY



Advice for Parents & Carers

TALK ABOUT IT

If your child is old enough and chooses to download and use Amino, it's probably wise to remind them of some online safety basics – such as how not everyone in the digital world is who they claim to be, for example, or not to give out personal information online. It might also be a good idea to go into the app's settings and disable incoming chat requests from users that your child doesn't know.

STAY UPDATED

Ensure that your child knows to report any upsetting or worrying online content they might see to you. As much as possible, try to stay aware of which communities they're joining on Amino. Most of these areas are well moderated and full of innocent conversation about common interests, but on any platform of this breadth, there's always the potential for chats to veer off into potentially harmful places.

MEMBERSHIP MEDIATION

If your child asks for an Amino+ membership but you're not entirely comfortable with that, be prepared to explain your decision in depth. Young people's sense of injustice can naturally become inflamed when their friends have things that they don't. Parents of older teens, meanwhile, might actually decide to agree to the membership request but continue to monitor their child's activity on the app.

MONITOR SCREEN TIME

If you haven't already, you might want to consider setting up controls such as Family Sharing (on iOS devices) or Family Link (on Android) so, from your own device, you can keep an eye on how much screen time your child is having – and what apps they're spending it on. This can be extremely useful with regard to platforms such as Amino, which can be quite addictive and reward repeated use.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



NOS National Online Safety®

#WakeUpWednesday

Source: <https://www.dailystar.com/news/scottish-news/mum-horrified-after-daughter-10-18773339>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.06.2023



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

Bursaries Available

for more information, visit 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
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



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

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.





WEEKLY GIRLS SESSIONS

TUESDAYS

TIME: 4.30-6pm

AGES 5-11

COST: FREE

Castlehaven Pitch 1, 23 Castlehaven Rd, NW1 8RU

SCAN QR CODE TO SIGN UP (5-11)



TIME: 4.30-6pm

AGES 12-14

COST: FREE

Castlehaven Pitches 2 & 3, 23 Castlehaven Rd, NW1 8RU

SCAN QR CODE TO SIGN UP (12-14)





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

More Information
+E: prorevolution.development@gmail.com

Reducing Parental Conflict Online Course

For parents and other adult carers
living together or apart

**strengthening
families
strengthening
communities**

- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion



Information on
strategies to identify
and reduce conflict



Hear from other
parents and carers



Downloadable
worksheets and
handouts



Videos, quizzes and
interactive activities



Do sessions at a time
that works for you



Weekly support from
our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing conflict
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Camden parents can claim their free place by contacting Eleni with a contact email and number:
eleni.sfsc@racefound.org.uk

Find out more or register for the course:
sfscparent@racefound.org.uk
www.strengthening-families.net

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

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



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

020 7099 6041 email at info@homestartcamden.org

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

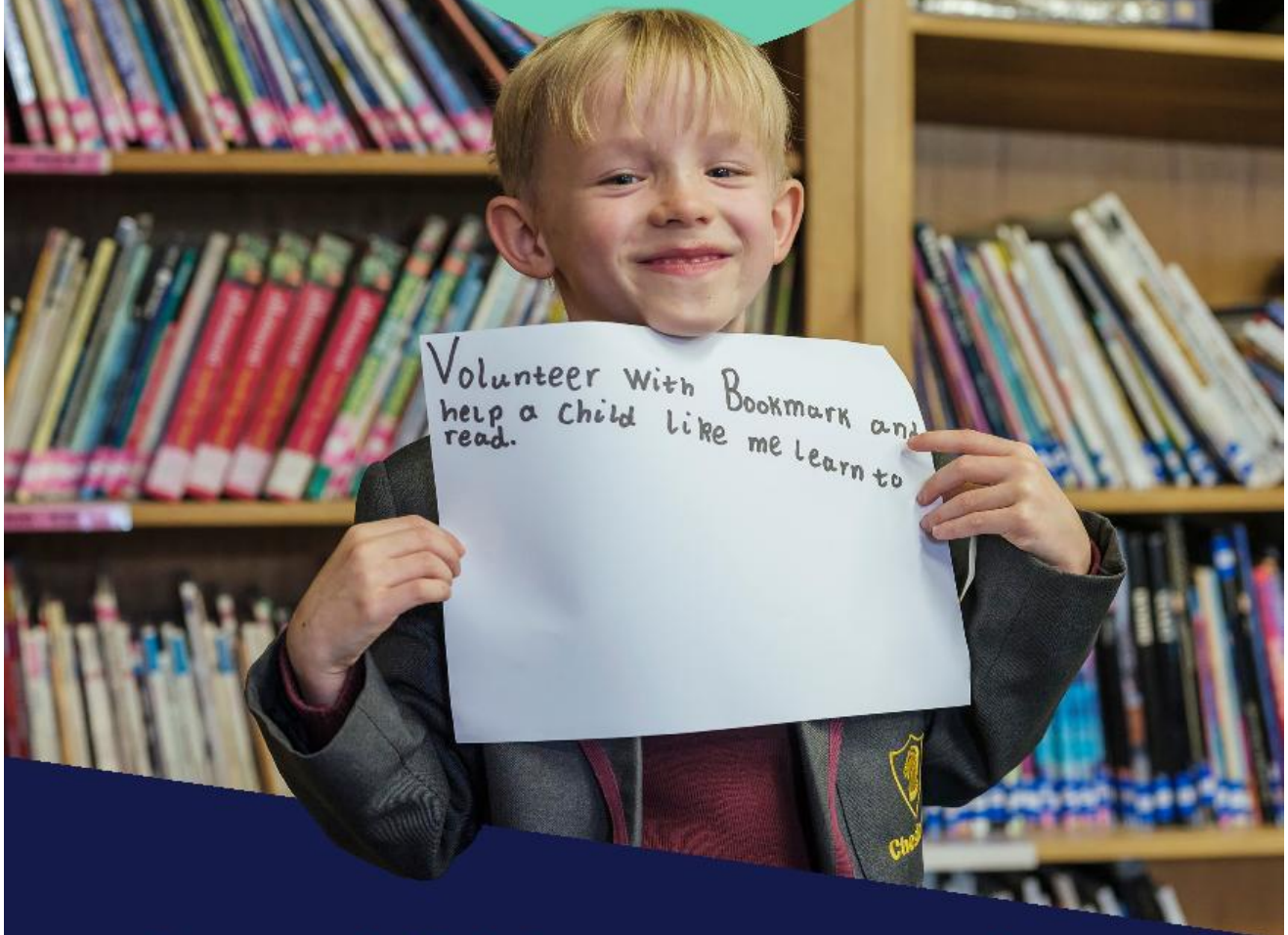
- Gain access to free, high quality training
- Learn new skills
- Enhance your wellbeing
- Make new friends & connect with your community

HOME
START
Camden &
Islington

Charity No. 1086292



Bookmark



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](http://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*

Multiply

FREE MATHS SKILLS COURSES

SUPPORTED BY
MAYOR OF LONDON



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.

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

▶ 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

▶ for more details, email the Multiply team on: **Multiply@capitalccg.ac.uk** or scan the QR code



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

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 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

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

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 | 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

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

www.camdencabservice.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 10th 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



020 7388 7862



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

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.



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



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

Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



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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

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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>Violin <u>J.S Bach - "Chaconne" Partita No.2 by Esther Abrami - YouTube</u></p> <p>Usually plays the tune 'Small and light'</p>	<p>Percussion <u>Hyun-gi Lee - Garage Drummer - Percussion Final - BBC Young Musicians 2012 - YouTube</u> https://www.youtube.com/watch?v=xxzK9CipS04</p> <p>Ideal if you want to play lots of different instruments, from small to large</p>	
	<p>Cello <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>Ukulele <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>Recorder <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>Guitar <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>Flute <u>Havana - Camila Cabello Flute Cover - YouTube</u></p> <p>Small and light to carry Needs a lot of breath! Held sideways</p>	<p>Voice / singing lessons</p>	
	<p>Clarinet <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>Euphonium <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>Saxophone <u>BBC Proms - Darius Milhaud: Scaramouche (Excerpt) - YouTube</u></p> <p>Large to carry, on your back Needs a lot of breath!</p>	<p>Trombone <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>Trumpet <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>French Horn <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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second instalment by half term.

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

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

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

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

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

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

- Music making sessions for children up to Year 5
- Instrumental lessons
- Bands, orchestras and choirs
- Music technology
- Adult choir
- Music groups for babies and very young children



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



camdenmusic

020 7974 7239
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/carer 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

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



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 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

Treasure Hunt

Attention to all children and teachers!

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

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

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

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

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

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

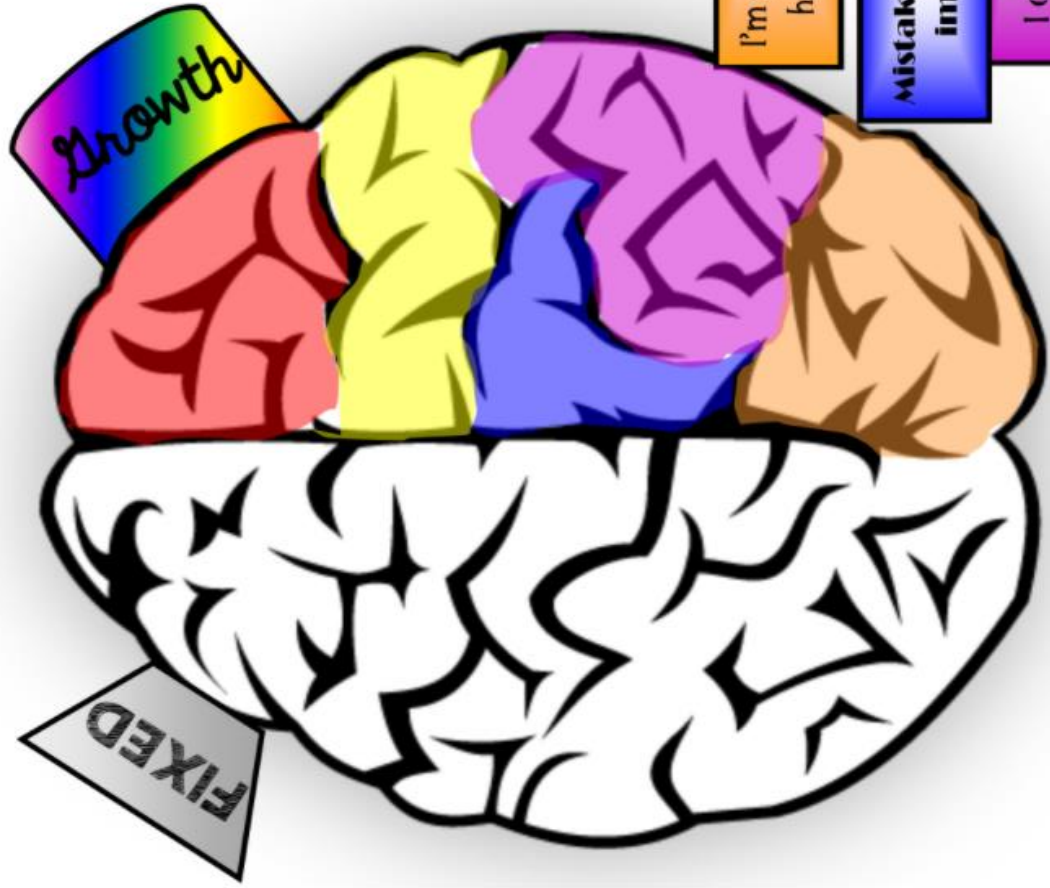
Parent group: Families, Food and Feelings

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



Change your words Change your *Mindset*

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



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

Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk

Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)
E: LBCMASHadmin@camden.gov.uk
 For more information about Early Help visit:
camden.gov.uk/earlyhelp
 Sure Start 020 7974 8961
camden.gov.uk/surestart

Produced by Creative Services 1251/23

* free childcare places for eligible 2 year olds



What's Early Help?

Early Help is about family and being here for when families are experiencing things that are starting to feel overwhelming. Early Help is about whatever is important to you, whatever is causing you to feel distress or worry. Early Help is for families with children of any age, from 0 to 19. It's voluntary and your choice whether to have it or not.

What can you help with?

Every family we work with is unique. We work with families experiencing relationship breakdown or conflict, violence in the home, children showing distressed behaviour, support for first time parents, housing, rent or money worries, difficulties at school, worries about a child's health or development, managing changes in circumstances, grief and bereavement, and mental health problems. Often it's a combination of many things. But whatever it is that you and your family want to change, we are here to work with you - to help you and your family get to where you want to be.

What does Early Help do?

There are lots of Early Help services in Camden, so we'll work with you to figure out the one you think will be most helpful to you and your family. You can watch a video about Early Help made by a Camden young person here: [youtube.com/user/CamdenCouncil](https://www.youtube.com/user/CamdenCouncil)

Early Help services include:

Sure Start

A full range of help and support in your local children's centre if you are pregnant or have a child under 5.

Early Help Co-ordinators

Someone to have a chat with to see how we can help and what Early Help service might be most useful.

First Step Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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

