

Fleet Community Notices



Wednesday 2nd November 2022



New this week...

Don't forget the 'Reading volunteer' information meeting this Friday (see right), and the Halloween disco happening this evening in the hall (page 2). Pages 6 & 7 have new information of courses and opportunities from Camden for parents and a UCL led research project looking for input. Page 16 has a new parent information sheet from National Online Safety on a snapchat add-on. Enjoy the rest of your week.

Sign up for the Homes for Ukraine scheme

Since March, over 200 Camden households have welcomed and supported Ukrainian arrivals by offering them a space in their home. This is incredible and we'd like to thank everyone who's kindly opened their homes and shown the community spirit that makes Camden special. The war in Ukraine is of course still sadly ongoing, with people and families being forced to flee their homes. If you're able to help, you could consider signing up to the Homes for Ukraine scheme. If you are interested in becoming a host get in touch with us at ukrainesupport@camden.gov.uk.

Parent Meetings take place this term

Reception & Y1-Y6:

Wednesday 23rd & Thursday 24th November

Nursery: 1st December

Sign up sheets for individual time slots will be available closer to the time.

Parent Reading Volunteers Needed!

Could you spare half an hour a week?



Come and share your love of reading with some of our children. No experience necessary, just enthusiasm!

Information Morning **Friday 4th November 9am** in the Qube.



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 to find out more

Fleet Halloween disco

KIDS £2.50
ADULTS £3
OR FAMILY TICKET £10



DJ AND LOTS OF SPOOKY TREATS!

**WEDNESDAY 2ND NOVEMBER
5-7PM**

**PRIZES FOR
BEST COSTUMES!**



DRINKS AVAILABLE TO BUY

**CHILDREN MUST BE
ACCOMPANIED BY AN ADULT**

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.

- **2nd-4th November:** Y3 Bike training (bring in bike if you have)
- **2nd November:** Nasal Flu Vaccines Rec-Y6
- **2nd November:** Halloween Disco after school @ 5pm
- **3rd November:** Y2 Class Tea after school
- **4th November @ 9am:** Parent Volunteer Reader Information Session in the QUBE
- **4th November:** Y5 to the British Museum
- **7th-18th November:** Y4 Swimming (need swimming kit everyday)
- **8th November:** Y2-Y6 Home Learning Exhibition in the hall
- **9th November:** Y5 to October Gallery
- **10th November:** Reception Science Stay and Play session for parents @ 9am
- **10th November:** Y3 at Talacre (am)
- **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.
- **15th November:** School photographer in—Individual Class Photos
- **16th November:** Y1, Y5 and Y6 to the cinema
- **17th November:** Y2 to Talacre (am)
- **17th November:** Y3 to the cinema
- **17th November:** Reception Class Tea after school
- **18th November:** Y3 to the CLC
- **18th November:** Reception to the cinema
- **21st November:** Y5 National Maritime Museum Viking workshop
- **22nd November:** Y6 out at Citizenship Scheme
- **23rd November @ 9am:** Parent Workshop: Managing screen time and social media
- **23rd-24th November:** Reception, KS1 & KS2 parent meetings after school
- **24th November:** Y3 to Talacre (am)
- **24th November:** Nursery & Y5 to the Theatre
- **24th November:** Nursery class tea after school
- **25th November:** Y5 to Gospel Oak Methodist Church
- **25th November:** Winter Fair (after school)
- **28th November:** Y4 to the CLC
- **29th November:** Y5 First Aid and Defibrillator Training
- **30th November:** Y5 to the CLC
- **1st December:** Nursery Parent Meetings
- **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

Term Dates for this Academic Year...

SCHOOL TERM DATES 2022/2023

AUTUMN TERM

First day of term	Monday 5 th September 2022
Half term (inclusive)	Monday 24 th Oct – Friday 28 th Oct 2022
Last day of term	Friday 16 th December 2022

SPRING TERM

First day of term	Wednesday 4 th January 2023
Half term (inclusive)	Monday 13 th Feb – Friday 17 th Feb 2023
Last day of term	Friday 31 st March 2023

SUMMER TERM

First day of term	Tuesday 18 th April 2023
May Day Bank Holiday	Monday 1st May 2023 - school closed
Half term (inclusive)	Monday 29 th May – Friday 2 nd June 2023
Last day of term	Friday 21 st July 2023

STAFF INSET DAYS – SCHOOL CLOSED

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

Six-week Parenting Programme for all parents at Fleet - every Wednesday @ 9am

Thank you to those of you who continue to come along to the 'Parent Gym' sessions. If you have missed any don't worry—you can still come to the next sessions. After half term is Week 5—the topic is 'Discover' - see below for more details. We hope to see lots of you there.

parentgym



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

We look forward to hearing from you.

Yours sincerely, Margaret O'Sullivan

Have your say on Camden's evening & night time

Camden Council is developing a strategy for our evening and night time, and we want to know what matters to our residents and visitors, night workers, businesses and organisations.

To learn more and share your thoughts visit this website:

https://camdenente.commonplace.is/?utm_campaign=NewCommonplaces21_10_2022&utm_source=cp-email&utm_medium=email



Families for Life Community Champion Training

Starting on:
Tuesday 8 Nov –
13 Dec 2022
10am -11.30

Virtual MS
Teams
sessions

Keen to build on your skills and knowledge to create a happy, informed and healthy community?

Happy to support and share information about free, fun, and healthy lifestyle programmes available in Camden?

Want to develop key communication skills, building strong local connections?

Curious on how volunteering can boost your CV, offer valuable skills and improve your career opportunities?

If your answer is YES! Join us and make a real difference in your community.

We offer a FREE 6-week programme for Camden parents/carers who has what it takes to become an inspirational Volunteer Families for Life Community Champion.

Sessions will run virtually on Tuesday's at 10am -11.30am from 8 Nov – 13 Dec 2022.



For more information on how to register and join our amazing Champion team, please contact:

Syria Chowdhury, Community Champion Coordinator:
m: 07734 603 060, e: syria.chowdhury@camden.gov.uk.

These sessions are organised by Camden Health and Wellbeing Team.



Are you currently pregnant?
OR
Have you been pregnant in the past 3 years?

Were you referred for mental health support
during your pregnancy and/or the first year
after giving birth?



If you answered **'YES'** to the questions above, we would like
to hear from you.

What is this research about?

We want to explore people's experiences of Mental Health Services during pregnancy and the first year after giving birth (*Perinatal Mental Health Services*). Little is known about how helpful people find these services, and why some people access these services and others don't.

What would I have to do?

A 20-minute online survey which asks you questions about you, your mental health, your pregnancy, and whether or not you used Mental Health Services during pregnancy.

This survey is **anonymous** and **confidential**.

This highly valuable research aims to inform the development of Perinatal Mental Health Services to better support mothers in times of need.

Prize draw
of up to
£100

For more information

1. VISIT <https://tinyurl.com/supporting-mums>
2. Contact via email: eleanor.bennett.13@ucl.ac.uk
3. Contact via Twitter: [@Supporting_mums](https://twitter.com/Supporting_mums)



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.

My Wellbeing Tip!

By Agnes, Christ Church NW3

Worrying thoughts stop many people from having a nice time with their friends and family. Visualising a happy memory or relaxing with the people you love can smooth out and blow away worrying thoughts that get in the way of having a nice time. Remember there are always people who love you and will always have time to help you. Just take it one thing at a time. Here are some more ideas to help you overcome your worries:

Write your worry on a piece of paper and put it away in a box
Tell your worry to someone (saying it out loud will help)
Say it to a cloud or into a bubble and blow it away.
Take some time to be around nature
Do something you love (a hobby perhaps)



Parent Workshops

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

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/>

Workshops coming up...

- **23rd November @ 9am:** Parent Workshop: Managing screen time and social media



CAMDEN MHST

MENTAL HEALTH SUPPORT TEAM

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

SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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



FLEET PRIMARY SCHOOLS PRACTITIONER

THOMAS BURNAND
School Hours: Wednesday Afternoon

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

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

Struggling with the rising cost of living?

We're here for you



 camden.gov.uk/costofliving

 Contact Camden Advice Network. Visit camden.gov.uk/can

You can also call us on 020 7974 4444 (option 9) or Citizens Advice Camden on 0808 278 7835.



If you're struggling with the rising cost of living, we're here for you. Find out about the range of support available with debt, mental health, accessing food, rising energy bills, finding a job and more at camden.gov.uk/costofliving or you can contact one of the organisations in Camden Advice Network – find their details at camden.gov.uk/can. You can also call us on **020 7974 4444 (option 9)** or call Citizens Advice Camden on **0808 278 7835**.

If you're struggling financially, there are a number of local and national support and payment schemes that are available now or coming soon. Please [check that you're accessing everything you're entitled to](#). You can also check you're receiving all of the benefits that you're entitled to using [a benefit calculator](#) to help you.

If you are in severe financial hardship and cannot afford the essentials including food, heating, water, electricity and rent, you may be eligible for a payment of up to £500 through our £2 million Cost Of Living Crisis Fund. Find out more by getting in touch with us or our partners using the contact details above or by visiting camden.gov.uk/colcfund

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—https://www.youtube.com/watch?v=xxzK9CipS04</u></p> <p>Ideal if you want to play lots of different instruments, from small to large</p>	
	<p>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 installment by half term.

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

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

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

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

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

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

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, call her on 020 7485 2155 or follow the teacher training link on EP's website <https://www.eleanorpalmer.camden.sch.uk/school-direct/>





Patrons:
Helen McCrory OBE
Damian Lewis

HvH ARTS

OLYMPUS

AUTUMN SCHEDULES 2022

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

To enrol for our FREE courses go to www.hvharts.org/courses.

We are pleased to be able to offer the following courses FREE and continue to support our young people in Camden. We must ensure that we follow up on our courses by giving our young people access to the arts projects that we deliver to encourage and inspire our future generation!

Please take note of age groups according to course/workshops as this is important when enrolling your child/young person. See location and times according to workshops in schedules below.

We will be adding more projects during the Autumn term - you'd like to receive our updates please email courses@hvharts.org

PHOTOGRAPHY WORKSHOP:

with professional photographer Debbi Clark

This workshop is designed for our art and photography scholars who have been awarded their scholarships with HvH ARTS. We will be working on educational skills in art and photography.

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

Time: 11am to 3pm

Dates: 5th November

10 Spaces Available

**To Enrol on our courses please visit:
www.hvharts.org/courses**

hvharts.org
Registered Charity No: 1149607



ART CLASSES FOR KIDS 7-11



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

@yasartclub

YASARTCLUB.COM



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

From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they need it. 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

SENDIT

Sendit is an add-on to Snapchat, not a standalone app: it requires users to have an active Snapchat account, which they then connect to Sendit. It's important that trusted adults realise, therefore, that any risks associated with Snapchat also affect children using Sendit. Within the app, people play question games like 'Truth or Dare' and 'Never Have I Ever': users select a question to share on their Snapchat story for their friends to reply to. All responses are anonymous, although – for paying subscribers – Sendit reveals hints about who sent which messages.

Age rating:

12+
App Store

Teen
Google Play

However, Sendit's own terms and conditions state that it was developed for the 17+ age group

WHAT ARE THE RISKS?

ANONYMOUS RESPONSES

Anonymity online encourages people to say things and act in ways that they normally wouldn't. They're less accountable, and it's harder to track who sent a message. Research has highlighted that children perceive anonymous messages as being more severe than if the same message had come from a friend. Any app that lets children communicate anonymously should be treated with caution.

MENTAL HEALTH IMPACT

Categories of questions such as "Ask me anything" or "Rate me" – coupled with the app's anonymity – mean there is a likelihood of some friends or strangers (if the account is set to 'public') responding in a negative manner. These critical comments (especially if there are several) could ruin a young person's self-esteem – heightening their insecurities and affecting their mental health.

MEMBERSHIP COSTS

Currently costing £9.49 per week, Sendit's Diamond Membership offers clues about who sent a particular message, such as their approximate location, the type of phone used and any mutual friends. Membership also provides exclusive games and an ad-free experience. Young people may well be curious to find out who certain messages are from and therefore sign up for membership.

BULLYING AND HARASSMENT

Open-ended questions which relate personally to the sender are an opportunity for malicious people to make offensive remarks, which can lead to full-blown bullying and harassment. Additionally, bullies and trolls can hide behind the anonymity that Sendit offers, feeling more powerful and able to intimidate their target – who, by contrast, feels hurt, victimised and helpless.

POSSIBLE GROOMING

If your child doesn't have their Snapchat account set to private, or they have previously added strangers as friends, there is a possibility of predators responding to their Sendit questions. They do this in an attempt to gather information about your child – or to initiate a conversation with them, seeking ultimately to form an online 'friendship' and gain the young person's trust.

REPEATED ENGAGEMENT

On Sendit, users receive trophies for reaching a particular number of responses, for answering friends' questions and for posting their own. This sense of achievement could incentivise a young person to be active on Sendit more frequently – spending more time on their phone or tablet as they may naturally want to collect all of the trophies or might be competing with their peers.

Advice for Parents & Carers

ENCOURAGE EMPATHY

If your child has already downloaded Sendit, it might be wise to have a discussion with them about the impact that saying something anonymously online could have on others. Encourage them to think about how they would feel if they were on the receiving end of a particular comment. Reminding them to stop and re-read messages before sending could reduce the number of regrettable situations.

BLOCK IN-APP PURCHASES

Even if you do allow your child to use Sendit, you might want to consider talking to them in advance about whether they really need a membership subscription. Either way, it's probably safest to make sure that in-app purchases are blocked in the settings, or that you have configured your child's device to ask for your approval before making a purchase online.

TALK IT OVER

Before allowing a young person onto a social networking app, it's a good idea to chat with them about the possibility of receiving hurtful comments. Explain that not everyone online is nice; that people often say things they don't really mean; and that posts get misinterpreted. Teach your child not to reply to any offensive users on Sendit and simply block instead them (via the three dots in the top right of the screen).

ONLY PLAY WITH FRIENDS

Stress the importance of your child playing Sendit games only with their close friends and not having strangers on their contacts list. This should help to keep the nature of the questions light-hearted – and if the games are being played among a small group, it will be easier for the members to figure out who gave certain answers if someone's been left feeling hurt or uncomfortable by any responses.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Sources: <https://www.getsendit.com/privacy> | <https://www.getsendit.com/terms> | <https://www.getsendit.com/terms> | <https://www.getsendit.com/terms>

NOS
National Online Safety®
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.10.2022

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.

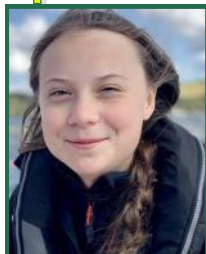
Think about RACIAL EQUALITY - someone again who was a trailblazer and didn't let their race, colour of their skin or religion stop them from doing something.

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.

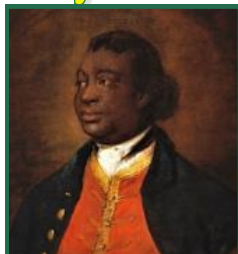
Ideas from people looked at last year in assemblies or topics - can you think of anyone new?



Flora Sandes



Greta Thunberg



Ignatius Sancho



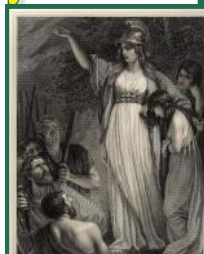
Septimius Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



Marcus Rashford



Frida Kahlo



Beryl Burton



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



Seeking a new Career?

KX
RECRUIT

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

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

Contact us today

Call 020 36914000

Email reception@kxrecruit.co.uk

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

Citizens Advice Camden

How to contact us:



Adviceline

0808 278 7835

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

Monday – Friday 10am-4pm



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

www.camdenadvice.org.uk

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

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

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

Webchat:

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

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

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

Visit our website for details of all our services

Citizens Advice Camden is a registered charity 291955

I want to support
people in my
community

citizens
advice Camden

Volunteer with us

Advice Support Workers

This role provides administrative support for the service.

Trainee Advisers

This role gives detailed advice and assistance to our clients.

Benefit Case Makers

This role supports client in making disability benefit applications.

Adviceline Assessors

This role provides an initial telephone assessment of client issues.

citizens
advice Camden

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

Volunteer.Project@camdenadvice.org.uk

www.camdenadvice.org.uk

Free 24/7 urgent mental health support for young people

The last 18 months have been particularly hard for young people's mental health and wellbeing. Young people and their families in need of urgent help with their mental health can get free 24/7 support from trained NHS professionals by telephone.

The NHS has set up free telephone lines across London for young people in distress, open all day, every day, and staffed by trained mental health professionals. They can provide immediate support, or refer people to other sources of help if needed.

Find your local crisis line number [here](#).



URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need - including children, young people and their parents. The lines are free to call and open 365 days a year.

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 350 8590



Online learning resources and homework

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

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

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

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

FREE SCHOOL MEALS

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

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



Clue

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



and when not hiding inside printers they usually look like this



www.recycle4charity.co.uk



Recycle 4 Charity Treasure Hunt

Attention to all children and teachers!

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



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

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

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

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

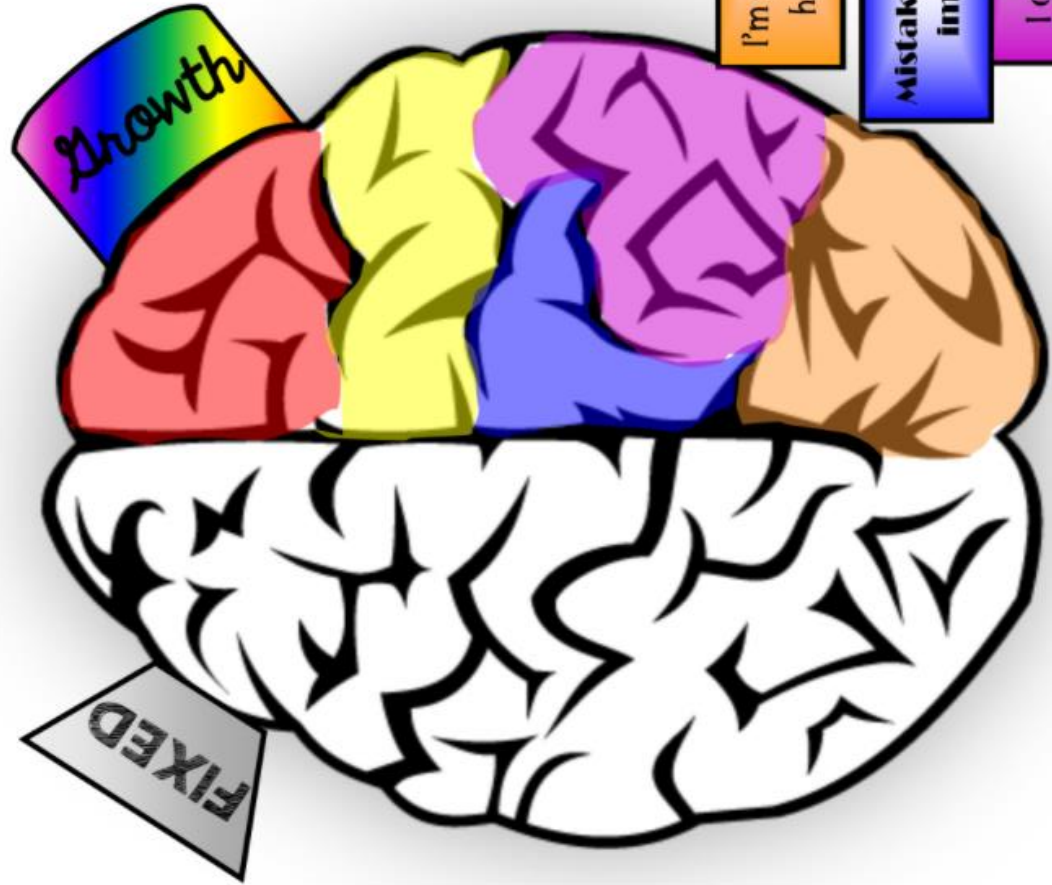
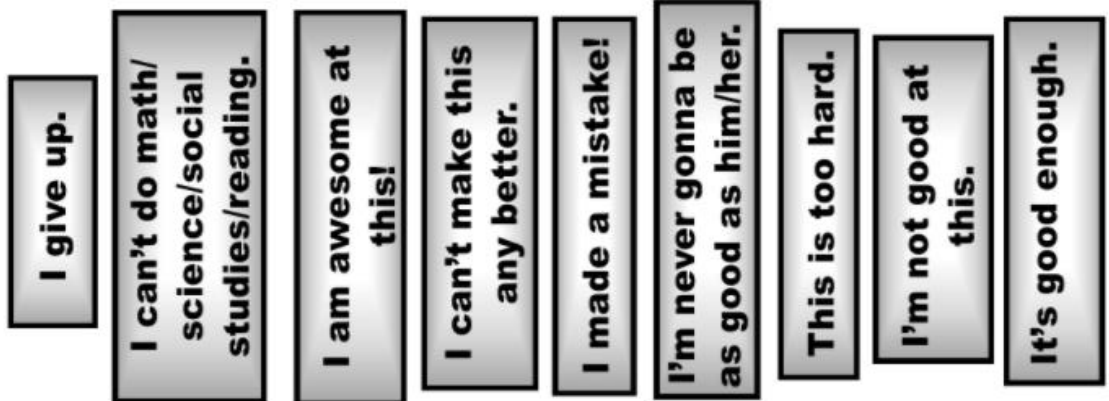
Do you have any used printer cartridges lying around at home? Send them into the school office!

Parent group: Families, Food and Feelings

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



Change your words Change your *Mindset*



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

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.

