

## Message from the head:

Welcome back to you all. I hope you had a good break. It has been great to see so many happy faces this week and children excited about their new topics. Early next week you will be sent the topic letter and snapshot for your child's class.

We have another very busy term ahead with lots of trips and events planned for the coming weeks—I'm especially excited to see what the 'Flying in Physics' week long workshop that is taking over the hall and planned for the week of the 16th is going to be like! Page 3 has a number of dates for this term including all the class tea and class assembly dates. As teachers book more trips for their topic I will add them to this list so please do check it each week to ensure you are aware of any trips or events for your child's class.

You may have seen the health guidance about keeping children off school when they are unwell in the press this week. Clearly levels of Covid, Flu and Strep A remain high. The guidance is clear that it relates to when children have high temperatures along with feeling unwell. A high temperature is the main marker for these illnesses and when a child has one that is when we want to avoid them coming into contact with other children to reduce spread. We continue to encourage you to send children in to avoid losing school time and falling behind in their learning when they have mild coughs or colds that **ARE NOT** accompanied by a high temperature. Many of the children missed a lot of school last term and we want to do all we can to catch them up with their missed learning. Thanks in advance for your support to ensure that this term our attendance and punctuality improves significantly on last term.

Have a great weekend and see you all back on Monday.

## Clubs start next week

If you completed the online form (link sent out on Tuesday) you should have received notification today as to which club places your child has been allocated. Clubs will start from next week.

If you failed to complete an application form in time there may still be limited places left in some of our clubs. Please contact Lisa in the office to enquire if you want to take up a place but haven't yet applied.

## Fleet Calendar 2023

To order your copy of the fantastic fleet Calendar (with all artwork produced by our children) please contact the office to order one (or more!) - make a great gift!). Excellent value at £3.50 and includes all the school holiday and INSET dates for 2023.



## Camden Adult Community Learning Enrolment Day

Join a **FREE** course and learn fun ways to support your child with reading, writing and maths. You can gain a childcare qualification or join an ESOL course to support English. There are also workshops and courses to improve your digital skills

**Come along and meet the team who are ready to help**

**Tuesday 10 January 2023  
9am-4pm**

**Adult Learning Centre, Netley Campus  
74 Stanhope Street, NW1 3EX**

**For more information contact us on 020 7974 2148**

Delivered by Camden Adult Community Learning



## Lunch Menu: 9th—13th January

### Meat Free Monday

Cheese and tomato  
Pizza or  
Veggie chilli & Rice  
Green Beans & Carrots  
Yoghurt & Fresh Fruit

### Wednesday

Meat/Halal: Chicken  
Vegetarian: Quorn  
Potato Wedges or Jollof  
Rice & Salads  
Cauliflower & Peas  
Yoghurt & Fresh Fruit

### Tuesday

Meat/Halal: Sausage  
Roll  
Vegetarian: Veggie  
Sausage  
Potato Wedges  
Baked Beans &  
Sweetcorn  
Apple & Blackberry  
Roll with Custard

### Thursday

Meat/Halal: Sticky chicken  
Noodles  
Vegetarian: Chinese Vegetable  
Curry  
Rice  
Broccoli & Carrots  
Banana Sponge with Custard

### Friday

Meat/Halal: Fish  
fingers  
Vegetarian: Quiche  
Chips or New Potatoes  
Tomato Sauce  
Baked Beans &  
Garden Peas  
Yoghurt & Fruit

### Available Daily

Freshly Cooked Jacket  
Potato  
Freshly Baked Bread

**Please remember to let the office know if you want your child to change to or from school lunches so you are charged correctly**

## Punctuality Award

This week, as usual, the majority of children managed to get to school on time. No class had more than 6 lates—although it should be remembered that was over only 3 days. Well done to year 4, who not only had 100% attendance this week, but also had only 1 late! In total there were 25 lates over the 3 days, which if extrapolated over 5 days would be around 40 lates which is still higher than we want. As always a huge thankyou to those families who are consistently in on time. Please ensure your children are **IN** class by 9am.



## Attendance Award

Attendance continues to be very low following the return from the winter break. We only managed 88.2% attendance this week. This included 6 classes with attendance below 90% - the level considered to be persistent absenteeism. We know there are bugs around and continue to ask for our support in ensuring if the children don't have a temperature and are able to be in school you bring them in even if they don't feel 100%. A huge well done to year 4 who despite all the bugs achieved a fantastic 100% this week! Also special mention to Year 1 who were the only other class above 90% with 95.2%. Lets see if next week we can see a big improvement from the other classes.



# Stars of the week!



Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - Well done to all these children, and to all the rest who might not have been picked this week but could have been.

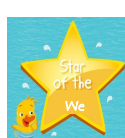
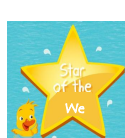


## Reception

For such a great start to the term. You have been really involved in all the different activities we've been doing preparing for Big Bear's birthday. It's great to see you having fun with your friends and helping everyone join in. Well done!

## Year 1

For starting the term in a very positive way. Thank you for having lovely carpet manners and trying really hard with your learning, especially your writing. Well done and keep it up!



## Year 2

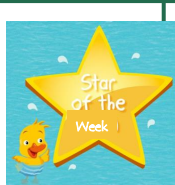
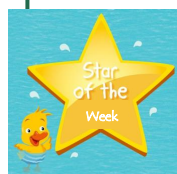
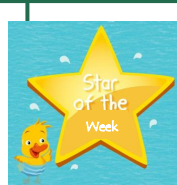
For the fantastic effort you have put into your learning this week. I have noticed that you have been really focused in English and have been trying your best. What a great start to the year! Well done!

## Year 3

For your effort in mathematics! You are trying your hardest and making great improvements. What a fantastic start to the term!

## Year 4

for your fantastic positive attitude this week. You are trying hard with all your work and also being so kind to others in the class. Well done, what a star!



## Year 5

For your positive and upbeat attitude! You've had a lovely start to the term, well done! I've also noticed you showing kindness by sharing with your peers.

## Year 6

You've come back to school with your usual smiley, positive, helpful attitude to everyone. Well done!



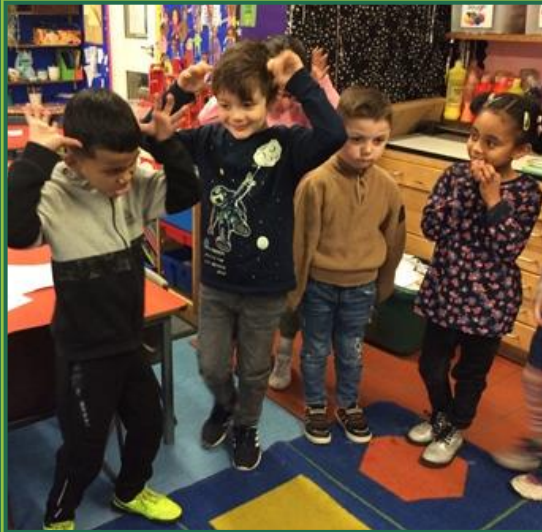
# Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. This can happen for any number of reasons and we try, where possible, to give as much notice as we can. We also will often need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parent hub closer to the date of a trip for requests for help and contact the office if you are able to accompany. Thank you.

- **9th January:** Year 3 to October Gallery
- **11th January:** Year 5 dodgeball @ Talacre after school (selected children)
- **16th—20th January:** Y5 Flying in Physics workshops in school
- **17th January:** Climate Scientists visiting Y6
- **18th January:** Year 6 to the V&A
- **24th January:** Year 1 to Discover Story Centre
- **31st January:** Year 2 & Year 5 Dance Workshop in school
- **1st February:** Pitch Perfect to UCL Grant Museum (4pm—8pm)
- **2nd February:** Year 1 Open Morning—Maths
- **3rd February:** KS1 & KS2 Open Morning—Maths (not Year 1)
- **7th February:** Pitch Perfect to Bloomsbury Theatre for recording
- **9th February:** Year 3 to Wigmore Hall
- **9th February:** Year 6 Class Tea
- **10th February:** Year 6 Class Assembly
- **13th-17th February:** Half Term—school closed
- **20th Feb-3rd Mar:** Bike Training for Y3, Y1 and EYFS
- **21st February:** Year 3 to British Museum
- **23rd February:** Year 5 Class Tea
- **24th February:** Year 5 Class Assembly
- **27th February:** Book Week
- **2nd March:** World Book Day—Dress Up as your favourite story character
- **2nd March:** Year 4 Class Tea
- **3rd March:** Year 4 Class Assembly
- **8th March:** Year 3 & 4 Dodgeball @ Talacre after school (selected children)
- **9th March:** Year 2 Class Tea
- **10th March:** Year 2 Class Assembly
- **13th March:** Year 6 to British Museum
- **15th March:** Nursery to Kentish Town City Farm
- **16th March:** Year 3 Class Tea
- **17th March:** Year 3 Class Assembly
- **20th—30th March:** Year 5 Swimming everyday
- **23rd March:** Year 2 to Hampstead Heath
- **23rd March:** Year 5 Trumpets & Trombones RAH rehearsal (at Fleet)
- **22nd & 23rd March:** Parent Meetings after school
- **23rd March:** Year 1 Class Tea
- **24th March:** Year 1 Class Assembly
- **30th March:** Year 1 to the Zoo
- **30th March:** International Food Evening—5-7pm
- **31st March:** end of term—school closes at 2pm
- **18th April:** Summer Term Starts—Children Back

# This week at Fleet...

While we have only had the children back for a couple of days at the time of writing this, they have already made a great start to their new topics. Below is a list of the topic titles for this term. Topic snapshots and letters will be sent home early next week. As you can see from the photos on the next couple of pages no time has been wasted getting stuck into their learning. Among some of the activities already taken place are brass sessions for Year 4 and 5 back up and running, philosophy in Year 3, magnetic and conductance investigations (Year 5) and making recycled paper (Year 6), making monsters (nursery), plant science (year 2), and drama based on their class story (reception). We can't wait to see all the fantastic work they are doing over the next term.



## This Term's Topics

**Nursery:** Giant Paws and Monster Roars

**Reception:** Let's Go to the Shops

**Year 1:** Wild Things

**Year 2:** Seeds and Thneeds

**Year 3:** Glorious Greeks

**Year 4:** We are Heroes

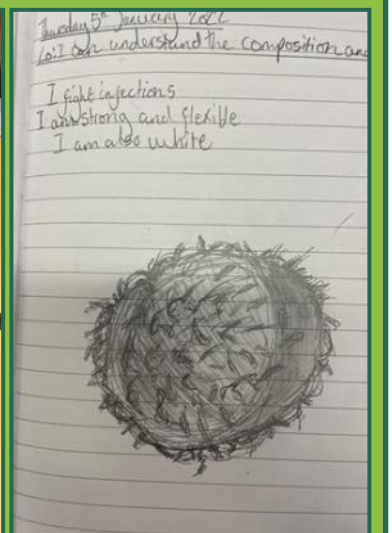
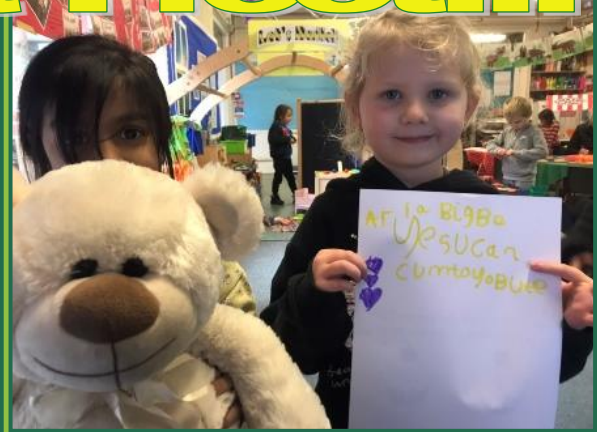
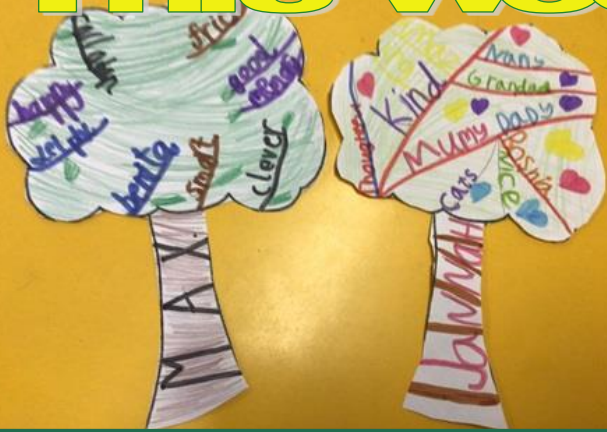
**Year 5:** Just Beyond the Stars

**Year 6:** Arabian Nights





# This week at Fleet...





# This week at Fleet...



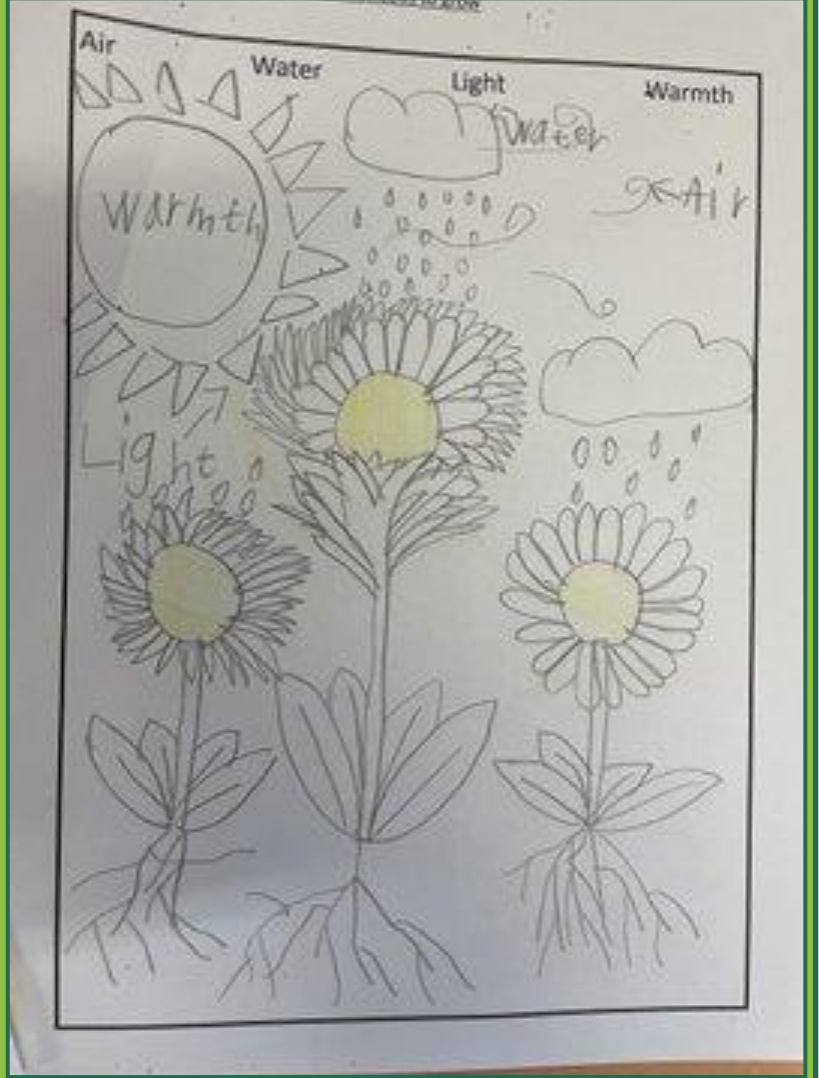
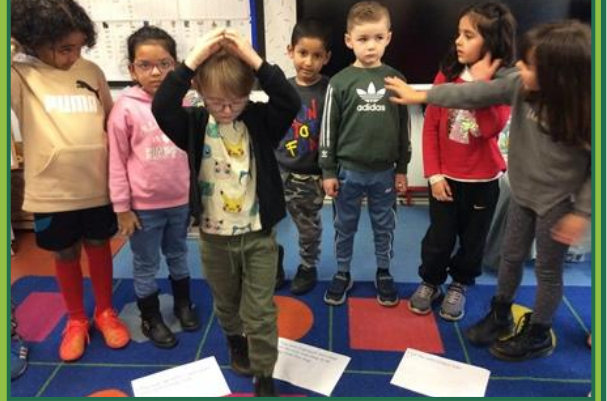


# This week at Fleet...





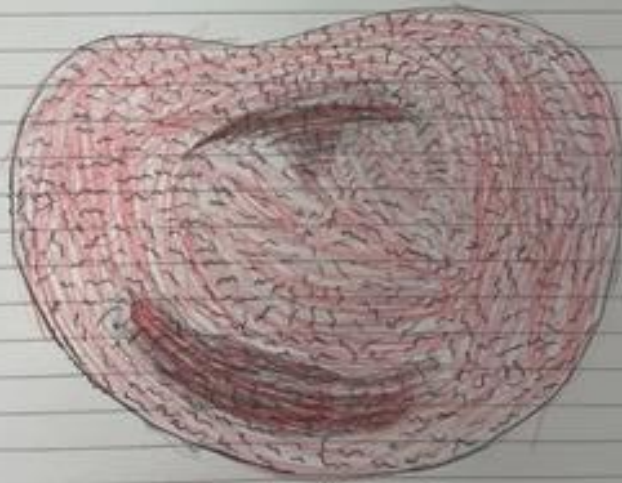
# This week at Fleet...





# This week at Fleet...

I can understand the composition and function of blood  
I am in your blood  
I don't have a nucleus  
I am blazing red





# This week at Fleet...





# This week at Fleet...





# Cost of Living Crisis - Camden Support Available



## Healthy Start pre-paid card and free vitamins

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

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

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

## Cost of Living Crisis Fund Payment

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

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

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

### How to apply

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

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

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

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

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

### Eligibility criteria

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

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

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

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

## The cost-of-living advice bus

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



Camden Libraries

# Winter Reading Challenge

Suitable for children aged 0-12

**Starts on 1 December 2022 and ends  
on 20 February 2023**

**Sign up at your local Camden library**

To find your local library visit us [www.camden.gov.uk/libraries](http://www.camden.gov.uk/libraries)

**Read four or more books to complete  
the challenge and receive a certificate.**



**Write a book review, win prizes  
and your review will be shared on  
our website.**



**Our  
Camden  
libraries**



# From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should the need arise. It is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

### Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



**NOS** National Online Safety®  
#WakeUpWednesday

Sources: <https://www.bbc.com/news/technology-56248505>  
<https://ipousa.com/insights/social-media-algorithms/>



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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022



# Term Dates for this Academic Year...

## SCHOOL TERM DATES 2022-2023

### AUTUMN TERM

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

### SPRING TERM

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

### SUMMER TERM

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

NEWLY  
AN-  
NOUNCED  
DATE!

### STAFF INSET DAYS – SCHOOL CLOSED

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

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