

Fleet Community Notices



Wednesday 11th October 2023



New items this week... A number of new items this week—the request below to collect items for our Forest School—a nice activity to do with your children this weekend perhaps? Also reminder of the workshop this coming Friday (see bottom of this page). Page 2 has the advert for our 'Halloween Disco' after half term—do come along if you can. Page 4 advertising our Camden Food Bank Collection. Page 15 is this weeks parent information leaflet from National Online Safety—'Supporting Children to deal with upsetting content' - definitely worth a read. Pages 17-19 has ads for local clubs and out of school activities while pages 22-28 is all about half term activities.

Forest School Nature Challenge!

Who can collect the most?

Can you please grab a bag and collect conkers, acorns, pine cones and big sticks when you are out and about?

Please bring whatever you collect to Rebecca in Nursery. It will be really useful to have lots for Forest School. Thank you!

Parent Workshops coming up...

We have managed to arrange a number of parent workshops this term based on feedback and requests from parents. See below for details.

Friday 13th October in the Qube @ 9.15am:

Reluctant Eaters & Wellbeing Parent Workshop

The following workshops are at 9AM in the Pod (new building in the Jnr playground):

Thursday 19th October: *Resilience and Mental Health*

Friday 17th November: *Supporting Children with Challenging behaviour (including 'zones of regulation')*

Wednesday 31st January: *Creating healthy boundaries around screen time and healthy media*

Digital Skills for Parents & Carers in Camden

Camden Adult Community Learning (ACL) digital courses are starting again in September! If you know parents or carers who need to develop their basic digital skills, we offer FREE courses in venues across the borough. These include our new 'Digital Basics' courses, to develop skills in using devices, emailing, searching online, creating accounts, taking photos, editing documents and images, and e-safety and security. For adults needing a qualification, we're offering the Essential Digital Skills Qualification (Entry and Level 1) and the Level 2 Award in Digital Skills. And if you know parents who would like to work in an office environment, they can take the Level 1 Award in Business & Office Administration, too. Please see our Camden ACL Digital Inclusion Course Guide [here](#), and most courses are now open for online enrolment [here](#).

Is your child a picky eater?

We know from what we see in school at lunchtime that there are a number of children who can be quite picky about what they eat. We also know from conversations with you that this is also seen at home for many children. It is not unusual for children to have particular eating habits or be quite restrictive in their diet.

This can lead to problems in having a good healthy balanced diet which in turn can affect the ability to fight off illness and lead to unhealthy habits being developed.

We know too that this can be a challenging area for parents to manage. As parents you can be torn between the challenge of ensuring children eat something and wanting to provide them with a healthy balanced diet. Next Friday we have a workshop for parents to hopefully offer some help and support in this area. Please join us if you can:

**Friday 13th October in the Qube @ 9.15am:
*Reluctant Eaters & Wellbeing Workshop***

Help us ensure school gets the funding we need from the government...

If you haven't done so already, please ensure that you apply for Free School Meals. Even though the Mayor is paying for your child's lunches, this is not the same as being entitled to Free School Meals. If you are in receipt of

certain benefits, you may be entitled, which means you will receive a discount on clubs and trips, as well as a school holiday voucher issued by Camden. Much of the funding we receive as a school, or that we can apply for, to provide your child's education is also dependent on this information. We need to make sure all the children who should be funded are. This funding is vital to school.

You should apply by following this link:

camden.gov.uk/free-school-meals



Fleet Halloween Disco

KIDS £2.50
ADULTS £3
OR FAMILY TICKET £10



DJ AND LOTS OF SPOOKY TREATS!

**Wednesday 1st November
4.45-7.15pm in the Hall**

**PRIZES FOR
BEST COSTUMES!**



**FOOD & DRINKS
AVAILABLE TO BUY**

**CHILDREN MUST BE
ACCOMPANIED BY AN ADULT**

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.

WHOLE SCHOOL EVENTS

13th October	Parent Workshop—Reluctant Eaters & Wellbeing
19th October	Parent Workshop—Resilience @ 9am-10am
23rd-27th October	Half Term Week—School Closed
7th November	Institute of Imagination Workshops—KS1 & KS2
13th November	Anti-bullying week
13th November	School Photographer in—Individual Children's Photographs
17th November	Supporting Children With Challenging Behaviour
28th November	Parent—Teacher Meetings after school—Y2
29th November	Parent—Teacher Meetings after school—Y1, Y3, Y4, Y5, Y6
30th November	Parent—Teacher Meetings after school—Y1, Y2, Y3, Y4, Y5, Y6
15th December	Christmas Lunch
19th December	Infant Class Christmas Parties
20th December	Junior Class Christmas Parties & Junior Talent Show
21st December	Last Day of Term—finish at 2pm

NURSERY 2023-24

2nd November	Parent Meetings
30th November	Parent Run Class Tea
8th December	Infant Christmas Show—10am
13th December	Trip to theatre

RECEPTION 2023-24

18th October	Parents Stay and Play Session
10th November	Parents Stay and Play Session
16th November	Heath Walk
16th November	Parent Run Class Tea
1st December	Trip to theatre
8th December	Infant Christmas Show—10am

Parents Association Events

Wed 1st Nov	Halloween Disco
Sat 2nd Dec	Winter Fair
Thur 25th April	International Food Evening
Sat 6th July	Summer Fair

YEAR 1 2023-24

19th October	CLC Trip
9th November	Parent Run Class Tea
10th November	Class Assembly
8th December	Infant Christmas Show—10am

YEAR 2 2023-24

9th—13th October	Bike Training—individual days t.b.c. (bring bikes if have)
31st October	Trip to October Gallery
17th November	Trip to the CLC
30th November	Trip to Tower of London
7th December	Parent Run Class Tea
8th December	Infant Christmas Show—10am

YEAR 3 2023-24

9th—13th October	Bike Training—individual days t.b.c. (bring bikes if have)
Wed 18th October	Natural History Museum
2nd November	Parent Run Class Tea
3rd November	Class Assembly—10am
22nd November	To the Cinema—Camden Odeon
14th December	Junior Christmas Show—10am (anyone) & 7pm (ticketed)

YEAR 4 2023-24

13th October	Gunnersbury Museum
19th October	Parent Run Class Tea
20th October	Class Assembly—10am
30th Oct—3rd Nov	Swimming—everyday
21st Nov	Cinema—Camden Odeon
24th Nov	Trip to the CLC
14th Dec	Junior Christmas Show—10am (anyone) & 7pm (ticketed)

YEAR 5 2023-24

12th October	Parent Run Tea Sale
13th October	Class Assembly—10am
16th—20th Oct	Sayers Croft Residential
30th Oct—3rd Nov	Bike Training (optional—15 chn)
15th Nov	To the Cinema—Camden Odeon
14th December	Junior Christmas Show—10am (anyone) & 7pm (ticketed)

YEAR 6 2023-24

16th—20th October	Bike Training (optional—15 places available)
2nd November	Trip to Science Museum
13th November	Camden Citizenship Training
21st November	Trip to Hackney Empire (back late—around 4pm)
27th November	Trip to the Royal Institute
14th December	Junior Christmas Show—10am (anyone) & 7pm (ticketed)



Please help us collect items for the Camden Food Bank - donations to be collected up to the 19th October

Camden Foodbank

Food you can bring:

- tinned meat. Tea. Coffee.
- Tinned fish. Sugar. Biscuits.
- Tinned fruit. chocolate.
- Tinned soup. Long life
- Tinned vegetables. Juice.
- Baked beans. Longlife
- Pasta. soap. Milk.
- rice. Deodorant. Shampoo.
- cereal. cooking oil. Tooth-brush.
- Pasta sauce. Tooth-paste.

Deadline!
= Thursday
19th
October!



By Ursula.

PLEASE BRING!



Don't let your child miss out - every school day counts

Attending regularly is vital for your child's happiness and success in school.

We know that pupils with good school attendance – of 95% or more – are far more likely to achieve the expected level in their primary school tests at age 11 and go onto gain good passes in their GCSEs at age 16.

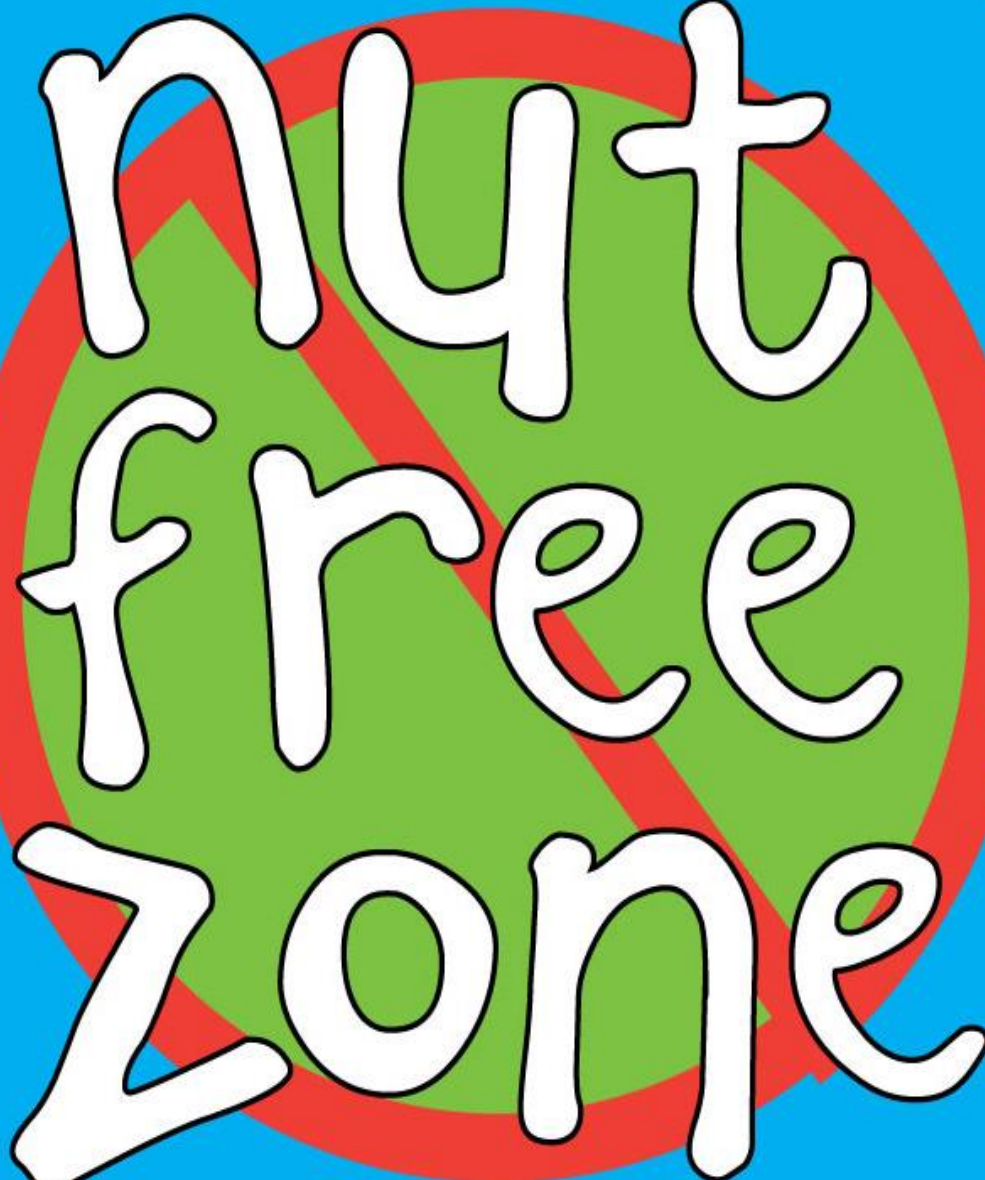
Every day your child is not in classes means they're less likely than their classmates to do well in school.

We know that most parents and carers make sure their children attend regularly. However, we also know absence rates in Camden are higher than we would like.

Please support your child to go to school regularly. If you need help or advice, please speak to your child's school.

STOP!

you are now entering a



nut
free
zone

please DO NOT bring
nuts into this area



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



NOTE...

Make sure you also add your individual children, not just classes, to ensure you receive individual messages as well as class and school notices. If you have any queries speak with Lisa Tan via the school office!

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

Term Dates for 2023-24

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

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 10 th 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. |

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





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

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

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.

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 it feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-57393611> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-1> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-2> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-3> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-4> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-5> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-6> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-7> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-8> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-9> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-10> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-11> | <https://www.who.int/news/blog/2022/03/17/supporting-your-child-with-upsetting-content-12>

www.natonsafety.org

www.facebook.com/NationalOnlineSafety

www.instagram.com/nationalonlinesafety

www.tiktok.com/@national_online_safety

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CAMDEN MULTIPLY PROGRAMME

Improve your Maths skills in Camden



FREE 1 to 1 or small group support available for adults (19+) in local libraries and community centres

Build your confidence in numbers
Develop number skills to help you at work
Learn how to manage your bills
Support your children with Maths at school
Take the first steps towards a qualification

For information on venues, days and times,
text or call Jackie on **07971 746574**
or email maths@camden.gov.uk

Multiply



SUPPORTED BY
MAYOR OF LONDON



Acland Burghley Dance Department

JUNIOR DANCE COMPANY

For Primary Students in Years 4, 5 and 6

Every Thursday 3.45pm - 4.45pm
Acland Burghley School
Audition - Thursday 5th October 2023
Scan the QR Code to apply



AUDITION DETAILS:

There will be an audition on **Thursday 5th October 2023** from **3.45pm-4.45pm** in the Dance Block at Acland Burghley School.

What do you need to do for the audition?

Please wear appropriate dance clothing, you will be dancing bare foot.

What qualities do you need to audition for Burghley Junior Dance Company?

- Be in Years 4, 5 or 6. (Age 8-11)
- Enjoy performing, choreographing and working with other dancers.
- Be keen to try out new dance styles.
- Enjoy working as part of a company and have the ability to work well with others.
- Be enthusiastic, punctual, respectful, professional and committed.

Our aims of Burghley Junior Dance Company:

- To have fun, dancing in a group with other dancers of a similar age and make new friends.
- To work with professional choreographers and teachers to produce outstanding performance pieces.
- To improve our performance and choreographic skills and build on our confidence to express ourselves through dance.
- To perform at open evenings, annual dance shows, dance company sharing and any other performance opportunities.

What will be the level of commitment required if I become a member of Burghley Youth Dance Company?

You must be able to attend Thursday classes every week during term time. We realise that people get ill or injured, or may have other unavoidable events. However, if you miss more than one rehearsal you risk losing your place in the company.

Company classes will begin Thursday 12th October 2023.

Scan the QR code to register for the audition.



JOIN WAC ARTS TODAY

High-quality, affordable performing, creative & digital arts classes for young people



Enrolment is OPEN!
Visit wacarts.co.uk & secure your place for the September term



THE BRIT SCHOOL AND WESTMINSTER KINGSWAY PARTNER TO BRING BRIT KIDS TO

BRIT KIDS KING'S CROSS

LAUNCHING '24
JANUARY

wk
Westminster Kingsway College

The BRIT SCHOOL

CREATIVE, MEDIA AND PERFORMING ARTS CLASSES, AGES 7-18

APPLY AT BRITKIDS.ORG





MATCH PLAY ONLY FOOTBALL SESSIONS

EVERY THURSDAY

Has your child ever wished they could turn up to football training and just play matches? Well look no further because now your child's wish has come true! We will be running a brand new weekly football class that is solely focused on the children playing matches. What more could they ask for? Come along and give it a go.

**BOOK NOW FOR A
FREE TASTER CLASS**

- **Match Play Only!**
- **3v3 | 4v4 | 5v5 Tournaments**
- **Player Of The Month & Termly Awards**
- **Organised Friendly Matches With Local Clubs**

**EVERY THURSDAY - DURING SCHOOL TERM TIME
SESSION TIME: 4:30 - 5:30 PM
6-11 YEAR OLDS (YEAR 2 TO YEAR 6)
FOR BOYS & GIRLS - ALL ABILITIES WELCOME**

**FLEET PRIMARY SCHOOL - 4G ASTRO
AGINCOURT RD, HAMPSTEAD, NW3 2QT**

Website Link
www.prorevo.co.uk

More Information:
 Prorevolution.devel



YOUNG PEOPLE'S
BOXING IN
NORTH LONDON.



@METROBOXLONDON

**FREE
ADMISSION**



COMPETITION

Beginners

Wednesday:

5pm - 6.15pm (9-15 years)

6.30pm - 8pm (16-24 years)

Open Gym

Friday:

4pm - 6pm (all ages up to 24)



FITNESS



CONFIDENCE

Advanced (invite only)

Tuesday & Thursday:

5pm - 6.15pm (9-15 years)

6.30pm - 8pm (16-24 years)

**Metrobox Camden,
London School of Mosaic, 181 Mansfield Rd, NW3 2HP**



07769 369235



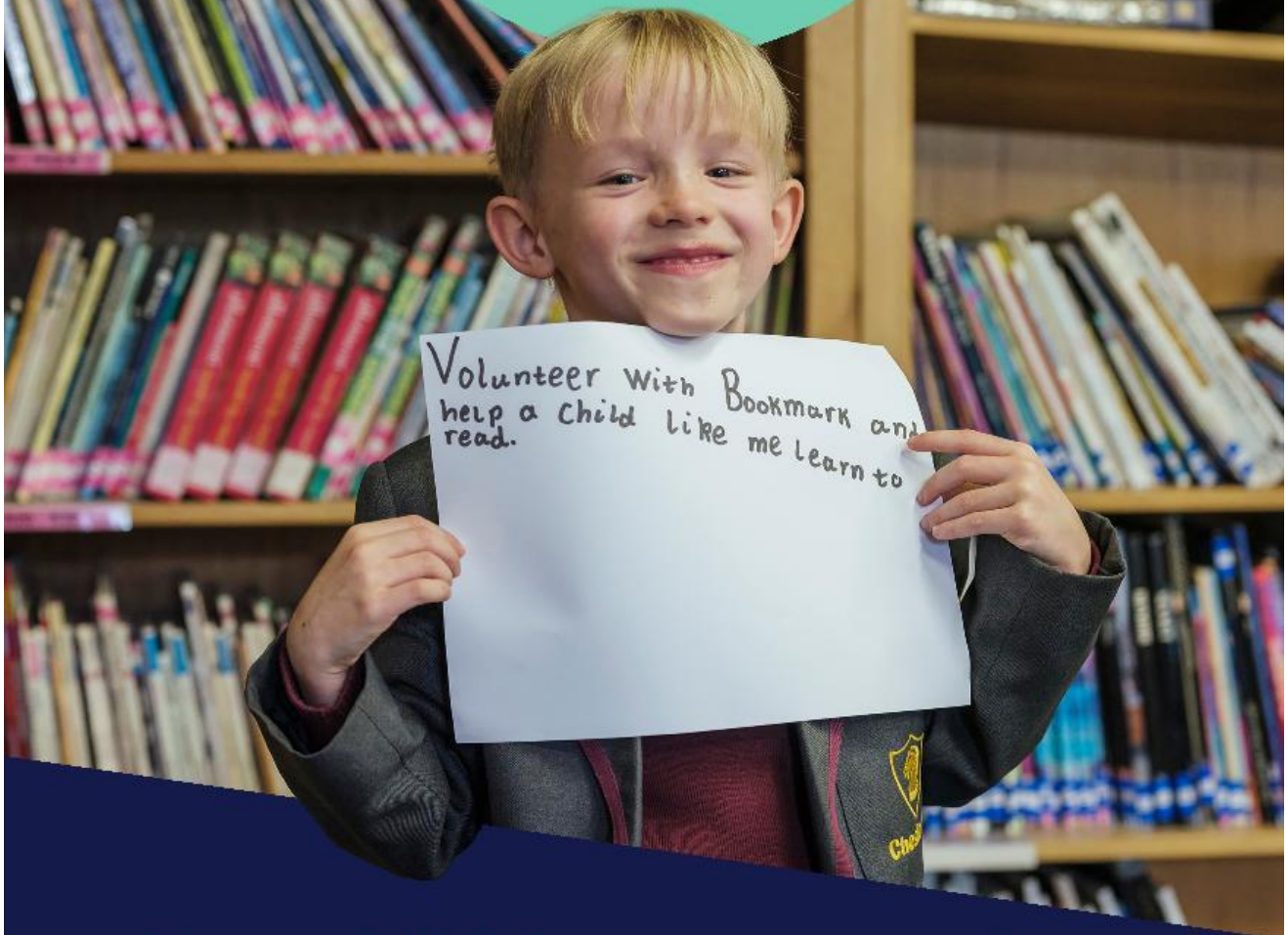
www.metroboxlondon.co.uk



info@metroboxlondon.co.uk



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*

#PoliceCadets

Join one of the fastest growing
uniformed youth groups in the UK

AGED 10-17 AND WANT TO BROADEN YOUR HORIZON?
CAMPS and COMPETITIONS, DUKE OF EDINBURGH
FUN DAYS OUT

Monday and Thursday
3:30pm - 7pm

Monday - Maria Fiedelis
Drummond Crescent NW1

Thursday - Hampstead School
Westbere Road NW2

For more information,
contact:

Camden Cadets
CamdenVPC@met.police.uk
07767006365



#PoliceCadets



A 2 day workshop to create Halloween costumes and masks for our annual Halloween Party at HvH ARTS on Saturday 28th October

TWO DAY WORKSHOP

WEDNESDAY 25th and THURSDAY 26th OCTOBER

AGES 5-12yrs



Using only paints / Graffiti / scissors and drawing pins. Feathers / leaves and twigs. Bring in your clothes or an old sheet to gnarl up and create a masterpiece to SCARE for Halloween.



**WEDNESDAY 25th and THURSDAY
26th OCTOBER**

Time: 11am - 3pm

AGES: 5YRS - 12YRS

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

PLEASE BRING A PACKED LUNCH. JUICE AND SNACKS PROVIDED

BOOK NOW TO SECURE YOUR PLACE

ONLY (15 PLACES AVAILABLE)
ENROL EARLY TO AVOID DISAPPOINTMENT!

<https://hvharts.org/courses/>

FRIDAY 27th OCTOBER

AGES 5-14yrs

11am to 3pm

With our Artist in residence CAT ONYAC, you are invited to celebrate all things Halloween by designing and carving your own pumpkin lantern to light up our annual Halloween Party at HvH ARTS on Saturday 28th October



FRIDAY

27th OCTOBER

Time: 11am - 3pm

AGES: 5YRS - 14YRS

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

PLEASE BRING A PACKED LUNCH. JUICE AND SNACKS PROVIDED

BOOK NOW TO SECURE YOUR PLACE

**ONLY (15 PLACES AVAILABLE)
ENROL EARLY TO AVOID DISAPPOINTMENT!**

<https://hvharts.org/courses/>



**23rd - 27th
October**

October Half Term

Holiday Club

**Performing & Creative Arts Activities
for Young People aged 4-14**



**Price from £29 per day, Bursaries also available
Add-On Options: Breakfast Club & Afternoon Cinema Club**



**Check our website for more info:
wacarts.co.uk**



**SCAN
TO ENROL**

POWERFUL

Drama School

Empower, Encourage, Educate



★
**23RD
OCTOBER -
27TH
OCTOBER**

POWERFUL DRAMA SCHOOL BRINGS TO YOU THEIR CREATIVE ARTS AUTUMN CAMP!

AN INCLUSIVE AUTUMN HALF TERM WORKSHOP PROGRAMME TARGETED FOR CHILDREN/YOUNG PEOPLE AGED 8- 16 YEARS OLD.

DETAILS:

SESSIONS RUN EVERY MONDAY-FRIDAY 9:30AM-3:30PM

COST:

★ AGES 8 - 12 YEARS - £120

AGES 13 - 16 YEARS - £140

ADDITIONAL OFFER AND COST~ACTING MASTERCLASS WORKSHOPS TO BE PART OF UPCOMING EVENTS. AGES 12-18 YEARS-£200 ★

COME AND SPEND 6 HOURS A DAY WITHIN THE CREATIVE ARTS WORLD OF **ACTING, MEDIA, ART, PRODUCTION** AND **PERFORMING ARTS**. ALL WORKSHOPS ARE DESIGNED TO **EMPOWER, ENCOURAGE** AND **EDUCATE** ALL!

A SUITE OF ENGAGING 'SERIOUS CREATIVE FUN' WORKSHOPS. FULL PAYMENT MUST BE PAID IN ADVANCE BY BANK TRANSFER. NON-REFUNDABLE. EARLY PAYMENTS BY FRIDAY 1ST SEPTEMBER £10 OFF PRICE (ONE DISCOUNT PER CHILD). FULL COST THEREAFTER- DEADLINE 16TH OCTOBER. PLEASE EMAIL FOR REGISTRATION FORM HELLO@POWERDRAMASCHOOL.CO.UK

CULTURAL RESOURCES AND MATERIALS USED, SEN TAILORED WORKSHOPS

ACLAND BURGHLEY SCHOOL, 93
BURGHLEY ROAD, LONDON, NW5 1UJ

FOLLOW US ON INSTAGRAM!
[@POWERFULDRAMA](https://www.instagram.com/powerfuldrama)





AGES
3-9

OCTOBER ART CLUB

CELEBRATING CREATIVITY
SINCE 1990!

BOO!



October Half Term

23rd-27th Oct
10am-2pm

Village Prep School,
2 Parkhill Road London
NW3 2YN

Monday-Friday: £245*
Day bookings: £57 per
day

*Earlybird discount available
when booking a full week, until 1
month in advance.



Painting, Crafts,
Playdough, Music,
Dancing, Games,
Stories, Freeplay!



www.creativewizkids.com

BOO!

**Autumn Half-Term
Holiday Scheme
Ages 8+**



**Adventurous fun
& skills on the
Regent's Canal**



KAYAKING, CANOEING, GAMES & CANAL BOATING

Monday to Friday, 23rd - 27th October 2023

10am - 3.30pm (no entry after 10.20am)

£30 per day / £5 concessions

SUITABLE FOR BEGINNERS & MORE EXPERIENCED PADDLERS!

Run by qualified & DBS-checked instructors, skippers & volunteers

For bookings & information, email info@thepiratecastle.org

Gilbey's Wharf, Oval Road, London, NW1 7EA. Charity No. 1138787



- The No.1 Science Activity Holiday Camp
- For All Boys & Girls Aged 5-12 Yrs
- New Science Activities Every School Holidays
- Find Your Closest Location Online in 10 Secs

OCTOBER HALF-TERM HOLIDAY CAMP

October Half-Term 2023 | 3-Weeks Available | Monday-Friday

*Check Online with your Home Postcode, for which Dates and Weeks are Running at your Closest Location



FUN, Hands-On, Spooky Science Experiments with Take-Homes in Every Activity Week!

Book Online:
mnature.co.uk

Or Call:
020 8863 8832



Early Booking Discount Available!



Ofsted Registered
Childcare Vouchers
GTFCC, CGPS,
Universal Credit
Accepted

Scan Me!



★★★★★
"BEST CAMP EVER"
Read Parent Reviews at:
feefo.co ★★★★★
Independent Service Rating



Information: Autumn Half-term October 2023

In this spooky 5-day Holiday Science Activity Camp, your children enjoy lots of premium fun, hands-on, chemistry, biology and physics science activities and special demonstrations with take home experiments (see below).

Dates*:

Week A: Mon 16 Oct-Fri 20 Oct 2023 (5 days)

Week B: Mon 23 Oct-Fri 27 Oct 2023 (5 days)

Week C: Mon 30 Oct-Fri 03 Nov 2023 (5 days)

*Check online for which weeks are running at your Location

Times: 9am - 3:30pm (6.5hrs)

Extended Hours: 8:30am; latest collection 4pm

- simply add when booking online

• Open to Children: aged 5-12 years

• Locations: across Greater London (look right>)

Spooky Science! - New 2023 Activities

Day 1> It's Hallow-Scream!

Dep Sea Monsters!
Weird Shadows!
Coughs and Sneezes!

Day 2: Fang-Tastic Fun!

Jumping Spiders!
Ghastly Greenhouse!
Squishy Cells!

Day 3: Spook-Takular Science!

Forever Autumn!
Pirate Ghost Ship!
Incy-Wincy Taratula!

Day 4: Happy Haunting!

Vanishing Ghosts!
Howling Werewolf!
Franken Balloons!

Day 5: Toil & Trouble!

Smashing Pumpkins!
Witch's Broom!
Balancing Bats!

Vampire Vomit!

and many, many more cool science demonstrations, experiments, games and quizzes!...

Early Bird and Multi-Book DISCOUNT!

Haunted School Venues this Halloween Serving:

NW London

- Barnet
- Brent
- Camden
- Ealing
- Harrow
- Hillingdon
- Westminster

NE London

- City of London
- Enfield
- Haringey
- Islington
- Tower Hamlets
- Waltham Forest

SW London

- Kensington
- Hammersmith and Fulham
- Hounslow
- Kingston
- Merton
- Richmond
- Sutton
- Wandsworth

See online for full list...

Google Say "Mother Nature Science Camp"
★★★★★ Rating: 4.9

Book online at:
www.mnature.co.uk

Or call us today:
020 8863 8832



Parent Testimonial:

"Science camp has inspired my child to learn more and he adores it, which says a lot about the teaching. It was incredibly reassuring to know he was in good hands. Highly recommend it. We will definitely be back for more!"



Did You Know?

we also do
THE BEST BIRTHDAY PARTY EVER!



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

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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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

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 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 330 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>
- 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.

allocated. To ensure we receive the correct funding we need all children who are eligible for this status to complete the process. You may be entitled to this status and therefore Fleet will receive additional funding 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)

If you receive Working Tax Credit you will not be entitled to free school meals status 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/>

Please ask Lisa in the office for help applying if you need it. Fleet relies on accurate funding to support the education of all our children.

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

FREE SCHOOL MEALS STATUS

For this year, all children from Reception—Year 6 will be able to receive a free school meal thanks to the Mayor of London's programme and you don't need to do anything to apply for it—simply let us know your child will be taking up the offer and that is it—nothing to fill in or apply for. However, this is different from 'Free School Meal Status'. This is still something you need to apply through Camden for. It is really important that you do this as this measure dictates a lot of the funding schools are

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!

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

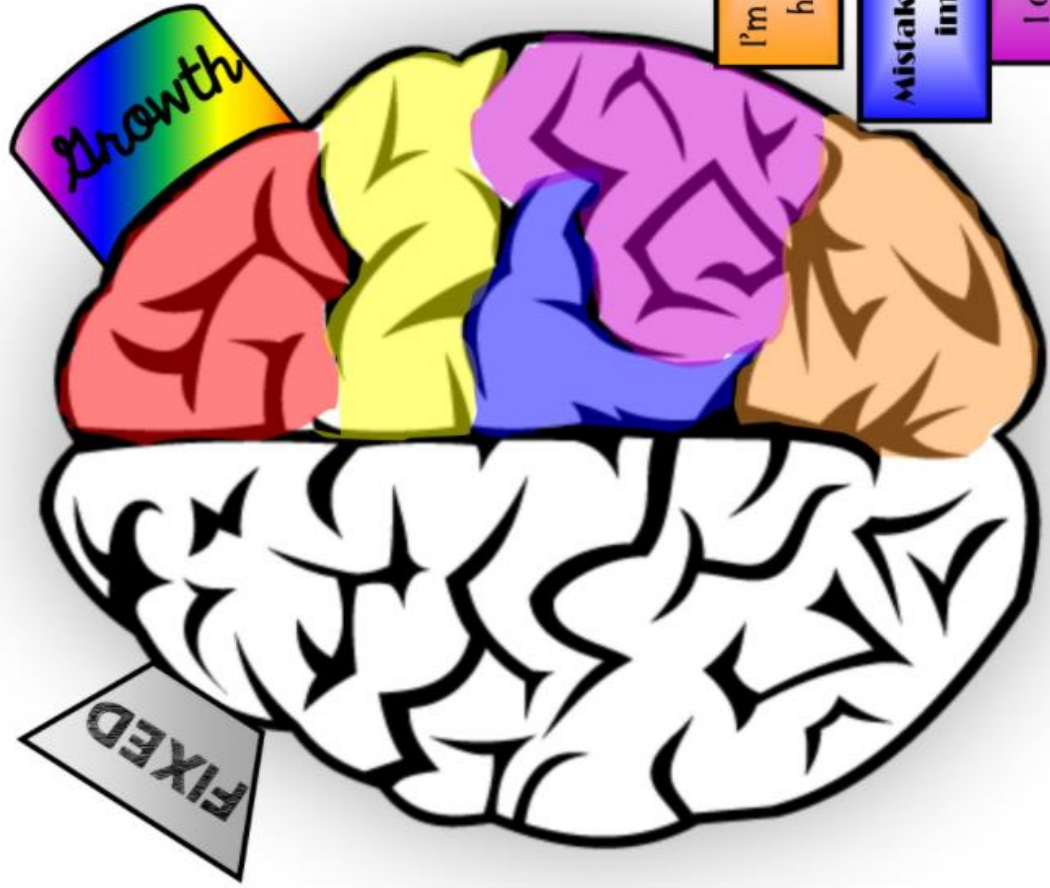
Parent group: Families, Food and Feelings

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 Stop Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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

