

# Fleet Community Notices



Wednesday 13th March 2024



## New items this week...

On this page is information on booking parent meetings for next week for Years 1, 2, 3, 5 and 6. Also an advert to the right about next week's Parents' Association Disco. See latest top tip from Camden Kids Talk programme on Page 2. Easter Egg decorating competition details on Page 3 and message about fundraising for Comic Relief this Friday from our Ambassadors on page 5. Page 6 details our collection for the Camden Food Bank while page 7 has details about a 'Bike Doctor' event coming up—sign up to get your bike checked! A number of new dates have been put into the dates for your calendar page on Page 10. Page 13 has information on Camden Mobile Health Bus coming round locally for diabetes checks for those between 30-70. Page 17 latest information for Parents from 'Wakeup Wednesday from the National College. Page 25 has information on 'QuadKids' athletics club running on the Heath. Page 34 has information on an initiative to get more girls playing tennis—check this out. Page 36 has information for parents of children with ADHD and a parenting programme they are running at the Brandon Centre. There are lots of other adverts and notices that have been in previously but please do take the time to look at them to remind yourself or catch up on something you may have missed previously.

## Parent Meetings next week—please book your slot...

Dear Parents/Carers, you can now book your time slot for your child's parent meeting via <https://fleetprimary.schoolcloud.co.uk/>. Here, you will be able to see available days/times, book and amend, as well as receive reminders about appointments. Booking is very easy, you just need to enter your name, email address, child's name and DOB.

Parent meetings will be held in person and it is important that you attend so that you can hear about your child progress.

If you have any problems, please do not hesitate to contact the office 0207 485 2028. Many thanks.

## The Big Wheel & Walk 2024!

We are currently taking part the 'Big Wheel and Walk'. Each day we are logging the journeys to school the children take by active travel and logging them on the national website. The idea is to promote the reduction of car journeys which we know causes pollution, which in turn has a detrimental effect on our children's health. The added benefit of travelling 'actively' to school improves health and fitness. The vast majority of you travel to school actively everyday—thank you for this. After the first two days we are currently 54th for our size category out of the 459 primaries in the country similar size taking part, which is fantastic—lets continue to be an active school. If you currently drive, please consider making some of your journey's active.



## Front Gate—please keep closed

There have been a few occasions lately where people have propped the gate open at the entrance to the school before a member of staff is there. While we understand people are trying to be helpful we ask that you not do this. We need to ensure, if a staff member is not on the gate, that all entrants to the school are checked by the office by buzzing in. This is to ensure the school site and all the children in it are kept safe and secure. Please don't prop the gate open. Thank you for your help with this.

**CHOCOLATE PARTY**

**FLEET SPRING DISCO**

**THURSDAY 21ST MARCH**  
**4.45PM - 7PM**

**PTA EVENT**

Chocolate Aim Game  
DJ  
Hot Food & Drink

Child £2.50  
Adult £3  
Family Ticket £10

## Trips, Clubs, Book Bags & Donations

If you are having any problems accessing the online payment portal on ScoPay—or are not yet setup and would like to be, please do speak to Lisa in the office. You can now pay for all of these things online without having to bring in cash via the office and can also pay for a term of clubs without having to remember each week. Please note, the app version would not show the donation tab without there being a balance so we have put £1 here. This is not money you owe! It is simply there so it shows up allowing any who wish to make any size of donation to the school to be able to do so using the app. Thank you.

camden kids talk

**Tips for Talking**  
**See Page 2 for Top Tip 8**

camden kids talk  
Your journey, Our success.

camden  
kids talk

## Tips for Talking

Each week we will be sharing 1 or 10 top tips with you to implement with your children. We hope you will find them useful and together we can help your child to develop their speech, language and communication skills.

### Using the tips

Here are some of the simple things we can all do to support the development of babies' and young children's speech, language and communication skills and give them the best start in life.

### TIP 8

Talk to me all the time when we are doing everyday things like having a bath, walking to the park or tidying up.

camden  
kids talk



# Easter Egg Decorating Competition



Every year we hold an Easter Egg decorating competition and we are all impressed and amused with the children's eggs -cellent decorated eggs and eggs-tremely funny egg scenes!

They have freedom to decorate their Easter Egg scene in any way they see fit – they **don't need to use real eggs** (they can craft egg shapes from anything they would like) it just has to have an element of a designed 'egg' shape in it.

The countdown is now on for this year's competition. Entries should be brought in on the last day of term, **Thursday 28th March**. They will be judged that morning and then shared in the end of term assembly and

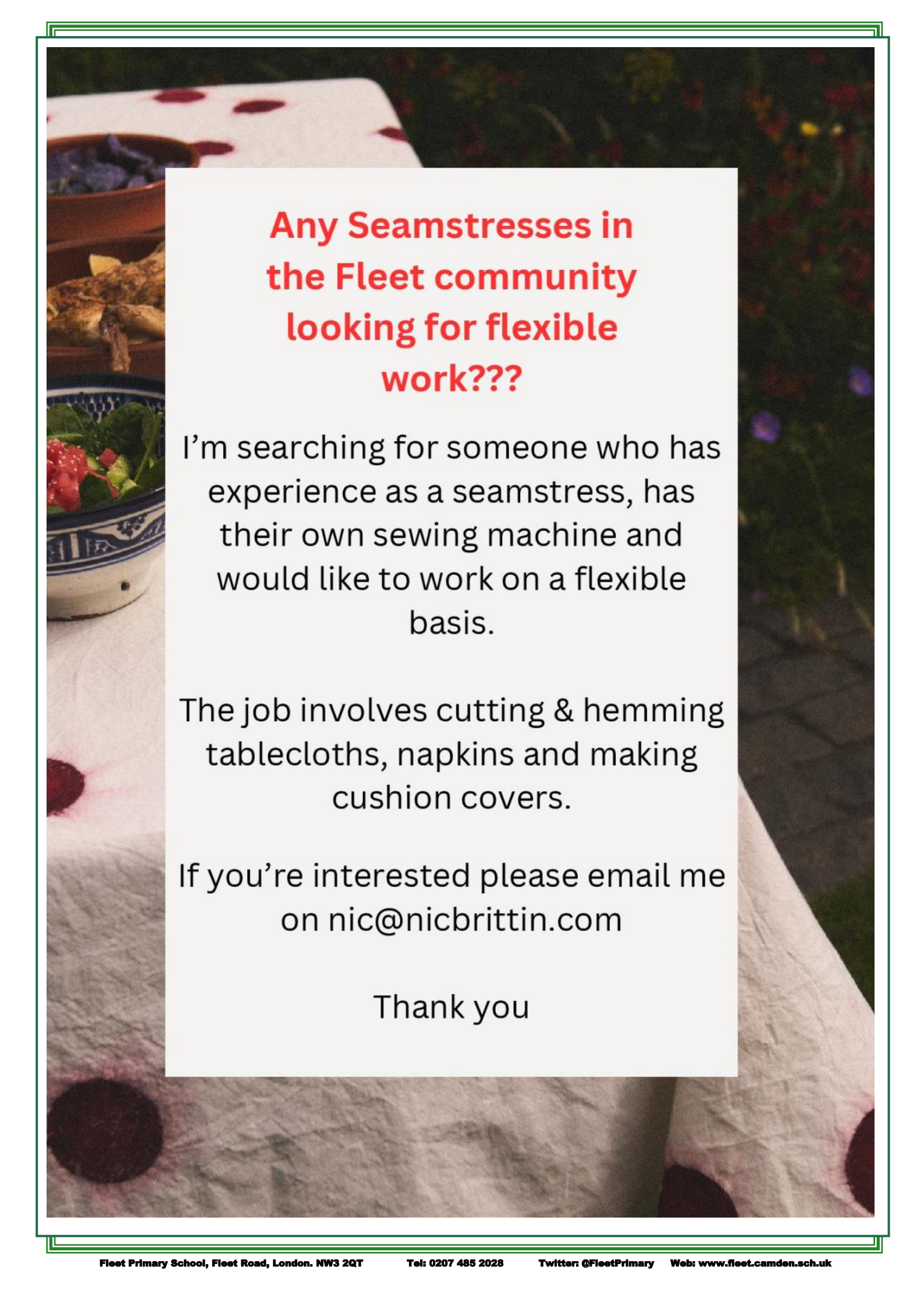
prizes given out.

To submit your entry you need to:

- Decorate you egg/egg scene—special consideration for prizes given for creativity and imagination!
- Bring in your egg/scene on the morning of **Thursday 28th March** for judging

We can't wait to see the fantastic entries this year.





**Any Seamstresses in  
the Fleet community  
looking for flexible  
work???**

I'm searching for someone who has experience as a seamstress, has their own sewing machine and would like to work on a flexible basis.

The job involves cutting & hemming tablecloths, napkins and making cushion covers.

If you're interested please email me on [nic@nicbrittin.com](mailto:nic@nicbrittin.com)

Thank you

Make sure  
you wear  
red!



RED  
NOSE  
DAY

millie &

Hana!

**FRIDAY 15 MARCH**

Wear red to make people well  
fed!

all donations are welcome  
thank you

#### What is Red Nose Day?

- Red Nose Day is a fundraising event run by Comic Relief.
- Comic Relief is a UK charity which aims to create a **just world free from poverty**.
- The money raised is used to transform lives in the UK and around the world.

#### Where the money goes

- **£10** could pay for a much-needed respite session for an isolated young carer in the UK.
- **£50** could provide toiletry packs for 10 people sleeping rough in the UK, offering dignity and the basics needed to stay clean.
- **£200** could pay for legal aid to help reunite five separated refugee families.

We are supporting the Camden Food Bank with their Easter Appeal.  
Please bring your donations to the office by Monday 25<sup>th</sup> March.  
Thank you!  
The Rights Respecting Ambassadors



# Camden Foodbank URGENT EASTER APPEAL

Please help us to feed local people in food poverty

EVERY £40 RECEIVED IN CASH DONATIONS PAYS  
FOR ONE EMERGENCY PACKAGE\*



A well balanced 3-day emergency parcel for 1 person could mirror the photo above.  
(Cost per package may vary according to availability\*).



Camden Foodbank make up longlife emergency food parcels to support local people in food crisis. In order to make up well balanced food packages we need any of the items listed below:

- Tinned meat
- Tinned fish
- Tinned fruit
- Baked beans
- Pasta/Rice
- Pasta sauce
- Cereal
- Jam/Honey/Peanut butter
- Tea
- Coffee
- Sugar
- Cooking oil
- Longlife juice
- Longlife milk
- Washing up liquid
- Washing powder
- Shampoo/Soap
- Shower gel
- Toothpaste/Toothbrushes
- Deodorant
- Toilet paper
- Easter eggs

## What are the different ways you can donate food to help local people at Easter?

### Deliver food in person\*

Day	Time	Address
Everyday	8am - 10pm	Camden Town Methodist Church, Wesley Hotel Camden Town, 89 Plender Street, London NW1 0JN
Tuesday	11.30am - 3pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD
Friday	11.30am - 3pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD
Sunday	10am - 12pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD

### Send by online shopping\*

Day	Time	Address
Any Tuesday or Friday	11.30am - 2pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD

\*Camden Foodbank is closed for Easter from 27<sup>th</sup> March 24 and reopens 5<sup>th</sup> April 24.

### How to donate money?

INDIVIDUAL GIVING THROUGH JUST GIVING for Camden Foodbank through <https://checkout.justgiving.com/c/3445418> 100% of your donation will go directly to Camden Foodbank. We would grateful if you can also select GIFT AID which will increase your donation.

FOR CHEQUES/DIRECT DEBITS AND OTHER WAYS OF GIVING  
<https://camden.foodbank.org.uk/give-help/donate-money>



Camden foodbank 14 Pratt Mews, London NW1 0AD 07871 248704 - (Food Deliveries Only)  
info@camden.foodbank.org.uk <https://camden.foodbank.org.uk>

Registered Charity in England & Wales (1004800)



Just Giving for Camden Foodbank

# Dr Bike - Tuesday 26th March



**Get your bike checked over ready for the Spring and Summer!**

**FREE** Bike Checks. Bring your bike along to the school (yours and/or your child's) at drop off from 08:45am and have it checked over by professional cycle mechanics. Minor services, parts and repairs will be free. You can also ask for advice on bike fitting and any technical questions.



**Places are limited so please book ahead by calling the office now take your details and ensure your bike can be seen in the time the Dr's are here.**

**Important:** This is a free service and delivered in the school. Some repairs may require a workshop. We will advise you if this is the case. If the bike is beyond repair, we will advise you.

Please bring replacement inner tubes if you think your bike has punctures. The inner tube will be replaced. We are unable to provide inner tubes as there are many different types and we are unable to carry all the types.

# Parents & Carers: Would you like help with life admin?

Come to my drop in every Tuesday,  
I can help support you with things  
like:

- Making phonecalls
- Applications
- Composing emails or letters
- Printing
- And anything else we try to avoid!

The drop in will start after the half term  
break and will be on the following dates:

Tuesday 19th March 9-10am



Tea and biscuits included!

Contact Lisa for more info 0207 485 2028 or [l.tan@fleet.camden.sch.uk](mailto:l.tan@fleet.camden.sch.uk)



# Message to parents from our School Inclusion Support Officer

## **School Inclusion Support Officers**

Over the last few months, you may have seen stories about the importance of good attendance on social media, on TV, in newspapers and there have been posters in bus shelter in Camden and the government has launched its Moments Matter Attendance counts campaign this month. The government is very concerned about the number of pupils who are missing school, and they are asking council's attendance services and schools to help support children return to school.

Camden council has appointed three new School Inclusion Support Officers to help support schools improve attendance and reduce suspensions / exclusions by ensuring children and young people who are absent from education or at risk of suspension/exclusion receive appropriate interventions and support to enable them to achieve positive educational outcomes.

Our School Inclusion Support officer is Ms. Alison Ellis, and she will be visiting us in the coming weeks and some parents may be invited to meet with the School Inclusion Support Officer to discuss the reason for poor attendance and what we can do to help your child to return to school.

We know that children who attend school regularly and on time are more able to access their learning, get support in subjects they may struggle with and have a better chance of passing their exams.

We know as a parent you also worry about your child's future, and we want to work with you to ensure every pupil at Fleet has a full-time education to maximise opportunities for everyone to realise their potential.

Being a parent is not easy if you need talk to someone about your child's attendance, please contact me on: [alison.ellis@camden.gov.uk](mailto:alison.ellis@camden.gov.uk)

**It is never too late to benefit from good attendance.**



# Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. Where possible we will 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

11th-22nd March	Sustrans Big Wheel and Walk—travel to school 'actively'
13th March	School Council to the Houses of Parliament
20th & 21st March	Parent Teacher Meetings Y1-Y6 (Y2 not doing 20th but 19th instead—no Y4 meetings—they are May 1st and 2nd)
26th March	Bike Doctor in—book your bikes in for a free service (must book in—limited spaces)
28th March	Last Day of Term—finish at 2pm
15th April	INSET Day School Closed
16th April	First day of Summer Term—children back
1st May	Reception and Year 1 National Dental Programme Visits t.b.c.
6th May	May Day Bank Holiday—School Closed
27th-31st May	Half Term week—School Closed
3rd June	Summer Term—second half starts—children back
10th June	INSET Day—School Closed
27th June	KS1 and KS2 Science Workshops with the Crick in school
12th July	Sports Day for KS1 and KS2 @ Running Track on the Heath (aim for 10am start)
24th July	Last day of term—school closes at 2pm

## NURSERY 2023-24

15th March	Camden Kids Talk Programme—stay and play session for parents
18th March	Reading Café—3-3.20pm
21st March	Individual Parents Appointments

## RECEPTION 2023-24

15th March	Stay and Play Parent Session
26th March	Trip to Camley Street

## PARENTS ASSOCIATION EVENTS

Thurs 21st March	Disco 4.45-6.30pm
Thurs 25th April	International Food Evening
Sat 6th July	Summer Fair

## YEAR 3 2023-24

15th March	Trip to the CLC
21st March	Trip to October Gallery

## YEAR 4 2023-24

20th March	Trip to Keats Library
22nd March	Dance Workshop
1st & 2nd May	Parent Meetings for Year 4—sign up online

## YEAR 1 2023-24

22nd March	Y1 Class Assembly @ 10am
22nd March	Y1 Class Tea after school—parent run

**CHANGE OF DATE!**

## YEAR 5 2023-24

18th-28th March	Swimming everyday @ Kentish Town Pool
18th April	Trip to EarthFest @ Kings Cross
1st May	Trip to the CLC

## YEAR 6 2023-24

18th April	Trip to EarthFest @ Kings Cross
13-16th May	KS2 SATs week
3rd-7th June	Gower Residential Trip
17th—28th June	Swimming everyday @ Kentish Town Pool

## YEAR 2 2023-24

14th March	Y2 Class Tea after school—parent run
15th March	Y2 Class Assembly @ 10am
19th March	Parent Meetings—3.30-5.30pm
22nd March	Trip to Heath (am)
22nd March	Dance Workshop (pm)

# Term Dates for 2023-24

## SPRING TERM

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

## SUMMER TERM

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

## STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Monday 4 <sup>th</sup> and Tuesday 5 <sup>th</sup> September 2023	Monday 8 <sup>th</sup> January 2024	Monday 15 <sup>th</sup> April 2024
2 <sup>nd</sup> half term			Monday 10 <sup>th</sup> 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. |



# 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





**NHS**

 Camden

# Camden Mobile Health

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

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

## Bus location

## Date

**The Living Centre -**  
2 Ossulston Street, NW1 1DF

**Friday 1 March**  
11am-3pm

**Brunswick Centre -** Opposite the  
School of Pharmacy, 29-39  
Brunswick Square, WC1N 1AX

**Friday 8 March**  
11am-3pm

**Castlehaven Community Centre**  
- 23 Castlehaven Road,  
NW1 8RU

**Friday 15 March**  
11am-3pm

**Lismore Circus -** 1-2 Lismore  
Circus, NW5 4QF

**Friday 22 March**  
11am-3pm

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



## Citizens Advice Camden Advice North Camden Project

### How we can help:

We offer advice on:

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

and more

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

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

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

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

WE HAVE THE FOLLOWING ADVICE SESSIONS AT FLEET PRIMARY SCHOOL. **Sessions are by appointment only and can be booked by contacting Lisa Tan on 0207 485 2028 or by emailing [l.tan@fleet.camden.sch.uk](mailto:l.tan@fleet.camden.sch.uk).**

Tuesday 6<sup>th</sup> February 2024 • Tuesday 19<sup>th</sup> March 2024 • Tuesday 14<sup>th</sup> May 2024 • Tuesday 25<sup>th</sup> June 2024

**The  
Children's  
Society**



## Emotional health and well-being support

**For Children and Young People aged 6-25**

Drop-in sessions taking place each Thursday  
between 2.30pm-6:30pm



Camden Beam at  
Calthorpe Community Garden  
258-274 Gray's Inn Road  
WC1X 8LH

Find out more:  
[childrenssociety.org.uk/beam](http://childrenssociety.org.uk/beam)  
Service email address:  
[CamdenBeam@childrenssociety.org.uk](mailto:CamdenBeam@childrenssociety.org.uk)



**Creche  
available**



Come to enjoy  
your learning!



Come and make  
friends!



Get help, apply  
for jobs or emails.



Skills for life in  
London



Get a certificate  
qualification.



Small groups and  
a lovely teacher!

**To register your interest and assess your level –  
contact Lisa on 0207 485 2028**

**ESOL  
English  
Classes  
- speak to  
Lisa about  
which class  
is best for  
you and she  
can sign  
you up and  
support you**

## What will I learn?



### How will I learn?

- Work in groups, pairs or alone with support from a tutor (or trained volunteer).
- Paper-based and online activities set as homework
- Agree targets that are personal to you
- Have time with your teacher to talk about your progress
- Put into practice what you learn in your community or with family

### What will I learn?

- Use punctuation, upper and lower case, commas and full stops
- Use grammar with subject verb order
- Complete a standard form about yourself with confidence
- Understand the meaning of different types of text
- Recognise how to use digits, signs and symbols in a text
- Listen to audio or spoken communication and give your opinion
- Talk with others about daily life and familiar topics
- Ask questions in pairs and small groups
- Use pronunciation, stress and intonation to be understood
- Engage in discussions using correct phrases

**Please contact  
Our school office on 0207 485 2028  
ask to speak to Lisa**

STARTING JANUARY 2024—  
LIMITED SPACES: IF YOU  
ARE INTERESTED, PLEASE  
CONTACT LISA ON 0207 485  
2028 OR  
l.tan@fleet.camden.sch.uk



# Camden Giving Presents

FREE - PAMPER FOR SINGLE MUMS



Camden Giving, in partnership with qualified Massage Therapist- Ellen Thompson are offering a well-deserved FREE pamper session to single mothers in the borough.

You will be able to enjoy 45 mins luxurious massage in a private room, where you can feel relax, de-stress and rejuvenate!

Contact Ellen Thompson- 07734 722754

School referral:  
Lisa - Fleet, Simone - Netley

Zare - Rhyl, Shahana- Gospel Oak



# From the National College - Wakeup Wednesday Guides

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# TEKKEN 8

AGE RESTRICTION  
PEGI  
16

Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream instalment. A one-on-one fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases – but there's still plenty to consider in keeping young players safe from potential hazards.

### WHAT ARE THE RISKS?

#### FUTURE SPENDING?

Tekken 8 carries a PEGI 16 rating, with the assessors noting its violence, occasional profanity and in-game purchase options. The latter issue, however, is a little different to what you may expect from a modern game: unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

#### COPYCAT RISK

With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their epic fights in real life. This could simply amount to harmless fun – but could also easily lead to accidents, injury and distress if young gamers start actually landing blows.

#### VIOLENT GAMEPLAY

As a fighting game, Tekken 8's gameplay is heavily based on punching, kicking and throwing opponents around – while some characters' attacks occasionally involve weapons. Most of the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the action still revolves entirely around intense combat and inflicting damage on an opponent.

#### FAMILY CONFLICT

Tekken 8's story mode, 'The Dark Awakens', focuses on two of the series' most important characters – Kazuya and Jin, a father and son who have been warring for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children – causing confusion and concern over why relatives would want to hurt one another.

#### RANKED ONLINE PLAY

Tekken 8 features an array of online modes – most notably its 'Ranked' section, where players battle to reach the top spot of a worldwide leaderboard. Many players will dedicate significant amounts of time to practising and – while the challenge can be fun – some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they wind up on a losing streak.

#### ONLINE CONTACT

Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). Rival players can, therefore, reach out via messages if they wish. Given the game's fiercely competitive nature, these communications can potentially put children at risk of online abuse if their opponent is a particularly sore loser.

## Advice for Parents & Educators

### TRY IT OUT YOURSELF

As with many popular games, we'd recommend checking it out for yourself in advance if you have any concerns. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters: a useful way of establishing first-hand whether some children might find the game's violence to be too intense.

### EXERCISE YOUR JUDGEMENT

While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most observers would describe as gory (unlike, for instance, the Mortal Kombat franchise). Of course, any fighting game worthy of the name will include a significant degree of violence – but the level at which the battles in Tekken are pitched may not be an issue for some children.

### MARTIAL ARTS MOTIVATION?

With characters utilising real-world fighting styles such as jiu-jitsu, boxing and kickboxing, Tekken could represent an opportunity to channel a child's fondness for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

### CONTROL COMMUNICATIONS

If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications – such as shutting off the facility to be messaged by other players (although the child's profile name will still be displayed) – to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's Steam account (if playing on PC).

### Meet Our Expert

Editor in Chief of gaming and esports site GGRacon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday

The National College®

Source: [https://pegi.info/en/search-peg/rq=tekken+8&op=1&it&age%5B%5D=&desc%5B%5D=&pub%5B%5D=&platform%5B%5D=&release\\_year%5B%5D=&page=1&form\\_build\\_id=form-0KNNBUeQMOSM2SLWGQvg245kuemFroeb0E0085w-0&form\\_id=pegi\\_search\\_form](https://pegi.info/en/search-peg/rq=tekken+8&op=1&it&age%5B%5D=&desc%5B%5D=&pub%5B%5D=&platform%5B%5D=&release_year%5B%5D=&page=1&form_build_id=form-0KNNBUeQMOSM2SLWGQvg245kuemFroeb0E0085w-0&form_id=pegi_search_form)

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.03.2024



## 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

**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](http://www.parenthub.co.uk) to find out more

# 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](mailto: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](https://camden.gov.uk/democracy)

Gospel Oak



# 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](mailto:keir.starmer.constituency@parliament.uk)



020 7388 7862



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



# Citizens Advice Camden

## How to contact us:



## Adviceline

**0808 278 7835**

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

**Monday – Friday 10am-4pm**

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

[www.camdencabservice.org.uk](http://www.camdencabservice.org.uk)



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

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

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

Webchat:

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

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

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

*Visit our website for details of all our services*

Citizens Advice Camden is a registered charity 291955



# Wac Arts

**Nurturing children & young people's creativity**

**High-quality, affordable evening & weekend classes for young people**

.....

## Performing Arts

- | Dance
- | Drama
- | Singing
- | Music
- | Musical Theatre

## Creative & Digital Arts

- | Animation
- | Art & Design
- | Filmmaking

**Age  
4 - 30**



**wacarts.co.uk**

**213 Haverstock Hill, London, NW3 4QP**







# Sprint, run, throw and jump into athletics!

## QuadKids 2024

At Parliament Hill Track on:

Sunday 7<sup>th</sup> April, 5<sup>th</sup> May, 2<sup>nd</sup> June, 7<sup>th</sup> July,  
4<sup>th</sup> August, 1<sup>st</sup> September, 6<sup>th</sup> October 12-2  
pm (please arrive by 11:45)

Wednesday 17<sup>th</sup> April at 4:30 (arrive by 4:15)

Register (£4) online at:

<https://webcollect.org.uk/highgate>

*How fast can you sprint?*

*How far can you throw?*

*What's your longest long jump?*

*Got the stamina to race for two minutes?*

QuadKids is an England Athletics endorsed format for children of all abilities under 12. It's quick, fun and a great way to measure progress over time.

Further details:

[www.highgateharriers.org.uk](http://www.highgateharriers.org.uk) or email  
[quadkids@highgateharriers.org.uk](mailto:quadkids@highgateharriers.org.uk)

**We hope to  
see you there!**



Highgate Harriers

[www.highgateharriers.org.uk](http://www.highgateharriers.org.uk)



- 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

# EASTER CAMP

March-April Easter Holidays 2024 | 3-Weeks Available | Monday-Friday

\*Check Online with your Home Postcode, to see which Dates and Weeks are Running at your Closest Location!



Registered  
Childcare Vouchers  
GTFCC, CGPS,  
Universal Credit  
Accepted



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

**Book Online:**  
[mnature.co.uk](http://mnature.co.uk)

**Or Call:**  
**020 8863 8832**



Early-Bird,  
Multi-Book  
Discount  
Available!



"BEST CAMP EVER"

Read Parent Reviews at:  
**feefo** ★★★★★  
Independent Service Rating



## APRIL EASTER 2024 Information

In this fantastic 4-day Holiday Science Activity Camp, your children will enjoy lots of premium fun, hands-on, craft-focused, chemistry, biology and physics science activities and special demonstrations with take home experiments (see below) - with outdoor activity play!

### • Dates:

Week A: Mon 25 to Thur 28 Mar 2024 (4 days)

Week B: Tue 02 to Fri 05 Apr 2024 (4 days)

Week C: Mon 08 to Thur 11 Apr 2024 (4 days)

- **Open to Children:** aged 5-12 years - Only
- **Venues:** across London (look right>)
- **Times:** 9am - 3:30pm (6.5hrs). Extended hours 8:30am-4pm.
- **Day Places:** limited day-places available to book online

Early-Bird,  
Multi-Book  
Discount  
Available!

## Science Blast! - New for 2024!

### Day 1> Rocket Launch!

Air Rockets!  
Rocket 3,2,1!  
Hoop Gliders!

### Day 2> Powerful Air!

Choppers!  
Eggonauts!  
Catapult Comp!

### Day 3> Starry Light!

Light Show!  
Flame On!  
Starry, Starry Night!

### Day 4> Outer Space!

Alien Slime!  
Moon Plate!  
Design a Mars Rover!

and many, many more cool science demonstrations, experiments, games and quizzes! - see online for more info!

## VENUES Serving:

- NW London**
- Barnet
  - Brent
  - Camden
  - Ealing
  - Harrow
  - Hillingdon
  - Westminster

- SW London**
- Kensington
  - Hammersmith and Fulham
  - Hounslow
  - Kingston
  - Merton
  - Richmond
  - Sutton
  - Wandsworth

- NE London**
- City of London
  - Enfield
  - Hackney
  - Haringey
  - Islington
  - Newham
  - Redbridge
  - Tower Hamlets
  - Waltham Forest



Book online at:  
[www.mnature.co.uk](http://www.mnature.co.uk)

Or call us today:  
**020 8863 8832**

Also, Booking Online Now:

May-June Half-Term 2024  
Holiday Science Activity Camp



July-August Summer 2024  
Holiday Science Activity Camp



Did You Know?  
we also do  
**THE BEST  
BIRTHDAY PARTY  
EVER!**

See website for full list...

**LEARN TO PLAY IN A STEELBAND**

**TUNES  
VIBES  
GOOD  
TIMES**

**STEEL  
PAN  
MUSIC**



**MAKE MUSIC**

**FREE FOR YOUNG PEOPLE IN CAMDEN**



**MONDAYS FROM 6PM**

**THE WARREN CENTRE  
WHITFIELD PLACE. W1T 5JU.  
(NEXT TO THE WARREN SPORTS PITCH)**

- bring a friend or find them here
- play your favourite tunes live on pan
- total beginners welcome - join the band
- learn Camden's black music history

**contact us:**

**[hi@steelpanmusic.org.uk](mailto:hi@steelpanmusic.org.uk)**

**020 7459 4162**

**@Steelpan\_music**

 **Camden**

SUPPORTED BY CAMDEN COUNCIL



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](http://www.camden.gov.uk/camdens-music-service)

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](http://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><b>Violin</b>  <u>J.S Bach - "Chaconne" Partita No.2 by Esther Abrami - YouTube</u></p> <p>Usually plays the tune 'Small and light'</p>	<p><b>Percussion</b>  <u>Hyun-gi Lee - Garage Drummer - Percussion Final - BBC Young Musicians 2012 - YouTube</u>  <a href="https://www.youtube.com/watch?v=xxzK9CipS04">https://www.youtube.com/watch?v=xxzK9CipS04</a></p> <p>Ideal if you want to play lots of different instruments, from small to large</p>	
	<p><b>Cello</b>  <u>Sheku Kanneh-Mason - No Woman, No Cry (Arr. Cello) [Studio Session] - YouTube</u></p> <p>Plays the lower accompaniment, usually large to carry, on your back</p>	<p><b>Ukulele</b>  <u>Jake Shimabukuro Performing Bohemian Rhapsody On HiSessions - YouTube</u></p> <p>Small and light to carry                      Easy to write songs and sing along with</p>	
	<p><b>Recorder</b>  <u>BBC Young Musician 2012 - Charlotte Barbour-Condini (recorder) - Trotto (Anon.) - YouTube</u></p> <p>Small and light to carry                      Lots of different sizes from very low to very high                      You need lots of gentle breath control!</p>	<p><b>Guitar</b>  <u>BACH   Sean Shibe   BWV 997 (Development) - YouTube</u></p> <p>Can play the melody or strum chords                      Easy to write songs and sing along with                      You can play alone or in a band</p>	
	<p><b>Flute</b>  <u>Havana - Camila Cabello Flute Cover - YouTube</u></p> <p>Small and light to carry                      Needs a lot of breath!                      Held sideways</p>	<p><b>Voice / singing lessons</b></p>	
	<p><b>Clarinet</b>  <u>Introducing the Clarinet with Julian Bliss   Discover Instruments   Classic FM - YouTube</u></p> <p>Small and light to carry                      Needs a lot of breath!</p>	<p><b>Euphonium</b>  <u>Uptown Funk (Euphonium Loop) - Tubavisionary - YouTube</u></p> <p>Usually plays the lower accompaniment (not the tune)                      Be different and play this!</p>	
	<p><b>Saxophone</b>  <u>BBC Proms - Darius Milhaud: Scaramouche (Excerpt) - YouTube</u></p> <p>Large to carry, on your back                      Needs a lot of breath!</p>	<p><b>Trombone</b>  <u>GoPro on Trombone: Star Wars - Imperial March - YouTube</u></p> <p>Plays the lower accompaniment usually, although sometimes has the tune                      Large to carry</p>	
	<p><b>Trumpet</b>  <u>Alison Balsom - Autumn Leaves (Les Feuilles Mortes) - Live in London - YouTube</u></p> <p>Small to carry                      Needs a lot of breath</p>	<p><b>French Horn</b>  <u>Instrument: Horn - YouTube</u></p> <p>Medium sized                      Be different and play this!</p>	

## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

Lead to a career or be a lifelong, fulfilling activity where they will make friends.

## How can you help?

Your child will need to practise regularly to make progress. At first this will mean setting aside 10 – 15 minutes three or four times a week (a regular time is best) but as your child progresses, they will need to practise most days, for longer. Younger children will need you to help them – you don't need to be musical, just be encouraging.

## What else will help?

As soon as your child is able to play for more than a few minutes happily, and can play and read about eight notes, they could join one of our groups, make friends, and really develop their musicality.

Find out more here

[www.camden.gov.uk/saturday-music-centres](http://www.camden.gov.uk/saturday-music-centres)

and here

[www.camden.gov.uk/music-service-ensembles](http://www.camden.gov.uk/music-service-ensembles)

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

### Getting started is easy!

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

[www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service)



020 7974 7239

[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)

### Camden Music Service

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

[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)

[www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service)

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

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

## What instruments can my child learn?

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

## Will my child need an instrument?

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

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

## When and where will lessons take place?

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

## What types of lessons are there?

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

### Shared lessons

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

### Individual lessons

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

## What will it cost?

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

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

## How do I pay?

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

## Is any financial help available?

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

## What about if we want to stop?

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

## How do I apply?

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

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 Reception or Rebecca Combes in Nursery.



# Fleet's Forest School Request



# LOOKING FOR SPORTS AND CREATIVE CLUBS AND OPPORTUNITIES FOR YOUR CHILDREN?

**CHECK OUT THE ADS ON THE NEXT TWO PAGES FOR SOME OF THE GROUPS LOCALLY AVAILABLE TO OUR YOUNG PEOPLE.**



## 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](http://www.prorevo.co.uk) More Information: [Prorevolution.devel](mailto:Prorevolution.devel)

# #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




**METROPOLITAN POLICE**

**VPC Volunteer Police Cadets**

#PoliceCadets



YOUNG PEOPLE'S BOXING IN NORTH LONDON.

**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](http://www.metroboxlondon.co.uk) [info@metroboxlondon.co.uk](mailto:info@metroboxlondon.co.uk)

# CALLING ALL GIRLS

Girls Only Tennis Sessions  
Only £35 for 6 weeks, £60 for 13 weeks  
Free Racket and T-Shirt  
Suitable for beginners

prime video

LTA  
**YOUTH GIRLS**

**New Girls-only sessions Get a free Tennis racket, T-Shirt, and Wristbands**

This is a great initiative from the LTA to get more Girls and women active. Please find the Link to Girls Courses below.

<https://clubspark.lta.org.uk/RudolphSchoolofTennis/GirlsTennis>



**JOIN WAC ARTS TODAY**

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



Enrolment is OPEN!  
Visit [wacarts.co.uk](http://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 24

wk  
Westminster Kingsway College

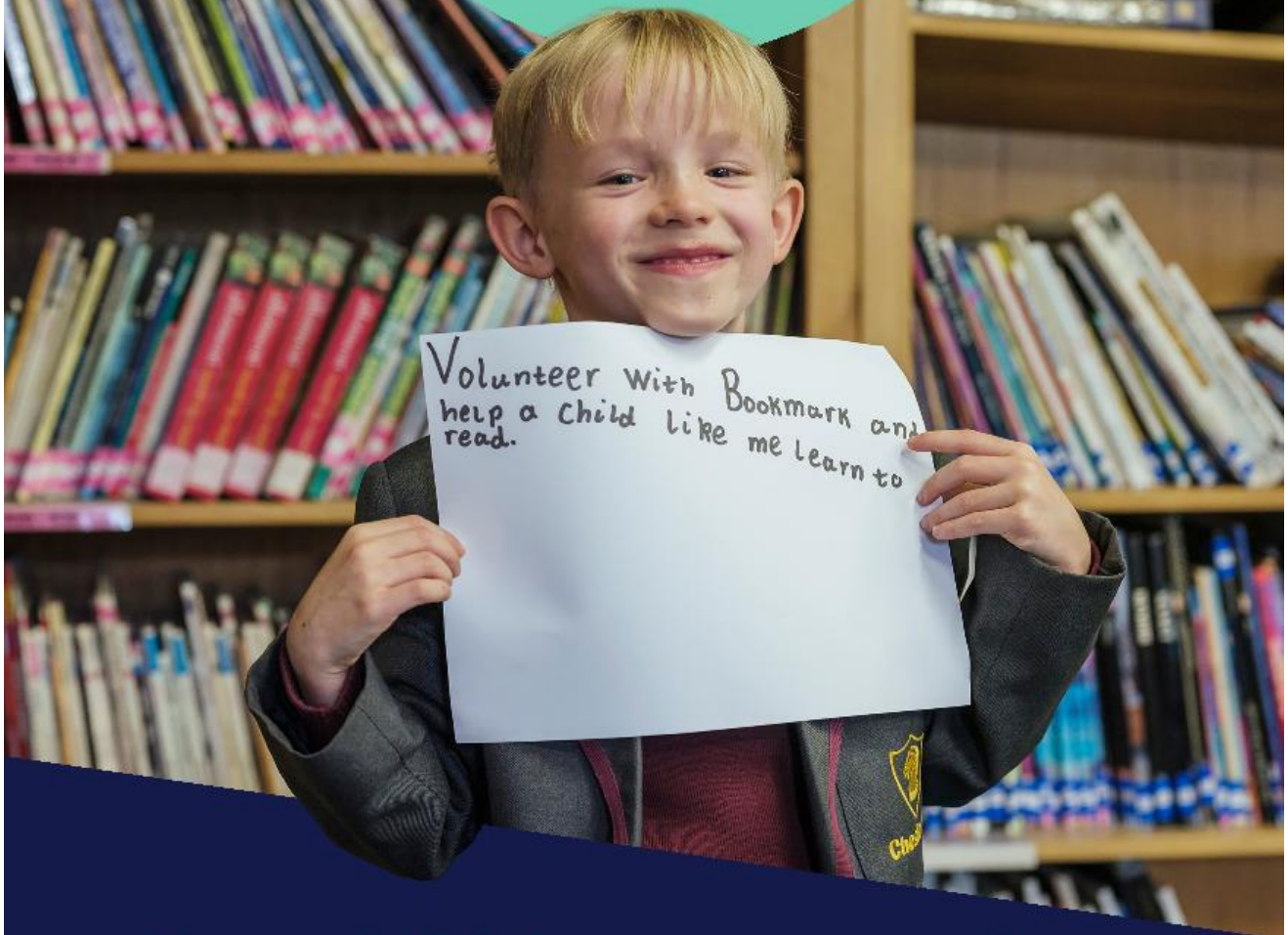
The BRIT SCHOOL

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

APPLY AT [BRITKIDS.ORG](http://BRITKIDS.ORG)



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](http://www.bookmarkreading.org/volunteer2f)*



## ADHD Parenting Programme

**FREE 6-week parent support group for residents in Camden and Islington**

Parents/carers of children aged 5-12 with an ADHD diagnosis

***Parents awaiting an assessment can join from session 2***

Learn more about the diagnosis and gain parenting skills and strategies from the 1-2-3 Magic model to help you manage your child's behaviour

Start date: Wednesday 17th April 2024

Time: 10:00-11:30

Venue: Online session



We accept referrals from all professionals or parents can self-refer by email:

[familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)



# Cost of Living Crisis - Camden Support Available



## Healthy Start pre-paid card and free vitamins

Do you receive income support? Are you pregnant or do you have any children under the age of four? You may be eligible for a Healthy Start prepaid card. The Healthy Start payments can be used to buy milk, fruit, vegetables, and infant formula. If you are eligible, you may receive: **£4.25 each week from the 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](#)

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](http://camden.gov.uk/camdensurestart)

**Camden Sure Start**  
Your journey. Our support.



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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](http://localoffer.camden.gov.uk)

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# Camden Children's Centre Services

# 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](mailto: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

## 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



## Online learning resources and homework

- Mathletics: [login.mathletics.com](https://login.mathletics.com) or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- 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.

**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](http://www.recycle4charity.co.uk)

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

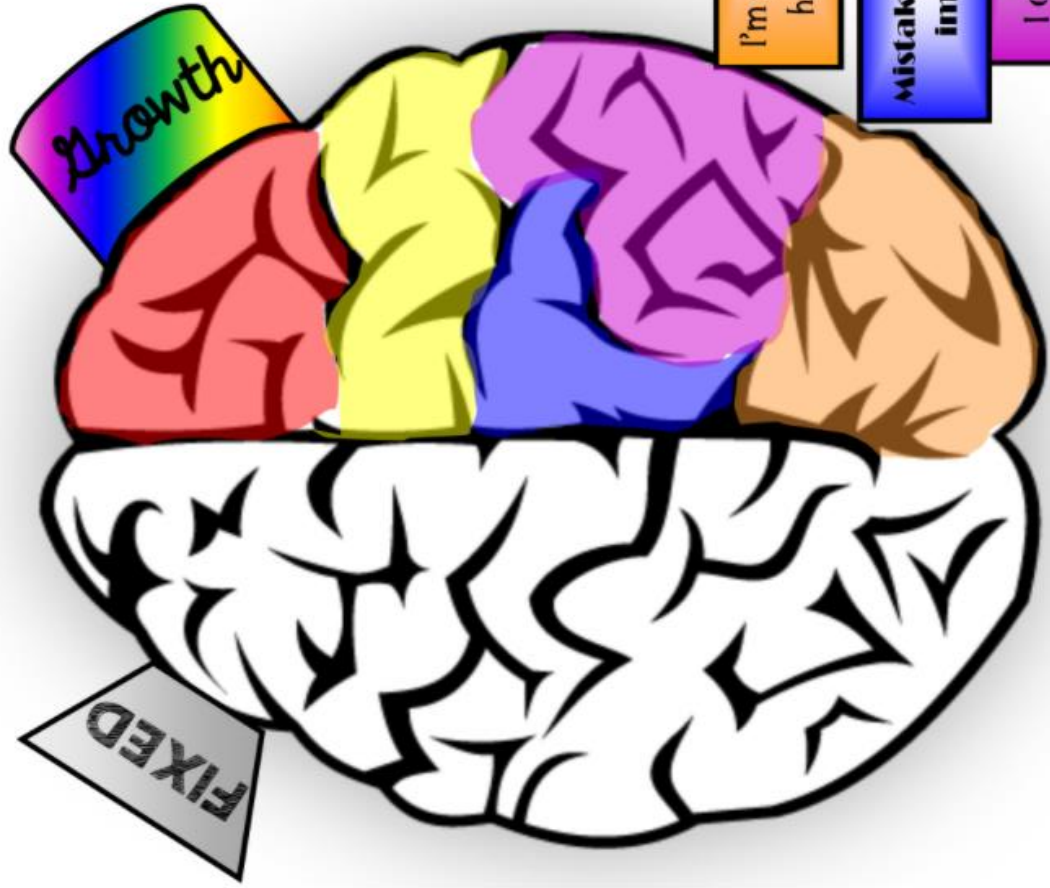
## Parent group: Families, Food and Feelings

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



# Change your words Change your *Mindset*

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



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

## Gender equality: guide for families

### What are gender stereotypes?

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

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



### Why are they bad for everyone?

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

#### Study and work:

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



#### Health and mental health:

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



### FAQs

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

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



[www.liftinglimits.org.uk](http://www.liftinglimits.org.uk)

## Gender stereotyping: what can we do about it?

### Toys:

- Building blocks, puzzles and construction develop spatial awareness. Dolls and imaginary play help to develop empathy and communication. Introduce a range of toys for all children.
- Thinking about buying presents? For help avoiding gifts which reinforce gender stereotyping see the Let Toys be Toys website at [www.lettoysbetoysof.org.uk](http://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](http://www.liftinglimits.org.uk)

# Camden Early Help



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

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

## Early Help



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

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



### How do I get Early Help?

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

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

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

### Other formats

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

### Find out more

**T:** 020 7974 3317 (9am to 5pm, ask for Early Help)

**E:** LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)

Sure Start 020 7974 8961

[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

Produced by Creative Services 1251/23

\* free childcare places for eligible 2 year olds



### What's Early Help?

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

### What can you help with?

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

### What does Early Help do?

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

### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Stop Early Help

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

#### Families in Focus

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

#### Transformation Team

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

#### Youth Early Help

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



### Every Early Help team will:

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

