

Fleet Community Notices



Wednesday 15th November 2023



New items this week...

Not too many new notices this week. Look out for the link to book parent teacher meeting slots mentioned to the right. Parent workshop here in school this Friday open to all parents—see bottom right of this page. For those organised people out there already starting their Christmas shopping online please note page 7 for how to raise money for school from your normal online purchasing. See page 2 for the latest dates to note for the remainder of this term. Page 13 has some information on a new music opportunity running in Camden—steel pans. If your child is interested in this check out the details on that page. Also take a moment to look at the other music opportunities available through the Camden music service both here in school but also across Camden on pages 13-17. Page 19 is this week's parent information leaflet from National Online Safety and this week the topic is 'Smart TVs'. Many of us have them but are we fully aware of what a child can do on one? I know I took away something from reading it to consider with my own children.

Page 20-22 has details on holiday opportunities running locally for children (check ages on ads for ones applicable to your children as some are for secondary aged children).

Camden Cost of Living Advice and Support Booklet for Parents

This week we sent out via parent hub, a very useful booklet from Camden on the various types of support available to families to support through the current cost of living crisis. The QR code to the right, and the weblink below, take you to this booklet too. If you need any help or support understanding it or applying for anything, Lisa is happy to help—simply contact the office to make an appointment with her.

<https://shorturl.at/iqHT3>



Parent-Teacher Meetings

The dates for this term's Parent-Teacher meeting for each class from Y1-Y6 have been included in the dates page for some weeks now. You will soon receive a link to book a slot to meet with your child's class teacher for this meeting. Please use the link to book your session. These meetings are really key to ensuring we work together as a team for the best outcomes for your children. Please contact the office if you have any problems booking a slot.

Evening Yoga Classes at Fleet

Yoga Movement, Breath & Stretch

Monday evenings - 6pm - 7pm in the Fleet Primary School Hall (term time only)

This class will focus on letting go of the day. The class will allow you to move, strengthen, consciously breathe, release and rest.

For more details and to make sure this class is right for you, please email:

info@violetlotusyoga.com

Shopping Online...

If you are shopping online there are a number of retailers who will donate money to school—at no cost to you—as a reward for your purchases. With Christmas shopping coming up for many of you and lots doing it online, please consider supporting us this way—see page 6 for more details on 'Easy Fundraising' and how to sign up.

Individual photographs with school photographer

The school photographer was in on Monday doing individual and family photos. It is usually a couple of weeks before we get the proofs. As soon as we do these will be sent out so you can order any you want.



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.

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

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

Parent Workshop Friday 17th Nov @ 9am Topic: Supporting Children when they exhibit Challenging Behaviour.

Come along and learn about the approach we take in school including our 'zones of regulation' used with all children. Get ideas that will support you to manage when children are struggling at home.

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

| | |
|---------------|---|
| 17th November | Parent workshop—Supporting Children With Challenging Behaviour |
| 21st November | Citizens Advice Session—Contact Lisa for an appointment |
| 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 |
| 11th December | Nasal Flu Vaccinations—opt in—letter will be sent out |
| 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 finish the day before usual time) |
| 9th January | First Day of Spring Term—School reopens |
| 31st January | Parent Workshop—Creating Healthy Boundaries around screen time/media |

NURSERY 2023-24

| | |
|---------------|------------------------------|
| 21st November | Trip to Keats Library |
| 30th November | Parent Run Class Tea |
| 8th December | Infant Christmas Show—10am |
| 13th December | Trip to theatre |
| 20th December | Last day of term for Nursery |

RECEPTION 2023-24

| | |
|---------------|----------------------------|
| 16th November | Heath Walk |
| 16th November | Parent Run Class Tea |
| 1st December | Trip to theatre |
| 8th December | Infant Christmas Show—10am |

Parents Association Events

| | |
|------------------|----------------------------|
| Sat 2nd Dec | Winter Fair—3.30-6.30pm |
| Thurs 25th April | International Food Evening |
| Sat 6th July | Summer Fair |

YEAR 1 2023-24

| | |
|-----------------|----------------------------|
| 29th & 30th Nov | Parent-Teacher Meetings |
| 8th December | Infant Christmas Show—10am |

YEAR 4 2023-24

| | |
|-----------------|--|
| 21st November | Cinema—Camden Odeon |
| 22nd November | Trip to Keats Library |
| 24th November | Trip to the CLC |
| 28th November | Sport at Talacre (AM) |
| 29th & 30th Nov | Parent-Teacher Meetings |
| 30th November | Trip to Tower of London |
| 5th December | Sport at Talacre (AM) |
| 12th December | Sport at Talacre (AM) |
| 13th December | Trip to Keats Library |
| 14th Dec | Junior Christmas Show—10am (anyone) & 7pm (ticketed) |

YEAR 5 2023-24

| | |
|-----------------|--|
| 20th Nov | Trip to the CLC |
| 21st Nov | Sport at Talacre (AM) |
| 27th Nov | First Aid and Defibrillator Training Workshop |
| 29th & 30th Nov | Parent-Teacher Meetings |
| 14th December | Junior Christmas Show—10am (anyone) & 7pm (ticketed) |



YEAR 2 2023-24

| | |
|-----------------|----------------------------|
| 16th November | Sport at Talacre (AM) |
| 17th November | Trip to the CLC |
| 28th & 30th Nov | Parent-Teacher Meetings |
| 7th December | Parent Run Class Tea |
| 8th December | Infant Christmas Show—10am |

YEAR 6 2023-24

| | |
|-----------------|--|
| 21st November | Trip to Hackney Empire (back late—around 4pm) |
| 27th November | Trip to the Royal Institute |
| 29th & 30th Nov | Parent-Teacher Meetings |
| 14th December | Junior Christmas Show—10am (anyone) & 7pm (ticketed) |

YEAR 3 2023-24

| | |
|-----------------|--|
| 22nd November | To the Cinema—Camden Odeon |
| 23rd November | Sport at Talacre (AM) |
| 29th & 30th Nov | Parent-Teacher Meetings |
| 30th November | Sport at Talacre (AM) |
| 7th December | Sport at Talacre (AM) |
| 14th December | Junior Christmas Show—10am (anyone) & 7pm (ticketed) |

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 | Nursery- Wednesday 20 th December 2023 Reception- Year 6- Thursday 21 st December 2023- close @ 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. |



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.



Fleet Primary School

Fleet Road Hampstead London NW3 2QT

Tel: 020 7485 2028

E-mail: admin@fleet.camden.sch.uk

Headteacher: Don McGibbon

Sponsorship forms
being sent home with
children today...

Children in Need: Pudsey 'Bearpees' Challenge



8th November 2023

Dear Parents and Carers,

Next week we are raising money for Children in Need by taking part in the Joe Wicks 'Pudsey Bearpees Challenge.'

Joe Wicks is challenging schools to get pupils sponsored to complete 1,000 Bearpees across Appeal Week, every day from Monday 13th to Friday 17th November. In order to hit the 1,000 Bearpee target, we will do this collectively in classes.

Nursery to Year 6 will take part in the challenge and there are different Bearpees so everyone can take part. Follow the link below if you'd like to take part at home too.

<https://www.bbcchildreninneed.co.uk/fundraising/introducing-pudsey-bearpees/learn-how-to-bearpee/>

Children In Need raise lots of money to fund thousands of charities and projects in every corner of the UK, that support children and young people to feel and be safer, have improved mental health and wellbeing, form better, more positive relationships and be given more equal opportunities to flourish.

Your child will bring home a sponsorship form today and we hope you'll be able to raise some money for Children In Need, but most importantly everyone will enjoy taking part in the Bearpees challenge.

Thank you

Yours Sincerely,

Mo & Zara (Y3)

Robyn & Rocco (Y4)

Fatma, Jarod, Layan, Mia, Okpe, Ursula & Yacub (Y5)

Alea, Hana, Millie, Riga, Sufiyan, Tyrell (Y6)

Your Fleet Primary School Rights Respecting Ambassadors 2023-24

Fleet Primary School – Camden

www.fleet.camden.sch.uk

@FleetPrimary

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

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



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

Citizen's Advice session at Fleet

We have another Citizens Advice Bureau session for parents on:

Tuesday 21st November.

They can help with any of the following issues:-

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

This is for families that live in the following wards:

Kilburn - Swiss Cottage - West Hampstead - Fortune Green
Frognal and Fitzjohns - Belsize Park - Hampstead Town
parts of Gospel Oak and Primrose Hill

If parents would like to book a session, please email admin@fleet.camden.sch.uk



Citizens Advice Camden Advice North Camden Project

How we can help:

We offer advice on:

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

and more

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

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

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

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

How to get in touch:

Phone: **07769 225580**

Email: AdviceNorthCamden@camdencabservice.org.uk



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

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

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

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.



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!

From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.



INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.



REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.



UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.



A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.



CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.



Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.



CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.



SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.



CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.



Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS National Online Safety®
#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.11.2023

HAF Winter Program

**Tuesday 2nd January to Friday 5th
January**



Open to 23 young artists AGES: 5 - 12YRS

A physical and enrichment arts project designed to explore and create artwork using charcoals watercolor, gouache, and acrylic paints with inspiration from two excursions with our local partners in our community at Kentish Town City Farm (KTCF) and Belsize Nature Reserve.

The course covers a full range of environmental and outdoor foresting, exploring our local community farm animals at KTCF, and learning about growing vegetables to support their learnings in nutrition. The project will support children's sensory and cognitive learning by creating a collaborative piece of art on canvas to build confidence and friendship groups inspired by both their field trips.



23 SPACES AVAILABLE Ages 5-12yrs
BOOK NOW TO GUARANTEE YOUR PLACE ON THIS COURSE

TIME: 11.00AM - 3.00PM
LOCATION: HvH ARTS GALLERY - 44 Ashdown Crescent, NW5 4QE

A HOT COOKED LUNCH WILL BE PROVIDED

We will also have water, juice, and healthy snacks for you all at the Gallery. If you have any allergies please bring your own snacks.

We hold a NO NUTS Policy.

FOR YOUR FREE PLACE ENROL NOW TO AVOID DISAPPOINTMENT

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

HAF Winter Program



CULTURE VULTURE PHOTOGRAPHY ON LOCATION

2 days With Professional Photographer Debbi Clark

Wednesday 3rd to Thursday 4th January

Open to 22 young artists, ages 12 -16 yrs

Time: 11am to 6pm

LOCATION: HvH ARTS Media Studio, 181 Mansfield Road NW3 2HP

Professional photographer Debbi Clark working alongside Harley Price and Jude Wacks will be teaching the art of photography using professional Olympus EPL-10 cameras, teaching creativity using different lenses, zoom, and fixed lenses to capture images in fine art photography.

We will be supported by the National Portrait Gallery who will be giving a private tour and talks at the exhibitions being held in January 2024. This course includes a tour of The Tate Modern with artist Nina Mae Fowler contributing her time to talk with our young people on this project.

We will return to the HvH ARTS Media Studio to work on the editing platform 'Lightroom Classic' teaching our artists how to edit their final images to support their learnings in the art of photography and enable them to use the images toward their study projects at their Secondary Schools at the start of their Spring Term 2024

BOOK NOW TO GUARANTEE YOUR PLACE ON THIS COURSE



Open to 22 young artists, ages 12-16yrs

Time: 11am to 6pm

LOCATION: HvH ARTS Media Studio, 181 Mansfield Road NW3 2HP

LUNCH WILL BE PROVIDED

We will also have water, juice, and healthy snacks for you all. If you have any allergies please bring your own snacks.

We hold a NO NUTS Policy.

FOR YOUR FREE PLACE ENROL NOW TO AVOID DISAPPOINTMENT

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



HAF Winter Program

COOKING WITH MOTHER with Chef Chris at Mother Canteen

Monday 2nd to Friday 5th January
Open to 20 young artists, ages 12 -16 yrs
Time: 10am to 2pm

LOCATION: Mother Canteen, 181 Mansfield Road NW3 2HP

A fabulous opportunity to explore and learn to cook recipes from around the World focusing on cuisine from Africa, Asia and South America with an emphasis on home food and flavours. Meals specific to different communities and not often seen on a typical restaurant menu. Young people will be eating their evening meal together, learning healthy eating with exciting recipes and collaborating as a team of young chefs in Chris's kitchen at Mother Canteen.



BOOK NOW TO GUARANTEE YOUR PLACE ON THIS COURSE

Only 20 places available, ages 12-16yrs
Time: 10am to 2pm

LOCATION: Mother Canteen, 181 Mansfield Road NW3 2HP

We will also have water, juice, and healthy snacks for you all. If you have any allergies please bring your own snacks.

We hold a NO NUTS Policy.

FOR YOUR FREE PLACE ENROL NOW TO AVOID DISAPPOINTMENT

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

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



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 More Information: 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 Fiedeljs
Drummond Crescent NW1

Thursday - Hampstead School
Westbere Road NW2

For more information, contact:
Camden Cadets
CamdenVPC@met.police.uk
07767006365




#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  info@metroboxlondon.co.uk

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

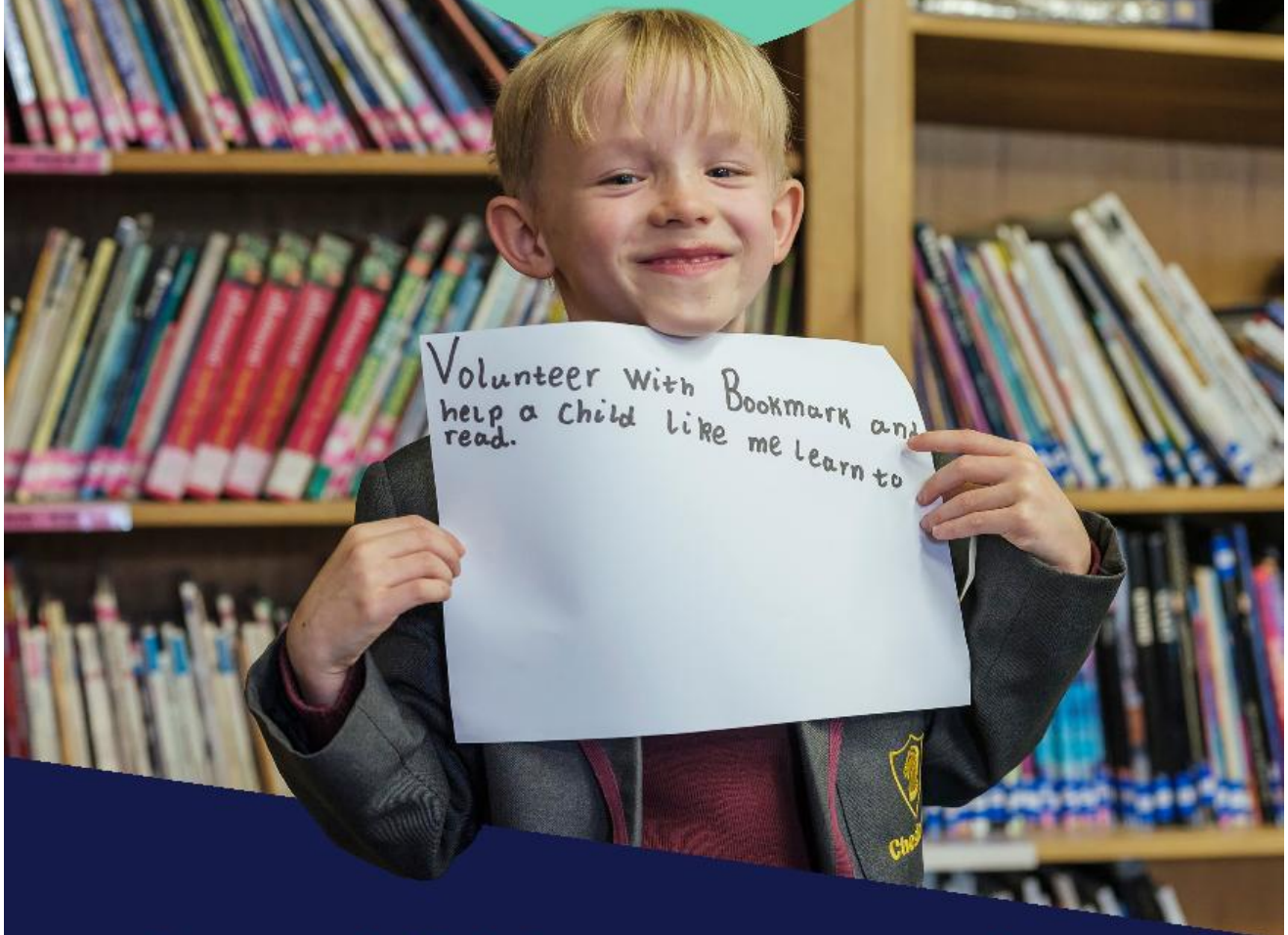
The BRIT SCHOOL

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

APPLY AT BRITKIDS.ORG



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*

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](#)

Come and talk to us...

We listen to parents. We can advise you about your child's development, breastfeeding, parenting, housing, employment and benefits advice. There are local free drop-in 'stay and play' sessions and we can help you find an early education and childcare place. In fact everything you need in the early years to bring up your child.

Come along to your local children's centre and get to know other parents.

If you would like to know more — just ask us.

To find out more about services and support in your area, or just to ask a question, please phone or call in to your nearest children's centre. We do not charge for our services.



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



Children's Centres:

- 1a Children's Centre**
 1a Rosebery Avenue ECLR 4SR
 020 7974 7024
- Regents Park Children's Centre**
 Augustus Street NW1 3TJ
 020 7974 8954
- Harmood Children's Centre**
 1 Forge Place NW1 8DQ
 020 7974 8961
- Agar Children's Centre**
 Lulworth, Wrotham Road NW1 9SU
 020 7974 4789
- Kilburn Grange Children's Centre**
 1 Palmerston Road NW6 2JL
 020 7974 5080

Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



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12/06/2018 11:44



Pregnancy & New Born Baby



New Born Baby to 2 Years



Child 2 to 5 Years

Mums, Dads and Carers, come with your children to your local children's centre.

Happy, healthy and looking forward to the future? That's what you and your child deserve. It's why Camden has developed a complete range of services, designed to offer support during the first months and years of your child's life.

We're here for the whole family. From the moment you know you're expecting a baby, our services and support will be available to you and your child, right up until birth and for years into the future.

Advice and play activities to support your child's speech and language

What kind of help?

We want you to feel confident as a parent, to be aware of everything that's available for your child's early development. We can help — come and talk to us.

You may be a first-time dad or mum or you could already have a family. Either way, we want to help you and your child to feel secure, healthy and happy.

Some dads and mums are anxious about caring for their baby and how to look after a growing child. Others need help with practical issues like benefits advice, employment or arranging affordable childcare.

Whatever you need, we want to help you and your child get the best start in life.

One-to-one support if you are feeling low, anxious or stressed by family life

Our support.

- Midwifery and health visiting services
- Information and support about breastfeeding, baby feeding and healthy eating
- Stay and play drop-ins and other activities for you and your child to enjoy together
- Family support team — if you need extra help
- Early education and childcare and childminders
- Help to find training and employment and benefits advice
- Local services for children with special educational needs and/or Disabilities, visit localoffer.camden.gov.uk

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12/06/2018 11:44

Camden Children's Centre Services

If you or any friends/family are tidying gardens and pruning trees please save and bring in any branches or logs for our Forest School. Any size! They are very useful for making dens and forest crafts. Thank you so much. If you have any questions, please pop over and speak to Beth Cleine in Reception 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 |

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 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.

Clue

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

and when not hiding inside printers they usually look like this

www.recycle4charity.co.uk

Treasure Hunt

Attention to all children and teachers!

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

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

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

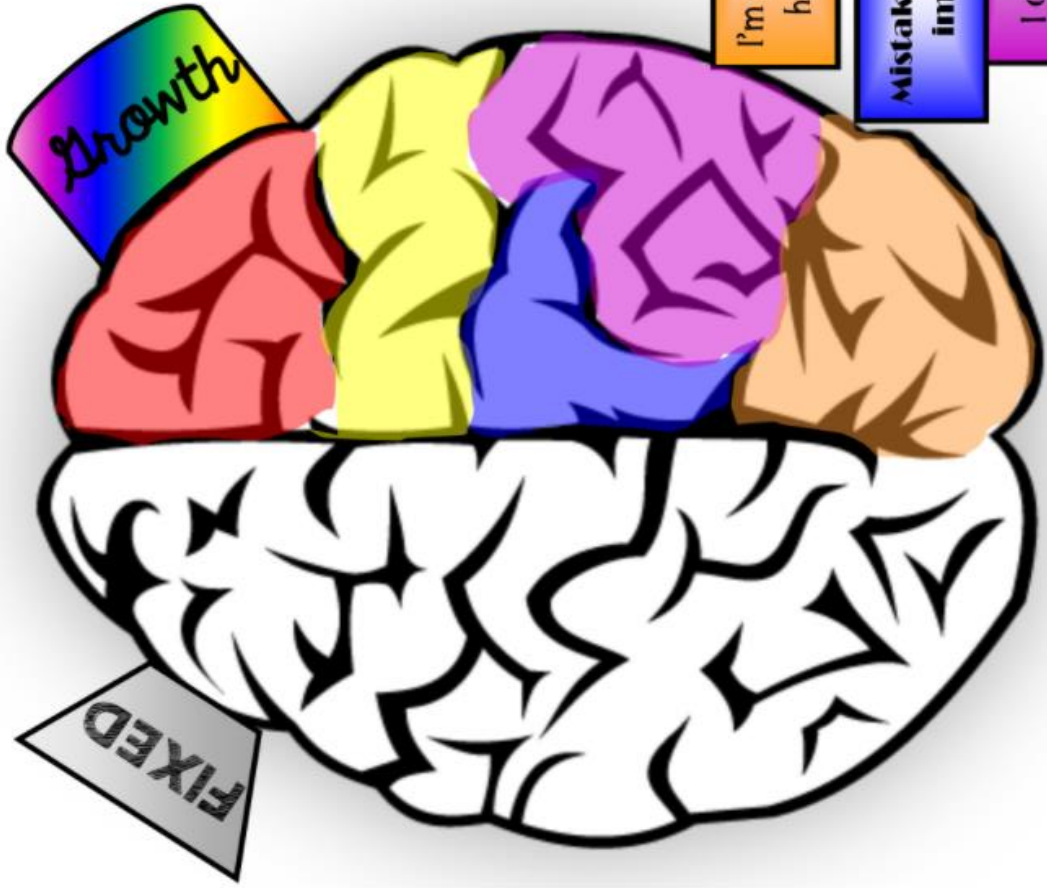
Parent group: Families, Food and Feelings

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



Change your words Change your *Mindset*

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



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

Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



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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

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* 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.

