

New items this week...

On this page is an advert from the Rights Respecting Ambassadors for their winter food appeal—you may have seen them on the gate each morning collecting items for Camden Food Bank—you can bring items in until Monday. <u>Page 2</u> has the latest dates for your diary—and the link for ordering this year's Fleet School Calendar. <u>Page 4</u> has the menu for the Christmas Lunch. Some reading related items—the Camden Reading Challenge running over this Winter in local libraries—we encourage all children to take part can be found on <u>Page 19</u>. <u>Page 20</u> has details of a story writing competition being run by Daunt books. While <u>Page 21</u> has an advert for a book by an author coming to visit the school in January.<u>Page 22</u> is this weeks information sheet from National College—all you need to know to keep safe over Christmas online—would definitely recommend reading if your child has a phone or access to the online world. <u>Page 26-28</u> has items about local events happening over the next couple of weeks that might be of interest.

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ORDER YOUR FLEET 2025 CALENDAR—PERFECT CHRISTMAS GIFT! SEE BOTTOM PAGE 2 FOR HOW TO ORDER!

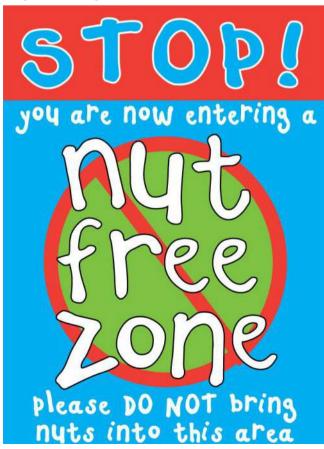


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Nut Free School

Please remember we are a nut free school. Nuts and items containing nuts should not be brought into school as snacks, part of packed lunches, or as donations to the Class Tea Sales. Thank you for your understanding and care to ensure we prevent dangers from allergic reactions.



Twitter: @FleetPrimary Web: www.fleet.camden.sch.uk

Dates for your diary this term...

WHOLE SCHOOL EVENTS

12th December	Junior Christmas Show for Parents @ 9.30am & 7pm (7pm show is ticketed)
13th December	Christmas Lunch
17th December	Infant Christmas Parties
19th December	Junior Christmas Parties & Junior Talent Show
20th December	Deadline to submit online annual parent questionnaire—weblinks sent home via ParentHub and can be found on Page 1
20th December	End of term—school finishes at 2pm
7th January	Spring Term Begins—children back

PARENTS ASSOCIATION & SPECIAL EVENTS

YEAR 4 2024-25		
12th December	Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed event)	
17th December	Trip to Keats Library	
19th December	Class Party - parents set up classroom after lunch	

YEAR 5 2024-25

12th December	th December Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed event)		474 5
17th December	Trip to the Unicorn Theatre—Odd and the Frost Giants		17th December
19th December	Class Party - parents set up classroom after lunch		18th December

YEAR 6 2024-25

12th December Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed eve		Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed event)	1.
	19th December Class Party - parents set up classroom after lunch		14
12th-15th May KS2 SATs Week		-	
	9th-13th June	Residential Trip to Gower	1;

YEAR 3 2024-25

12th December	Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed
	event)
19th December	Class Party - parents set up class- room after lunch

All year the children have been entering pictures into the Fleet Annual Calendar competition. The them this year was 'Famous Landmarks and Buildings'. The calendar is now complete and over the next few weeks we will be getting them printed ready for the new year. If you would like to order a copy (which includes all the term dates for Jan 2025—Dec 2025 included please use the link to the write to order.

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They are £4 for 1 calendar or £10 for 3 calendars—they will make fantastic presents at the same time as supporting the school. Thanks to all who purchase and to all the young artists who entered over the year.



Please bear in mind that occasionally trips may be arranged or cancelled last minute. Where possible we will give as nuch notice as we can. We need adult volunteers to support on these trips so please do look out for notices on class vindows or sent out via <u>ParentHub. Thank you.</u>

NURSERY 2024-25

17th December N

Nursery Christmas Party

RECEPTION 2024-25

17th December Infant Christm

Infant Christmas Party after lunch parents set up hall

YEAR 1 2024-25

17th December Infant Christmas Party after lunch parents set up hall

YEAR 2 2024-25		
17th December	Infant Christmas Party after lunch parents set up hall	
18th December	Computing Workshop with Gillian	

TUMN TERM	
First day of term	Wednesday 4 th September 2024
Half term (inclusive)	Monday 28 th Oct – Friday 1 st November 2024
Last day of term	Friday 20 th December 2024 – close at 2pm
RING TERM	
First day of term	Tuesday 7 th January 2025
Half term (inclusive)	Monday 17 th Feb – Friday 21 st Feb 2025
Last day of term	Friday 4 th April 2025 – close at 2pm
UMMER TERM	
First day of term	Wednesday 23 rd April 2025
May Day Bank Holiday	Monday 5 th May 2025 - school closed

Half term (inclusive) Monday 26th May – Friday 30th May 2025

Last day of term Tuesday 22nd July 2025 – close at 2pm

STAFF INSET DAYS - SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1ª half term	Monday 2 nd and Tuesday 3 nd September 2024	Monday 6 th January 2025	Tuesday 22 nd April 2025
2 nd half term			Monday 2 nd June 2025

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.

<u>School Christmas Lunch - 13th December</u>

The 13th December is the day the kitchen will be putting on the special seasonal 'Christmas Lunch'. If your child is currently packed lunch but you would like them to have a Christmas lunch please let the office know. As all school meals are currently free due to the Mayor of London scheme there is no cost for this but we need to know so that the kitchen make enough. Please let the office know by this Friday please (29th November). Thank you.

Christmas Lunch Menu

Traditional Roast Turkey

Feta, Spinach & Cranberry

Puff Pastry Roll

Accompanied with

Roasted Potatoes chipolatas, Stuffing, Carrots, Peas & Gravy Cranberry Bread

> Chocolate Yule Log Fruit Jelly & Ice Cream

Fresh Fruit platter



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.



Nessage 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: <u>alison.ellis@camden.gov.uk</u>

It is never too late to benefit from good attendance.





Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you shop online

Find us on 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!





CHRISTMAS

Donate unwanted coats, jackets, hats, scarves, and gloves to our **Coat Christmas Tree** to support those in need.

FIND OUT MORE:





You can also put a smile on a child's face by donating a gift to the **Royal Free Charity**.



PLEASE HELP **CAMDEN FOODBANK**



Camden Foodbank is a local charity supporting adults and children in food crisis. In the past 12 months the Trussell Trust group of foodbanks gave over 3.1 emergency food parcels to people in food crisis with over 1.1 million of these parcels being given out to children. The winter months are the worst for people with no access to food as they also need to keep warm to survive.

HOW CAN YOU HELP? Please donate targeted food to help Camden Foodbank make up emergency parcels or please donate money.

HOW TO DONATE FOOD BY HAND?

DAY	TIME OPEN	ADDRESS
Everyday	8am – 10pm	Camden Town Methodist Church, Wesley Hotel, Camden Town, 89 Plender Street, NW1 OJN.
Everyday	8am – 10pm	The Wesley Hotel, 81-103 Euston Street, NW1 2EZ.
Tuesday	11.30am - 3pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.
Friday	11.30am - 3pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.
Sunday	10am - 12pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.

HOW TO DONATE FOOD OVER THE NET?

DAY	TIME	ADDRESS
Tuesday or Friday	11.30am –2pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.

HOW TO DONATE MONEY? THROUGH JUST GIVING

https://checkout.justgiving.com/c/3445418

100% of your donation will go directly to Camden Foodbank.

Selecting GIFT AID which will increase your donation.

FOR CHEQUES/DIRECT DEBITS AND OTHER WAYS OF

GIVING https://camden.foodbank.org.uk/givehelp/donate-money

Camden Foodbank 14 Pratt Mews, London NW1 OAD. Phone for food deliveries only Tuesdays and Fridays - 020 7387 4551

info@camden.foodbank.org.uk https://Camden.foodbank.org.uk

Camden Foodbank registered charity in England and Wales 1084806



Just Giving for Camden Foodbank

URGENTLY NEEDED TARGETED FOOD

Tinned Meat

THIS AUTUMN &

WINTER PLEASE HELP US TO FEED

LOCAL PEOPLE IN

FOOD CRISIS

- **Tinned Fish**
- **Tinned Vegetables**
- **Tinned Soup**
- . **Tinned Fruit**
- **Tinned Tomatoes**
- Pasta & Pasta Sauce
- Rice .
- Biscuits
- Jam and Honey
- **Baked Beans**
- Cereal
- **Longlife Milk**
- **Longlife Juice**
- **Toothbrush &** Toothpaste
- Soap/Shower Gel
- **Toilet Rolls**
- Laundry Powder



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

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 Rebecca Combes in Nursery.







Music lessons at Fleet School

- Piano, Drum kit, Woodwind (recorder, flute, clarinet, saxophone)
- Lessons take place during the school day
- Hire an instrument from Camden Music Service, or buy an instrument at a reduced rate

Getting started is easy!

Simply apply online

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



Or scan the QR code





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







Have fun learning to play the piano at Fleet School

- Lessons take place during the school day
- Suitable for children in Years 2 6
- Buy an instrument at a reduced rate

Getting started is easy!

Simply apply online <u>www.camden.gov.uk/camdens-music-service</u>

Or scan the QR code above

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

		Percussion	1 Alexandre
	J.S Bach - "Chaconne" Partita No.2 by Es- ther Abrami - YouTube	<u>Hyun-gi Lee - Garage Drummer - Percussion</u> <u>Final - BBC Young Musicians 2012 - YouTube</u> —	
	<u>uler Abrailli - TouTube</u>	https://www.youtube.com/watch?	a solution
		v=xxzK9CipS04	v
	Usually plays the tune 'Small and		The state
2	light'	Ideal if you want to play lots of different instru-	
		ments, from small to large	1-1
	Cello	Ukulele	
	<u>Sheku Kanneh-Mason - No Woman, No</u>	Jake Shimabukuro Performing Bohemian Rhap-	
	Cry (Arr. Cello) [Studio Session] -	sody On HiSessions - YouTube	
12	YouTube		
		Small and light to carry	
	Plays the lower accompaniment, usually	Easy to write songs and sing along with	212 COUNTY 1000 PERSONNEL
	large to carry, on your back Recorder	Guitar	
	BBC Young Musician 2012 - Charlotte	BACH Sean Shibe BWV 997 (Development) -	
	Barbour-Condini (recorder) - Trotto	YouTube	D.
	(Anon.) - YouTube		
		Can play the melody or strum chords	
	Small and light to carry	Easy to write songs and sing along with	
	Lots of different sizes from very low to	You can play alone or in a band	
N	very high		0.04
┃┝────	You need lots of gentle breath control!	V	
lef.	Flute Havana - Camila Cabello Flute Cover -	Voice / singing lessons	S S S
No.	YouTube		
March 1	Small and light to carry	S.	
N.	Needs a lot of breath!		
	Held sideways		
1	Clarinet	Euphonium	
R	Introducing the Clarinet with Julian Bliss	Uptown Funk (Euphonium Loop) - Tubavisionary	16
	<u>Discover Instruments Classic FM -</u> YouTube	<u>- YouTube</u>	
-		Usually along the lower second second second second	19.7
	Small and light to carry	Usually plays the lower accompaniment (not the tune)	LUH
l 👗	Needs a lot of breath!	Be different and play this!	U
	Saxophone	Trombone	
	BBC Proms - Darius Milhaud: Scara-	GoPro on Trombone: Star Wars - Imperial March	
	mouche (Excerpt) - YouTube	- YouTube	
			- Aller
W	Large to carry, on your back	Plays the lower accompaniment usually, although	3
	Needs a lot of breath!	sometimes has the tune	
├─────	Tuumat	Large to carry	ļ
	Trumpet Alison Balsom - Autumn Leaves (Les	French Horn Instrument: Horn - YouTube	
~	Feuilles Mortes) - Live in London -		
	YouTube	Medium sized	
		Be different and play this!	S.
	Small to carry	······································	
	Needs a lot of breath		

Why learn music?

Learning a musical instrument can -

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

www.camden.gov.uk/saturday-music-centres

and here www.camden.gov.uk/music-service-ensembles

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



LESSONS IN SCHOOL 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



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



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 <u>www.camden.gov.uk/camdens-music-service</u> 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.

WELCOME TO CAMJAM! The Camden Music Junior Saturday Centre



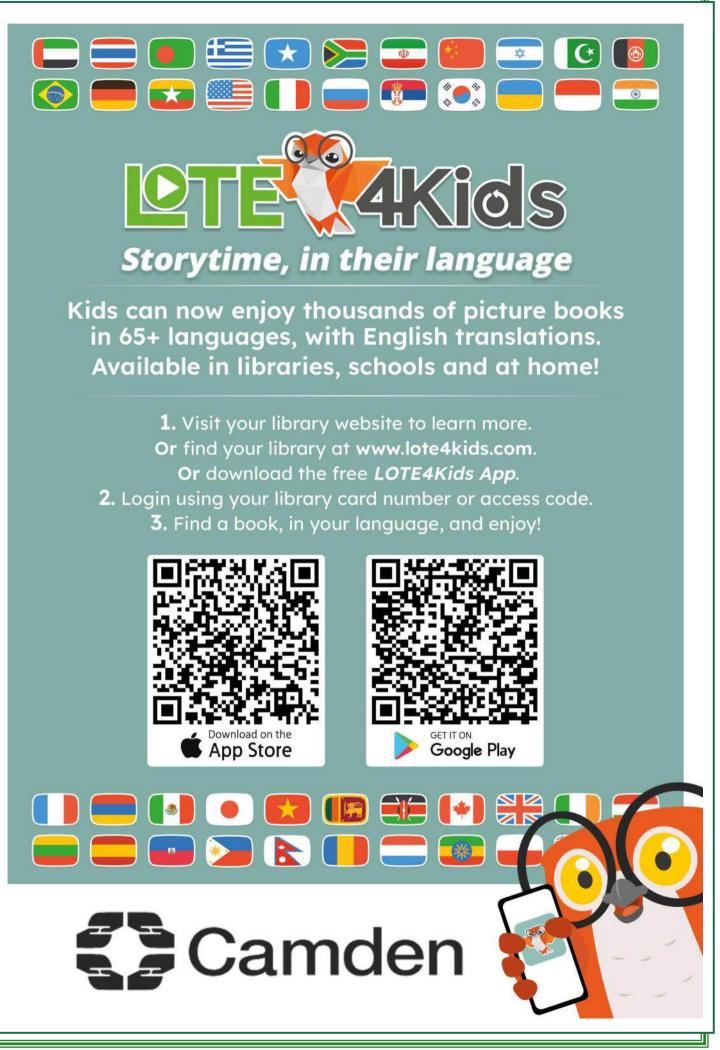
JOIN US ON SATURDAYS

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





Join the Winter Reading Challenge at your local library

9 December 2024 - 10 February 2025



Find more information about the challenge and winter reading events at your local library or on camden.gov.uk/libraries

Tel: 0207 485 2028

Camden

Daunt Books

Children's Short Story Competition

Open to original stories written by children aged 4-15 years Stories can be up to 1500 words | Entries close 31st January 2025

> Scan the QR code or visit dauntbooks.co.uk/short-story-competition for more information and to submit your story

> > Antioconk by Caura Carlini



Author Andrew Scott is coming in to Fleet early in the Spring Term to do an assembly. Below is information on his latest book. Andrew is happy to sign copies of his book on the day for any who have it and want to bring it in. If you are looking for a good book as a gift this holiday season this might be a good shout! It can be bought from the retailers listed below.







"BILLY THE BRAVE STANDS AS A TESTAMENT TO THE AUTHOR'S ABILITY TO SEAALESSLY AARRY ENTERTAINMENT WITH EDUCATION IT IS A LITERARY GEA THAT CAPTIVATES THE IAAGINATION, WHEE SIMULTANEOUSLY SERVING AS A CONSTRUCTIVE TOOL FOR LANGUAGE DEVELOPMENT."

GRACE JACKSON



BILLY THE BRAVE: THE WORLD'S FIRST SUPERHERO! BY ANDREW SCOTT

Before they were wiped out, 66 million years ago, dinosaurs ruled the earth. This gripping fantasy story follows Billy Gondwand's epic fight for survival against these deadly beasts. As he sets out from the safety of his home of Paradys Beach in search of his big brother, Ben, he encounters both friends and foes along the way. What will fate hold in store for him when he reaches the fabled *Jungle of No Return*? Enjoy a blend of reality and fantasy in a story of bravery, friendship and love.

Teachers, **parents and children**: As well as being an exhilarating adventure story this book can also be used as a teaching and learning tool. It has been written to include all the vocabulary, grammar and punctuation from the National Curriculum's Y1 - 6 English Grammar Programme of Study. The cross-referenced glossary at the end explains what these are and provides examples on how they can be used.

***** Fantastic book for children and teachers

amazon





Billy's Amazon reviews:

* * * * * Such a joy to read, absolutely wonderful * * * * * * Delightful story and a great educational aid



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10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASO

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

MONITOR DIGITAL ACTIVITY

posure to potenti g, inappropriate c

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PRACTICE FIRE SAFETY PROTOCOLS

es during Christ ers and electrica o greater use of candles, ca tions. Open flames, elec r quick response plans ng. Ens ishers on hand and to

CREATE TRAVEL SAFETY PLANS

nd busy airports can all a rgency kits and a is in advance and allow extra travel th hing and mitigate risks on busy roads

BEWARE OF ALLERGIES 4

and lack of allergy-friendly options can l actions. Communicate any allergy need vide safe food alternatives and carry ne d to ds to a like antihistan

PREVENT THE 5 SPREAD OF ILLNESS

nd seasonal socialising can increa iruses like flu and COVID-19. Crowd 10015 out of session and frequent t lection risks. Emphasise hygiene, Ination, disinfect surfaces and isc

Meet Our Expert

es Whelan is a chartered health perience in promoting family an assessment and preventative str educational institutions, public healt to deliver safety education and train

Source: See full reference list on guide page at: https://nationalcollege.com/guides/safety-over-the-festive

@wake_up_weds

F /wuw.thenationalcollege Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.12.2024

(O) @wake.up.wednesday

C @wake.up.weds

STAY VIGILANT ON THE ROAD

6





ADDRESS STRESS 9 & FATIGUE

10 DRINK RESPONSIBLY

ehaviour in front nain positive and ures that celebrations re



The National College



Are you a parent/guardian with a child between the ages of 5-11?

We want to learn more about the challenges and difficulties when feeding your children healthy foods during the Cost-of-Living Crisis



If you are interested in taking part in an interview, please email:

Hannah.froome@brunel.ac.uk

£15 voucher for taking part!

This study is being conducted by a doctoral researcher and has been approved by the College of Health, Medicine, and Life Sciences Research Ethics Committee (Brunel Research Ethics Approval: 44814-MHR-Jun/2024- 51239-3)

Fleet Primary School, Fleet Road, London. NW3 2QT Tel: 0207 485 2028 Twitter: @FleetPrimary Web: www.fleet.camden.sch.u



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olunteer With Bookmark an help a child like me learn to

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/ volunteerf2f

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: <u>www.bookmarkreading.org/volunteerf2f</u>

Number Champions



fun + skills = confidence

volunteers NEEDED

5



School Maths Volunteers

- One-to-one weekly sessions
- Working with Year 2 and Year 3





Would you enjoy...

- helping children improve their confidence in maths?
- using games and activities to make maths fun?

Are you...

• available one afternoon a week during school hours?

Contact Lorraine for more information:

- Iorraine@numberchampions.org.uk
- O7918 410 847

Find out about us at:

www.numberchampions.org.uk





Keats Community Library

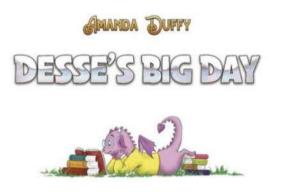


Stories & Readings

with local authors Amanda Duffy & Françoise Hélène

Saturday 14 December 2024 12:30-1:30 pm In the Children's Library

Join us for the reading of these two new and exciting children's books as well as some festive stories!





These books will be available for purchase at the event!

RSVP (names and ages of children) is requested! kclchildrenslibrary@gmail.com

drop-ins welcome on the day as well

Keats Community Library is a registered charity (1146702) and a company limited by guarantee (07889559) We are at: The Library, Keats Grove, London NW3 2RR.

INSPIRING A GENERATION OF YOUNG PEOPLE BY OFFERING A GATEWAY TO THE ARTS

HvH ARTS vision is to empower children and young people by giving them free access to highly skilled workshops in the arts.

#DONATETOCREATE



HH ARTS HAF WINTER PROGRAM IS OPEN FOR BOOKI

PLEASE BOOK YOUR FREE PLACE NOW TO AVOID ANY DISAPPOINTMENT!



We are excited to announce our HAF Winter Program is open for Bookings! We have an exciting 3 days of Photography, Comic Book Illustration, Cooking, Dance, Creating Festive PomPoms & Baul Bauls - with a fantastic HvH ARTS Christmas Party with Santa coming along to celebrate with us!

BOOK YOUR FREE PLACE HERE ON HvH ARTS HAF BOOKING SYSTEM

- 21st 22nd and 23rd DECEMBER 24!
- Photography, Dance, Comic Book Illustration, Cooking, creating Christmas presents and HvH ARTS CHRISTMAS PARTY

• Take note of ages and all location details when booking

PLEASE ENROL HERE VIA THIS LINK TO BOOK YOUR FREE PLACE!

https://hvhart.coordinate.cloud/ project/62316

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

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



Free Football Sessions Run	See below for details of session venues and times—including Friday's on the Fleet pitch
	DPEN SPACES Invited and the second se
	ARSENAL



OPEN SPACES TIMETABLE THE SESSIONS BELOW ARE ALL FREE OF CHARGE AND OFFER A SAFE. INCLUSIVE ENVIRONMENT FOR CHILDREN AND YOUNG PEOPLE TO ENDOY SPORT.

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Elthorne Park	7-12 yrs	Mixed		4.30pm	5.30pm
Elthome Park	13-16 yrs	Mixed	N19-3NF	5.30pm	6.30pm
Rosemary Garden	7-13 yrs	Mixed	NI3DU	5.00pm	6.30pm
Rosemany Garden	14-16 yrs	Mixed		6.30pm	8.00pm
London Fields	7-12yrs	Mixed	E84PD	5.00pm	7.00pm
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erry Down	13-18 yrs	Mixed	N42RJ	6.00pm	7.30pm	Artsa
ePark	7-12 yrs	Mixed		4.30pm	5.45pm	Artsa
e Park	13-16 yrs	Mixed	N193NF	5.30pm	6.30pm	

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12-16 yrs	Mixed	N/ THQ	5.30pm	6.30pm
8-11 yrs	Mixed	NHO AFD	4,30pm	5.30pm
12-16 yrs	Mixed	NIS4EP	5.30pm	6.30pm
11-18 yrs	Girls Only	E95HW	5.00pm	7.00pm
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THURSDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Rosemary Garden	7-12 & 12-14 yrs	Mixed	N13DU	5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed		6.30pm	0.00pm
Paradise Park	7-12 yrs	Mixed		4.45pm	6.00pm
Paradise Park	13-18 yrs	Mixed	N78PF	6.00pm	7.15pm
Woodberry Down,	7-12 yrs	Mixed		4.30pm	6.30pm
· Woodberry Down	13-18 yrs	Mixed	N42RJ	6.30pm	7.30pm
Fleet	7-13 yrs	Mixed	NW32QT	4.30pm	6.00pm
Fleet	14-18 yrs	Mixed		6.00pm	7.30pm
William Tyndale	14-18 yrs	Girls Only	N12DL	5.30pm	7.30pm
		SATUR	DAY		
COMMUNITY SESSION	ASE GROUP	TYPE	POSTCODE	START	END
Arts and Media School	8-11yrs	Girls Only	N43QL	9.00am	10.15am
Arts and Madia School	11.16 ure	Gide Only		10.20am	tt 45om

WE WELCOME CHILDREN AND YOUNG PEOPLE OF ALL FOOTBALL ABILITIES WITH SESSIONS BEING DELIVERED IN AN INFORMAL MANNER RATHER THAN STRUCTURED TECHNICAL COACHING SESSIONS. MOST SESSIONS WILL INCLUDE A WARM UP, FUN GAMES AND MATCHES.



Kings Sc Westbo Westbou Woodbe Elthome Eithor

Fleet Primary School, Fleet Road, London. NW3 2QT Fleet Primary School, Fleet Road, London. NW3 2QT

Tel: 0207 485 2028 Tel: 0207 485 2028

Twitter: @FleetPrimary Twitter: @FleetPrimary

POSITIVEKICKS@ARSENAL.CO.UK @ @ARSENAL_IN_THE_COMMUNITY



Spaces available at groups across North London District www.londonscouts.org.uk



For girls and boys aged 8 - 10%





Join the new Cubs Scouts at Kentish Town Community Centre today!!! #skillsforlife

> Friday's Term-Time starting 4th October 5:45pm-6:45pm

17 Busby Place, London NW52SP

What do we do?



Race down a river. Tell stories by torchlight. Fall asleep beneath the stars. Alongside your Pack, you'll spend plenty of time in the great outdoors. On top of that, Cubs develop key life skills, such as knowing how to cook a delicious meal, how to give someone first aid and how to problem solve in a team.

Join the adventure! Register today by scanning the QR code or go: https://bit.ly/3L96WYH





Spaces available at groups across North London District <u>www.londonscouts.org.uk</u>





Join the new Beavers Scouts at Kentish Town Community Centre today!!! #skillsforlife

> Friday's Term-Time starting 4th October 4:30pm-5:30pm

<u>17 Busby Place, London</u> <u>NW5 2SP</u>

What do we do?

You'll spend lots of time outside. Together, you might build a den, go on a trip to the seaside, or host a Beaver sleepover beneath the stars.

We're also all about trying new activities and learning new things. You'll figure the world out by exploring, playing and doing.

Join the adventure! Register today by scanning the QR code or go: https://bit.ly/3L96WYH









CAMDEN YOUTH F.C. GIRLS FOOTBALL CLUB



INTERESTED IN PLAYING FOR A TEAM? WE'RE RECRUITING FOR THE 2024/25 SEASON!

FREE OPEN TRAINING/TRIALS! STARTING IN JUNE FOR NEW PLAYERS





Age Groups U9's-U10's, U11's-U12's, U13's-U14's, U15's-U16's

SCAN THE QR CODE TO REGISTER



Or you can send us an email camdenyouthfc@camden.gov.u



Fun, social starter tennis courses for girls



YOUTH GIRLS

- GIRLS ONLY TENNIS LESSONS
- Summer holiday intensive sessions
- Only £35 for 6 hours
- Free racket, T-Shirt & Balls
- Suitable for Beginners

Rudolph School of Tennis Parliament Hill, Hampstead Heath 07931 835 294 rudolphschooloftennis@gmail.com



RUGBY IN **REGENTS PARK**

IN THE ONLY |||IN CENTRAL L



EVERY SUNDAY THROUGHOUT THE SEASON

Accredited Club



2 07770 753162 regentsparkroyals@gmail.com regentsparkroyals.com



DANCE CLASS

Music & Movement - Get fit dancing

Location: Royal Free Recreation Club Fleet Road NW3 2QG Enquiry/Bookings: 07940394383 gymbodyandmindfit@gmail.com





Thursdays





REGISTER NOW

MATCH PLAY ONLY FOOTBALL SESSIONS

- 0- 11

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 VEAR OLDS (VEAR 2 TO VEAR 6) FOR BOYS & GIRLS - ALL ABILITIES WELCOME

FLEET PRIMARY SCHOOL - 4G ASTRO AGINCOURT RD, HAMPSTEAD, NW3 20T

Website Link www.prorevo.co.uk M Prorevolution deve

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



07798 846 584 020 7974 6775 Larraine.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.

Clir 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 atome.

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 Larraine 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



CAMDEN Y
Special Parents Forum

Autumn Calendar 2024

Welcome to our Autumn Calendar of events, workshops and meetings for any parent, carer in Camden with a child or young person (0-25 years) with special needs.

Whether you are seeking guidance, looking to share your experiences or simply hoping to connect with other parents or carers, our calendar has something for everyone. Please join us!

Coffee Mornings are a chance to meet other parents for a chat & to share advice and info. Walk and Talks are relaxed walks on Hampstead Heath and a chance to get together with other parents, have a cup of coffee along the way and just talk about anything and everything. Workshops are held each term on different subjects.

Forum Meetings are when we get together as parents with different professionals from services in and around Camden - ask questions, get updates and give feedback.

You will need to book in to join our sessions. To book onto anything on our calendar below, get on our mailing list or to find out more please get in touch:

> Natasha.Burgess@kids.org.uk. Text or call Natasha on 07711 767 258 Or contact Aishatu.Mohammed@kids.org.uk Text or Call Aisha 07385 003 662

We are on facebook - www.facebook.com/CamdenSpecialParentsForum and Twitter @CamdenSPForum

Nov

1404	
12 Tue	Movement, relaxation and lunch, 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, Kentish Town.
13 Wed	Coffee Moming, 10.30am-11.30am @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
18 Mon	Walk and Talk, 10:15am-12:30pm @ Hampstead Heath.
26 Tue	Intro to SEND workshop BY SENDIASS 10:30am-2pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
27 Wed	Family Hub Coffee Morning (SEND Parents, Carers, 0-5 years), 10.30am-12pm @ Harmood Family Hub, 1 Forge Place, Ferdinand St, NW1 8DQ
Dec	
3 Tue	Movement, relaxation and lunch, 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, Kentish Town.
4 Wed	Forum Meeting, 10:30am-12:30pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
5 Thu	Creative writing with Paul Lyalls, 11am-1pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
10 Tuo	Forum's Factive Function 12nm 2nm @ Greenwood Contro 27 Greenwood Place Kentich Town

Meet near Parliament Hill cafe/toilets on Hampstead Heath by the Parliament Hill side of the Heath near the tennis courts (bus

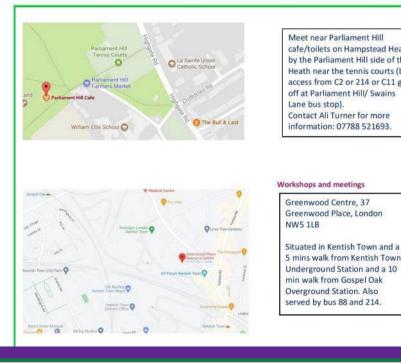
access from C2 or 214 or C11 get

off at Parliament Hill/ Swains

Lane hus ston) Contact Ali Turner for more information: 07788 521693.

Function, 12pm-2pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.

16 Mon Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.



Just email us to join a session! CamdenSPF@kids.org.uk

"Parent Carer Forums are representative groups of parents and carers of children and young people with disabilities who work alongside local authorities, education, health and other service providers to ensure the services they plan, commission, deliver and monitor meet the needs of children a meet the needs of children and families'

Camden

citizens

advice

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:

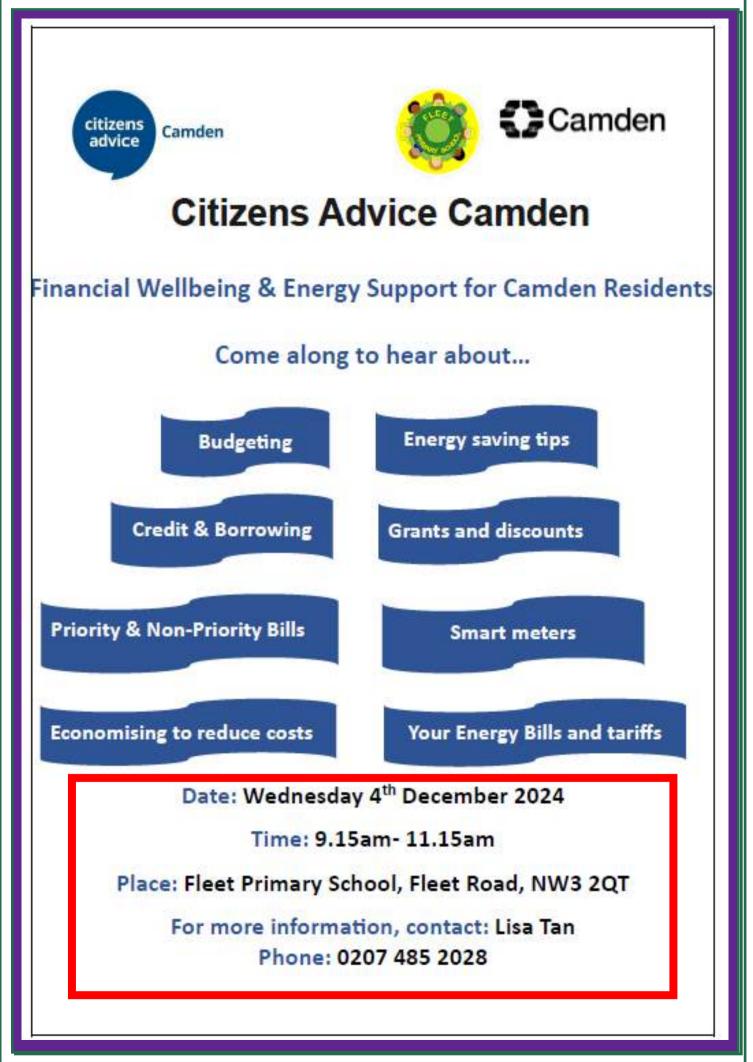
visit <u>https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptoclaim/</u> on our website and click on the 'Talk to an Adviser' button half way down the page

* 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





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 <u>here</u>.

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 <u>which can be</u> <u>downloaded here</u>. 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. <u>These can</u> <u>be downloaded on Camden website</u>.

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, <u>speak to one</u> <u>of our advice partners</u>. You can also get help via <u>Good Work Camden</u>, 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 <u>camden.gov.uk/</u> <u>winterevents</u>. To find out more about advice and support, visit <u>camden.gov.uk/costofliving</u>. To find your nearest 'warm welcome' space, visit <u>camden.gov.uk/warmwelcome</u>





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

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

Find out more: childrenssociety.org.uk/beam Service email address: CamdenBeam@childrenssociety.org.uk





Date: Tuesday 10th December Time: 12pm-2pm Venue: Greenwood Centre 37 Greenwood Pl, London NW5 1LB

It is that wonderful time of year and this means it is time for our Festive Forum Function! We want to end the year with some lovely treats, hot food and beverages, to share with you all, our fabulous forum member's. We hope you will join us in spreading the festive cheer. We are keen to keep our SEND community strong and build on our existing relationships, in coming together we can do this! If you are new to the forum, or haven't come to an event for a while then this will be a great opportunity to come and meet us and other parents. We look forward to having you with us.

Booking is required so we can plan the space and order food and beverages. You must be a Camden Parent/Carer (or have a child with SEN who attends school in Camden) to attend.

To book a place please email <u>Natasha.Burgess@kids.org.uk</u> call or text 07711 767 258 Or <u>Aishatu.Mohammed@kids.org.uk</u> call or text 07385 003 662

> Do keep an eye on our facebook, add your name to our contact list and keep in touch. https://www.facebook.com/CamdenSpecialParentsForum





Fleet Primary School, Fleet Road, London. NW3 2QT

Tel: 0207 485 2028

Autism Training Offer for Parents/ Carers

We are providing training on three Autism Education Trust modules to the community throughout the academic year. Sessions will be held in Autumn, Spring, and Summer, with content adapted for parents, carers, and families to enhance its relevance to home life.



London Borough of Camden partnered with the Autism Education Trust (AET) to offer training. In the past three years we have provided over 100 training sessions to almost 2,500 professionals from the education, voluntary, health and council sectors in the borough. (For further information on AET please see https://www.autismeducationtrust.org.uk)

ONLINE

Our 2 hour online Training modules

MAKING SENSE OF AUTISM

For All ages 20th November and 12 February

'Making Sense of Autism' is basic autism awareness training for people who would like a better understanding of autism in order to support their engagement with and understanding of autistic young people.

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PLAY IN THE EARLY YEARS

For Early Years and Primary 4th December and 5th March

This module aims to:

- Increase your understanding of the importance of play in the Early Years
- Develop your understanding of how autism can impact upon a child's play development. Build your awareness of
- strategies that can be used to support autistic children with their play development.

AUTISM AND ANXIETY

For Primary and Secondary 22nd January and 26th March

This module explores:

- What can cause anxiety in autistic young people
- How autistic young people might express anxiety.
- What you can do to manage and reduce anxiety for autistic young people.



Training offer is open to parent/carer(s) of autistic children who live in Camden or whose children are attending Camden Local Authority maintained schools and settings

CONTACT US AEThub@camden.gov.uk



Fleet Primary School, Fleet Road, London. NW3 2QT

tiny.cc/camdenaet

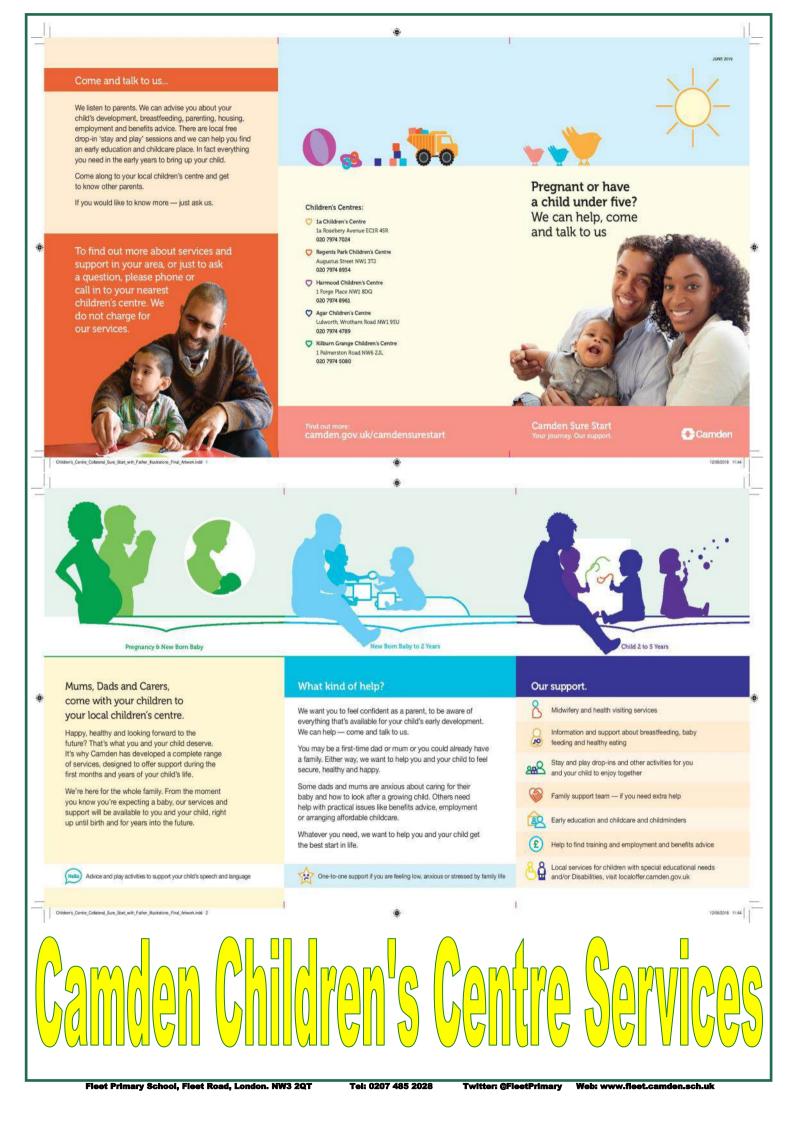
WHEN?

7pm to 9pm

SIGN UP

Sign up via the link or QR code to see current courses

Evening sessions



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

WEBINAR SERIES FOR PARENTS AND CARERS OF PRIMARY AND SECOND-ARY SCHOOL AGED CHILDREN AND YOUNG PEOPLE

Topics this year (from now through to June 2025) include...

- Parent Self Care
- Therapeutic conversations with your child and young person
- Sleep
- Screen Time
- Sibling relationships
- Parent-child interactions
- Managing routines
- Supporting Childhood worries
- Anxiety in Adolescence
- Understanding Adolescent Development

See next page for further details of each workshop, when they are and how to book a place...

FLEET PRIMARY SCHOOLS PRACTITIONER

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

Camden MHST–Online Workshops for Parents October 2024-June 2025

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further. Parents and carers can opt in for all topics, or whichever most appeals to them.



To find out more information about each workshop and to sign up for free, please follow Eventbrite link or use QR code above:

https://www.eventbrite.co.uk/e/mhst-parent-and-carer-onlineworkshop-series-2024-2025-tickets-1008208567967

Parent/Child Interactions

How do you spend time with your child? The aim of this vou ve parent/ s to find out more about wh as pe relationship has a posi-belping brain development), child interact o promote, m connections with you tive effect on children's emotional well-being the world) and behavunore likely used in the second secon iour (e.g., positiv webinar will help you improv or Primary School Parents/Care.

Tuesday 22nd October, 12.00-13.00 Q and A: 13.00 to 13.30

Screen-time

Screen and set as a challenge for all parents of the second age? In this Webman and provide you with second as well as explore why this topic can be provide you with second ary screen as well as the second ary screen as the second ary screen

12.00-13.00, Q and A: 13.00 to 13.30

Sleep

How does your child sleep? Why is sleep so important for children and young people? Having problems with sleep is very common. Approximately 1 in 5 adults have some difficulty with sleep. This webinar will help you understand more about how you can support your child to improve his/her sleep and well-being.

For Primary and Secondary School Parents/Carers Tuesday 17th December, 12.00-13.00 Q and A: 13.00 to 13.30

Managing Routines

Consistent routines that are developmentally appropriate can promote your child's independence and help with overall family functioning - not to mention making that morning routine that little bit easier! In this webinar we will be talking about to introduce and maintain routines for all family members.

> For Primary School Parents/Carers Tuesday 28th January, 12.00-13.00 Q and A: 13.00 to 13.30

Understanding Adolescent Development

Adolescence is a time of great change. Young People at this stage of life are going through physical, hormonal, emotional, relational as well as psychological change. This Webinar aims to provide a brief overview of these key changes so that Parents/Carers feel better equipped to make sense of and support their young person's development.

For Secondary School Parents/Carers Tuesday 25th February, 12.00-13.00 Q and A: 13.00 to 13.30

Having therapeutic conversations with your child

How to have therapeutic conversations with your child? Having open, thoughtful and caring conversations with your child can be very beneficial for a child's emotional well-being and their social problem-solving skills. Join us for this Webinar to learn some top tips for having these important conversations with your child.

For Primary and Secondary School Parents/Carers Tuesday 25th March AM & PM 12.00-13.00, Q and A: 13.00 to 13.30

Sibling Relationships

The relationship between siblings is a big part of the children's learning and development. Siblings grow up in the same environment, they share same parents, same memories and similar experiences. The sibling relationship is going to last longer than any other ones and it plays an integral part in the families' lives. Join us for this Webinar if you want to know more about how the sibling relationship has an impact on the child's learning and development.

For Primary and Secondary School Parents/Carers Tuesday 29th April, 12.00-13.00 Q and A: 13.00 to 13.30

Supporting Childhood Worries

What is worry? What do children worry about? Why? The aim of this webinar is to help you as parents and carers understand more about the different worries children typically have and to learn some strategies for managing your child's worries (e.g., facing anxiety-provoking situations, problem solving, refocusing attention and relaxation/mindfulness techniques). This webinar will help you if you find yourself struggling to manage your child's worries.

For Primary and Secondary School Parents/Carers Tuesday 20th May, 12.00-13.00 Q and A: 13.00 to 13.30

Anxiety in Adolescence

What is anxiety? What are young people worried about at the moment? Teenagers are often more reluctant to talk about and work on their anxiety as this can make them feel embarrassed or self-conscious. The aim of this webinar is to help you as parents and carers to learn more about the different types of anxiety typically experienced by teenagers. This webinar will help you understand how to support your teenager in overcoming worry and anxiety.

> For Secondary School Parents/Carers Tuesday 24th June 12.00-13.00, Q and A: 13.00 to 13.30

Fleet Primary School, Fleet Road, London. NW3 2QT

Tel: 0207 4<mark>85 2028</mark>

Twitter: @FleetPrimary Web: www.fleet.camden.sch.uk

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.

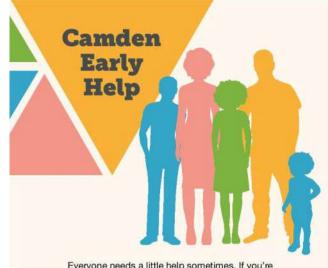
- The parent and carer counselling service is FREE
- Counselling sessions are confidential
- Counselling takes place in schools and children's centres

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





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

🛟 Camden

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,

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. 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



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

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.

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**

Early Help services include: Sure Start Early Help

What does Early Help do?

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

Co-ordinators rt 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.

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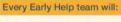
 for 6 to 12
 alongside you

 ths.
 for 12 months

Transformation Team A team of family workers of help and

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

🛟 Camden



- 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.



Fleet Primary School, Fleet Road, London. NW3 2QT Tel: 0207 485 2028 Twitter: @FleetPrimary



plus.

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.

JRGENT MEN SUPPORT 24/	<u> </u>		24/7 SUPPORT
and the second second	AREA	BOROUGHS COVERED	NUMBERS
Worried about	North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
your mental health?		Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
Young people and their parents can get urgent support and advice, from trained NHS mental health	North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
advisors, any time, day or night Every mental health trust in London has put in place a telephone line for prepie in	North East London	City & Hackney	0800 073 000
		Newham	0800 073 006
		Tower Hamlets	0800 073 000
children, young people and their parents. The lines		Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
are free to call arid open 365 days a year.	South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
	South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
		Bexley, Bromley and Greenwich	0800 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 itsimply 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 allocated. To ensure we receive the correct funding we need all children who are eligible for this status to complete the process. You may be entitled to this status and therefore Fleet will receive additional funding if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance

• Income-related Employment and Support Allowance

Universal Credit – your

household income must be less than £7,400 a year (after tax and not including benefits)

• Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit

• the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)

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

• stopped work in the last 4 weeks; or

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

accountforms.camden.gov.uk/ freeschoolmeals/

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



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

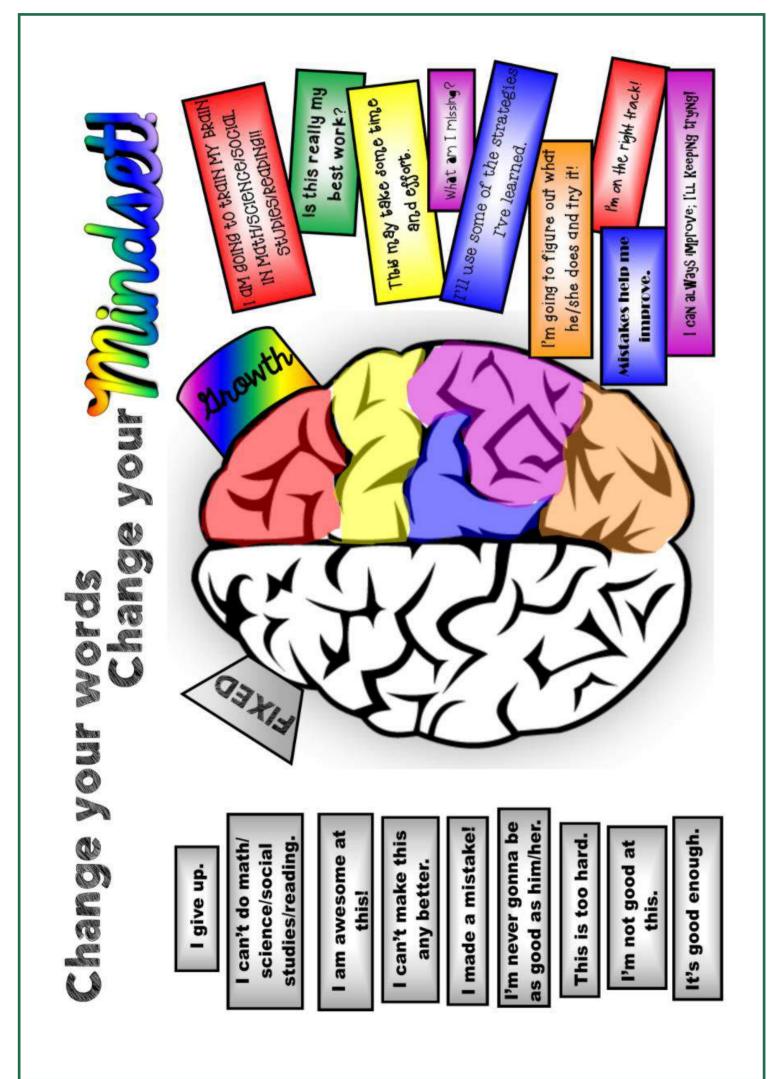
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Parent group: Families, Food and Feelings

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 <u>brandoncen-</u> tre.healthyliving@nhs.net email address.





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.

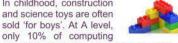
Children learn what those around them expect of them as a girl or a boy and their brains adapt. What might look like a child's free choice of toys, friends, subjects or jobs is heavily influenced by the messages the child has absorbed from birth about what's suitable for their gender. The good news is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



You cry

like a girl

- 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

NWW.liftinglimits.org.uk

 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 stereotypin see the Let Toys be Toys website at www.lettovtsbetoys.org.uk – especially their Gift Guides and recommended retailers. 	 Talk to children about what they are seeing on TV – in what roles are male and female characters Talk to children about what they are seeing on TV – in what roles are male and female characters We need a strong man to open that' I can't o that with these nails' – throwaway comments
 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. Attitudes: 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 	 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. 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 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.

Twitter: @FleetPrimary Web: www.fleet.camden.sch.uk