: Community No

Wednesday 19th March 2025

New items this week....See the requests below for a holiday home for our school pet and also about lost property and morning snacks. Page 2 has information on an school ambassador event to raise money for Red Nose Day this Friday—if you can please send your children in with some spare change to donate. Page 3 has information on the annual Fleet Easter Egg decorating competition. Page 4 has the latest dates added for each of the classes—please check you are aware of all trips etc. for your child's class. Page 19 has information about an opportunity to sing at Wembley Stadium before a major sporting event (for adults and children!) Page 21 has the latest parent information sheet from National College—this week 'Streamers' is covered, well worth a read as lots of the children watch and follow internet streamers. Page 24-28 have some ads for events over the easter holidays—a number of new ones added this week—do take a look. Page 29 and Page 30 have some new events happening locally advertised from Camden Family Learning and Keats Library as well as many other local organisations advertising in this section. Page 50, where the MHST Parent events have been advertised, the next one is coming up next week—do have a look and see if the topic is of interest to you. Please do take a moment to look at the whole newsletter—there is so much on offer in Camden from the Council and other local community groups.

Lost Property—Thurs & Fri

We are holding a lot of lost property in the school and lack storage facilities for it. This Thursday and Friday after school it will be laid out on tables outside the hall. Please check for any missing items



your child may have lost. Anything unclaimed will be sent to a charity next week. We would recommend you write your child's name and class on the label inside coats and other items so we can more easily return them if they are found. Please also do regularly check the clothing your child brings home to ensure it is theirs—often they will pick up the wrong item and take home someone else's coats.

Holiday care for RhiRhi the Tortoise!

Are you able to offer the school pet—Rhi Rhi the Tortoise—a holiday home over the Easter Break?

She is a very low maintenance guest!

If you are able to offer her a home for the holidays or want to know more information before committing, please speak to Becca Wall.





Contents—Hyperlinks...

- Dates for diary/term dates Pg 2-5
- Attendance Pg 7-8
- Fundraising Pg 9
- ParentHub Pg 10
- Forest School Request Pg 11
- Music including Camden Music @ Fleet Pg 12-19
- <u>Reading, Writing, Language & Communication Re-</u> sources Pg 20
- Wake Up Wednesday Parent Information Sheet Pg 21
- Adult Volunteering and Jobs in schools Pg 22-23
- Easter Holiday Opportunities/Clubs—Pg 24-28
- Clubs and Events for children and adults Pg 29-41
- Local Councillor Surgeries—Pg 42
- Parent Advice & Support (financial, physical & mental health etc. Pg 43-54

• <u>Growth Mindset & Gender Equality information -</u> Pg 55-56

Online learning resources and homework

- Mathletics: login.mathletics.com or download app for mobile
- Times Table Rockstars: <u>https://play.ttrockstars.com/auth/</u> <u>school</u> or download app for mobile
- Numbots (EYFS/KS1): <u>https://play.numbots.com/#/account/</u> <u>school-login/33442</u>
- Busy things: <u>https://www.busythings.co.uk/lgfl-login/</u>

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. Other Homework for most classes will be delivered via Google Classroom.

Morning Snacks—Fruit only please

Please can you ensure that if your child is bringing in a morning snack to have at playtime that is restricted to a piece of fruit. Any other food items should be kept to have with their lunch and any packaging disposed of in the dining room (or if in Tupperware left on the trolley in the hall to be collected after school). Thank you.



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







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

They have freedom to decorate their Easter Egg scene in any way they see fit – they **don't need to**



use real eggs (they can craft egg shapes from anything they would like) it just has to have an element of a designed 'egg' shape in it.

The countdown is now on for this year's competition. Entries should be brought in on the last day of term, **Fri**-

day 4th April. They will be judged that morning and then shared in the end of term assembly and prizes given out.

To submit your entry you need to:

- · Decorate you egg/egg scene—special consideration for prizes given for creativity and imagination!
- Bring in your egg/scene on the morning of **Friday 5th April** for judging with winners prizes in that mornings assembly/



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

Dates for your diary this term.

WHOLE SCHOOL EVENTS

21st March	Red Nose Day—Do something funny for money talent show (Ambassadors collecting cash donations throughout the week on the gate in the morning)	
26-27th March	Parent—Teacher Meetings (note: most teachers will be doing these dates; due to working days some classes might do alternative evenings during this week—will confirm nearer the time)	
31st Mar-4th Apr	r Wellbeing Week	
4th April	Easter Egg Decorating Competition—bring in decorated eggs/scenes	
4th April	Last day of term—close at 2pm	

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. Thank you.

NURSERY	2024-25
24th March	Parent Meetings—sign up using link sent home via parent hub
27th March	Trip to Kentish Town City Farm (pm)
28th March	Camden Kids Talk Stay and Play @ 9am

RECEPTION 2024-25

19th March

Trip to Hampstead Heath

PARENTS ASSOCIATION & SPECIAL EVENTS

22nd May

EID Celebration after school

YEAR 4 2024-25

21st March Trip to the Centre of the Cell		
25th & 26th March Parent Meetings—sign up using link sent home via parent hub		
1st April	Trip to the Heath—morning only	

20th March	Trip to the Zoo
25th, 26th & 27th March	Parent Meetings—sign up using link sent home via parent hub
28th March	Class Assembly—Parent/Carers Wel- come—10am start

YEAR 5 2024-25		
24th March	To Gospel Oak for Royal Albert Hall Performance Music Rehearsal (pm)	
25th March	Cinema Trip	
26th & 27th March	Parent Meetings—sign up using link sent home via parent hub	
28th March	Google HQ trip	
30th April	Royal Albert Hall Performance—collect from RAH @ 8.30pm approx.	

YEAR 2 2024-25

21st March	Class Assembly—Parent/Carers Wel- come—10am start
25th March	Parent Meetings—sign up using link sent home via parent hub
26th March	Trip to Hampstead Heath—Super Spring
27th March	Sports morning at Talacre
27th March	Parent Meetings—sign up using link sent home via parent hub
29th April	Trip to Waitrose for cooking session

	YEAR 6 2024-25		124 25
TEAR 0 2024			YEAR 3 2024-25
26th & 27th March	Parent Meetings—sign up using link sent home via parent hub	26th & 27th March	Parent Meetings—sign up using link sent home via parent hub
12th-15th May	KS2 SATs Week		
9th-13th June	Residential Trip to Gower		

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

Ferm Dates for 2024-25

SPR	SPRING TERM		
Half term (inclusive) Monday 17 th Feb – Frid		Tuesday 7 th January 2025	
		Monday 17 th Feb – Friday 21 st Feb 2025	
		Friday 4 th April 2025 – close at 2pm	
SUN	SUMMER TERM		
First day of term Wednesday 23 rd April 2025		Wednesday 23 rd April 2025	
	May Day Bank Holiday	Monday 5 th May 2025 - school closed	
	Half term (inclusive)	Monday 26 th May – Friday 30 th May 2025	
	Last day of term	Tuesday 22 nd July 2025 – close at 2pm	

STAFF INSET DAYS - SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Monday 2 nd and Tuesday 3 rd 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.

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.





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 Office

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

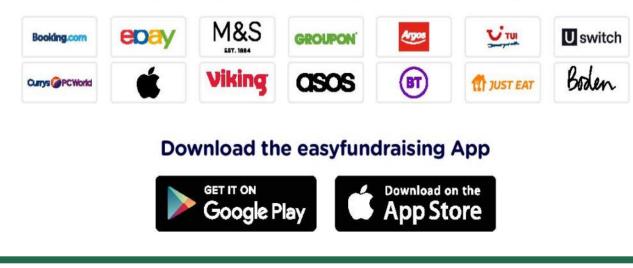
FLEET PRIMARY SCHOOL

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!



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



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.



Camden Youth MUSIC Steel Bands

Open to all children and young people. No experience is needed!



Rehearsals are at the Crowndale Centre each Saturday morning starting on 1 March 2025.

09:30 to 10:15 am - Training Steel Band (Pupils in Year 4 to 6)

10:30 to 11:30 am - Camden Youth Steel Band (Secondary aged pupils)

£66.70 per term

(help is available for those eligible for free school meals).

Scan the QR code below to register



Why Learn Steel Pan Music?

Cultural Enrichment: Discover the rich history and vibrant culture of steel pan music.
Musical Skills: Develop rhythm, coordination, and musicality.
Teamwork: Enhance your ability to work as part of a group.
Confidence: Build self-esteem through performance and practice.
Fun and Engaging: Join a unique and

enjoyable musical experience.



Camden

CAMDEN MUSIC | CROWNDALE CENTRE 218 EVERSHOLT STREET | LONDON | NW1 1BD





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

020 7974 7239 camdenmusic@camden.gov.uk





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







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

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

	Violin	Percussion	Received
	J.S Bach - "Chaconne" Partita No.2 by Es-	Hyun-gi Lee - Garage Drummer - Percussion	
	ther Abrami - YouTube	Final - BBC Young Musicians 2012 - YouTube-	A L
		https://www.youtube.com/watch?	P.
	Usually plays the tune 'Small and	v=xxzK9CipS04	100 Mar 100
	light'		The THE D
	8	Ideal if you want to play lots of different instru-	and the second
		ments, from small to large	
	Cello	Ukulele	
	<u>Sheku Kanneh-Mason - No Woman, No</u>	Jake Shimabukuro Performing Bohemian Rhap-	
	Cry (Arr. Cello) [Studio Session] -	sody On HiSessions - YouTube	
21	YouTube		
114		Small and light to carry	1 2
110	Plays the lower accompaniment, usually	Easy to write songs and sing along with	
	large to carry, on your back		
\land	Recorder	Guitar	
	BBC Young Musician 2012 - Charlotte	BACH Sean Shibe BWV 997 (Development) -	
	Barbour-Condini (recorder) - Trotto	YouTube	1 and
	(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	
	very high	1 7	
	You need lots of gentle breath control!		
<i>e</i>	Flute	Voice / singing lessons	00
le la	Havana - Camila Cabello Flute Cover -		
	YouTube		102GL
No.			
W.	Small and light to carry		
<i>W</i>	Needs a lot of breath!		
	Held sideways		
4	Clarinet	Euphonium	(T))
i i	Introducing the Clarinet with Julian Bliss	Uptown Funk (Euphonium Loop) - Tubavisionary	16
	Discover Instruments Classic FM -	<u>- YouTube</u>	- S. HI.
	YouTube		日間
e c		Usually plays the lower accompaniment (not the	H-TO
	Small and light to carry	tune)	(a)
	Needs a lot of breath!	Be different and play this!	V
	Saxophone	Trombone	
	BBC Proms - Darius Milhaud: Scara-	GoPro on Trombone: Star Wars - Imperial March	
1	mouche (Excerpt) - YouTube	<u>- YouTube</u>	and the second s
			and a second sec
W.	Large to carry, on your back	Plays the lower accompaniment usually, although	3
	Needs a lot of breath!	sometimes has the tune	
		Large to carry	
	Trumpet	French Horn	
	Alison Balsom - Autumn Leaves (Les	Instrument: Horn - YouTube	
a	Feuilles Mortes) - Live in London -		
14	<u>YouTube</u>	Medium sized	
A.A.		Be different and play this!	
	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



020 7974 7239 camdenmusic@camden.gov.uk

Web: www.fleet.camden.sch.uk

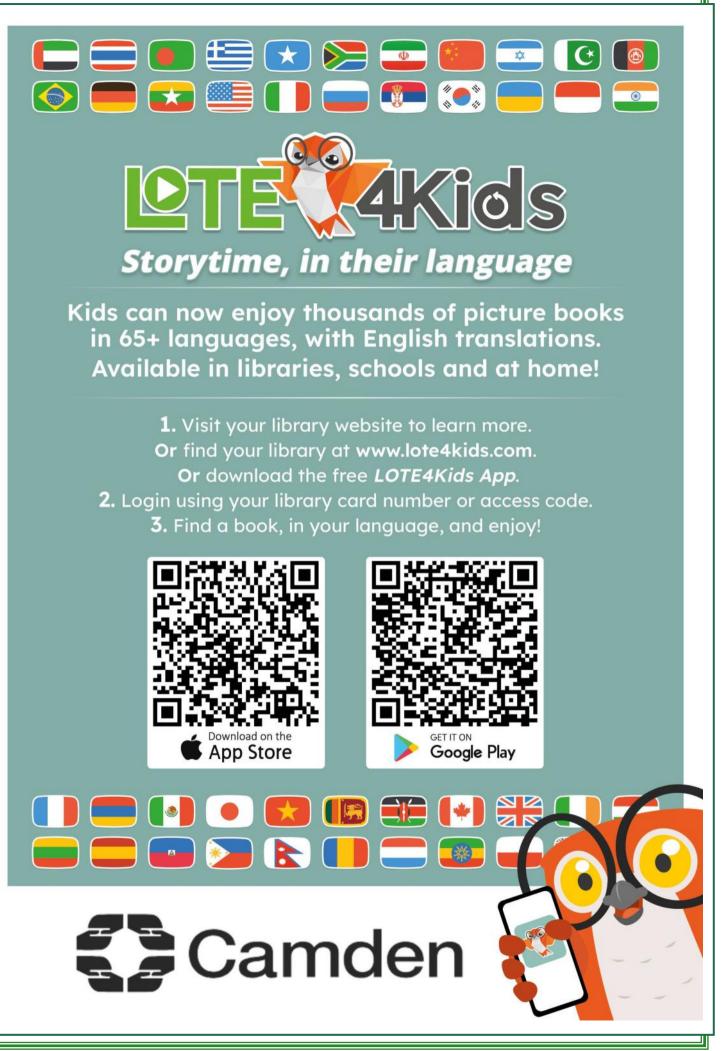
Want to sing at Wembley Stadium?



Adults & children aged 6-11 Rugby League Finals, Saturday 7th June 2025 *Email* maestromattheww@yahoo.co.uk

stating performer's name & preferred choir

Rehearsals start week of 22nd April, London NW3 ADULTS Mondays, primrosehillchoirs.com or every 2nd Friday, londonclassicalchoir.com CHILDREN Wednesdays, primrosehillchoirs.com Deadline for applications 6th May



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com. What Parents & Educators Need to Know about Livestreaming has become a big part of the entertainment people consume, and what began as a series of gamers sharing their screens has grown into a huge industry packed with personalities - and potential WHAT ARE risks for your children. With over 2.5 million people watching Twitch, the most popular streaming service, at any one time, it's important to remain aware of the risks associated with streamers. THE RISKS? **INAPPROPRIATE** UNREALISTIC CONTENT **EXPECTATIONS** 10 Influencers often showcase how glamourous their lives are, making some users feel as though they are lesser. However, it's important to stress that, in many ways, this is an act, or at the very least, not common. Logan Paul, who has been successful as a streamer and influencer, has a Pokemon card worth \$5 million, but this is atypical of anyone working in the medium. Some gaming streamers will stick to family-friendly titles, but others will play more volent games that tend to be more popular. Non-gaming streamers could, in theory, discuss just about anything, and some streamers will often stream in revealing outfits. NEGATIVE 00 18 INFLUENCES MISINFORMATION While things have improved, streamers are often paid by companies to promote products, and this isn't always stated explicitly. While it's unlikely these goods will be harmful to your child, some streamers and influencers have Streamers are, in many ways, just like us - and they can get things wrong or reel off an opinion without having thought about it. Some can simply say awful things to get a rise out of viewers or to sway them to their side of a hot topic. engaged (knowingly or not) in scams in the Q, 1/2 2 FINANCIAL HARM ADDICTION AND SCREEN TIME Streamers will often have donation buttons on their screens for users to submit money. What can start as small amounts can quickly spiral as streamers engage with paying viewers more often, potentially leading to financial issues. If your child is watching a lot of a particular streamer, it can be just as damaging to their social life as playing too many video games. **Advice for Parents & Educators** EXPLAIN HOW STREAMING WORKS CHECK OUT STREAMING PLATFORMS While Twitch was the de facto streaming service for years, YouTube has gained popularity, too. Then there are Kick and Rumble, which have grown in popularity with moves for big-name streamers - despite many being dagged by controversy. or a younger viewer, being a streamer or influencer seems aspirational, but it volves a lot of work and no small degree of good fortune. Streamers are often nanaged and unable to speak freely due to sponsors, and influencers are just that DO NOT LOG PAYMENT INFORMATION SET SCREEN TIME LIMITS (30 Streamers can reward donations with additional content, on-camera "shout outs" and more. If you're unsure about who or what your child is watching, consider avoiding linking payment information. This is especially notable with Twitch, which is owned by Amazon and therefore has some crossover. You can set screentime limits for mobile apps on IOS and Google, but with other platforms like a PC it may be more difficult to keep tabs. Consider checking in regularly to ensure your children aren't watching content they shouldn't b Meet Our Expert The Lloyd Coombes is the Games Editor of the Daily Star, and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more. National College Source: See full reference list on guide page at: https://nationalcollege.com/guides/streamers @wake.up.weds @wake_up_weds f /wuw.thenationalcollege (O) @wake.up.wednesday Users of this guide do so at their own discretion. No liability is entered into, Current as of the date of release; 19.03.2025

Tel: 0207 485 2028



Ú

olunteer With Bookmark 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: www.bookmarkreading.org/volunteerf2f

Number Champions



3 4

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



THE OLD VIC



HUNDRED FEET TALL

Based on the book by BENJAMIN SCHEUER & JEMIMA WILLIAMS

Music & lyrics by BENJAMIN SCHEUER

Book by MELIS AKER

07–17 Apr 2025

Hundred Feet Tall is a new 30minute musical play designed for 4–7-year-olds exploring how you're never too small to make a big difference.

When Seedar-the-Seed falls on Bekko Bunny's head, the two form an unlikely friendship, and together navigate the downs and ups of growing up.

Book by **Melis Aker** and music and lyrics by **Benjamin Scheuer**. Adapted from the children's book *Hundred Feet Tall* (Simon & Schuster) written by Benjamin Scheuer and illustrated by Jemima Williams.

The show will tour for two weeks over the Easter holidays to London libraries. For more details and how to book please visit: <u>https://</u> <u>www.oldvictheatre.com/stage/</u> <u>hundred-feet-tall/</u>

HOLIDAY TENNIS CAMPS AT PARLIAMENT HILL FIELDS

https://clubspark.lta.org.uk/RudolphSchoolofTennis/Coaching/



This Easter, prepare to be amazed as **The Magic Circle Easter Show** brings a spectacular family-friendly magic egg-stravaganza to the world-famous Magic Circle HQ in Euston. Featuring an all-star line-up of magical talent, visitors will get to see amazing magic up close as well as having their minds read and even their pockets picked.

As well as the stage show, visitors will also be treated to **mesmerising close-up magic** in the bar area and will have the opportunity to tour The Magic Circle's museum.

> Held within The Magic Circle's exclusive and secretive HQ in Euston, this show offers a rare glimpse into the home of magic. Perfect for families, The Magic Circle Easter Show promises to delight and amaze.

Event Details:

ASTER SHOW

Venue: The Magic Circle, Euston, London Date: 17,18,19 April 2025 Time: 1pm and 6pm Tickets: Available at

https://themagiccircle.co.uk/

2pm and 7pm 17th = 19th April

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

Discount code is:

MAGIC This is for £25 tickets



EASTER PROGRAMME—Week 1

CREATE EVERY DAY WEEK #ONE 8th / 9th / 10th / 11th APRIL

- LOVE COOKING with Professional Chefs Hillary & Rhian
- ARTFUL ADVENTURES a creative journey for young explorers
- MUSIC PRODUCTION create a beat, lyrics and RAP
- **FASHION PHOTOGRAPHY** with Professional Photographers Debbi

Clark & Susana Hill and guest Stylist

LOVE COOKING with CHEFS HILLARY & RHIAN

DATES: TUESDAY 8th APRIL to FRIDAY 11th APRIL TIME: 10am to 2pm LOCATION: Rhyl School Community Kitchen, Marsden St, London NW5 3PJ Open to 15 young artists, ages 8yrs to 12yrs

We believe in both the nourishing power of good food on our bodies, and the cultural and spiritual significance it holds for many in our diverse communities. Come see how food is an incredible vessel for learning! Prepare to taste, smell, get your hands a lil' dirty (and then clean again), We will be using the most nutrient dense ingredients for all of our recipes to showcase how we can keep both our taste buds and tummies happy whilst home cooking

(Our ingredients and meals are also Halal to cater for our HAF participants' dietary needs.)

ENROL LINK: https://hvhart.coordinate.cloud/book/234203

ARTFUL ADVENTURES - A creative journey for young explorers DATES: TUESDAY 8th APRIL to FRIDAY 11th APRIL TIME: 11am to 3pm LOCATION: HvH ARTS Gallery 44 Ashdown Crescent NW5 4QE Open to 15 young artists, ages 5yrs to 7yrs

This week we will be focusing on daily trips within our local community to include London Zoo, Kentish Town City Farm, Belsize Nature Reserve and Hampstead Heath. Using different mediums of the arts we will go out exploring, sketching, drawing, using charcoals and watercolour pencils to create our mini masterpieces each day – with lots of fun art activities along the way.

ENROL LINK: https://hvhart.coordinate.cloud/book/234205



EASTER PROGRAMME—Week 1

CREATE EVERY DAY WEEK #ONE 8th / 9th / 10th / 11th APRIL

- LOVE COOKING with Professional Chefs Hillary & Rhian
- ARTFUL ADVENTURES a creative journey for young explorers
- MUSIC PRODUCTION create a beat, lyrics and RAP
- **FASHION PHOTOGRAPHY** with Professional Photographers Debbi Clark & Susana Hill and guest Stylist

MUSIC PRODUCTION - Create a beat, lyrics and RAP DATES: TUESDAY 8th APRIL to FRIDAY 11th APRIL TIME: 11am to 3pm LOCATION: TRA Hall, Ludham, Lismore Circus, London NW5 4SE (opposite the Lismore Circus Park) Open to 15 young artists, ages 8yrs to 14yrs

By collaboration through music, songwriting and rap performance we will support our participants in writing lyrics, learning music production on Logic Pro, creating new beats by expressing feelings and emotions learning these skills with professional music producer Ethan Arshad, AJ and Jonas from The Roundhouse. Participants will learn how to create their own rap, & make their own beat which will be recorded. They will be given a USB to save their creations on. All the young people will be encouraged to work as a group and will learn skills from how a track is born, from creation to recording to production. This course will support in releasing anxiety and encourage collaboration to increase confidence.

ENROL LINK: https://hvhart.coordinate.cloud/book/234216

FASHION PHOTOGRAPHY - with Professional Photographers Debbi Clark & Susana Hill DATES: THURSDAY 10th APRIL and FRIDAY 11th APRIL TIME: 10am to 6pm LOCATION: HvH ARTS Media Centre, 181 Mansfield Road NW3 2HP Open to 20 young artists, ages 13yrs to 16yrs

Learning the art of Fashion with guest celebrity Fashion Stylist Patricia Jones. *Focusing* on the art of Fashion Photography, our young creatives will learn how to use flash photography, creating high fashion images over two days. Plus, a trip to The National Portrait Gallery to see ICONIC fashion images and portraits from THE FACE, a trail-blazing youth culture and style magazine that has shaped the creative and cultural landscape in Britain and beyond since 1980 to 2004

ENROL LINK: https://hvhart.coordinate.cloud/book/234208



EASTER PROGRAMME—Week 2 CREATE EVERY DAY WEEK #TWO

14th / 15th / 16th / 17th APRIL

LOVE YOUR COMMUNITY FILM DOCUMENTARY with Profes-

sional Film Maker Susana Hill

- YOGA & WELLNESS discover your inner self
- CREATE EVERY DAY with Designer Lola Turner

LOVE YOUR COMMUNITY FILM DOCUMENTARY with pro-

fessional film maker Susana Hill

DATES: MONDAY 14th APRIL to THURSDAY 17th APRIL

TIME: 11am to 3pm

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

Open to 25 young artists, ages 5yrs to 16yrs

Over two days we will be going out on locations in our community to film a short documentary. Learning skills in camera techniques, interview techniques and framing using professional cameras and storyboarding to put together a short video learning editing skills using Final Cut Pro and create a final 6-minute short film to encapsulate and capture our young people's vision of their community!

ENROL LINK: https://hvhart.coordinate.cloud/book/234215

YOGA & WELLNESS discover your inner self

DATES: MONDAY 14th APRIL to THURSDAY 17th APRIL

TIME: 11am to 3pm

LOCATION: TRA Hall, Ludham, Lismore Circus, London NW5 4SE (opposite the Lismore Circus Park)

Open to 20 young artists, ages 11yrs to 16yrs

DISCOVER YOUR INNER SELF with professional yoga tutors coming along to teach us the art of yoga, meditation and tai chi this week. An exciting opportunity to learn the art of yoga and tai-chi and a guest talk with our ambassador Sadie Frost coming along to inspire our week of wellness. This week is aimed at supporting good mental health, physical wellbeing and exploring the positive benefits of yoga in which our young people will have the tools and skills to practise at home. Yoga Mats will be allocated to each student to keep!

ENROL LINK: https://hvhart.coordinate.cloud/book/234218

CREATE EVERY DAY with Designer Lola Turner

DATES: MONDAY 14th APRIL to THURSDAY 17th APRIL

TIME: 11am to 3pm

LOCATION: HvH ARTS Gallery, 44 Ashdown Crescent NW5 4QE

Open to 20 young artists, ages 11yrs to 16yrs

This is a hands-on course inviting young people to unleash their creativity by crafting playful, multilayered collages. Using a mix of digital drawings, found materials, pastels, and paint, participants will explore texture, colour, and composition to create a unique design

ENROL LINK: https://hvhart.coordinate.cloud/book/234226

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.

Camden Family Learning

Camden

Tales and Tumbles

Free Fun Sessions for Parent/Carers, Babies and Toddlers with Singing, Yoga and Stories

Queens Crescent Library 1:30pm-2:45pm Once a month 13th February

13th March 10th April 8th May 5th June 3rd July

For more information call Alison on 07876 651950 or just show up

MATOR OF LONDON



Keats Community Library

invites you to join us for





A Reading with Q&A from author

SG Fessel

Friday 21 March 2025 4:30-5:30 pm In the Children's Library

Recommended for children aged 8 and over and their grown-ups!

SG Fessel grew up in Hampstead near Keats Community Library which she used to visit often. She went to Gospel Oak Primary School and also spent time in a Northamptonshire village. This village provides the setting of her first novel, 'Switchling', which has won 'Best New Fiction' in the Pacific Book Awards and was also a finalist in the Page Turner Awards. A sequel is currently in the works. San Francisco is now SG Fessel's home, where she loves to spend time in imaginary places and writing about them.

> Books will be available for purchase at the event (cash only)! Or for order from Daunt Books

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.

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





Join us at our arty little wellbeing space. A calmer social place for 12-18 year olds. Bridging the gap between school and the weekend. We have art materials and workshops, books and graphic novels, free refreshments, retro board games... A space to relax, catch up on homework, chat and eat noodles! Register with us, using the form on the back then find us in the gym room on Friday afternoons.

Text or email Li for our monthly programme: 07523 533490 li@creativehealthcamden.com

Every Friday from January 10th 2025 Fridays 4pm - 5.30pm - doors open from 3.30pm www.creativehealthcamden.com

The Gym, Kentish Town Health Centre Bartholomew Road, NW5 2BX

Supported by Camden Council Culture Service with funding from the Cultural Education and Learning Support Fund





Our relaxed wellbeing space for 12 -18 year olds, open Friday afternoons, with art, books, and board games. A place to hang out with friends between school and weekend. Refreshments provided. There's art materials available to make your own work, space to catch up on homework, and a badge making machine! Here's this month's creative sessions: (workshops may be subject to last minute changes)

7th March		Small artworks bedges (try out our bedge meking mechine), little prints end cerd meking
14th March		Cells abstract embroidery 'cells' individual unusual artworks, no prior skills needed
21st March	AND AND	Spring Equinox ink and collage, tree artworks to celebrate the arrival of spring
28th March		Oil painting plant themed traditional painting methods on stretched canvas

Text or email in advance to register, then visit us whenever you like. Find us in the Gym, ground floor, Kentish Town Health Centre, Bartholomew Road, NW5 2BX li@creativehealthcamden.com / 07523 533490

Opening times: 4pm - 5.30pm (doors open at 3.30pm) www.creativehealthcamden.com

Supported by Camden Council Culture Service with funding from the Cultural Education and Learning Support Fund

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

Web: www.fleet.camden.sch.uk



TERM TIME ACTIVITIES FOR CHILDREN & **YOUNG PEOPLE IN CAMDEN LEISURE CENTRES**

Lessons and Courses

We offer a huge range of quality swimming lessons and courses suitable for children of all ages.

Swimming is a vital life skill that everyone should have. We offer Swimbles classes for babies from 3 months - 4 years, Adult and child classes which are suitable for under 4s as well as Foundation and Development Classes for over 4s. Weekly classes run in each of the following centres. Kentish Town, Swiss Cottage and Pancras Square.

Book your place at www.better.org.uk/lessons

Junior Gym

Junior gym is dedicated sessions where teens and older children aged between 11-17 years can access the gym and get active, junior members also get inclusive access to swimming.

Centre	Times
Kentish Town	Weekdays: 11:00-13:00 & 15:00- 17:30
	Saturday: 13:00-15:00
	Sunday: 14:00 – 16:00
Swiss Cottage	Weekday: 9:00 to 18:00
	Weekends: 9:00 to 17:00
Pancras Square	Monday-Sunday: 10:00 – 12:30

Memberships

Whether you want to make a one off payment or monthly payment we have a wide range of memberships on offer Pay and Play Junior U18s: £6.55 for the year/ Pay and Play Over 16s: £49.50/Monthly junior: £19.50 or Concessionary: £14.80 www.better.org.uk/memberships

Swim For All Available Monday - Sunday

Enjoy a swim with your child during our Swim for All sessions at Swiss Cottage, Kentish Town, Pancras Square and Oasis.

Public swimming times may vary please view your local pool programme

www.better.org.uk/bookings





Soft Play

Monday - Sunday With multi-layered climbing frames, colourful ball pits and elaborate mazes, our soft play areas are certain to keep young ones busy.

Talacre Community Sports Centre (under/over 5s): 09:00 to 18:00 (Weekdays) and 9:00 to 13:45 (Weekends)

Swiss Cottage Leisure Centre (under/over 2s): 09:00 to 19:00 (Weekdays) and 08:30 - 16:30 (Saturday) 8:30 - 15:00 (Sunday).

Age	Non-	Standard	Concession	
	member	member	member	
Under 5s & 2s	£7.50	£5.40	£2.70	
Over 5s & 2s	£8.80	£6.15	£3.20	

Contact Us: Pancras Square: pancras.square@gll.org Kentish Town: kentishtown@gll.org

Swiss Cottage: swiss.cottage@gll.org Talacre: talacre@gll.org Oasis: Oasis@gll.org

Camden



Free Football Sessions Running Round Camden See below for det session venues ar times—including See below for details of session venues and Friday's on the Fleet pitch OPEN SPA

BARSENAL, IN THE COMMUNITY

OPEN SPACES

POSITIVEKICKS@ARSENALCOUK

SUPPORTED BY DUE PLATNERS

Hackney



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

AGE GROUP

WITY SESSION

GOMMUNITY SESSION	ADE OROUP	TYPE	POSTGODE	START	· END
Elthome Park	7-12 yrs	Mixed	N19-3NF	4.30pm	5.30pm
Elthome Park	13-16 yrs	Mixed		5.30pm	6.30pm
Rosemary Garden	7-13 yrs	Mixed	humpu	5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed	N13DU	6.30pm	8.00pm
London Fields	7-12yrs	Mixed	E84PD	5.00pm	7.00pm
		TUES	DAY .	THE REAL	-
COMMUNITY SESSION	ALE CROUP	TYPE	POSTGODE	START	BND
London Fields	7-12 yrs	Mixed	E84PD	5.00pm	7.00pm
Harvist Estate	8-11 yrs	Mixed	N77NB	4.30pm	5.30pm
Harvist Estate	12-16 yrs	Mixed		5.30pm	6.30pm
S:Lukes	8-11 yrs	Mixed	ECIV9NR	4.30pm	5.30pm
S:Lukes	12-16 yrs	Mixed		5.30pm	6.30pm
		WEDNES	SDAY		and the
COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	BID
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🝃 Camden

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	BID
Kings Square	8-11 yrs	Mixed		4.30pm	5.30pm
Kings Square	8-11 yrs	Mixed	EC1V3QU	5.30pm	6.30pm
Westbourne	8-11 yrs	Mixed	ALCONY.	4.30pm	5.30pm
Westbourne	12-16 yrs	Mixed	N78AX	5.30pm	6.30pm
Woodberry Down	13-18 yrs	Mixed	N42RJ	6.00pm	7.30pm
Elthorne Park	7-12 yrs	Mixed		4.30pm	5.45pm
Elthome Park	13-16 vrs	Mixed	N193NF	5.30pm	6.30nm

AndoverEstate	1-12 yrs	MIXED	N77BQ	4.30pm	5.30pm
Andover Estate	12-16 yrs	Mixed	NV THUE	5.30pm	6.30pm
Crouch Hall Court	8-11 yrs	Mixed	N194EP	4.30pm	5.30pm
Crouch Hail Court	12-16 yrs	Mixed		5.30pm	6.30pm
Mabley Green	11-18 yrs	Girls Only	E9.5HW	5.00pm	7.00pm
		FRID4	44		
COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Rosemary Garden	7-12 & 12-14 yrs	Mixed		5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed	N13DU	6.30pm	8.00pm
Paradise Park	7-12 yrs	Mixed	N78PF	4.45pm	6.00pm
Paradise Park	13-18 yrs	Mixed		6.00pm	7.15pm
The second of the re-	10 10 10	THINGO		otoopin	r. iopan

TYPE

Woodberry Down,	1-12 yrs	MIXED	N42RJ	4.30011	0 20 pm
 Woodberry Down 	13-18 yrs	Mixed	N42HJ	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
and the second sec		SATUR	DAY	all and the second	
COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Arts and Media School	8-11yrs	Girls Only	N43QL	9.00am	10.15am

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.



POSITIVEKICKS@ARSENAL.CO.UK @ @ARSENAL_IN_THE_COMMUNITY

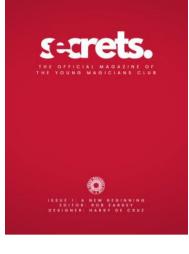
START

FMT

The Young Magicians Club is the number one place for 10-18 year olds who are interested in magic.

Members are invited to exclusive monthly workshops at the world-famous Magic Circle Headquarters, where the best Magic Circle magicians teach, encourage and inspire. There's no better way to learn magic, build confidence and meet new friends.

Members also receive our bi-monthly magazine, 'Secrets', packed with tricks, reviews and interviews, together with access to the online archive featuring hundreds of back issues!







Tel: 0207 485 2028







Age 7 to 15 Years old Boys and Girls

Every Sunday 11:00 to 1:00 PM

It's

Free

Starting From 2nd February 2025

Venue

Maria Fidelis Catholic School 1-39 Drummond Crescent NW1 1LY

11 to 12 Girls Only

12 to 1 PM Mixed

It's

Free



REGISTE

R NOW



• DBS Certified Coaching staff

• ECB level 2 Qualified Coaches

• Female Coahing staff for Girls

Mobile : 07717765932 , 07464592776 Email: unitedsportingclub@hotmail.com

Travel Info : # Nearest station EUSTON, # Bus 168,253.390.# free parking on the street

Supported by



www.unitedsportingclub.com

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

RUGBY IN **REGENTS PARK**

JOIN THE ONLY RIF IN CENTRAL LO



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

1 - ----

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

Marce Prorevolution.devel



QUEENS CRESCENT LIBRARY

MONDAY 10.30 AM RHYME TIME

MONDAY 4 PM STORY TIME

WEDNESDAY 4PM CRAFTS

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



Larraine Revah

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.

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 time please email jenny.mulholland@camden.gov.uk or call 020 7974 2792 to arrange a me.

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 Nurserv 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





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



SPRING Calendar 2025

Welcome to our SPRING 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.

To book onto anything on our calendar below, get on our mailing list or to find out more please get in touch:

<u>Natasha.Burgess@kids.org.uk</u>. Text or call Natasha on 07711 767 258 Or contact <u>Aishatu.Mohammed@kids.org.uk</u> Text or Call Aisha 07385 003 662 We are on facebook – www.facebook.com/CamdenSpecialParentsForum and Twitter @CamdenSPForum

Jan

14 Tue	Coffee Morning, 10.30am-11.30am @ Greenwood Centre, Kentish Town.		
22 Wed	Themed Forum Meeting, 10.30am-12pm @ Greenwood Centre, Kentish Town.		
27 Mon	Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.		
29 Wed	Coffee Morning, 10:30am-12pm @ Charlie Ratchford Court, 43 Crogsland Road, Chalk Farm, NW1 8FA.		

Feb

05 Wed	Total communications workshop, 10am-12pm Online via Zoom- register for Zoom link.		
11 Tue	Annual Review workshop, SENDIASS 10:30am-12:30pm @ Greenwood Centre, Kentish Town.		
24 Mon	Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.		
26 Wed	KIDS Camden Parent, Carer Well-Being day 10:30am-2pm @ Greenwood Centre, Kentish Town		
Mar			
04 Tue	Coffee Morning, 10.30am-11.30am @ Greenwood Centre, Kentish Town.		
05 Wed	Movement, rest and relaxation, 12pm-2pm @ Kentish Town Congregational Church.		
12 Wed	Forum meeting, 10:30am-12:30pm @ Greenwood Centre, 37 Greenwood Place. Kentish Town.		
17 Mon	Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.		
26 Wed	Themed Forum Meeting, 10.30am-12pm @ Greenwood Centre, Kentish Town.		
31 Mon	Walk & Talk, 10:15am-12:30pm @ Hampstead Heath.		
31 Mon	CAMHS understanding and managing behaviour, 11:45am-1pm Online via Zoom- register for Zoom link		

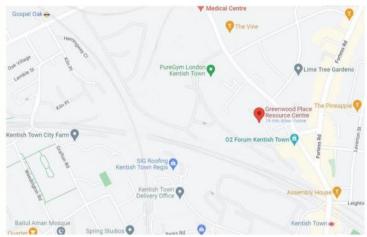
See Next Page for information on how to book and where

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



WALK and TALK, Hampstead Heath

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 bus stop). Contact Ali Turner for more information: 07788 521693.



Workshops and meetings

Greenwood Centre, 37 Greenwood Place, London NW5 1LB

Situated in Kentish Town and a 5 mins walk from Kentish Town Underground Station and a 10 min walk from Gospel Oak Overground Station. Also served by bus 88 and 214.

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"

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)

Our 2 hour online Training modules

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2

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.

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.

R



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





Tel: 0207 485 2028

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

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

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



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

Screen-time

sical age? perhaps a challenge for all parents o In this Webu provide you wit esearch as well as explore why this topic ca mites alongside some helpful idea's parents might For Prim Jecondary Schu. ts/Carers

uesday 26th November AM&Pivi 12.00-13.00, Q and A: 13.00 to 13.30

Sleep

child sleep? Why is sleep so important ems with sleep voung people: 1 in 5 adults have some understand more about h

sleep and well b

webinar will help you child to improve his/her

y and Secondary School Parema, eaters Tuesday 17th December, 12.00-13.00 Q and A: 13.00 to 13.30

Managing Routines

Consistent routines that are developmentally appropriat nce and help with overal oning - not to your ch easier! In this webinar mention making that we will be talking about to m intain routines for all family members.

> mmary School Parents 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 ical hormonal, emotional, relational going th logical change. In of these key to provide d to make sense of and changes so that Parents/Care

support their young perso y School Parent Eor -sday 25th February, 12.00-13.00 O 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 selfconscious. 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

el: 0207 485 2028

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 vou 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:

What does Early Help do?

Sure Start Early Help 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 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 vou 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 vour family best.



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



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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/			
	AREA	BOROUGHS COVERED	24/7 SUPPORT NUMBERS
Worried about	North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
your mental health?	19.55	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.	North East London	City & Hackney	0800 073 0006
Every mental health trust in London has put in place a	A MARINE	Newham	0800 073 0066
telephone line for people in		Tower Hamlets	0800 073 0003
		Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
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
	100	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.



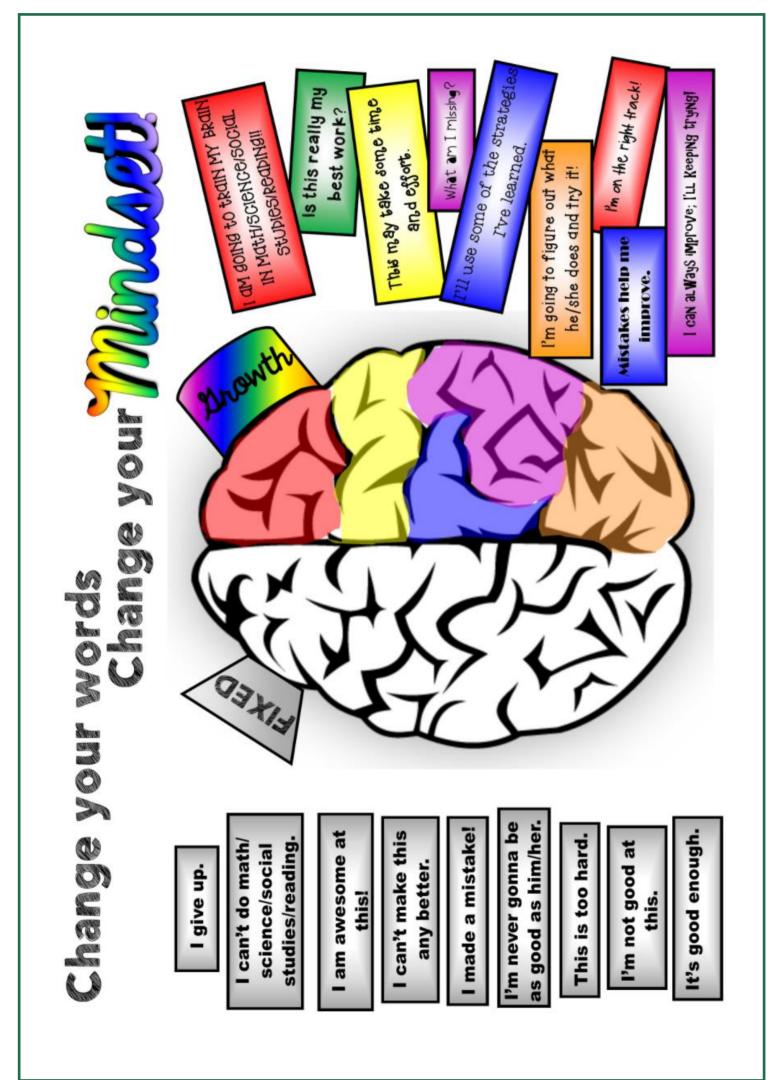
Do you have any used printer cartridges lying around at home? Send them into the school office!

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.

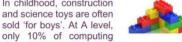


Why are they bad for everyone?

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

only



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 Children learn from the genders. 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

LIMITS www.liftinglimits.org.uk

bys: 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 <u>www.lettoytsbetoys.org.uk</u> – 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 ca have a powerful impact on children. Use 'humankind' rather than 'mankind' or 'firefighter' rather than 'fireman' – avoid using the masculine to refer to everyone.
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	hes and shoes: Are girls wearing clothes or shoes which are more delicate – which hey need to keep clean or which ninder them in climbing or kicking a	 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.

Tel: 0207 485 2028