

New items this week... See below details for the up-

coming parent-teacher meetings—please make sure you have booked an appointment—thank you if you already have. <a href="Page 2">Page 2</a> has the latest dates for your diary—please check you have a note of everything for your children. <a href="Page 4">Page 4</a> has an ad for the Winter Fair—you can bid on golden ticket items and buy raffle tickets using the information on the poster. <a href="Page 19">Page 19</a> is this weeks information sheet from National College—based around last week's anti-bullying week theme of 'Respect'. <a href="Page 23">Page 23</a> has details of the Camden Reading Challenge running over this Winter in local libraries—we encourage all children to take part. <a href="Page 41">Page 41</a> and <a href="Page 41">Page 41</a> and <a href="Page 42">Page 42</a> has the list of pagent workshops being run by the Camden MHST team. The next one is later this month and on a very useful topic—screen time!

#### **Upcoming Autumn Term Parent Meetings...**

Reception meetings have already taken place. You should have had information sent via parent hub for your child's class including links to book your slot for the following dates—contact the office if having any problems. It is important that teachers are able to meet with you so please book a slot.

Booking via: http://fleetprimary.schoolcloud.co.uk/

**Nursery: 25th November** 

Year 1: Wednesday 27th & Thursday 28th November Year 2: Wednesday 27th & Thursday 28th November Year 3: Wednesday 27th & Thursday 28th November Year 4: Wednesday 20th & Wednesday 27th November Year 5: Wednesday 27th & Thursday 28th November Year 6: Tuesday 26th & Thursday 28th November

#### **Trips, Clubs, Book Bags & Donations**

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



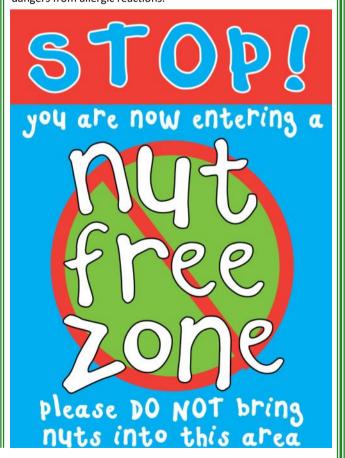
#### Contents—Hyperlinks...

- Dates for diary/term dates Pg 2-4
- Attendance Pg 5-6
- Fundraising Pg 7-9
- ParentHub Pg 10
- Forest School Request Pg 11
- Camden Music @ Fleet Pg 12-17
- Language & Communication Resources Pg 18
- National College Parent Information Sheet Pg 19
- Research Opportunities Pg 20
- Adult Volunteering in schools Pg 21-22
- Winter Break Clubs & Events for children

  Pg 23-24
- Clubs and Events for children and adults Pg 25-33
- Local Councillor Surgeries—Pg 34
- Parent Advice & Support (financial, physical and mental health etc. Pg 33-46
- Growth Mindset information Pg47-48

#### **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.



## Please bear in mind that occasionally trips may be arrang or cancelled last minute. Where possible we will give as much notice as we can. We need adult volunteers to supr

#### WHOLE SCHOOL EVENTS

21st November	21st November Flu Vaccination Programme—Rec-Y6 children to receive Flu Vaccine (consent letter will be sent out nearer the time)	
26th November	Sharing Assembly for Y4 parents and school of 'Airbourne' project @ 2.45pm	
4th December Citizens Advice Parent Workshop—Financial Wellbeing & Energy Support		
6th December Infant Christmas Show for Parents @ 10am		
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	End of term—school finishes at 2pm	

#### **NURSERY 2024-25**

25th November	Individual Parent Meetings
28th November	Parent Run Early Years Class Tea after school
2nd December	Reading Café for Parents @ 245pm
6th December	Infant Christmas Show for parents @ 10am led by Year 2
10th December	Trip to the Theatre—Stickman
17th December	Nursery Christmas Party

#### **PARENTS ASSOCIATION & SPECIAL EVENTS**

Spring Term Begins—children back

6th December	Winter Fair—af	fter schoo	l 3.30-6.30pm
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#### **YEAR 4 2024-25**

7th January

20th November Parent Meetings—book via online link (see page 1)	
26th November 'Airbourne' project—demonstration to parents @ 2.45pm	
27th November Parent Meetings—book via online link (see page 1)	
3rd December Tudor Workshop All Day in the hall	
12th December Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed even	
17th December Trip to Keats Library	

#### **RECEPTION 2024-25**

Parent Run Early Years Class Tea after school
Infant Christmas Show for parents @ 10am led by Year 2

#### **YEAR 5 2024-25**

25th November	Morning at Talacre for Sports	
27th & 28th Nov	th Nov Parent Meetings—book via online link (see page 1)	
6th December	Trip to Google HQ	
10th DecemberSpecial Assembly—Author visit12th DecemberJunior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed event)17th DecemberTrip to the Unicorn Theatre—Odd and the Frost Giants		

#### YEAR 1 2024-25

27th & 28th	Parent Meetings—book via online
November	link (see page 1)
6th December	Infant Christmas Show for parents @ 10am led by Year 2

#### **YEAR 6 2024-25**

21st November Morning at Talacre for Sports	
25th November Trip to WAC Arts for a Workshop (am)	
26th November	Parents Meetings—book a slot online
27th November	TFL Workshop in school
28th November Morning at Talacre for Sports	
28th November Parent Meetings—book via online link (see page 1)	
10th December Special Assembly—Author visit	
12th December Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed event)	
12th-15th May KS2 SATs Week	
9th-13th June	Residential Trip to Gower

#### YEAR 2 2024-25

	27th & 28th November	Parent Meetings—book via online link (see page 1)
	5th December	Parent Run Class Tea after school
	6th December	Infant Christmas Show for parents @ 10am led by Year 2
	18th December	Computing Workshop with Gillian

#### YEAR 3 2024-25

	21st November	Parent Run Class Tea after school
	22nd November	Class Assembly @ 10am—parents and carers come along
	27th & 28th November	Parent Meetings—book via online link (see page 1)
	12th December	Junior Christmas Show for Parents @ 9.30am & repeated @ 7pm (ticketed event)

## Term Dates for 2024-25

#### **AUTUMN TERM**

First day of term	Wednesday 4 <sup>th</sup> September 2024
Half term (inclusive)	Monday 28 <sup>th</sup> Oct – Friday 1 <sup>st</sup> November 2024
Last day of term	Friday 20 <sup>th</sup> December 2024 – close at 2pm

#### SPRING TERM

First day of term	Tuesday 7 <sup>th</sup> January 2025
Half term (inclusive)	Monday 17 <sup>th</sup> Feb – Friday 21 <sup>st</sup> Feb 2025
Last day of term	Friday 4 <sup>th</sup> April 2025 – close at 2pm

#### SUMMER TERM

First day of term	Wednesday 23 <sup>rd</sup> April 2025
May Day Bank Holiday	Monday 5 <sup>th</sup> May 2025 - school closed
Half term (inclusive)	Monday 26 <sup>th</sup> May – Friday 30 <sup>th</sup> May 2025
Last day of term	Tuesday 22 <sup>nd</sup> July 2025 – close at 2pm

#### STAFF INSET DAYS - SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Monday 2 <sup>nd</sup> and Tuesday 3 <sup>rd</sup> September 2024	Monday 6 <sup>th</sup> January 2025	Tuesday 22 <sup>nd</sup> April 2025
2 <sup>nd</sup> half term			Monday 2 <sup>nd</sup> 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.





## 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.



## e to parents from our School Inclusion Supp

#### **School Inclusion Support Officers**

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

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

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

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

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

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

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!





























**Download the easyfundraising App** 







## 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/give-

help/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

### URGENTLY NEEDED TARGETED FOOD

- Tinned Meat
- 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



Just Giving for Camden Foodbank



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

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

i		T	-
	Violin	Percussion	600
	J.S Bach - "Chaconne" Partita No.2 by Es-	Hyun-gi Lee - Garage Drummer - Percussion	
	ther Abrami - YouTube	Final - BBC Young Musicians 2012 - YouTube—	Je X
		https://www.youtube.com/watch?	
		v=xxzK9CipS04	V
1	Usually plays the tune 'Small and	V-XXZK3CIp304	
	light'		S. Francisco
7534		Ideal if you want to play lots of different instru-	A TOWN
		ments, from small to large	
	Cello	Ukulele	
	Sheku Kanneh-Mason - No Woman, No	Jake Shimabukuro Performing Bohemian Rhap-	
	Cry (Arr. Cello) [Studio Session] -	sody On HiSessions - YouTube	
// Table 1 2 to		sody On Misessions - YouTube	
	<u>YouTube</u>		
		Small and light to carry	1 3
	Plays the lower accompaniment, usually	Easy to write songs and sing along with	
	large to carry, on your back	Easy to write songs and sing arong with	
	Recorder	Guitar	
	BBC Young Musician 2012 - Charlotte	BACH   Sean Shibe   BWV 997 (Development) -	
	Barbour-Condini (recorder) - Trotto	YouTube	
	(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	
		Tou can play alone of in a band	
	very high		
	You need lots of gentle breath control!		
0.	Flute	Voice / singing lessons	98
	Havana - Camila Cabello Flute Cover -		
No.	<u>YouTube</u>		2000 CEL
	Small and light to some		
	Small and light to carry		
•	Needs a lot of breath!		The off
	Held sideways		
4	Clarinet	Euphonium	
Î.	Introducing the Clarinet with Julian Bliss	<u>Uptown Funk (Euphonium Loop) - Tubavisionary</u>	16
<b>1</b>	<u>Discover Instruments   Classic FM -</u>	<u>- YouTube</u>	e 2/ jōj.
	YouTube		17700
ga da		Usually plays the lower accompaniment (not the	
	Small and light to some	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
Ĭ	Small and light to carry	tune)	
-	Needs a lot of breath!	Be different and play this!	
	Saxophone	Trombone	
^	BBC Proms - Darius Milhaud: Scara-	GoPro on Trombone: Star Wars - Imperial March	
	mouche (Excerpt) - YouTube	<u>- YouTube</u>	(III)
			1
	Large to carry, on your back	Plays the lower accompaniment usually, although	-3
	Needs a lot of breath!	sometimes has the tune	
H	recus a for of ofeath!		
	Tr	Large to carry	
	Trumpet	French Horn	
	Alison Balsom - Autumn Leaves (Les	<u>Instrument: Horn - YouTube</u>	
M	Feuilles Mortes) - Live in London -		
	<u>YouTube</u>	Medium sized	
		Be different and play this!	97
<b>X</b>	Small to carry	De different und pluy uno:	
	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

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

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

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

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

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

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



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 www.camden.gov.uk/camdens-musicservice 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
- 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







Storytime, in their language

Kids can now enjoy thousands of picture books in 65+ languages, with English translations.

Available in libraries, schools and at home!

- 1. Visit your library website to learn more.

  Or find your library at www.lote4kids.com.

  Or download the free LOTE4Kids App.
- 2. Login using your library card number or access code.3. Find a book, in your language, and enjoy!











## 10 Top Tips for Parents and Educators **ENCOURAGING CHILDREN**

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential - especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

#### LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

#### AGREE TO DISAGREE

Make sure children know that it's fine to have differing Make sure children know that it's nine to have alment opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

#### **PROMOTE ACTIVE**

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

#### **ENCOURAGE THE USE** OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "!" statements during the discussion. Framing their thoughts and feelings using statements like "I feel ..." or "I think ..." can help them avoid an accusatory tone and encourages them to take responsibility for their

#### FOCUS ON BEHAVIOUR, **NOT CHARACTER**

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

### STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

#### START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could uexamples of considerate or inconsiderate behavior in books, films or TV to open discussions about the importance of giving others due regard.

#### SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing these involved from demonstrate agent parables.

#### AVOID MAKING THINGS PERSONAL

must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously

#### 10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

#### Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

The National College

Source: See full reference list on quide page at



@wake\_up\_weds



f /wuw.thenationalcollege



(c) @wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.11.2024



## 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)



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: <a href="www.bookmarkreading.org/volunteerf2f">www.bookmarkreading.org/volunteerf2f</a>

### Number Champions

1

2

3

4

fun + skills = confidence

# VOLUNTEERS NEEDED



#### **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:**

- <u>lorraine@numberchampions.org.uk</u>
- **©** 07918 410 847

#### Find out about us at:

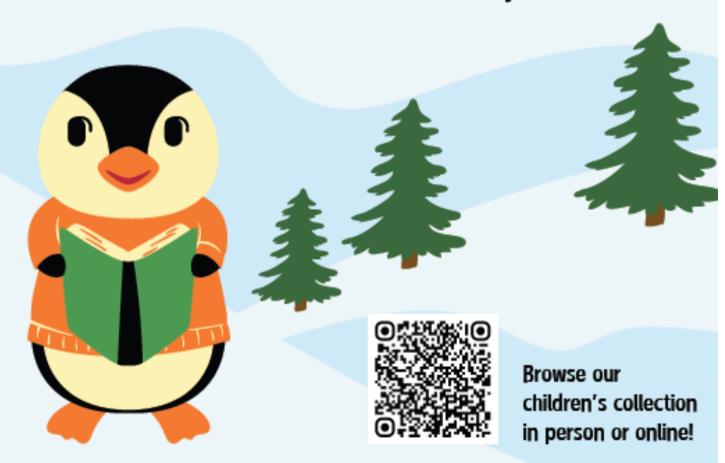
www.numberchampions.org.uk





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





## HHARTS HAF WINTER PROGRAM IS OPEN FOR BOOKINGS

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

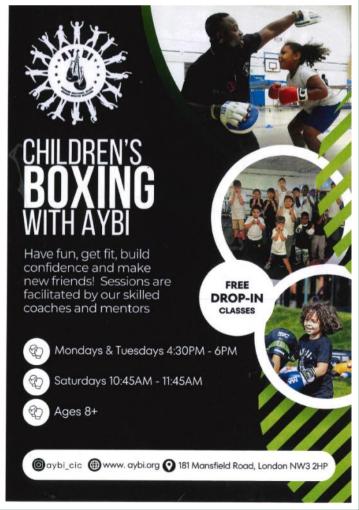
PLEASE ENROL HERE VIA THIS LINK TO BOOK YOUR FREE PLACE!

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.



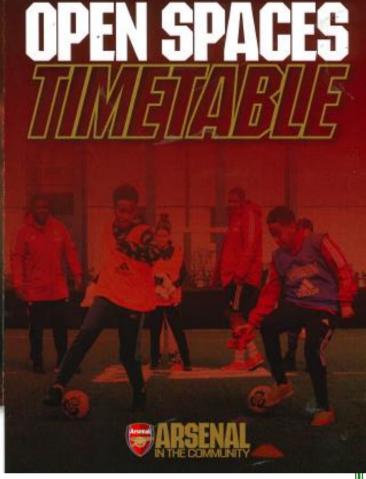


Free Footbal Sessions Running Round Campen

See below for det session venues ar times—including

See below for details of session venues and Friday's on the Fleet pitch







Camden





→ Hackney

RGE AND OFFER A SAFE. INCLUSIVE ENVIRONMENT FOR CHILDREN AND YOUNG PEOPLE TO ENDOY SPORT.

		MONE	DAY		
COMMUNITY SESSION	AGE GROUP	TYPE	POSTGODE	- START	· END
Elthorne Park	7-12 yrs	Mixed	AMO ONE	4.30pm	5.30pm
Elthorne Park	13-16 yrs	Mixed	N193NF	5.30pm	6.30pm
Rosemary Garden	7-13 yrs	Mixed	A MODILE	5.00pm	6.30pm
Rosemany Garden	14-16 yrs	Mixed	N13DU	6.30pm	8.00pm
London Fields	7-12yrs	Mixed	E84PD	5.00pm	7.00pm
		TUES	DAY .		
COMMUNITY SESSION	AGE GROUP	TYPE	POSTGODE	START	BID
London Fields	7-12 yrs	Mixed	E84PD	5.00pm	7.00pm
Harvist Estate "	8-11 yrs	Mixed	LOTTION .	4.30pm	5.30pm
Harvist Estate	12-16 yrs	Mixed	N77NB	5.30pm	6.30pm
S:Lukes	8-11 yrs	Mixed	FORMANIA	4.30pm	5.30pm
S:Lukes	12-16 yrs	Mixed	ECIV9NR	5.30pm	6.30pm
		WEDNE	SDAY		
COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	ĐO
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		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	AMOUNT.	4.30pm	5.45pm
Elthorne Park	13-16 yrs	Mixed	N193NF	5.30pm	6.30pm

Andoveresiale	7-12 YTS	MIXEG	N77RQ	4.3Upm	5.3Upm
Andover Estate	12-16 yrs	Mixed	N/ /HQ	5.30pm	6.30pm
Crouch Hall Court	8-11 yrs	Mixed	N194EP	4,30pm	5.30pm
Crouch Hall Court	12-16 yrs	Mixed		5.30pm	6.30pm
Mabley Green	11-18 yrs	Girls Only	E95HW	5.00pm	7.00pm
The state of the s		FRIDA	Y		
COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Rosemary Garden	7-12 & 12-14 yrs	Mixed	MODIL	5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed	N13DU	6.30pm	8.00pm
Paradise Park	7-12 yrs	Mixed	MINDE	4.45pm	6.00pm
Paradise Park	13-18 yrs	Mixed	N78PF	6.00pm	7.15pm
Woodberry Down,	7-12 yrs	Mixed	NI OT I	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	NW32UI	6.00pm	7.30pm
William Tyndale	14-18 yrs	Girls Only	N12DL	5.30pm	7.30pm
		SATUR	DAY		
COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	ĐĐ
Arts and Media School	8-11 yrs	Girls Only	N43QL	9.00am	10.15am
Artsand Media School	11-16 yrs	Girls Only		10.20am	11.45pm

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

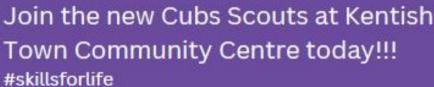


Spaces available at groups across North London District www.londonscouts.org.uk



For girls and boys aged 8 - 101/2







17 Busby Place, London



#### 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 www.londonscouts.org.uk





For girls and boys aged 6 - 8

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

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

> 17 Busby Place, London NW5 2SP

#### 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





## Wac Arts

Nurturing children & young people's creativity

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

Dance

| Drama

| Singing

| Music

Performing Arts Creative & Digital Arts

| Animation

| Art & Design

| Filmmaking

Age

4 - 30





wacarts.co.uk

213 Haverstock Hill, London, NW3 4QP



## 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.uk



# Fun, social starter tennis courses for 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







**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



MENTOR Val Almeida

**REGISTER NOW** 



### MATCH PLAY ONLY FOOTBALL SESSIONS

#### **EUERY THURSDAY**



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

#### **BOOK NOW FOR A** FREE TASTER CLASS

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

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

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

**Website Link** www.prorevo.co.uk More Information: Prorevolution.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



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 to there is no need to make an appointment.

#### Cllr Jenny Mulholland

1st and 5th Thursday of the month

Queen's Crescent Job Hub, 179 Queen's Crescent, NW5 4DS. 1pm to 2pm

For surgery appointments at other times please email

jenny.mulholland@camden.gov.uk or call 020 7974 2792 to arrange a rime.

#### 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. 11am 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

Camden

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#### **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 12 Tue

Movement, relaxation and lunch, 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, Kentish Town.

13 Wed Coffee Morning, 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 Tue Forum's Festive Function, 12pm-2pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.

16 Mon Walk and Talk, 10.15am-12.30pm @ 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"



### 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 <a href="https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptoclaim/">https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptoclaim/</a> 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







#### Citizens Advice Camden

Financial Wellbeing & Energy Support for Camden Residents

Come along to hear about...

**Budgeting** 

**Energy saving tips** 

**Credit & Borrowing** 

**Grants and discounts** 

**Priority & Non-Priority Bills** 

Smart meters

**Economising to reduce costs** 

Your Energy Bills and tariffs

Date: Wednesday 4th December 2024

Time: 9.15am- 11.15am

Place: Fleet Primary School, Fleet Road, NW3 2QT

For more information, contact: Lisa Tan

Phone: 0207 485 2028



#### **Healthy Start pre-paid card and free vitamins**

Do you receive income support? Are you pregnant or do you have any children under the age of four? You may be eligible for a Healthy Start prepaid card. The Healthy Start payments can be used to buy milk, fruit, vegetables, and infant formula. If you are eligible, you may receive: £4.25 each week from the 10<sup>th</sup> week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old. Apply online. Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre here.

#### Cost of living crisis advice, support booklet and translated advice

To support residents with the cost of living crisis, Camden have developed an advice and support booklet which can be downloaded here. We have translated posters which signpost to support with the cost of living crisis, help with food, energy bills, mental health and help finding a job into Arabic, Somali, Sylheti, Turkish, Kurdish, Lingala and Swahili. These can be downloaded on Camden website.

#### Cost of Living Crisis Fund Payment

Camden Council's Cost of Living Crisis Fund is for residents and families facing severe financial hardship and who cannot afford essentials – including food, energy bills, water, electricity and housing.

- The maximum award for a household of any size is £500
- A household can only receive a maximum of two awards in a 12-month period and the amount you are awarded will depend on your circumstances and household size
- We will prioritise those in greatest need

The support can take many forms including payments into bank accounts, vouchers, help with debt repayments or equipment that will help you to reduce your costs and/or keep warm this winter.

#### How to apply

Camden want to ensure residents are getting all the help and advice they need to live well in Camden.

If you are a tenant and in financial hardship, speak to your neighbourhood housing officer who will be able to refer you to the scheme and help you get other forms of support.

If you live in temporary or supported housing or have a social worker, speak to your support worker as they can also refer you for a payment and help you get other forms of support.

If you live in the private rented sector, other social housing or own your home and are in financial hardship, speak to one of our advice partners. You can also get help via Good Work Camden, by calling Citizens Advice Camden on 0808 278 7835 or by calling us on 020 7974 4444, option 9 (welfare support).

We can also refer you as school – come and speak to us if you think you are eligible and need our help to access this support (see eligibility criteria below):

#### Eligibility criteria

- You must have lived in Camden for at least six weeks. We will check the council tax database and if you are not registered then we will come back to you for another form of proof such as a bill, bank statement or benefit letter addressed to you at the address you are claiming for. The faster we receive proof of residency the faster the award can be made.
- 2. No more than two payments will be made per household in any 12-month period. When you apply, we will check records to see how many awards a household has received. If there is more than one adult or family in the household, the application must come from the person responsible for council tax.
- 3. You must be over 18 to apply, but we will accept applications from 16 to 18 year olds living independently because we know that not all young people are able to remain at home

You must be able to prove that you are in severe hardship or financial crisis

#### The cost-of-living advice bus

If you're struggling with the cost-of-living crisis and want some help, come along to our advice bus. Run in collaboration with local advice partners, you'll be able to get advice on a range of issues - including money, debt, help finding a job and accessing all the support you're entitled to. In December, you can find the advice bus dates using this link <a href="mailto:camden.gov.uk/warmdecome">camden.gov.uk/warmdecome</a>. To find out more about advice and support, visit <a href="mailto:camden.gov.uk/costofliving">camden.gov.uk/warmdecome</a> welcome' space, visit <a href="mailto:camden.gov.uk/warmwelcome">camden.gov.uk/warmwelcome</a>

The Children's Society



# Emotional health and well-being support For Children and Young People aged 6-25

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



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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

#### Come and talk to us..

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

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

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

do not charge for our services



#### Children's Centres:

- 1a Children's Centre 1a Rosebery Avenue EC1R 4SR 020 7974 7024
- Regents Park Children's Centre Augustus Street NW1 3TJ 020 7974 8934
- C Harmood Children's Centre 1 Forge Place NW1 8DQ 020 7974 8961
- O Agar Children's Centre ulworth, Wrotham Road NW1 9SU 020 7974 4789
- Kilburn Grange Children's Centre 1 Palmerston Road NW6 2JL 020 7974 5080

camden.gov.uk/camdensurestart



Pregnant or have a child under five? We can help, come



Camden





Pregnancy & New Born Baby





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

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

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

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

#### What kind of help?

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

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

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

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



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

#### Our support.

Midwifery and health visiting services



Information and support about breastfeeding, baby feeding and healthy eating



Stay and play drop-ins and other activities for you and your child to enjoy together



Family support team - if you need extra help



Early education and childcare and childminders



Help to find training and employment and benefits advice



Local services for children with special educational needs and/or Disabilities, visit localoffer.camden.gov.uk

## 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**



Group therapy and workshops

Whole class interventions

Parent/carer webinars: including topic on sleep, screen time and anxiety therapeutic conversations.







#### 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-online-workshop-series-2024-2025-tickets-1008208567967

#### **Parent/Child Interactions**

How do you spend time with your child? The aim of this way are you as part or sto find out more about what are parent/child interaction to promote may rease positive connections with you relationship has a positive effect on children's phy the liping brain development), emotional well-being for the world) and behaviour (e.g., positive onship with your child.

The aim of this way are parent of the world of

Tuesday 22nd October, 12.00-13.00

O and A: 13.00 to 13.30

#### Screen-time

Screen Time – perhaps a challenge for all parents of this technological age? In this Webinar we hope to provide you with up-to-date research as well as explore why this topic can be so emotive for families alongside some helpful idea's parents might wish to try out.

For Primary and Secondary School Parents/Carers
Tuesday 26th November AM&PM
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

# 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**



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

- Early Help Family Group Conference – bring together a circle of family members, friends, neighbours or community members to help solve problems
- ➤ Parenting programmes a range of programmes for parents to be, and parents with children from 0-19 to help you feel confident and positive about your parenting role
- Activities to enjoy time together as a family
- ➤ Early Help Play support to access holiday play schemes,

- breakfast clubs, after-school clubs, and free early education and childcare places\*
- Employment advice and welfare rights – access to our advisors to help with benefits and all things work-related
- Connections to housing support and homelessness services
- Connections to community organisations in your area.



#### How do I get Early Help?

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

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

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

#### Other formats

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

#### Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)
E: LBCMASHadmin@camden.gov.uk

For more information about

Early Help visit: camden.gov.uk/earlyhelp

Sure Start 020 7974 8961 camden.gov.uk/surestart

for eligible 2 year olds



#### What's Early Help?

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

#### What can you help with?

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

#### What does Early Help do?

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

#### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Stop Early Help

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

#### Families in Focus

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

#### Transformation Team

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

#### Youth Early Help

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



#### Every Early Help team will:

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



## 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.



### 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!

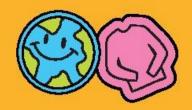
#### Parent group: Families, Food and Feelings

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 <a href="mailto:brandoncen-tre.healthyliving@nhs.net">brandoncen-tre.healthyliving@nhs.net</a> email address.









# FREE SCHOOL CLOTHING



- SAVE YOUR FAMILY MONEY
- STOP SCHOOL CLOTHES FROM GOING TO LANDFILL
- MAKE CAMDEN A MORE SUSTAINABLE PLACE

We'd love you to come along to use our School Uniform Exchange. Pick up good quality, pre-loved school clothing for free, to save money and help the planet.



#### WHEN AND WHERE TO FIND US:

Rhyl Community Primary School Monday-Thursday 9.30-11.30am Grafton Road, NW5 4AX





**COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY** 



# indabo Change your words

Change your

I give up.

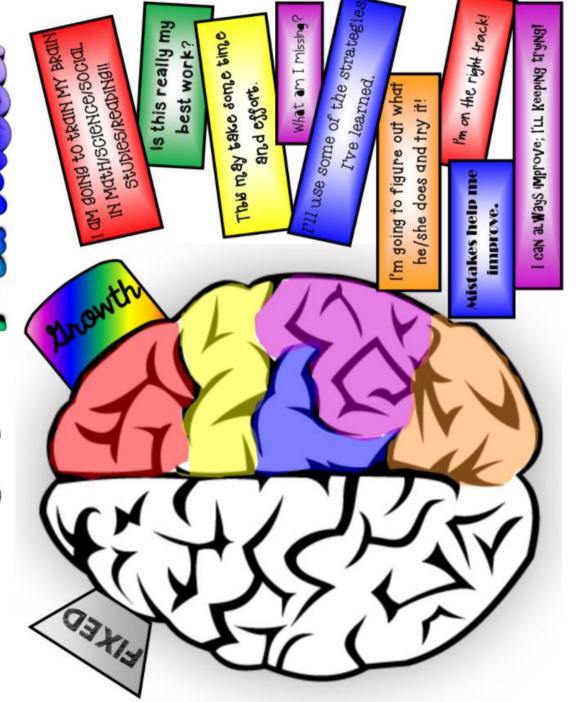
studies/reading. can't do math science/social

am awesome at this! can't make this any better. made a mistake!

as good as him/her. 'm never gonna be

This is too hard.

'm not good at this. It's good enough.



#### Gender equality: guide for families

#### What are gender stereotypes?

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

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













#### Why are they bad for everyone?

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

#### Study and work:

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

#### Health and mental health:

In childhood, boys learn not to show their feelings except through

like a girl

- feelings except through anger. Boys are 6 times less likely than girls to seek Childline counselling about suicidal thoughts and feelings. Men account for 75% of all suicides.
- 1 in 4 women in the UK will be a victim of domestic violence in her lifetime.

#### **FAQs**

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

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



www.liftinglimits.org.uk

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

#### Toys:

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

#### Opportunities to challenge gender stereotypes:

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

#### Language:

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

#### **Expectations and aspirations:**

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

#### Attitudes:

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

#### Booke:

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 maledominated.
- Use books as an opportunity to question roles and attitudes.

#### Around the home:

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

#### Clothes and shoes:

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

#### Similarities and differences:

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



www.liftinglimits.org.uk