

# Fleet Community Notices



Wednesday 25th September 2024



## New items this week...

See item below—reminder to complete photo consent online if you haven't already done it. [Page 2](#) has advert for this term's PTA Halloween Disco! [Page 3](#) has the latest dates for the term. If you are a Year 6 parent, see [Page 9-10](#) about all the events and open days currently happening/ [Page 20](#) has the latest parent information sheet from National College—this week all about Instagram. To coincide with the National Cycle to School week next week, see details on [Page 24](#) of a family cycle event this coming Sunday. [Pages 26 and 27](#) have information about new Scout and Cub groups starting up locally. [Page 37](#) has information on the Camden Health Bus for this weekend, while [Page 38](#) has details of an information event happening to support families.

## Photo Consent—thank you to those who have already completed this task. If you haven't, please complete as soon as possible.

At Fleet, we sometimes take photographs or videos of pupils. We use these in the school newsletter, on the school's website, school Twitter account and on display boards in and around school to help keep you updated with the life of the school and your child's part in that. We would like your consent to take photos and videos of your child, and use them in the ways described above. We would be grateful if you could complete the online form by following this link:

<https://forms.gle/RSLgqPRJsN2njx1w7>

If you're not happy for us to do this, that's no problem – we will accommodate your preferences and *if you wish to withdraw or change these consents at any time, please contact:*

[admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk)

If you have any queries, please don't hesitate to contact the office.



## Online learning resources and homework

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

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible. Other Homework for most classes will be delivered via Google Classroom. The children will have individual logins for this which will be sent home.

## Trips, Clubs, Book Bags & Donations

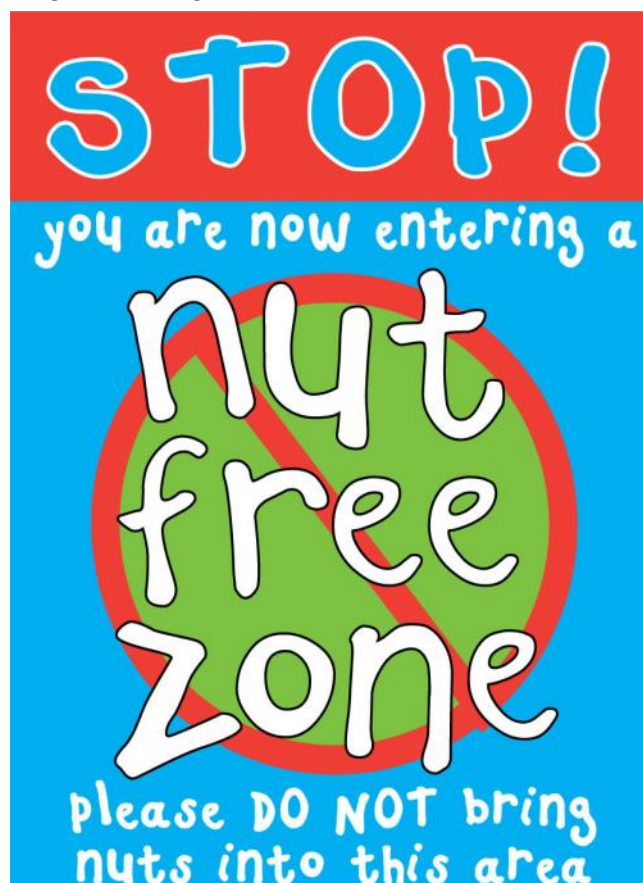
If you are having any problems accessing the online payment portal on ScoPay—or are not yet setup and would like to be, please do speak to Lisa in the office. You can now pay for all of these things online without having to bring in cash via the office and can also pay for a term of clubs without having 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...

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## Nut Free School

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



FLEET PTA

PRESENTS

# HALLOWEEN

SCHOOL DISCO



25TH OCTOBER

5 PM - 7 PM

## DRESS TO IMPRESS

- DJ PARTY - COSTUME - HOT FOOD & BAR

★ ★ ADULTS : £3 CHILD : £2.50 ★ ★

FAMILY TICKET OF 4 OR MORE

£10

# Dates for your diary this term...

## WHOLE SCHOOL EVENTS

|                  |   |
|------------------|---|
| 27th September   | Camden Schools Cross Country Competition on the Heath—selected KS2 children   |
| 9th October      | KS1 and KS2 Open Mornings—Reading & Phonics @ 9-9.30am  |
| 10th October     | Photographer in—individual school photos  |
| 11th October     | Camden Clean Air special assembly for KS2   |
| 28th Oct-1st Nov | Half Term Week—School Closed  |
| 8th November     | Parent Workshop—supporting behaviour 9-10am   |
| 21st November    | Flu Vaccination Programme—Rec-Y6 children to receive Flu Vaccine (consent letters will be sent out nearer the time) |
| 26th November    | Sharing Assembly for Y4 parents and school of 'Airbourne' project @ 2.45pm  |
| 27th & 28th Nov  | KS1 & KS2 Parent Meetings—t.b.c. (some classes may change a day but all will be this week)                          |
| 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  |
| 20th December    | End of term—school finishes at 2pm  |

## PARENTS ASSOCIATION & SPECIAL EVENTS

|              |                          |
|--------------|--------------------------|
| 25th October | Halloween Disco 5-7pm    |
| 6th December | Winter Fair—after school |

## YEAR 5 2024-25

|                    |   |
|--------------------|---|
| 30th Sept-11th Oct | Swimming block—swimming everyday                              |
| 1st October        | Computing Workshop in school with Gillian from the CLC        |
| 14th-18th October  | Residential Trip to Sayer's Croft                             |
| 7th November       | Parent Run Class Tea after school                             |
| 8th November       | Class Assembly @ 10am—parents and carers come along           |
| 11th—15th Nov      | Level 2 Cycle Training—children opt in—letters will come home |
| 6th December       | Trip to Google HQ   |
| 17th December      | Trip to the Unicorn Theatre—Odd and the Frost Giants          |

## YEAR 6 2024-25

|               |  |
|---------------|--|
| 4th October   | Trip to the Zoo  |
| 9th October   | Trip—West End Walking Tour   |
| 10th October  | Class Tea after school   |
| 4th—8th Nov   | Level 2 Cycle Training—children opt in—letters will come home                |
| 13th November | Trip to Salvation Army Centre  |
| 15th November | Trip to the Cinema   |
| 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  |

Please bear in mind that occasionally trips may be arranged or cancelled last minute. Where possible we will give as much notice as we can. We need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via ParentHub closer to the date of a trip and contact the office if you are able to accompany. Thank you.

## NURSERY 2024-25

|               |   |
|---------------|---|
| 28th November | Parent Run Early Years Class Tea after school |
| 10th December | Trip to the Theatre—Stickman                  |

## RECEPTION 2024-25

|                 |  |
|-----------------|--|
| 15th & 16th Oct | Parent Meetings—an online booking system for your in person slot available nearer the time |
| 17th October    | Stay and Play Session for Parents  |
| 20th November   | Trip to the Zoo  |
| 28th November   | Parent Run Early Years Class Tea after school  |

## YEAR 1 2024-25

|                 |   |
|-----------------|---|
| 16th October    | Trip to Parliament Hill                                 |
| 23rd & 24th Oct | Cycle Training in playground—bring bikes if you own one |
| 14th November   | Parent Run Class Tea After School                       |
| 15th November   | Class Assembly @ 10am—parents and carers come along     |

## YEAR 2 2024-25

|                 |   |
|-----------------|---|
| 21st & 22nd Oct | Cycle Training in playground—bring bikes if you own one |
| 24th October    | Trip to the October Gallery                             |
| 5th December    | Parent Run Class Tea after school                       |
| 6th December    | Infant Christmas Show for parents @ 10am led by Year 2  |

## YEAR 3 2024-25

|               |   |
|---------------|---|
| 21st November | Parent Run Class Tea after school                   |
| 22nd November | Class Assembly @ 10am—parents and carers come along |
| 25th November | Trip to the Cinema                                  |

## YEAR 4 2024-25

|               |   |
|---------------|---|
| 24th October  | Parent Run Class Tea after school                     |
| 25th October  | Class Assembly @ 10am—parents and carers come along   |
| 26th November | 'Airbourne' project—demonstration to parents @ 2.45pm |
| 3rd December  | Tudor Workshop All Day                                |

# 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 on to 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.**

# Message to parents from our School Inclusion Support Officer

## **School Inclusion Support Officers**

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

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

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

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

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

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

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



# 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.

**THIS AUTUMN &  
WINTER PLEASE  
HELP US TO FEED  
LOCAL PEOPLE IN  
FOOD CRISIS**

## 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 0JN. |
| Everyday | 8am – 10pm    | The Wesley Hotel, 81-103 Euston Street, NW1 2EZ.                                     |
| Tuesday  | 11.30am - 3pm | Camden Foodbank, 14 Pratt Mews, NW1 0AD.   |
| Friday   | 11.30am - 3pm | Camden Foodbank, 14 Pratt Mews, NW1 0AD.   |
| Sunday   | 10am - 12pm   | Camden Foodbank, 14 Pratt Mews, NW1 0AD.   |

### 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

## HOW TO DONATE FOOD OVER THE NET?

| DAY               | TIME          | ADDRESS                                  |
|-------------------|---------------|--|
| Tuesday or Friday | 11.30am – 2pm | Camden Foodbank, 14 Pratt Mews, NW1 0AD. |

## 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 0AD.

Phone for food deliveries only Tuesdays and Fridays – 020 7387 4551

[info@camden.foodbank.org.uk](mailto:info@camden.foodbank.org.uk)

<https://Camden.foodbank.org.uk>

Camden Foodbank registered charity in England and Wales 1084806



Just Giving  
for  
Camden  
Foodbank



# Secondary Transfer for September 2025

## Secondary Schools in Camden 2025 Booklet

All year 6 children were sent home last week with a copy of this year's Secondary Transfer booklet (right). Use the link to the right to download a digital copy if you would like.

This booklet includes information on all the Camden Secondary schools, their open days and how to apply for a place for your child for September 2025.

The next page of this newsletter includes the page relating to open days running over the next two months. We would encourage you to attend these open days and to bring your children so they and you can get a feel for each school before deciding where you want to apply.

The 'Meet the Parents' events shown below are also really useful to hear from current parents of their experiences in each school.

<https://www.eadmissions.org.uk/eAdmissions/app>

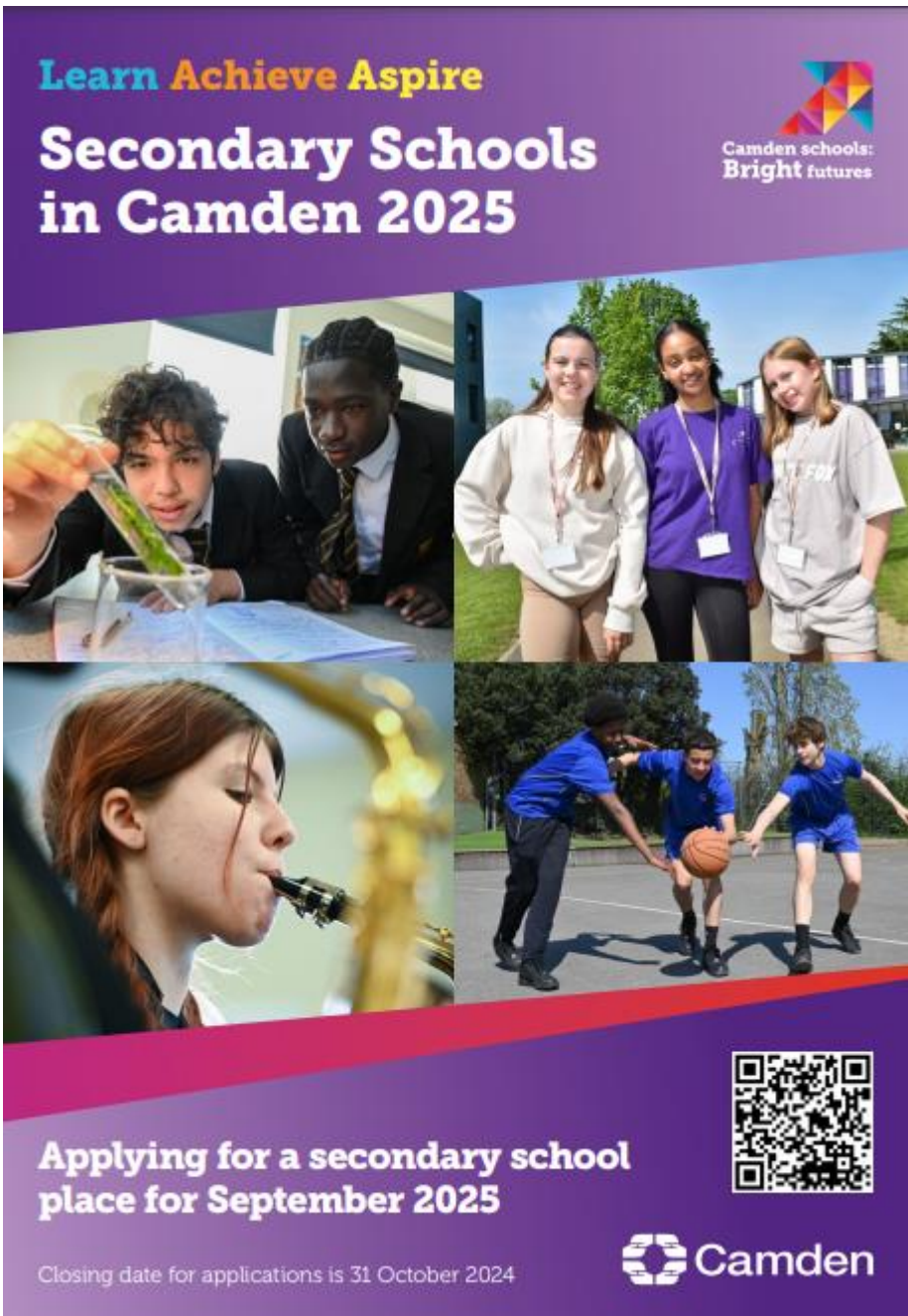
## Meet the Parents - informal forums for parents

[Meet the Parents](#) are running [events for parents of primary pupils](#) who are moving up to secondary school starting from the week beginning 9 September 2024.

These allow parents and carers to ask frank questions from other families - including current secondary students and their parents - and combine this with getting information directly from schools at their official open events.

The full list of Meet the Parents forums for September 2024 are:

- 11 September at Primrose Hill Primary School, from 6.30pm
- 12 September at the Rosary RC Primary School, from 5.30pm
- 16 September at Eleanor Palmer Primary School, from 6pm
- 16 September at Fitzjohn's Primary School, from 6.30pm
- 17 September at Holy Trinity and St Silas CofE Primary School, from 6pm
- 18 September at Gospel Oak Primary School, from 6.30pm
- 19 September at King's Cross Academy, from 4.30pm
- 19 September at Torriano Primary School, from 6.30pm
- 23 September at The Cavendish School Camden from 4pm
- 24 September at Hampstead Parochial CofE Primary School, from 5.30pm
- 25 September at Christ Church School, Hampstead, from 6pm.

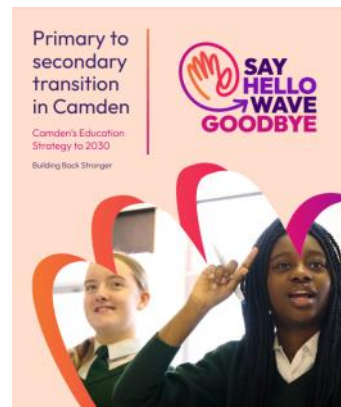


The booklet cover features a purple header with the text 'Learn Achieve Aspire' in blue and orange, and 'Secondary Schools in Camden 2025' in white. The Camden schools logo 'Camden schools: Bright futures' is in the top right. The cover is divided into four images: a boy in a lab coat holding a test tube, three girls in school uniforms standing outdoors, a girl playing a saxophone, and three boys playing basketball. At the bottom, it says 'Applying for a secondary school place for September 2025' and 'Closing date for applications is 31 October 2024'. A QR code is on the right, and the Camden logo is at the bottom right.

## Primary to Secondary Transition in Camden

Camden Learning has worked with Camden schools to create some useful guidance for parents on how to help your child in the move from primary to secondary school. Also see page 16, 17, 18, 19 & 20.

<https://www.camden.gov.uk/documents/d/guest/primary-to-secondary-school-transition-in-camden-parents-guide>



The booklet cover has a light orange background. It features the text 'Primary to secondary transition in Camden' and 'Camden's Education Strategy to 2030 Building Back Stronger'. A logo with a hand icon and the text 'SAY HELLO WAVE GOODBYE' is on the right. At the bottom, there is a photo of two children, a boy and a girl, smiling and waving.



# Choosing a secondary school in Camden

## Open events 2024



### Acland Burghley School

Burghley Road, London NW5 1UJ 020 7485 8515  
[www.aclandburghley.camden.sch.uk](http://www.aclandburghley.camden.sch.uk)



**Open evening:** Wednesday 25 September, 5pm  
**Open mornings:** 24, 25 and 26 September, 9am  
**Sixth Form:** Thursday 28 November, 5.30 to 8pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

### Hampstead School

Westbere Road, London NW2 3RT  
 020 7794 8133  
[www.hampsteadschool.org.uk](http://www.hampsteadschool.org.uk)



**Open evening:** Tuesday 8 October, 4.30pm  
**Open mornings:** 17, 24 September, 1, 15, 22, 23 October. Please arrive for 9.15am start  
**Sixth Form:** Tuesday 19 November, 6pm

### The UCL Academy

Adelaide Road, London NW3 3AQ 020 7449 3080  
[www.uclacademy.co.uk](http://www.uclacademy.co.uk)



**Open evening:** Thursday 3 October, 4.30 to 6.30pm  
**Open mornings:** 12, 19 and 26 September, 9 to 10.30am. Please register via the Academy website  
**Sixth Form:** Thursday 7 November, 4.30 to 6.30pm. Please register via the school website

### Parliament Hill School

Highgate Road, London NW5 1RL  
 020 7485 7077  
[www.parliamenthill.camden.sch.uk](http://www.parliamenthill.camden.sch.uk)



**Open evening:** Thursday 26 September, 5 to 7.30pm  
**Open mornings:** 1, 2 and 8 October, 9 to 10.30am  
**Sixth Form:** Thursday 28 November, 5.30 to 8pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

### La Sainte Union

Highgate Road, London NW5 1RP 020 7428 4600  
[www.lasainteunion.org.uk](http://www.lasainteunion.org.uk)



**Open evening:** Tuesday 17 September, 4 to 7pm  
**Open days:** 8 and 17 October, 9 to 11am. Please register your place on the school website.  
**Sixth Form:** Thursday 28 November, 5.30 to 8pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

### Camden School for Girls

Sandall Road, London NW5 2DB 020 7485 3414  
[www.csfg.org.uk](http://www.csfg.org.uk)



**Open evening:** Monday 23 September, 5 to 7pm  
**Open mornings:** 18 and 20 September, 9am to 11am  
**Sixth Form:** Tuesday 19 November. Tickets will be available from 1 October. Please check website nearer the time  
**Banding assessment registration:** register online by 24 September, 12 noon

### Haverstock School

24 Haverstock Hill, London NW3 2BQ  
 020 7267 0975  
[www.haverstock.camden.sch.uk](http://www.haverstock.camden.sch.uk)



**Open evening:** Tuesday 1 October, 5 to 7pm  
 Please check the school calendar or contact the school for the arrangements of Sixth Form events  
**Open mornings with tour of classrooms:** Drop in any Thursday from 9 to 10am from 27 September to 25 October

### Maria Fidelis School FJC

1–39 Drummond Crescent, London NW1 1LY  
 020 7387 3856  
[www.mariafidelis.camden.sch.uk](http://www.mariafidelis.camden.sch.uk)



**Open evening:** Wednesday 25 September, 4 to 6pm  
**Open mornings:** Every Tuesday during term time. Please check our website for more information  
**Sixth Form:** Please check the school website for more information

### Regent High School

Chalton Street, London NW1 1RX 020 7387 0126  
[www.regenthighschool.org.uk](http://www.regenthighschool.org.uk)



**Open mornings:** 30 September to 4 October and 7 to 11 October starting at 9am  
**Sixth Form:** Thursday 14 November, 4 to 6pm

### William Ellis School

Highgate Road, London NW5 1RN 020 7267 9346  
[www.williamellis.camden.sch.uk](http://www.williamellis.camden.sch.uk)



**Open evening:** Thursday 26 September, 6 to 8pm  
**Open mornings:** 30 September, 4 and 7 October, 9 to 10.30am  
**Sixth Form:** Thursday 28 November, 5.30 to 8pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

Local group **Meet the Parents** holds informal forums at local primary schools, where families can 'meet the parents' and students who attend their local secondary schools.

Find out more about these events: [meettheparents.info/latest-events](http://meettheparents.info/latest-events)

All Camden secondary schools plan to have open events for parents and the details above were correct at the time of going to print. However, please check the schools' and Camden Council's website for the most up to date information.



**NOTE...**

Make sure you also add your individual children, not just classes, to ensure you receive individual messages as well as class and school notices. If you have any queries speak with Lisa Tan via the school office!

# Fleet Primary School

would like you to join their channel on Parent Hub.

Just tap “Add a School” in the app and enter the handle below...

@FleetPrimary

The Parent Hub app is FREE to download and use.



## What is Parent Hub?



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

## Instructions for Parents



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose “Add a School” and enter the school handle (above).

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



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.



# Fleet's Forest School Request





# camdenmusic



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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



## Have fun learning to play the drums at Fleet School

- Lessons will take place during the school day
- Taught by an experienced Camden Music Tutor
- Recommended for children in years 2 - 6

**Getting started is easy!**

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk





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

Or scan the QR code above

020 7974 7239

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

# Message from Camden Music Service:








## Half price instrument/singing lessons for children of families claiming housing benefit and council tax support

Universal Music Group has generously given us some money to help families of pupils in KS2 (Years 3 to 6) to pay for music lessons. **Priority will be given to those pupils already on instrument lesson waiting lists.**

Here are the instruments you can choose in this scheme (please note that not all schools can offer all instruments as for tutors to attend a school there needs to be a certain amount of children wanting to do a specific instrument.

Apply here: <https://www.camden.gov.uk/apply-for-music-lessons-in-school>

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



## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

## How can you help?

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

## What else will help?

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

Find out more here

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

and here

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

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second 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 – [camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)



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

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

### Getting started is easy!

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

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



020 7974 7239

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

### Camden Music Service

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

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

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

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

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

## What instruments can my child learn?

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

## Will my child need an instrument?

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

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

## When and where will lessons take place?

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

## What types of lessons are there?

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

### Shared lessons

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

### Individual lessons

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

## What will it cost?

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

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

## How do I pay?

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

## Is any financial help available?

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

## What about if we want to stop?

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

## How do I apply?

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

# WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

- Music making sessions for children up to Year 5
- Instrumental lessons
- Bands, orchestras and choirs
- Music technology
- Adult choir
- Music groups for babies and very young children



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



**camdenmusic**

020 7974 7239  
[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)





# **LOTE4Kids** *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](http://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!



Download on the  
**App Store**



GET IT ON  
**Google Play**



# Camden





# From the National College - Wakeup Wednesday Guides

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

## What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

### WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

### ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

### UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

### GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

### INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

### PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

### EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

### Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>



@wake\_up\_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 00.00.2024





Camden



# ENGLISH, MATHS AND ESOL CLASSES

Information, assessment for  
ESOL class and enrolment on  
Thursday 19th September at  
Grafton Road site 9.15 -11.30am

**Classes begin in September 2024**

If you would like to enrol, please contact Lisa on  
0207 485 2028. We will meet at **Fleet** on **Thursday  
19th Sept at 9am** and walk together to the class  
as a group.





Bookmark

Volunteer with Bookmark and  
help a child like me learn to  
read.

## Help a child learn to read

This year our school is working with Bookmark, a children's literacy charity that links schools with volunteers to provide children with extra reading support.

You can help a child develop the reading skills and confidence they need for a fair chance in life. Two hours a week, for 12 weeks.

As a Bookmark volunteer, you'll help your community and make a huge difference to a child.

Registered Charity No. 117768

**SIGN UP  
TODAY**



[bookmarkreading.org/  
volunteer2f](https://bookmarkreading.org/volunteer2f)

*Could you volunteer to help a child with their reading? Our school is working with Bookmark, a children's literacy charity, to provide our pupils with extra reading support. As a volunteer, you'll come into school to read and play fun, literacy games with the same child for 30-minute sessions, twice a week. We're looking for people who could support a minimum of two children a week, across 12 weeks. Sign up now to help children in your local community. Please feel free to share this volunteering opportunity with your own networks. You can find out more and sign up here: [www.bookmarkreading.org/volunteer2f](https://www.bookmarkreading.org/volunteer2f)*

Number Champions

1 2 3 4 5

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:

✉ [lorraine@numberchampions.org.uk](mailto:lorraine@numberchampions.org.uk)

☎ 07918 410 847

Find out about us at:

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



Training  
provided





# CAMDEN CYCLE TO SCHOOL WEEK BIKE RIDE

**SUN 29TH SEPTEMBER  
TALACRE GARDENS  
10AM OR 12PM**

We are celebrating Cycle to School Week with a family bike ride around Camden.

This marshalled ride will pass close to many Camden schools, providing an opportunity for both experienced riders and newcomers to celebrate and share ideas for cycling to school.

There are options to join for the full 10 miles or shorter 5 mile routes. Find out more and book your free place using the QR code or link.



<https://lcc.org.uk/events/camden-cycle-to-school-week-ride/>



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

## CHECK OUT THE ADS ON THE NEXT TWO PAGES FOR SOME OF THE GROUPS LOCALLY AVAILA- BLE TO OUR YOUNG PEOPLE.



**#PoliceCadets**

Join one of the fastest growing  
uniformed youth groups in the UK

AGED 10-17 AND WANT TO BROADEN YOUR HORIZON?  
CAMPS and COMPETITIONS, DUKE OF EDINBURGH  
FUN DAYS OUT

**Monday and Thursday**  
3:30pm - 7pm

Monday - Maria Fiedelis  
Drummond Crescent NW1

Thursday - Hampstead School  
Westbere Road NW2

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

**#PoliceCadets**

METROPOLITAN  
POLICE

VPC Volunteer  
Police  
Cadets



**METROBOX  
CAMDEN**

YOUNG PEOPLE'S  
BOXING IN  
NORTH LONDON.

@METROBOXLONDON

**FREE  
ADMISSION**

**COMPETITION**

Beginners  
Wednesday:  
5pm - 6.15pm (9-15 years)  
6.30pm - 8pm (16-24 years)

Open Gym  
Friday:  
4pm - 6pm (all ages up to 24)

**FITNESS**

**CONFIDENCE**

Advanced (invite only)  
Tuesday & Thursday:  
5pm - 6.15pm (9-15 years)  
6.30pm - 8pm (16-24 years)

**Metrobox Camden,  
London School of Mosaic, 181 Mansfield Rd, NW3 2HP**

07769 369235 www.metroboxlondon.co.uk info@metroboxlondon.co.uk



# cubs

For girls and boys aged 8 - 10½



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

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

**17 Busby Place, London  
NW5 2SP**

### 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>







# BEAVERS

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**

.....

## **Performing Arts**

| Dance  
| Drama  
| Singing  
| Music  
| Musical Theatre

## **Creative & Digital Arts**

| Animation  
| Art & Design  
| Filmmaking

**Age  
4 - 30**



**wacarts.co.uk**

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





# Sprint, run, throw and jump into athletics!

## QuadKids 2024

At Parliament Hill Track on:

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

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

Register (£4) online at:

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

*How fast can you sprint?*

*How far can you throw?*

*What's your longest long jump?*

*Got the stamina to race for two minutes?*

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

Further details:

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

**We hope to  
see you there!**



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



# 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](mailto: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](mailto:rudolphschooloftennis@gmail.com)



# RUGBY IN REGENTS PARK



## JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



Accredited Club

### EVERY SUNDAY THROUGHOUT THE SEASON



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

 **TIME**  
9:00 AM

 **DATE**  
Thursdays



**MENTOR**  
Val Almeida

**REGISTER NOW**



## MATCH PLAY ONLY FOOTBALL SESSIONS

**EVERY THURSDAY** 

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

**BOOK NOW FOR A  
FREE TASTER CLASS**

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

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

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

Website Link  
[www.prorevo.co.uk](http://www.prorevo.co.uk)

More Information:  
 [Prorevolution.devel](mailto:Prorevolution.devel)



**CELEBRATING  
CREATIVITY SINCE  
1990!**



**AGES  
3-9**



## **HOLIDAY CLUBS**

**Painting, Crafts, Clay, Dancing, Games,  
Stories, Cake Decorating, Music!**

**28th OCTOBER-1st NOVEMBER  
@ Gospel Oak Methodist Church**

**16th-20th DECEMBER  
@ Primrose Hill Community Assoc.**

**[WWW.CREATIVEWIZKIDS.COM](http://WWW.CREATIVEWIZKIDS.COM)**



**•Weekdays 10am-2pm**

**Weekly Rate: £255\***

**Daily Rate: £58**

**•9.30am Drop off: £6pd**

**(\*Discounts available)**

**•Extended Hours available  
for ages 5-9**

**Extended times: 10am-4pm**

**Weekly Rate: £375\***

**Daily Rate: £80**

**•October Half-term:**

**Gospel Oak Methodist Church**

**73 Agincourt Road, NW3 2NT**

**•December Holiday:**

**Primrose Hill Community Assoc.**

**29 Hopkinsons Place, NW1 8TN**



# Meet your local councillors



**Jenny  
Mulholland**

**020 7974 2792**

Jenny.Mulholland@camden.gov.uk

**Labour and Co-op**



**Marcus  
Boyland**

**020 7974 2792**

**07815 032 923**

Marcus.Boyland@camden.gov.uk

**Labour**



**Lorraine  
Revah**

**07798 846 584**

**020 7974 6775**

Lorraine.Revah@camden.gov.uk

**Labour**

## Surgery times

Our advice surgeries are held at the following venues. These are drop-in sessions so there is no need to make an appointment.

### **Cllr Jenny Mulholland**

#### **1st and 5th Thursday of the month**

Queen's Crescent Job Hub,  
179 Queen's Crescent, NW5 4DS.

1pm to 2pm

For surgery appointments at other times,  
please email

[jenny.mulholland@camden.gov.uk](mailto:jenny.mulholland@camden.gov.uk)

or call **020 7974 2792** to arrange a time.

### **Cllr Marcus Boyland**

#### **1st Thursday of the month**

Fleet School Fleet Road  
Hampstead NW3 2QT

9am to 10am

#### **3rd and 5th Thursday of the month**

Queen's Crescent Job Hub  
179 Queen's Crescent, NW5 4DS

1pm to 2pm

#### **4th Thursday of the Month**

Rhyl School, 196 Grafton Road  
London, NW5 4AX

9 am to 10 am

### **Cllr Lorraine Revah**

#### **2nd Thursday of the month**

The Gospel Oak Regeneration Hub Site Portacabins of  
(former Bacton Low Rise) Wellesley Road, Junction with Vicars  
Road – next to St Martins Church, NW5 4PA. 11am to 12pm

#### **3rd Tuesday of the month**

Greenwood Centre, 37 Greenwood Place NW5 1LB.

1 pm to 3 pm

This surgery is specifically designed for carers and individuals with  
disabilities and is by appointment only. Please call 020 7974 2792 to  
schedule an appointment

#### **3rd Friday of the month**

Russell Nursery TRA Hall, The Aspern Centre

1 Christie Court, 3 Aspern Grove

NW3 2AB. 4pm to 5pm

#### **4th Thursday of the month**

The Gospel Oak Regeneration Hub Site Portacabins of  
(former Bacton Low Rise) Wellesley Road, Junction with  
Vicars Road – next to St Martins Church, NW5 4PA.

11 am to noon

**Please note there are no surgeries in August.** If you wish to have a phone, teams or zoom appointment with the Councillor please email the Councillor or call Members Support to have this arranged.

## In writing

c/o Member Support, Town Hall, Judd Street, London, WC1H 9JE  
or for more information go to [camden.gov.uk/democracy](https://camden.gov.uk/democracy)

Gospel Oak





# Cost of Living Crisis - Camden Support Available



## Healthy Start pre-paid card and free vitamins

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

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

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

## Cost of Living Crisis Fund Payment

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

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

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

### **How to apply**

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

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

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

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

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

### **Eligibility criteria**

You must have lived in Camden for at least six weeks. We will check the council tax database and if you are not registered then we will come back to you for another form of proof such as a bill, bank statement or benefit letter addressed to you at the address you are claiming for. The faster we receive proof of residency the faster the award can be made.

2. No more than two payments will be made per household in any 12-month period. When you apply, we will check records to see how many awards a household has received. If there is more than one adult or family in the household, the application must come from the person responsible for council tax.

3. You must be over 18 to apply, but we will accept applications from 16 to 18 year olds living independently because we know that not all young people are able to remain at home

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

## The cost-of-living advice bus

If you're struggling with the cost-of-living crisis and want some help, come along to our advice bus. Run in collaboration with local advice partners, you'll be able to get advice on a range of issues - including money, debt, help finding a job and accessing all the support you're entitled to. In December, you can find the advice bus dates using this link [camden.gov.uk/winterevents](#). To find out more about advice and support, visit [camden.gov.uk/costofliving](#). To find your nearest 'warm welcome' space, visit [camden.gov.uk/warmwelcome](#)



# Camden Mobile Health

Come and visit us for a BMI and Know Your Risk score assessment and blood pressure check, winter flu vaccination for eligible people\*, smoking cessation information and advice, no appointment needed

## We will be open at the below locations:

| Bus location  | Date                                      |
|---|---|
| <b>Bacton Tower TRA hall - Bacton Tower ,Deck Level ,Haverstock Road, NW5 4PU</b> | <b>Friday 27 September<br/>11am - 4pm</b> |



### \*Groups to be offered the Flu vaccination are

#### From the 1st of September :

- pregnant women
- all children aged 2 or 3 years on 31 August 2024
- all children in clinical risk groups aged from 6 months to less than 18 years

#### From the 3rd of October

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups (as defined by the Green Book, Influenza Chapter 19)
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants

### Know Your Risk assessment (KYR)

KYR score uses a points system to identify if a person is at low, increased, moderate or high risk of developing type 2 diabetes.

It is evidence-based and consists of seven simple questions related to age, gender, ethnicity, family history, waist measurement, Body Mass Index(BMI) and blood pressure.

Based on this score, advice is provided in the form of lifestyle changes or a GP referral



# Bacton Tower TRA

22 Stories

**Welcomes you to free events**

**Friday 27<sup>th</sup> September 2024**

**11am – 3pm**

**Bacton Tower TRA hall, Deck Level**

## **Let's have ... health checks**

Diabetes risk assessment

BMI assessment

Loneliness support

Blood pressure check

Smoking cessation

## **Let's have ... digital support**

Setting up your device

Developing digital skills

Exploring the online world

Completing online tasks

Learning how to feel safe online

Help you find support

## **Let's have ... air quality advice**

Loans of air quality sensors

How the sensor can help improve indoor air quality and better protect your health

Air pollution and wellbeing

## **Let's have ... home energy advice**

Make your home more efficient

Check current energy usage

See if any grants and benefits are available

General tips and measures

Contact suppliers on your behalf

## Citizens Advice Camden Advice North Camden Project

### How we can help:

We offer advice on:

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

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

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

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

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

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

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

 The  
Children's  
Society



## Emotional health and well-being support

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

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



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

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





# Citizens Advice Camden

## How to contact us:



### Adviceline

**0808 278 7835**

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

**Monday – Friday 10am-4pm**

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



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

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

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

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

Webchat:

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

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

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

*Visit our website for details of all our services*

Citizens Advice Camden is a registered charity 291955

## Come and talk to us...

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

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

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

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



Children's\_Centre\_Collateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 1

### Children's Centres:

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

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



Find out more:  
[camden.gov.uk/camdensurestart](http://camden.gov.uk/camdensurestart)

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



12/06/2018 11:44



Pregnancy &amp; New Born Baby



New Born Baby to 2 Years



Child 2 to 5 Years

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

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

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

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

Children's\_Centre\_Collateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 2

### What kind of help?

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

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

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

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

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

### Our support.

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

12/06/2018 11:44

# Camden Children's Centre Services



# CAMDEN MHST

## MENTAL HEALTH SUPPORT TEAM

Camden's Mental Health Support Team works across Primary schools providing interventions for children and young people experiencing anxiety or low mood.

## SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



emotional health & wellbeing in Camden,  
for children, young people and their families



## FLEET PRIMARY SCHOOLS PRACTITIONER

**THOMAS BURNAND**

School Hours: Wednesday Afternoon

If you are interested in getting help, please  
contact:

Rebecca Wall —Deputy Head

# Parent and carer counselling service

## Are you stressed or worried and need someone to talk to?

Are you a parent or carer with a child in a Camden school or children's centre?

Life is complicated and sometimes feels like an uphill struggle. Talking with a counsellor can help untangle thoughts and feelings.

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

Counselling is arranged by completing an application form or by phoning or emailing the co-ordinator.

We can also support with the referral process from in school. If you would like any support with this please come and speak to Rhian or Don.



### PCCS co-ordinator, SEN and psychology services

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

Email: [pccs@camden.gov.uk](mailto:pccs@camden.gov.uk)





# Camden Early Help



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

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

## Early Help



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

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



### How do I get Early Help?

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

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

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

### Other formats

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

### Find out more

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

E: [LBCMASHadmin@camden.gov.uk](mailto:LBCMASHadmin@camden.gov.uk)

For more information about Early Help visit:

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

Sure Start 020 7974 8961  
[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

\* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

### What's Early Help?

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

### What can you help with?

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

### What does Early Help do?

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

### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Step 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](#).



**URGENT MENTAL HEALTH SUPPORT 24/7**

**Worried about your mental health?**

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need - including children, young people and their parents. The lines are free to call and open 365 days a year.

| AREA                 | BOROUGHES COVERED   | 24/7 SUPPORT NUMBERS |
|----------------------|---|----------------------|
| North West London    | Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster | 0800 023 4650        |
|                      | Ealing, Hounslow and Hammersmith & Fulham                       | 0800 328 4444        |
| North Central London | Barnet, Camden, Enfield, Haringey and Islington                 | 0800 151 0023        |
| North East London    | City & Hackney  | 0800 073 0006        |
|                      | Newham  | 0800 073 0066        |
|                      | Tower Hamlets   | 0800 073 0003        |
|                      | Barking & Dagenham, Havering, Redbridge and Waltham Forest      | 0800 995 1000        |
| South West London    | Kingston, Merton, Richmond, Sutton and Wandsworth               | 0800 028 8000        |
| South East London    | Croydon, Lambeth, Lewisham and Southwark                        | 0800 731 2864        |
|                      | Bexley, Bromley and Greenwich                                   | 0800 330 8590        |

## FREE SCHOOL MEALS STATUS

For this year, all children from Reception—Year 6 will be able to receive a free school meal thanks to the Mayor of London's programme and you don't need to do anything to apply for it—simply let us know your child will be taking up the offer and that is it—nothing to fill in or apply for. However, this is different from 'Free School Meal Status'. This is still something you need to apply through Camden for. It is really important that you do this as this measure dictates a lot of the funding schools are allocated. To ensure we receive the correct funding we need all children who are eligible for this status to complete the process. You may be entitled to this status and therefore Fleet will receive additional funding if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit – your

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

- Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
- the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)

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

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

<https://accountforms.camden.gov.uk/freeschoolmeals/>

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



**Clue**

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




and when not hiding inside printers they usually look like this





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



Recycle 4 Charity

## Treasure Hunt

Attention to all children and teachers!

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




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

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

## Parent group: Families, Food and Feelings

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







# 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:

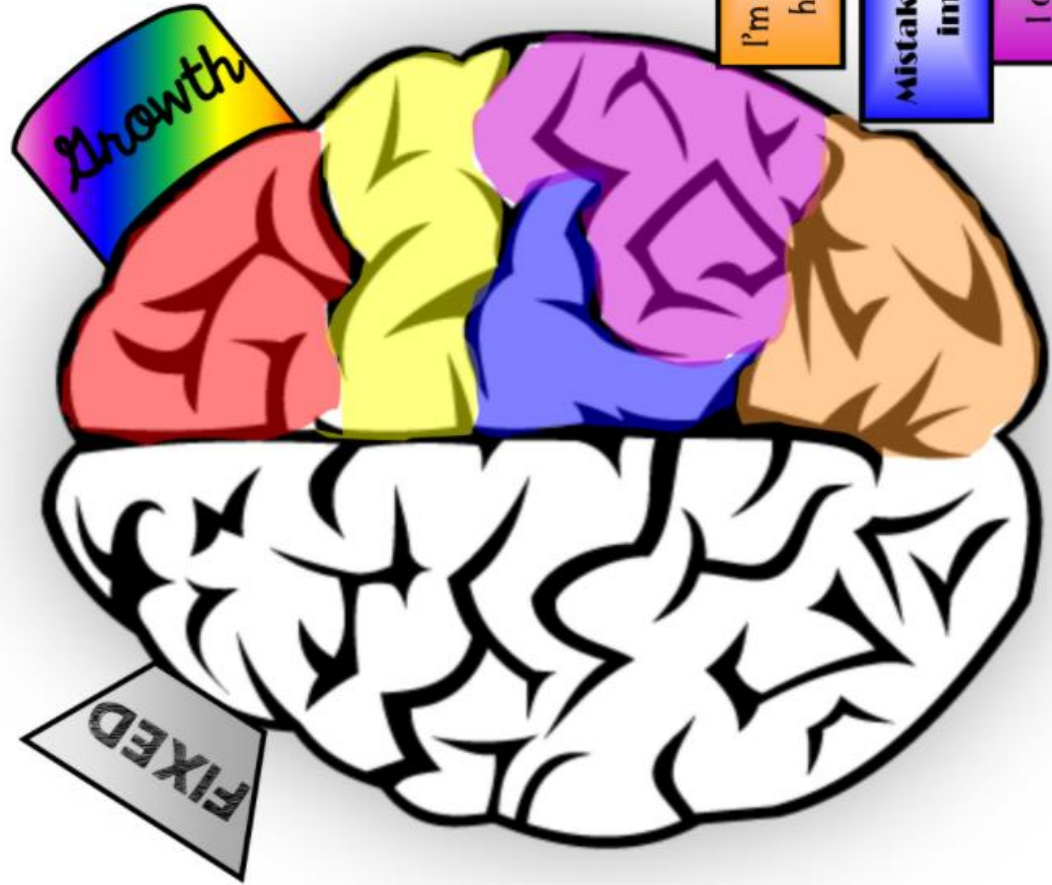
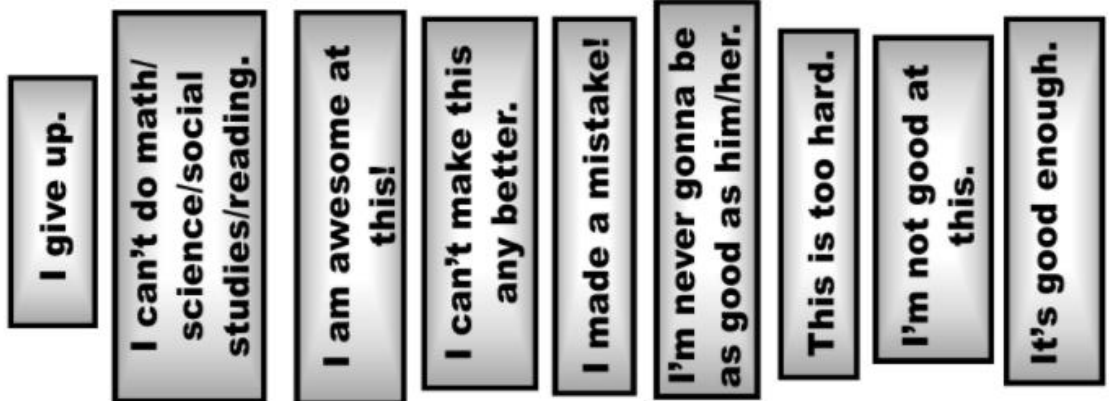
Rhyl Community Primary School  
Monday-Thursday 9.30-11.30am  
Grafton Road, NW5 4AX



**COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY**



# Change your words Change your *Mindset*





## Gender equality: guide for families

### What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



### Why are they bad for everyone?

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

#### Study and work:

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



#### Health and mental health:

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

'You cry like a girl'

### FAQs

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

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



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

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

#### Toys:

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

#### Opportunities to challenge gender stereotypes:

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

#### Language:

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

#### Expectations and aspirations:

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

#### Books:

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

#### Around the home:

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

#### Attitudes:

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

#### Clothes and shoes:

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

#### Similarities and differences:

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



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