

Fleet Community Notices



Wednesday 7th December 2022



New this week...

We have added some of the Spring Term dates to Page 2—look out for your child's assembly and Class tea dates. Page 3 has the information sent home this week about Scarlet fever and Strep A. Page 4 is the list of items we are collecting for the food bank—please bring in by Monday as it is being collected early next week. Page 5 advertises Christmas Jumper Day which we celebrate tomorrow. Page 6 has info on support available from Camden to help with the current cost of living crisis. The rest of this newsletter includes information on holiday courses available as well as other information from many of our community partners while page 28 is the latest parent info sheet from National Online Safety—this week about a new social media app children may be using. We hope it is of use to you. Enjoy the rest of your week.

Camden Holiday Access Fund and sports winter programmes

Check out the programme of activities running over the Christmas Break, including one here at Fleet (use link below and see page 6).

<https://haf.youngcamdenfoundation.org.uk/>

Also other sports related holiday courses can be found here including some run from Talacre:

<https://www.camden.gov.uk/children-young-people#cmft>

Job Opportunities at the Royal Free Hospital

We have been contacted by the catering manager at the Royal Free Hospital as they are looking in the community to fill vacancies in their service. They wanted to make our parents aware of the many job openings in catering at the Royal Free Hospital. They have full time and part-time roles available, catering assistants, kitchen porters and chefs. Several of the part-time catering assistant roles are between 10am, 10.30am, 11am and 2.30pm, Monday through Friday. Those roles focus on serving lunch to their 1200 daily customers, with set up and clean up. Their in-house trainers will teach food safety and how to do the job. Minimum pay starts at £12.77 an hour and there is some flexibility on times. They are an inclusive employer and offer career paths for those who are looking to grow.

For more information or how to apply, please contact:

Rasheed Kangumpurath

Catering Administrator

020 7794 0500 extension 31389

rasheed.kangumpurath@nhs.net

Patrick Mason

Assistant Catering Manager

020 7794 0500 extension 36937

p.mason5@nhs.net

Sid Hadj Youcef

Patient Feeding Manager

Pond Street, NW3 2QG

020 7794 0500 extension 33088

sid.hadjyoucef@nhs.net

Larry Rosenthal

Catering Manager

rfl property services limited

Royal Free Hospital

Pond Street, NW3 2QG

020 7794 0500 extension 35863



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you shop online

Find us on [easyfundraising.org.uk](https://www.easyfundraising.org.uk)

<http://www.easyfundraising.org.uk/causes/fleetps>

4,300 online sites will give us a free donation when you shop with them - at no extra cost to you!



Download the easyfundraising App



Junior Playground Refurbishment

As you probably know we are currently trying to raise money to refurbish our Junior playground. At some point in the future we will also need to do the same in the infant playground. We are hoping to be able to get some funding towards this from the Camden Local Community Investment Levy Fund (CIL). It would be great if you could support this by leaving a comment on the CIL consultation currently open. If you search the map for the school you will see a comment with our plans—you could add your own or indicate agreement with the existing comment. Your support with this will hopefully increase our chances of securing funding to make our plans reality.

Link to consultation: https://camdencil2022.commonplace.is/map/camden-cil-map?utm_campaign=group_email&utm_source=cp_email&utm_medium=email

Camden Foodbank

The Rights Respecting School Ambassadors are collecting food items again this Christmas for the Camden Food Bank. See page 4 for the list of items they need. Thanks in advance for your support.

Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. This can happen for any number of reasons and we try, where possible, to give as much notice as we can. We also will often need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parent hub closer to the date of a trip for requests for help and contact the office if you are able to accompany. Thank you.

- **8th December:** Junior Christmas Show @ 9.30am (no ticket needed)
- **8th December:** Junior Christmas Show @ 7pm (ticketed)
- **9th December:** School Christmas Lunch
- **12th December:** KS1 to Belsize Synagogue
- **13th December:** KS2 to Belsize Synagogue
- **14th December:** Y5 all day 'History off the Page' workshop (in school)
- **14th December:** Infant Christmas Parties
- **15th December:** Junior Talent Show & Christmas Parties
- **16th December:** end of term—school closes at 2pm
- **4th January:** Spring Term Starts—Children Back
- **6th January:** Y5 Art Workshop with Burgh house (in school)
- **16th—20th January:** Y5 Flying in Physics workshops in school
- **17th January:** Climate Scientists visiting Y6
- **1st February:** Pitch Perfect to UCL Grant Museum (4pm—8pm)
- **3rd February:** KS1 & KS2 Open Morning—Maths
- **7th February:** Pitch Perfect to Bloomsbury Theatre for recording
- **9th February:** Year 6 Class Tea
- **10th February:** Year 6 Class Assembly
- **13th-17th February:** Half Term—school closed
- **20th Feb-3rd Mar:** Bike Training for Y3, Y1 and EYFS
- **23rd February:** Year 5 Class Tea
- **24th February:** Year 5 Class Assembly
- **27th February:** Book Week
- **2nd March:** World Book Day—Dress Up as your favourite story character
- **2nd March:** Year 4 Class Tea
- **3rd March:** Year 4 Class Assembly
- **8th March:** Year 3 & 4 Dodgeball at Talacre after school (selected children)
- **9th March:** Year 2 Class Tea
- **10th March:** Year 2 Class Assembly
- **16th March:** Year 3 Class Tea
- **17th March:** Year 3 Class Assembly
- **20th—30th March:** Year 5 Swimming everyday
- **23rd March:** Year 1 Class Tea
- **24th March:** Year 1 Class Assembly
- **30th March:** International Food Evening—5-7pm
- **31st March:** end of term—school closes at 2pm
- **18th April:** Summer Term Starts—Children Back

GROUP A STREP INFECTION: ADVICE FOR PARENTS:

There are lots of infections that cause sore throats, colds and coughs circulating at the moment. You will probably have heard the news that there are a higher number of Group A Streptococcus (Strep A) infections this year compared to usual. It causes infections such as Scarlet Fever, tonsillitis and skin infections such as impetigo, among others.

Symptoms can include sore throat, fever, chills and muscle aches. In the case of Scarlet fever, a rash will develop with a sandpapery feel; for people with darker skin, the rash may not be apparent, but there will be the same sandpapery feel. For impetigo, reddish sores or blisters can appear on the face or elsewhere.

Strep A infections are usually mild and can be easily treated with antibiotics. However, in rare circumstances, the infection can get into the bloodstream or deep into the lungs and cause serious illness.

It's always concerning when a child is unwell and it is important to be on the lookout for signs that may indicate serious illness. As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement.

Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other [signs of dehydration](#)
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, [tongue or lips are blue](#)
- your child is floppy and will not wake up or stay awake

Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching your child how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, you can help to reduce their risk of picking up or spreading infections.

Further useful advice is available here [Group A Strep - What you need to know](#)

[Information about Scarlet Fever: includes some useful information and images](#)





FLEET NEEDS YOUR HELP PLEASE DONATE SOME FOOD

We need your help to give to those in need.

What can you bring?

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes
- pasta sauce
- Lentils, beans and pulses
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice



Please bring your donations by Monday 12th December.

We know it's a Challenging time for everyone at the moment with the cost-of-living crisis. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

Thank you for your generous donations from the Rights Respecting Ambassadors.

Photo: Alex Bamford / Save the Children

Thursday 8th December

PLEASE SUPPORT US THIS

CHRISTMAS JUMPER DAY!



CHRISTMAS JUMPER DAY



Wear a Christmas Jumper to school this Thursday (8th) and bring a voluntary donation to Save the Children—School Council collecting on the gate before and after school



Fleet Primary School 2023 Calendar



The Fleet Calendar 2023 is almost ready for sale. Lisa will be working hard to get them printed up in time to sell next week—contact or come to the office to order one. Makes a great Christmas present at only £3.50 and has all the terms dates on it too! Grab a bargain...

Cost of Living Crisis - Camden Support Available



Healthy Start pre-paid card and free vitamins

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

Cost of living crisis advice, support booklet and translated advice

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

Cost of Living Crisis Fund Payment

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

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

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

How to apply

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

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

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

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

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

Eligibility criteria

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

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

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

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

The cost-of-living advice bus

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

From 19th December to 30th December



Camden HAF Winter providers



Organisation name	Venue	Age Range	Start time- finish time
Bloomsbury Football	Acland Burghley School, 93 Burghley Rd. London NW5 1UJ	Age 7 to 14	10 am to 2 pm
Calthorpe Community Garden	Calthorpe Community Garden, 258-274 Gray's Inn Rd, WC1X 8LH	Age 5 to 11	11 am to 3 pm
Camden Sports Development Centre	Talacre Sports Centre, London, NW5 4PG	Age 8 to 12	9 am to 3.30 pm
HVH Arts	HvH Arts - 44 Ashdown Crescent -NW5 4QE Rhyl Kitchen School - Rhyl Street - NW5 London School of Mosaic - 181 Mansfield Road - NW3 TRA Hall - Lismore Circus -NW5	Age 5 to 16	11 am to 3 pm
KCBNA	Kings Cross Neighbourhood Centre 51 Argyle Street London WC1H 8EF	Age 11 to 16	5 pm to 9 pm
Leaming and Development Centre	71 Kingsgate Road, London, NW6 4JY	Age 5 to 16	10 am to 2 pm
Legacy Sports	Fleet Primary school Fleet Road, Hampstead London, NW3 2QT	Age 5 to 11	11 am to 3 pm
	Argyle Primary Tonbridge Street London WC1H 9EG	Age 5 to 11	11 am to 3 pm
London Zoo	ZSL London Zoo, Regent's Park, London, NW1 4RY	Age 12 to 15	10.30 am to 3 pm
Maze Academy	Rhyl Community Primary School Rhyl Street London NW5 3HB	Age 5 to 11	10 am to 2 pm
Our Parks	Swiss Cottage Community Centre, 19 Winchester Road, London, NW3 3NG Charteris (Kilburn) Sports Centre 24 Charteris Rd., North Maida Vale., London, NW6	Age 5 to 11	10 am to 2 pm
PACE Consortium	*PACE Fairfield Playcentre *Camden Square Playcentre *PACE Fortune Green Playcentre	Age 5 to 12	9 am to 4 pm
Pro Touch SA	Gospel Oak Primary School Mansfield Road, Camden, NW3 2JB	Age 6 to 13	11 am to 3 pm
Netley Primary School (open to Netley school children)	Netley Primary School and Centre for Autism, 74 Stanhope Street, London, NW1 3EX	Age 5 to 11	10 am to 2 pm
SHAK	SHAK 109, Rowley Way, London NW8 0SR	Age 9 to 16	12- 6 pm
Youth Early Help	1. Netherwood Youth and family Hub, 5 Netherwood Street, NW6 2QU - North Hub 2. Ingestre Community Centre, Ingestre Road, London NW5 1UX - Central Hub 3. Somers Town Youth Centre, 134 Chalton Street, London, NW1 1RX - South Hub	Age 11 to 16	12.30 to 5.30 pm
Holborn Community Association	Holborn House Community Centre, 35 Emerald Street, London, WC1N 3QW	Age 11 to 16	10 am to 2 pm

Sports, leisure, cultural activities and nutritional education this Summer!



FREE for Camden residents who are eligible for free school meals!

4 hours a day, 4 days a week during the Winter holidays!



Free healthy hot meal everyday!



Book your place soon!

To find the delivery dates and other information, please visit the Camden HAF booking page

<https://haf.youngcamdenfoundation.org.uk/>

For any queries please send us an email to info@youngcamdenfoundation.org.uk

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

Come and talk to us...

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

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

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

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



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



Children's Centres:

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

Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



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Pregnancy & New Born Baby



New Born Baby to 2 Years



Child 2 to 5 Years

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

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

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

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

What kind of help?

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

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

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

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

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

Our support.

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

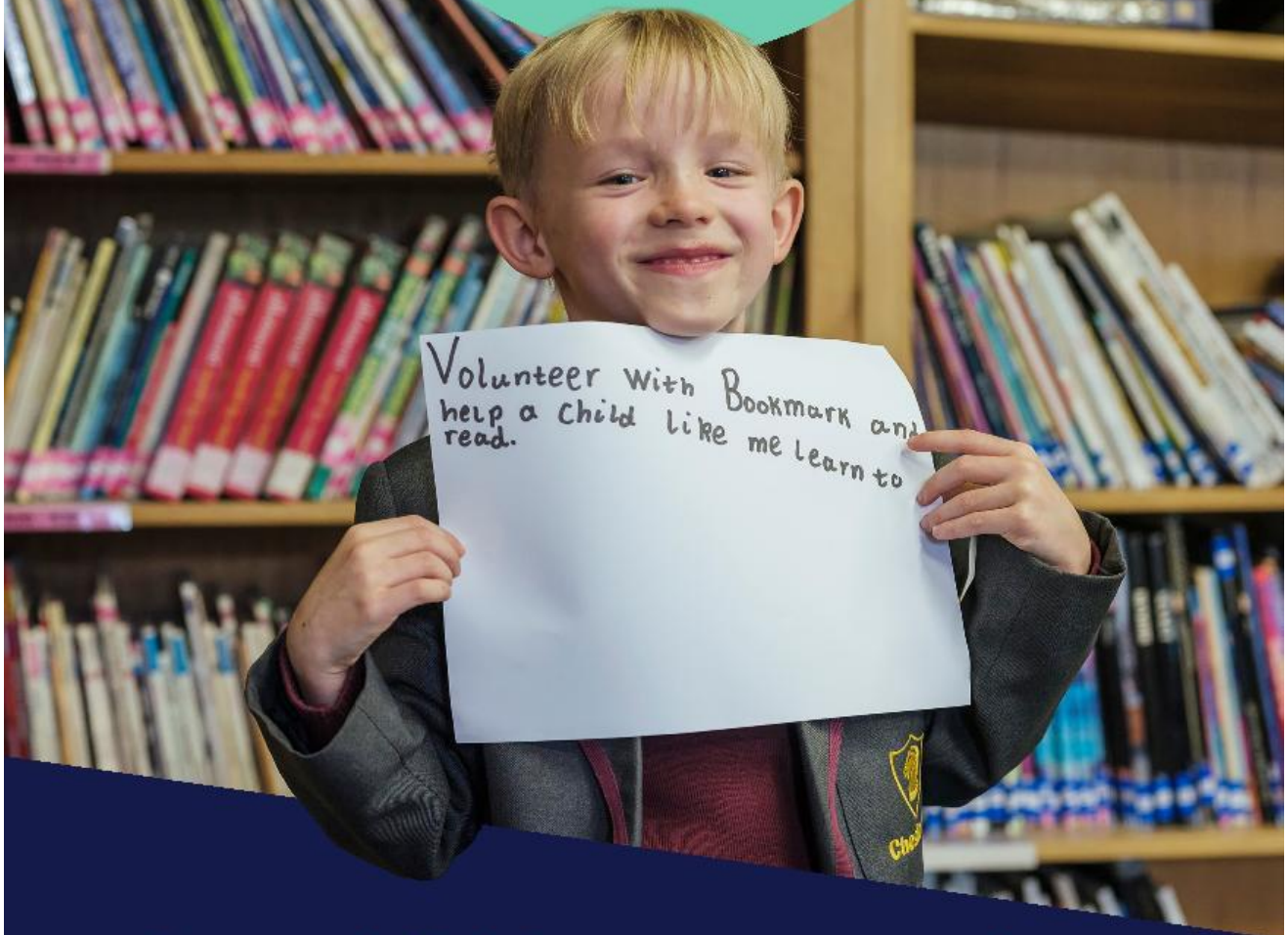
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Camden Children's Centre Services



Bookmark



Help a child learn to read

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

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

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

Registered Charity No. 117768

**SIGN UP
TODAY**



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

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



WEEKEND & EVENING

SATURDAY CLASSES

AGES
4-30

PERFORMING ARTS

Classes in Acting, Dance,
Singing & Songwriting
£2.50 - £7

Classes in Art & Design, Animation,
Filmmaking & Music Production
£3.75

CREATIVE AND DIGITAL ARTS

AGES
8-18

MUSIC TUITION

Classes in Drums, Percussion,
Guitar, Keyboard & Saxophone
£3.75 - £4

AGE
5+

Bursaries Available

for more information, visit www.wacarts.co.uk
Wac Arts, 213 Haverstock Hill,
London, NW3 4QP



WEEKEND & EVENING

SUN-WED CLASSES

SUN

Aerials: Beginner & Int/ Advanced
Wac Arts Actors Company
Wac Arts Dance Company
£6 - £7
(14-30 yrs)

MON

Aerials: Open Class (14-30 yrs)
Tap: ISTD Primary (5+ yrs)
Tap: ISTD Grade 1 (7+ yrs)
£3.75 - £6

TUES

Ballet: ISTD Primary (5+ yrs)
Ballet: ISTD Grade 1 (7+ yrs)
Over 50s Ballet
£3.75 - £6

WAC ARTS WAG NITTIES

Inclusion programme exploring creative and
performing arts specifically designed for those with
mild/ moderate learning disabilities.

Spark
(9-12 yrs)

Ignite
(13-17 yrs)

Urban Motivation (18-30 yrs)
£3.75 - £5

WEDS

Bursaries Available

for more information, visit www.wacarts.co.uk
Wac Arts, 213 Haverstock Hill,
London, NW3 4QP



Camden Libraries

Winter Reading Challenge

Suitable for children aged 0-12

Starts on 1 December 2022 and ends
on 20 February 2023

Sign up at your local Camden library

To find your local library visit us www.camden.gov.uk/libraries

Read four or more books to complete
the challenge and receive a certificate.



Write a book review, win prizes
and your review will be shared on
our website.



Our
Camden
libraries



CHRISTMAS HOLIDAY ART MOSAIC PROJECT WITH RADA

HAF WINTER HOLIDAY PROGRAMMES ARE OPEN FOR BOOKING YOUR FREE PLACES NOW!

19TH, 20TH, 21ST, AND 22ND DECEMBER AT THE LONDON SCHOOL OF MOSAIC 11 AM TO 3 PM



AN EXCITING OPPORTUNITY TO WORK WITH MOSAIC ARTIST RADA ON OUR ART MOSAIC PROJECT OVER THE CHRISTMAS HOLIDAYS!

OPEN FOR FREE PLACES NOW TO BOOK:

- AGES 10YRS TO 18YRS
- 21ST, 22ND, 23RD AND 24TH DECEMBER 2022
- 11 AM TO 3 PM
- FREE LUNCHES ARE PROVIDED AS PART OF THE HAF WINTER PROGRAM

<https://hvhart.coordinate.cloud/book/151645>

Term Dates for this Academic Year...

SCHOOL TERM DATES 2022-2023

AUTUMN TERM

First day of term	Monday 5 th September 2022
Half term (inclusive)	Monday 24 th Oct – Friday 28 th Oct 2022
Last day of term	Friday 16 th December 2022 – close at 2pm

SPRING TERM

First day of term	Wednesday 4 th January 2023
Half term (inclusive)	Monday 13 th Feb – Friday 17 th Feb 2023
Last day of term	Friday 31 st March 2023 – close at 2pm

SUMMER TERM

First day of term	Tuesday 18 th April 2023
May Day Bank Holiday	Monday 1 st May 2023 - school closed
Additional Bank Holiday	Monday 8 th May 2023 – school closed
Half term (inclusive)	Monday 29 th May – Friday 2 nd June 2023
Last day of term	Friday 21 st July 2023 – close at 2pm

**NEWLY
ANNOUNCED
DATE!**

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Thursday 1 st & Friday 2 nd September 2022	Tuesday 3 rd January 2023	Monday 17 th April 2023
2 nd half term			Monday 5 th June 2023

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.

If you or any friends/family are tidying gardens and pruning trees please save and bring in any branches or logs for our Forest School. Any size! They are very useful for making dens and forest crafts. Thank you so much. If you have any questions, please pop over and speak to Beth Cleine in Year 1 or Rebecca Combes in Nursery.



Fleet's Forest School Request

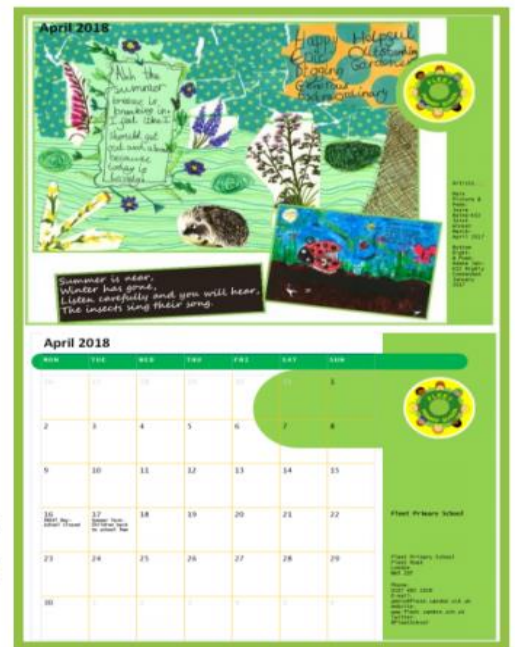
Fleet Primary School Calendar Competition 2023

The Calendar Art Competition for creating a school calendar at the end of the year is still on. Due to lockdowns over the last 2 years this popular annual event has not been possible so it's great to bring it back.

Children can use any art medium in their entries as long as it is A4 in size and they can enter as many times in a term as they want.

Prizes will be awarded termly, with a selection of winning entries chosen to go in the calendar for 2023 at the end of this year.

Entries should be handed in to the school office and should have the child's name and class on the back (in pencil) along with an indication of the person or event that inspired it.



This year's theme...Lifting Limits!

This year the theme links in with the 'Lifting Limits' gender equality work we are doing in all classes and also with the racial equality work that runs throughout our curriculum. We are asking that the subject of the art be inspired by a historical figure—contemporary or older.

Think about GENDER EQUALITY - a man or woman who did something amazing and at the time, unusual or not the norm, for someone of their sex.

Think about RACIAL EQUALITY - someone again who was a trailblazer and didn't let their race, colour of their skin or religion stop them from doing something.

It could be someone we have talked about in assembly, or someone you have learnt about in class or even someone you have learnt about from your own reading or investigations.

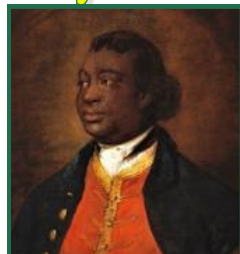
Ideas from people looked at last year in assemblies or topics - can you think of anyone new?



Flora Sandes



Great Thunberg



Ignacious Sancho



Septimus Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



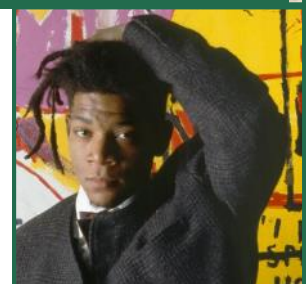
Marcus Rashford



Frida Khalo



Beryl Burton



Jean-Michel

Message from Camden Music Service:



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

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

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

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

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

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



camdenmusic

020 7974 7239
camdenmusic@camden.gov.uk

Have your say on Camden's evening & night time

Camden Council is developing a strategy for our evening and night time, and we want to know what matters to our residents and visitors, night workers, businesses and organisations.

To learn more and share your thoughts visit this website:
https://camdenente.commonplace.is/?utm_campaign=NewCommonplaces21_10_2022&utm_source=cp-email&utm_medium=email



Families for Life Community Champion Training

Starting on:
Tuesday 8 Nov –
13 Dec 2022
10am -11.30

Virtual MS
Teams
sessions

Keen to build on your skills and knowledge to create a happy, informed and healthy community?

Happy to support and share information about free, fun, and healthy lifestyle programmes available in Camden?

Want to develop key communication skills, building strong local connections?

Curious on how volunteering can boost your CV, offer valuable skills and improve your career opportunities?

If your answer is YES! Join us and make a real difference in your community.

We offer a FREE 6-week programme for Camden parents/carers who has what it takes to become an inspirational Volunteer Families for Life Community Champion.

Sessions will run virtually on Tuesday's at 10am -11.30am from 8 Nov – 13 Dec 2022.



For more information on how to register and join our amazing Champion team, please contact:

Syria Chowdhury, Community Champion Coordinator:
m: 07734 603 060, e: syria.chowdhury@camden.gov.uk.



These sessions are organised by Camden Health and Wellbeing Team.

Are you currently pregnant?
OR
Have you been pregnant in the past 3 years?

Were you referred for mental health support during your pregnancy and/or the first year after giving birth?



If you answered **'YES'** to the questions above, we would like to hear from you.

What is this research about?

We want to explore people's experiences of Mental Health Services during pregnancy and the first year after giving birth (*Perinatal Mental Health Services*). Little is known about how helpful people find these services, and why some people access these services and others don't.

What would I have to do?

A 20-minute online survey which asks you questions about you, your mental health, your pregnancy, and whether or not you used Mental Health Services during pregnancy.

This survey is **anonymous** and **confidential**.

This highly valuable research aims to inform the development of Perinatal Mental Health Services to better support mothers in times of need.

Prize draw
of up to
£100

For more information

1. VISIT <https://tinyurl.com/supporting-mums>
2. Contact via email: eleanor.bennett.13@ucl.ac.uk
3. Contact via Twitter: [@Supporting_mums](https://twitter.com/Supporting_mums)



Find your nearest **warm welcome** space



camden.gov.uk/warmwelcome



To help everyone stay warm this winter, **'warm welcome'** spaces are available in Camden's libraries, council buildings and voluntary and community sector organisations across the borough.

Each **'warm welcome'** space will be a little different in its offer but wherever residents visit, they will be met with warmth and kindness, and they will be able to relax, meet up with others and get support with the cost of living crisis in a safe and warm place.

Weekly Wellbeing Update

We hugely value our relationships with parents at Fleet so we're delighted that our staff are now able to see you in person more regularly. If there is anything that you'd like support with please don't hesitate to speak to your child's teacher or Becca Wall and we will do everything that we can to help.

My Wellbeing Tip!

By Agnes, Christ Church NW3

Worrying thoughts stop many people from having a nice time with their friends and family. Visualising a happy memory or relaxing with the people you love can smooth out and blow away worrying thoughts that get in the way of having a nice time. Remember there are always people who love you and will always have time to help you. Just take it one thing at a time. Here are some more ideas to help you overcome your worries:

Write your worry on a piece of paper and put it away in a box
Tell your worry to someone (saying it out loud will help)
Say it to a cloud or into a bubble and blow it away.
Take some time to be around nature
Do something you love (a hobby perhaps)



Parent Workshops

We're keen to provide parent workshops where we can, to work together in order to best support your child's mental health and wellbeing. In the past we've hosted workshops on areas such as self-esteem and resilience and we'd really like to target the areas that most interest you. Please contact Miss Wall through the admin address (admin@fleet.camden.sch.uk) if you have any suggestions.

These are great websites providing advice to parents who would like support with their child's wellbeing:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

<https://www.youngminds.org.uk/parent/>

<https://www.careforthefamily.org.uk/family-life/parent-support>

<https://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/>

Workshops coming up...

- **23rd November @ 9am:** Parent Workshop: Managing screen time and social media



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

Struggling with the rising cost of living?

We're here for you



camden.gov.uk/costofliving Contact Camden Advice Network. Visit camden.gov.uk/can

You can also call us on 020 7974 4444 (option 9) or Citizens Advice Camden on 0808 278 7835.



If you're struggling with the rising cost of living, we're here for you. Find out about the range of support available with debt, mental health, accessing food, rising energy bills, finding a job and more at camden.gov.uk/costofliving or you can contact one of the organisations in Camden Advice Network – find their details at camden.gov.uk/can. You can also call us on **020 7974 4444 (option 9)** or call Citizens Advice Camden on **0808 278 7835**.

If you're struggling financially, there are a number of local and national support and payment schemes that are available now or coming soon. Please [check that you're accessing everything you're entitled to](#). You can also check you're receiving all of the benefits that you're entitled to using [a benefit calculator](#) to help you.

If you are in severe financial hardship and cannot afford the essentials including food, heating, water, electricity and rent, you may be eligible for a payment of up to £500 through our £2 million Cost Of Living Crisis Fund. Find out more by getting in touch with us or our partners using the contact details above or by visiting camden.gov.uk/colcfund



**BLOOMSBURY
FOOTBALL**

**CHANGING THE GAME FOR
YOUNG PEOPLE**

Bloomsbury Football are currently running an after-school club at Royal Free Rec Club, which is around the corner from Fleet, on Mondays from 4-5pm. The age range for this session is 3-6yrs and they want to extend the invite to all Reception, Year 1 and Year 2 players that would like to attend and play regular football.

ART CLASSES FOR KIDS 7-11

YAS


YOUNG ARTIST SOCIETY

**ART CLASSES FOR KIDS AGED
7-11 LED BY PROFESSIONAL
ARTISTS.**

**UNLOCK CREATIVITY, GROW
CONFIDENCE, NURTURE
SKILLS AND HAVE FUN!**

AFTER-SCHOOL CLASSES

**MONDAYS & TUESDAYS, 4-5PM @ SIR RICHARD STEELE'S PUB
SEPT 5TH - DEC 20TH EXCLUDING HALF TERM £140 (£10/CLASS)**

FUN AND INSPIRING ACTIVITIES TO UNLOCK CREATIVITY, GROW
CONFIDENCE AND NURTURE SKILLS, WITH AN EMPHASIS ON DRAWING
AND COVERING A RANGE OF STYLES. EACH TERM WILL WORK TOWARDS
A FINAL EXHIBITION!

BOOK NOW USING QR CODE

or call: 07970737926
email: sophie@yasartclub.com
  @yasartclub



YASARTCLUB.COM



Happy November! Hard to believe but we're just a few weeks away from our December Holiday Clubs.

This year we will be delivering a fun-packed art-filled weeks from the end of the school term right up to Christmas!

As always with our clubs children have the freedom to follow the theme (this December it's Winter Festivals!) or explore art which interests them. The days are also packed with games, stories, music and free play.

We will be at the Octagon Nursery from 19th-23rd December.

Places are available to book [here](#).

We look forward to seeing you soon! X



GIRLS FOOTBALL DEVELOPMENT



**BOOK A FREE TASTER
CLASS NOW**

- ✓ Skills & ball mastery techniques
- ✓ Agility, balance, coordination & speed
- ✓ Strategy & teamwork training
- ✓ Fun games & friendly matches



EVERY TUESDAY

6-11 year olds
5:30-6:30pm

FIRST CLASS IS FREE!

£6 per week thereafter
Concession rates &
sibling discounts apply

FLEET PRIMARY SCHOOL - 4G ASTROTURF

Agincourt Rd, London, NW3 2QT

Registration Link
www.prorevo.co.uk

More Information
+E: prorevolution.development@gmail.com

From National Online Safety

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

What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)

WHAT ARE THE RISKS?

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent – but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

Meet Our Expert

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



<https://hipal.app/about/privacy.html>

NOS National Online Safety®
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.12.2022

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



Seeking a new Career?



KX Recruit is the recruitment agency that matches employers with jobseekers at King's Cross.

We are passionate about King's Cross and are here to help **local business** to find the right staff, and at the same time help **local people** to access the job opportunities created by the redevelopment of King's Cross. Our service is **personal, highly-specialised and completely free-of-charge**. We help companies to recruit at all levels and have a track record of successfully working with a range of companies, from small businesses to multi-national organisations.

Contact us today

Call 020 36914000

Email reception@kxrecruit.co.uk

KX Recruit, 11 Stable St, London, N1C 4AB

www.kxrecruit.co.uk

COOPERATION TOWN

Cooperation St Martin's is your new community food co-op.

A food co-op is a neighbourhood buying group, where members get quality groceries at very affordable prices.

Co-ops buy food and household products in bulk and, in addition, get free supermarket surplus.

Co-op members save up to 40% off their weekly food costs by organising with their neighbours.

Food co-ops are run by members, who together decide what to buy and how to run the project. No bosses, no managers!

Meeting every Thursday, 7pm

At St Martin's Church, Vicar's Road NW5 4NN

To find out more and join the co-op contact Martin on 07901 001754

www.cooperation.town | info@cooperation.town | @CooperationTown



Citizens Advice Camden

How to contact us:



Adviceline

0808 278 7835

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

Monday – Friday 10am-4pm



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

www.camdencabservice.org.uk

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

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

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

Webchat:

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

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

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

Visit our website for details of all our services

Citizens Advice Camden is a registered charity 291955

I want to support people in my community



Volunteer with us

Advice Support Workers

This role provides administrative support for the service.

Trainee Advisers

This role gives detailed advice and assistance to our clients.

Benefit Case Makers

This role supports client in making disability benefit applications.

Adviceline Assessors

This role provides an initial telephone assessment of client issues.



Please visit our website for details of our current volunteering opportunities or email us for further details:

Volunteer.Project@camdencabservice.org.uk

www.camdencabservice.org.uk

Free 24/7 urgent mental health support for young people

The last 18 months have been particularly hard for young people's mental health and wellbeing. Young people and their families in need of urgent help with their mental health can get free 24/7 support from trained NHS professionals by telephone.

The NHS has set up free telephone lines across London for young people in distress, open all day, every day, and staffed by trained mental health professionals. They can provide immediate support, or refer people to other sources of help if needed.

Find your local crisis line number [here](#).

URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

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

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

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 350 8590



Online learning resources and homework

- Mathletics: login.mathletics.com or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- Bug Club Reading Resource: <https://www.activelearnprimary.co.uk/login?c=0>

The sign in details for the three resources above are the same (for Bug Club you will also need the school code which is **tpgk**)

- Seesaw: <https://app.seesaw.me/#/login> or download app
- Busy things: <https://www.busythings.co.uk/lgfi-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.

FREE SCHOOL MEALS

You may be entitled to Free School Meals 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)

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

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!

If you receive Working Tax Credit you will not be entitled to free school meals 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/>

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

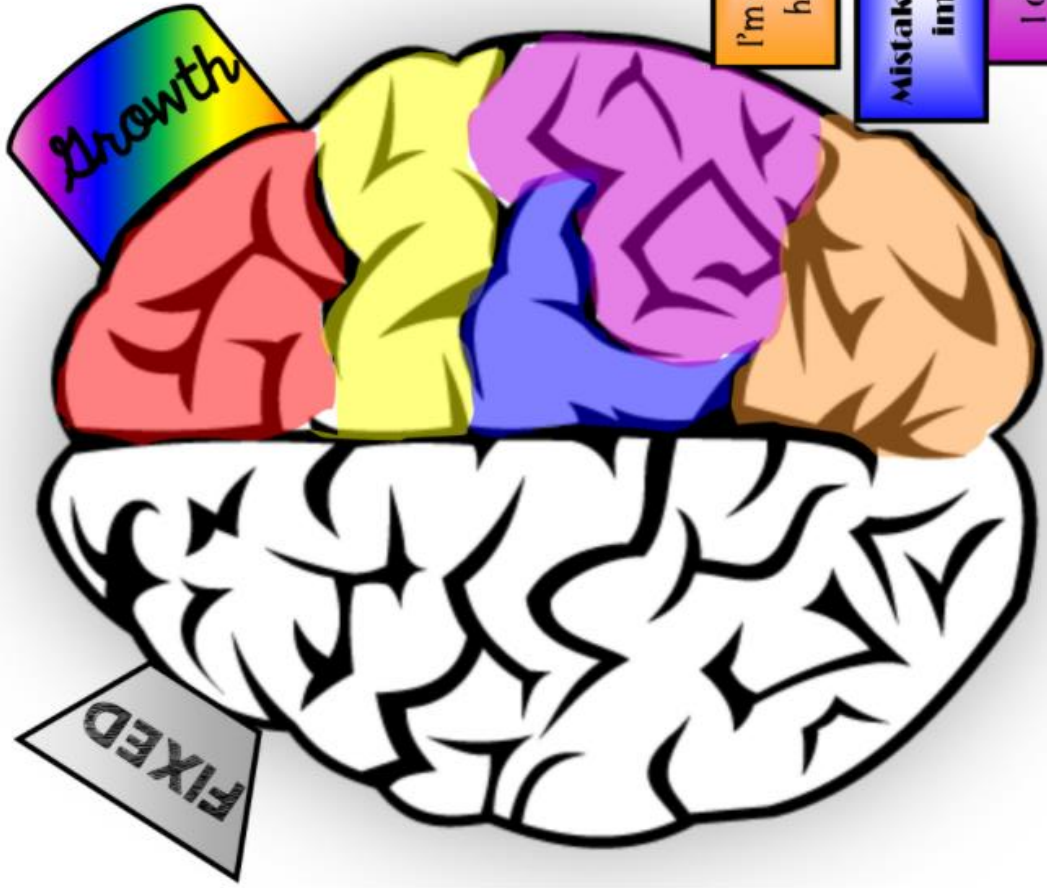
Parent group: Families, Food and Feelings

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



Change your words Change your *Mindset*

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



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

Gender equality: guide for families

What are gender stereotypes?

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

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



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.



FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.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

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961

camden.gov.uk/surestart

Produced by Creative Services 1251/23

* free childcare places for eligible 2 year olds



What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Stop Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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

