

Fleet Community Notices



Wednesday 8th January 2025



New items this week...

Welcome to the first Community Notices Newsletter of 2025! As usual it is packed with useful links and information from school, the council and many local groups and organisations. Please note how to order a Fleet Calendar at the bottom of the this page as well as an advert for an upcoming parent session running (below). [Page 2](#) has been populated with all the currently booked term dates for Spring. As more trips and events are finalised this list will be updated weekly. [Page 4](#) has information and the link to book after school clubs for your child. Please do this by tomorrow (Thursday 9th). The writing and reading challenges advertised on [Pages 17 & 18](#) are still running until the end of this month. It's not too late for your child to take part. [Page 20](#) has a really useful information sheet from National College on supporting children to return to routines—especially useful following the winter break. [Page 24](#) has details on an information session for any parents/carers looking to become Mid-day Meals Supervisors in education settings. Along with the regular community clubs information, on [Page 26](#) has details of an art workshop running at Keats Library at the end of the month. [Pages 32 & 33](#) have information on the Camden Mobile Health Bus—coming soon to local area.

Have you signed up for after school clubs—deadline tomorrow—[see page 4](#)

Camden's Money & Advice Service—parent session: 23rd January 9-11.30am

Camden's Money & Advice Service will be coming in on Thursday 23rd January from 9-11:30am to support any families who would like help in applying for a cost of living grant (offered by Camden Council). Grants range between £300-£600 depending on your family size. If you would like help making an application, please come along to the POD.

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.

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Order your Fleet Calendar 2025!

All last year the children were entering pictures into the Fleet Annual Calendar competition. The theme last year was 'Famous Landmarks and Buildings'. The calendar is now complete, printed and ready for the new year.

If you would like to order an copies (which includes all the term dates from Jan 2025—Dec 2025 included please use the link to the right to order.

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



Order here: <https://forms.gle/d5uxHYUwa4qhHDN18>

Dates for your diary this term...

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

WHOLE SCHOOL EVENTS

14th January	Author Visit Assembly for KS2 (see page 19 for more details)
23rd January	Camden's Money & Advice Service—Parent Session in the POD @ 9am
31st January	KS1 and KS2 Open Morning: Maths Focus—9-9.30am
3rd-7th February	Children's Mental Health Week
11-12th February	Internet Safety Day Events/Workshops/Assemblies
17th-21st Feb	Half Term Week—School Closed
25th February	Children Measurement Programme
26th February	Fluoride Varnish—Nursery-Year 2
3rd-7th March	Fleet Book Week
4th March	Book Fair in the Hall—Daunt Books—2-4,30pm
6th March	World Book Day—dress up as your favourite book character
26-27th March	Parent—Teacher Meetings (note: most teachers will be doing these dates; due to working days some classes might do alternative evenings during this week—will confirm nearer the time)
31st Mar-4th Apr	Wellbeing Week
4th April	Last day of term—close at 2pm

PARENTS ASSOCIATION & SPECIAL EVENTS

YEAR 4 2024-25

15th January	Trip to Keats Library
15th January	After School Dodgeball Competition @ Talacre—selected children
22nd January	Trip to the Science Museum
11th February	Trip to Hindu Temple
24th Feb—7th Mar	Intensive Swimming Block—swimming everyday @ Kentish Town Pool
6th March	Class Tea—Parents to organise after school
7th March	Class Assembly—Parent/Carers Welcome—10am start
21st March	Trip to the Centre of the Cell

YEAR 5 2024-25

27th January	Trip to the Science Museum
12th February	Defibrillator and First Aid Training
27th February	Class Tea—Parents to organise after school
28th February	Class Assembly—Parent/Carers Welcome—10am start

YEAR 6 2024-25

16th January	Trip the CLC
22nd January	Trip to Theatre to see Matilda (late back to school—approx. 5.15pm)
5th February	Team of 4 to Camden Maths Challenge @ Rosary School
7th February	Trip to the RAF Museum
13th February	Class Tea—Parents to organise after school
14th February	Class Assembly—Parent/Carers Welcome—10am start
25th February	Children Measurement Programme
12th-15th May	KS2 SATs Week
9th-13th June	Residential Trip to Gower

NURSERY 2024-25

8th January	Orchestra of the Age of Enlightenment workshop
24th January	Camden Kids Talk Stay and Play @ 9am
7th February	Camden Kids Talk Stay and Play @ 9am
28th February	Camden Kids Talk Stay and Play @ 9am
14th March	Camden Kids Talk Stay and Play @ 9am
28th March	Camden Kids Talk Stay and Play @ 9am

RECEPTION 2024-25

8th January	Orchestra of the Age of Enlightenment workshop
29th January	Reception Dress Up Day—theme Occupations
6th February	Stay and Play @ 9am
25th February	Children Measurement Programme
26th February	Trip to the Zoo
19th February	Trip to Hampstead Heath

YEAR 1 2024-25

24th February	Trip to WAC Arts
20th March	Trip to the Zoo
27th March	Class Tea—Parents to organise after school
28th March	Class Assembly—Parent/Carers Welcome—10am start

YEAR 2 2024-25

20th March	Class Tea—Parents to organise after school
21st March	Class Assembly—Parent/Carers Welcome—10am start

YEAR 3 2024-25

15th January	After School Dodgeball Competition @ Talacre—selected children
16th January	Sports Morning at Talacre
20th January	Trip to the CLC
23rd January	Sports Morning at Talacre
30th January	Sports Morning at Talacre
6th February	Sports Morning at Talacre
13th February	Sports Morning at Talacre
27th February	Class Tea—Parents to organise after school
28th February	Class Assembly—Parent/Carers Welcome—10am start

Term Dates for 2024-25

SPRING TERM

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

SUMMER TERM

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

STAFF INSET DAYS – SCHOOL CLOSED

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

Please note Nursery and Reception start dates in the Autumn Term differ due to home visits and phased transition. You will receive your child's start date as part of the welcome pack and will be discussed at the meeting prior to the Autumn Term start.

Fleet Spring Term Clubs - how to apply...

Dear Parents/Carers

Please find below the list of clubs available this term. If you would like your child to attend a club, then please complete the online form by Thursday 9th January 2024.

https://docs.google.com/forms/d/e/1FAIpQLSertMrRobiWl_WwnchYXEyN9B6j_nl9_4TisW1pZr7Z07ddAQ/viewform?usp=header

Clubs will resume from Monday 13th January and will run for 10 weeks (until the week ending Friday 28th March). Clubs will cost £20 for the term, unless you are entitled to Free School Meals, in which case Clubs will cost £10. If you think you may be entitled to Free School Meals, please apply via this link: <https://accountforms.camden.gov.uk/freeschoolmeals/>

Payment for clubs should be in advance (to secure your child's place) and should be paid via Scopay.com (see June for an online payment letter). **If your child attended a club last term, please also ensure that you have paid for that.** Please do come and speak to us if you feel the Club fee is going to mean your child/ children may not access the clubs. We recognise that for some families this may be the case and we want to do what we can to help.

We will notify you of the club(s) your child has gained a space in by Friday 10th January.

Disclaimer: Please note that if a club does not have enough participants sign up, we may have to cancel it, however will let you know by Monday 13th January.

	CLUB	YEAR	PLACE	TEACHER	COST
MONDAY	GIRLS MULTISPORTS	Y3, Y4, Y5, Y6	HALL	KEELEY	£20 (or £10 if FSM)
TUESDAY	LUNCH TIME FOOTBALL - BLOOMSBURY – MIXED	Y5, Y6	PITCH	BLOOMSBURY	FREE
WEDNESDAY	TABLE TENNIS	Y4, Y5, Y6	HALL	ALEM	£20 (or £10 if FSM)
	CALLIGRAPHY	Y4, Y5, Y6	QUBE	EMMA	£20 (or £10 if FSM)
	ARSENAL DOUBLE CLUB- MIXED	Y3, Y4	Y2 CLASS & PITCH	ARSENAL	£20 (OR £10 if FSM)
THURSDAY	SEWING CLUB	Y3, Y4, Y5, Y6	CLASSROOM	EMMA	£20 (or £10 if FSM)
FRIDAY	INFANT MULTISPORTS	Y1, Y2	HALL	KEELEY	£20 (or £10 if FSM)
	CREATIVE WRITING	Y4, Y5, Y6	QUBE	SOPHIE	£20 (or £10 if FSM)
	CHESS	Y4, Y5, Y6	POD	ADAM	£20 (or £10 if FSM)



Don't let your child miss out - every school day counts

Attending regularly is vital for your child's happiness and success in school.

We know that pupils with good school attendance – of 95% or more – are far more likely to achieve the expected level in their primary school tests at age 11 and go onto gain good passes in their GCSEs at age 16.

Every day your child is not in classes means they're less likely than their classmates to do well in school.

We know that most parents and carers make sure their children attend regularly. However, we also know absence rates in Camden are higher than we would like.

Please support your child to go to school regularly. If you need help or advice, please speak to your child's school.

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

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



NOTE...

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

Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

Visit www.parenthub.co.uk to find out more

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



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



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

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



Have fun learning to play the piano at Fleet School

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

Getting started is easy!

Simply apply online

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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

Message from Camden Music Service:



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

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

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

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

	<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 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



- 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



LOTE 4Kids

Storytime, in their language

Kids can now enjoy thousands of picture books in 65+ languages, with English translations. Available in libraries, schools and at home!

1. Visit your library website to learn more.
Or find your library at www.lote4kids.com.
Or download the free *LOTE4Kids App*.
2. Login using your library card number or access code.
3. Find a book, in your language, and enjoy!



Download on the
App Store



GET IT ON
Google Play



Camden



Join the Winter Reading Challenge

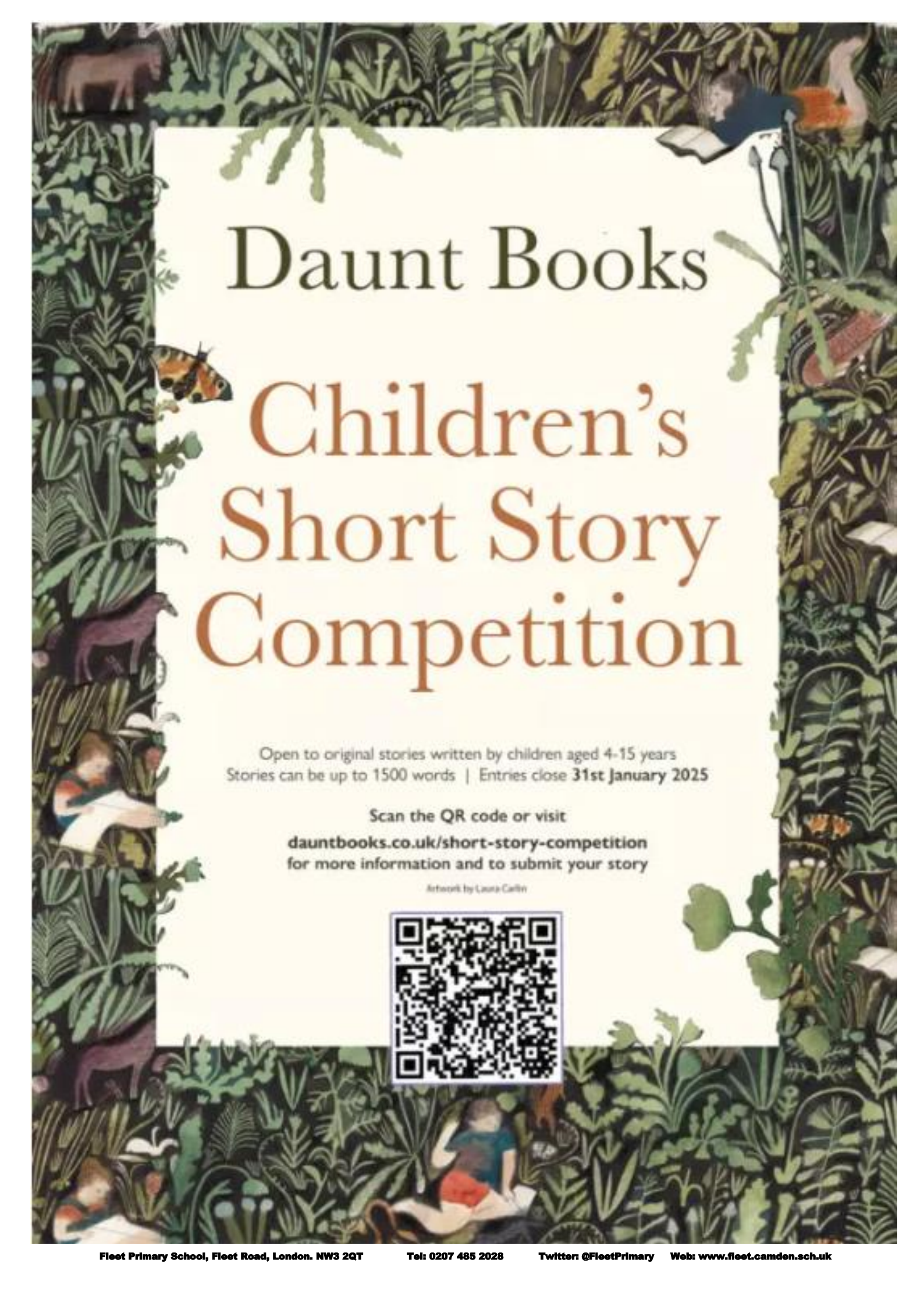
at your local library

9 December 2024 - 10 February 2025



Browse our
children's collection
in person or online!

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



Daunt Books Children's Short Story Competition

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



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

Artwork by Laura Carlin



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

Pegasus



"BILLY THE BRAVE STANDS AS A TESTAMENT TO THE AUTHOR'S ABILITY TO SEAMLESSLY MARRY ENTERTAINMENT WITH EDUCATION. IT IS A LITERARY GEM THAT CAPTIVATES THE IMAGINATION, WHILE SIMULTANEOUSLY SERVING AS A CONSTRUCTIVE TOOL FOR LANGUAGE DEVELOPMENT."

—GRACE JACKSON



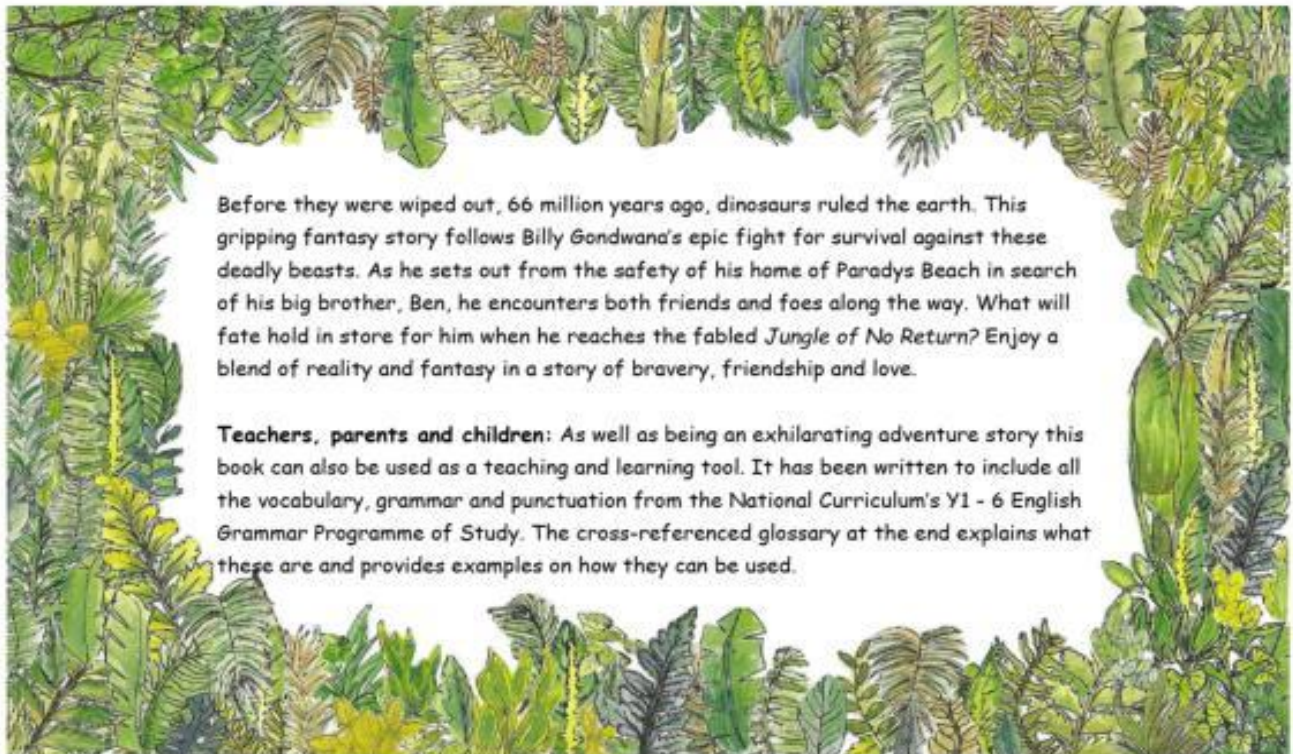
@THEWORLDSFIRSTSUPERHERO



Instagram facebook

BILLY THE BRAVE: THE WORLD'S FIRST SUPERHERO!

BY ANDREW SCOTT



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

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

Billy's Amazon reviews:

★★★★★ Fantastic book for children and teachers
★★★★★ Great story for children of all ages

★★★★★ Highly recommend
★★★★★ Excellent

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

amazon



W
Waterstones



From the National College - Wakeup Wednesday Guides

At The National College, our WakeUpWednesday guides empower and equip parents, teachers 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.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school; whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently; so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

@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: 01.01.2025



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

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



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

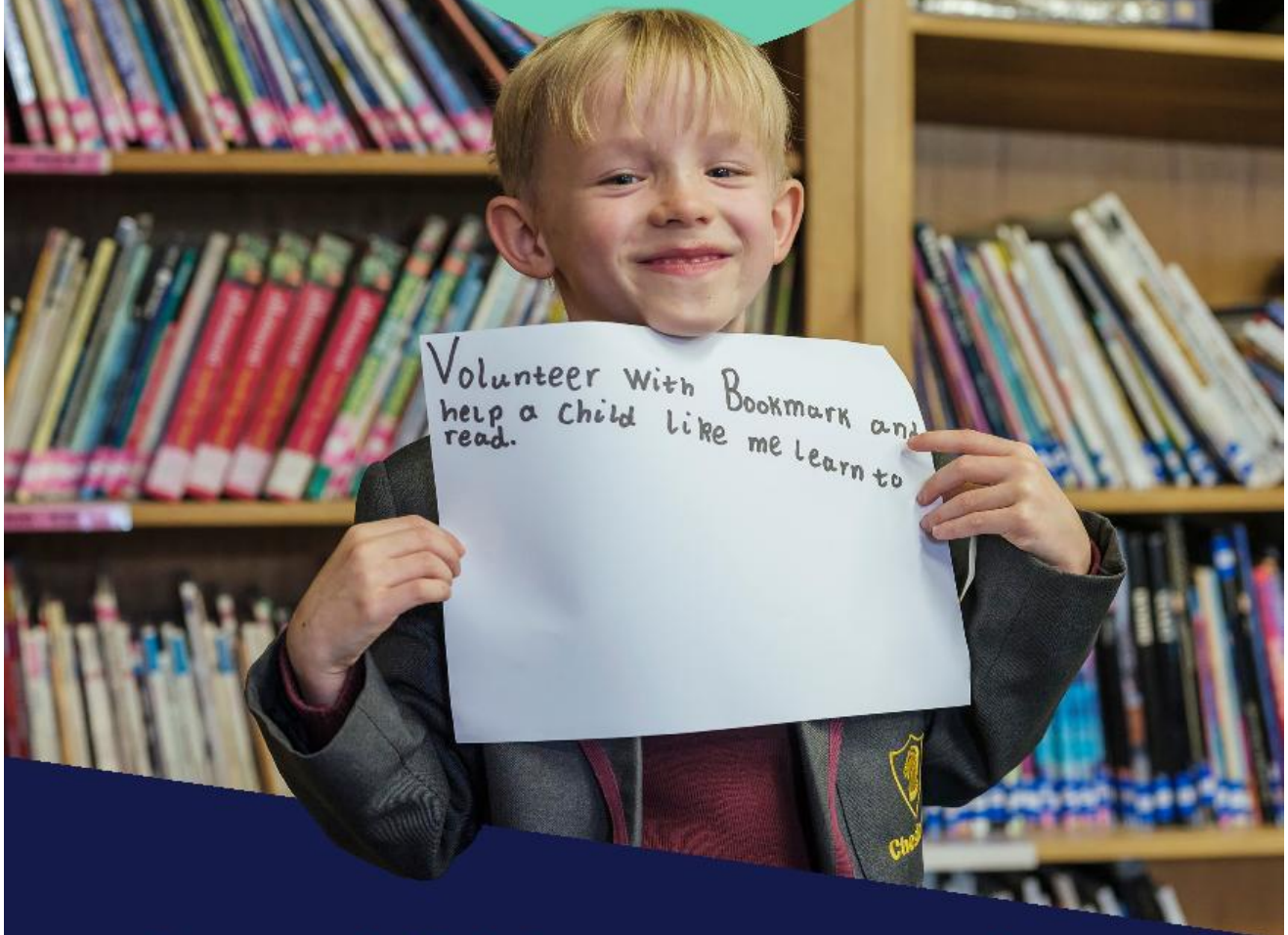
Hannah.froome@brunel.ac.uk

£15 voucher for taking part!

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



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*

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

☎ 07918 410 847

Find out about us at:

www.numberchampions.org.uk



Training
provided

MIDDAY MEALS & EARLY YEARS INFORMATION SESSION .

- Are you interested in becoming a Midday Mealtime Supervisor? Please join us for our free information session.
- Midday Meal Course, starting Feb 2025.
- Advice from lecturer on Early Years Education, progression into Level 1, 2, 3 and employment pathways.



Date: Thu 16/01/2025 Time: 10:00-12.00

**Venue: Euston Skills Centre, Starcross Street,
NW1 2HR.**

To register and further questions please contact:

Andres Hernandez – Job Hub Advisor, Good Work Camden.

Email: andres.hernandez@camden.gov.uk

Contact: 07787 268861.

Tom Palmer- Job Hub Lead, Good Work Camden.

Email: tom.palmer@Camden.gov.uk

Tel: 020 7974 6526.

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

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



JOIN US!


Action Youth Boxing Intervention (AYBI) provides community-based boxing skills training for children and young people. Sessions are FREE and involve a mixture of boxing and fitness training. No prior experience necessary.



CHILDREN'S BOXING WITH AYBI

Have fun, get fit, build confidence and make new friends! Sessions are facilitated by our skilled coaches and mentors

**FREE
DROP-IN
CLASSES**

-  Mondays & Tuesdays 4:30PM - 6PM
-  Saturdays 10:45AM - 11:45AM
-  Ages 8+

 [@aybi_cic](#) [www.aybi.org](#)  181 Mansfield Road, London NW3 2HP



Keats Community Library

Invites you to join us for an

Art Workshop

for Children (ages 3-7)



Saturday 25 January 2025

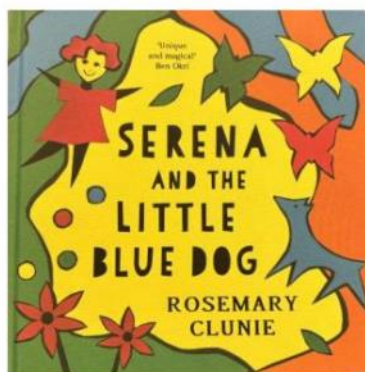
12:30 – 1:30 pm

In the Children's Library

with artist and author Rosemary Clunie

Rosemary Clunie is a painter, printmaker and video artist, born in Scotland and living in Hampstead.

Serena and Laloole Fly Away is her second book for children, following *Serena and the Little Blue Dog*.



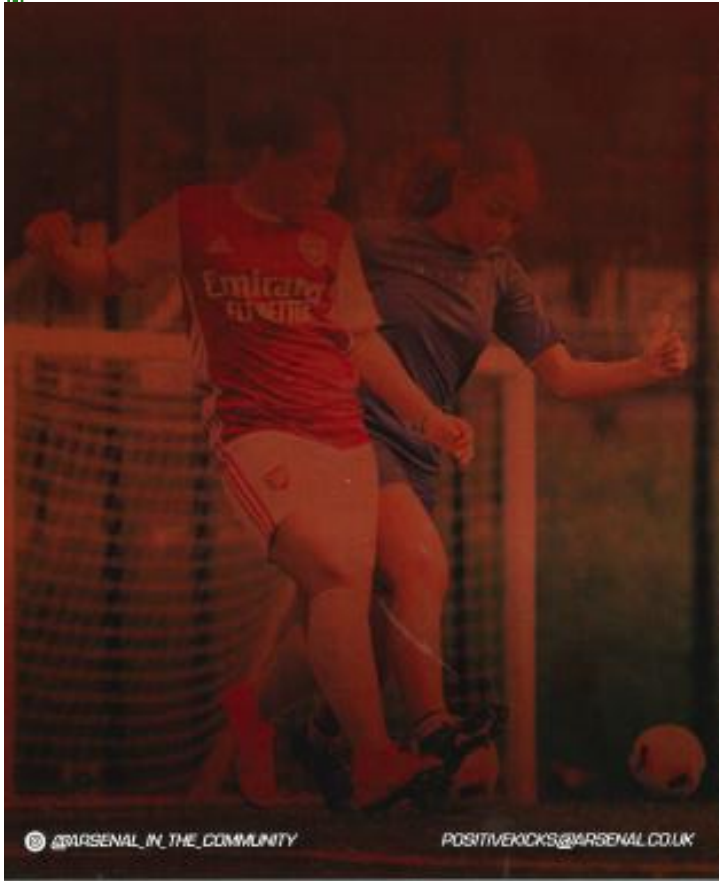
THIS IS A FREE EVENT

MAXIMUM 20 children - Sign up is required.

RSVP: kclchildrenslibrary@gmail.com

Free Football Sessions Running Round Camden

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



@ARSENAL_IN_THE_COMMUNITY

POSITIVEKICKS@ARSENAL.CO.UK

SUPPORTED BY OUR PARTNERS



OPEN SPACES TIMETABLE



OPEN SPACES TIMETABLE

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

MONDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Elthorne Park	7-12 yrs	Mixed	N19 3NF	4.30pm	5.30pm
Elthorne Park	13-16 yrs	Mixed		5.30pm	6.30pm
Rosemary Garden	7-13 yrs	Mixed	N13DU	5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed		6.30pm	8.00pm
London Fields	7-12 yrs	Mixed	E8 4PD	5.00pm	7.00pm

TUESDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
London Fields	7-12 yrs	Mixed	E8 4PD	5.00pm	7.00pm
Harvist Estate	8-11 yrs	Mixed	N7 7NB	4.30pm	5.30pm
Harvist Estate	12-16 yrs	Mixed		5.30pm	6.30pm
S. Lukes	8-11 yrs	Mixed	EC1V 9NR	4.30pm	5.30pm
S. Lukes	12-16 yrs	Mixed		5.30pm	6.30pm

WEDNESDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Kings Square	8-11 yrs	Mixed	EC1V 3QU	4.30pm	5.30pm
Kings Square	8-11 yrs	Mixed		5.30pm	6.30pm
Westbourne	8-11 yrs	Mixed	N7 8AX	4.30pm	5.30pm
Westbourne	12-16 yrs	Mixed		5.30pm	6.30pm
Woodberry Down	13-18 yrs	Mixed	N4 2RJ	6.00pm	7.30pm
Elthorne Park	7-12 yrs	Mixed	N19 3NF	4.30pm	5.45pm
Elthorne Park	13-16 yrs	Mixed		5.30pm	6.30pm

THURSDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Andover Estate	7-12 yrs	Mixed	N7 7RQ	4.30pm	5.30pm
Andover Estate	12-16 yrs	Mixed		5.30pm	6.30pm
Crouch Hall Court	8-11 yrs	Mixed	N19 4EP	4.30pm	5.30pm
Crouch Hall Court	12-16 yrs	Mixed		5.30pm	6.30pm
Mabley Green	11-18 yrs	Girls Only	E9 5HW	5.00pm	7.00pm

FRIDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Rosemary Garden	7-12 & 12-14 yrs	Mixed	N13DU	5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed		6.30pm	8.00pm
Paradise Park	7-12 yrs	Mixed	N7 8PF	4.45pm	6.00pm
Paradise Park	13-18 yrs	Mixed		6.00pm	7.15pm
Woodberry Down	7-12 yrs	Mixed	N4 2RJ	4.30pm	6.30pm
Woodberry Down	13-18 yrs	Mixed		6.30pm	7.30pm
Fleet	7-13 yrs	Mixed	NW3 2QT	4.30pm	6.00pm
Fleet	14-18 yrs	Mixed		6.00pm	7.30pm
William Tyndale	14-18 yrs	Girls Only	N1 2DL	5.30pm	7.30pm

SATURDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Arts and Media School	8-11 yrs	Girls Only	N4 3QL	9.00am	10.15am
Arts and Media School	11-16 yrs	Girls Only		10.20am	11.45pm

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



POSITIVEKICKS@ARSENAL.CO.UK

@ARSENAL_IN_THE_COMMUNITY



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



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

More Information:
 Prorevolution.devel

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

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

Gospel Oak



Camden Mobile Health

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

We will be open at the below locations:

Bus location	Date
Bacton Tower - Bacton Tower Deck Level, Haverstock Road, NW5 4PU (indoors)	Wednesday 15 January 11am-4pm
Sidings Community Centre - 150 Brassey Road, NW6 2BA	Saturday 18 January 10am-3pm
Fitzrovia Community Centre - 2 Foley Street, W1W 6DL (indoors)	Wednesday 22 January 11:30am-4pm
Swiss Cottage Market - Eton Ave, NW3 3EP	Monday 27 January 11am-4pm
Highgate Library - Chester Road N19 5DH (indoors)	Tuesday 28 January 12pm-4pm
St Peter's Church Belsize Park Belsize Square, NW3 4HJ (indoors)	Wednesday 29 January 11am-4pm



Winter Flu
and Covid
vaccines
offered



*Groups to be offered the Flu vaccination are:

- pregnant women
- 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
- Find out more about flu vaccines: <https://www.nhs.uk/vaccinations/flu-vaccine/> and <https://www.nhs.uk/vaccinations/child-flu-vaccine/>

*Groups to be offered the COVID vaccination are:

- all adults aged 65 years and over
- persons aged 6 months to 64 years in a clinical risk group, as defined in tables 3 and 4 of the COVID-19 chapter of the UK Health Security Agency (UKHSA) Green Book on immunisation against infectious disease
- Front-line health and social care workers and staff working in care homes for older adults will continue to be offered COVID-19 vaccination in the autumn 2024 programme in England.
- Find out more about COVID vaccines: <https://www.nhs.uk/vaccinations/COVID-19-vaccine/>

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



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

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](#)

**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
Service email address:
CamdenBeam@childrenssociety.org.uk

Autism Training Offer for Parents/ Carers

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



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

Our 2 hour online Training modules

MAKING SENSE OF AUTISM

For All ages

1

20th November and 12 February

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

PLAY IN THE EARLY YEARS

For Early Years and Primary

4th December and 5th March

This module aims to:

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

2

AUTISM AND ANXIETY

For Primary and Secondary

22nd January and 26th March

This module explores:

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

3

WHEN?

7pm to 9pm
Evening sessions

ONLINE

SIGN UP!

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



tiny.cc/camdenaet

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

CONTACT US

AETHub@camden.gov.uk

 Camden



Autism
Education
Trust

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.



Children's_Centre_Colateral_Sure_Start_with_Father_Illustrations_Final_Artwork.indd 1

12/06/2018 11:44



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

CAMDEN MHST

MENTAL HEALTH SUPPORT TEAM

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

SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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

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

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

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

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

FLEET PRIMARY SCHOOLS PRACTITIONER

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

Camden MHST—Online Workshops for Parents

October 2024-June 2025

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



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

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-online-workshop-series-2024-2025-tickets-1008208567967>

Parent/Child Interactions

How do you spend time with your child? The aim of this webinar is for you as parents/carers to find out more about what research tells us about effective parent/child interactions to promote, maintain and increase positive connections with your child. Research shows that a positive relationship has a positive effect on children's physical health (helping brain development), emotional well-being (e.g., positive relationships with the world) and behaviour (e.g., positive relationships more likely to be successful). This webinar will help you improve your relationship with your child.

For Primary School Parents/Carers
Tuesday 22nd October, 12.00-13.00
Q and A: 13.00 to 13.30

Screen-time

Screen-time—perhaps a challenge for all parents of the digital age? In this Webinar we will provide you with the latest research as well as explore why this topic can be so challenging. We will share some helpful ideas your child's parents might find useful.

For Primary and Secondary School Parents/Carers
Tuesday 26th November AM&PM
12.00-13.00, Q and A: 13.00 to 13.30

Sleep

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

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

Managing Routines

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

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

Understanding Adolescent Development

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

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

Having therapeutic conversations with your child

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

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

Sibling Relationships

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

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

Supporting Childhood Worries

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

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

Anxiety in Adolescence

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

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

Parent and carer counselling service

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

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

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

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

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

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



PCCS co-ordinator, SEN and psychology services

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

Email: pccs@camden.gov.uk



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 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
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 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.



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!

and when not hiding inside printers they usually look like this

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

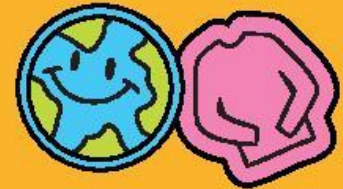
www.recycle4charity.co.uk

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.





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

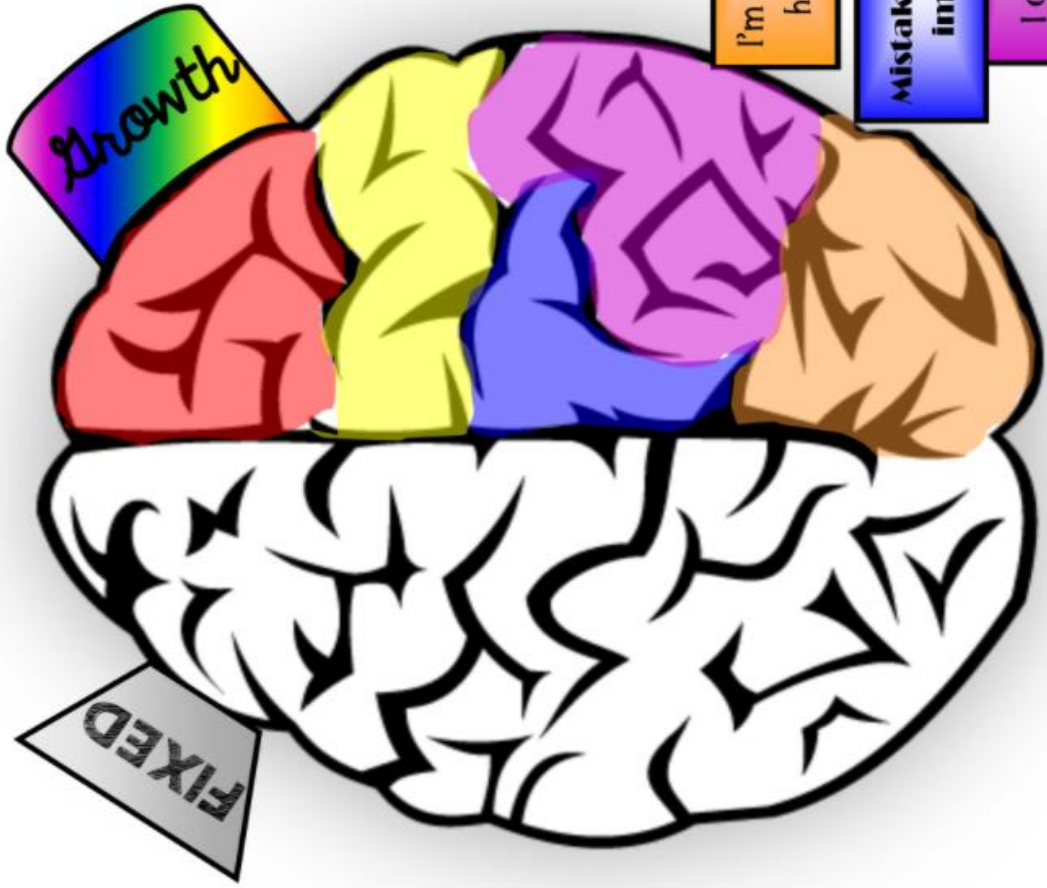


COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY



Change your words Change your *Mindset*

- 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.lettoysbetoys.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